

# MY HEALTH MY VOICE

ISSUE 20, MAY 2019

Having  
a say

talking about  
Aged Care

improving  
health  
services

Listening  
to you

planning for our  
children's  
future



AFTER HOURS CARE  
IS *Always there*

## More to after hours care than just the hospital

Many people go to emergency departments when they need medical care outside normal business hours. But other options, such as after hours GPs or pharmacies, could be better for people with less urgent issues.

When people go to emergency when they don't really need to, it puts extra pressure on our already busy hospitals. It also costs the health system four times as much as a visit to the GP.

Point Cook GP Dr Ranjini said after hours doctors fill an important role in providing medical care that does not require urgent hospital attention.

"From a broken nose to a dodgy stomach, most common health problems can be treated by your local after hours health care provider."

North Western Melbourne Primary Health Network has developed a series of videos and images to help spread this message to people in our community.

You can like and share our favourite video on Facebook [here](#), or choose your own favourite on our website [here](#).

After hours care is always there. To find an after hours health service near you visit [healthdirect.gov.au](http://healthdirect.gov.au)

### Have your say

The Australian Digital Health Agency would like to design a more modern, digitally connected health system. At the moment information collected about a patient often can't be seen and used by other people involved in their care.

Have your say on what you want, need and expect from a modern and connected healthcare system by completing this [survey](#).

Your feedback will help to guide the development of the National Health Interoperability Roadmap.


The survey is open until Friday, 14 June 2019. For information and assistance please email [yoursay@digitalhealth.gov.au](mailto:yoursay@digitalhealth.gov.au) or call 1300 901 001.

**phn**  
NORTH WESTERN  
MELBOURNE

An Australian Government Initiative

*My Health, My Voice* is a newsletter of North Western Melbourne PHN, a non-profit organisation working to improve health care in our local communities.

To subscribe or unsubscribe from this newsletter please email us at [myvoice@nwmphn.org.au](mailto:myvoice@nwmphn.org.au) or call (03) 9347 1188.

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## BOWEL CANCER TEST TIME

Are you or someone you love aged 50-74? Then you or your loved one is at higher risk of bowel cancer.

Tragically, bowel cancer claims the lives of 100 Australians every week. But it doesn't have to.

Australians aged between 50 and 74 receive a free home screening kit in the mail as part of the National Bowel Cancer Screening Program.

If you receive a kit, please do it. It could save your life.

To find out more about bowel cancer screening please go to: [www.cancervic.org.au/bowel](http://www.cancervic.org.au/bowel)

If you have been diagnosed with bowel cancer, check out [www.cancerpathways.org.au](http://www.cancerpathways.org.au) for online guides about the care you should be receiving.



## UNDERSTANDING FERTILITY

Most people want to have a baby one day and many people don't have a problem getting pregnant.

But it's not always as simple as stopping contraception. Age is the most important factor for women and it plays a role for men, too.

Across the population, women younger than 35 and men younger than 40 have a better chance of having a child than people who are older.

This is true for natural pregnancies and for those conceived through IVF.

Having a healthy lifestyle also plays a key part, not only conception but also throughout your future child's life.

For expert advice about how to improve your chance of having a healthy baby, visit [www.yourfertility.org.au](http://www.yourfertility.org.au)



## RECIPE - ROASTED CHICKPEAS

### Ingredients:

- 2 x 400 g cans no-added-salt chickpeas, drained and rinsed
- 2 tbs honey
- 1 tsp ground cinnamon
- 1/4 tbs ground nutmeg
- olive or canola oil spray

### Method

Preheat oven to 200°C (180°C fan forced).

Place well drained chickpeas between sheets of paper towel

and pat gently to absorb water taking care not to rub off skins.

Spread chickpeas on a large tray lined with baking paper. Bake for 35-40 minutes until chickpeas are lightly browned and crunchy in the centre.

Combine remaining ingredients in a large heatproof bowl and add warm cooked chickpeas.

For a caramelised flavour, return to the oven and bake for 10 minutes.

Recipe sourced from [LiveLighter](http://LiveLighter)

