

ABOUT MINGARA MEDICAL CONSULTING ROOMS

Perfectly located in close proximity to the Mingara Recreation Club and Mingara One Fitness, Mingara Medical Consulting Rooms help to bring together your medical requirements under one roof.

The consulting practitioners using the rooms provide general practice services with an additional focus on “lifestyle medicine” – acknowledging the role of lifestyle, physical activity, diet and mental health in the prevention and management of disease.

The doctors and our staff are proud to provide high quality service in a timely manner and believe all patients have a right to make informed decisions about their healthcare, in conjunction with their doctor. We operate on an appointment only system.

INDEPENDENT CONSULTING DOCTORS

Dr Joy Akrawi MBBS, FRACGP (www.drjoyakrawi.com.au)

Skin cancer, paediatrics, women's health and mental health.

Dr Rebecca Black MBChB, FRACGP (www.drrebeccablack.com.au)

Women's health, contraception, care of the elderly, paediatrics.

Dr David Campbell MBBS (Registrar)

Men's health, sports medicine

Dr Ben Eksteen MBChB CCFP FCFP RACGP (www.drbeneksteen.com.au)

All aspects, neonatal to palliative care, skin, contraception, acute & chronic ailments.

Dr Alana Jacobson MBBS (Registrar)

All aspects, including women's health, paediatrics, preventative health care.

Dr Emilie Jakstas MBBS, FRACGP, CDH, BMedSci, FHFA (www.dremiliejakstas.com.au)

All aspects, medical education, women's health, sexual health & mental health.

Dr Nikolas Katelaris MBBS MS (www.drnikolaskatelaris.com.au)

Vasectomy, men's Health and family medicine, skin cancer medicine.

Dr Dershini Kumar MBBS (Unsw) Bsc (Medsci) FRACGP, DCH (www.drdeshinikumar.com.au)

Women's health, preventative medicine, paediatrics, mental health.

Dr Gordon Lau FRACGP, MBBS, BaApp Sc (Physio) DCH (www.drgordonlau.com.au)

Paediatrics, mental health, rehabilitation medicine, musculoskeletal/sports medicine.

Dr Connie Li MBBS, FRACGP, DCH (www.drconnieli.com.au)

Women's health (antenatal care), travel medicine, mental health, paediatrics.

Dr Chris Lloyd MBChB MRCP (UK) FRACGP (www.drchrislloyd.com.au)

Geriatrics, neonatal, chronic disease, paediatrics.

Dr JP Mare MBChB CCFP FRACGP Dip Skin Cancer Med., USMLE (www.drjpmare.com.au)

Skin, cosmetics, specialised skin cancer services.

Dr Nicola Newman BSc (Hons), MBChB, MRCP, DFSRH, FRACG (www.drnicolanewman.com.au)

Adolescent & children's health and general mental health.

Dr Louella Pink MBBS (www.drlouellapink.com.au)

Preventative medicine, women's and children's health, travel medicine.

Dr Winnie Siu MBBS, BSc(Med), MPH, DCH, FRACGP (www.drwinniesiu.com.au)

Women's health, sexual health, preventative health, mental health.

Dr Fred Steyn MBChB DA(SA) LMCC CCFP FRACGP (www.drfrederiksteyn.com.au)

Family medicine and preventative care, sports medicine & acute care.

Dr Lucinda Sullivan MBBS (Registrar)

Family medicine, adolescent mental health and palliative care.

Dr Ebony Tosch MBBS FRACGP (www.drebonytosch.com)

Women, adolescent & children's health, maternity care, IV iron.

Dr Quinten Willemse MBChB LMCC CCFP FRACGP (www.drquintenwillemse.com.au)

Family medicine and preventative care.

Dr James Wolstenholme MBChB MRCP(UK) FRACGP (www.drjameswolstenholme.com.au)

All aspects, particularly cardiology and diabetes.

APPOINTMENTS

If you require extra time with your doctor, please let reception know when you book. The doctor encourages patients to participate in decisions about their own healthcare. They regularly liaise with other local health services such as specialists & allied health. If you walk-in to see a doctor without an appointment you will be allocated the first available appointment, which may require waiting or you will be asked to return another day.

DAYS	APPOINTMENT HOURS
Monday - Fri	7:30 am - 5:00 pm
Saturday	9:00 am - 1:00 pm

FEES

The doctors generally privately bill. A reduced rate may be available for children, pensioners and DVA patients. Please finalise your account at the time of your consultation. The billing policy is displayed at reception & on the doctors individual websites. Telephone consults will require you to provide credit card details prior to your appointment. Credit card fees will be on-charged.

CONSULTATION	FEE
Standard Consultation	\$85.00 Rebate \$41.20
Long Consultation	\$140.00 Rebate \$79.70
Skin Excision	To be quoted

AFTER HOURS

For an after hours home visit please call THE NATIONAL HOME DOCTOR SERVICE on 13SICK (137425) or go to

WYONG HOSPITAL

665 Pacific Hwy, Hamlyn Terrace.

Ph: 4394 8000

Emergency Services 000

Ambulance 13 12 33 (non-emergency)

Poisons Information 13 11 26

Healthdirect Australia - 1800 022 222

A 24-hour telephone health advice line staffed by nurses to provide advice on any health issue and what to do next.

SERVICES & APPOINTMENTS

Each doctor utilising the Mingara Medical Consulting Rooms offers individual GP appointments including:

- General medical care
- Telephone consults—booked online or via reception
- Health assessments – all ages
- Immunisation – all ages
- Mirena IUD insertion & removal
- Vasectomy
- Iron Infusions
- Medical Termination of Pregnancy
- Medicinal Cannabis
- Travel vaccines and advice
- Injury prevention and management
- Preventative screening
- Pap smear clinic
- Antenatal shared care
- Full skin cancer service including flaps
- Workcover
- Medical assessments – insurance and corporate
- Spirometry
- Electrocardiography
- Home at doctors discretion, during practice opening hours. Contact reception to arrange.
- Minor operations and procedures
- Cosmetic Medicine, fillers and anti-wrinkle injections

PATIENT SERVICE

We strive to ensure you are happy with the care you receive from our staff and the Doctors consulting at Mingara Medical.

If you have any concerns about your care please speak with our office manager or your Doctor.

If your problem remains unresolved you may contact Health Care Complaints Commission, Locked Bag 18, Strawberry Hills NSW 2012.
Ph: 1800 043 159

THE PREGNANCY CENTRE

The midwives and consulting GP's offer a woman-centred, supportive care environment to provide a positive experience.

Services include:

- Preconception
- Early Pregnancy Assessment
- Antenatal Care
- Postnatal Care
- Breastfeeding Support

IMMUNISATIONS

We strongly recommend that children are fully immunised. Our practice nurses are highly skilled to assist doctors with all immunisations. The National Health & Medical Research Council recommendations are:

AT AGE	IMMUNISATION
Birth	H-B-VAX II or Engerix B
6 weeks	Infanrix Hexa, Prevenar 13, Rotarix
4 months	Infanrix Hexa, Prevenar, Rotarix
6 months	Infanrix Hexa
12 months	Nimenrix, Prevenar 13, MMR II
18 months	Infanrix or Tripacel, Priorix Tetra or Proquad, ACT-HIB
4 years	Infanrix-IPV or Quadracel
School year 7	Boostrix, Gardasil 9
School years 10-11	Nimenrix
Pregnant women	Influenza, Boostrix or Adacel
70 years	Zostavax, Prevenar/Pneumovax.
ATSI	Bexsero 6 weeks, 4 months, 6 months, 12 months.
Annual Influenza	* Children under 5yrs * 65 years & over * People at risk with certain conditions * ATSI 6months & under * Pregnant Women

PRIVACY

Mingara Medical Consulting Rooms are committed to maintaining the confidentiality of your personal health information. For more details please ask reception to see a copy of the privacy policy or look at our website.

RESULTS

To receive results of diagnostic testing or pathology we provide a mobile SMS service. If your Doctor needs to discuss any results, we will contact you and an appointment will be made for a consultation. Please ensure any changes to your contact details are advised as soon as possible, so we can easily keep in touch.

RECALLS/REMINDERS

We use an electronic recall & reminder system, from time to time you may receive a recall or reminder, in order to keep up to date with your healthcare it is important you action the electronic messages. We also participate in the state reminder program. If you do not wish to participate please inform your Doctor.

COMMUNICATIONS

Whilst it is understood that patients will on occasion need to contact their doctor, generally phone calls will not be put through directly to the Doctor whilst they are consulting with another patient. Please leave a message with the Receptionist, giving your name and contact details, as well as an outline of the reason for the call. Either the Receptionist, Nurse or Doctor will endeavour to return your call at their earliest time practical. We do not respond to SMS or email messages.

NATIONAL RELAY SERVICE

National Relay Service is a phone solution for people who are deaf or have a hearing or speech impairment. The NRS helps people to have good phone conversations with less misunderstanding and repetition, make their own appointments, ring businesses and keep in touch with friends and family. The NRS is an Australian Government initiative. Mingara Medical is familiar with the use of this service and encourages it's use amongst patients.

INTERPRETER

If you need an interpreter, please call the Translating and Interpreting Service (TIS National) on 131 450.