

Submission
No 567

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

Name: Name suppressed
Date Received: 13 January 2021

Partially
Confidential

I was asked as a patient with complex medical conditions, to place a submission to the committee regarding the availability of Medical Specialists who attend Orange Health Service.

I find that in 2020, not having an Endocrinologist at the Orange Health Service, something that needs to be addressed. Yes, there are private Endocrinologist in Orange, however their waiting lists are high along with the cost of a visit, prohibiting patient on lower incomes or pensions the treatment they need.

I have Congenital Adrenal Hyperplasia (since birth), I have had one adrenal gland removed and the other has never worked which mean my daily regime and wellbeing is based on steroids. It is a reasonably rare conditions and often a GP can go through their career without seeing a case, however when I am ill and unable to explain my condition due to an Adrenal Crisis I do not have the backup of an Endocrinologist at the hospital to guide others in the condition. I tend to err on the side of 'if I am ill, self-medicate to prevent a crisis' because ER Doctor are unfamiliar with CAH and treatment can be delayed, which is unsatisfactory and can be life threatening.

I believe that Regional, Rural and Remote residents are entitled to the same treatments, supervision and outcomes as those living in the major cities and towns, however that does not happen, and the gap is only getting wider between city and country residents.