health news

SANDRINGHAM MEDICAL CENTRE
Total Health Care

39 Bay Road
Sandringham
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Tel 9598 0444
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www.sandringhammedical.com.au

DECEMBER 2025 - JANUARY 2026 EDITION

FREE TO TAKE HOME!

Importance of Hydration

Healthy Festive Eating

Mosquito Prevention Tips

Skin Cancer Checks

YOUR NEXT APPOINTMENT:

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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, Lucy, Mariah & Susan

• 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 (Monday-Friday).

Information about our fees and services are available at reception.

Payment at the time of consultation is required. Payment can be made by cash, 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.***

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.

MERRY CHRISTMAS

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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