

# Monthly Newsletter

CADELL ST  
MEDICAL CLINIC.

14/7/2024



## Here's our new newsletter!

Dear Patients and Community Members,  
Welcome to the inaugural edition of the Cadell Street Medical Clinic Newsletter! I am Dr. Nyk Wolainskyj, the clinic director, and it is my pleasure to connect with you through this new platform. Our goal is to keep you informed about the latest developments at our clinic, share valuable health tips, and foster a stronger sense of community.

At Cadell Street Medical Clinic, we are committed to providing exceptional healthcare services tailored to meet the diverse needs of our patients. Our dedicated team of healthcare professionals works tirelessly to ensure that you receive the highest standard of care in a compassionate and supportive environment. In this first issue, you will find updates on our new services, introductions to recent additions to our staff, and information on upcoming health awareness events.

We also have a special feature on winter wellness tips to help you stay healthy and active during the warmer months. We are excited to embark on this journey with you and look forward to your feedback and suggestions. Your health and well-being are our top priorities, and we are here to support you every step of the way.

Thank you for choosing Cadell Street Medical Clinic as your trusted healthcare provider. Together, we can achieve a healthier and happier community.

*Nyk Wolainskyj*

## VACCINATION INFLUENZA 2024

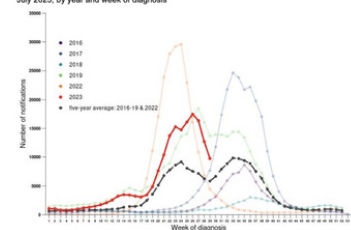
As we face the flu season, it's crucial to protect our health and community. Traditionally, the flu season runs from April to October, peaking in August. Recent trends, however, show an earlier start in March and a peak in June. This year, South Australia reported 619 flu notifications for the week ending 22 June 2024, and Tasmania reported 106 for the fortnight ending 23 June 2024. In 2023, there were 3,696 hospital admissions due to influenza, with 256 requiring ICU care, and 376 influenza-associated deaths. These statistics underscore the importance of vaccination. Getting vaccinated is the most effective way to protect yourself and others, reduce healthcare strain, and prevent severe flu complications. We strongly encourage everyone to get their flu shot as soon as possible to help create a healthier community.

### In this newsletter you can expect:

Community Updates  
Healthy Recipes

Cadell private fees  
Standard \$83.90 gap \$42.50  
Long \$125.60 gap \$45.00

Figure 3: Notifications of laboratory-confirmed influenza, Australia, 1 January 2016 to 23 July 2023, by year and week of diagnosis\*





## Community News

The Victor Harbor Health Hub, currently under construction in the heart of Victor Harbor, is set to become a comprehensive healthcare facility catering to the diverse medical needs of the Fleurieu Peninsula community. Anchored by the Victor Medical Centre, this state-of-the-art, multi-discipline hub will house a range of healthcare providers under one roof, offering services such as specialist suites, radiology, pharmacy, and day surgery facilities. The development, valued at \$30 million, will span 3,000 square meters and is scheduled for completion in early 2024. In addition to its medical services, the Victor Harbor Health Hub is designed with patient comfort and convenience in mind. The facility will feature over 90 car parks to ensure ample parking for patients and staff, as well as a ground floor café called Coffee NOOK, serving locally roasted coffee from De Groot in Port Elliot. This thoughtful integration of healthcare services with community-friendly amenities aims to create a welcoming environment that promotes overall well-being for residents of Victor Harbor and the surrounding areas.

### Healthy Recipe



### Banana Pancakes

Blend 1 large ripe banana, 2 large eggs, 1/2 cup rolled oats, 1/2 teaspoon baking powder, 1/2 teaspoon vanilla extract, 1/2 teaspoon cinnamon (optional), and a pinch of salt until smooth. Heat a lightly greased non-stick skillet over medium heat. Pour small amounts of batter onto the skillet to form pancakes and cook until bubbles form and the edges set, about 2-3 minutes. Flip and cook for another 1-2 minutes until golden brown. Serve warm with toppings like fresh fruit, honey or maple syrup, yogurt, or nuts. Enjoy your healthy banana pancakes!

*Thank you for reading!*



### Bowel test kits

The National Bowel Cancer Screening Program (NBCSP) offers a crucial tool for early detection of bowel cancer through the Faecal Occult Blood (FOB) test. This non-invasive test detects hidden blood in the stool, which can be an early sign of bowel cancer. Early detection is vital because it significantly increases the chances of successful treatment and can save lives. Regular screening through the NBCSP is essential for individuals over the age of 50, as it helps identify potential issues before symptoms arise, promoting timely medical intervention and better health outcomes.