



# PRACTICE CONNECT

A practical forum for Practice Managers and GPs

## Message from the Tonic Media Network Editorial Committee\*

Welcome to another edition of *Practice Connect*, where Tonic Media Network provides topical news and information for you and your patients. Included in this edition:

**How to manage lymphoedema in the legs.** A patient with over 20 years' experience managing primary lymphedema shares his top 8 tips. <https://www.mydr.com.au/practice-connect/manage-lymphoedema/>

**How did teenagers fare in the COVID-19 pandemic?** Was there a difference between male and females? We look at the latest research. <https://www.mydr.com.au/practice-connect/how-did-teenagers-fare-in-the-pandemic/>

**Childhood health linked to midlife cognition function.** Monash University research has added more weight to this claim. <https://www.mydr.com.au/practice-connect/childhood-health-linked-to-midlife-cognition-function/>

**Holding on to hope: The race to solve dementia.** Dr Norman Swan examines whether the science is taking us in the right direction. <https://www.mydr.com.au/practice-connect/holding-on-to-hope-the-race-to-solve-dementia/>

**COVID-19 vaccine push:** There are almost 6 million Australians who are eligible for a third dose who have not yet had it. <https://www.mydr.com.au/practice-connect/covid-19-vaccine-push/>

**Here are the top health related searches on Australia's leading direct to consumer health website myDr.com.au:**

- ✓ Ideal weight calculator
- ✓ White-tail spider bite - symptoms and treatment
- ✓ 9 Signs Your Liver may be damaged
- ✓ Basal metabolic rate calculator
- ✓ Body Mass Index (BMI) Calculator

Feel free to share this information with colleagues or if you have received this from a colleague and would like to receive the full edition, just let us know at [customercare@tonicmedianetwork.com.au](mailto:customercare@tonicmedianetwork.com.au)

Enjoy this edition! \*Dr John Aloizos AM