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www.plazamedicalkalgoorlie.com.au



*Holistic health care
and medicine for the local
Goldfields community
built on the most current
evidence based practice*

Book your own appointment with any of the Doctors and Nurses at Plaza Medical at any time of the day or night.






Download our app



Or visit our website

www.plazamedicalkalgoorlie.com.au

Other health services provided on site

-  Psychology Heather Lowndes
-  Blood Collection / Pathology Clinipath Pathology
-  Audiometric Testing Australian Hearing
-  Dietetics 360 Health
-  Diabetes Education 360 Health

Chronic Disease Management

A chronic disease is a condition which will or has lasted for 6 months or more. Your GP can help you manage these conditions effectively to achieve best possible quality of life through:

- ♥ Primary medical care: consultations, treatments, referrals, procedures, investigations, prescriptions.
- ♥ Education: advice about nutrition, stress management, smoking cessation, weight loss management.
- ♥ GP Management Plans: comprehensive and individualised care plans that ensure all aspects of chronic disease are managed including goals to achieve optimal health.
- ♥ Team Care Arrangements to involve relevant specialists allied health in your care. Some local allied health provide services for free (dietician, diabetes educator) and others are financially subsidised by Medicare (podiatrist, physiotherapist).
- ♥ ECGs
- ♥ Spirometry testing
- ♥ Point of Care INR testing
- ♥ Ankle Brachial Index measurements (blood circulation in your legs)

Mental Health

At Plaza Medical Centre provision of care is holistic and encompasses physical, social, spiritual and mental health. Mental health care may include medication management, counselling, referral to allied health or specialist care as well as preparation and ongoing management of Mental Health Treatment Plans. We are also fortunate to have an experienced, well respected Psychologist who has a private practice based on site.






Travel Medicine

Plaza Medical Centre can provide you with a complete up-to-date travel advice plan for wherever your travel may take you. We provide immunisations and general health and wellbeing advice for a large number of foreign and tropical holiday destinations.

Skin Checks




Australia has one of the highest incidences of skin cancer in the world. Two out of three people who live in Australia will develop some form of skin cancer. Consequently it is important to keep an eye on your own skin and report any changes to your doctor. It is also important to have a regular check with your doctor. All doctors at Plaza Medical Centre can perform skin checks for our patients, and biopsy or excise most types of suspicious skin lesions where required.

Procedures

-  Suturing of cuts / lacerations
 -  Drainage of abscess / haematoma
 -  Cryotherapy of lesions / warts
 -  Removal of lesions / warts / ingrown toenails
 -  Wound care
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Health Checks

As we get older, some of us become more vulnerable to illness. These health assessments are conducted to address modifiable risk factors and prevent the onset of chronic disease.

-  45 – 49 year old health checks. Lifestyle factors such as smoking, physical inactivity, excess weight, biomedical risk factors or simply a family history of chronic disease contribute to your risk of developing a chronic disease.
 -  An annual health check for those 75 years and over is a comprehensive review to identify any health issues and optimise quality of life. Areas assessed may include lifestyle, mobility, medication, nutrition, exercise, safety in the home, care arrangements and support networks.
 -  Annual Aboriginal and Torres Strait Islander Health Checks for culturally appropriate care and to facilitate early detection, diagnosis and intervention of common and treatable conditions. The health assessment for ATSI patients is available to all ages from children to adults.
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Women's Health

- Pap Smears
- Breast examination
- Breast self-examination
- Mammogram / Breast Ultrasound referral
- Fertility
- Pregnancy
- Contraception
- Sexual Health – sexually transmitted infection screening
- Menopause
- Urinary symptoms / incontinence
- Osteoporosis
- Implanon insertion and removal
- Intra Uterine Contraceptive Device insertion and removal (Mirena)

Medicals








Plaza Medical Centre offers a wide range of medicals including:

- Pre-employment medicals
- Drivers licence medicals
- Occupational medicals
- Insurance medicals
- Treatment, management and prevention of workplace acquired injuries
- Return to work planning
- WorkCover consultation

Aged Care






Plaza Medical Centre truly is a *cradle to grave* practice. In addition to caring for the aged population living in the community, our doctor's also provide nursing home care to patients in residential aged care facilities. This involves regular reviews undertaken onsite and provision of around the clock care for our older loved ones.

Men's Health

-  Prostate screening
 -  Erectile dysfunction
 -  Sexual Health / Sexually Transmitted Infection screening
 -  Contraception and family planning
 -  Risk of heart and stroke disease
 -  Osteoporosis
 -  Testicular Cancer
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Child and Adolescent Health

Your family doctor is an essential part of maintaining your family's health and wellbeing.

-  Newborn Health Checks
 -  Childhood immunisations in line with the National Immunisation Program including catch up programs and travel vaccinations
 -  4 year old Healthy Kids Checks. A comprehensive screening check to determine readiness for school and provide an opportunity to assess visual acuity, hearing, motor skills and other areas of development.
 -  Allocated *On the day* appointments for sick kids
 -  Bulk billed consultations for those under 16 years
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Family Planning and Obstetric Care

Planning and starting a new family is an exciting journey. Plaza Medical Centre has two female GPs qualified in obstetrics who provide all facets of prenatal, antenatal, delivery and postnatal care.

-  General health advice for fertility
 -  Conception advice
 -  Hormonal profiling
 -  Midwife lead antenatal education groups
 -  Midwife advice and appointments available Monday to Friday
 -  3D/4D ultrasound
 -  Hospital Care for delivery including Caesarean section
 -  Postnatal follow-up
 -  Baby Bounce Back exercise and education program in conjunction with Inspired Life Health Club
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