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## Doctors take fight for better health to Springfield Markets

Queensland doctors are taking up arms – or at least stethoscopes – in the war on chronic lifestyle-related diseases.

AMA Queensland brought its popular mobile *Health Hub* to Springfield today, asking market shoppers to take a break from browsing the stalls to check their risk of type 2 diabetes, heart disease, stroke and chronic lung disease.

Dr Katherine Gridley said many Queenslanders put their health at risk by failing to see a GP for simple checks.

“Many people in danger of developing diabetes or suffering heart disease do not see a GP regularly – if at all,” Dr Gridley said.

“If they won’t come to us, we’re going to go to them!”

The two *Health Hub* doctors provided a basic health check and offered healthy lifestyle incentives such as free pedometers. For the first time, *Health Hub* visitors were also offered spirometry tests for lung function and ophthalmology tests for eye health.

AMA Queensland recently launched a five-year Health Vision for Queensland, calling for the State Government to take strong action to improve public health, doctor training and primary care.

The plan recommended creating ‘Health Hubs’ – general practices supported by local clinical services – to improve preventative health and act as a gateway to the wider health system.

AMA Queensland President Dr Chris Zappala said a statewide model would help ease growing demand on the hospital system.

“Building strong relationships between patients, GPs and local medical service providers will create a healthier Queensland – but doctors can’t help someone they never see,” Dr Zappala said.

“A GP who knows you and your medical background is better able to spot health problems at an early stage – and before they become serious.”

“If you haven’t seen your GP for at least a year, you should make an appointment today.”

AMA Queensland’s mobile Health Hubs are being rolled out throughout Queensland to raise awareness of the need for people to see their GP regularly.

Australian Institute of Health and Welfare figures reveal there were 130,000 avoidable hospital visits in Queensland annually – costing taxpayers almost \$630 million.<sup>i</sup>

For more about AMA Queensland’s Health Vision visit [www.amaq.com.au](http://www.amaq.com.au).

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<sup>i</sup> Australian Institute of Health and Welfare 2015, Admitted patient care 2013-2014: Australian hospital statistics.