

## Mens Health Week

Men's Health Week is celebrated from 13 - 19 June. It provides an important opportunity for our community to reflect on the different health needs of men who, on many measures, have poorer health than women.

In Australia, men die from coronary artery disease and lung cancer at twice the rate of women. Men's rate of hazardous alcohol consumption is twice that of women. Men suicide at four times the rate of women and men are killed in motor vehicle accidents at three times the rate of women.

Men in the age group of 15-44 years are the least likely of all age-sex groups in Australia to have accessed GP services in the last 12 months.

There are many reasons men should visit their GPs at least annually. For physical issues like blood pressure checks, health screening and optimizing a healthy lifestyle. Men also need to develop a trusted relationship with their GPs and seek help when confronted with major life events and/or mental health issues.

Men's Health Week provides an opportunity to remind men to engage with their own healthcare and ensure their health screenings are up to date - see table

Essential Health Screening for Men			
Condition	Age	What/Why	How often
Prostate Cancer	50 - 70	Usually blood test after discussion with GP	Every two years
Heart Health	45+	Cholesterol assessment and blood pressure check	Every two years
Diabetes	45+	Fasting blood sugar level check	Every one to three years
Blood Pressure	40+	Keep in check to prevent the risk of vascular dementia	Every year
Skin Cancer	18+	Arrange initial skin check with GP to determine individual risk	Varies - every year if high risk
Bowel Cancer	50 - 74	You will receive a free test to conduct at home	Every two years

## Health Assessment

Men aged 45 to 49 years who are at risk of developing chronic disease and all men over 75 years can have comprehensive health assessments with their GP and practice nurse. These assessments are funded by Medicare and incur no out-of-pocket expenses.

## Vasectomy

We now offer vasectomy at Belconnen Mall Medical Centre. A vasectomy is a small operation to divert the path of sperm so that when you ejaculate there is no sperm in the semen. It is a very safe procedure that is easily done under local anaesthetic. The technique used is called a Non scalpel open ended vasectomy with fascial interposition. It offers the slightest chance of complications with the least chance of failure. This procedure is charged privately at a rate of \$550 with a Medicare rebate of \$203.35.

Belconnen Mall Medical Centre is excited to offer Intrauterine device (IUD) insertions with our female GP, Dr Iranthi De Silva. These consultations incur a fee and are charged privately.

## Announcement

For several years we have provided quality, fully bulk-billed medical care to the local community.

The costs of running an accredited medical practice, such as ours, continue to rise, and Medicare rebates have not kept pace. We have had to make the difficult decision that offering fully bulk-billed service on the **WEEKENDS, PUBLIC HOLIDAYS** and **AFTER HOURS** is no longer viable.

Therefore, **Belconnen Mall Medical Centre** will become a mixed-billing general practice and charge **PRIVATE FEES ON WEEKENDS, PUBLIC HOLIDAYS** and **AFTER HOURS** from **1<sup>st</sup> of August 2022**.

## Meet Our Team



**Dr Shibli Sharif**  
MBBS, FRACGP

Dr Sharif is a popular and accomplished General Practitioner who has years of experience working in Australia and the UK's NHS.

He has a special interest in Men's Health and minor surgery, and performs no-scalpel vasectomies for his patients old and new. This service is charged privately. Please speak to our admin team about the fees.



## 2022 SEASONAL INFLUENZA VACCINES

Annual influenza vaccination is recommended for people aged 6 months and over.

Influenza vaccines are provided free through the National Immunisation Program to the following groups who have an increased risk of complications from influenza:

pregnant women  
(at any stage of pregnancy)

people aged 65 years  
and over

Aboriginal & Torres Strait  
Islander people  
aged 6 months and over

children aged 6 months  
to less than 5 years

people aged 6 months & over with medical conditions putting them at increased risk of severe influenza and complications, including:

- cardiac disease
- chronic respiratory conditions
- chronic neurological conditions
- immunocompromising conditions
- diabetes and other metabolic disorders
- renal disease
- haematological disorders
- children aged 6 months to 10 years on long term aspirin therapy.

Some states and territories may provide free influenza vaccines for other groups not listed above. Speak to your GP or other immunisation provider if you are unsure if you are eligible for a free influenza vaccine.

If you are not eligible for a free influenza vaccine, you can still get the vaccine from your GP (with a private prescription), a pharmacy immunisation clinic, or another immunisation provider.

**Influenza vaccines can be given on the same day with a COVID-19 vaccine.**

For more information about 2022 influenza vaccines please visit [health.gov.au/immunisation](https://health.gov.au/immunisation)

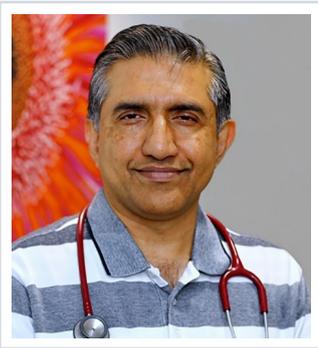


**Dr Iranthi De Silva**  
**MBBS, FRACGP**

Dr De Silva is a graduate of the Fudan University School of Medicine in Shanghai.

She has over 20 years of clinical knowledge

and experience and has a special interest in Women's Health and sexual health. Dr De Silva offers accredited Intrauterine Device and Implanon insertions and removals. She also offers medicare rebatable acupuncture services. This service is charged privately. Please speak to our admin team about the fees.



**Dr Iftikhar Hafeez**  
**MBBS, FRACGP**

Originally trained as a surgeon, Dr Hafeez now works in general practice, with a clinical interest in surgery of all kinds, he performs skin grafts, flaps, excisions

and biopsies, as well as no-scalpel vasectomies. He now accepts external referrals for all procedures. This service is charged privately. Please speak to our admin team about the fees.



**Dr Kelechi Nnajide**  
**MBBS, FRACGP, FPS**

Dr Nnajide is a General Practitioner. He completed his general medical training in 2000. He has extensive knowledge working as a general

practitioner both in hospital and outpatient settings. He is interested in all aspects of general practice including Mental Health as he is certified to provide cognitive behavioral therapy, workers and injury claims management, Musculoskeletal conditions and a particular interest in management of chronic conditions.

He has begun helping his patients navigate the

process of accessing medicinal cannabis. Some Eligible chronic conditions include: Chronic Pain, Endometriosis, Anxiety, PTSD, Epilepsy, Dementia and Autism. This service is charged privately. Please speak to our admin team about the fees.



**Dr Priyank Jani**  
**BSc, MBChB, DRCOG, MRCGP**

Dr Jani completed his medical training at the University of Leicester, UK. He completed his GP training across London and has worked

as a GP in Central London before moving to Australia.

He has special interests in: Paediatrics health, Men's and Women's health, Mental health, Chronic disease management and Elderly care, Worker's compensation claims, and Driver medical assessments.

Dr Jani is also fluent in Gujarati and has a working knowledge of Hindi. Outside of work he enjoys the outdoors and spending time with his young family. Dr Jani is welcoming new patients.

## Privacy

The privacy of your health is important to us. All staff, including administration staff, respect your privacy and keep your health information confidential at all times. Your medical record is a confidential document and it is the policy of this practice to maintain the security of your personal health information at all times. We ensure that this information is only available to authorized members of staff. If you need to request a copy of your health information, please see reception staff for assistance.

## Reminders, Recalls & Results

Patients are encouraged to book a follow-up appointments to discuss the results of all investigations ordered by the GP, however we will

also send you a SMS to let you know that you need to book a follow-up appointment. If we don't hear from you, we'll continue to chase you up, either by SMS or phone call, and we may try to contact your emergency contact or another family member to check we have the correct contact details and/or to see if they can reach you. We may eventually send you a letter to the address you have registered with us if we cannot get through to you.

**If the tests reveal an urgent abnormality**, our nurse or reception staff will call you as soon as possible to book an appointment with a GP to discuss the results, or your GP will call you directly. If we cannot get in contact with you, we will keep trying to call, and we might also SMS you and/or also leave a voicemail. If we still cannot get in contact with you, we may try to contact your emergency contact or another family member to check we have the correct contact details and/or to see if they can reach you.

We are also committed to providing preventative health care and participate in government reminder systems and registers. We offer a SMS reminder system. If you would like to receive SMS reminders please inform reception and ensure they have your current mobile telephone number. If you do not wish to be a part of this system, please notify reception.

## Feedback

Although we try our very best it is inevitable that from time to time a patient may have a complaint about our services. This feedback is important to us as it alerts us to problems with the service we are providing and drives us to find a better way of doing things.

If you have any suggestions, ideas or would like to

make a complaint you can either:

- Speak with your GP or Nurse
- Let our reception staff know
- Write us a letter or fill out a complaint form
- Give feedback on our check in machine
- Speak with our Practice Manager or send an email to [practicemanager@belconnenmmc.com.au](mailto:practicemanager@belconnenmmc.com.au)

However, if you would like to take your complaint further and wish to speak with an external body, you can contact:

### **ACT Human Rights Commission**

GPO Box 158

Canberra City 2601

T: 6205 2222

## Services Available

**As well as routine consultations, the following services are available:**

- Children's Health and Childhood Immunisation
- Chronic Disease Management
- Driver's Medicals
- Men's Health
- Mental Health
- Minor Procedures
- Mirena IUD Insertion and Removal
- Travel Vaccinations
- Skin Checks
- Vasectomy
- Women's Health
- Worker's Compensation
- Musculoskeletal Health
- Prescribing of Medicinal Cannabis
- Acupuncture
- Dietetics
- Physiotherapy
- Exercise Physiotherapy
- Psychiatry
- Psychology
- Geriatrics

## Belconnen Mall Medical Centre

Shop 168 Westfield Belconnen (Level 3)  
Belconnen ACT 2617

Phone: (02) 6253 3123  
Fax: (02) 6253 1253



## Opening Hours

Monday	7:00am to 5:00pm
Tuesday	7:00am to 5:00pm
Wednesday	7:00am to 5:00pm
Thursday	7:00am to 5:00pm
Friday	7:00am to 5:00pm
Saturday	7:00am to 5:00pm
Sunday	7:00am to 5:00pm

By appointment only

