



## Skin Cancer Update in Cairns



[Watch full video by clicking here](#)

We want to do more about the high and preventable rates of skin cancer in Australia.

We have recently purchased more skin microscopes (dermatoscopes), are setting aside some Saturday clinics for skin checks and recently Dr Michelle Leadston, Dr Madeleine Smith and Dr Jessica Lopiore attended a skin cancer skills update in Cairns. You can watch Dr Michelles video with the above link

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## Medical termination of pregnancy

“You may have heard the news that on the 1st of August this year, the government loosened restrictions on prescribers of medications mifepristone and misoprostol (MS-2 Step) for medical abortion in

pregnancies up to nine weeks.

The requirement for both doctors and pharmacists to undergo additional training around the drug and re-certify every three years was dropped, making the 93% of doctors who have not undergone training able to prescribe it.

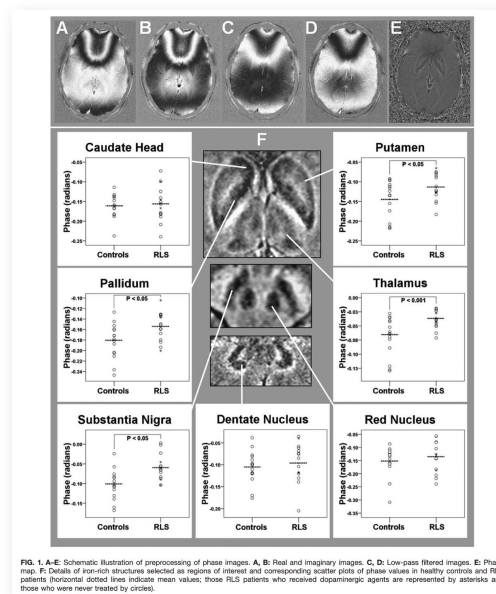
While we welcome improved access it does not take away the fact that many doctors will now be prescribing for and managing abortions they have not had experience or training in.

At Preston Family Medical, we have extensive experience and undergone extra training in not only prescribing and managing termination of pregnancy but also extra training in discussing pregnancy options.

Nothing can take away the importance of have informed, non-directive and qualified information and support regarding pregnancy options.

Please keep in mind for yourself, family members or friends, that they can rest assured they will have their pregnancy options managed in a safe and understanding manner with expert hands at Preston Family Medical.

## Iron stored in your brain!



I have been talking about iron deficiency, iron supplements and iron infusions over the last few newsletters. Just to show that you need to keep learning as a doctor - here is a new area of iron use in the body that we are only now finding out about.

It turns out that the brain has its own iron stores and that low brain iron may be part of the answer for things like restless legs, a feeling of energy and twitchiness in the legs when trying to sleep.

Research doctors are looking at iron levels in the fluid that bathes the brain and in autopsy studies like the picture above to find out more about this.

We do have some medications that help with restless legs that target the dopamine system and there is an effect between iron and dopamine and your genes that gives the feeling of restless legs.

So - we doctors have to keep learning, there is always something new to learn!

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# Medication shortages

The global supply chain problems that covid brought have continued on. Medication shortages continue to really cause problems for patients who are taking particular medications. Antibiotics, diabetes medications, bladder medications have all had problems. The Therapeutic Goods Administration in Australia monitors this and puts out [notices](#) about current shortages and alternative agents. Two concerns currently are Vyvance for ADHD and Hormone Replacement Therapy (also called Menopause Hormone Therapy) for gender confirming care and menopausal replacement. Your doctor will hopefully be able to find out an alternative medication, however this might be a different formulation, brand name or even need custom preparation by a compounding pharmacy.



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## Preston Family Medical

232 Plenty Road Preston, 3072, Melbourne

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