

APRIL - MAY 2026 EDITION

FREE TO TAKE HOME!



Flu Season in Australia



Seasonal Allergies



Boosting Immunity



Importance of Gut Health



Dr Graham Campbell

MBBS(Hons), BScAgr
Monday, Tuesday afternoon, Wednesday & Friday Afternoon

Dr Campbell is the owner and principal doctor. He is well known within the Galston community and celebrates 40 years at GMC this year. He has a wide range of experience but his special interests include skin lesions, surgical procedures, paediatrics, geriatrics and palliative care.

Dr Joyce Beardsell

MBBS, FRACGP, DRANZCOG
Monday, Thursday & Friday
Dr Beardsell has been in practice for nearly 30 years and joined GMC in 2002. She is accredited in shared ante-natal care with Hornsby, Ryde and Royal North Shore Hospitals. Her medical interests are family health, paediatrics and women's health.

Dr Mohammed Ansary

MBBS, FRACGP, PG Cert Psychiatry
Monday, Tuesday, Wednesday & Thursday
Dr Ansary has practiced medicine for 25 years and enjoys seeing patients of any age. His interests include family health, men's health, full skin checks, minor surgeries and mental health.

Dr Sinija Rodrigues

MBBS, FRACGP, DCh.
Tuesday, Wednesday and Friday
Prior to joining the team at Galston Medical Centre, Sinija has been working as a rural GP in Gunnedah NSW for the last 12 years Other than English Sinija can communicate in Malayalam, Hindi and Tamil. She has special interests in geriatrics, women's health, mental health and chronic disease management. She enjoys working with people of all ages and backgrounds as well as teaching the doctors of the future.

ALL DOCTORS PARTICIPATE IN PRIMARY CARE INITIATIVES

● PRACTICE STAFF

Practice Manager: Nicole Brown

Practice Nurses: Nicole, Colleen, Fiona, Tera and Kate

Reception Staff: Lindy & Jacki

● SURGERY HOURS

Monday – Friday .8.30am – 6.00pm
Saturday8.30am – 12.00pm
Sunday..... Closed

**Influenza vaccines expected soon- see reception to book your appointment.
The influenza nasal spray will be available free for 2 to 5 year olds.**

● AFTER HOURS

Call the surgery on **9653 2133** and you will be directed to Sydney Medical Services which is the after hours service. If medical attention is required during this time either call **000** if an emergency or call **9653 2133** to be directed to the after hours service.



● ABOUT US

Galston Medical Centre has been serving the community for over 40 years. We are an accredited, GP owned practice that provides acute, preventative and chronic disease management services to the community including to the local residential aged care facilities. Some of these services include:

- Family planning, cervical screening, pregnancy testing & shared ante-natal care
- Sutures, full skin checks including cryotherapy and minor procedures for removal of moles and sunspots
- Wound and ulcer management - Doctors and nurses are experienced and up to date with latest techniques.
- Spirometry
- Mens health
- Diabetic education
- Counselling
- Travel medicine
- Bone Health Checks
- Health assessments
- Menopause & Perimenopause Health assessments
- ECG, heart checks & 24hr BP monitoring
- Nutritional advice, sports medicine
- Childhood vaccinations & Healthy kid checks
- Infusions (including iron infusions)

● WOMEN'S HEALTH

Dr Beardsell is accredited for shared Ante-Natal care with Hornsby, Ryde and Royal North Shore Hospitals.

● APPOINTMENTS

Consultation is by appointment. Urgent cases seen on the day.
Online appointment booking HotDoc (www.hotdoc.com.au or download app on to your phone) is used for online appointments but if none are available online please telephone the surgery
Booking a long appointment is important for more complex matters, care plans, reports or multiple issues.
Please notify us if you are unable to attend an appointment, well in advance.
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.

Emergencies are triaged by the nurse please ask to speak to her if you have any concerns. Appointments are always available for urgent cases and unwell children.

Home visits are available to regular patients of this practice in the local area if their condition prevents them from attending the surgery. Please call before midday.

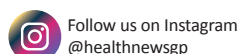
Interpreter service If you or a family member requires an interpreter service, we can organise this for you. Please let us know when you make the appointment.

My Medicare. Our practice participates in "MyMedicare" which is a voluntary enrolment that aims to formalise the relationship between the patient, GP and the patient's care team. To register you must have had 2 face-to-face appointments in the previous 2 years. By registering additional funding becomes available to your GP to deliver the care that you need. Please see the reception team for more information.

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



Flu Season in Australia and the Importance of Vaccination

Influenza (flu) season in Australia typically occurs between May and September, peaking during the colder winter months. The flu is far more than a bad cold — it is a highly contagious viral infection that can lead to serious complications such as pneumonia, worsening of chronic medical conditions, hospitalisation, and even death, particularly among vulnerable groups.

Young children, pregnant women, older adults (65+), Aboriginal and Torres Strait Islander peoples, and those with chronic illnesses such as asthma, diabetes, or heart disease are at greatest risk. However, healthy adults can also experience severe illness and contribute to spreading the virus to others.

Annual vaccination is the most effective way to protect yourself and your community. Because influenza viruses constantly change, the vaccine is updated each year to target the strains most likely to circulate that season. Immunity develops about two weeks after vaccination, which is why health authorities recommend getting vaccinated from April onward, before flu activity increases.

The flu vaccine not only reduces your risk of catching influenza but also lowers the severity of illness if you do become infected. Importantly, widespread vaccination helps protect vulnerable people through community immunity, reducing overall transmission.

In Australia, the flu vaccine is free under the National Immunisation Program for high-risk groups and widely available through GPs, pharmacies, and community clinics.

Alongside vaccination, good hygiene — including handwashing, covering coughs, staying home when sick, and wearing a mask if symptomatic — helps limit spread.

Getting your flu shot each year is a simple, safe step that protects both your health and the wider community. Speak to your GP to book your vaccination.



Managing Seasonal Allergies in Autumn

While many people associate allergies with spring, autumn can also trigger troublesome symptoms. During this season in Australia, falling leaves, increased mould spores, dust mites, and lingering pollen can provoke allergic rhinitis (hay fever) and asthma flare-ups. Common symptoms include sneezing, a runny or blocked nose, itchy eyes, throat irritation, coughing, and fatigue, which can affect sleep, concentration, and daily comfort.

Mould is a major autumn trigger, thriving in damp environments created by cooler temperatures and increased rainfall. Raking leaves, gardening, or spending time around compost can release mould spores into the air. Indoor allergens may also worsen as people spend more time inside with windows closed, allowing dust mites to accumulate.

Practical steps can significantly reduce symptoms. Check daily pollen and mould forecasts where available, and limit outdoor activities on high-count days. Wearing sunglasses and a mask while gardening can help reduce exposure. Showering and changing clothes after being outdoors prevents allergens from spreading inside the home.

Indoors, keep humidity low by ventilating rooms when possible, using exhaust fans, or running a dehumidifier. Wash bedding weekly in hot water to control dust mites, vacuum regularly with a HEPA filter, and consider an air purifier in bedrooms.

Medications such as non-drowsy antihistamines, saline nasal sprays, or corticosteroid nasal sprays can be effective when used correctly. People with persistent or severe symptoms, or those with asthma, should consult their GP for personalised advice and management plans.

With awareness and simple preventive measures, most people can keep autumn allergies under control and enjoy the season more comfortably.



Boosting Immunity Before Winter

As winter approaches in Australia, colds, flu, and other respiratory infections become more common. Strengthening your immune system ahead of the colder months can help reduce your risk of illness and support faster recovery if you do get sick. While no supplement can “supercharge” immunity overnight, consistent healthy habits make a significant difference.

Nutrition plays a key role. Aim for a balanced diet rich in vegetables, fruits, whole grains, lean protein, and healthy fats. Nutrients such as vitamin C, vitamin D, zinc, and iron support immune function. Foods like citrus fruits, berries, leafy greens, nuts, seeds, eggs, fish, and legumes are excellent choices. Staying well hydrated is equally important, even when the weather is cooler.

Quality sleep is one of the most powerful immune boosters. Adults should aim for 7–9 hours per night, as poor sleep can reduce the body’s ability to fight infections. Regular physical activity also supports immune health,

circulation, and mood — even moderate exercise like walking most days is beneficial.

Managing stress is often overlooked. Chronic stress can weaken immune responses, so practices such as mindfulness, relaxation, social connection, and time outdoors are valuable.

Finally, staying up to date with recommended vaccinations, including the annual flu shot, provides targeted protection during winter.

By building these habits in autumn, you give your immune system the best chance to keep you well throughout winter.



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The Importance of Gut Health

Gut health has become a major focus in modern healthcare — and for good reason. Your gut is home to trillions of microorganisms, collectively known as the gut microbiome, which play a vital role in digestion, immunity, metabolism, and even mental wellbeing. A balanced microbiome helps break down food, absorb nutrients, produce essential vitamins, and protect against harmful bacteria.

Poor gut health has been linked to a range of issues, including bloating, constipation, diarrhoea, fatigue, skin conditions, weakened immunity, and mood disturbances such as anxiety and depression. Diet, stress, sleep, medications (especially antibiotics), and lifestyle habits all influence your gut health.

Supporting your gut starts with what you eat. A diet rich in fibre from vegetables, fruits, whole grains, legumes, nuts, and seeds feeds beneficial bacteria. Fermented foods such as yoghurt, kefir, sauerkraut, kimchi, and miso provide natural probiotics that help maintain microbial balance. Limiting ultra-processed foods, excess sugar, and alcohol can also reduce inflammation and support digestive health.

Other helpful habits include staying hydrated, managing stress, exercising regularly, and getting enough sleep.

A healthy gut contributes to overall wellbeing, from stronger immunity to improved energy and mood. By making simple lifestyle and dietary changes, you can nurture your gut microbiome and support long-term health from the inside out.

If you have any concerns about your gut health, speak with your GP.



Enjoying Easter Without Overindulging

Easter is a time for celebration, family gatherings, and, of course, chocolate. While it’s perfectly fine to enjoy festive treats, it’s easy to overindulge, leaving you feeling sluggish, bloated, or guilty afterwards. The key is balance — enjoying your favourite foods mindfully while maintaining healthy habits.

Start by choosing quality over quantity. Instead of grazing on multiple sweets throughout the day, select a small portion of chocolate you truly enjoy and savour it slowly. Eating mindfully — paying attention to taste, texture, and satisfaction — can help prevent the urge to keep reaching for more.

Avoid arriving at celebrations overly hungry, as this often leads to overeating. Having a balanced meal or healthy snack beforehand, such as yoghurt, fruit, or nuts, can stabilise blood sugar and appetite. Staying hydrated is also important, as thirst can sometimes be mistaken for hunger.

Try to keep to a regular meal schedule and include nourishing foods like vegetables, lean protein, and whole grains. This helps maintain energy levels and prevents the “sugar crash” that often follows excessive sweets. Keeping active over the long weekend — whether through walks, outdoor games, or family activities — also supports both physical and mental wellbeing.

Remember, one day of indulgence won’t harm your health, but moderation will help you enjoy Easter without discomfort. By focusing on balance rather than restriction, you can celebrate fully while still feeling your best.



EASTER CHOCOLATE & BERRY HOT CROSS BUN PUDDING

This warm, comforting dessert is a perfect way to use leftover hot cross buns after Easter while creating a crowd-pleasing treat for family gatherings.

Ingredients (Serves 6–8):

- 6 hot cross buns, sliced in half
- 1 cup mixed berries (fresh or frozen)
- 100 g dark or milk chocolate, chopped
- 4 eggs
- 2 cups milk
- ½ cup thickened cream
- ⅓ cup caster sugar
- 1 tsp vanilla extract
- Butter for greasing
- Icing sugar or extra berries to serve

Method:

1. Preheat oven to 180°C (160°C fan-forced). Lightly grease a baking dish.
2. Arrange sliced hot cross buns in the dish, overlapping slightly. Sprinkle the berries and chopped chocolate evenly between the layers.
3. In a bowl, whisk together the eggs, milk, cream, sugar, and vanilla until well combined.
4. Pour the custard mixture slowly over the buns, pressing gently so they absorb the liquid. Allow to stand for 10 minutes.
5. Bake for 35–40 minutes, or until golden on top and the custard is set.
6. Let cool slightly before serving. Dust with icing sugar or top with extra berries

Serve warm with yoghurt, custard, or a scoop of vanilla ice cream.

This indulgent yet comforting dessert captures the flavours of Easter while reducing food waste — making it both festive and practical but remember in moderation!



EASTER FUN!

• BILLING ARRANGEMENTS

Payment at the time of consultation is required. AMA fee structure forms the basis of our billing policy and is displayed in reception area. Payment can be made by cash, cheque, credit card or EFTPOS.

We bulk bill all children including high school students, as well as pensioners and HCC holders.

Referrals and or tests may incur expenses beyond our control. Please speak to your doctor.

We can claim your medicare rebate for you at the time of payment.

• SPECIAL PRACTICE NOTES

Telehealth. Phone and video appointments are available to patients who have attended the practice within the last six months (with some exemptions). For video appointments you will need internet and access to a computer. If the appointment is bulk-billed Medicare requires that you provide written consent. You will receive a message requesting this when the appointment reminder is sent.

Telephone Access. Doctors may be contacted during surgery hours and may need to return your call at a later time if consulting.

Patient Privacy. This practice is committed to maintaining the confidentiality of your personal health information. It is the policy of this practice to maintain security of personal health information at all times and to ensure that this information is only available to authorised members of staff and to comply with the Privacy Act. The Privacy Policy is available at reception and is also displayed on the website. The practice does not communicate by email.

Follow Up. Doctors may request a follow up appointment regarding results or correspondence received. A nurse will contact you by telephone if this is required. We use a computerised reminder system and HotDocs for preventative health measures. You will receive an SMS and be asked to verify your details. If you do not have a mobile phone we will contact you by mail. If you do not wish to participate in these preventative health measures please let us know. Galston Medical Centre participates in state and national registers.

Feedback. While every effort is made to ensure that you receive quality care, if you are unhappy with any aspect of the care you receive please speak to our practice manager Nicole. If you feel the problem warrants you may contact the Health care Complaints Commission. Locked bag 18, Strawberry Hills NSW 2012. Ph: 1800 043 159. hccc@hccc.nsw.gov.au.