



# Sunday Health Seminar with Dr David Rankin

One Seminar – Three Themes!  
February 16, 2014

## 1 Your Vital Organs: Brain, Heart, Lungs and Kidneys

How they function. What can go wrong?  
Signs of deterioration. Keeping them healthy!



## 2 Is Your GP a Good Doctor? Are You a Good Patient?

Based on his extensive experience in working with doctors, David will share ways to ensure your interaction with your GP is a positive one.

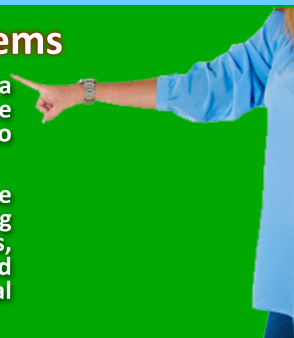
It is important to understand how your doctor thinks and what aspects of your health he/she is concerned about. These may not align with what you want from the consultation. Learn the simple principles, which will assist you in interacting with your health professional.



## 3 Preventing Children from Developing Behavioural Problems

When investigating the life histories of children with behavioural problems, there are a small number of things that seem to predict poor outcomes. David will highlight the impact on toddlers when parents are depressed or use drugs and alcohol. Adults who interact with children in these circumstances can make a huge difference.

Based on his work in child protection in New Zealand, David will highlight some of the characteristics and behaviours of children impacted by their parent's depression or drug and alcohol use. He will highlight helpful steps which can be taken by caring parents, friends and relatives. He will explore ways to protect against attachment disorder and suggest ways that struggling parents might access help. He will also highlight the potential of mentoring in helping young people.



## Meet Dr Rankin

David is a medical doctor and specialist in medical administration. He started his medical career as a GP at Warburton in the late 1980s. Since then he has run a private hospital, been General Manager to New Zealand's accident insurance organisation, been health advisor to several government departments and held the position of Executive Director of Medical Services in a large Melbourne health service. David has a Masters Degree in both Health Administration and Public Health.

David has held a range of prominent positions including President of the Royal Australasian College of Medical Administrators, President of the New Zealand Private Hospitals Association and the New Zealand Institute of Health Management. He is the co-founder of Youth Connect – a youth mentoring program based on Christian principles.

**Venue:** Steps to Life, 15 Industrial Park Dr., Lilydale 3140  
**Dates:** Sunday, 16th February, 10am - 3pm  
**Registration Fee:** \$24 - Free optional lunch provided, indicate on registration  
**Bookings Essential:** 9739 4093 RSVP by 11th February  
**Cancellation:** No refund given unless notified by 11th February  
**Website:** [www.steps.org.au](http://www.steps.org.au)