

JUNE - JULY 2026 EDITION **FREE TO TAKE HOME!**



Arthritis and Joint Pain



Keep warm



Pneumonia



Asthma in Winter



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 and Kate

Reception Staff: Lindy & Jacki

● SURGERY HOURS

Monday – Friday .8.30am – 6.00pm

Saturday8.30am – 12.00pm

Sunday..... Closed

Free RSV Vaccinations available for over 75 year olds.
Flu vaccinations available. If your child is between 2 and 4 they are eligible for the free Influenza Nasal Spray.
(See Reception to book your appointment.)

● 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.

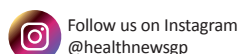
Interpreter service If you or a family member requires an interpreter service, we can organise this for you. Please let us know when you make the appointment.

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



Arthritis and Joint Pain management

Arthritis and joint pain are common conditions that can affect people of all ages, particularly during the colder winter months. Joint stiffness, swelling and discomfort may make everyday activities more challenging, but there are several ways to help manage symptoms and maintain mobility.

Regular gentle exercise is one of the most effective ways to support joint health. Activities such as walking, swimming, yoga and stretching can help strengthen the muscles around joints, improve flexibility and reduce stiffness. While it may feel tempting to rest sore joints completely, staying active is important for long-term joint function.

Maintaining a healthy weight can also reduce pressure on weight-bearing joints such as the knees, hips and lower back. A balanced diet rich in anti-inflammatory foods may help support overall joint health. Foods containing omega-3 fatty acids, including salmon, walnuts and flaxseeds, along with colourful fruits and vegetables, can be beneficial.

Keeping warm during winter may ease stiffness and discomfort. Warm showers, heat packs and appropriate clothing layers can help improve circulation and relax muscles around painful joints. Some people also find relief through physiotherapy, massage or guided exercise programs.

It is important to speak with your GP or healthcare professional if joint pain is persistent, worsening or affecting daily life. Early diagnosis and management can help reduce long-term joint damage and improve quality of life. With the right combination of movement, lifestyle changes and professional support, many people with arthritis can continue to lead active and healthy lives.



Keep warm while reducing the bills

As temperatures drop during winter, keeping warm can sometimes lead to higher household expenses. Fortunately, there are simple ways to stay comfortable while also helping reduce energy costs

One of the easiest ways to stay warm is by dressing in layers. Thermal clothing, socks, scarves and warm jumpers help trap body heat and reduce the need for excessive heating. Using blankets and hot water bottles can also provide warmth without increasing electricity bills.

Heating only the rooms you are using is another effective way to save money. Closing doors to unused rooms and using draft stoppers around doors and windows can help keep warm air inside. Opening curtains during the day allows sunlight to naturally warm the home, while closing them at night helps retain heat.

Warm meals and drinks can also make a big difference during colder weather. Soups, casseroles and herbal teas not only provide comfort but may help the body maintain warmth. Staying active with light exercise or regular movement can improve circulation and help generate body heat naturally.

It is also important to use heaters safely and efficiently. Cleaning filters and following manufacturer instructions can improve performance and reduce running costs.

With a few practical changes, it is possible to stay warm, comfortable and healthy throughout winter while keeping energy bills under control.





Pneumonia

Pneumonia is a serious respiratory infection that causes inflammation in the lungs, often leading to coughing, fever, chest pain and difficulty breathing. It can affect people of all ages, but young children, older adults and those with weakened immune systems or chronic health conditions are at higher risk of complications.

Pneumonia can be caused by viruses, bacteria or, less commonly, fungi. It often develops following a cold, flu or other respiratory infection. Symptoms may vary from mild to severe and can include fever, chills, shortness of breath, fatigue, rapid breathing and a persistent cough that may produce mucus. Some people, particularly older adults, may also experience confusion or worsening of existing medical conditions.

Treatment depends on the cause and severity of the illness. Viral pneumonia may improve with rest, fluids and symptom management, while bacterial pneumonia may require antibiotics prescribed by a doctor. In more severe cases, hospital treatment and oxygen therapy may be necessary.

Preventing pneumonia is important, especially during winter when respiratory infections are more common. Good hand hygiene, covering coughs and sneezes, avoiding smoking and staying home when unwell can help reduce the spread of infection. Vaccinations also play an important role in prevention. Influenza and pneumococcal vaccines can help lower the risk of developing pneumonia and its complications.

Medical attention should be sought if breathing becomes difficult, chest pain occurs or symptoms worsen. Early diagnosis and treatment can significantly improve recovery and reduce the risk of serious complications.



A.I. and Medicine

Artificial Intelligence (AI) is rapidly transforming the healthcare industry and changing the way many medical conditions are diagnosed, treated and managed. AI refers to computer systems that can analyse large amounts of information, recognise patterns and assist healthcare professionals in making decisions more efficiently and accurately.

One of the most exciting uses of AI in medicine is in early disease detection. AI technology can help analyse medical scans such as X-rays, CT scans and MRIs to identify signs of diseases including cancer, heart disease and lung conditions. In some cases, AI systems are helping doctors detect abnormalities earlier than traditional methods alone.

AI is also improving personalised medicine by helping doctors tailor treatments to individual patients. By analysing medical history, genetics and lifestyle factors, AI can assist in predicting which treatments may be most effective for a particular person. This may lead to better outcomes and fewer side effects.

In hospitals and clinics, AI tools are helping streamline administrative tasks, reduce paperwork and improve appointment scheduling. Virtual health assistants and chatbots are also being used to answer common patient questions and support remote healthcare services.

While AI offers many benefits, it is important to remember that it is designed to support healthcare professionals rather than replace them. Human expertise, clinical judgement and patient care remain essential parts of medicine and your GP should always be your first point of contact.

Asthma in Winter

Winter can be a challenging time for people living with asthma and other respiratory conditions. Cold air, increased exposure to viruses and spending more time indoors can all contribute to flare-ups of asthma symptoms and respiratory infections.

Cold, dry air may irritate the airways, causing coughing, wheezing, chest tightness and shortness of breath. Common winter illnesses such as colds, flu and COVID-19 can also trigger asthma attacks or worsen existing respiratory conditions. Indoor allergens, including dust mites, mould and pet dander, may become more concentrated when homes are closed up during colder weather.

There are several ways to help protect respiratory health during winter. Wearing a scarf over the mouth and nose outdoors can help warm the air before it reaches the lungs. It is also important to continue taking prescribed preventer medications as directed,

even when symptoms are under control. Keeping reliever inhalers accessible and ensuring asthma action plans are up to date can help manage symptoms early.

Good hygiene practices, including regular handwashing and staying up to date with flu vaccinations, can help reduce the spread of respiratory infections. Maintaining good indoor ventilation and avoiding smoking or second-hand smoke exposure are also important.

If asthma symptoms become more frequent or difficult to control, it is important to speak with your GP for further assessment and management.





CHICKEN & VEGETABLE POT PIE

A hearty and comforting winter meal, this Chicken & Vegetable Pot Pie is packed with tender chicken, creamy sauce and colourful vegetables, topped with flaky golden pastry..

Ingredients (Serves 6–8):

- 2 sheets puff pastry, thawed
- 2 cups cooked chicken, shredded
- 1 onion, diced
- 2 cloves garlic, crushed
- 1 carrot, diced
- 1 cup peas
- 1 cup corn kernels
- 2 tbsp butter
- 2 tbsp plain flour
- 1 ½ cups chicken stock
- ½ cup cream
- Salt and pepper to taste
- 1 tsp dried thyme
- 1 egg, beaten

Method:

1. Preheat oven to 200°C.
2. In a large pan, melt butter over medium heat. Add onion and garlic and cook until softened.
3. Add carrot and cook for 3–4 minutes. Stir in peas and corn.
4. Sprinkle flour over the vegetables and stir well. Gradually add chicken stock while stirring continuously until the sauce thickens.
5. Stir in cream, thyme and shredded chicken. Season with salt and pepper. Simmer for 5 minutes.
6. Spoon mixture into a pie dish. Cover with puff pastry and press edges to seal. Trim excess pastry if needed.
7. Brush pastry with beaten egg for a golden finish.
8. Bake for 25–30 minutes or until pastry is puffed and golden brown.

Serve warm with a fresh green salad or steamed vegetables for the perfect winter dinner.

WORD SEARCH

C H I C K E N X A I R W A Y S
 A S T H M A F Q W I N T E R M
 J O I N T B I L L S Z P A I N
 A R T I F I C I A L K L M D C
 M E D I C A L U Y H Y G I E N
 F E V E R G T Y U I O P S O X
 F U N G I H J K L Z X C V B N
 F A T I G U E Q W E R T Y U I
 S O C K S D F G H J K L Z X C
 S C A R F V B N M Q W E R T Y
 P A I N M I U Y T R E W Q A Z
 I M M U N E B V C X Z L K J H
 S O U P S Q A Z W S X E D C V

WORD LIST

chicken
 Asthma
 joint
 winter
 bills
 airways
 artificial
 medical
 hygiene
 fever
 fungi
 fatigue
 socks
 scarf
 pain
 immune
 soups

• 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.

