

Apple and honey nut crumble oats

Ingredients

1. 1 quantity of cooked traditional rolled oats
2. Pinch ground cinnamon, plus extra to serve
3. 1 large apple, grated
4. 30 g raw nut and seed mix
5. 2 tablespoons chopped raisins
6. 2 tablespoons plain Greek yoghurt
7. 1 tablespoon honey

Method

Step 1

Cook hot oats following method in base recipe, adding cinnamon and half the grated apple to the saucepan with oats and milk.

Step 2

To serve, divide oats between 2 bowls. Top with remaining apple, nut and seed mix, raisins and yoghurt. Drizzle with honey. Sprinkle with extra cinnamon.



Narromine Shire Family Health Centre

Quarterly Newsletter

Winter 2025



Narromine Shire Family Health Centre Website.

narrominemedical.com.au

Respiratory syncytial virus (RSV)

Respiratory syncytial virus (RSV) is a virus that causes infection in the lungs and airways.

It is highly contagious.

It is one of the most common causes of respiratory (breathing) infections in children, including the common cold.

Symptom may include runny nose, cough, sneezing, wheezing and fever.

Your doctor can confirm that illness is caused by RSV by doing a swab of your nose or throat.

Most cases of RSV are mild and can be treated at home.

There is no specific treatment for RSV, but having lots of rest and drinking plenty of fluids will help you recover. Most people recover from RSV in about 10 days.

Antibiotics don't work against RSV, because it is a virus.

Surgery Hours

Monday-Friday

9am- 12:30pm

On the day appointments

**Please phone from
8:45am on 6889 1622**

**Pre-booked appointments
for referrals,
prescriptions, medicals
and work cover**

2pm - 5pm

Saturdays

9.00am-11.30am

Acute only

DOCTORS

Dr Neil McCarthy

Dr Niro Wickramasinghe

Dr Allison Vincent

Dr Vicky Owen

Dr Kelly Bradley

Dr Ni Ni Zin

Dr Shane Breheny

PRACTICE MANAGER

Wendy Harding

RECEPTIONISTS

Miranda Kelly

Cathy Walsh

Fiona Walker

Brittney Gower

PRACTICE NURSES

Lauren Dawson

Allana Heckendorf

Courtney Baker



PATIENTS WITH RESPIRATORY LIKE ILLNESS E.G - COUGH, SORE THROAT, RUNNY NOSE, TEMPERATURE, HAYFEVER SYMPTOMS OR RASH MUST RETURN A NEGATIVE COVID TEST RESULT BEFORE ENTERING SURGERY



Influenza (flu) verses Common Cold

The flu and common colds are both respiratory illnesses but they are caused by different viruses.

A cold is a viral infection that usually affects your nose and throat. Colds are very common and more common in winter. If you are generally healthy, you probably won't need to see a doctor to have a cold diagnosed. Your immune system will fight the infection and your symptoms should usually clear up in 7 to 10 days without any treatment.




Influenza (flu) is a highly contagious respiratory illness caused by influenza viruses. There are two main types of human influenza viruses: A and B. There are also many sub-types and strains. Influenza is more serious than the common cold. Flu can sometimes lead to severe complications such as pneumonia and even death, especially in vulnerable people, which is why it is so important for people to get vaccinated against the flu. Colds generally do not result in serious health problem and symptoms usually last from a few days to a week.

When to stay home:

1. If you have flu or cold-like symptoms, stay home. Over-the-counter pain relievers like acetaminophen or ibuprofen can help manage fever and aches.
2. If you have a fever, stay home until it has been gone for at least 24 hours without fever-reducing medication.
3. Stay home until you are feeling well and your symptoms have improved and drink plenty of fluids
4. If you are at high risk for complications or your symptoms are severe, seek

Cold vs Flu vs RSV: Know the difference

COLD	FLU	RSV
<ul style="list-style-type: none"> ✓ Cough ✓ Stuffy or runny nose ✓ Sneezing ✓ Sore throat and sore ears ✓ Headache ✓ Red eyes ✓ Loss of appetite ✓ Irritability ✓ Some children may develop a fever 	<ul style="list-style-type: none"> ✓ Cough ✓ Stuffy or runny nose ✓ Sore throat ✓ Body ache ✓ Shivering ✓ Feeling hot or cold ✓ Diarrhoea or vomiting ✓ Fatigue ✓ Symptoms can be more severe than a cold 	<ul style="list-style-type: none"> ✓ Cough ✓ Stuffy or runny nose ✓ Sneezing ✓ Wheezing ✓ Fever ✓ Can cause severe illness such as bronchiolitis or pneumonia

 Symptoms may differ or overlap depending on the type of infection or virus your child has

my medicare

We have joined the
MyMedicare community
and we want you to
join us too.

MyMedicare is a new voluntary patient registration model.

It aims to strengthen the relationship between patients, their general practice, general practitioner and primary care teams.

Patients will benefit from registering by:

- ◆ Accessing greater continuity of care
- ◆ Longer MBS funded telephone calls
- ◆ The triple bulk billing incentive for longer MBS telehealth consultations for children under 16, pensioners and concession card holders.

Patients can complete registration in one of the following ways:

- ◆ Patients can commence the registration process in their Medicare online services (Medicare Online Account or the Express Plus Medicare mobile application) and the practice staff can then accept or decline the registration in MyMedicare.
- ◆ Patients can fill out a registration form at the practice (or provided by their visiting GP) and sign the form to provide consent. The practice will then enter the patient's registration details into the MyMedicare system to complete the registration.

Patients who are not registered in MyMedicare will still be able to receive Chronic Disease Management items from their usual GP.

SERVICES WE PROVIDE

General Consultations	Minor Surgery & Wound Repair	Childhood Immunisations
Cervical Screening & Breast Checks	Pregnancy Tests & Antenatal Care	Family Planning
Skin Checks	Moles & Skin Cancer Removal	Weight Control
Diabetes Management	Insurance/Drivers Licence Medicals	Pre Employment Medical
Travel Medicine/Vaccination	Mental Health Plans	ATSI Health Assessments
40-49 Year Old Health Assessments	75+ Year Old Health Assessments	Medication Reviews
Chronic Disease Management		