

**INQUIRY INTO HEALTH OUTCOMES AND ACCESS TO
HEALTH AND HOSPITAL SERVICES IN RURAL,
REGIONAL AND REMOTE NEW SOUTH WALES**

Name: Name suppressed
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Partially
Confidential

There are not a lot of places in the Murrumbidgee area that provide bone density scan, in which some people who has a osteoporotic fracture may not be eligible to receive bone health medication due to not meeting the criteria of bone density scan shown certain T-score.

Even for those people living close to the private radiology practice, some of them required more than \$100 surcharge beyond the Medicare subsidies. Without the bone health medication, those who had a osteoporotic fracture already will have a high chance of refracture and worse quality of life with pain, decrease mobility, lose of independence, and shorten their life.

Further than bone health medication, there is a long waiting list to see a fly-in-fly out rheumatologist, people may need to drive to Canberra to make it happen. There is no concrete and consistent strategy appeared in place to have telehealth service for people in need of seeing rheumatologist, other medical specialist, as well as mental health professional.

While some may be able to see exercise and diet professionals (not in Lake Cargelligo or Tumbarumba), mental health professionals with training of cognitive behaviour therapy are highly in needed even though not existed in the area. People with persistent pain, mental health, and drug and alcohol issue on top of poor musculoskeletal condition are pretty much difficult to manage in the cognitive and perception side of health not been well look after.