

FEBRUARY 2018

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## **Topic for the Month:      Comfort in your Skin**

As summer comes to a close, February is the Ideal time for a skin check.

### ***Interesting facts.***

1. Your skin weighs about **10 kg**. That's one heavy suit.
2. Your skin is the **best protection** your body has **against illnesses and also the elements** such as Cold, Sun and Dehydration.
3. Skin cancer is the **most common cancer in Australia** and one of the leading medical conditions requiring treatment in Australia. Statistics says more than 750,000 people require treatment for non-melanoma skin cancers per year, and over 14,000 people are diagnosed with melanoma.
4. **2 out of every 3** Australians are likely to have a skin cancer **before they are 70** years old.
5. Skin cancer is responsible for **about 3,000 deaths per year** in Australia.

**\*Yearly skin checks are highly recommended!\***

**The end of Summer is an Ideal time**

Our doctors are skilled skin checks and skin procedures: come in for ***your free skin*** check.



## Vaccine News

### ***Infanrix Hexa (6 in one vaccine)***

- **Infanrix Hexa Vaccine: is given to infants at 6-8 weeks, 4 months and 6 months.** It protects babies against Tetanus, Whooping Cough (pertussis), Diphtheria, Hepatitis B, Haemophilus influenza B and Polio.
- **This is a very important vaccine for your child as it gives them quick and early protection against some of the most deadly infections children can get.**
- Since these vaccines have been used nationwide, the rate of infection and death from these diseases has decreased remarkably.
- It is important to continue to keep our children safe from these illnesses by ongoing vaccination.

## Gracemere Medical Centre News

Gracemere Medical would like to introduce **Dr Charlind Dindial**.

Dr Dindial has been in the area for many years performing her duties as a mother and also at the Base Hospital as a Doctor. We would like you to welcome her and help her to settle into the practice as she works alongside our team to better the health of The Gracemere Community.

## Thought for the Month

**Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending!**

*Carl Bard*

