



FEBRUARY - MARCH 2026 EDITION

FREE TO TAKE HOME!



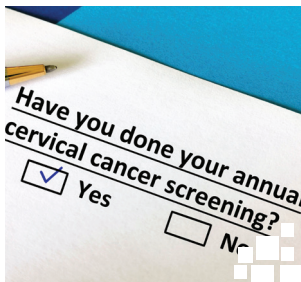
Shingles Vaccination



Christmas Kilos



Back-to-School Health



Cervical Cancer Screening



### 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

Saturday ..... 8.30am – 12.00pm

Sunday ..... Closed

## Travelling Overseas? Most booster and travel vaccines available - see reception for more information.



#### ● 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](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.

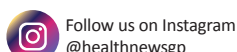
**My Medicare.** Our practice participates in "MyMedicare" which is a voluntary enrolment that aims to formalise the relationship between the patient, GP and the patient's care team. To register you must have had 2 face-to-face appointments in the previous 2 years. By registering additional funding becomes 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)





# Shingles Vaccination (Shingrix) & Dementia: What We Know

Shingrix is one of the leading shingles (herpes zoster) vaccines in Australia and is recommended for older adults to prevent shingles and its complications. Shingles is caused by reactivation of the varicella-zoster virus, which remains dormant in the body after childhood chickenpox. While shingles is best known for causing a painful rash, growing research suggests it may also have broader impacts on long-term brain health.

Recent international studies have observed an association between shingles infection and an increased risk of cognitive decline and dementia. Chronic inflammation and viral effects on the nervous system are thought to play a role. Interestingly, emerging evidence indicates that people who receive a shingles vaccine, particularly Shingrix, may have a lower risk of developing dementia compared with those who are unvaccinated. While this research does not yet prove direct cause and effect, the findings are encouraging.

Shingrix works by boosting the immune system's ability to keep the virus suppressed, reducing the chance of shingles occurring in the first place. By preventing shingles and the inflammation it can cause, vaccination may indirectly support long-term brain health.

Importantly, Shingrix is already recommended because it is highly effective at preventing shingles and post-herpetic neuralgia. Any potential added benefit for dementia prevention is an added reason to discuss vaccination with your GP.

If you are aged 65 years and over or 50 and over for Aboriginal and Torres Strait Islanders then speak with your GP about your eligibility for a free vaccine.

## Shedding the Christmas Kilos



The festive season is a time for celebration, good food, and relaxation, but it can also lead to a few extra kilos. The good news is that shedding Christmas weight doesn't require extreme dieting or intense exercise. Small, consistent changes can make a big difference.

Start by getting back into regular movement. Walking, swimming, cycling, or light gym sessions are excellent ways to burn calories and boost energy, especially during the warmer summer months. Aim for at least 30 minutes of activity most days of the week.

Next, focus on balanced eating rather than restriction. Fill your plate with vegetables, lean proteins, whole grains, and fresh fruit. Reducing portion sizes, limiting sugary drinks, and cutting back on alcohol can significantly lower calorie intake without feeling deprived.

Hydration is also key. Drinking plenty of water helps control appetite and supports metabolism. Finally, be patient with yourself. Healthy weight loss takes time, and sustainable habits are far more effective than quick fixes.

By easing back into routine and making mindful choices, those Christmas kilos will gradually disappear.

# Back-to-School Health & Immunity

As February marks the return to school across Australia, many families notice a familiar pattern: busy mornings, close contact with classmates, and the spread of common colds and bugs. Supporting children's health and immunity at the start of the school year can help reduce illness and keep them feeling their best.

A strong immune system starts with the basics. Adequate sleep is essential, particularly as children adjust back into school routines. Establishing consistent bedtimes helps support immune function, concentration, and mood. Nutrition also plays a key role. Balanced meals that include fruits, vegetables, whole grains, lean proteins, and dairy provide important vitamins and minerals such as vitamin C, zinc, and iron, which support immune health. Packing a nutritious lunchbox can make a big difference to energy levels throughout the day.

Good hygiene habits are another crucial line of defence. Encouraging regular hand washing with soap and water—

especially before eating and after using the bathroom—helps limit the spread of germs. Teaching children to cover coughs and sneezes and to avoid sharing drink bottles can further reduce transmission of illness.

Staying physically active supports overall health and immunity, but it's equally important to allow time for rest. After-school downtime helps children recover from busy days and prevents burnout. Keeping vaccinations up to date is also an important step in protecting children and the wider school community.

By focusing on sleep, nutrition, hygiene, and routine, families can help children transition smoothly back to school and build resilience for a healthy year ahead.



## The Importance of Cervical Screening with Your GP

Cervical screening is one of the most effective ways to protect women's health, yet many people delay or avoid it due to uncertainty or discomfort. Regular cervical screening with your GP plays a vital role in preventing cervical cancer and detecting potential problems early, when they are easiest to treat.

Cervical screening tests look for human papillomavirus (HPV), a common virus that can cause changes to cervical cells over time. Most people will have HPV at some stage in their lives, often without knowing it. In many cases the virus clears on its own, but in some women it can lead to abnormal cell changes that, if left untreated, may progress to cancer. Screening helps identify these changes long before symptoms appear.

Seeing your GP for cervical screening also provides an opportunity for personalised care. Your doctor can explain the test, address concerns, and ensure you feel comfortable throughout the process. They can also discuss your individual risk factors, screening intervals, and any follow-up that may be needed. For many women, reassurance and clear information from a trusted GP can make a significant difference in attending regular screening.

Importantly, cervical cancer is one of the most preventable cancers. Regular screening has been shown to dramatically reduce both the incidence of cervical cancer and deaths from the disease. Even if you feel healthy, have no symptoms, or have received the HPV vaccine, screening remains essential.

Prioritising cervical screening is a simple but powerful step toward long-term health. Booking an appointment with your GP could truly be life-saving.



## Spirulina: A Nutrient-Dense Superfood

Spirulina is a blue-green algae that has gained popularity as a natural health supplement due to its impressive nutritional profile. Available as a powder or tablet, spirulina is rich in protein, vitamins, minerals, and antioxidants, making it a convenient addition to a balanced diet.

One of spirulina's key benefits is its high protein content, containing all essential amino acids. This makes it particularly appealing for people following vegetarian or plant-based diets. It is also a good source of iron, B vitamins, magnesium, and iodine, nutrients that support energy levels, muscle function, and overall wellbeing.

Spirulina is well known for its antioxidant and anti-inflammatory properties, largely due to a compound called phycocyanin. Antioxidants help protect cells from oxidative stress, which is linked to ageing and many chronic diseases. Some studies suggest spirulina may support immune function, improve cholesterol levels, and assist with blood sugar control when combined with healthy lifestyle habits.

Additionally, spirulina may help combat fatigue and support recovery after exercise. It is often added to smoothies or juices, although its strong taste may take some getting used to.

As with any supplement, spirulina should be used responsibly. It's best to discuss its use with your GP, particularly if you are pregnant, immunocompromised, or taking medications.



## SPIRULINA BLISS BALLS

These no-bake spirulina bliss balls are quick to make, naturally sweet, and perfect for a healthy snack or lunchbox treat.

### Ingredients (Makes ~12 balls):

- 1 cup rolled oats
- ½ cup pitted dates
- 2 tablespoons almond butter or peanut butter
- 1 tablespoon chia seeds
- 1 tablespoon shredded coconut (plus extra for rolling)
- ½ teaspoon spirulina powder
- 1–2 tablespoons water (as needed)
- ½ teaspoon vanilla extract (optional)

### Method:

1. Place the rolled oats and dates into a food processor and pulse until finely chopped.
2. Add nut butter, chia seeds, coconut, spirulina, and vanilla.
3. Process until the mixture begins to stick together. Add water gradually if the mixture is too dry.
4. Roll tablespoon-sized portions into balls.
5. Roll in extra coconut if desired.
6. Refrigerate for at least 30 minutes to firm up.

### Serving & Storage

Store in an airtight container in the fridge for up to one week, or freeze for up to one month.

### Why You'll Love Them

Spirulina adds antioxidants and plant-based protein, while oats and dates provide lasting energy. The sweetness of dates balances spirulina's earthy flavour, making these bliss balls both nutritious and delicious.

## • 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).

# WORD SEARCH

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SLEEP  
HYGIENE  
WATER  
NUTRITION  
SCHOOL  
SPIRULINA  
VIRAL  
PROTEIN  
IMMUNE  
SCREENING  
CYCLING  
SHINGLES  
ALGAE  
SHINGRIX  
HUMAN