



Did you know?



Last month, **Merri-bek Family Doctors** passed our GP Accreditation with flying colours! We would like to thank our wonderful patients who helped with completing feedback forms, which allows us to improve and maximise our services to you.

A big congratulations to all of the doctors, nurses and administration staff, particularly our Practice Manager and fearless leader Zoe, who runs a very tight ship!

General practice accreditation in Australia is a mandatory process for general practices to meet safety and quality standards. Typically every three years, general practices are assessed by independent agencies against the Royal Australian College of General Practitioners (RACGP) standards.

This provides assurance that the practice meets high standards for safety and quality. So rest

assured, you are in good hands with us managing your healthcare needs.

You may have heard...



The Australian government is spruiking free healthcare for all from November 1 and is offering incentives to practices that agree to bulk bill every single patient consultation. At Merri-bek Family Doctors, one of our core values is flourishing; we want to do more than just Band-Aid a problem. We want to help you flourish by listening deeply, assessing thoroughly, and managing comprehensively. It's not possible for us to

provide this level of care on a universal bulk billing model, which encourages quick throughput. So we will continue to bulk bill where needed to allow access to care, and to privately bill those who can afford to pay. Please speak to your doctor if you are having difficulty affording the care you need.

Merri-bek Family Doctors
223 Melville Rd, Brunswick West 3055
ph. (03) 9383 2493 | reception@mbfd.com.au



Fun Fact

Make hay until the sun shines!

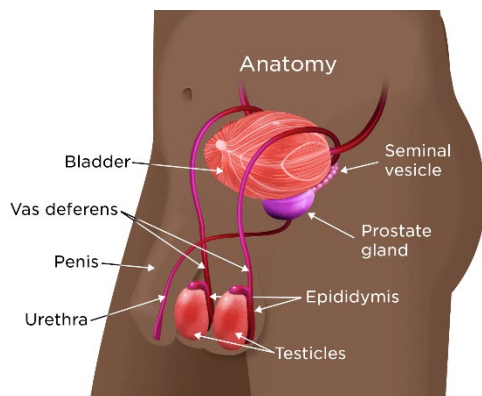


For a few months until the end of the calendar year, families and individuals who have spent a lot on their healthcare over the year can receive a much higher rebate from Medicare when they pay a medical bill. If you've hit your Medicare Safety Net, then it's a good time to see specialists or get investigations done. But if your Medicare card has other family members on it, you

must confirm every year who is in your family in order to meet the combined family threshold. Higher rebates don't commence until you do! You can go to my.gov.au/ or use the MyGov app to make sure you don't miss out.

At Merri-bek Family Doctors, we appreciate you letting us know when you have hit the safety net, because it's a win-win situation; we can bill more appropriately to cover the costs of running a practice, and you can still be minimally out of pocket.

Health Promotion



Previously, men were recommended to have a PSA blood test for early detection of prostate cancer every year. Medicare funding is now every 2 years, unless your doctor picks up a problem. There are symptoms of prostate disease, including frequent urination, especially overnight and poor stream and dribbling, blood in the urine or semen, or pain in the back, hips, or pelvis. However, often prostate cancer itself has no symptoms, so it is important to have a PSA

blood test performed every 2 years from the age of 50 to 69, or earlier from age 40 if you have a family history of prostate cancer. We have appointments available with our male doctors, who have a special interest in men's health.

Merri-bek Family Doctors
223 Melville Rd, Brunswick West 3055
ph. (03) 9383 2493 | reception@mbfd.com.au



Heart Food

Enjoy this beautiful poem with us by 20th century Irish poet, and priest John O'Donohue.

Beannacht Blessing

On the day when
the weight deadens
on your shoulders
and you stumble,
may the clay dance
to balance you.

And when your eyes
freeze behind
the grey window
and the ghost of loss
gets into you,
may a flock of colours,
indigo, red, green
and azure blue,
come to awaken in you
a meadow of delight.

When the canvas frays
in the currach of thought
and a stain of ocean
blackens beneath you,
may there come across the water
a path of yellow moonlight
to bring you safely home.

May the nourishment of the earth be yours,
may the clarity of light be yours,
may the fluency of the ocean be yours,
may the protection of the ancestors be yours.

And so may a slow
wind work these words
of love around you,
an invisible cloak
to mind your life.