



MT EVELYN DOCTORS

 31 Wray Cres, Mount Evelyn VIC 3796

 03 9736 1444

 03 9736 1777

 reception.mteve@qhealth.com.au

 www.mtevelyndoctors.com.au

LILYDALE DOCTORS

 104 Main Street, Lilydale VIC 3140

 03 9088 8177

 03 9736 1777

 reception.lilydale@qhealth.com.au

 www.lilydaledoctors.com.au



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DOCTORS:

Dr Binay Kumar MRCP MRCGP FRACGP (M)
Dr Mei Ling Leong MRCGP FRACGP (F)
Dr Sadia Chowdhury MRCGP FRACGP (F)
Dr Tina Zhong FRACGP (F)
Dr Geoffrey Catton, GP (M)
Dr Pranjal Deka MBBS, FRACGP (M)
Dr Sharon leong, GP Registrar
Dr Isiri Wickramarachchi, GP Registrar

NURSE PRACTITIONERS:

LUCY WADSLEY, NP (F)
FAYE GAO, NP (F)

Address: 104 Main Street, Lilydale, 3140

Phone: 03 9088 8177 Fax: 03 9736 1777

Online bookings via website

Website: www.lilydaledoctors.com.au

Facebook: www.facebook.com/lilydaledoctors

Email: reception.lilydale@qhealth.com.au

Hours: Mon - Fri: 9:00am - 6:00 pm

Weekends (Saturday: 9:30am - 1:30pm)

Pathology: Clinical Labs 9am -1pm M-F

Practice Nurse: Kirsten Truskett, Ziaire Ravendran, Eliza McDonald

Physiotherapist: Edward Mak

For appointments call 03 9034 7735 & 03 9088 8177

Cardiologist - Dr Shirin Sarejloo FRACP

Gastroenterologist - Dr Anuj Bohra FRACP

OB-Gynae: - Dr Hema Grover (FRANZCOG)

Orthopaedic Hip, Knee & Trauma surgeon -

Dr Kade Collins BMedSc (Hons), MBBS, FRACS (Ortho), FAOrthA

Psychiatrist - Dr Abhijit Bidwai FRANZCP

Psychologist:

- Stefany Klein - For appointments call 0447 964 176
- Pamela Saunders-Ward
- Jennifer Wheeler
- Dr Jessica Jolly
- Pieter van Rensburg

For appointments call 03 9088 8177

Dietician: Kyann Calvi

For appointments call 03 9088 8177

Podiatrist: John Woulfe

For appointments call 03 9088 8177

Accredited Social and Mental Health worker:

- Kimberly May-Mayfield

For appointments call 0400 858 441

Pregnancy Support Counsellor

- Brielle Thomson - For appointments call 0493670485

Chiropractor

- Thuy Do - For appointments call 0481 155 198

Practice Manager: Sue Wilson

Office Manager: Donna Henderson

Reception: Alannah, Kate, Christina, Teaghan, Claire, Madison, Abby

Nursing and Admin VAs: Czareena and Joseph





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DOCTORS:

Dr Shilpa Chegu FRACGP (F)
Dr Sadia Chowdhury MRCGP FRACGP (F)
Dr Mei Ling Leong MRCGP FRACGP (F)
Dr Binay Kumar MRCP MRCGP FRACGP (M)
Dr Geoffrey Catton, GP (M)
Dr Pranjal Deka MBBS, FRACGP (M)



NURSE PRACTITIONER:

LUCY WADSLEY, NP (F)

In case of an emergency call 000

After Hours Care

For afterhours medical care, you can request an afterhours, bulk-billed doctor home visit by calling **13SICK (13 74 25)** from 6pm weekdays, 12 noon Saturday, all day Sunday and public holidays. 13SICK does not treat requests for routine medical care. All routine medical treatment, such as prescription repeats, immunisations, referrals, check-ups or chronic disease management, should be handled by your usual GP.

13SICK is not a service for medical emergencies.

For medical emergencies at any hour, please telephone 000 or go to your nearest hospital Emergency Department.

After your home visit, 13SICK Doctors send a medical report through to the patient's nominated GP, so they are kept in the loop.

This is important to maintain continuity of care, because your family GP knows your medical history, and is the best person to manage the ongoing health of you and your family.

Practice Nurses: Sonia Hamilton, Ziaire Ravendran, Eliza McDonald

Allied Health Professionals:

Chiropractor: Dr Michael Bloom
For appointments call 9509 9796

Podiatrist: John Woulfe
For appointments call 03 97361444

Practice Manager: Sue Wilson

Reception & Admin: Alannah, Kate, Christina, Teaghan, Claire, Madison, Abby

Address: 31 Wray Cres, Mount Evelyn
3796 VIC

Phone: 03 97361444 Fax 03 9736 1777
Online bookings via website

Website: www.mtevelyndoctors.com.au

Facebook:

www.facebook.com/mtevelyndoctors

Email: reception.mteve@qhealth.com.au

Hours: Mon, Tues, 9.00am-5:30pm; Wed, Thurs, Fri - 9.00am-5.00pm
Weekends (Sunday: 9:30am - 1:30pm)

Pathology: Clinical Labs 9am -1pm M-F



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SERVICES PROVIDED

- General Practice consultations
- Nurse appointments
- Chronic Disease Management, Mental Health Care Plans and Reviews, Health Checks
- Women's Health inc contraception (Mirena, Implanon etc)
- Childhood and Adult Immunizations
- Pathology, ECG, Spirometry, ABPI, 24 hr BP Monitor
- Skin Checks and Skin Cancer Surgery
- Repairs of wounds or minor surgical procedures
- Travel Medicine Services
- Allied Health Services (Mental Health Worker & Social Worker & Chiropractor, Sports and Physiotherapy, Psychiatry)
- Cosmetic Services (see Cosmetic services for more information)
- Medicinal Cannabis
- Laser Stop snoring Treatment
- Hay Fever Treatment
- Laser Hair Removal
- Waist Wise Medical Weight Loss
- Rapid Test Kits & Cosmeceuticals
- Online services (repeat script, repeat referrals, medical certificate)
- Specialist Gastroenterologist
- Home Sleep Study Services
- Respiratory & Sleep Service (RSS)
- Holter monitoring & Echocardiograms provided by Heart of Melbourne every Friday in Lilydale Doctors

Regarding any feedback, concerns, or complaints you may speak confidentially to your doctor or our Practice Manager.

Outside the clinic, you can address your concerns to the:

Australian Health Practitioner Regulation Agency (AHPRA)

111 Bourke Street, Melbourne, 3000. Telephone on 1300419495.

or

Health Services Commissioner,

26/570 Bourke Street, Melbourne, Vic. 3000.
Telephone: 1300528113

Your personal information is protected by the Health Information Privacy Act 1988. If you have any concerns please contact, The Office of the Federal Privacy Commissioner. Enquiries line: 1300 363 992

Teletypewriter (TTY) users' phone 133 677 then ask for 1300 363 992 Speak & Listen users phone 1300 555 727 then ask for 1300 363 992

Internet relay users connect to the National Relay Service then ask for 1300 363 992

Translating & Interpreting Service on 131 450 then ask for 1300 363 992 Fax: +61 2 9284 9666

Email: enquiries@oaic.gov.au

A summarized copy of the clinic's privacy policy is available on request and in the Patient Information Folder in the waiting room. Lilydale Doctors is committed to providing a high standard of care and compassion, please feel free to talk to our friendly staff if you require further information.



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Women's Health

Looking for a doctor who specializes in women's health?

At our Clinics in Mount Evelyn & Lilydale, we are committed to bridging the gap in healthcare provision for women. Our clinics prioritise women's health, with a dedicated team of 3 female General Practitioners (GPs) who specialise in addressing the unique challenges women face when dealing with health issues. As a one-stop destination for women's health, our clinics offer comprehensive medical solutions to address all your concerns. From sexual health, gynecology, pregnancy care, menopause, to cosmetics, we provide caring and sensitive support for all female health needs.

Our range of women specific services include :

1. Breast health and comprehensive checks to ensure early detection of any abnormalities.
2. Cervical screen tests for elective prevention and early detection of cervical cancer.
3. Pelvic exams, STD testing
4. Contraception advice, including Implanon insertion/removal and IUD insertion/removal, to help you make informed choices about your reproductive health.
5. Family planning services to assist you in making decisions regarding your reproductive journey.
6. Menopause and perimenopause support to manage symptoms and promote overall well-being during this transitional phase.
7. Pregnancy options, including medical termination of pregnancy, with compassionate guidance and support.
8. Pregnancy planning and care, including antenatal shared care, ensuring a holistic approach to your prenatal journey.
9. Weight management assistance to promote a healthy lifestyle and well-being.
10. Skin concerns, including cosmetic and laser treatments, to help you feel confident and comfortable in your own skin

IUD

IUD is a form of long acting contraception which maybe suitable for women of any age. It is a type of intrauterine device (IUD) which is placed within the uterine cavity. The device releases a small daily dose of a progesterone-like hormone called Levonorgestrel and a number of factors combine to provide effective contraception for up to 5 years.

Please book an initial consultation with **Dr Shilpa Chegu** (Mt Evelyn) or **Dr Sadia Chowdhury** (Mt Evelyn & Lilydale) who have had specialized training in Gynaecology & IUD placements. It is important to inform reception staff that a IUD consultation is required when booking.

Schedule an appointment by calling on 03 9088 8177 or (03) 9736 1444.



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WAIST WISE Medical Weight Loss

What is medical weight loss?

We offer a variety of medical weight loss solutions, which are designed to support your efforts alongside a healthy diet and increased movement.

We understand that one size does not fit everyone & that's why our friendly doctors and clinic staff will work with you to ensure you are getting the very best out of your visits. We will set goals that are not only realistic, but achievable & also provide help to attain them.

Highlights of our programme

Individual programmes

3/6/12 month treatment programme:

Commitment to your weight loss journey will increase your chance of success

Regular appointments with your clinic Doctor & Nurse:

Commitment to your weight loss journey will increase your chance of success

Dietitian

Appointments with the clinic Dietitian who will work with you to ensure the food you are eating is healthy and helping with weight loss.

Exercise (Exercise Physiologist)

We know exercise isn't for everyone, but working with us, you will be set realistic and positive goals for your fitness. This will help you gradually increase your activity levels.

Motivational mindset support

Waist Wise recognises that majority of times our weight loss journey is affected by our mentality. Access to our Mindset seminars will provide support.

Facebook Group

Our online group can help you connect with other like-minded patients on the same journey & medical team who you can interact with and support and encourage too!

Weight Management and Blood Testing

It's important to us that we understand all about you & your body. When you join our weight loss programme, we will give you a biochemical blood test & monitor it regularly.

Body Composition Analysis

Regular weigh-ins on our body composition scales that measure areas such as body % water, body fat % and much more – to help you see the changes outside of just your weight

If you would like to start your weight loss journey, you can book a one-to-one weight loss consultation with one of our doctors who will discuss the best programme for you.



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Skin Clinic

Regular check-ups mean early detection, and early detection is the key to beating skin cancers. Our skin checks take about 20 minutes. An out-of-pocket charge of \$75 is applicable to all patients for a full skin check. We recommend a full body check once every 12 months, but you can choose to only have specific moles checked if you prefer.

Our doctors can assist you with a range of skin issues including rosacea, acne, eczema, dermatitis, psoriasis, unusual skin growths, skin pigmentation, skin tags etc. We offer minor surgery, non-surgical ablative treatments, medical grade Peels etc to help with various skin disorders

Book an appointment online with Dr Tina Zhong, Dr Pranjal Deka, or Dr Binay Kumar, or phone us on 03 9088 8177 or (03) 9736 1444.

We provide

- Skin Checks
- Minor Surgical Procedures
- Medical Grade Peels
- Non Surgical Mole Removals 'NO BLOOD TECHNIQUE'
- Laser Ablative Procedures

Services

- Skin Checks
- Biopsies
- Skin Excisions
- Laser Treatments

Echocardiogram & Holter Monitor Services

Exciting News!

We are pleased to announce that Heart of Melbourne Cardiology Group is now offering Cardiology investigation services at Lilydale Doctors every Friday. Investigations available at the clinic include Echocardiograms, Holter monitors, 24hr BP monitors & ECGs.

This means you can get advanced heart diagnostics right here at our clinic, making it more convenient and quicker for you to receive the care you need.

Book your appointment today and take a proactive step towards a healthier heart!

Please email/fax us a referral:

F: 03 9736 1777

E: reception.lilydale@qhealth.com.au

Alt appts can also be made directly via Heart of Melbourne <https://www.hom.com.au/>



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Home Sleep Study Testing

Respiratory & Sleep Service (RSS) comprises of a group of lung function and home sleep clinics located throughout Victoria.

Respiratory & Sleep Service offers sleep studies at our clinic. They provide diagnostic testing as well as specialist medical consultation for patients with various lung and sleep disorders.

Home sleep testing is a non-invasive and cost effective way of diagnosing common sleep disorders such as sleep apnoea. A quality in-home sleep test enables patients to be tested on hospital grade equipment and be reported on by specialist sleep/respiratory physicians so patients can seek quality treatment for sleep disorders as early and as quickly as possible.

Referral from your Doctor is required and the Sleep Study Test is BulkBilled if you meet Medicare criteria.

Respiratory Sleep Services

Respiratory & Sleep Service (RSS) comprises of a group of lung function and home sleep clinics located throughout Victoria.

Respiratory & Sleep Service can now offer full lung function testing and sleep studies at our clinic. RSS clinics provide diagnostic testing as well as specialist medical consultation for patients with various lung and sleep disorders.

RSS also provides an array of diagnostic testing for privately referred patients including pre-employment checks and occupational health testing.
www.respiratoryservice.com.au

RSS is a partner of Asthma Australia, with RSS pledging support to Asthma Australia's 'Healthcare Professionals Program' (HCPP).

A percentage of proceeds from our spirometry and lung function testing goes back to Asthma Australia for their continued education into the importance of patient asthma management.



CLINISKIN: COSMETIC SERVICES

At Lilydale Doctors we offer various cosmetic services with an experienced Doctor at competitive prices. Services offered include:

- Anti-wrinkle Injections
- Dermal fillers / Collagen Building Fillers
- Lip enhancements
- Non-surgical face lifts 'silhouette thread lifts'
- Mono PDO Threads
- Acne management
- Non-surgical Mole Removal
- Facial veins laser Treatment
- Chemical Peels
- Laser Treatments including rejuvenation, ablative peels
- Reclaim your sleep – simple and effective Laser treatment for snoring
- Sclerotherapy
- Laser Hair Removal

Never had treatment before. If you have never had treatment before and would like to have a discreet discussion with our cosmetic doctors / Nurse regarding options available, please ring and book. Cosmetic Practitioners: Dr Binay Kumar or Dr Tina Zhong.



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Dr Binay Kumar MRCP (UK), MRCGP(UK), FRACGP GP Principal & Cosmetic Physician

Dr Binay Kumar is the practice principal & aims to offer quality family doctor services to the community.

Binay did his MBBS from India and then moved to England. He spent the next 13 years in England and did his MRCP and MRCGP. He was a practice principal, appraiser and GP trainer there. He moved to Melbourne in 2014.

Binay is trained to perform minor surgical procedures inc skin cancer surgery and cosmetic procedures (inc anti-wrinkle injections, Dermal Fillers, Chemical Peels, Thread lifts, Non-surgical mole removal, sclerotherapy, fat dissolving injections, laser treatments etc)

He & his wife have 2 sons. He enjoys nice holidays, going bike riding and is currently learning tennis with his boys

Binay consults both at Mount Evelyn & Lilydale.

Dr MeiLing Leong MRCGP (UK) FRACGP

Mei Ling moved over from UK two years ago. She has a keen interest in Wellbeing, particularly Mental Health of Young People & adults. She has done Wellbeing sessions in the local schools back in the UK and hopes to develop this in the local area. She also has experience in Palliative Care and Child Health. She practices medicine looking at the patient as a whole.

Personally, she enjoys the outdoors. She loves walking and nature and is looking forward to explore more of Yarra Valley & Melbourne in this way. She also looks after her Wellbeing through church, music and food. She loves playing the piano and singing and baking!"

She holds specialist registration with the Royal Australian College of General Practitioners. She is available for consultations in both Mount Evelyn & Lilydale Clinics,

Dr Shilpa Chegu FRACGP MRCGP (UK)

Dr Shilpa Chegu is a specialist General Practitioner and is a Fellow of the Royal College of Australia & UK.

She holds a certificate of Diploma from the Royal College of Obstetrics and Gynaecology and also family Planning and Sexual health. Dr Shilpa Chegu has 15+ years of experience while working in England & then Melbourne.

Dr Shilpa has a special interest in Women's Health and provides pregnancy shared care, contraception advice, including insertion of Implanon and intrauterine devices (IUD), assessment of menstrual disorders and management of menopause. She is also an advocate for optimising diet and lifestyle to improve health and runs our weight loss clinic.

She is also an Examiner for GP Registrars' RACGP Fellowship examinations at Melbourne University.

Outside of medicine, she likes travelling, reading, music and theater. She is a trained Indian classical singer and has done a few performances in the past.

She is available at our Mt Evelyn Clinic on Mon, Tue, Thurs, Friday & some weekends





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Dr Tina Zhong MRCGP

Tina graduated with her medical degree in China in 1998. Through the years, Dr Zhong has expanded her knowledge in many areas.

She did a children's health diploma in 2011. Her main interest is in skin, she has also completed a diploma in Dermoscopy in 2018 and is currently doing a Master of Skin Cancer along with an Advanced Dermatology course.

Dr Tina is interested in: Skin – general skin problems and procedures, skin cancer, Cosmetic medicine – PRP, anti-wrinkle injections, Chronic disease management, HPV screening (pap smear), implanon insertion & removal, women's health, Nutrition infusion: vitamin and Iron, Joint injections & Paediatrics

Her interests outside of work are sports: swimming, gym and archery. She is a music lover, enjoys playing the flute and Baroque music as well as spending time with her dog and in the garden.

Tina is available on Mondays & Thursdays at Lilydale Clinic.

Dr Sadia Chowdhury MRCGP(UK) FRACGP

Dr Sadia qualified as a doctor in 2004. Before moving to Australia, she worked for 10+ years in UK.

She is interested in all aspects of general practice and providing quality family care. She believes in treating patient as a person not the disease only.

Personally, she is a mother of two lovely daughters and loves spending time with family. She enjoys being outdoors and loves being close to nature. Listening to music and singing, reading books are her hobbies. She is able to speak in English and Bengali.

Dr Sadia has a special interest in Women's Health and is trained to do intrauterine devices (IUD- Mirena).

She is available for consultations in both Mount Evelyn & Lilydale Clinics.

Dr Pranjal Deka MBBS, FRACGP

With over 20 years of experience as a doctor in Australia and overseas, Dr Pranjal Deka is a passionate and highly experienced GP dedicated to providing holistic care to his patients.

Dr Deka has a special interest in skin cancer medicine, offering comprehensive services from diagnosis to complex excisions and other minor surgical procedures. He also has extensive expertise in managing chronic and complex medical conditions, including diabetes, heart failure and autoimmune disorders. Dr Deka is also skilled in Implanon insertion and removal, and has valuable experience working with elderly patients with complex medical needs and dementia.

Committed to his community, Dr Deka believes in a collaborative approach to health. In his spare time, he enjoys playing cricket and badminton, travelling, and spending time with his family. He is also fluent in both English and Hindi.



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Dr Geoffrey Catton GP

Dr Geoff has special interests in lifestyle modification and preventative medicine. Dr Geoff is friendly and respectful. He will be starting consulting in February at Lilydale. He has had 47 years in general practice including hospital experience in Hong Kong. Geoff has a special interest in photobiomodulation therapy (PBM) which he performs within the clinic. He has been using photobiomodulation since 2015 after doing his initial training in Toronto, Canada. Geoff mentions 'It's thrilling to be able to use this effective therapy for a wide variety of conditions. Negative side effects have never been reported'

Laser or Photobiomodulation therapy is highly effective and accelerates healing and alleviates pain, inflammation and other symptoms of many conditions such as arthritis, neuralgia and injuries to muscles, ligaments, tendons fascia and cartilage. This therapy uses specific wavelengths and dosages of light energy that interacts with photoreceptors to produce photochemical reactions that have a positive effect on cellular metabolism and accelerates recovery from damage and inflammation.

It can help get Relief from:

Arthritis, Tendonitis, Strains and sprains, Hand and wrist conditions, Back and neck pain, Wound healing and more!

Languages spoken : English and Mandarin

Dr Shirin Sarejloo

FRACP

Cardiologist & Imaging Specialist

I have more than 14 years of experience working as a consultant cardiologist in teaching private and public hospitals in:

Management of emergency patients including MI, USA, Hypertension crisis, DVT, Acute HF, and Pulmonary oedema. Bleeding tendencies due to warfarin toxicity, Dig toxicity, and any arrhythmia management. Performing Coronary angiography, EST, TTE (Echocardiography), Blood pressure and EKG holter monitoring.

- High level of communication and interpersonal skills.
- Demonstrated ability to empathise with patients and take a non-judgmental approach.
- Have the ability to adapt to new situations, systems, and work environments.
- Ability to work within a multidisciplinary team.

Location: Lilydale Doctors

Email referrals to: jaana.kivi@hom.com.au



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Dr Abhijit Bidwai FRANCGP Consultant Psychiatrist

Dr. Abhijit Bidwai FRANZCP is a Consultant Psychiatrist with a keen interest in Youth Mental Health. Dr. Bidwai is passionate about exploring and understanding patients' problems, providing holistic care and helping along their journey to recovery.

Referrals accepted as below:

- ADHD (15 to 30 years age group only)
- Anxiety disorders
- Mood Disorders – Depression and
- Bipolar Affective Disorder Schizophrenia and other Psychotic Disorders
- Obsessive Compulsive Disorder (OCD)
- Dual Disabilities (Intellectual Disabilities and Mental Health Diagnosis)
- Post-Traumatic Stress Disorder Borderline Personality
- 291& 293 assessments
- TAC patients accepted

Referrals not accepted:

- Due to time constraints, I am unable to complete Autism Assessments, as they require time and multiple assessments.
- Addiction issues, including benzo or opioid addictions. They are best managed by an Addiction Psychiatrist.

Dr Abhijit Bidwai is available for consultations at Lilydale (104 Main Street, Lilydale VIC 3140)

For Appointments:

email all referrals to

reception.lilydale@qhealth.com.au . These will be sent to Dr Abhijit Bidwai for approval.

Once approved we will contact you.

Pre-payment is required in full at time of booking.

Dr Anuj Bohra FRACP Consultant Gastroenterologist

Dr Anuj Bohra is an academic Gastroenterologist and Hepatologist.

He completed medical school through the University of New England and subsequently completed postgraduate training at Eastern Health and Monash Health specializing in Gastroenterology. He undertook an intestinal ultrasound fellowship at the Alfred Hospital and leads a newly developed service at Northern Health.

Anuj combines his clinical work with clinical research and has recently submitted his PhD through Monash University titled "optimizing the quality and utility of non-invasive methods of disease assessment in inflammatory bowel disease".

Hospital appointments:

Public: Eastern Health, Northern Health

Private: Ringwood Private Hospital, Knox Private Hospital

Areas of special: General Gastro-enterology (scopes)
interest Inflammatory bowel disease, Irritable bowel syndrome, Fatty liver disease

ABN: 56290771074

Dr Anuj Bohra is available for consultations at Lilydale (104 Main Street, Lilydale VIC 3140) every Thursday morning

For Appointments and Direct Access Endoscopy please contact :

Gutwise on Bedford on 98714788 or fax referral to 98714791 or email admin@gutwiseonbedford.com.au



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Dr Hema Grover

FRANZCOG

Obstetrician & Gynaecologist

Dr. Hema Grover is a compassionate and highly qualified obstetrician and gynaecologist serving the Eastern Suburbs of Melbourne. She completed her medical degree (MBBS) and specialist training in New Delhi, India, before moving to Australia, where she became a Fellow of The Royal Australian and New Zealand College of Obstetricians & Gynaecologists (FRANZCOG).

With over 12 years of experience, Dr. Grover offers comprehensive care in all aspects of women's health, including low and high-risk pregnancies, pelvic pain, abnormal periods, abnormal pap smears and colposcopy, infertility, and recurrent pregnancy loss.

Dr. Grover consults at multiple locations, including Mitcham Private Consulting Suites, & Knox Private Hospital along with Lilydale.

For appointments, please call 03 9877 9989. Website: <https://www.drhemagrover.com.au/>

Hospital appointments: Public: Eastern Health

Private: Mitcham Private Hospital, Knox Private Hospital

NURSE PRACTITIONERS:

Faye Gao

Faye is a diabetes specialist Nurse Practitioner who will see patients with Diabetes, Metabolic Disease and Obesity. She will bulk bill Pension & Health Care Card Holders

Initial appointment is 40 mins, Review appointment is 20 mins

Lucy Wadsley

Lucy will see children over 2 years & adults with below symptoms/illnesses:

- Ear, Nose and Throat.
- Chest infections.
- Asthma.
- Viral coughs/colds/flu symptoms.
- UTIs.
- Skin infections - insect bites/bites, cellulitis.

No Mental health patients/mental health repeat scripts.



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Dr Kade Collins

BMedSc (Hons), MBBS, FRACS (Ortho), FAOrthA

Orthopaedic Hip, Knee & Trauma surgeon

Dr Collins has commenced his orthopaedic private practice consulting & operating regularly nearby at Knox Private Hospital. He is able to see patients within 1-2 weeks and sooner if required.

He is a hip and knee replacement specialist, including direct anterior hip replacement, robotic assisted surgery, knee replacement, and hip & knee arthroscopic surgery. He offers multiple consulting and operating locations throughout Melbourne's south-eastern suburbs to the Peninsula where he work publicly at Peninsula Health

He is able to offer no-gap/no out of pocket joint replacement and ACL surgery at Mulgrave Private Hospital for Medibank Private patients where appropriate. No-gap/no out of pocket surgery (all operations) is available at Adeney Private Hospital (Kew) for both BUPA patients and Medibank private patients.

He prides himself on excellent communication to provide high-quality patient focused care both non-operatively and operatively. Utilising the latest techniques and technology to return patients to their best as soon as possible with optimised recovery via a systematic evidence-based approach.

Areas of expertise:

- **Hip Replacement** - Anterior and posterior approach, robotic assisted, primary (first time) and revisions, hip resurfacing
- **Knee Replacement** - Total and partial/unicompartmental replacements, robotic assisted, primary and revisions
- **Hip & Knee arthroscopy, joint preservation** - Soft tissue injuries, ACL injuries, instability, meniscal repair, labral tears & impingement, osteotomy
- **Trauma** - Upper and lower limb injuries/fractures in adults and children

Regular consulting and operating sessions are available at Adeney Private Hospital (Kew), Mulgrave Private Hospital, Knox Private Hospital and Peninsula Private Hospital.

Please visit my website to learn more about me and my practice: www.kadecollins.com.au

Location: Lilydale Doctors

Phone: (03) 9124 9812

Fax: (03) 9125 8323

Email: admin@kadecollins.com.au www.kadecollins.com.au

Healthlink: kadecoll



ALLIED HEALTH PROFESSIONALS

Dr Michael Bloom – Chiropractor

After graduating from RMIT in 1995 with an Award for Excellence in Chiropractic Science, Michael spent the majority of the next 10 years in the UK, working in many different practices gaining invaluable experience in a variety of adjustment techniques. He returned to Australia in 2015 and started Happy Chiropractic in Malvern. In 2012 he became a Certified Chiropractic Wellness Practitioner (CCWP).

This certification greatly expanded his knowledge about what factors help to create wellbeing. He focuses on health promotion and corrective spinal care to not only address any symptomatic concerns, but to help individuals experience a healthier and, therefore, happier life. He also provides chiropractic services to members of Mt Evelyn Footie Club.

To Book please call 03 9509 9796 Or book online <https://happychiro.com.au/>

Location: Mount Evelyn

Edward Mak – Physiotherapist (Focal Health)

Edward is a graduate of the University of Sydney with a Bachelor of Applied Science (Physiotherapy) (Honours 1st class).

Edward is enthusiastic and interested in sports and musculoskeletal physiotherapy. He is experienced in soft tissue massage, spinal mobilization and exercise-based physiotherapy, providing high-quality care to facilitate your recovery and prevent future injuries.

Edward enjoys reading, basketball and classical music. Outside of work, he likes to taste all the good foods in Melbourne, spend time on outdoor activities and gym. Along with English he is well versed in Cantonese and Mandarin.

Some of the conditions that can respond to physiotherapy include sports injuries, back and neck pain, headaches, joint injuries, and vertigo and dizziness. Out of pocket charges are applicable for all appointments unless pre organized with physiotherapist. If you'd like to book an appointment, please visit

www.focalhealth.com.au or dial 03 9034 7735. Alt speak to reception at both the clinics.
Out of pocket charges are applicable to all patients

Location: Lilydale

Stefany Klein

Principle Psychologist @Calm Life Psychology

Stefany is a Registered Psychologist with AHPRA and the Psychology Board of Australia. She has experience in providing psychological assessment and interventions to children, adolescents and adults.

Stefany provides counselling for a variety of presentations, including:

- Depression, Anxiety, Parenting, Post-natal mental health, Personality disorders, Drug & alcohol dependency, Social & emotional problems, ADHD & Autism Spectrum Disorder, Grief & loss

Stefany works within a person-centred approach and understands that therapy can sometimes be an overwhelming experience for some clients. Stefany aims to ensure that her clients feel safe, comfortable and understood throughout the therapeutic process. When working with children and young people she aims to provide an engaging and fun experience.

Stefany draws on a number of different therapeutic frameworks when working with clients to ensure that the most appropriate and focused treatment is offered to suit their needs. Some of these frameworks include Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), Play Therapy, Dialectical Behavioural Therapy (DBT), Emotion Focused Therapy, Schema Therapy, Interpersonal Therapy, psycho-education, solution focused approaches and using trauma informed care approach to treatment.

Stefany has experience in providing individual counselling, group therapy and Tele-health services.

Appointments : Please send referrals to Fax: 03 9088 8177 or email admin@calmlifepsychology.com.au or call 0447 964 176

LOCATION: Lilydale

Out of pocket charges are applicable to all patients

Business Name: Calm Life Psychology

Pieter van Rensburg Pieter Psychology

Pieter is an AHPRA-registered clinical psychologist with experience across various populations. Given his previous employment in the Police and Defence Force, he is experienced in working alongside first responders to trauma, such as police officers, firefighters, defence personnel, hospital staff, and patients in urgent need of mental health support after experiencing trauma.

He has recently worked in governmental positions (up to senior positions). Over the years, he has developed a broad understanding of various mental health conditions. One of his most crucial core beliefs when accepting a client is: "You can change. Yes, change is possible!" Thus, creating hope for the here and now with an eye on the future is crucial in treatment.

Pieter offers a tailored approach towards psychological treatment, drawing on different therapeutic models he has training in, such as Cognitive Behaviour Therapy.

Pieter is registered with Medicare and works on \$210.00 per hour. Patients on an MHCP are refunded for a significant amount

Further details are available at: Website: <https://pieterpsychology.com/>

Bookings can be made by email, online, or via mobile. · Email: pieterpsychology@gmail.com

Mobile: 0422691868

Online bookings can be made at: <https://pieterpsychology.com/how-to-contact-me/> or <https://www.halaxy.com/profile/dr-pieter-jansen-van-rensburg/psychologist/1710267?clinic=1311677>



Jessica Jolly

Clinical Psychologist MAPS
Mindfield Psychology

Jessica is a clinical psychologist with experience working with children, adolescents and adults with a wide range of psychological presentations, including but not limited to:

- anxiety, depression, suicidal ideation and self-harm, disordered eating, borderline personality disorder, neurodivergence, family relationship problems

Jess has spent the last nine years working predominantly in the public mental health sector in both inpatient and community settings, including as a team leader within a child and youth mental health service (CYMHS). Jess also works with all ages in her private practice.

Jess enjoys working with her clients and their families to assist them in managing a wide range of issues and improving their mental wellbeing. Jess believes in the importance of the therapeutic relationship and believes that everybody is entitled to having their experiences validated and heard. Jess approaches therapy with children and young people from a systemic and attachment-based framework, using a relational approach. She believes that a person should not be viewed in isolation; the system around that person is integral to their recovery. Jess utilises a flexible approach in treatment with all ages, drawing from principles of cognitive behaviour therapy (CBT), dialectical behaviour therapy (DBT), emotion focused therapy (EFT), acceptance and commitment therapy (ACT) and attachment-based family therapy (ABFT).

Jess is a registered clinical psychologist under the Australian Health Practitioner Regulation Agency (AHPRA). She is a Psychology Board of Australia approved supervisor and is able to provide supervision to individuals seeking endorsement through the clinical registrar program.

Appointments: Please send referrals to Email: jessica@mindfieldpsych.com or call 0493 785 551

Pamela Saunders-Ward

Psychologist

Pam Saunders-Ward, B.Sc. Open-Psychology, M.Sc. Rational Emotive Behaviour Therapy, Dip. Integrative Counselling, Certificates in Drug and Alcohol Counselling and Advanced Combat Stress.

Pam is an AHPRA registered Psychologist & Board Approved Supervisor, ACA Registered Level-4 Counsellor & Member of the College of Supervisors and EMDR Accredited Consultant.

Pam has worked as a therapist for more than 27 years, with children, adolescents and adults. She has also worked at scenes of major incidents in the UK with first responders and survivors.

Pam is a Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT) and Eye movement Desensitisation Reprocessing (EMDR) Practitioner. She had a private practice in the UK for about 17 years collaborating with local schools, social services and the emergency services with a focus on learning/intellectual disabilities and trauma.

When not working in her practice she held tenures at two UK universities as a senior lecturer in CBT and provided clinical supervision and training to a range of individuals and organisations. Since returning to Australia in 2017 Pam has focussed on vulnerable populations and forensics outside of her private practice.

- Assessments mental health
- Therapeutic interventions
- Cognitive Assessment

Areas of focus

- Anxiety disorders, Mood disorders (Depression), Trauma, Working with people experiencing intellectual and learning difficulties

Appointments : Please send referrals to Fax: 03 9088 8177 or email reception.lilydale@qhealth.com.au

LOCATION: Lilydale

Out of pocket charges are applicable to all patients

ABN: 65931886692

Business Name: Pam Saunders-Ward



Jennifer Wheeler

Clinical Psychologist @ A Room of Her Own

I became a psychologist because I believe that everyone should have the opportunity to live the best life they can and I think I can help people to do this. Life is constantly changing and this uncertainty can be a challenge for some people, and may lead to anxiety and depression or other disorders. As an integrative therapist I bring together lots of different approaches to meet the differing and deeply personal needs of my clients. I work in collaboration with clients to identify the areas in their lives where they are having difficulty and together we set goals and work towards them from a strengths based perspective. I believe that building an open and honest therapeutic relationship with clients is critical to their recovery.

I have diverse experience in the mental health sector as well as in life itself. I have 15 years of experience in the mental health sector and over 25 years in business. Together this provides me with a depth of experience and perspective in helping to understand of the lives of my clients. I have worked in community mental health, public mental health, and private practice which means that I have treated a broad range of disorders and problems.

Professional

- Registered Psychologist - Australian Health Practitioners Regulation Agency (AHPRA)
- Endorsement as a Clinical Psychologist (AHPRA)
- Member of the Australian Psychological Society (MAPS)
- Fellow of the APS College of Clinical Psychologists (FCCLP)

Academic Qualifications

- Doctor of Psychology (Clinical) (Deakin University, Melbourne)
- Post Graduate Diploma in Psychology (Monash University, Melbourne)
- Graduate Diploma in Psychology (Monash University, Melbourne)
- Graduate Diploma in Business Management (Monash University, Melbourne)
- Bachelor of Business (Monash University, Melbourne)

Services:

- Depression
- Anxiety, worry and stress Attention
- Deficit Hyperactivity Disorder
- Personality Disorder Other
- Psychological Issues: I also treat Panic disorder, Obsessive Compulsive Disorder (OCD), Social Anxiety, Assertiveness, Stress, Problem Solving, Perfectionism, Interpersonal Skills, and Substance Abuse.

Appointments : Please send referrals to Fax: 03 9088 8177 or email reception.lilydale@qhealth.com.au

LOCATION: Lilydale Out of pocket charges are applicable to all patients

Business Name: A Room of Her Own
website: www.aroomofherown.com.au

John Woulfe - Podiatrists treat foot/leg/walking issues

Location: Lilydale & Mount Evelyn

The broad aim is to wherever possible provide treatments to address the cause of your presenting problem, rather than only offering palliation.

Problems treated include:

- In-grown nails, Fungal nails, Thick/damaged nails, Fungal infections, Corns/callous/ulcerations under the feet, Arch stain/plantar fasciitis, Heel spurs
- Ball of foot pain/neuromas (ball of the foot region nerve swelling/irritation), Joint capsulitis, Arthritic changes to the feet, Bunions, limitation and loss of movement at big toe joint
- Achilles tendon problems, Ankle pain and instability/spraining, Calf pain, Shin splints, Patella/kneecap tracking knee pain

The foot/leg/alignment component of many of these problems

- Hip, Back, Ilio Tibial Tract

To book, please call 9736 1444

Kyann Calvi – Dietician

Kyann has <20 years experience working in private practice and look forward to helping your patients achieve their dietary goals.

I can provide assessment and advice for both adults and children with most general health conditions including pre-diabetes, diabetes, HT, hypercholesterolaemia, food allergies and intolerances, Coeliac's Disease, IBS, IBD, Iron deficiency, weight management and more.

To book, please call 9736 1444

Brielle Thomson

Embodied Motherhood

Accredited Social Worker, Bachelor Social Work RMIT

Brielle is an experienced and Accredited Social Worker and group facilitator with a passion for supporting women in the areas of preconception, pregnancy, parenting, and motherhood.

Brielle was awarded a Bachelor of Social Work from RMIT Melbourne in 2005, is registered and accredited with the Australian Association of Social Workers (AASW) and registered with Medicare to provide Non-Directive Pregnancy Support Counselling.

Brielle provides counselling and support to clients experiencing challenges relating to their conception, birth, and motherhood journey. This includes assisted conception, birth trauma, postnatal anxiety and depression, overwhelm, parenting, changes in identity and relationships, guilt, anger and self-care. She supports mothers in all stages of motherhood not just the perinatal stage. Brielle also provides social work support to mothers who have self-managed NDIS plans, under Capacity Building

Using evidence-based approaches and facilitating a sense of being deeply heard, Brielle supports her clients through their challenges to find more joy and fulfillment in their motherhood experience.

Brielle has additional training in Non-Directive Perinatal Counselling, Motherhood Studies, Matrescence Education, Mindful Early Parenting groups, Birth Story Listening, Acceptance and Commitment Therapy (ACT), somatic therapeutic approaches, and group facilitation. Prior to commencing private practice, she worked in the family violence and homelessness sectors.

Currently Brielle offers counselling and Social Work Supports via telehealth, and in person in Ringwood and Lilydale, Victoria. Brielle also facilitates regular in person and online groups for mothers. Along with her formal training and experience, Brielle is a mum to four, and a very energetic dog.

Cost: \$160 per 50 minute session

If the client is eligible for a rebate with a Non-Directive Pregnancy Counselling Support referral the out of pocket cost is \$98.55 after Medicare rebate.

NDIS self and plan managed accepted at current NDIS rate \$193.99 60minute session.

Website: www.briellethomson.com

Email: hello@briellethomson.com

Phone: 0493 670 485

Fax: 03 7048 9060



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MT EVELYN DOCTORS
LILYDALE DOCTORS

If you are unable to attend an appointment, please let us know, do not just miss the appointment.

If the patient fails to attend 3 appointments (10 minutes block) over a 12month period, we reserve the right to charge them a fee of \$50 before they would be able to access further services at the clinic.

For any further DNAs, the Practice will review individual cases and consider whether consistent failure to adhere to our Practice policy constitutes a breakdown of relationship between the Patient and the GP resulting in their removal from the practice list. The practice will take into account mitigating medical circumstances prior to issuing letters under this policy. Please see our policy at reception

Travel Vaccinations: We stock majority of common vaccines and advise you to book with our doctors well in advance of your holiday. Charges may apply. Mount Evelyn Medical Clinic is an accredited Yellow Fever distributor. Please speak to reception for assistance in booking an appointment.

Results: At Lilydale Doctors we ask you to return to see your doctor for all test results. We do not give test results over the phone. Most blood, urine & radiology tests are back in 72 hours, faecal tests can take up to 5 days, and Cervical smears at least 10 days.
Telephone Enquiries: Phone calls are not generally put through to doctors during consultations. Our receptionists can take a message and pass it on to your doctor. If the matter is urgent, please let our receptionists know immediately. Your call may be transferred to our nurse for triage.

Telephone consults: Telephone consults can be bulk billed if you have HCC/Pension card and if you are eligible for tele appointment (have face to face appointment for the last 12 months). However, if not eligible you will have OOP of \$35 + consultation fee (which will be rebated to Medicare), thus we will ask for your card details (credit/debit card) prior to your time of consult or upon booking. These can be booked through our online web page or at the reception.

Reminder/Recalls: Our Clinic works on a reminder/recall system using sms rather than letters. If you don't wish to be on this system, please inform your doctor/reception at the time of your consultation. We do try to reduce spam to recall, and reminders only please contact us if this is not the case.

Home visits: are available for elderly and disabled patients unable to come to the clinic *charges applicable (registered patients only). Dr must discuss and approve prior to any home visits.

Chaperone Policy: Please ask for a chaperone when you book your appointment so that we can organize this ahead of time.

Online Services: Head to our website to request a script, referral or medical certificate online. Terms and conditions apply.

Email Enquiries: To maintain our high standard of care, the Clinic policy is to see all patients for a consultation rather than liaise by email.

For privacy reasons medical advice, medical correspondence and the results of investigations cannot be provided via email.

To contact the practice via email for other matters please call us on 03 9088 8177 to obtain our email address.

Scripts: An appointment is required, or you can request online (see above).

Zero Tolerance Policy: We have a ZERO TOLERANCE approach to any verbal, aggressive and violent abuse and behaviour towards our staff or other patients. We respectfully advise you that abuse and/or violence will not be tolerated, the Police will be called and may result in you being removed from our Practice list.

Contact details:

Please ensure Next of kin, emergency contact, Medicare, HCC/pension card and any other details are up to date.

These are all requirements of Medicare



BILLING POLICY

We are a Mixed Billing clinic. The clinic is fully accredited and conforms to all RACGP & GPA Standards. It is requested that all patients present with a current Medicare card and current concession card.

All patients who do not have a healthcare card or pension card will pay \$35 out of pocket fee for their consults

- Single appointment (up to 15 min) \$35
- Double appointment (up to 25 min) \$42
- Long appointment (25- 40 min) \$50

Afterhours (before 9am & after 5 pm) & Weekend out of pocket fee

- Single appointment (up to 15 min) \$46
- Double appointment (up to 25 min) \$50
- Long appointment (25- 40 min) \$55

Public Holidays

- Single appointment (up to 15 min) \$50
- Double appointment (up to 25 min) \$65
- Long appointment (25- 40 min) \$60

Bulk billing is only available:

- Under 16 years of age - 9-5pm M-F (standard appointment slots only)
- Healthcare card & pension card holders between 9-5pm Mon - Fri (standard appointment slots only)
- Covid & Flu vaccine appointments
- Nurse appointments (Vaccines etc, others may have a small charge e.g. dressing, regular inj etc)

Who is a Regular patient: Patients who have been seen at the practice within last 18 months.

Private out of pocket charges are applicable to ALL patients (irrespective of HCC or Pension card) for below appointments:

- Urgent / on the day appointment slots (after standard spots are booked out)
- Weekend clinics
- Weekday Clinics: Before 9 am & after 5 PM
- Skin checks, minor surgery etc
- ALL New patients (first visit)

All new patients from 1st Jan 2023 who are HCC/PCC holders & kids under 16 years of age will pay \$35 oop on first visit.

Practice Nurse (Lilydale): Kirsten is an Accredited Division 1 Nurse. Her services include immunisations, blood collection, ECG's, Health Assessments, Dressings and wound management, Audiology, Pre-employment checks, ABPIs' and spirometry. She is available Monday, Tuesday, Thursday and Friday.

Practice Nurse (Mount Evelyn): Sonia is an Accredited Division 1 Nurse. Her services include immunisations, blood collection, ECG's, Health Assessments, Audiology, Pre-employment checks, ABPIs' and spirometry. She is available Monday – Friday.

Appointments: We ask where possible, appointments are made in advance. We endeavour to see you at the time but on occasions we may have emergency presentations and may ask you to wait while the doctor attends to them. Standard appointment is 10 minutes. If you feel that you have numerous issues to discuss, please advise reception when booking that a longer consultation is required and the reason.

Did Not Attend policy (DNAs):

We understand that sometimes in life situations arise which lead to failure to attend your medical appointment. Failed appointment attendance wastes valuable professional services, delays your treatment and deprives others of appointments.

In order to respect each other's time, we ask that you please make all efforts to keep your appointment with us. If you need to cancel or reschedule an appointment, please give us a call well in advance. A standard appointment is 10 minutes. The clinic will charge a \$50 fee if there have been 3 missed standard appointments over 12 months. (Long appointment of 20 minutes is considered as 2 standard appointments)

New patients : \$50 DNA fee if they do not attend their appointment



QHealth

MT EVELYN DOCTORS
LILYDALE DOCTORS



CHARGES

We are a part private clinic. Out of pocket charges for afterhours appointments, procedures, skin cancer checks & cosmetic treatments. Our charges are displayed in reception & your doctor will advise you as well.

- Repair of wounds, simple procedures are between \$100 and \$200 (size dependent)
- Biopsies \$70 each dependant on number & sites
- Wound management (dressings) will be between \$10 and \$30.
- Full skin checks \$80 (\$34 singular spots)
- Skin Cancer surgery, Mole, Cyst removal: charges vary (\$155-\$410) dependent on location & procedure
- Medicals (pre-employment, VicRoads etc) \$250/ Afterhours \$320
- Forms for Income protection claims/insurance forms: \$75-\$200
- Financial Power of Attorney: \$600 (no Charge for Medical Power of Attorney)
- Implanon insertion \$50, removal \$100, Insert & remove: \$130
- Iron Infusions \$165
- CST \$40
- IUD Insertion: \$210, Removal: \$100, Insert & remove: \$280
- Waist Wise Initial Consult: \$30, Ongoing Consult: \$40 or \$80
- ECG \$20
- Cosmetic Services – as advised by doctor
- Soft surgery / No Scalpel option – as advised by doctor
- Vaccinations: please check with reception



PRIVACY

GPs respect your right to decide how your personal information is used or shared. Personal information that identifies you will only be sent to other people such as specialists with your consent, unless there are exceptional circumstances. Gaining your consent is the guiding principle used by this practice in using and sharing your information.

Our practice will not share your personal health information with anyone else or another organisation unless: you have consented to this sharing, or they are legally obliged to disclose the information, in which case your GP will first discuss with you the information that she or he is legally obliged to disclose, or, the information is necessary for you to obtain Medicare payments or other health insurance rebates, or there is an overriding public health and safety interest in the release of the information.

In the above cases, only information necessary to meet the requirements will be provided. Your health information will not ordinarily be sent overseas unless you are informed and provide consent for this to occur, and the overseas country receiving the information has privacy laws that are very similar to the Australian Privacy Principles. Please note points of identification will be used for consent given over the phone.