

BeronadoBrainyBits

DOMICILE

Fenwick St 94, Carlton-Nth, VIC 3054, phone 0439 569966



MAIN CONTACTS

Fire - Police - Ambulance 000
The Crane GP - Dr Lim 03 9088 3258
Silver Top Taxi 131008

BERG Emmie *Mob* 0452 330499
DIWAN Anoo *Mob* 0414 232164
PALMER Simon *Mob* 0417 118304
CHENG Steven (News Rathd St) *Mob* 0425 855743

MED - DR's

Status 11-08-21

<i>name</i>	<i>topic</i>	<i>phone</i>	<i>address</i>	<i>since</i>
Buckley , Christopher	Eyes	9417 1011	320 Victoria Parade 3002 East Mel Suite 113	2009
Dineen , Ross {known since 2002}	Audiology	94576588	Dineen and Westcott Audiologists 74 Mount St, Heidelberg, VIC 3084 info@dineenandwestcott.com.au	2015
Harrison , Lauren	GP-2 via	93804655	35 Queens Pde, Clifton Hill VIC 3068 The Crane www.thecranegp.com.au admin@thecranegp.com.au	2020
Hiscutt , Emma	Skin	84179930	37 LaTrobe St, L4, Melb, VIC 3000	2018 ?
Johnson , Barry	Dentist	93472033	184 Elgin St, Carlton VIC 3053	2000 ?
Lim , Hwuei	GP-1 via	93804655	35 Queens Pde Clifton H. VIC 3068 The Crane www.thecranegp.com.au admin@thecranegp.com.au	2017
Marriott , Mark	Epilepsy	93290007	Suite 313, 55Flemington St via MNGPracticalCoordinator@gmail.com	2014
Michalopoulos , Mary	Podiatry	94898299	247 High St, Northcote VIC 3070 {no e-mail}	2019 ?
Mcrae , Finlay	Gastro- enterology	94370788	Melbourne Priv. Hospital, Suite 38 Royal Pde Parkville VIC 3052 finlay.macrae@mh.org.au	2004 ?
Morris , Hayden	Knees	94177299	St Vincent & Mercy Private Hospital Suite 70, 166-172 Gipps St	2002 ?
Quach , Hang	Melb	9654 8906	100 Victoria Pde, East Melb, Blood Centre Suite 501	2019 ?
Skin Health Inst.	Skin cancer	96239400	80 Drummond St, Carlton VIC 3053 Admin: Grace Warren	2019 ?
Thomson , Benjamin	Gastro scopy	92246416	41 Victoria Parade, Fitzroy VIC 3065 Healy Wing	2014
Zito , Guy	Physio- therapy	93874999	567 Nicholson St, Carlton-Nth 3054 reception@carltonphysio.com.au www.carltonphysio.com.au	2011

MAIN HOSPITALS

Melbourne Private Hospital (*belongs to Royal Melbourne Hospital*)
1 F Royal Parade, Parkville, VIC 3052 Phone 83413400

St Vincent's Private Hospital

59 Victoria Parade re Venesection: phone 94117556
Day oncology, groundfloor Nurses: Olivia Ruddock (mgmt), Charlotte Richards (treatm)

MED - MEDICATIONS & ACTIVITIES

>> MEDICAL

Advantan or Dermeze for ears	Tu Fr	13:45	Purpose: skin trouble
Cardio Aspirin <u>100mg</u>		17:00	Purpose: heart (<i>note: Aspirin is risky!</i>)
Cephalexin <u>500 mg</u> 1 (<i>not 2</i>) pills	<u>4x</u> /day	14 18 22:00	Purpose: infection legs
CeraVe or Dermeze for legs		10:45	Purpose: skin lower legs
Cetaphil crème - for face	Tu Fr	24:00	Purpose: rough skin
Clotrimazole creme feet	We Sa	22:30	Purpose: skin peeling at toes
Diprosone creme (anus)	We Sa	23:00	Purpose: anus
Dithiazide 1 pill	<i>if no appointment.</i>	09:00	Purpose: water in body
Eleuphrat creme for legs		22:15	Purpose: skin lower legs
Magenesium pill	<i>after brekkie</i>	08:30	Purpose: bones
MetaMucil powder (w water)	Mo We Fr	23:30	Purpose: digestion
Nexium/Esomeprazole	<u>2x</u> /day	12:30 19:00	Purpose: oesophagus <i>essential</i>
Ostelin vitamin D capsule		11:00	Purpose: vitamin D
Perindopril/Prexum		07:45	Purpose: blood pressure
Pregabalin <u>25mg</u>	<u>2x</u> /day	10:30 22:45	Purpose: back pain
Rosuvastatin~Cavstat		11:00	Purpose: heart attack
Tegretol/Carbamazepine	<u>2x</u> /day	07:45 21:30	Purpose: epilepsy <i>essential</i>
Xalatan drops, both eyes		23:45	Purpose: glaucoma

Special skin agenda - suggested 310520

Benzac: for nose and hair border (*not yet started*)

Elocon: for itchy parts of head (*not yet started*)

Sunsel: 2x/week for hair washing *currently used*

{!} Anginine 600 mcg >> to be taken if heart attack

>> PHYSICAL

	Leg treatm socks: <i>put on</i> Mo We Th Sa Su	07:30
=	Legs up #1 (30 min) <i>daily</i>	10:00
W	Walking exercise (30 min) Tu arvo Fr arvo	13:30
=	Legs up #X <i>occasionally</i> (30 min) <i>daily</i>	15:00
=	Legs up #2 (30 min) <i>daily</i>	21:15
	Leg treatm socks: <i>put off</i> Mo We Th Sa Su	21:45
	Bath~shower Tu eve Fr eve	22:00
E	Exercise E'N or E'L Th eve Su eve	23:15

>> END <<