health news

SANDRINGHAM MEDICAL CENTRE
Total Health Care

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

JUNE - JULY 2026 EDITION

FREE TO TAKE HOME!

Arthritis and Joint Pain

Keep warm

Pneumonia

Asthma in Winter

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 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 & Georgie

• 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.***

Arthritis and Joint Pain management

Arthritis and joint pain are common conditions that can affect people of all ages, particularly during the colder winter months. Joint stiffness, swelling and discomfort may make everyday activities more challenging, but there are several ways to help manage symptoms and maintain mobility.

Regular gentle exercise is one of the most effective ways to support joint health. Activities such as walking, swimming, yoga and stretching can help strengthen the muscles around joints, improve flexibility and reduce stiffness. While it may feel tempting to rest sore joints completely, staying active is important for long-term joint function.

Maintaining a healthy weight can also reduce pressure on weight-bearing joints such as the knees, hips and lower back. A balanced diet rich in anti-inflammatory foods may help support overall joint health. Foods containing omega-3 fatty acids, including salmon, walnuts and flaxseeds, along with colourful fruits and vegetables, can be beneficial.

Keeping warm during winter may ease stiffness and discomfort. Warm showers, heat packs and appropriate clothing layers can help improve circulation and relax muscles around painful joints. Some people also find relief through physiotherapy, massage or guided exercise programs.

It is important to speak with your GP or healthcare professional if joint pain is persistent, worsening or affecting daily life. Early diagnosis and management can help reduce long-term joint damage and improve quality of life. With the right combination of movement, lifestyle changes and professional support, many people with arthritis can continue to lead active and healthy lives.

Keep warm while reducing the bills

As temperatures drop during winter, keeping warm can sometimes lead to higher household expenses. Fortunately, there are simple ways to stay comfortable while also helping reduce energy costs

One of the easiest ways to stay warm is by dressing in layers. Thermal clothing, socks, scarves and warm jumpers help trap body heat and reduce the need for excessive heating. Using blankets and hot water bottles can also provide warmth without increasing electricity bills.

Heating only the rooms you are using is another effective way to save money. Closing doors to unused rooms and using draft stoppers around doors and windows can help keep warm air inside. Opening curtains during the day allows sunlight to naturally warm the home, while closing them at night helps retain heat.

Warm meals and drinks can also make a big difference during colder weather. Soups, casseroles and herbal teas not only provide comfort but may help the body maintain warmth. Staying active with light exercise or regular movement can improve circulation and help generate body heat naturally.

It is also important to use heaters safely and efficiently. Cleaning filters and following manufacturer instructions can improve performance and reduce running costs.

With a few practical changes, it is possible to stay warm, comfortable and healthy throughout winter while keeping energy bills under control.

Pneumonia

Pneumonia is a serious respiratory infection that causes inflammation in the lungs, often leading to coughing, fever, chest pain and difficulty breathing. It can affect people of all ages, but young children, older adults and those with weakened immune systems or chronic health conditions are at higher risk of complications.

Pneumonia can be caused by viruses, bacteria or, less commonly, fungi. It often develops following a cold, flu or other respiratory infection. Symptoms may vary from mild to severe and can include fever, chills, shortness of breath, fatigue, rapid breathing and a persistent cough that may produce mucus. Some people, particularly older adults, may also experience confusion or worsening of existing medical conditions.

Treatment depends on the cause and severity of the illness. Viral pneumonia may improve with rest, fluids and symptom management, while bacterial pneumonia may require antibiotics prescribed by a doctor. In more severe cases, hospital treatment and oxygen therapy may be necessary.

Preventing pneumonia is important, especially during winter when respiratory infections are more common. Good hand hygiene, covering coughs and sneezes, avoiding smoking and staying home when unwell can help reduce the spread of infection. Vaccinations also play an important role in prevention. Influenza and pneumococcal vaccines can help lower the risk of developing pneumonia and its complications.

Medical attention should be sought if breathing becomes difficult, chest pain occurs or symptoms worsen. Early diagnosis and treatment can significantly improve recovery and reduce the risk of serious complications.

A.I. and Medicine

Artificial Intelligence (AI) is rapidly transforming the healthcare industry and changing the way many medical conditions are diagnosed, treated and managed. AI refers to computer systems that can analyse large amounts of information, recognise patterns and assist healthcare professionals in making decisions more efficiently and accurately.

One of the most exciting uses of AI in medicine is in early disease detection. AI technology can help analyse medical scans such as X-rays, CT scans and MRIs to identify signs of diseases including cancer, heart disease and lung conditions. In some cases, AI systems are helping doctors detect abnormalities earlier than traditional methods alone.

AI is also improving personalised medicine by helping doctors tailor treatments to individual patients. By analysing medical history, genetics and lifestyle factors, AI can assist in predicting which treatments may be most effective for a particular person. This may lead to better outcomes and fewer side effects.

In hospitals and clinics, AI tools are helping streamline administrative tasks, reduce paperwork and improve appointment scheduling. Virtual health assistants and chatbots are also being used to answer common patient questions and support remote healthcare services.

While AI offers many benefits, it is important to remember that it is designed to support healthcare professionals rather than replace them. Human expertise, clinical judgement and patient care remain essential parts of medicine and your GP should always be your first point of contact.

Asthma in Winter

Winter can be a challenging time for people living with asthma and other respiratory conditions. Cold air, increased exposure to viruses and spending more time indoors can all contribute to flare-ups of asthma symptoms and respiratory infections.

Cold, dry air may irritate the airways, causing coughing, wheezing, chest tightness and shortness of breath. Common winter illnesses such as colds, flu and COVID-19 can also trigger asthma attacks or worsen existing respiratory conditions. Indoor allergens, including dust mites, mould and pet dander, may become more concentrated when homes are closed up during colder weather.

There are several ways to help protect respiratory health during winter. Wearing a scarf over the mouth and nose outdoors can help warm the air before it reaches the lungs. It is also important to continue taking prescribed preventer medications as directed, even when symptoms are under control. Keeping reliever inhalers accessible and ensuring asthma action plans are up to date can help manage symptoms early.

Good hygiene practices, including regular handwashing and staying up to date with flu vaccinations, can help reduce the spread of respiratory infections. Maintaining good indoor ventilation and avoiding smoking or second-hand smoke exposure are also important.

If asthma symptoms become more frequent or difficult to control, it is important to speak with your GP for further assessment and management.

CHICKEN & VEGETABLE POT PIE

A hearty and comforting winter meal, this Chicken & Vegetable Pot Pie is packed with tender chicken, creamy sauce and colourful vegetables, topped with flaky golden pastry..

Ingredients (Serves 6–8):

- 2 sheets puff pastry, thawed
- 2 cups cooked chicken, shredded
- 1 onion, diced
- 2 cloves garlic, crushed
- 1 carrot, diced
- 1 cup peas
- 1 cup corn kernels
- 2 tbsp butter
- 2 tbsp plain flour
- 1 ½ cups chicken stock
- ½ cup cream
- Salt and pepper to taste
- 1 tsp dried thyme
- 1 egg, beaten

Method:

1. Preheat oven to 200°C.
2. In a large pan, melt butter over medium heat. Add onion and garlic and cook until softened.
3. Add carrot and cook for 3–4 minutes. Stir in peas and corn.
4. Sprinkle flour over the vegetables and stir well. Gradually add chicken stock while stirring continuously until the sauce thickens.
5. Stir in cream, thyme and shredded chicken. Season with salt and pepper. Simmer for 5 minutes.
6. Spoon mixture into a pie dish. Cover with puff pastry and press edges to seal. Trim excess pastry if needed.
7. Brush pastry with beaten egg for a golden finish.
8. Bake for 25–30 minutes or until pastry is puffed and golden brown.

Serve warm with a fresh green salad or steamed vegetables for the perfect winter dinner.

WORD SEARCH

C	H	I	C	K	E	N	X	A	I	R	W	A	Y	S
A	S	T	H	M	A	F	Q	W	I	N	T	E	R	M
J	O	I	N	T	B	I	L	L	S	Z	P	A	I	N
A	R	T	I	F	I	C	I	A	L	K	L	M	D	C
M	E	D	I	C	A	L	U	Y	H	Y	G	I	E	N
F	E	V	E	R	G	T	Y	U	I	O	P	S	O	X
F	U	N	G	I	H	J	K	L	Z	X	C	V	B	N
F	A	T	I	G	U	E	Q	W	E	R	T	Y	U	I
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P	A	I	N	M	I	U	Y	T	R	E	W	Q	A	Z
I	M	M	U	N	E	B	V	C	X	Z	L	K	J	H
S	O	U	P	S	Q	A	Z	W	S	X	E	D	C	V

WORD LIST

chicken
Asthma
joint
winter
bills
airways
artificial
medical
hygiene
fever
fungi
fatigue
socks
scarf
pain
immune
soups

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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