



LIFE MEDICAL IMAGING  
CENTRAL COAST

# NEWSLETTER

JUNE 2025



**Proudly Sponsored by Life Medical Imaging**

## GP EDUCATION - MENTAL HEALTH



**We Invite you to an Educational Evening  
to be held on 5th August 2025  
at**

**L'isle French Restaurant in Terrigal  
6:30pm Start**

### Topics and Speakers

- Resistant Depression - causes and treatment modalities (including TMS and Psychodelics) by Dr Jason Pace, TMS Psychiatrist
- Acceptance and Commitment Therapy (ACT) in a Trauma Patient - case study by Dr Nicholas Harris Phd, Psychologist
- ACT in Depression - a case study by Jenna Wilson, Psychologist
- Dr Nicholas Harris and Jenna Wilson will demonstrate how you can use ACT, in your patients with depression / PTSD, in general practice

There will be also a Q&A session where you can ask the speakers questions on any psychiatric patients that you are caring for.  
You can self-log for **RACGP 1.5 points**.

**RSVP:** [support@lifeimaging.com.au](mailto:support@lifeimaging.com.au)



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## We Accept All Radiology Referrals

### Platelet-Rich Plasma Injections Available at our Umina Clinic

#### What is PRP:

Platelet-Rich Plasma (PRP) is an extract of your own blood that contains a high concentration of platelets within the collected plasma. It is an autologous (patient's own) treatment to repair or regenerate impaired or non-functional tissue. An injection of PRP to the injured/degenerative tendon or ligament provides regenerative growth factors and essential healing nutrients directly to the target area that the body cannot deliver on its own, (due to the poor blood supply).

#### How Does PRP Work?

PRP works by stimulating the body's natural healing mechanisms. When tissue is injured, the body responds by sending specific 'super healer' cell types to the site of injury to start the repair process. These 'super healers' are platelets and once they are injected, release growth factors and bioactive proteins, which act as 'chemical controllers' for cellular repair. Researchers have observed the positive effect of PRP on tendon and ligament tissues. Three main actions have been observed - stimulation of cellular repair, increase in anti-inflammatory processes and growth of blood vessels into the damaged area. Collectively these actions lead to the damaged area.

#### Conditions Commonly Treated with PRP Injections:

- Tendon - acute and chronic injuries, partial tears, tendonitis, tendinopathy, tenosynovitis
- Ligament - acute and chronic injuries -sprains and small partial tears
- Osteoarthritis
- Stalled healing of muscle injury

*\$550 per  
injection*





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# Our Radiology Services



Low Dose CT



Ultrasound



X-ray



Cardiac  
Imaging



Women's  
Imaging



Dental  
Imaging



DEXA/Bone  
Density

## Contact Life Medical Imaging

### Bateau Bay

P4/12 Bay Village Rd  
Bateau Bay NSW 2261

02 4326 7000  
02 4326 7077

[info@lifeimaging.com.au](mailto:info@lifeimaging.com.au)

Mon - Friday 8:00am to 5:30pm  
Saturday 8:00am - 12pm  
Sunday - Closed

### Killarney Vale

3-5 Farrar Rd  
Killarney Vale NSW 2261

02 4326 7000  
02 4326 7077

[info@lifeimaging.com.au](mailto:info@lifeimaging.com.au)

Mon - Friday 9:00am to 5:00pm  
Saturday Closed  
Sunday Closed

### Umina Beach

310 West St  
Umina Beach NSW 2257

02 4326 7000  
02 4326 7077

[info@lifeimaging.com.au](mailto:info@lifeimaging.com.au)

Mon - Friday 8:00am to 6:00pm  
Saturday 9:00am - 5:30pm  
Sunday 9:00am - 5:30pm

### Erina

Shop 1/148-158 The Entrance Rd  
Erina NSW 2250

02 4326 7000  
02 4326 7077

[info@lifeimaging.com.au](mailto:info@lifeimaging.com.au)

Mon - Friday 8:00am to 5.30pm  
Saturday Closed  
Sunday Closed



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