



DECEMBER 2025 - JANUARY 2026 EDITION

FREE TO TAKE HOME!



Importance of Hydration



Healthy Festive Eating



Mosquito Prevention Tips



Skin Cancer Checks



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? Travel booster and flu 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 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.

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The Importance of Hydration in Summer

As temperatures soar across Australia, staying hydrated becomes essential for maintaining good health and energy. Our bodies lose more water through sweat in hot weather, and without regular fluid intake, it's easy to become dehydrated—especially when spending time outdoors, exercising, or enjoying summer celebrations.

Why hydration matters: Water helps regulate body temperature, supports digestion, lubricates joints, and keeps your mind clear. Even mild dehydration can cause headaches, fatigue, irritability, or dizziness. Severe dehydration may lead to heat exhaustion or heatstroke, which requires urgent medical attention.

Most adults need around two to three litres of water daily, but you'll need more in the heat or when active. Don't wait until you feel thirsty—by then, your body is already dehydrated. Keep a reusable bottle with you and sip regularly throughout the day.

Smart hydration tips:

- Eat water-rich foods like watermelon, cucumber, and oranges.
- Limit alcohol and caffeinated drinks, which can increase fluid loss.
- Replenish electrolytes if you're sweating heavily or exercising outdoors.
- Encourage children and older adults—who may not feel thirst as strongly—to drink often.

Staying hydrated is one of the simplest ways to boost energy, protect your health, and make the most of Australia's sunny season. So this summer, drink up—your body will thank you!



Healthy Festive Eating

The festive season is a time for celebration, connection, and of course—delicious food. But between barbecues, parties, and Christmas lunches, it's easy to overindulge. With a few mindful choices, you can enjoy the season's flavours while still feeling your best.

Don't skip meals before a big event—it often leads to overeating. Begin with a light, nutritious breakfast like yoghurt and fruit to keep your energy stable throughout the day.

Fill half your plate with fresh salads, vegetables, and lean proteins such as seafood or turkey. Enjoy festive favourites in smaller portions rather than avoiding them entirely—deprivation often leads to cravings later.

Alternate alcoholic drinks with water or sparkling mineral water, and be mindful of hidden sugars in cocktails and mixers. Staying hydrated helps digestion and prevents fatigue.

Importantly remember to savour the moment. Eat slowly, focus on conversation, and truly enjoy each bite. Festive eating is about pleasure, not excess.

This summer, celebrate with colour, flavour, and balance. With a little planning, you can have a joyful, healthy festive season—and start the new year feeling refreshed rather than regretful.





Stay Bite-Free This Summer: Mosquito Prevention Tips

Warm summer evenings are perfect for barbecues and beach walks—but they’re also prime time for mosquitoes. These tiny pests are more than just annoying; in many parts of Australia they can carry diseases such as Ross River virus, Barmah Forest virus, and Japanese encephalitis. Protecting yourself and your family is simple with a few smart steps.

Cover up: When outdoors—especially around dawn and dusk—wear loose-fitting, light-coloured clothing that covers your arms and legs. Mosquitoes are attracted to dark colours and tight fabrics.

Use repellent: Choose a repellent containing DEET, picaridin, or oil of lemon eucalyptus. Apply it to all exposed skin, and reapply as directed, especially after swimming or sweating.

Eliminate breeding sites: Mosquitoes breed in standing water. Once a week, empty and scrub pet bowls, plant saucers, buckets, and birdbaths. Keep gutters clear and cover rainwater tanks with fine mesh.

Protect your home: Install or repair window and door screens. Use fans indoors and outdoors—mosquitoes are weak fliers. Consider citronella candles or plug-in vaporisers for added defence.

Plan ahead for holidays: When camping or travelling to northern or tropical areas, sleep under treated mosquito nets and keep tents zipped.

A few simple precautions can make a big difference. By keeping mosquitoes at bay, you’ll protect yourself and your loved ones while enjoying everything the Australian summer has to offer—bite-free.



Understanding Ross River Virus: Protect Yourself This Summer

Ross River virus (RRV) is Australia’s most common mosquito-borne infection, affecting thousands of people each year—especially during the warmer, wetter months. The virus is spread through mosquito bites after they feed on infected animals such as kangaroos or wallabies. It cannot spread directly from person to person.

Symptoms usually appear 3 to 21 days after a bite and can include joint pain, fatigue, muscle aches, fever, chills, rash, and swollen joints. While not life-threatening, symptoms can last from several weeks to months and may interfere with work, sleep, and daily activities.

There is no specific cure for Ross River virus—treatment focuses on relieving pain, inflammation, and fatigue. Rest, gentle exercise, and plenty of fluids are recommended during recovery.

Prevention is key. Use mosquito repellents containing DEET or picaridin, wear long sleeves and pants outdoors, and eliminate standing water where mosquitoes breed. Installing insect screens and using fans can also help reduce bites at home.

By taking simple protective measures, you can lower your risk of infection and enjoy the Australian summer safely and comfortably.

If you are experiencing any symptoms, please talk to your GP.

Skin Cancer Checks: A Lifesaving Habit

Australia has one of the highest rates of skin cancer in the world, with around two in three Australians diagnosed by the age of 70. The good news? Most skin cancers can be successfully treated if detected early—making regular skin checks a vital part of summer health.

Examine your skin every few months for new moles or spots, or changes in existing ones. Warning signs include asymmetry, irregular borders, multiple colours, a diameter larger than 6mm, or any spot that bleeds, itches, or doesn’t heal. Remember the “ABCDE” rule—Asymmetry, Border, Colour, Diameter, Evolving—as a simple guide.

It’s recommended to have your skin examined by a doctor or skin cancer clinic at least once a year, or more often if you have fair skin, lots of moles, or a family history of skin cancer.

Protect yourself by wearing SPF 30+ sunscreen daily, reapplying every two hours, and using hats, sunglasses, and sun-protective clothing.

Regular checks and sun safety go hand in hand—because catching skin cancer early could save your life. It is a good idea to see your GP on a yearly basis for a skin check!





CLASSIC HOMEMADE EGGNOG

Ingredients:

- 4 large egg yolks
- ½ cup (100 g) granulated sugar
- 2 cups (480 ml) whole milk
- 1 cup (240 ml) heavy cream
- 1 tsp pure vanilla extract
- ½ tsp ground nutmeg (plus more for garnish)
- ¾ cup (180 ml) bourbon, rum, or brandy (optional)
- 4 egg whites (optional, for a fluffier version)

Method:

1. Whisk egg yolks and sugar: In a large bowl, whisk the yolks until pale and creamy. Gradually add sugar, whisking until smooth and thick
2. Heat milk and cream: In a saucepan over medium heat, combine milk, cream, and nutmeg. Warm until it just begins to steam — don't let it boil.
3. Temper the eggs: Slowly pour a small amount of the hot milk mixture into the yolks, whisking constantly to avoid scrambling. Gradually add more until combined
4. Cook the mixture: Pour everything back into the saucepan. Cook over medium heat, stirring constantly, until it thickens slightly and coats the back of a spoon (about 160°F / 70°C).
5. Add flavor: Remove from heat and stir

in vanilla and alcohol (if using). Strain through a fine mesh sieve for a smooth texture.

6. Chill: Refrigerate for at least 2 hours, or until cold.
7. (Optional) Whip egg whites: Just before serving, whisk egg whites to soft peaks and gently fold them into the chilled eggnog for extra froth.
8. Serve: Pour into glasses, sprinkle with nutmeg or cinnamon, and enjoy!

Tips & Variations

- Non-alcoholic version: Skip the alcohol or replace it with a splash of rum extract.
- Dairy-free: Use almond milk and coconut cream instead of dairy milk and cream.
- Make-ahead: Eggnog tastes even better after chilling overnight — the flavors meld beautifully.

• 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.



MERRY CHRISTMAS