



FEBRUARY - MARCH 2026 EDITION

FREE TO TAKE HOME!



Shingles Vaccination



Christmas Kilos



Back-to-School Health



Cervical Cancer Screening

● PRACTICE DOCTORS

Dr Roger Thompson-Seagrave
MBBS(Hons)(Qld), FACRRM

Dr David Richards
MBBS(Qld), FACRRM

Dr Sharif Moursi
MBBS(Cairo), FRACGP

Dr Shahid Abbas
MBBS (Pakistan), BSc, DCh, FRACGP, FACRRM

Dr Nitika Singh Sandhu
M.B.,B.S (India)

Dr Gooya Sheikhi Moghaddam
M.D (Iran)

Dr Shazia Afzal
M.B,B,S (Pakistan)

Dr Peyman Bouye
M.D (Iran)

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

● PRACTICE MANAGER

Corinne Webb

● PRACTICE NURSES

Ana, Amanda, Sukhdeep, Navdeep & Louise

● RECEPTION STAFF

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

● 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 are now a Bulk-billing Practice for all standard Medicare Item numbers.

Some service remain Privately billed such as Pre-employment medicals, Truck & Public Transport Driving licences, some immunisations.

Anyone without a valid Medicare card will be privately billed and payment must be made on the day.

Payment via cash, cheque, credit card or EFT.

● 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.

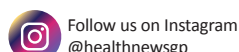
If more than one person from your family wishes to see the doctor at the same time, please ensure a separate appointment is made for each family member.

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.



Shingles Vaccination (Shingrix) & Dementia: What We Know

Shingrix is one of the leading shingles (herpes zoster) vaccines in Australia and is recommended for older adults to prevent shingles and its complications. Shingles is caused by reactivation of the varicella-zoster virus, which remains dormant in the body after childhood chickenpox. While shingles is best known for causing a painful rash, growing research suggests it may also have broader impacts on long-term brain health.

Recent international studies have observed an association between shingles infection and an increased risk of cognitive decline and dementia. Chronic inflammation and viral effects on the nervous system are thought to play a role. Interestingly, emerging evidence indicates that people who receive a shingles vaccine, particularly Shingrix, may have a lower risk of developing dementia compared with those who are unvaccinated. While this research does not yet prove direct cause and effect, the findings are encouraging.

Shingrix works by boosting the immune system's ability to keep the virus suppressed, reducing the chance of shingles occurring in the first place. By preventing shingles and the inflammation it can cause, vaccination may indirectly support long-term brain health.

Importantly, Shingrix is already recommended because it is highly effective at preventing shingles and post-herpetic neuralgia. Any potential added benefit for dementia prevention is an added reason to discuss vaccination with your GP.

If you are aged 65 years and over or 50 and over for Aboriginal and Torres Strait Islanders then speak with your GP about your eligibility for a free vaccine.

Shedding the Christmas Kilos



The festive season is a time for celebration, good food, and relaxation, but it can also lead to a few extra kilos. The good news is that shedding Christmas weight doesn't require extreme dieting or intense exercise. Small, consistent changes can make a big difference.

Start by getting back into regular movement. Walking, swimming, cycling, or light gym sessions are excellent ways to burn calories and boost energy, especially during the warmer summer months. Aim for at least 30 minutes of activity most days of the week.

Next, focus on balanced eating rather than restriction. Fill your plate with vegetables, lean proteins, whole grains, and fresh fruit. Reducing portion sizes, limiting sugary drinks, and cutting back on alcohol can significantly lower calorie intake without feeling deprived.

Hydration is also key. Drinking plenty of water helps control appetite and supports metabolism. Finally, be patient with yourself. Healthy weight loss takes time, and sustainable habits are far more effective than quick fixes.

By easing back into routine and making mindful choices, those Christmas kilos will gradually disappear.

Back-to-School Health & Immunity

As February marks the return to school across Australia, many families notice a familiar pattern: busy mornings, close contact with classmates, and the spread of common colds and bugs. Supporting children's health and immunity at the start of the school year can help reduce illness and keep them feeling their best.

A strong immune system starts with the basics. Adequate sleep is essential, particularly as children adjust back into school routines. Establishing consistent bedtimes helps support immune function, concentration, and mood. Nutrition also plays a key role. Balanced meals that include fruits, vegetables, whole grains, lean proteins, and dairy provide important vitamins and minerals such as vitamin C, zinc, and iron, which support immune health. Packing a nutritious lunchbox can make a big difference to energy levels throughout the day.

Good hygiene habits are another crucial line of defence. Encouraging regular hand washing with soap and water—

especially before eating and after using the bathroom—helps limit the spread of germs. Teaching children to cover coughs and sneezes and to avoid sharing drink bottles can further reduce transmission of illness.

Staying physically active supports overall health and immunity, but it's equally important to allow time for rest. After-school downtime helps children recover from busy days and prevents burnout. Keeping vaccinations up to date is also an important step in protecting children and the wider school community.

By focusing on sleep, nutrition, hygiene, and routine, families can help children transition smoothly back to school and build resilience for a healthy year ahead.



The Importance of Cervical Screening with Your GP

Cervical screening is one of the most effective ways to protect women's health, yet many people delay or avoid it due to uncertainty or discomfort. Regular cervical screening with your GP plays a vital role in preventing cervical cancer and detecting potential problems early, when they are easiest to treat.

Cervical screening tests look for human papillomavirus (HPV), a common virus that can cause changes to cervical cells over time. Most people will have HPV at some stage in their lives, often without knowing it. In many cases the virus clears on its own, but in some women it can lead to abnormal cell changes that, if left untreated, may progress to cancer. Screening helps identify these changes long before symptoms appear.

Seeing your GP for cervical screening also provides an opportunity for personalised care. Your doctor can explain the test, address concerns, and ensure you feel comfortable throughout the process. They can also discuss your individual risk factors, screening intervals, and any follow-up that may be needed. For many women, reassurance and clear information from a trusted GP can make a significant difference in attending regular screening.

Importantly, cervical cancer is one of the most preventable cancers. Regular screening has been shown to dramatically reduce both the incidence of cervical cancer and deaths from the disease. Even if you feel healthy, have no symptoms, or have received the HPV vaccine, screening remains essential.

Prioritising cervical screening is a simple but powerful step toward long-term health. Booking an appointment with your GP could truly be life-saving.



Spirulina: A Nutrient-Dense Superfood

Spirulina is a blue-green algae that has gained popularity as a natural health supplement due to its impressive nutritional profile. Available as a powder or tablet, spirulina is rich in protein, vitamins, minerals, and antioxidants, making it a convenient addition to a balanced diet.

One of spirulina's key benefits is its high protein content, containing all essential amino acids. This makes it particularly appealing for people following vegetarian or plant-based diets. It is also a good source of iron, B vitamins, magnesium, and iodine, nutrients that support energy levels, muscle function, and overall wellbeing.

Spirulina is well known for its antioxidant and anti-inflammatory properties, largely due to a compound called phycocyanin. Antioxidants help protect cells from oxidative stress, which is linked to ageing and many chronic diseases. Some studies suggest spirulina may support immune function, improve cholesterol levels, and assist with blood sugar control when combined with healthy lifestyle habits.

Additionally, spirulina may help combat fatigue and support recovery after exercise. It is often added to smoothies or juices, although its strong taste may take some getting used to.

As with any supplement, spirulina should be used responsibly. It's best to discuss its use with your GP, particularly if you are pregnant, immunocompromised, or taking medications.

• FROM THE PRACTICE MANAGER

It is with the deepest sadness and shock that I advise our patients of the loss of one of our team.

Steffie Campbell past away unexpectedly on 30th December 2025.

She was loved by all who knew her. Her smile brightened our days and her kindness was felt by many.

Forever in our hearts xxx

Corinne
Practice Manager



SPIRULINA BLISS BALLS

These no-bake spirulina bliss balls are quick to make, naturally sweet, and perfect for a healthy snack or lunchbox treat.

Ingredients (Makes ~12 balls):

- 1 cup rolled oats
- ½ cup pitted dates
- 2 tablespoons almond butter or peanut butter
- 1 tablespoon chia seeds
- 1 tablespoon shredded coconut (plus extra for rolling)
- ½ teaspoon spirulina powder
- 1–2 tablespoons water (as needed)
- ½ teaspoon vanilla extract (optional)

Method:

1. Place the rolled oats and dates into a food processor and pulse until finely chopped.
2. Add nut butter, chia seeds, coconut, spirulina, and vanilla.
3. Process until the mixture begins to stick together. Add water gradually if the mixture is too dry.
4. Roll tablespoon-sized portions into balls.
5. Roll in extra coconut if desired.
6. Refrigerate for at least 30 minutes to firm up.

Serving & Storage

Store in an airtight container in the fridge for up to one week, or freeze for up to one month.

Why You'll Love Them

Spirulina adds antioxidants and plant-based protein, while oats and dates provide lasting energy. The sweetness of dates balances spirulina's earthy flavour, making these bliss balls both nutritious and delicious.

WORD SEARCH

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| G | I | S | C | N | U | T | R | I | T | I | O | N | N |
| M | H | P | Y | G | I | I | G | L | E | R | N | N | N |
| I | S | I | C | I | M | M | U | N | E | E | X | H | L |
| R | E | R | L | E | C | E | P | T | R | L | O | M | H |
| C | L | U | I | A | Y | G | A | I | I | G | E | M | N |
| S | G | L | N | G | O | W | E | G | L | H | I | M | T |
| H | N | I | G | L | I | E | S | L | E | E | P | A | E |
| I | I | N | N | A | L | S | E | N | E | I | G | Y | H |
| N | H | A | A | I | A | N | C | L | I | L | O | I | I |
| G | S | R | A | U | R | U | R | H | N | L | C | M | Y |
| R | E | G | I | I | I | L | L | L | O | U | A | G | C |
| I | I | R | G | L | V | Y | O | A | M | O | U | A | I |
| X | U | S | C | R | E | E | N | I | N | G | L | I | M |
| X | H | U | M | A | N | N | N | I | E | T | O | R | P |

SLEEP
HYGIENE
WATER
NUTRITION
SCHOOL
SPIRULINA
VIRAL
PROTEIN
IMMUNE
SCREENING
CYCLING
SHINGLES
ALGAE
SHINGRIX
HUMAN