

MEDIA RELEASE



20 December 2011

We all know what we should be doing these holidays

ACT Medicare Local is encouraging Canberrans to use this holiday season to improve their healthy habits as part of their regular routine.

ACT Medicare Local Chair Dr Rashmi Sharma says as we take a break from our hectic schedule we should use the opportunity to assess our lifestyle and ways to improve healthy habits.

"Holidays offer us the chance to step back and relook at our habits and lifestyle. We all know what we should be doing to keep ourselves healthy, but often the perspective a holiday brings allows us to start making those changes," said Dr Sharma.

Dr Sharma says to look at your own individual health, lifestyle and situation which may be different from your family, neighbours and colleagues and do what works for you.

"Take the time to look at your lifestyle and see what you can do to improve it. It may be as simple as eating an extra piece of fruit per day or aiming for 30 minutes exercise a day in short 10 minute blocks," said Dr Sharma.

"Why not take short walk around the block on some of the beautiful summer evenings that Canberra experiences at this time of year?" said Dr Sharma.

"I also find many of my patients who are smokers take the opportunity to discuss with me strategies to quit smoking over the holidays," said Dr Sharma.

If you are travelling this summer, Dr Rashmi Sharma says medication mishaps often happen when travelling due to a change in routine and unexpected occurrences.

"Keep your prescriptions and medication in your carry-on bag to prevent distress should your luggage be either lost or stolen," said Dr Sharma.

Dr Sharma encourages people with complex medical conditions to discuss their holiday plans and associated medication requirements with their GP.

"Even if travelling within Australia, it is useful to ask your GP for a letter explaining the medication you are taking and why it is prescribed in case you need to see a GP or are hospitalised while away," said Dr Sharma.

Patients on regular medication need to ensure they maintain their regimen.



FOLLOW US

<http://twitter.com/#!/ACTML>

> For media interviews contact
Roz Lemon Media Advisor
t 02 6287 8099 m 0417 179 314
e media@actml.com.au

www.actml.com.au

20/41 Liardet Street Weston ACT 2611
PO Box 3571 Weston Creek ACT 2611
t 02 6287 8099 f 02 6287 8055