

Seeing a doctor, specialist or health professional

တၢ်ထံၣ်လိာ်သးဒီးကသံၣ်သရၣ်စံၣ်နီၣ်မ့ၣ်တၢ်ဆူၣ်ချတၢ်ကဟုကယၢ်ကံၢ်စီၣ်ပဲၣ်ပုၣ်မၤတၢ်ဖိ

Victoria has a wide range of health care professionals to meet all your health needs.

From your local GP to specialists and allied services covering both complimentary medicine and conventional treatments, there is a diverse range of expert to help you.

For everyday non-emergency and ongoing health issues, your first place for treatment and advice will usually be your local GP, who is a general practitioner, but is commonly known as a GP.

GPs, as well as other allied health professionals, such as physiotherapists, psychologists, podiatrists, and dentists can be accessed directly without referral.

This is called primary, or first, care.

There are also medical specialists.

However, you will need to have a referral from your GP to access these services.

Talk to your GP for more information.

Your GP will have an understanding of you and your medical history.

“I think it's really important for someone to have a good relationship with their GP. As someone they can come to and trust with their health problems.

A GP is a person who's fairly central and you might have any kind of health problem, whether it be physical problem or a mental problem or you might want to just talk about your general health and prevention, you can be really well assured that anything you tell the doctor's not going to go outside of the

ဝံးထီၣ်ရံၣ်ယၢ်အိၣ်ဒီးဆူၣ်ချတၢ်ကဟုကယၢ်ကံၢ်စီၣ်ပဲၣ်ပုၣ်မၤတၢ်ဖိတၢ်ဖိတၢ်ဖိကလုာ်လၢအကဘၣ်လိာ်သးဒီးဆူၣ်ချတၢ်လိာ်ခဲလၢအဂီၢ်လီၤ.

စးထီၣ်လၢနလီၢ်ကဝီၤပုၣ်ဖိထီၣ်ကသံၣ်သရၣ်တုၤလၢပုၣ်စံၣ်နီၣ်ဒီးတၢ်မၤန့ၣ်ခဲသကိးတၢ်တဖၣ်န့ၣ်လၢလိာ်ဝဲလၢကသံၣ်ကသီလၢတၢ်မၤလၢထီၣ်ပုၣ်ပုၣ်လိာ်န့ၣ်သကိးတၢ်ဒီးတၢ်ကူၤစါယါဘျါ ပတီၢ်မုၢ်ခဲ လၢအဂီၢ်, လၢအအိၣ်ဒီးပုၣ်လၢအစံၣ်နီၣ်တဘျုးကလုာ်လၢကမၤစၢၤန့ၣ်အဂီၢ်လီၤ.

လၢကိးနံၣ်ဒဲးလၢတမ့ၢ်ဂ့ၢ်ဂီၢ်အူၤဒီးဆူၣ်ချတၢ်ဂီၢ်ကိၤဆူၣ်ညါကွၢ်ကွၢ်တဖၣ်အဂီၢ်, နတၢ်လိာ်အဆိကတၢ်လၢတၢ်ကူၤစါယါဘျါဒီးတၢ်ဟ့ၣ်ကွၢ်ဟ့ၣ်ဖးအဂီၢ်န့ၣ်ညါန့ၣ်ကမ့ၢ်ဝဲဒၣ်န့ၣ်ဖိထီၣ်ကသံၣ်သရၣ်လၢအမ့ၢ်နလီၢ်ကဝီၤပုၣ်ဖိမုၢ်ကသံၣ်သရၣ်တဂၤ, ဘၣ်ဆၣ်ညါန့ၣ် တၢ်သ့ၣ်ညါအိၣ်လၢ (ကွၢ်ဖံၣ်) ခုၣ်ဖိထီၣ်ကသံၣ်သရၣ်န့ၣ်လီၤ.

ကွၢ်ဖံၣ်ယုၢ်ဒီးဆူၣ်ချပုၣ်စံၣ်နီၣ်မ့ၢ်တၢ်ဖိတဖၣ်ဒ်အမ့ၢ်ဟူးဂဲၤယါဘျါသရၣ်, သးဂ့ၢ်ဝီၣ်ကသံၣ်သရၣ်, ခိၣ်လုၢ်ဒီးခိၣ်ဒုကီၢ်ကသံၣ်သရၣ်, ဒီးမဲကသံၣ်သရၣ်တဖၣ်န့ၣ်တၢ်လဲၤထံၣ်အိၣ်သ့ဝဲဒၣ်လၢတလိာ်ကသံၣ်သရၣ်အလံာ်ဆူၣ်ခိၣ်ဘၣ်န့ၣ်လီၤ.

တၢ်အံၤတၢ်ကိးအိၣ်လၢတၢ်ကဟုကယၢ်အခိၣ်ထံးမ့ၢ်တမ့ၢ်အဆိကတၢ်န့ၣ်လီၤ.

လၢဖဲန့ၣ်န့ၣ်အိၣ်စ့ၣ်ကိးဒီးကသံၣ်ကသီပုၣ်စံၣ်နီၣ်တဖၣ်လီၤ.

ဘၣ်ဆၣ်န့ၣ်ဘၣ်အိၣ်ဒီးလံာ်ဆူၣ်ခိၣ်လၢန့ၣ်ဖံၣ်အအိၣ်လၢတၢ်န့ၣ်ဘၣ်တၢ်မၤန့ၣ်ခဲတဖၣ်အံၤအဂီၢ်လီၤ.

လၢတၢ်န့ၣ်အါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤအဂီၢ်ကတိၤလၢကိးတၢ်ဒီးန့ၣ်ဖံၣ်တက့ၢ်.

န့ၣ်ဖံၣ်အံၤကအိၣ်ဒီးတၢ်န့ၣ်ပၢၢ်ဘၣ်သးဒီးန့ၣ်ဒီးလၢအပူၤကွၢ်နတၢ်အိၣ်ဆူၣ်အိၣ်ချအဂ့ၢ်ကျိၤတဖၣ်န့ၣ်လီၤ.

ယဆိကမိၣ်အရူၣ်ဒိၣ်ဝဲနီၣ်နီၣ်လၢပုၣ်တဂၤကအိၣ်ဒီးတၢ်ဘၣ်ထွဲလိာ်သးလၢအဂ့ၤဒီးအဝဲသ့ၣ်အကွၢ်ဖံၣ်န့ၣ်လီၤ.ဒ်အမ့ၢ်ပုၣ်တဂၤလၢအဝဲသ့ၣ်ပဲၣ်ဆူၣ်အိၣ်ဒီးန့ၣ်ဝဲသ့လၢအဝဲသ့ၣ်ဆူၣ်ချတၢ်ဂီၢ်ကိၤတဖၣ်အိၣ်ခိၣ်န့ၣ်လီၤ.

ကွၢ်ဖံၣ်မ့ၢ်ပုၣ်တဂၤလၢအတီၢ်ဝဲလီၤဝဲဒီးဘၣ်သ့ၣ်သ့ၣ်န့ၣ်အိၣ်ဒီးဆူၣ်ချတၢ်ဂီၢ်ကိၤတမံၤမံၤ, လၢအမ့ၢ်နီၣ်ခိၣ်အတၢ်ဂီၢ်ကိၤ, မ့တမ့ၢ်သးအတၢ်ဂီၢ်ကိၤ, မ့တမ့ၢ်အိၣ်ဒၣ်န့ၣ်ကအိၣ်ဒီးကတိၤဒၣ်တၢ်လၢတၢ်ဂ့ၢ်ဘၣ်သးဒီးဆူၣ်ချအဂ့ၢ်ထီၣ်ရီၤဒီးတၢ်ဒိသဒါတဖၣ်န့ၣ်, နမၤလီၤတံၢ်သ့ဝဲနီၣ်နီၣ်လၢတၢ်တမံၤမံၤလုၢ်လုၢ်လၢနတဲကသံၣ်သရၣ်န့ၣ်သုတဟးထီၣ်ဆူၣ်ဒီးအချၢတဂ့ၤန့ၣ်လီၤ. တၢ်အဝဲန့ၣ်တၢ်ကဘၣ်ပံၤခူသ့ၣ်အိၣ်လၢလၢပုၣ်ပုၣ်န့ၣ်လီၤ.

GP about this issue, too.

Your GP can assess your issue in conjunction with the picture they already have of your overall health.

Once you have seen the radiologist you have been referred to the results will be returned to your GP who will talk with you about the next steps in your health plan.

If it turns out that you need further more specialised help, in this case it could be an orthopaedic surgeon, then a referral must be obtained.

Seeing your GP is either free or subsidised by a government rebate.

If your GP bulk bills, medicare should cover the whole cost.

If they charge a set consultation fee, medicare pays a portion of this.

Costs to see other healthcare professionals or other specialists can vary.

Most charge a fee, but medicare refunds part of that cost.

It's a good idea to check how much you will have to pay before you start your treatment.

There can be times when your GP and other healthcare professionals are unavailable.

In this instance, there are telephone helplines, like nurse on call, available 24 hours a day for general medical advice.

Finding a GP, specialist, or other healthcare professional is something you can play a big part in.

By being involved in your healthcare and talking openly and honestly with your GP, you'll get the best results.

Remember to ask questions, get a second

နက္ခတ်ဖုံသမံသမိးကွါနတဂ်ဂါကီလာတဂ်အိန်တပူဇယီဒီးနတဂ်အိန်ဆုန်အိန်ချအကွါဂါလဲလဲလဲအဖီခိန်သ့န့ဉ်လီဇ.

ဖဲနထံဉ်လိင်သးဒီးပုဇဒိအံးစရုလာတဂ်ဆုာခိဂ်လီဇန့ဉ်တဘျီဃီန့ဉ်တဂ်ကဆုာကဒါက့ဇအစာတဖဉ်ဆုန့ဉ်ဖုံအိန်ပုဇလာကတဲသကိးတဂ်ဒီးန့ဉ်ဘဉ်ဃးဒီးနတဂ်အိန်ဆုန်အိန်ချတဂ်တိင်ကျဲဇဆုညါအပတီဂ်တဖဉ်အပူဇလီဇ.

မ့ဂ်ဟဲအသးလာနလိဉ်အါထီဉ်တဂ်မဇမဇလီဇလီဇဆီဆီဒီး, တဂ်ဂါဒိသိးအိန်န့ဉ်မ့ဂ်ဝဲဒဉ်ဃံကွဲကူးကါကသံဉ်သရဉ်သ့ဝဲဒဉ်, ဝဲဒီးတဂ်ဆုာခိဂ်ကဘဉ်တဂ်ပာဇဃာသပုဂ်တဂ်လီဇ.

တဂ်ထံဉ်လိင်သးဒီးနက္ခတ်ဖုံန့ဉ်မ့ဂ်ဝဲဒဉ်အကလီမုတမ့ဂ်တဂ်မဇပုဇမဇအီဇခီဖျီ ပဒိဉ်တဂ်ဟ့ဉ်က့ဇစုမဇမဇန့ဉ်လီဇ.

နက္ခတ်ဖုံမ့ဂ်ဃုန့ဉ်က့ဇတဂ်အဘူးအလဲလာပဒိဉ်အိန်ဒီးမဲဒိဉ်ခဲရဲကြားဟ့ဉ်တဂ်အဘူးအလဲလဲလဲလီဇ.

အဝဲသ့ဉ်မ့ဂ်ဃုတဂ်တဂ်ပီဉ်ထံဉ်လိင်သးအဂီဂ်ဒီးမဲဒိဉ်ခဲရဲဟ့ဉ်တဂ်အံဇအဂီဂ်တနီဇလီဇ.

တဂ်လာဉ်ဘုဉ်လာဉ်စုဇလာတဂ်ထံဉ်လိင်သးဒီးဆုန်ချပုဇဖဲဉ်နီဇမုတမ့ဂ်ပုဇဖဲဉ်နီဇအဂဇတဖဉ်န့ဉ်လီဆီလိင်အသးသ့န့ဉ်လီဇ.

အါတက့ဂ်န့ဉ်တဂ်ဃုဝဲဒဉ်အဘူးအလဲ, ဘဉ်ဆဉ်မဲဒိဉ်ခဲရဲဟ့ဉ်ကဒါက့ဇတဂ်လာဉ်ဘုဉ်လာဉ်စုဇလာတနီဇန့ဉ်လီဇ.

အဂ့ဇကတဂ်လာကသမံသမိးကွါနကဘဉ်ဟ့ဉ်ထဲလဲဉ်တချူးနစးထီဉ်နတဂ်ကူစါယါဘျီဒီးဘဉ်အခါန့ဉ်လီဇ.

တဂ်ဆာကတီဂ်ကအိန်လာကွံဉ်ဖုံဒီးဆုန်ချတဂ်ကဟုကယဉ်ပုဇဖဲဉ်နီဇတချူးဘဉ်န့ဉ်အိန်သ့န့ဉ်လီဇ.

လာတဂ်မဇအသးဒိသိးအံဇန့ဉ်လီတဲစိတဂ်မဇမဇလီကျီဇ, ဒိသိးဒီးနားစိတဂ်ကီးလာလီတဲစိ, လာတဂ်ကီးအီဇသ့ဝဲဒဉ်လာဒိတနံဇ ၂၄န့ဉ်ရံဉ်အတီဂ်ပူဇလာကသံဉ်ကသီတဂ်ဟ့ဉ်က့ဉ်ဟ့ဉ်ဖးထီဉ်အဂီဂ်လီဇ.

တဂ်ဃုန့ဉ်ကွံဉ်ဖုံ, ပုဇဖဲဉ်နီဇ, မုတမ့ဂ်ဆုန်ချတဂ်ကဟုကယဉ်ပုဇမဇတဂ်ဖိအဂ့ဇကတဖဉ်န့ဉ်မ့ဂ်တဂ်တခါလာနန့ဉ်လီဇမဇဘဉ်ထွဲနသးအါအါသ့ဝဲန့ဉ်လီဇ.

ဒီဖျီတဂ်ပဉ်ဃုဉ်လာနဆုန်ချတဂ်ကဟုကယဉ်အပူဇဒီးတဂ်ကတီဇသကိးတဂ်ဖျါဖျါဒီးတီတီလီဇလီဇဒီးနက္ခတ်ဖုံန့ဉ်, နကန့ဉ်ဘဉ်အစာလာ အဂ့ဇကတဂ်န့ဉ်လီဇ.

သ့ဉ်နီဉ်ထီဉ်လာကသံကွါတဂ်သံကွါတဖဉ်, မဇန့ဉ်တဂ်ထံဉ်လာပုဇခဲဇတဂ်အအိန်ဖဲလာနလိဉ်ဘဉ်အီဇအခါ, ဒိက

opinion if you need to, listen to health advice, ask for a translator if needed, and act early.

For more information, visit:
betterhealth.vic.gov.au/healthprofessionals.

နာဆူဉ်ချတၢ်ဟ့ၣ် ကူဉ်ဟ့ၣ်ဖး, ဃုန့ၣ်ပုၤကတိၤကျိးထံ တၢ်တၢ်န့ၣ်လိာ်ဘၣ်အခါ, ဒီးမၤအီၤဆိဆိန့ၣ်တက့ၢ်.

လၢတၢ်န့ၣ်အါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤအဂီၢ် န့ၣ်လိာ်ကွၢ်ဖဲ betterhealth.vic.gov.au/healthprofessionals တက့ၢ်.