

31ST MAY 2023 | NEWSLETTER | PH: 1300 301 639



WINTER IS HERE...



Winter can be a Challenging time for people living with a Lung Condition as temperatures drop and the air becomes cold and dry. Cold weather can trigger a flare up of respiratory symptoms and make patients vulnerable to diseases, particularly when there are more viruses and bugs about.

Managing lungs is a high priority and National Clinical Services has appointments available for Spirometry and Lung Function testing to help diagnose and monitor chronic lung diseases, including asthma, chronic obstructive pulmonary disease (COPD), and emphysema and to ensure lung disease treatments are effective.

Our range of stationery and portable nebulisers and oxygen concentrators including tubing and cannulas are available for immediate dispatch.



Nebulisers and Oxygen concentrators can help alleviate the symptoms of Wintertime lung ailments.

RECENT SLEEP NEWS:

Increased Long-Covid Risk for Those with Sleep Apnea.

The risk of developing long COVID symptoms may be significantly increased in adults with sleep apnea, according to a new study.

This increased risk persisted even when controlling for other factors known to contribute to long COVID, such as obesity, hypertension, diabetes, and hospitalization at the time of initial COVID infection.

Read the full article [HERE](#):

Good quality sleep can add years to people's lives, a study suggests.

Quality sleep could add years to people's lives and improve their overall health, according to research. Men who regularly slept well could live almost five years longer than those who don't, while women could benefit by two years, the study found. Young people who had better sleep habits were also shown to be less likely to die early. Quality of sleep was found to be more important than the quantity, with five key factors identified as contributing to healthy sleep. These included ideal sleep duration of seven to eight hours a night and not using any sleep medication.

Read the full article [HERE](#):

Link Between Sleep Apnea, Deep Sleep Deficit, and Brain Health Risks

A new study reveals a potential link between sleep apnea, reduced time in deep sleep, and brain biomarkers associated with increased risk of conditions like stroke, Alzheimer's disease, and cognitive decline.

Read the full article [HERE](#):



REFERRERS OF THE MONTH

Rusden Street Medical Centre, Armidale.

The Rusden Street Medical Practice has been servicing the local community since its founding in 1946. Their aim is to provide a high standard of care to their patients, for a broad range of medical, surgical, paediatric, obstetric and gynaecological problems, 24 hours a day, 7 days a week. Rusden Street Medical practice is independently and locally owned with a focus on education for medical professionals in regional areas. They are a fully accredited surgery with the Australian General Practice Accreditation Limited (AGPAL). All of their doctors have admitting rights to the Armidale Rural Referral Hospital and the Armidale Private Hospital. Rusden Street Medical Practice is accredited with GP Synergy and supports the training of Registrars.

General Practitioners:

Dr Rod Martin, MBBS (Qld), FACRRM

(Anaes) Obstet, DRANZCOG (Adv)

Dr David Thew, MBBS, FRACGP

Dr Jon Markey, FRACGP

Dr Kate Chapman, FACRRM, DRANZCOG

(Adv)

Dr Hugh Pearson, MBBS, FRACGP

Dr Laura Townsend, MBBS

Dr Siavash Rezapour

Dr Jason Averay

Skin Clinic Appointments:

Dr Luke Bookallil, MBBS (Syd), MPs Med

(UNSW), Dip Skin Cancer Med/Surg

(SCCA), DCH, DRANZCOG, FARGP, FRACGP

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