

This is our first, and hopefully not last, newsletter to keep all our patients informed of what is happening in the clinic.



This year in January, Dr Andrina Chien joined the Clinic and has rapidly become a valuable member of our Chiropractic team. Dr Chien is available for appointments Monday to Thursday and on Saturday mornings. She is also happy to do guest talks to sporting, community and work groups on the value of good health and chiropractic.

If you, your family or friends are not sure about chiropractic treatment and want to know more, please come to our information nights. These are held every second Tuesday from 6.45pm to 7.15pm. There are limited places, so please book a seat with reception.

Dr Dillon does not work on Saturdays. He highly recommends Andrina to any of his patients who need an adjustment when he is unavailable and on Saturday morning.



Since the beginning of September, our lovely receptionist Susie Enston (some of you would know her as Curly Susie) is starting as a clinical intern on Tuesday and Friday afternoons under the supervision of Dr Dillon.

To introduce Susie we are offering the following until the 30/11/07:

- Complimentary spinal assessment
- Initial Consultation for only \$32.50 (50% discount)

Come December, Susie will be a fully qualified Doctor of Chiropractic. So to any patients who commence treatment with Susie, they will be able to continue their care with her once she has qualified.

It is with sadness that we say goodbye to Sonja who is leaving us to go and work with Dr Brett Watson at his Mandurah clinic. Sonja has only been with us for this year and was able to come on board at short notice, when Paul's daughter broke her leg and Sooz was unable to work in the clinic. We wish Sonja all the best in her sea change.

In November we will be saying goodbye to our receptionist Brett who like Susie will be qualified as a Dr of Chiropractic. Brett will be setting up a clinic in Carnarvon. So for all you travellers heading up north and get a twinge, drop in and see Brett.

Dr Brett Watson left us early in the year as he made a sea change decision, to work and live in Mandurah. Feedback has it that the whole family is enjoying life by the ocean.

It is with pleasure that we now welcome back Dr Brett Watson, who is coming in on the last Friday every month. As you can imagine, the appointment times disappear very quickly so you need to book ahead.

At present, we are having plans drawn up for a brand new clinic which will allow us to offer even more services to you. As this is still in the planning stage we will keep you informed with news as it comes, and hope you are patient with us as the development takes place.

We have now got our website up and running. Check it out at www.activecarewa.com.au

Our email address is actchiro@bigpond.net.au

Check our website, as we will be doing internet specials. The website contains information about the various techniques we use in the clinic, the types of massages available and supplements we have in the clinic.



Nici Ott, one of our fabulous Remedial Massage Therapists, travelled overseas in July to study Manual Lymph Drainage (MLD) in Austria. The Vodder Therapy Centre in Walchsee is the heart and soul of this great technique, a school and therapy clinic at the same time. Nici managed to finish best of her class, and is happy to help you with oedema (swelling) management and all the other indications for MLD.

Oedema can occur, post mastectomy surgery, when lymph nodes are removed as part of the treatment for breast cancer. Check our website for more information about the benefits of MLD. Nici is available at the clinic for you on Monday afternoon, all day Tuesday, and Thursday and Saturday mornings.

Nici is also proficient in Trigger Point Technique, Deep Tissue Massage, Myofascial Release and Reflexology, so if you have any aches and pains, sore feet or your just ready for some relaxation and a 'time out, give the clinic a call and book yourself an appointment.



Dr Paul Dillon is having quite an active year. Aside from his dedicated service to the Active Care Clinic, Paul is a Senior Clinical Supervisor at Murdoch University Chiropractic Clinic. He was lucky to be given the opportunity earlier this year to go to Japan and teach chiropractic to the Japanese students. The Murdoch University Chiropractic Program has a conjunct school based in Japan. This was a very rewarding experience for Paul and the students involved.

Paul recently escorted a group of boys from the Karrinyup Junior Football Club to the AFL Grand Final. The trip went off without a hitch and was thoroughly enjoyed by all. To all those who helped in the fundraising for the trip he thanks you most sincerely.

In early November Paul is heading off to the USA for an advanced course in the new innovative Graston Technique. Upon completion Paul will be able to teach the technique and will be the only qualified instructor in Australia. We wish him all the best in this endeavor.

Now for some housekeeping;

- As appointments times are filling up rapidly it is advisable to book early to get the appointment times you want. As much as we try, it is not always possible to provide last minute appointments at a time you wish.
- For people who cancel with less than 6 hours notice and for those who miss their appointment we are going to be charging 50% of the cost of that appointment. Special circumstances will be taken into consideration.
- Confirmed appointments that miss or cancel on the day will be charged the full cost of that appointment.

To all our patients that refer people to us for chiropractic care, we would like say thank you by presenting you with the following gift:

FOR EVERY 5 PATIENTS YOU REFER TO US WE WILL GIVE YOU A 30MIN MASSAGE FROM YOUR CHOICE OF OUR FANTASTIC MASSEURS.

So please make sure your referred person informs us of this and writes your name on the intake form. This will allow us to keep track of how many people you have referred. This is a fantastic opportunity to have a regular massage, paid for by us!!!

QUIZ!!!!!!

Answer the following questions correctly and you have the opportunity to win a prize. Please place entry in box at reception. Entries close Monday 10/12/07

1. What is the name of the innovative soft tissue technique that Paul is going to the USA to do?
Answer _____
2. What does MLD stand for?
Answer _____
3. What Asian country did Paul recently visit?
Answer _____

4. What is our website address?
Answer _____
5. What are the names of the Chiropractors working here?
Answer _____

Name _____ Phone _____