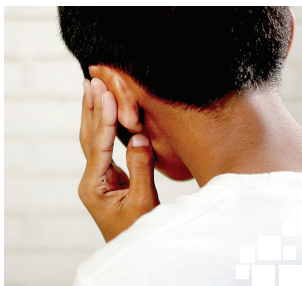


APRIL - MAY 2025 EDITION

FREE TO TAKE HOME!



The Gut-Brain Connection



Ear Infections



Plantar Warts



Flu Vaccine



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
Saturday8.30am – 12.00pm
Sunday Closed

**Heart Health checks now available
Flu Vaccinations are due to arrive soon**



● 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 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

Follow us on Instagram
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The Gut-Brain Connection: How Your Gut Affects Mental Health

The gut and brain are intricately connected through the gut-brain axis, a bidirectional communication system linking the digestive system to the central nervous system. This connection explains why gut health plays a crucial role in mental well-being.

The gut is home to trillions of bacteria, collectively known as the gut microbiome. These microbes help regulate digestion, immunity, and even mood by producing neurotransmitters such as serotonin and dopamine, which influence emotions and cognitive function. In fact, around 90% of serotonin, the “feel-good” hormone, is produced in the gut.

When the gut microbiome is imbalanced—due to poor diet, stress, or illness—it can lead to inflammation and disrupt neurotransmitter production. This imbalance has been linked to mental health disorders like anxiety, depression, and brain fog.

A diet rich in fibre, probiotics, and prebiotics supports a healthy gut microbiome, promoting better mental health. Fermented foods like yoghurt, kimchi, and sauerkraut introduce beneficial bacteria, while fibre from fruits, vegetables, and whole grains helps nourish them.

Reducing stress through meditation, exercise, and quality sleep also improves gut health, further supporting brain function.

The gut and brain are deeply connected, and maintaining a healthy gut can significantly enhance mental clarity, mood, and overall cognitive function. By prioritising gut-friendly habits, individuals can support both their digestive and mental well-being.



Understanding Ear Infections

Ear infections are a common medical condition that can affect individuals of all ages, though they are particularly prevalent in children. These infections occur when bacteria or viruses invade the middle ear, causing inflammation and fluid buildup behind the eardrum.

Ear infections typically result from colds, allergies, or sinus infections that cause congestion and swelling in the Eustachian tubes. This blockage prevents fluid from draining, creating an environment for bacteria to thrive. Risk factors include exposure to second-hand smoke, frequent upper respiratory infections, and changes in altitude or climate.

Common symptoms of an ear infection include ear pain, pressure, hearing loss, and fluid drainage. In children, additional signs such as irritability, fever, and difficulty sleeping may be present. In severe cases, a ruptured eardrum can occur, leading to temporary hearing issues.

Mild ear infections often resolve on their own, but pain relievers like ibuprofen or acetaminophen can help manage discomfort. In bacterial cases, doctors may prescribe antibiotics. Home remedies, such as warm compresses and staying hydrated, can also aid recovery. To prevent infections, good hygiene, breastfeeding infants (which boosts immunity), and avoiding exposure to smoke or allergens are recommended.

While most ear infections are not serious, recurrent or untreated infections can lead to complications such as hearing loss or chronic conditions. Seeking medical advice for persistent symptoms is essential to ensure proper treatment and long-term ear health.





Plantar Warts: Causes, Symptoms, and Treatment

Plantar warts are small, rough growths that develop on the soles of the feet due to infection with the human papillomavirus (HPV). This virus enters the skin through tiny cuts or abrasions, often in warm, moist environments like public pools, locker rooms, and showers.

Plantar warts typically appear as rough, grainy lesions with a hardened surface. They may have black dots (clotted blood vessels) and cause pain or discomfort, especially when walking or standing. Unlike calluses, plantar warts disrupt the natural skin lines and may spread in clusters, known as mosaic warts.

Most plantar warts resolve on their own, but treatment can speed up healing. Common options include over-the-counter treatments such as Salicylic acid, Cryotherapy to freeze the wart and Medical procedures for stubborn warts.

To reduce the risk of infection, wear foot protection in public places, keep feet clean and dry, and avoid touching or picking warts. Strengthening the immune system through a healthy diet and lifestyle may also help prevent recurrence.

If a wart is persistent, painful, or spreading, consult a doctor for professional treatment.



The Importance of the Flu Vaccine

The flu vaccine is vital in preventing seasonal influenza, a contagious respiratory illness that can cause severe complications, hospitalizations, and even death. It is recommended annually for individuals of all ages, especially those at higher risk, including young children, the elderly, pregnant women, and people with chronic health conditions.

The flu vaccine stimulates the immune system to produce antibodies against influenza viruses. Since flu strains change yearly, the vaccine is updated annually to provide the best protection against the most prevalent strains. It does not cause the flu, as it contains either inactivated virus or a small protein that triggers immunity.

Benefits include reducing flu cases, preventing complications, protecting the community and reducing healthcare strain.

Getting the flu vaccine annually is a simple yet effective way to protect yourself and others. It is a crucial step in maintaining public health and preventing severe flu outbreaks, so talk with your local GP.

How Much Sleep Do We Need?



Sleep is essential for overall health and well-being, but the amount required varies by age and individual needs. The Sleep Health Foundation provides general guidelines ranging from 14 – 17 hours per day for newborns to 7-9 hours per day for adults.

Getting enough sleep is crucial for cognitive function, immune health, and emotional stability. Lack of sleep can lead to fatigue, reduced concentration, weakened immunity, and increased risk of chronic conditions like heart disease and diabetes.

Quality matters as much as quantity. Deep, uninterrupted sleep ensures proper rest and recovery. Good sleep hygiene, such as maintaining a consistent sleep schedule, limiting screen time before bed, and creating a comfortable sleeping environment, improves sleep quality.

While individual needs may differ, prioritizing adequate sleep is vital for maintaining a healthy and productive life. If persistent sleep issues arise, consulting a healthcare professional is recommended.



DELICIOUS EASTER RECIPE: HONEY-GLAZED ROASTED CARROTS

Easter is the perfect time to enjoy fresh, vibrant flavours, and honey-glazed roasted carrots make a great side dish that complements any Easter meal. This simple yet flavourful recipe brings out the natural sweetness of carrots, making them a hit with both kids and adults.

Ingredients

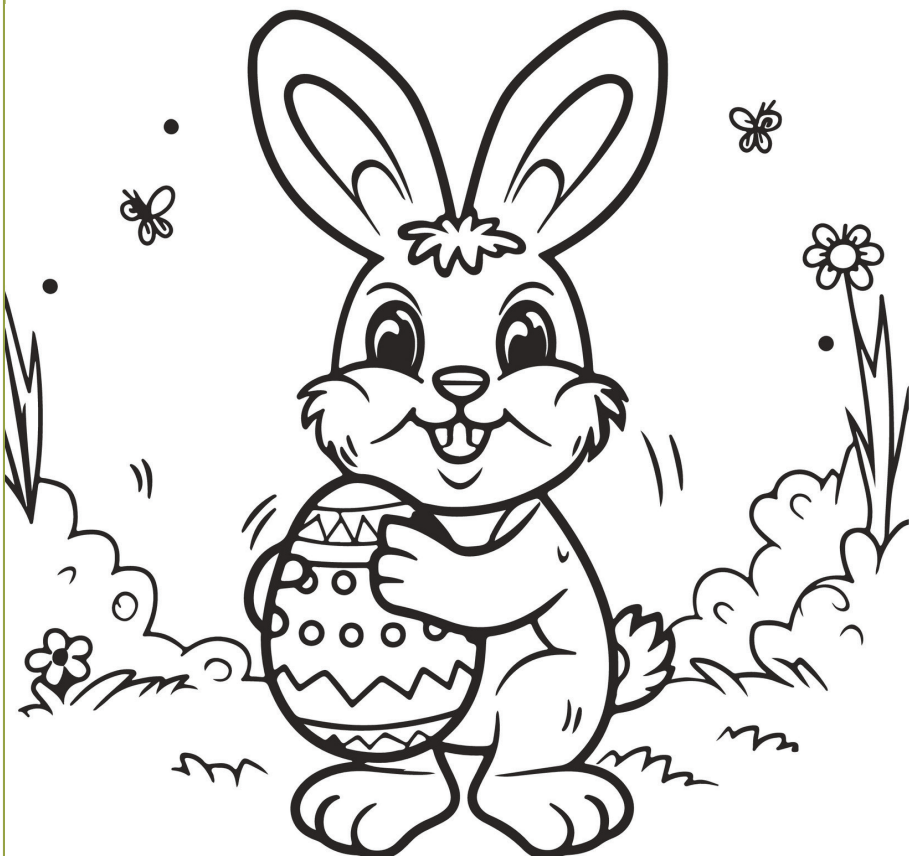
- 1 lb (450g) baby carrots or whole carrots, peeled and cut into sticks
- 2 tbsp honey
- 2 tbsp olive oil or melted butter
- 1 tsp salt
- ½ tsp black pepper
- ½ tsp ground cinnamon (optional)
- 1 tbsp fresh parsley or thyme, chopped (for garnish)

Instructions:

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.

2. In a bowl, mix honey, olive oil (or butter), salt, pepper, and cinnamon.
3. Toss the carrots in the honey mixture until well coated.
4. Spread the carrots evenly on the baking sheet and roast for 25-30 minutes, flipping halfway, until tender and caramelized.
5. Remove from the oven and sprinkle with fresh parsley or thyme. Serve warm.

This dish pairs beautifully with Easter favourites like roasted lamb, ham, or a fresh spring salad. Enjoy!



EASTER COLOUR 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.