&#65533; Dr Christopher Quirk,&#65533;&#65533;&#65533; Consultant Cardiologist BA Hon Oxon, MA, MBBS Hons, MRCP, FRACP, DDU   &#65533; &#65533; PLEASE NOTE CHANGE OF PRACTICE ADDRESS &#65533; From January 2022 &#65533; <p class="sqsrte-small" style="margin-right: 0cm; margin-left: 0cm; font-size: 12pt; font-family: "Times New Roman", serif; color: #000000; background-image: initial; background-position: initial; background-size: initial; background-repeat: initial; background-attachment: initial; background-origin: initial; background-clip: initial;">After nearly 30 years working form our small practice in Hunters Hill, it is with sadness and excitement that our practice will relocate to the new North Shore Medical Hub. This decision has been made to modernise and improve the premises, and to benefit patients with better facilities. &#65533;Of course, the new facilities will make access easier with Lifts and free parking for patients. <p class="sqsrte-small" style="margin: 1rem 0px 0px; font-size: 12pt; font-family: "Times New Roman", serif; color: #000000; background-image: initial; background-position: initial; background-size: initial; background-repeat: initial; background-attachment: initial; background-origin: initial; background-clip: initial; white-space: pre-wrap;">Apart from the location, the Practice will remain the same. We aim to continue our high standard of clinical care whilst maintaining the personal approach, with both the same staff and myself being readily available to both patients and Doctors as before <p class="sqsrte-small" style="margin: 1rem 0px 0px; font-size: 12pt; font-family: "Times New Roman", serif; color: #000000; background-image: initial; background-position: initial; background-size: initial; background-repeat: initial; background-attachment: initial; background-origin: initial; background-clip: initial; white-space: pre-wrap; text-align: left;">NEW LOCATION: North Shore Health Hub, <p class="sqsrte-small" style="margin: 1rem 0px 0px; font-size:

12pt; font-family: "Times New Roman", serif; color: #000000; background-image: initial; background-position: initial; background-size: initial; background-repeat: initial; background-attachment: initial; background-origin: initial; background-clip: initial; white-space: pre-wrap; text-align: left;"> Tower A, Level 1, </p> <p class="sqsrte-small" style="margin: 1rem 0px 0px; font-size: 12pt; font-family: "Times New Roman", serif; color: #000000; background-image: initial; background-position: initial; background-size: initial; background-repeat: initial; background-attachment: initial; background-origin: initial; background-clip: initial; white-space: pre-wrap; text-align: left;"> 7 Westbourne St, </p> <p class="sqsrte-small" style="margin: 1rem 0px 0px; font-size: 12pt; font-family: "Times New Roman", serif; color: #000000; background-image: initial; background-position: initial; background-size: initial; background-repeat: initial; background-attachment: initial; background-origin: initial; background-clip: initial; white-space: pre-wrap; text-align: left;"> St'Leonards, Sydney 2066, </p> <p class="sqsrte-small" style="margin: 1rem 0px 0px; font-size: 12pt; font-family: "Times New Roman", serif; color: #000000; background-image: initial; background-position: initial; background-size: initial; background-repeat: initial; background-attachment: initial; background-origin: initial; background-clip: initial; white-space: pre-wrap; text-align: left;"> Tel: 02 9817 2122, </p> <p class="sqsrte-small" style="margin: 1rem 0px 0px; font-size: 12pt; font-family: "Times New Roman", serif; color: #000000; background-image: initial; background-position: initial; background-size: initial; background-repeat: initial; background-attachment: initial; background-origin: initial; background-clip: initial; white-space: pre-wrap; text-align: left;"> email: dr@chrisquirk.com.au</p> <p class="sqsrte-small" style="margin: 1rem 0px 0px; font-size: 12pt; background-image: initial; background-position: initial; background-size: initial; background-repeat: initial; background-attachment: initial; background-origin: initial; background-clip: initial; white-space: pre-wrap; text-align: left;"> Website: www.chrisquirk.com.au</p> <p class="sqsrte-small" style="margin: 1rem 0px 0px; font-size: 12pt; background-image: initial; background-position: initial; background-size: initial; background-repeat: initial; background-attachment: initial; background-origin: initial; background-clip: initial; white-space: pre-wrap;"> </p> <p class="sqsrte-small" style="margin: 1rem 0px 0px; font-size: 12pt; background-image: initial; background-position: initial; background-size: initial; background-repeat: initial; background-attachment: initial; background-origin: initial; background-clip: initial; white-space: pre-wrap;">Apart from the location, the Practice will remain the same. We aim to continue our high standard of clinical care whilst maintaining the personal approach, with both the same staff and myself being readily available to both patients

and Doctors as before.   This site is designed to provide some general information about Cardiac conditions, diagnostic tests and resulting procedures you may be having. It is designed to be read by people without medical background and therefore hopefully easier to understand. It is important to note that it is in no way a substitute for consulting your own medical practitioner if you have any concerns about any aspect of your health. It is a general information site and should not be deemed as a medical opinion. I have also realised after many years as a Clinical Cardiologist that the main way I can help people is not necessarily with drugs, stents, or operations. My main interest is in prevention of heart disease, primarily with exercise. I have always been involved with exercise and have knowledge in exercise physiology and feel that this is understated as a means of improving peoples cardiac health, general wellbeing and mental happiness. However, despite this well-known fact, I still find it frustratingly difficult to persuade my patients to change their lifestyle with regards to getting more exercise. I am hopeful that with guidance I can improve compliance with exercise prescriptions, and am planning on expanding this aspect of my medical work. I think we not only need to teach people how to exercise but also how to enjoy exercise, so it is not a chore, and to find a form of exercise that suits their likes, age and lifestyle.