



Belgian Gardens Medical Centre

JULY 2019 EDITION

ABOUT US

STAFF LEAVE

Just a reminder that we still have Dr. Vollmerhause and Dr. Carr on leave. Dr. Carr returns on 9th July and Dr. Vollmerhause returns on 22nd July.

NEW RECEPTIONIST

You may have noticed a new face behind the desk welcoming you! Lydia has joined our team of receptionists and is currently learning the ropes, so please be patient as we train her up. Don't forget to say hi and welcome her to BGMC!

FLU SEASON 2019

Again, we still have plenty of funded vaccines available to our patients, with it being important to get vaccinated, especially this year as it's a particularly bad flu season. Avoiding large crowds of people during flu season helps to limit your exposure to the virus, as well as following basic hygiene principals of hand washing. Staying healthy with a diet rich in vitamin C will help boost your immune system, and if you feel unwell, make an appointment to see your Doctor promptly. If you choose to stay at home, you can help yourself by resting, drinking plenty of fluids and treating any fever

with over the counter Paracetamol or Ibuprofen.

CHECK YOUR MATES

The Townsville Bulletin has put a call out to the local community to take the #checkyourmates challenge, by calling or visiting five friends each week. It is important for us to stay mentally healthy, and by checking on your mates helps reduce the stigma around mental health. So give them a call and #checkyourmate!

AVIATION MEDICALS

A reminder that Dr. Carr here at the Practice is an Aviation Medical Examiner. If you would like to book an Aviation Medical, you must have completed your online application with CASA first, and provide us with your ARN number when you call and book.

PRIVATE PRACTICE FEES

We would just like to remind our patients that we are a Private Billing Practice, so if your usual Doctor is unavailable, and you see another of our Doctors, please don't assume that because you are usually bulk billed, that you will be again, even if you hold a pension card.

YES, WE DO SKIN CHECKS!



Medical Centre

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www.bgmc.com.au

ONLINE BOOKINGS AT
HealthEngine

TERRY WHITE CHEMMART
PHARMACY RIGHT NEXT DOOR

SULLIVAN NICOLAIDES
PATHOLOGY NEXT DOOR



OPENING HOURS

Monday to Friday	8.30am – 4.30pm
Saturday	8.30-am to 12pm
Sunday	CLOSED
Public Holidays	CLOSED