

AUGUST - SEPTEMBER 2026 EDITION

FREE TO TAKE HOME!



Chronic conditions



Your mouth & your mood



RSV Vaccine in Australia



Spring readiness



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, Kate, Jess & Lauren

Reception Staff: Lindy & Jacki

● SURGERY HOURS

Monday – Friday 8.30am – 6.00pm

Saturday 8.30am – 12.00pm

Sunday Closed

CHANGES TO MEDICARE BULK BILLING

Due to Medicare regulations as of 1/7/2026 verbal consent will no longer be accepted for bulk-billed visits. You will now be asked to provide a digital signature through a HotDoc email or text message. Our Practice Manager and Reception team are happy to assist with queries that you may have with regards to the changes.

● AFTER HOURS

Call the surgery on **9653 2133** and you will be directed to 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.

▶ **Please see the Rear Cover for more practice 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

Chronic conditions

Chronic and long-term conditions affect millions of Australians and drive much of our health system use. The most common remain mental and behavioural conditions (notably anxiety and depression), back problems, arthritis, asthma, diabetes, and cardiovascular disease. These conditions often cluster: someone with back pain may also experience depression or obesity, compounding symptoms and making day to day life harder. Prevalence rises with age, but many start earlier than people expect, especially musculoskeletal pain and mental health conditions.

What you can do today:

- Know your numbers. Track blood pressure, cholesterol, blood glucose (if at risk), and weight/waist. Early changes are easier to reverse.
- Move most days. Aim for 150 minutes of moderate activity weekly plus two strength sessions; even 10 minute bouts reduce pain, improve mood, and support heart health.
- Prioritise sleep and stress care. Regular sleep times and simple stress routines (breathing, brief walks, social connection) help both pain and mood.
- Eat for stability. Emphasise vegetables, whole grains, legumes, nuts, olive oil, and fish; limit ultra processed foods and sugary drinks to reduce inflammation and support weight and glucose control.
- Plan care, not just visits. Ask your GP about a chronic disease management plan and allied health referrals under Medicare, including physiotherapy, dietetics, and mental health support.
- Stay up to date with vaccines. Annual flu shots and recommended COVID boosters lower complications, especially for people with heart, lung, diabetes, or kidney disease.
- Make it social. Join local walking groups or condition specific programs—accountability boosts adherence.

Small, consistent steps matter more than perfection. If pain, breathlessness, low mood, or daily function worsens, book a review with your GP to adjust your plan promptly.

How your mouth shapes your mood

A healthy mouth does more than prevent cavities—it meaningfully supports wellbeing. Oral pain, bleeding gums, and missing or sensitive teeth can limit what you eat, how you sleep, and whether you smile or socialise. Those daily frictions add up: people with untreated dental problems report more stress, lower life satisfaction, and higher rates of anxiety and depression. Conversely, comfortable, functional teeth enable varied, enjoyable eating, clearer speech, better sleep, and confidence in social and work settings—core ingredients of happiness.

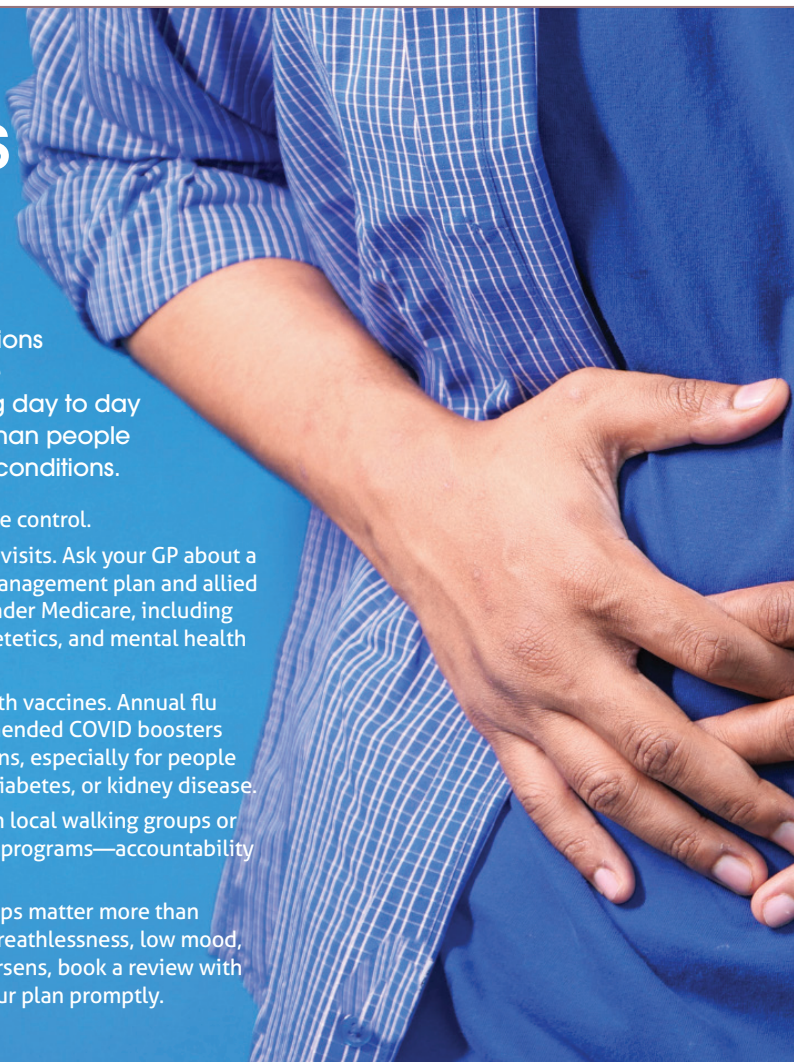
Biology plays a role too. Chronic gum disease is an inflammatory condition; persistent inflammation is linked with fatigue, low mood, and conditions like diabetes and cardiovascular disease. Treating periodontal disease can reduce systemic inflammation markers, often improving energy and overall quality of life.

Practical steps to boost both oral and emotional health:

- Brush with fluoride toothpaste twice daily and floss every day..
- Limit frequent sugary snacks and acidic drinks.
- Book regular check ups and cleanings

Whilst the primary specialist for dental health is your Dentist, if you start to have concerns over your teeth or gums, your GP is always a good place to start especially if there may be a link to more serious health concerns.

Small, consistent habits create a positive feedback loop: a healthier mouth, easier daily life, and more reasons to smile.



The Importance of the RSV Vaccine in Australia

Respiratory Syncytial Virus (RSV) is one of the leading causes of serious respiratory illness in Australia, particularly affecting infants, older adults, and people with chronic medical conditions. While RSV often causes symptoms similar to the common cold, it can lead to severe complications such as bronchiolitis, pneumonia, and hospitalisation in vulnerable groups. With safe and effective vaccines now available, Australia has an important opportunity to reduce the burden of this common virus.

Each year, RSV places significant pressure on Australian hospitals during the autumn and winter months. Thousands of babies require medical care for RSV-related illness, while older adults aged 60 years and over are at increased risk of severe infection, particularly those with heart disease, lung disease, diabetes, or weakened immune systems.

Vaccination is one of the most effective ways to prevent serious RSV disease. In Australia, maternal RSV vaccination during pregnancy helps protect newborn babies during their first six months of life by passing protective antibodies from mother to baby. Vaccines are also available for older adults to reduce

the risk of severe illness, hospitalisation, and complications.

The benefits of RSV vaccination extend beyond the individual. Preventing severe illness helps reduce hospital admissions, eases pressure on the healthcare system, and protects families from the emotional and financial impact of caring for a seriously ill loved one.

If you are pregnant, over 60 years of age, or have underlying health conditions, speak with your GP or healthcare provider about whether the RSV vaccine is recommended for you. Vaccination is a simple step that can help protect both yourself and those most vulnerable during Australia's respiratory virus season.



Mesothelioma

Mesothelioma is a rare, aggressive cancer that forms in the lining of the lungs (pleura) most often, and less commonly in the abdomen (peritoneum) or around the heart.

The primary cause is inhaling asbestos fibres, typically from occupational or environmental exposure decades earlier. Symptoms can be subtle at first—shortness of breath, persistent chest pain, cough, fatigue, or unexplained weight loss—and may be mistaken for common respiratory conditions.

Diagnosis usually involves imaging (chest X ray, CT), fluid analysis if there's a pleural effusion, and a tissue biopsy to confirm cell type (epithelioid, sarcomatoid, or biphasic). Staging assesses how far disease has spread and guides treatment.

Treatment is individualised and often combines:

- Surgery for selected early pleural cases to remove diseased lining and relieve symptoms.
- Systemic therapy: platinum based chemotherapy, immunotherapy (checkpoint inhibitors), or combinations to improve survival and control symptoms.
- Radiation therapy to shrink tumours or reduce pain.
- Supportive care: procedures to drain fluid, pain control, pulmonary rehab, and nutrition support.

If you've had asbestos exposure and develop persistent chest symptoms, see your GP promptly and mention the exposure history.

In Australia, asbestos exposure has a long legacy in construction, shipbuilding, and home renovations. If you're renovating, use licensed professionals for asbestos testing and removal, and follow your state's safety regulations.



Spring readiness

As winter fades, spring brings longer days—and spikes in pollen, asthma flares, and sudden storms. Get ahead now to protect your breathing and wellbeing.

- Track pollen and plan. Check daily pollen counts and thunderstorm asthma alerts for your region. On high risk days, keep windows closed, use recirculated air in cars, and prioritise indoor exercise.
- Tune your asthma and allergy plan. If you wheeze, cough at night, or use a reliever more than twice a week, book a GP review. Start or step up preventer inhalers before peak pollen. Use intranasal corticosteroid sprays daily for hay fever; add non drowsy antihistamines as needed.
- Prep your environment. Replace or clean HVAC filters, service inhalers/spacers, and stock tissues, saline rinses, and eye drops. Shower after outdoor activities to remove pollen; dry laundry indoors on extreme pollen days.
- Build resilience habits. Aim for regular sleep, movement most days, and a Mediterranean style eating pattern to support immune and respiratory health.
- Prepare for severe weather. Thunderstorms and early heat spikes can hit in spring. Assemble a simple kit: updated medications, water, a charged power bank, and copies of action plans. Save emergency numbers and set local alert notifications on your phone.

Early, consistent steps reduce flare ups, days off work or school, and unplanned doctor visits. If you notice worsening breathlessness, chest tightness, or persistent facial pain from sinus symptoms, seek medical advice promptly.



LEMON-HERB CHICKEN WITH ASPARAGUS AND PEA ORZO

Here's a bright, easy spring recipe that can be made as directed, or made veg by swapping out the chicken for Haloumi and using vegetable stock. Serves 4 | 30 minutes

Ingredients (Serves 6–8):

- 2 cups chicken stock
- 1 cup orzo pasta
- 2 tbsp olive oil, divided
- 500 g chicken thigh fillets, cut into bite-size pieces
- 1 bunch asparagus, trimmed, cut in 3–4 cm pieces
- 1 cup frozen peas
- Zest and juice of 1 lemon
- 2 cloves garlic, minced
- 1 tsp Dijon mustard
- 1 tsp honey (optional)
- 2 tbsp chopped fresh parsley
- 1 tbsp chopped fresh mint or dill
- 30 g grated parmesan (plus extra to serve)
- Salt and pepper
- Lemon wedges, to serve

Method:

1. Cook orzo: Bring stock to a boil, add orzo, simmer until al dente (8–9 min). Reserve a splash of stock; drain.
2. Sear chicken: Heat 1 tbsp oil in a large skillet over medium-high. Season chicken with salt/pepper; cook 5–7 min until browned and cooked through. Transfer to a plate.
3. Spring veg: In the same pan add remaining oil, asparagus, and a pinch of salt; cook 2–3 min. Add peas and garlic; cook 1 min.
4. Sauce: Stir in lemon zest/juice, Dijon, honey, and a splash of reserved stock to make a light pan sauce. Scrape up browned bits.
5. Combine: Return chicken to pan with orzo, parmesan, parsley, and mint/dill. Toss until glossy; loosen with more stock if needed. Season to taste.
6. Serve: Finish with extra parmesan, black pepper, and lemon wedges.

WORD SEARCH

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

MOOD MOUTH TRAVEL ALLERGY CANCER CHRONIC COUGH FISH
HABITS HEALTH POLLEN SLEEP VACCINE

• 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.