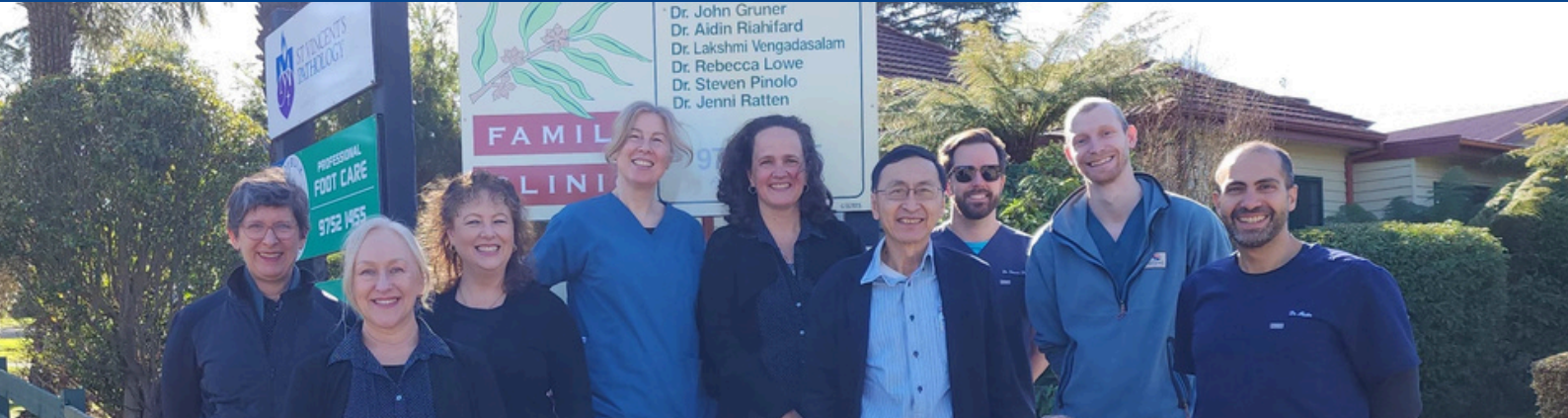


FEBRUARY 2025

MONBULK FAMILY CLINIC

Keeping our community healthy and informed



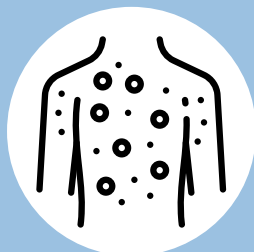
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WELCOME - DR DEUBEL



WELCOME - DR REZA



MEASLES

ENJOY THIS FREE NEWSLETTER

Please remember that all health care decisions should be discussed with your GP.

TURNING FEBRUARY TEAL

February marks Ovarian Cancer Awareness Month and serves as a reminder for all people with ovaries, no matter their age, to get a check-up if they feel that something isn't right.



A message about Ovarian Cancer

Ovarian cancer is a type of gynaecological cancer. There are no routine screening tests that can detect it - a cervical screening test does NOT detect ovarian cancer. Although the exact causes of most ovarian cancers are unknown certain factors may increase the risk:

- ! **Family History:** including any family history of ovarian, breast or colon cancer.
- ! **Inherited gene variants:** BRCA1 and BRCA2 genes or genetic conditions such as Lynch Syndrome.
- ! **Lifestyle Factors:** Tobacco smoking, obesity, use of hormone replacement therapy (HRT) and increasing age.

The symptoms of ovarian cancer include pelvis pain, increased bloating and urinary frequency. However, it is important to remember that symptoms like these can often be symptoms of less serious health issues. If you wish to discuss any of these issues further, a visit to your GP is a good first step.



Follow us on Facebook at **Monbulk Family Clinic** for the most up to date practice news.

WELCOME DR NOAH DEUBEL & DR FABLIHA REZA

We are thrilled to welcome our new registrar **Dr Noah Deubel** to Monbulk Family Clinic this month!

Growing up in rural Victoria, he developed a passion for General Practice at an early age, witnessing the vast difference a General Practitioner can make in the local community. Graduating from Monash University in 2022, Noah completed his junior years at Bendigo Health, developing key interests in General Medicine, Emergency Medicine and minor procedures. Now a Dandenong Ranges local, outside of work he enjoys all things health, fitness and the outdoors with regular camping trips and days by the beach with family and friends.



Dr Noah Deubel will be consulting at Monbulk Family Clinic on Tuesday and Thursday.



We are thrilled to welcome our new registrar **Dr Fabliha Reza** to Monbulk Family Clinic this month!

Fabliha graduated from the University of Western Australia in 2018, she has been working in Victoria since 2024 (prior to this in WA). Her specific interests lie in geriatrics, lifestyle medicine and sexual health.

Outside of work Fabliha loves to explore nature, especially through hiking & diving, painting & drawing, and keeping active.

Dr Fabliha Reza will be consulting at Monbulk Family Clinic on Monday, Tuesday (PM), Wednesday and Friday.

MEASLES

The Victorian Department of Health has issued numerous warnings about the increased prevalence of measles cases amongst Victorian communities.

Measles is a highly contagious viral disease that can cause serious complications. Symptoms include fever, cough, sore throat, and/or conjunctivitis followed by a red maculopapular rash.

Vaccination with the measles-mumps-rubella (MMR) vaccine provides safe and effective protection against measles.

Individuals considering overseas travel should ensure they have received the appropriate travel vaccinations including the MMR vaccine, especially if travelling to South-East Asia (including Vietnam), where large outbreaks are currently present.



IMPORTANT NEWS



Dr Steven Pinolo will be adjusting his consultation hours from Feb 3rd, 2025, finishing at 2pm on Tuesdays and Thursdays.

Dr Dushy Blanchard will be on leave for a week from the 27th of February, 2025.



A friendly reminder that we are **closed** on **CATASTROPHIC** fire days with possible reduced services on **EXTREME** fire days.



We will be moving to a new phone system to enable better communication during power outages. There may be disruptions to the phone line from 1:30pm-5:00pm on Thurs 13th February, 2025. Contact the other clinics for help during this time. Thank you.