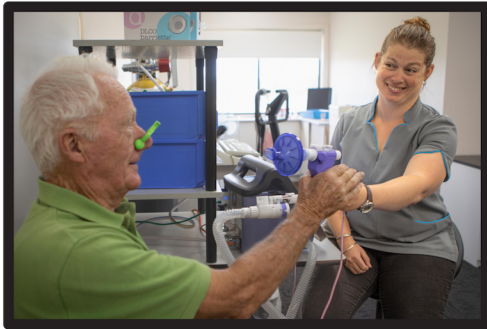




Winter is coming...



Summer has definitely given way to Autumn and with the recent cool weather, many of us are unpacking the Winter Clothes and getting cosy for the months ahead. We've been very busy here at National Clinical Services with our new Cardiology appointments going ahead thanks to our partnership with Outreach Hearts' Dr. Ross Sharpe as well as an increasing number of Spirometry and lung function tests since those appointments were added to our roster. We've also begun work creating our first comprehensive in-house catalogue, so that we don't have to weigh down our patients with numerous catalogues from all our CPAP and other equipment suppliers.



We're hard at work creating our first comprehensive in-house catalogue.

RECENT SLEEP NEWS:

Poor sleep linked to years of poor cardiovascular health.

Poor sleep could lead to between two and seven years' worth of heightened heart disease risk and even premature death, according to a new study led by researchers at the University of Sydney in collaboration with Southern Denmark University.

[Read the full article HERE:](#)

Getting a good night's sleep could boost your response to vaccination

We all know how important sleep is for mental health, but a meta-analysis found that getting good shut-eye also helps our immune systems respond to vaccination. The authors found that people who slept less than six hours per night produced significantly fewer antibodies than people who slept seven hours or more, and the deficit was equivalent to two months of antibody waning.

[Read the full article HERE:](#)

Study finds chronically disrupted sleep may increase the risk for heart disease

Sleep irregularity — chronically disrupted sleep and highly variable sleep durations night after night — may increase the risk for atherosclerosis, according to a study led by Kelsie Full, PhD, MPH, of Vanderbilt University Medical Center. The multicenter study, reported Feb. 15 in the Journal of the American Heart Association, followed 2,032 older, racially and ethnically diverse participants from six communities around the United States.

[Read the full article HERE:](#)



REFERRERS OF THE MONTH

Faulkner Street Medical Centre, Armidale.

Faulkner Street Medical Practice currently comprises eight General Practitioners;

- Dr Martin Danke MBBS, General Surgeon, Pre-hospital Emergency Medicine (Germany) FRACGP, Diploma and Certificate of Skin Cancer Medicine (Australia)
- Dr Bruce Menzies MBBS, Dip.RCOG, MRCP, DCH
- Dr Padma Nanayakkara MBBS, FRACGP, DCH
- Dr David Ford, MBBS, FRACGP
- Dr David Healey, BMed, MPallC, FRACGP, Clin Dip Pall Med
- Dr Alexandra Draney MBBS Bsc(Med), FRACGP
- Dr Paul Kennedy MBBS, MRACGP
- Dr. Michael Unger, MBBS

Faulkner Street Medical Practice is an accredited training practice under GP Synergy, and they welcome GP Registrars from the program each year. These Registrars are fully qualified doctors gaining experience in rural general practice.

They are capably supported by nurses Emily, Sheila and Leticia, the reception/admin team of Courtney, Irene, Lilly and Louise their cashier. Practice Manager Mahalia keeps everything running smoothly and there is an on-site Laverty Pathology Clinic which speeds up the testing process.

