



**March 2024.**

Dear patient,

Here recent news and recommendations from the family doctors Medikwatrecht ,

**New staff member**

We would like to inform you that a fourth doctor will join our team on April 3, 2024: Dr. Laura DICK. Thanks to her, we can further limit your waiting times. Thanks to high-quality files and consultation, our four doctors and two nurses can care for you together. You will of course keep the opportunity to meet with a doctor or team member of your preference.

**Book a prevention consultation (“preventiegesprek”) about your health regularly !**

If you take chronic medication or have a certain disease or risk factor (including smoking or being overweight or exercising too little), you may already receive appropriate advice from us.

People live longer (with quality of life not lowered) when they pay attention to some things themselves. It is best that a separate visit to the practice takes place about that. Especially from the age of 60 (and earlier if there are existing risk factors), it is best to have a conversation every 1 or 2 years: “Am I healthy for my age? How can I keep it like this? Which vaccines should I still get?”

Make an appointment (choose “preventiegesprek”) to talk about that with our nurse. The nurses can also provide you with personal information and the requested vaccines. Preferably meet with them preferably on Tuesday, Wednesday or Thursday.

**Think about necessary vaccinations, including the new ones**

You often ask us questions about new vaccines (some unfortunately quite expensive). We have drawn up a list of explanations about this on our website: [www.medikwatrecht/prevention](http://www.medikwatrecht/prevention)

There are many vaccines that you can request from your doctor, depending on your age, underlying diseases or risks, any travel...

An example:

***Summary: recommended vaccines for everyone over sixty years of age (or younger in case of chronic illness)***

**Disease /Vaccine brand name + Price/ How many injections /When to repeat/ Note**

Disease	Trade name vaccine + Price	How many injections	When to be repeated	Remark
Flu	Influvac, Alfarix, Vaxigrip (about 4 eur)	1	1 year	No prescription required from 50 years
Flu high dose	Efluelda (40 eur, less after approval by mutualitei.)	1	1 year	Possibly useful at 75+

Pneumococcus	Prevenar 13 en Pneumovax (35 resp.75 eur)	Each trade name 1x , 2 month or more in between them	5 years, only in case of serious risk factors	
Pneumococcus between 65-80 yrs AND risk factors	Apexxnar 110 eur, with remboursement > 65 y: only 12 eur	1	5 years, only in case of serious risk factors	
Zona	Shingrix, 163 €	1	Not necessary	

**Also useful for adults under the age of sixty:**

**Diphtheria-tetanus-whooping cough** /Free and in stock at your GP /1/ 10 years/ More than 1 syringe if a long time ago

**Covid** / Free at your GP after specific appointment /1/ 1 year/ Only during certain months. Changeable in epidemics.

**Respiratory Syncytial Virus (RSV)** useful at 60 plus, younger at risk factor and in pregnancy/ Arexvy 206 €, OR Abrysvo 186 € /1 / Recurrence period is still under study (is new) Pregnant: between weeks 24 and 36 of pregnancy (only Abrysvo permitted)

*(summary of recommendations from the Supreme Health Council, HGR )*

**Other Vaccines and Vaccines for children:**

Complete list : [medikwatrecht.be - Prevention](http://medikwatrecht.be - Prevention)

**You cannot attend an appointment?**

If you cannot come to an appointment that was made, please call at least 4 hours in advance. Unfortunately, a small group of patients do not attend their appointments, and often do so again and again. This makes other people come unnecessarily late, and makes the doctor's working days unnecessarily longer (recently sometimes three times 15 minutes per doctor on 1 working day, a total of 45 minutes of unnecessary waiting for 1 doctor). Therefore, up to 25 euros will now be charged for a missed appointment (non-refundable).

**Parking at our offices**

At the request of the road manager, our parking lot must be restored with limited access (4.5 m) and parking in the direction of the street driving direction , instead of across. Please pay your attention to that.

Any questions ? We are always willing to talk about your questions!

**Luc Deprost, Laura Dick, Myriam Venneman, Tali Rahoens, doctors**

**Jolien De Vriese, Geoffrey Poelman, nurses**