

Purity Health Newsletter: Exciting Updates for 2025

Wishing you a happy 2025!

As we step into 2025, we want to thank you for your continued trust and support in Purity Health. Our commitment to providing high-quality care remains at the heart of everything we do.

This year, we're introducing several updates to enhance the efficiency of our services and ensure you receive the best possible care. **Please take a few minutes to familiarize yourself with the new booking system.**

Additionally, we are offering complimentary classes, including the Dr. Purity Menopause Class, the Histamine Class, and the Weight Loss Class. These can be accessed via the **Groups** tab on the top right-hand side of our website or by using this link: <https://www.purity.health/groups>. You may also use our free Spaces app to manage your bookings and blogs in one place, making communication with us seamless and convenient

Here's the overview:

Patient Consultation and Operations Update

1. Initial Clinician Assessment with SMP (Samy Medical Practice) Nurses

- Nurses will gather and record relevant information into our medical system.

- Nurses will undertake a diagnostic assessment via AMS Score
- Patients are required to pay \$280 for their first two visits. No rebate is available at this point.

2. First Consultation with Dr. Purity Carr

- Dr. Purity will review the patient's symptoms recorded by the nurses and create an individualized management plan.
- The \$280 fee paid during the initial assessment covers this consultation. A Medicare rebate may apply if you are eligible.
- Dr. Purity will advise the patient to book a 3-month video review and follow-up appointment.

3. 3-Month Video Review Consultation with Dr. Purity Carr

Dr. Purity will conduct a video follow-up with patients three months after their first consultation. You will receive an SMS just before your scheduled 3-month review. The message will say:

“Dr. Purity is ready to speak with you now. Please click on the link to get started”. It's easy, and no setup is required.

For the best experience, ensure you have good reception, preferably using Wi-Fi for the video call. The video quality is better if you remain seated and avoid walking. If you need to access your calendar or email during the call, the video will be temporarily disabled.

A payment of \$150 is required before each session. A Medicare rebate may apply if eligible. This follow-up should be booked immediately after the initial consultation.

In the meantime, if you experience symptoms between reviews, please utilize the daily drop-in sessions if urgent for troubleshooting or attend the fortnightly webinars for non-urgent concerns.

We aim to provide multiple avenues for consultation to reduce the need for emailing requests for prescriptions, symptom follow-ups, or reviews. Please ensure your reviews are requested in a timely manner and that you select the appropriate review type for your needs.

4. Your symptoms scores

When you see our nurses for the initial consultation, you will complete the AMS (Australasian Menopause Symptoms Score). We will record your scores by entering them into your medical records. At your 3-month review, we will send you a copy of these recorded scores to reassess prior to your consultation.

If you use **Hotmail, Outlook, or Live**, you will need to start a new email to return the updated scores. For other email domains, simply reply to the email you receive. **Please do not send us anything other than the free-typed version, as this creates additional work transposing your scores into your medical records.** If you have been tracking your symptoms neatly on your favourite app, please translate this into the free-typed email.

Returning your reassessed scores before your consultation helps Dr. Purity address your symptoms more accurately.

5. Discharge and Ongoing Care

- Patients will be discharged after their 3-month review with Dr. Purity and advised to continue care with their regular GP.
- A Patient Health Summary will be emailed to the patient for their regular GP's reference.
- For those unable to see their GPs or at any point if symptoms or concerns develop, fortnightly webinars will be offered to existing patients. Patients will be advised of the option to book online for future sessions.
 - When booking a webinar session, ensure you select the correct option (this will be the fortnightly webinar option).
 - Patients must email info@purity.health with their queries for the webinar (maximum of 3 queries per person).
 - Patients must specify their issues and concerns.
 - During the webinar, Dr. Purity will conduct a 30-minute general discussion addressing the issues. No individual clinical advice will be provided.
 - At the end of the session, Dr. Purity will be available to address any unanswered questions.
 - Patients can engage with the doctor at a general level without disclosing personal history. The Zoom meeting will end when Dr. Purity concludes the session.

- For the scheduled webinar support sessions, a private fee of \$50 is required before the session begins. Please note, this is not the three-month review session following the initial consultation with Dr. Purity, which is priced at \$150 AUD. If applicable, a Medicare rebate may apply to the three-month review session.
- Patients with upcoming review consultations with Dr. Purity in January or February may keep their appointments but will be informed that they will be discharged and back to their regular GP for ongoing care. Options such as fortnightly webinars or troubleshooting consultations will be available if needed.

6. Script Requests

- Patients who wish to renew their scripts without queries may book with Samy Medical Practice doctors. Samy Medical and Purity Health are under the same organization, medical system, and management. Your information with Purity Health is safe and secure but is automatically accessible to Samy Medical doctors, making booking online for a script repeat easy.
- Please note it is your responsibility to keep up with individual breast examinations, mammograms, and cervical screenings. Booking to get repeat scripts via Samy Medical doctors will mean that you have no symptom concerns and your screenings are up to date.
- Your GP may be willing to issue repeat prescriptions. In this case, sharing your health summary will suffice.

- Should you wish to register for MyMedicare with Samy Medical Practice, please inform the receptionist. This means that you have chosen Samy Medical Practice as your regular GP, and our GPs can provide regular GP services, including care plans and health assessments.
- Patients experiencing any issues or concerns, but not urgently, may book a slot in the fortnightly webinar.

7. Daily Drop-In Troubleshooting Consultation (Short Telehealth Only)

- This service is available for patients needing urgent assistance with issues such as bleeding or medication side effects. The session may be bulk billed for eligible patients, for non-eligible patients there will be an 82.90 AUD charge.
- When you book, you will be asked to submit your query by email to info@purity.health. This email should be marked **"FAO Dr. Purity for Troubleshooting Session,"** and please include the date of the session.
- Other concerns and requests will be addressed in the fortnightly webinar sessions.

8. Pathology Forms (blood form)

- Blood forms are usually sent automatically via Australian Clinical Labs. These will arrive as an email, which may sometimes end up in your junk mail folder. You will need a password to open the form. The email provides easy-to-follow, step-by-step instructions

on how to open the file. Typically, your date of birth (DOB) is the password.

- Please note that the link expires after a certain period, so ensure you open the attached PDF in a timely manner. We receive a high volume of emails requesting blood forms resending. Please help us support you better by promptly opening the email and following the provided instructions.

9. Blood test results

- When Dr. Purity sees you for your initial consultation, she will order a testosterone blood test and a thyroid function test. Occasionally, other hormone blood tests (e.g., FSH, estrogen) may also be ordered. The results of these blood tests will be discussed during the 3-month review unless they are urgent. You will also receive a copy of the results via email, regular mail, or through your MyGov account—the same portal you used to access your COVID vaccine certificate.
- If you have not had a general basic blood test in the past year (e.g., liver function, full blood count, cholesterol, kidney function, etc.), I encourage you to have one ordered through your GP prior to the consultation.
- If you do not have a general blood test arranged by your doctor or if you don't have a GP, our Samy Medical doctors can request these tests for you after your initial consultation with Dr. Purity.

10. Contacting us

Please preferably book your appointments online at <https://www.purity.health/> or call the practice directly at (08) 9557 2600.

We encourage you to plan ahead and select a time that is most convenient for you. We receive a large volume of emails daily; offering various avenues to access our services helps improve the quality and efficiency of care.

In 2024, it was not uncommon for patients to receive a phone call from Dr. Purity at 8:30 PM or on a Sunday. Our goal is to provide the highest level of care while safeguarding both your health and ours.

11. Social Media

The rules governing social media use for doctors differ greatly from those in other countries, with stricter regulations in Australia. Due to confidentiality requirements and the need to adhere to a strict code of advertising and patient safety, there are limitations on the type of information Dr. Purity can share in her videos or on social media. Her videos and posts are intentionally educational and do not reference specific products or medications.

Social media is used primarily for sharing up-to-date information and empowering patients through education. For specific queries or personal matters, please use our email, phone, or online booking facility as the primary mode of communication—**not** Facebook, Instagram, or WhatsApp.

12. Dr. Purity's Focus on Menopause Care

Dr. Purity is a General Practitioner specializing in menopause care, taking a holistic approach to support women during this important stage of life. If you wish to have your lifestyle queries addressed, please register for the monthly webinar. Dr. Purity will provide information on how you can effectively manage lifestyle diseases through lifestyle changes.

While Dr. Purity focuses specifically on menopause, please note that she does not take over your overall healthcare needs. Our excellent doctors at Samy Medical, part of the same medical system as Purity Health, are available to address all your general health requirements. You can book an appointment here: Samy Medical Group Appointments. <https://samymedicalgroup.com.au/appointments/>

13: Corporate or workplace Consultancy

Dr. Purity and her team are now offering workplace consultancy for menopause, including implementing menopause policies in the workplace. Please encourage your employers to consider the welfare of perimenopausal and menopausal women. Key areas for consideration include:

- Shift work accommodations
- Appropriate work uniforms
- Menopause sick day entitlements
- Access to menopause specialists
- Advocacy and support

- Menopause awareness campaigns
- Creating a culture where discussing menopause is free from shame or fear of ridicule

Promoting these key initiatives will help create a supportive and inclusive work environment

14: Men's health consultation

Due to a lack of capacity, Dr. Purity is not currently taking on new men's health consultations. Existing men's health patients may contact us directly at info@purity.health for guidance.

15. Public seminars

Dr. Purity's public talks will be managed by our team. If you believe your area or workplace could benefit from a seminar, please contact us directly. We will work with you to make it happen.

Our monthly webinars will remain the primary platform for sharing vital updates on perimenopause and menopause care, including our research and findings from other groups. We will also address general lifestyle and non-prescription topics, such as natural ways to lower cholesterol, exercise, fasting, reducing the risk of diabetes, and general and sexual health.

16. Endorsements

Dr. Purity does not endorse any individual, website, service, or product.

Please note that we reserve the right to make changes to the information provided here without prior notice.

Warmest Wishes for 2025

Dr Purity and Team