

GMC: Newsletter

AUGUST 2017

Topic for the month MENINGOCOCCAL DISEASE

Excerpt from: <http://www.meningococcal.org.au/new-page-1/>

- Meningococcal disease is an acute bacterial infection that can cause death within hours if not recognised and treated in time.
- In Australia there are 5 main strains of the disease, all of which now have vaccinations available from your doctor. **Note that the C-strain vaccine available through Australia's free National Immunisation Program (for children 12 months of age) does NOT protect against all strains of the disease. New Vaccine initiative for 15 – 19 yr for 4 of the strains ACW&Y*
- Although the majority of victims will recover fully, 10% of those infected will die, and around 20% will have permanent disabilities -- ranging from learning difficulties, sight and hearing problems, to liver and kidney failure, loss of fingers, toes and limbs and scarring caused by skin grafts.

Meningococcal disease can strike babies, children and adults – anywhere, at any time. Those most at risk are:

- **Babies and children up to the age of 5 years** – this group accounts for two thirds of cases (due to their less mature immune system and tendency to put things in their mouth and share food, drink and toys).
- **Teenagers and young adults from 15 to 24 years** – primarily because of the socially interactive lifestyle they lead, which is more likely to involve intimate activities such as kissing and sharing drinks.



Vaccine News:

1. Shingles Vaccine: (Zostavax)

Big Shout out and reminder!!!!!!

If you are 70 – 79 and have not had your **FREE** shingles vaccine, please come in and see the Doctor. Autumn and winter are the peak seasons for shingles.

Shingles is a painful rash, that when the rash goes the burning pain stays on for years or even permanently as your reminder of the meeting.

SAVE THE PAIN AND SUFFERING. Come in and check your eligibility and have the vaccine.

2. ACWY: (Meningococcal) Catch Up Vaccine.

The government is offering for **12 MONTHS ONLY** a catch up on this new and very important vaccination. Please bring in your teens and encourage your friends to come and be vaccinated against this **Deadly disease** that likes to attack the young, fit and healthy. All 15 to 19 year olds are

Gracemere Medical Centre News:

For our regulars: Taylor (nurse) had her baby in July. A beautiful baby Boy. We welcome Nate Matthew into the Gracemere Medical Centre Family.

August is Jeans for Jeans month. Please support this worthy cause by wearing your Jeans proudly. You may see some of the staff sporting Jeans or the Jean pins on their cloths in recognition of importance of seeking solutions for Genetically Caused Illnesses.

Thought for the Month.

