

Draft Press Release

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Central Coast
Division of
General Practice



21st December 2009

Stay healthy this Christmas

Central Coast residents are encouraged to take care of themselves and their loved ones as people's wellbeing is often affected during the Christmas period, said Central Coast Division of General Practice (CCDGP) Chair Dr Phil Godden.

With Christmas comes travel, medication mix ups, heat induced illnesses and for some members in the community further social isolation.

"There are a few things to consider to ensure you have a great Christmas period. The best way to enjoy your Christmas is by being healthy and not over indulging with food, alcohol or smoking," said Dr Godden.

Medication mishaps have a tendency to happen during Christmas as a result of routine changes, families travelling and forgetting to get their prescription filled.

"Patients on regular medication need to make sure they maintain their regimen. Carers travelling should consider alternative arrangements for their cared-for person. Having someone to check up and make sure they're ok with their medication is a good idea," said Dr Godden.

As with every summer, elderly people are more susceptible to heat related illnesses and need to take care while in the sun to avoid sun/heat stroke or possible death.

Authorised by: Mr. Bill Parker

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Further details and
information can be gained by
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"Each year the severity of our summer weather is being felt more by everyone, and can have deadly consequences for senior members of our community. We're anticipating a hot summer," said Dr Godden.

During Christmas people who are already socially isolated can be further affected by their situation which for some can lead to further segregation and mental health issues.

"Christmas is a great time to reconnect with family and friends, especially those who have had it tough this year and may have disconnected from their support network for whatever reason, reconnecting is as easy as asking someone how they are and reaching out with friendly support," said Dr Godden.

CCDGP encourages people to find out their local general practices opening hours during Christmas and work out alternate medical arrangements if they are needed.

For more information please phone [Bill Parker 43652294]

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