



Back-to-School Anxiety



Understanding Puberty



The Importance of Sleep



Skin Cancer Checks

● PRACTICE DOCTORS

Dr Andrew Harris

Minor Surgery, Sports Medicine, Diving Medicine,
Authorised Aviation Medicals

Dr Emma Pearce

Women's Health, Child Health

Dr Andrew Leaver

Family Medicine, Minor Surgery

Dr Katrina Denison

Family medicine, Obstetric shared care, Women's
& Children's Health.
Speaks Czechoslovakian

Dr Grant Russell

Family Medicine, Child health, Minor Surgery

Dr Jack Yu

Managing complex medical issues, Chronic
Disease management, Care of the elderly,
Preventive health & Minor procedures including
Implanon insertion and removal

Dr Dilan Ranasinghe

Special interest in all areas of general practice,
including weight loss management, chronic
disease management, men's health, minor surgical
procedures, skin checks and particularly children's
health, where he holds a Diploma in Children's
Health

● PRACTICE STAFF

Practice Manager:

Samantha Chittenden

Practice Nurses:

Charmaine, Karen, Enya & Kokila

Receptionists:

Helen, Deb, Lucy, Cecilia, Moriah &
Sarah

● SURGERY HOURS

Monday to Friday

8.00 am to 6.30 pm

Saturday

8.30 am to 5.00 pm

Sunday

CLOSED

All Public Holidays

CLOSED

● AFTER HOURS & EMERGENCY

Please phone the locum service on **9429
5677** for the doctor on call.

Dial **000** and ask for an ambulance in
case of a medical emergency.

● SPECIAL PRACTICE NOTES

Travel Vaccinations and Advice. We are accredited to offer full travel
health advice and a full vaccination service at your convenience

Fibreglass Plasters. Our clinic is able to offer you the convenience of
fibreglass plastering for your uncomplicated fractures. Please make
an appointment to discuss this service.

Referrals. Doctors in this practice are competent at handling
common health problems. When necessary, they can use opinions
from specialists. You can discuss this openly with your doctor.

Telephone advice. Most problems are best dealt with in
consultation. A doctor is available during normal surgery hours
for emergency advice. Our staff are experienced in deciding the
appropriate response to any phone request.

Reminder system. Because our practice is committed to preventive
care, we may send you an occasional reminder regarding health
services appropriate to your care. If you wish to opt out of this,
please let us know.

Test results. To obtain the results of any tests, please make a further
appointment with your Doctor. Please ask the doctor at the time
of your appointment how long it will take for these results to be
received by the clinic so that a convenient appointment time can be
made. To maintain confidentiality, results will not be given over the
phone except in special circumstances.

● BILLING ARRANGEMENTS

We are a private billing practice. Children 12 and under are bulk
billed.

Information about our fees and services are available at reception.

Payment at the time of consultation is required. Payment can be
made by cash, cheque, credit card or EFTPOS.

● APPOINTMENTS

Consultation is by appointment. Urgent cases are seen on the day.

Home Visits. If you require a home visit for special reasons, please
request this first thing in the morning. Visits are at the doctor's
discretion for patients within a 5 km radius.

Booking a long appointment is important for more complex
problems – insurance medical, health review, counselling, a second
opinion, etc. This may involve a longer wait. Please bring all relevant
information.

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about medical care should be
made in consultation with your
health care provider so discuss
with your doctor before acting on
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▶ Please see the Rear Cover for more practice information.

Managing Back-to-School Anxiety in Children

The start of a new school year often brings excitement, but for many children, it also triggers anxiety.

This anxiety can stem from a variety of factors, such as fear of academic challenges, social pressures, or changes in routine.

Recognizing and addressing these concerns is essential to helping children transition smoothly back to school.

Children may express their anxiety through physical symptoms like headaches, stomach aches, or disrupted sleep. Others might become irritable, clingy, or withdrawn. It's important for parents and caregivers to acknowledge these feelings rather than dismiss them.

Open communication is key—encourage children to share their worries and validate their emotions.

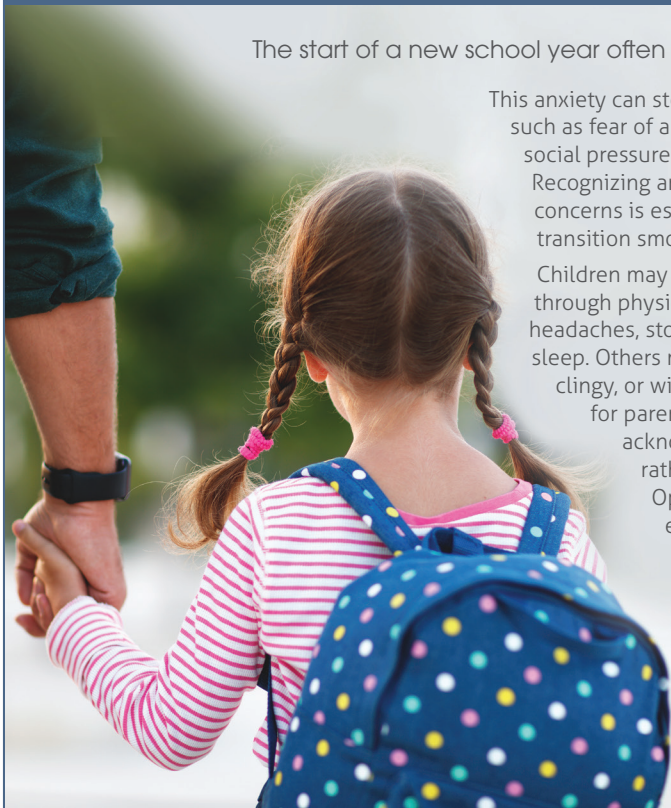
Preparation can significantly reduce anxiety. Visiting the school ahead of time, meeting teachers, and familiarizing children

with their schedules can provide a sense of control. Setting a consistent routine a few weeks before school starts, including regular sleep and meal times, also helps ease the adjustment.

It is vital to equip children with coping strategies. Teach them deep breathing exercises, positive self-talk, or effective time management. Encouraging friendships and social interactions can also boost their confidence and comfort.

Parents should model a positive attitude toward school and demonstrate problem-solving skills. If anxiety persists or becomes overwhelming, consider seeking support from school counsellors or mental health professionals.

Returning to school can be a challenging transition, but with patience, preparation, and support, children can overcome their fears and thrive in the new academic year. Fostering resilience and confidence will empower them for future challenges.



Understanding Puberty: A Vital Stage of Growth

Puberty is a critical phase in human development, marking the transition from childhood to adolescence. It is driven by hormonal changes that trigger physical, emotional, and psychological transformations, preparing the body for adulthood.

The onset of puberty varies, typically between ages 8-14 for girls and 9-16 for boys. Hormones, particularly estrogen and testosterone, play a pivotal role. In girls, puberty is characterised by breast development, the start of menstruation (menarche), and the growth of pubic and underarm hair. Boys experience a deepening of the voice, facial and body hair growth, and testicular and penile enlargement.

Significant emotional and social developments accompany physical changes during puberty. Adolescents may experience mood swings, heightened self-awareness, and a desire for independence. Peer relationships often take on greater importance, influencing self-esteem and decision-making.

Puberty also involves rapid growth spurts, with bones and muscles maturing quickly. This growth may cause temporary awkwardness as the body adjusts. Acne, a common skin condition during puberty, is another noticeable change, often linked to increased oil production.

Supporting adolescents through puberty

is crucial. Open communication, education about bodily changes, and fostering a positive body image can ease the challenges associated with this transition. Parents, teachers, and healthcare providers play essential roles in providing guidance and reassurance.

Puberty is a natural and necessary stage of life, shaping individuals' physical and emotional identities. By understanding its complexities, we can better support young people navigating this transformative journey.



The Power of Positive Thinking

Positive thinking is more than just a feel-good mantra—it is a mindset that has the potential to transform lives. Rooted in optimism, positive thinking helps individuals focus on possibilities rather than limitations, creating a pathway to personal and professional success.



Scientific research has shown that positive thinking can enhance mental and physical well-being. By fostering an optimistic outlook, individuals can reduce stress, improve coping mechanisms, and boost resilience during challenging times. Positive thinkers are more likely to set goals, persevere through difficulties, and adapt to setbacks, viewing failures as opportunities for growth.

One of the key benefits of positive thinking is its impact on mental health. It encourages self-belief and reduces the risk of anxiety and depression. Physically, it has been linked to lower blood pressure,

a stronger immune system, and a reduced risk of chronic illnesses.

Positive thinking doesn't mean ignoring reality or dismissing challenges. Instead, it involves reframing obstacles as surmountable and focusing on solutions rather than problems. Practising gratitude, affirmations, and mindfulness can nurture this outlook.

The power of positive thinking lies in its ability to shape perspectives, fuel motivation, and cultivate a fulfilling life. By embracing positivity, individuals can unlock their potential and create a brighter future.

The Importance of Sleep

Sleep is a vital component of overall health and well-being, often as important as nutrition and exercise. Despite its significance, many people undervalue sleep, leading to widespread sleep deprivation with serious consequences for physical and mental health.

Quality sleep supports essential bodily functions, including tissue repair, immune system strengthening, and hormone regulation. It plays a critical role in brain health, facilitating memory consolidation, problem-solving skills, and emotional regulation. Without sufficient sleep, cognitive abilities decline, increasing the risk of errors and accidents.

For adults, 7-9 hours of sleep per night is generally recommended, while children and teenagers require even more to support their growth and development. Chronic sleep deprivation has been linked to a host of health problems, including obesity,

diabetes, heart disease, and depression. It also weakens the immune system, making the body more vulnerable to illnesses.

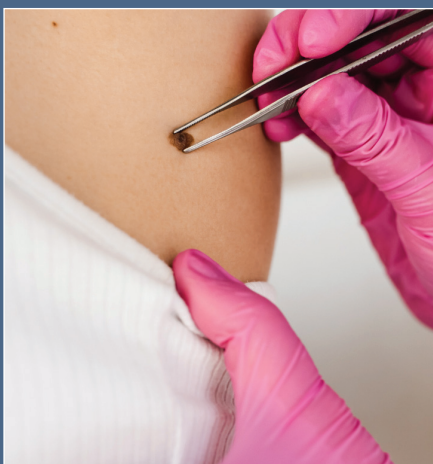
Good sleep hygiene practices can enhance the quality of rest. Effective strategies include maintaining a consistent sleep schedule, creating a comfortable sleep environment, limiting screen time before bed, and avoiding stimulants like caffeine late in the day.

Sleep is not a luxury but a necessity. Prioritizing rest is an investment in long-term health, productivity, and overall quality of life. Make sleep a priority for a healthier, more vibrant you.



The Importance of Skin Cancer Checks

Skin cancer is one of the most common types of cancer worldwide, yet it is highly preventable and treatable when detected early. Regular skin cancer checks are essential for identifying potential issues before they become serious, potentially saving lives.



The primary cause of skin cancer is exposure to ultraviolet (UV) radiation from the sun or tanning devices. Prolonged or intense UV exposure damages skin cells, leading to abnormal growths that can develop into cancer. The three main types of skin cancer are basal cell carcinoma, squamous cell carcinoma, and melanoma, with melanoma being the most aggressive and deadly form.

Skin cancer checks allow for early detection of suspicious moles, spots, or lesions. Early-stage skin cancers are often easier to treat and have a higher survival rate. A professional skin examination by a dermatologist or your GP is thorough, but self-examinations also play a crucial role. Regularly checking your skin for changes in

size, colour, or shape of moles and looking for new growths or sores that don't heal can help catch issues early.

People at higher risk, including those with fair skin, a history of sunburns, excessive sun exposure, or a family history of skin cancer, should be particularly vigilant.

Skin cancer checks are a simple yet powerful tool in maintaining skin health. By prioritizing regular check-ups, individuals can reduce risk, catch problems early, and promote a proactive approach to long-term well-being.

If you have noticed any suspicious spots, moles or skin discolouration, seek your local GP's advice.

- **OTHER SERVICES**
- **4Cyte Pathology**
(8.30am – 4.00pm)
- **Nursing home and hospital visits**
Practice professionals are experienced in the broad range of health problems affecting all age groups. The practice is fully accredited to national standards.

- **SPECIAL PRACTICE NOTES**
Medical record confidentiality.
 This practice protects your personal health information to ensure it is only available to authorised staff members for the intended purposes and to comply with the Privacy Act. Please read our Confidentiality Statement and make sure we have your signature scanned into your Medical File.

Your comments on our medical services are always welcome. We strive to improve for your benefit. Please direct any queries or complaints to the Practice Manager. manager@sandringhammedical.com.au
 If you wish, you can register your complaint with the Health Services Commissioner T: (61 3) 8601 5200, Email: hsc@health.vic.gov.au, 30th Floor, 570 Bourke Street, Melbourne VIC 3000



GRILLED BARRAMUNDI WITH MANGO SALSA

This summery, flavourful dish celebrates Australia's fresh seafood and tropical produce that is prevalent at this time of year.

Ingredients

For the barramundi:

- 4 barramundi fillets (or any firm white fish)
- 2 tbsp olive oil
- 1 tsp lemon zest
- Juice of 1 lemon
- Salt and pepper, to taste

For the mango salsa:

- 1 ripe mango, diced
- 1/2 red capsicum (bell pepper), diced
- 1/4 red onion, finely chopped
- 1/2 red chili, finely chopped (optional)
- Juice of 1 lime
- 2 tbsp fresh coriander (cilantro), chopped
- Salt, to taste

For serving:

- Steamed jasmine rice or mixed greens
- Lime wedges

Method

1. Prepare the mango salsa:

In a bowl, combine diced mango, red capsicum, red onion, chili (if using), lime juice, and coriander. Mix gently and season with salt to taste. Set aside.

2. Prepare the barramundi:

Preheat a grill or barbecue to medium-high heat. Pat the barramundi fillets dry with paper towels and rub them with olive oil, lemon zest, and lemon juice. Season with salt and pepper.

3. Grill the barramundi:

Place the fillets skin-side down on the grill and cook for 3-4 minutes, depending on thickness. Flip and cook for another 2-3 minutes until the flesh is opaque and flaky.

4. Serve:

Plate the grilled barramundi with a generous scoop of mango salsa. Serve with jasmine rice or a fresh salad and lime wedges on the side.

WORD SEARCH

- MANGO
- PUBERTY
- SKIN
- CANCER
- IMAGE
- POSITIVE
- SCHOOL
- BODY
- SLEEP
- IMMUNE
- GRATITUDE
- GROWTH
- RISK
- SUNBURN
- CHILDREN
- CHRONIC

