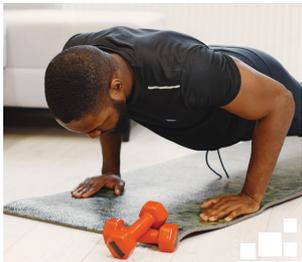


JUNE - JULY 2025 EDITION **FREE TO TAKE HOME!**



Winter Wellness Tips



Staying Active Indoors



Healthy Skin in Winter



Spotlight on Men's Health

PRACTICE DOCTORS

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Dr Nitika Singh Sandhu
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M.D (Iran)

Dr Selin Birro
MBBS (UNSW)

Practice doctors are experienced in the broad range of health problems affecting all age groups.

PRACTICE MANAGER

Corinne Webb

PRACTICE NURSES

Ana, Amanda, Sukhdeep, David, Navdeep & Annabelle

RECEPTION STAFF

Janice, Cathy, Michele, Sarah, Steffie, Angela, Celeste, Whitney & Solange

OTHER SERVICES

We provide a comprehensive family medical service – Quality care in a friendly, relaxed atmosphere.

Full range of general practice services:

- Dressings & Diagnostic Procedures
- Immunisations
- Minor surgery
- Health Assessments
- Diabetes and Asthma education
- Pre-Employment & Insurance Medicals
- Women's Health/Pap Smears
- ****NEW** Full body Skin check - Clinics held Monday & Wednesday evening, Tuesday lunchtime.**

SURGERY HOURS

Monday – Friday 8:00 am – 5:30 pm

Saturday 8:00 am – 12:00 midday

AFTER HOURS & EMERGENCY

After hours on call service available. Please phone surgery on: **6962 1100** and listen for directions.

In case of a medical emergency dial **000** and ask for an ambulance.

BILLING ARRANGEMENTS

We offer a discount to Pensioners and Health Care Card holders who bring a current entitlement card.

Please present your Medicare Card/ Health Care Card at the front desk on arrival at each visit.

We are a private billing practice. Information about our fees and services are available at reception.

Payment at the time of consultation is required.

Payment can be made by cash, cheque, credit card or EFTPOS.

SPECIAL PRACTICE NOTES

Your comments on our medical services are always welcome.

We strive to improve for your benefit. Please direct any queries or complaints to the Practice Manager.

Medical record confidentiality. This practice protects your personal health information to ensure it is only available to authorised staff members for the intended purposes and to comply with the Privacy Act.

Reminder system. Because our practice is committed to preventive care, we may send you an occasional reminder regarding health services appropriate to your care. If you wish to opt out of this, please let us know.

Test results. It is your responsibility to ensure you follow-up test results, particularly when practice staff or your doctor stress that you do this. Ask reception staff about the best way to go about it.

APPOINTMENTS

Consultation is by appointment. Urgent cases are seen on the day.

Booking a long appointment is important for more complex problems – insurance medical, health review, counselling, a second opinion, etc. This may involve a longer wait. Please bring all relevant information.

Please notify us if you are unable to attend an appointment well in advance. Fees may be charged for missed appointments - at the discretion of each Doctor.

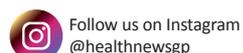
If more than one person from your family wishes to see the doctor at the same time, please ensure a separate appointment is made for each family member.

Time is valuable to all of us. If you fail to attend appointments without adequate explanation, we cannot guarantee you future booked appointments.

YOUR NEXT APPOINTMENT:

ENJOY THIS FREE NEWSLETTER

Please remember that decisions about medical care should be made in consultation with your health care provider so discuss with your doctor before acting on any of the information.
www.healthnews.net.au



▶ **Please see the Rear Cover for more practice information.**



Winter Wellness Tips: Stay Healthy This Season

As the temperatures drop, it's important to prioritise your health and well-being. Here are some simple winter wellness tips to help you stay energised and illness-free during the colder months.

Boost your immunity by eating a balanced diet rich in fruits, vegetables, and whole grains. Citrus fruits, garlic, ginger, and leafy greens are excellent for supporting your immune system. Consider a vitamin D supplement, as winter sun exposure is limited and deficiency is common.

Stay active, even when it's chilly outside. Regular exercise helps maintain energy levels and supports both physical and mental health. Try indoor workouts, brisk walks, or join a local fitness class to stay motivated.

Keep warm and dry to prevent colds and flu. Dress in layers, wear a hat and scarf, and ensure your home is adequately heated and ventilated.

Stay hydrated by drinking water regularly, even if you feel less thirsty in cooler weather. Herbal teas are a great way to warm up and stay hydrated.

Finally, prioritise rest and sleep. A consistent sleep routine helps your body recover and fight off illness. With a little care, you can stay healthy and happy all winter long.



Understanding Seasonally Adjusted Disorder (SAD)

Seasonally Adjusted Depression, more commonly known as Seasonal Affective Disorder (SAD), is a type of depression that typically occurs during the colder, darker months of the year. As daylight hours shorten in winter, some people experience changes in mood, energy, and sleep patterns.

Common symptoms of SAD include persistent low mood, fatigue, difficulty concentrating, increased appetite (especially for carbohydrates), and a tendency to oversleep. These symptoms usually begin in late autumn and improve in spring as sunlight increases.

The exact cause of SAD isn't fully understood, but it's believed to be linked to reduced sunlight exposure, which can disrupt your body's internal clock (circadian rhythm) and affect serotonin and melatonin levels—chemicals that influence mood and sleep.

Treatment options include light therapy, which involves sitting near a special light box for 20–30 minutes a day, as well as exercise, counselling, and in some cases, medication.

If you notice these symptoms each winter, don't ignore them. Speak to your GP or mental health professional. With the right support and treatment, SAD can be effectively managed, helping you feel more like yourself all year round.



Staying Active Indoors During Winter

When cold or rainy weather makes it hard to exercise outside, staying active indoors is a great way to maintain your physical and mental health. You don't need a gym membership or fancy equipment—just a little space and motivation.

Start with simple bodyweight exercises like squats, lunges, push-ups, and planks. These can be done in short sessions throughout the day. Stretching or yoga is also excellent for flexibility, balance, and stress relief.

Consider following online fitness videos or apps that offer guided workouts ranging from 5 to 30 minutes. Dancing, stair climbing, or even housework like vacuuming can increase your heart rate.

Make it fun - put on music, involve the family, or set small daily goals to stay motivated. Staying active indoors helps boost mood, improve sleep, and strengthen immunity, especially during winter, when energy can naturally dip.

Healthy Skin in Winter

Winter weather can be harsh on your skin. Cold air, low humidity, and indoor heating contribute to dryness, irritation, and flaking. But with the right care, you can keep your skin healthy and comfortable throughout the season.

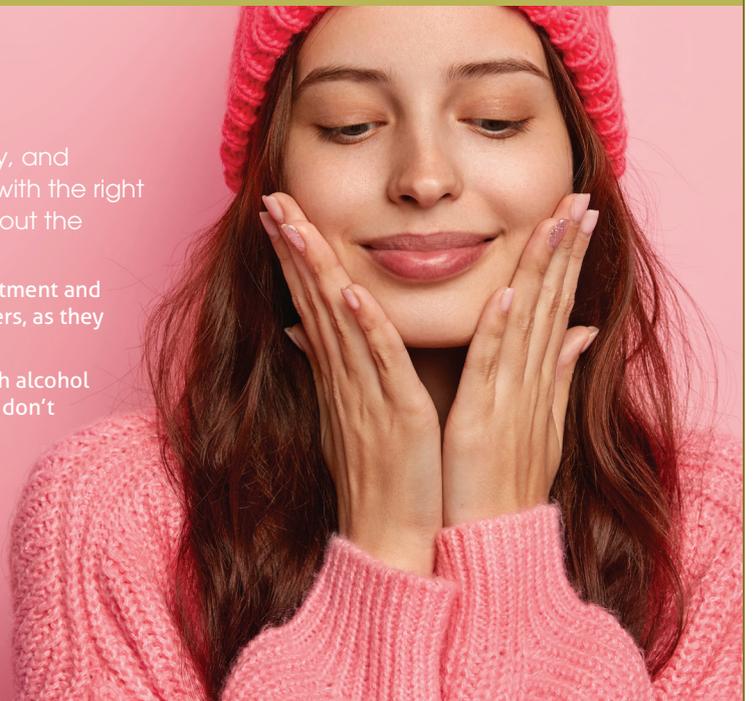
Start by moisturising regularly. Choose a rich, fragrance-free cream or ointment and apply it immediately after showering to lock in moisture. Avoid hot showers, as they strip natural oils from your skin—opt for warm water instead.

Use a gentle cleanser that won't dry out your skin, and avoid products with alcohol or strong fragrances. Exfoliate once a week to remove dead skin cells, but don't overdo it, as over-exfoliating can lead to irritation.

Stay hydrated by drinking plenty of water, and consider using a humidifier indoors to maintain moisture in the air.

Protect your skin from wind and cold by wearing gloves and scarves, and don't forget sunscreen—UV rays are still present in winter and can cause damage even on cloudy days.

By adjusting your skincare routine for the season, you can prevent dryness and keep your skin soft, smooth, and healthy all winter long.



Spotlight on Men's Health

International Men's Health Week takes place from Monday, June 9, to Sunday, June 15, 2025—a timely reminder for men to take charge of their physical and mental wellbeing. Many men delay or avoid seeking medical help, often ignoring symptoms that could indicate serious health issues.

Routine check-ups are essential. Regular screenings for blood pressure, cholesterol, diabetes, and prostate health can detect problems early and improve outcomes. Mental health is just as important—stress, anxiety, and depression often go unspoken, but reaching out for support can make a huge difference.

Staying active, eating a balanced diet, limiting alcohol, and quitting smoking are key to long-term health. Even small lifestyle changes can lead to significant benefits.

Encouraging open conversations about health helps break the stigma and promotes positive habits. Whether booking a GP appointment, joining a fitness group, or simply checking in with a mate, taking action is the first step to better health.



HEARTY BEEF AND VEGETABLE STEW

A great winter recipe is Hearty Beef and Vegetable Stew—warm, comforting, and packed with flavour.

Ingredients

- 500g stewing beef, cubed
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 carrots, sliced
- 2 potatoes, diced
- 1 parsnip or sweet potato, chopped
- 2 celery stalks, sliced
- 400g can diced tomatoes
- 3 cups beef stock
- 1 tbsp tomato paste
- 1 tsp thyme
- Salt and pepper to taste
- Olive oil

Instructions:

1. Heat oil in a large pot. Brown beef in batches and set aside.
2. In the same pot, sauté onion and garlic until soft.
3. Add tomato paste and cook for 1 minute.
4. Return beef to the pot. Add carrots, potatoes, parsnip, celery, tomatoes, and stock.
5. Add thyme, salt, and pepper.
6. Bring to a boil, then reduce heat and simmer for 1.5 to 2 hours until beef is tender.
7. Serve with crusty bread.

Perfect for cosy nights in!

● FROM THE PRACTICE MANAGER

The weather is cooling down finally – Winter is coming. We have been blessed with some beautiful Autumn weather to enjoy the outdoors.

This is a reminder to make sure you're prepared for Winter – have you have your Flu shot? If not, please ring the surgery to book with your GP or nurse.

This year we are again proud to be part of Primary Health Network initiative "Winter Strategy" to assist those patients with any chronic condition that may severely affect your health during Winter. Our aim is to keep you out of hospital. We will provide assistance with priority appointments and education to you on how to manage your condition well.

If you have COPD, Diabetes, severe Asthma and haven't been contacted please speak to one of our Nurses to see if you are eligible for the program.

My last little piece of exciting news is that I expect to have 2 new GP's joining our team soon – stay tuned.

Corinne
Practice Manager

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