



**AMA Family  
Doctor Week 2018**

YOUR FAMILY DOCTOR:  
HERE FOR YOU



**\*\*UNDER EMBARGO 6AM AEST 22 JULY 2018\*\***

**STAY ON TOP OF YOUR HEALTH  
AMA FAMILY DOCTOR WEEK, 22- 28 July 2018**

*Your Family Doctor: Here for you*

Family doctors play a critical role in reducing preventable disease in both children and adults, and AMA Family Doctor Week 2018 is an opportunity to remind people of the services their GP can provide, AMA President, Dr Tony Bartone, said today.

“Prevention is better than any cure, and you don’t have to be sick to pay a visit to your GP,” Dr Bartone said.

“Your GP can help you with health assessments, weight management, and other services to keep you fit and healthy throughout all stages of life.

“Identifying a problem sooner rather than later means better health outcomes for the patient. For example, the survival rate for people with eight of the most common cancers is more than three times higher when the disease is diagnosed early.

“Family doctors can undertake a range of health assessments and screening services to help identify health risks or problems, allowing these to be tackled early through lifestyle changes or treatment.

“Effective weight management, with good nutrition and moderate physical activity, reduces the risk of developing diabetes, cancer, cardiovascular disease, depression, and a range of other chronic conditions that affect your mobility and quality of life.

“With two-thirds of adult Australians and more than one-quarter of our children being overweight or obese, there has never been a better time to visit your family doctor to get on top of your health.”

Immunisation is also one of the best investments you can make in your health, and the health of your family.

“Immunisations are needed at many stages of life,” Dr Bartone said.

“A number of childhood vaccinations require multiple administrations over time to build immunity, while others require booster shots every few years.

“Others, like influenza vaccinations, are recommended yearly to protect against current strains, while some are needed as a one-off, for example when travelling overseas.

“Ensuring your immunisations are up-to-date helps reduce the spread of preventable disease. Not only will it protect you, but also others in the community who may not be able to be immunised, are too young, or are more susceptible to being infected.

“Your family doctor can advise you when you or your family are due for vaccinations, and which vaccines you may be eligible to have for free under the National Immunisation Program.”

Family Doctor Week recognises and celebrates the important role that family GPs play in the lives of their patients. It runs from 22-28 July 2018.

Follow all the action on Twitter: #amafdw18 and the Family Doctor Week [Website](#)

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22 July 2018

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