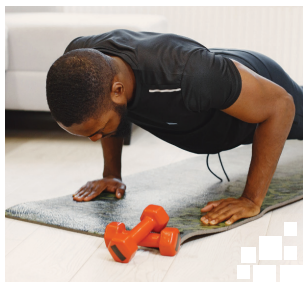




Winter Wellness Tips



Staying Active Indoors



Healthy Skin in Winter



Spotlight on Men's Health



### Dr Graham Campbell

MBBS(Hons), BScAgr  
Monday, Tuesday afternoon, Wednesday & Friday Afternoon  
With almost 40 years at GMC Dr Campbell is the owner and principal doctor. 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, Rhonda, Kate & Karen

**Reception Staff:** Lindy & Jacki

#### ● SURGERY HOURS

Monday – Friday .8.30am – 6.00pm  
Saturday .....8.30am – 12.00pm  
Sunday ..... Closed

## Flu Vaccinations available for all age groups - book now!



#### ● 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
- Infusions (including iron infusions)
- ECG, heart checks & 24hr BP monitoring
- Nutritional advice, sports medicine
- Childhood vaccinations & Healthy kid checks

#### ● 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](http://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](http://www.healthnews.net.au)





# 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.

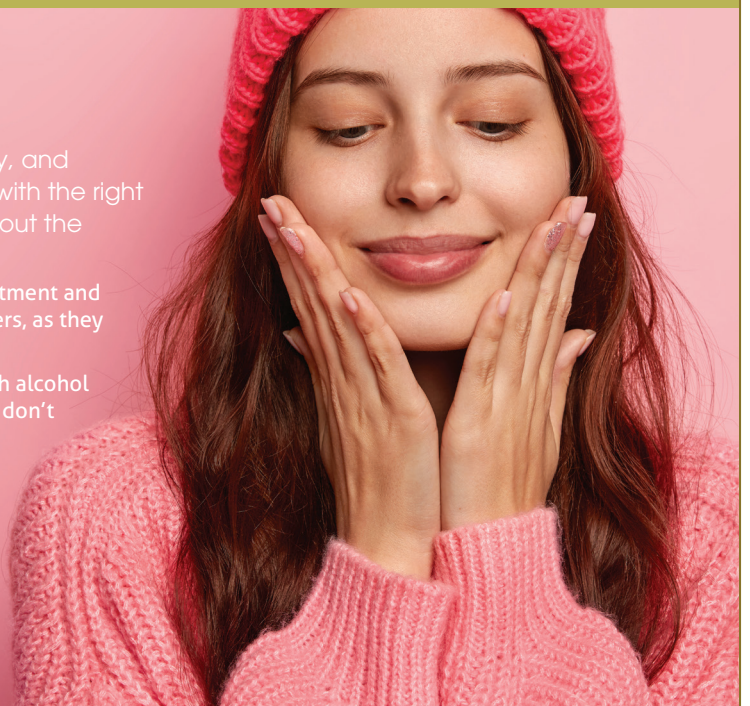
Start by moisturising regularly. Choose a rich, fragrance-free cream or ointment and apply it immediately after showering to lock in moisture. Avoid hot showers, as they strip natural oils from your skin—opt for warm water instead.

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.

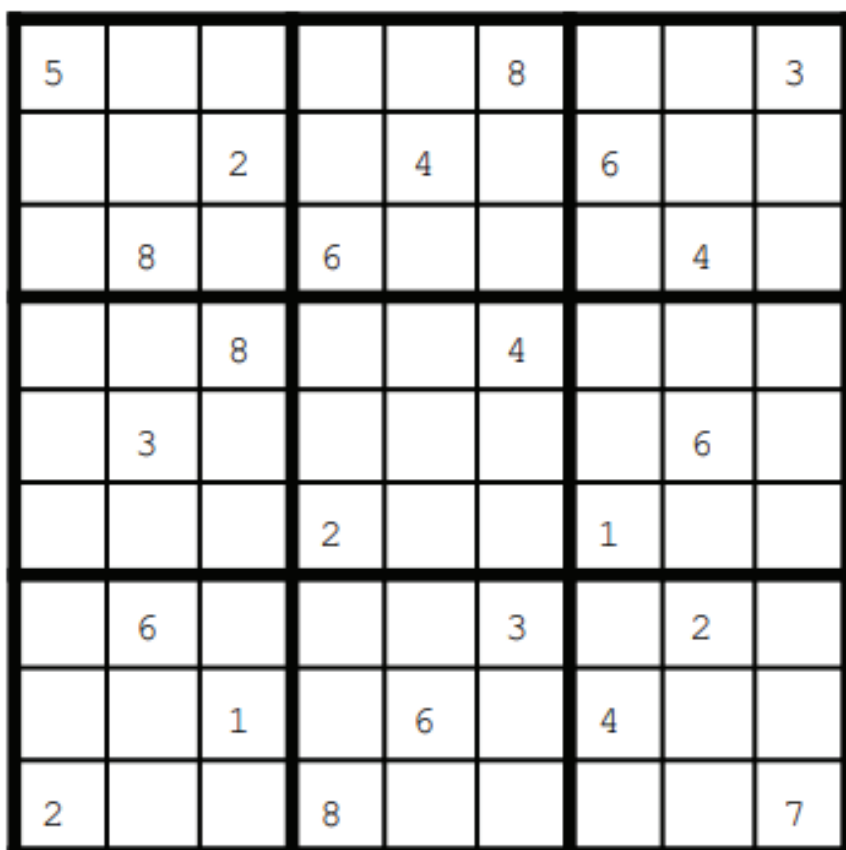
### Ingredients

- 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!



**SUDOKU**

### • 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](mailto:hccc@hccc.nsw.gov.au).