health news

SANDRINGHAM MEDICAL CENTRE
Total Health Care

39 Bay Road
Sandringham
3191
Tel 9598 0444
Fax 9521 6861
www.sandringhammedical.com.au

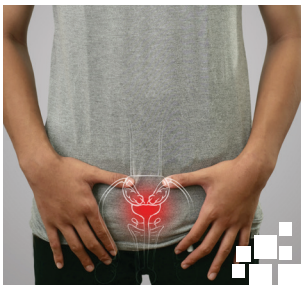
OCTOBER - NOVEMBER 2025 EDITION

FREE TO TAKE HOME!

Fibermaxxing

Lung Imaging

Memory Loss



Prostate Enlargement

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

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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

Dr Genevieve Ryan
Women's Health, Preventative Care, and complex medical issues.

• PRACTICE STAFF

Practice Manager:
Cecilia Troncoso

Practice Nurses:
Charmaine, Karen, Enya & Anne

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

Welcome. Sandringham Medical is very excited to welcome **Dr Genevieve** who specialises in women's health, preventative care, and complex medical issues.

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

Fibermaxxing: The Viral Wellness Trend You Should Know About

"Fibermaxxing" is the latest wellness trend sweeping social media, encouraging people to dramatically increase their fiber intake for better health. While the name may sound like a fad, the underlying principle—boosting dietary fiber—is well supported by science.

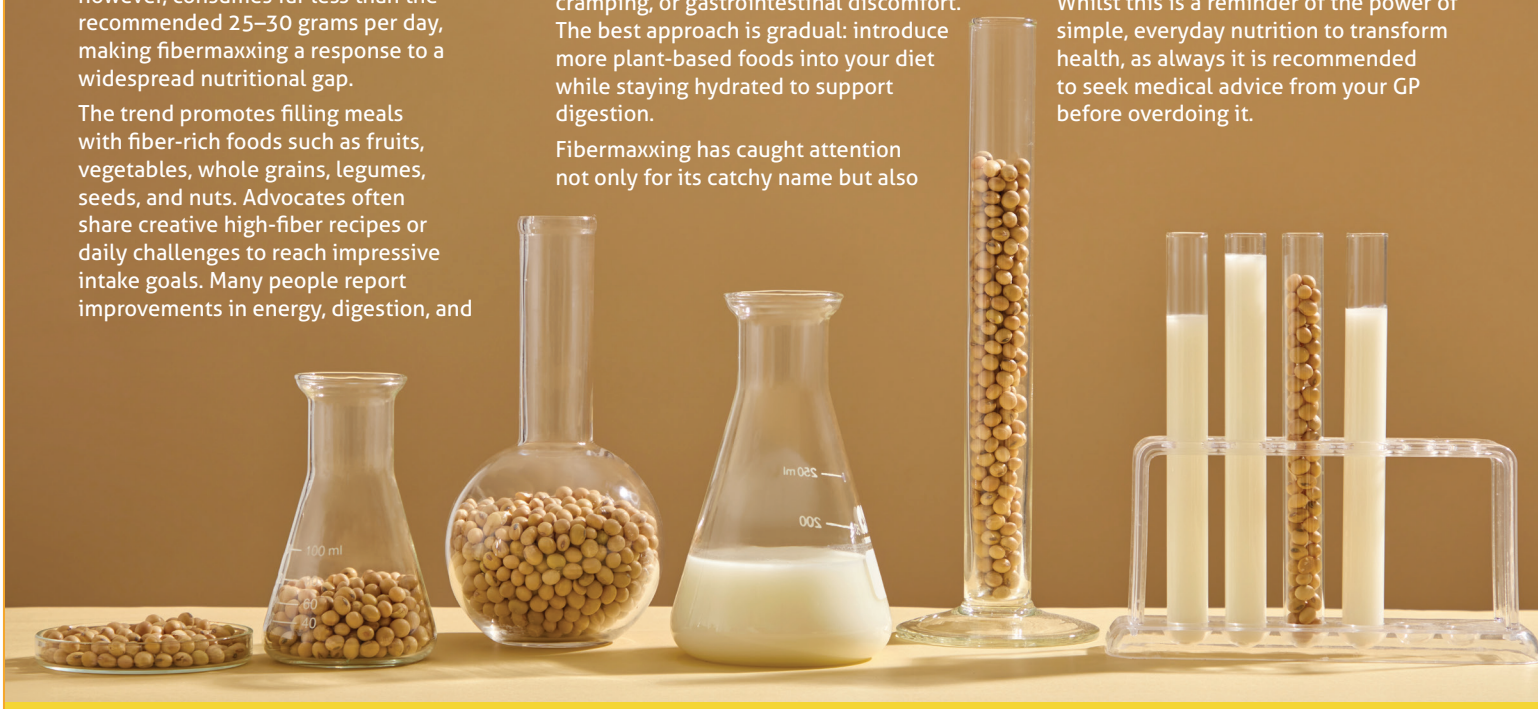
Fiber plays a crucial role in maintaining digestive health, stabilising blood sugar levels, and lowering cholesterol. Diets rich in fiber are also linked to reduced risks of heart disease, diabetes, and certain cancers. The average adult, however, consumes far less than the recommended 25–30 grams per day, making fibermaxxing a response to a widespread nutritional gap.

The trend promotes filling meals with fiber-rich foods such as fruits, vegetables, whole grains, legumes, seeds, and nuts. Advocates often share creative high-fiber recipes or daily challenges to reach impressive intake goals. Many people report improvements in energy, digestion, and overall wellbeing after upping their fiber.

However, health experts warn against overdoing it. Increasing fiber too quickly, or relying heavily on supplements rather than whole foods, can cause bloating, cramping, or gastrointestinal discomfort. The best approach is gradual: introduce more plant-based foods into your diet while staying hydrated to support digestion.

Fibermaxxing has caught attention not only for its catchy name but also because it taps into a broader shift toward preventative health and "food as medicine." Unlike fleeting wellness fads, this trend has genuine benefits—so long as it is approached sensibly.

In short, fibermaxxing isn't just hype—Whilst this is a reminder of the power of simple, everyday nutrition to transform health, as always it is recommended to seek medical advice from your GP before overdoing it.



Aussie Breakthrough in Lung Imaging

In early September 2025, 4DMedical— and Australian Health Tech company and a leader in AI-powered respiratory imaging—secured FDA 510(k) clearance for its groundbreaking CT:VQ™ technology, marking the first-ever non-contrast, CT-based ventilation-perfusion imaging solution.

Historically, ventilation-perfusion (V/Q) scans have relied on dual nuclear medicine procedures—airflow and blood flow imaging using radiotracers—taking between 45 and 90 minutes per patient CT:VQ™ revolutionizes this by leveraging routine, non-contrast chest CT scans, applying advanced AI algorithms to analyze lung tissue motion and density changes, producing quantitative V/Q maps without injections or radioactive tracers.

As a Software-as-a-Service (SaaS) offering, CT:VQ™ integrates seamlessly into existing radiology workflows and is compatible with the U.S.'s ~14,500 installed CT scanners—potentially extending advanced lung imaging to facilities lacking nuclear medicine.

CT:VQ™ has undergone rigorous clinical validation, including head-to-head performance comparison against SPECT (the gold standard), reader studies, and real-world cases. Results indicate diagnostic equivalence or superior image clarity, free from artifacts typical of nuclear imaging.

FDA clearance of CT:VQ™ represents a transformative milestone. By offering faster, safer, and more accessible functional lung imaging without additional hardware or radiotracers, 4DMedical is poised to redefine pulmonary diagnostics and expand access to rural and underserved healthcare settings.

Understanding Memory Loss

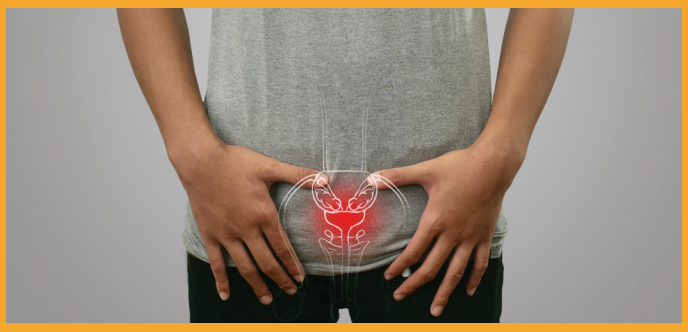
Memory loss is a common concern that can affect people of all ages, though it becomes more prevalent with aging.

It refers to the difficulty in recalling information, events, or experiences that were once familiar. While occasional forgetfulness—such as misplacing keys or forgetting a name—is a normal part of life, persistent or worsening memory problems may signal an underlying issue.

Several factors can contribute to memory loss. Short-term lapses are often linked to stress, fatigue, anxiety, or lack of sleep, all of which affect the brain's ability to process and store information. Lifestyle factors, including poor diet, excessive alcohol use, or certain medications, can also impair memory. In some cases, memory loss may be associated with medical conditions such as depression, thyroid disorders, vitamin deficiencies, or neurological conditions like dementia and Alzheimer's disease.

It is important to note that not all memory problems indicate serious illness. Many causes are reversible once identified and treated. Maintaining brain health through regular exercise, balanced nutrition, quality sleep, and mental stimulation can help preserve memory and cognitive function. Social engagement and stress management also play protective roles.

If memory loss is frequent, progressive, or interferes with daily life, seeking medical advice is essential. Early diagnosis of underlying conditions allows for more effective management and better long-term outcomes. Ultimately, while memory loss can be distressing, proactive steps and timely intervention can make a significant difference in maintaining cognitive health and quality of life.



Prostate Enlargement: Understanding the Condition

Prostate enlargement, medically known as benign prostatic hyperplasia (BPH), is a common condition that affects men as they age.

The prostate is a small gland located below the bladder and surrounding the urethra. Its primary role is to produce fluid that nourishes and protects sperm. With age, the prostate often grows larger, which can put pressure on the urethra and cause urinary difficulties.

Symptoms of BPH can include frequent urination, especially at night, difficulty starting or stopping urination, a weak stream, and the feeling that the bladder has not fully emptied. While the condition is not cancerous and does not directly lead to prostate cancer, it can significantly affect quality of life if untreated.

The exact cause of BPH is not fully understood, but hormonal changes related to aging, particularly shifts in testosterone and dihydrotestosterone (DHT), are believed to play a role.

Treatment options range from lifestyle changes, such as reducing caffeine and alcohol intake, to medications that relax or shrink the prostate. In more severe cases, surgical procedures may be necessary to relieve obstruction.

Early diagnosis and management are important, as untreated BPH can lead to complications such as bladder damage or kidney issues. Regular check-ups are recommended for men over 50.

Body Image in Teens

Adolescence is a critical stage of development, and for many teenagers, body image becomes a central concern.

With rapid physical changes during puberty, teens often compare themselves to peers or to the "ideal" bodies they see in media. Social media platforms, filled with filtered photos and influencers promoting unrealistic standards, can intensify feelings of inadequacy.

The pressure to conform to these ideals can have serious emotional and physical consequences. Many teens struggle with low self-esteem, anxiety, and depression linked to dissatisfaction with their appearance. Some may resort to extreme dieting, over-exercising, or unsafe supplements in an attempt to change their bodies. In severe cases, this pressure can contribute to the development of eating disorders.

External influences—such as peer teasing, family comments, and celebrity culture—add to the weight of these expectations. Boys may feel pressure to appear muscular, while girls often face demands to be slim, highlighting the different but equally harmful standards placed on teens.

Encouraging open conversations about body image, promoting diverse representations in media, and focusing on health and wellbeing rather than appearance are key to reducing these pressures. By fostering self-acceptance, we can help teenagers build resilience and confidence during this formative stage.

If you have any concerns about your teenagers mental health please seek the help of your local GP.

LEMON HERB CHICKEN WITH ASPARAGUS & NEW POTATOES

Prep & Cook Time: ~40 minutes

Ingredients (Serves 4):

- 4 chicken breasts (skinless, boneless)
- 500g new potatoes, halved
- 1 bunch asparagus, trimmed
- 2 tbsp olive oil
- Juice and zest of 1 lemon
- 2 garlic cloves, minced
- 1 tsp Dijon mustard
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh dill or thyme, chopped
- Salt and pepper, to taste

Method:

1. **Preheat oven** to 200°C (fan 180°C). Place potatoes on a baking tray, drizzle with half the olive oil, season, and roast for 20 minutes.
2. **Prepare chicken**: Mix lemon juice, zest, garlic, mustard, herbs, and remaining olive oil. Coat chicken breasts with the mixture and season.
3. **Roast chicken**: After 20 minutes, add chicken breasts to the tray with the potatoes. Roast for 15 minutes.
4. **Add asparagus**: Toss asparagus with a little oil and salt, then add to the tray. Roast everything for a final 10 minutes, until chicken is cooked through and asparagus is tender.
5. **Serve**: Slice chicken, arrange with potatoes and asparagus, and drizzle over any pan juices. Garnish with extra fresh herbs.

SUDOKU

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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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