health news

SANDRINGHAM MEDICAL CENTRE
Total Health Care

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JUNE - JULY 2025 EDITION

FREE TO TAKE HOME!

Winter Wellness Tips

Staying Active Indoors

Healthy Skin in Winter

Spotlight on Men's Health

YOUR NEXT APPOINTMENT:

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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

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• 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:
Cecilia Troncoso

Practice Nurses:
Charmaine, Karen, Enya & Kokila

Receptionists:
Helen, Deb, Lucy, Mariah & Sarah

• SURGERY HOURS

Monday to Friday
8.00 am to 6.30 pm

Saturday
8.30 am to 4.30 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.

AGPAL

▷ ***Please see the Rear Cover for more practice information.***

Winter Wellness Tips: Stay Healthy This Season

As the temperatures drop, it's important to prioritise your health and well-being. Here are some simple winter wellness tips to help you stay energised and illness-free during the colder months.

Boost your immunity by eating a balanced diet rich in fruits, vegetables, and whole grains. Citrus fruits, garlic, ginger, and leafy greens are excellent for supporting your immune system. Consider a vitamin D supplement, as winter sun exposure is limited and deficiency is common.

Stay active, even when it's chilly outside. Regular exercise helps maintain energy levels and supports both physical and mental health. Try indoor workouts, brisk walks, or join a local fitness class to stay motivated.

Keep warm and dry to prevent colds and flu. Dress in layers, wear a hat and scarf, and ensure your home is adequately heated and ventilated.

Stay hydrated by drinking water regularly, even if you feel less thirsty in cooler weather. Herbal teas are a great way to warm up and stay hydrated.

Finally, prioritise rest and sleep. A consistent sleep routine helps your body recover and fight off illness. With a little care, you can stay healthy and happy all winter long.

Understanding Seasonally Adjusted Disorder (SAD)

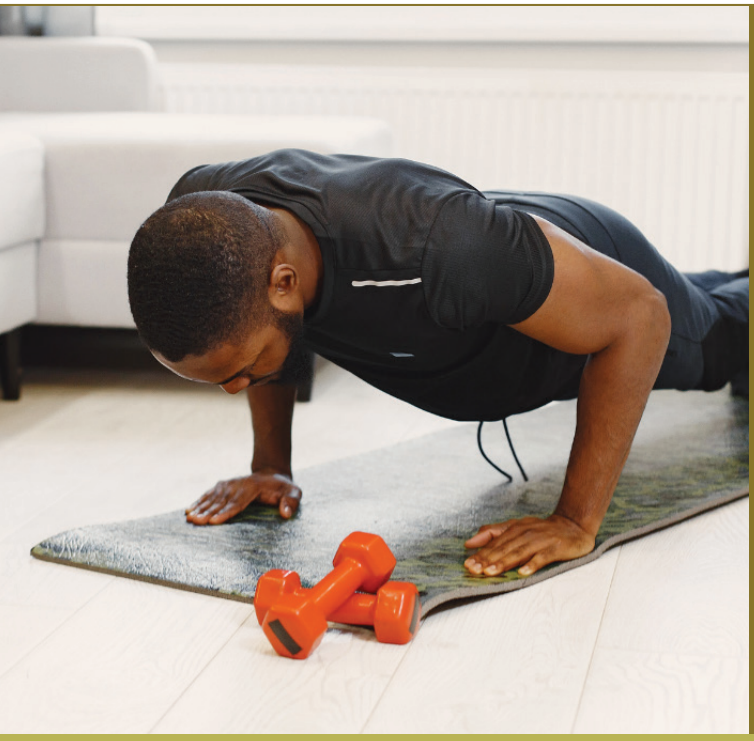
Seasonally Adjusted Depression, more commonly known as Seasonal Affective Disorder (SAD), is a type of depression that typically occurs during the colder, darker months of the year. As daylight hours shorten in winter, some people experience changes in mood, energy, and sleep patterns.

Common symptoms of SAD include persistent low mood, fatigue, difficulty concentrating, increased appetite (especially for carbohydrates), and a tendency to oversleep. These symptoms usually begin in late autumn and improve in spring as sunlight increases.

The exact cause of SAD isn't fully understood, but it's believed to be linked to reduced sunlight exposure, which can disrupt your body's internal clock (circadian rhythm) and affect serotonin and melatonin levels—chemicals that influence mood and sleep.

Treatment options include light therapy, which involves sitting near a special light box for 20–30 minutes a day, as well as exercise, counselling, and in some cases, medication.

If you notice these symptoms each winter, don't ignore them. Speak to your GP or mental health professional. With the right support and treatment, SAD can be effectively managed, helping you feel more like yourself all year round.



Staying Active Indoors During Winter

When cold or rainy weather makes it hard to exercise outside, staying active indoors is a great way to maintain your physical and mental health. You don't need a gym membership or fancy equipment—just a little space and motivation.

Start with simple bodyweight exercises like squats, lunges, push-ups, and planks. These can be done in short sessions throughout the day. Stretching or yoga is also excellent for flexibility, balance, and stress relief.

Consider following online fitness videos or apps that offer guided workouts ranging from 5 to 30 minutes. Dancing, stair climbing, or even housework like vacuuming can increase your heart rate.

Make it fun - put on music, involve the family, or set small daily goals to stay motivated. Staying active indoors helps boost mood, improve sleep, and strengthen immunity, especially during winter, when energy can naturally dip.

Healthy Skin in Winter

Winter weather can be harsh on your skin. Cold air, low humidity, and indoor heating contribute to dryness, irritation, and flaking. But with the right care, you can keep your skin healthy and comfortable throughout the season.

Start by moisturising regularly. Choose a rich, fragrance-free cream or ointment and apply it immediately after showering to lock in moisture. Avoid hot showers, as they strip natural oils from your skin—opt for warm water instead.

Use a gentle cleanser that won't dry out your skin, and avoid products with alcohol or strong fragrances. Exfoliate once a week to remove dead skin cells, but don't overdo it, as over-exfoliating can lead to irritation.

Stay hydrated by drinking plenty of water, and consider using a humidifier indoors to maintain moisture in the air.

Protect your skin from wind and cold by wearing gloves and scarves, and don't forget sunscreen—UV rays are still present in winter and can cause damage even on cloudy days.

By adjusting your skincare routine for the season, you can prevent dryness and keep your skin soft, smooth, and healthy all winter long.

Spotlight on Men's Health

International Men's Health Week takes place from Monday, June 9, to Sunday, June 15, 2025—a timely reminder for men to take charge of their physical and mental wellbeing. Many men delay or avoid seeking medical help, often ignoring symptoms that could indicate serious health issues.

Routine check-ups are essential. Regular screenings for blood pressure, cholesterol, diabetes, and prostate health can detect problems early and improve outcomes. Mental health is just as important—stress, anxiety, and depression often go unspoken, but reaching out for support can make a huge difference.

Staying active, eating a balanced diet, limiting alcohol, and quitting smoking are key to long-term health. Even small lifestyle changes can lead to significant benefits.

Encouraging open conversations about health helps break the stigma and promotes positive habits. Whether booking a GP appointment, joining a fitness group, or simply checking in with a mate, taking action is the first step to better health.

HEARTY BEEF AND VEGETABLE STEW

A great winter recipe is Hearty Beef and Vegetable Stew—warm, comforting, and packed with flavour.

Ingredients

- 500g stewing beef, cubed
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 carrots, sliced
- 2 potatoes, diced
- 1 parsnip or sweet potato, chopped
- 2 celery stalks, sliced
- 400g can diced tomatoes
- 3 cups beef stock
- 1 tbsp tomato paste
- 1 tsp thyme
- Salt and pepper to taste
- Olive oil

Instructions:

1. Heat oil in a large pot. Brown beef in batches and set aside.
2. In the same pot, sauté onion and garlic until soft.
3. Add tomato paste and cook for 1 minute.
4. Return beef to the pot. Add carrots, potatoes, parsnip, celery, tomatoes, and stock.
5. Add thyme, salt, and pepper.
6. Bring to a boil, then reduce heat and simmer for 1.5 to 2 hours until beef is tender.
7. Serve with crusty bread.

Perfect for cosy nights in!

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SANDRINGHAM MEDICAL CENTRE
Total Health Care

- **OTHER SERVICES**

- **4Cyte Pathology**
  Mon-Fri.....8.30am till 4.00pm
  Saturday.....9.00am till 12.00pm
- **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

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