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SURGERY HOURS AND SERVICES
CONSULTATIONS can be arranged by
phoning. 5655 1355

Monday to Friday 9.00am–5.30pm

Saturday 9.00am–12.00noon
(phone lines open at 8.30am)

The practice prefers to see patients by
appointment in order to minimise people's
waiting time.

Home visits can be arranged when
necessary. If you need a home visit, please
contact the surgery as soon as possible after
8.30am.

For After hours emergency medical attention
– at night, weekends or public holidays
please call 03 56542753 where a nurse will
triage your needs and contact the doctor on
call.

YOUR DOCTOR

JUNE 2026



**SILENT
BUT SERIOUS**



**UNDERSTANDING
ANTIBIOTICS**



**WHY SLEEP
MATTERS**



**WHAT IS
ADENOMYOSIS?**

Compliments of your GP

Everyday carbs that can affect your energy: and simple healthier alternatives

When we think about sugar, we often picture sweets and soft drinks. These are quickly broken down into glucose (a type of sugar) in the body.

This can lead to a rapid rise in energy followed by a drop that leaves you feeling tired or hungry. But it's not just these foods – many everyday refined carbohydrates can have the same effect.

What are refined carbohydrates?

Refined carbohydrates are foods that have been processed and changed from their natural state, often by removing the fibre-rich outer layer of the grain. This includes foods like white flour, white rice, crackers, and many packaged snack foods. Without fibre, these foods are digested more quickly and can cause faster rises in blood glucose compared with less processed alternatives.

Over time, regularly eating these foods may contribute to weight gain and increase the risk of conditions such as type 2 diabetes and cardiovascular disease. Choosing foods with more fibre and less processing can help slow the release of glucose and support steadier energy levels throughout the day.

Common carbs and simple swaps

The following foods are convenient and widely eaten, but also easy to overconsume. There are many less processed alternatives to choose from.

White bread

Made from refined flour with much of the fibre removed, white bread is quickly digested and causes a rapid rise in blood glucose.

Try instead: Wholegrain or sourdough bread. These contain more nutrients such as B vitamins, and fibre which helps you feel fuller for longer.

Small, practical swaps can support your energy levels, weight, and long-term health.

White rice

White rice is a staple in many countries, but its fibre-rich outer layer has been removed, so it converts to glucose quickly.

Try instead: Brown rice, quinoa or barley, or vegetables like cauliflower 'rice'. These provide more fibre and nutrients, supporting steadier energy and overall health.

Breakfast cereals

Many popular cereals are highly processed and can be surprisingly high in added sugar, especially those designed for children.

Try instead: Wholegrain rolled oats, quinoa or wholegrain muesli without added white sugar. You can also try granola made with whole grains such as oats or buckwheat, combined with nuts and seeds. Add fresh fruit for natural sweetness and extra fibre. (See our granola recipe inside.)

Flavoured yoghurt

Yoghurt can be a healthy choice, providing protein and calcium, but flavoured varieties often contain added sugars.

Try instead: Plain, unsweetened yoghurt. Add your own fruit or a drizzle of honey if needed.

White pasta

Like white bread, white pasta is made from refined flour and is rapidly broken down into glucose.

Try instead: Wholemeal or legume-based pasta, or vegetables like zucchini noodles. These add fibre, and legume pastas also provide protein.

A simple takeaway

You don't need to avoid these foods completely, but being aware of how often you eat them can help. Choosing less processed options – with fibre and nutrients intact – can help your body manage blood sugar more smoothly and support steady energy levels.



Our newsletter is free - please take a copy with you

Understanding antibiotics: common questions answered simply

1. How do antibiotics work?

Antibiotics target bacteria in different ways. Some damage the bacteria's cell wall so they break down, while others stop bacteria from growing and multiplying. This helps your body's immune system clear the infection more effectively.

2. Do we need them for a viral infection?

Antibiotics treat bacterial infections, so they don't work against viruses such as the common cold or flu. Taking antibiotics when they're not needed will not help recovery and may contribute to antibiotic resistance.

3. What is antibiotic resistance?

This occurs when bacteria change in a way that makes antibiotics less effective. It's more likely when antibiotics are not used correctly or are overused, allowing resistant bacteria to survive and multiply. As a result, infections can become harder to treat in the future.

4. Why do we sometimes need two types of antibiotics?

Sometimes one antibiotic isn't enough, so two may be used together to target different types of bacteria – such as those that need oxygen to survive and those that don't. This approach is often used for infections like dental abscesses or deeper skin infections.

5. When do antibiotics start working?

Some people notice an improvement within 24 to 48 hours, but this depends on the type and severity of the infection. Even if you feel better, it's important to finish the prescribed course unless your GP advises otherwise.

6. What can affect how well antibiotics work?

Several factors can influence how effectively antibiotics work.

Missing doses can reduce their effectiveness. Antibiotics work best when taken exactly as prescribed.

Some medicines, supplements and foods may reduce absorption of antibiotics. For example, antacids and supplements containing minerals such as iron, calcium, magnesium, or zinc, as well as foods high in calcium. Check with your GP or pharmacist if you're unsure.

Alcohol can affect how some antibiotics work and may also cause side effects. These can include nausea, flushing, dizziness, or heart palpitations. It can also slow recovery by affecting sleep and fluid balance. It's best to avoid alcohol while taking antibiotics and for a few days afterwards.

Simple tips for antibiotic use

- Take antibiotics exactly as prescribed.
- Let your GP or pharmacist know about any other medicines or supplements you're taking.
- Ask your GP or pharmacist if you're unsure about timing or side effects.
- Seek advice if symptoms are not improving within a few days.



WORD SEARCH PUZZLE

- | | |
|----------------|-----------|
| ADENOMYOSIS | KIDNEYS |
| ANTIBIOTICS | OESTROGEN |
| CARDIOVASCULAR | QUINOA |
| GRANOLA | SALT |
| ANAEMIA | SLEEP |
| BACTERIA | STRESS |
| EXERCISE | SYMPTOMS |
| FIBRE | UTERUS |
| GLUCOSE | VIRAL |
| HYPERTENSION | VIRUS |

C	R	A	N	T	I	B	I	O	T	I	C	S	G
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T	M	H	Y	E	N	L	R	L	Y	G	I	I	N
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Why sleep matters more than you think

Sleep plays a much bigger role in health than many people realise. It's not just rest for your body – it's an active process that helps protect your physical and mental wellbeing.

Your brain is busy while you sleep

Even though you're resting, your brain is hard at work during sleep. It sorts and stores memories and helps you process emotional experiences, allowing you to make sense of them and how you respond. This is also why some problems feel easier to manage after a good night's sleep.

Sleep also helps clear away by-products of normal brain activity that build up during the day, including certain proteins. This is one reason why poor sleep can affect concentration and mood.

You can't fully catch up on lost sleep

A long "sleep-in" on the weekend may help you feel a bit better, but it doesn't completely reverse the effects of ongoing poor sleep during the week. Regular sleep patterns are more helpful for long-term health than occasional "catch-up" sleep.

Sleep supports your immune system

Good sleep helps your immune system respond properly. Even a few nights of poor sleep can reduce your body's ability to fight off common infections, making you more likely to feel run down.

Your body has a natural sleep rhythm

Your body runs on an internal clock called the circadian rhythm. It responds to light

and darkness to help regulate sleep and wake times. Bright light from screens in the evening can disrupt this rhythm and make it harder to fall asleep.

Small changes can help improve sleep

Your body temperature naturally drops in the evening, which helps prepare you for sleep. A cool, dark, quiet room can support this process, along with limiting caffeine later in the day and keeping to a regular bedtime.

Make sleep a priority

Sleeping is not a luxury – it's a vital part of good health. If you're regularly struggling with your sleep, it's worth discussing with your GP, as there may be underlying causes or simple strategies that can help.



Understanding Adenomyosis and menstrual health

Many women experience period pain at some point. But for some, pain and heavy bleeding can be severe enough to interfere with daily life. Adenomyosis is one condition that can cause these issues.

What is Adenomyosis?

Adenomyosis occurs when the cells that normally line the inside of the uterus also grow into the muscle wall of the uterus. This can cause it to become thicker and more sensitive, which may lead to:

- Heavy or prolonged menstrual bleeding
- Painful periods
- Ongoing pelvic pain
- Pain during sex

Sometimes there are no symptoms, or they may be mild but gradually worsen over time. For some people, symptoms can be severe and difficult to manage.

Heavy or prolonged periods can also increase the risk of iron deficiency or anaemia, which may leave you feeling tired, weak, or short of breath.

Adenomyosis may occur alongside endometriosis, a condition where similar tissue grows outside the uterus. In some cases, it can also be linked with fertility or pregnancy difficulties.

Why adenomyosis happens

The exact cause isn't fully understood. It may be linked to hormone levels (particularly oestrogen), how the uterus develops, pregnancy and childbirth, or previous uterine surgery.

Women of all backgrounds can be affected. For some – especially those who already face barriers to healthcare – symptoms may go unrecognised or untreated for longer.

When to seek help

Painful periods or heavy bleeding are not something you need to accept. If your symptoms are ongoing or worsening, it's important to seek medical advice.

Your doctor will discuss the treatments available, and you may be referred to a specialist if needed. Treatment options depend on your symptoms, stage of life, and whether pregnancy is a future consideration.

Getting support can make a real difference. You will be involved in decisions about your care, so you don't have to manage symptoms alone.



CRUNCHY, NUTTY BAKED GRANOLA

This granola is high in fibre from oats and buckwheat, which helps support steady energy. Nuts, seeds, and LSA (ground linseed, almonds and sesame seeds) provide healthy fats and some plant protein. It also includes iron-rich ingredients like pumpkin seeds and dried fruit.

INGREDIENTS

- 2 cups rolled oats (whole grain)
- ½ cup raw buckwheat groats
- ½ cup chopped almonds (or other mixed nuts)
- ½ cup mixed seeds (e.g. pumpkin, sunflower, sesame, hemp)
- ½ cup dried or fresh chopped dates
- ¼ cup dried chopped apricots
- ¼ cup shredded coconut (optional)
- 2 tbslp ground LSA

WET MIX:

- ¼ cup sunflower oil
- 2 Tbsp honey or maple syrup
- 1 tsp vanilla
- 1 tsp cinnamon (optional)
- Pinch of salt

METHOD:

1. Preheat oven to 160°C. Line a tray.
2. Mix all dry ingredients except dried fruit.
3. Stir together wet ingredients, then combine with dry ingredients.
4. Spread onto tray and press lightly.
5. Bake 20–25 minutes, stirring once.
6. Cool completely, then stir through dates and apricots.

Serve with yogurt for added protein, and eat with fruit high in vitamin C to support iron absorption.



INFLUENZA IN 2026

Influenza is a common viral infection that affects people of all ages.

While it may be a mild disease for some, it can also cause serious illness and even lead to hospitalisation in otherwise healthy people.

Vaccination, administered annually by a health professional is the safest means of protection from influenza.

Each year the virus' circulating can vary, this is why annual vaccination is very important. There are different vaccine brands available for different age groups, all brands are quadrivalent, which means they contain 4 viral strains. Influenza vaccines have been around for many decades and are very safe. The vaccine does not contain any live viruses and therefore cannot give you influenza. Common side effects are mild pain, redness and swelling at the injection site, more serious reactions are very rare.

Flu vaccination is strongly recommended and free under the National Immunisation Program for the following people:

- Children aged 6 months to less than 5 years
- Pregnant women at any stage during pregnancy
- Aboriginal and Torres Strait Islander people aged 6 months and over
- People aged 65 years and over
- People aged 6 months and over with certain medical conditions.

If you are not eligible for the free vaccine you can purchase the vaccine from participating pharmacies or speak to your GP.

What else can you do to stay healthy during Flu season?

- Hand Hygiene - washing your hands regularly with soap and water or using handrub is the most important routine to include in your day.
- Cover your mouth - If you feel a sneeze or cough coming on and you don't have a tissue handy, it is important to cough or sneeze into your elbow.
- Wear a mask
- Stay home – Staying at home while you are unwell is the best way to avoid spreading the flu or covid.
- Eat lots of Fruit and vegetables
- Stay active – 30 minutes a day of activity

Government funded flu vaccine will be available from late April, 2026.

High blood pressure: easy to miss, important to check

Your blood pressure is the force of blood pushing against the walls of your arteries as your heart pumps. It naturally rises and falls throughout the day, depending on what you're doing. However, when it stays consistently high – known as high blood pressure or hypertension – it can place extra strain on your heart and blood vessels.

High blood pressure often has no obvious symptoms, which is why it's often called a silent condition. You may feel well, yet over time, uncontrolled high blood pressure increases the risk of problems such as cardiovascular disease (including heart attack, heart failure, and stroke) and chronic kidney disease.

The good news is that a simple test can check for high blood pressure, and it can often be managed effectively.

What causes high blood pressure?

In many people, there is no single clear cause. Contributing factors can include family history, ageing, being overweight, low physical activity, stress, and a high-salt diet. Certain medical conditions and some medications can also affect blood pressure. For many of us, it's a combination of lifestyle and genetic factors.

What can affect the reading?

Blood pressure can change from moment to moment. Everyday factors can also temporarily affect your reading. For this reason, your GP may check your blood pressure more than once, or suggest you monitor it at home.

To help get a more accurate reading, it's best to sit calmly for a few minutes before the test.

Also avoid caffeine, smoking, alcohol, or exercise for around 30 minutes beforehand.

Looking after your blood pressure

Small, consistent lifestyle habits can help support a healthy blood pressure, including:

- Eating a balanced heart-healthy diet rich in vegetables, fruits, whole grains, and healthy proteins and fats
- Reducing salt intake
- Staying physically active most days
- Maintaining a healthy weight
- Limiting alcohol
- Quitting smoking
- Managing stress and getting enough rest and sleep

When to get checked

Regular checks are important – even if you feel well. Your GP can advise how often you should have it measured based on your age and risk factors. Early detection can help prevent long-term problems.

Think of your blood pressure as your body's own personal health monitor, tracking how hard your heart is working. Keeping an eye on it, and making simple lifestyle changes where needed, can go a long way in protecting your future health.

Questions to ask at your doctor's visit

Asking questions helps you get the care you need. To make the most of your visit, jot down anything you'd like to know about in the space below. Take this list with you so it's easy to remember what you wanted to ask.

DOCTOR'S NAME	DATE	TIME
1.		
2.		
3.		
NOTES:		