



50 Radovick Street
Korumburra 3950
P: 5655 1355
F: 5655 1537



Dr Peter Lewis
MBBS Dip.RACOG

Dr Mark Bensley
MBBS Dip.RACOG FRACGP

Dr Clare Stainsby
MBBS Dip.RACOG FRACGP FACRRM

Dr David Selvanayagam
MBBS FRACGP

Dr Yan Lu
MBBS FRACGP

Dr Satheesh Kumar Cheella Reddy
MD, MPH, MHP, BAMS

Dr Diane Varga Reino
MBBS

Dr Edward Watkins
MBBS, AMC MCQ, ARC BLS

Dr Nishama Gamage
MBBS

Dr Akbar Jamal
MBBS

Dr Nadeeka Jayaweera
MBBS

PHYSIOTHERAPIST
Lakshmi Jayalath

PRACTICE STAFF
Lissa Bain (Practice Manager)

PRACTICE NURSES
Jenny Edwards, Laura Nicholas,
Sharon Goad, Michelle Bensley, Marie
Tremblay, Megan Schipper,
Tessa Zuidema and Debra Parkes

ADMINISTRATIVE STAFF
Debbie Paterson, Maddie Smith,
Julie Patterson, Kerry Bennington, Lisa
Pemberton, Nicole Bennett, Linda Kolic
and Stacey Williamson

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

AUGUST 2026



**INFLAMMATION
OFF SWITCH**



**THE CONSTANT
RUNNY NOSE**



**WHEN NUMBNESS
MATTERS**



**POTASSIUM
ESSENTIALS**

Compliments of your GP

Fatty Liver: A condition that often goes unnoticed

Fatty liver disease is one of the most common liver conditions in Australia, affecting an estimated one in three adults. Yet many people don't realise they have it because it may have few or no obvious symptoms in its early stages. Understanding it is important as it can sometimes affect liver health.

Your liver performs many essential jobs. It processes nutrients, helps store and release energy, filters waste products from your blood, and makes important proteins that help your body function properly.

What is fatty liver?

A healthy liver has very little or no fat. If you regularly consume more kilojoules than your body needs, some of the excess can be stored as fat, including in the liver. Over time, this build-up can affect liver health.

Fatty liver disease doesn't always develop into serious problems, but in some cases the liver can become inflamed and scarred over time. This can affect how well the liver functions.

How is fatty liver detected?

Many people with fatty liver feel well, so it can go unnoticed for a long time. It's often discovered during routine health checks or investigations for other reasons, rather than from symptoms.

Blood tests may suggest changes in liver health, while imaging tests can help identify fat build-up in the liver.

What causes fatty liver?

Fatty liver can develop for two main reasons. One is excessive alcohol consumption. The other, and now the most common cause, is metabolic health problems. This is known as metabolic associated fatty liver disease (MAFLD).

MAFLD is associated with risk factors such as carrying extra weight (particularly around your abdomen), type 2 diabetes, high cholesterol, and high blood pressure.

Metabolic health refers to how well your body manages important processes, such as controlling blood sugar, cholesterol, blood pressure and body weight. When these aren't well controlled, excess fat is more likely to build up in the liver.

These same factors are also linked to a higher risk of heart disease, which is why fatty liver can be a sign that both your

metabolic and cardiovascular health may need attention.

Can fatty liver be reversed?

In many cases, yes. The liver has a remarkable ability to recover, especially when fatty liver is identified early. This is why routine health checks are important.

Healthy lifestyle changes can help reduce fat in the liver and support your overall health.

Drink little or no alcohol, quit smoking or vaping, be physically active most days, and have a balanced wholefood diet. This means including plenty of vegetables and fruits, legumes, whole grains, and lean proteins. These steps can also help you achieve or maintain a healthy weight.

It's also important to manage conditions such as diabetes and high blood pressure.

The good news is that healthy lifestyle changes can make a big difference. If you have concerns about your liver health or your risk factors, speak with your GP.

Our newsletter is free - please take a copy with you

Why does my child's nose seem to be running all winter?

If your child seems to have a runny nose all winter, you're not alone. For many families, it can feel like one cold finishes just as another one begins.

Why does it seem to last so long?

Young children are still developing immunity to many common viruses, so it's normal for them to get several colds each year. During winter, we also tend to spend more time indoors and closer together, making it easier for infections to spread.

A typical cold may improve within a week or two, but a cough or runny nose can linger longer. Children can also pick up another virus soon after, making it feel like they've been constantly sick.

A runny nose doesn't always mean your child has a cold or flu. Things such as cold air, indoor heating, dust, or allergies can also irritate the nose and cause extra mucus. The colour of the mucus can change during a cold too. Green or yellow mucus can be a normal response to an infection.

Babies and younger children may seem especially affected because their smaller nasal passages can make it harder to clear mucus.

What can help?

Simple things can make your child more comfortable:

- plenty of fluids and rest
- saline nasal sprays or drops may help loosen mucus (ask your pharmacist about suitability and use)
- keep rooms a comfortable temperature with good ventilation – heating can dry the air and irritate the nose, but very damp rooms can encourage mould
- regular hand washing to help reduce the spread of germs

When should you get advice?

Most mild runny noses are not a cause for concern, however if you're worried about your child, it's always appropriate to seek advice. See your GP if your child seems unusually unwell, has trouble breathing, is not drinking enough, or their symptoms are getting worse rather than improving.

For babies, particularly in the first few months of life, seek medical advice sooner if you have concerns about their breathing, feeding, or general wellbeing.

While it can be frustrating, most runny noses improve with time, and simple home care can help children feel better.

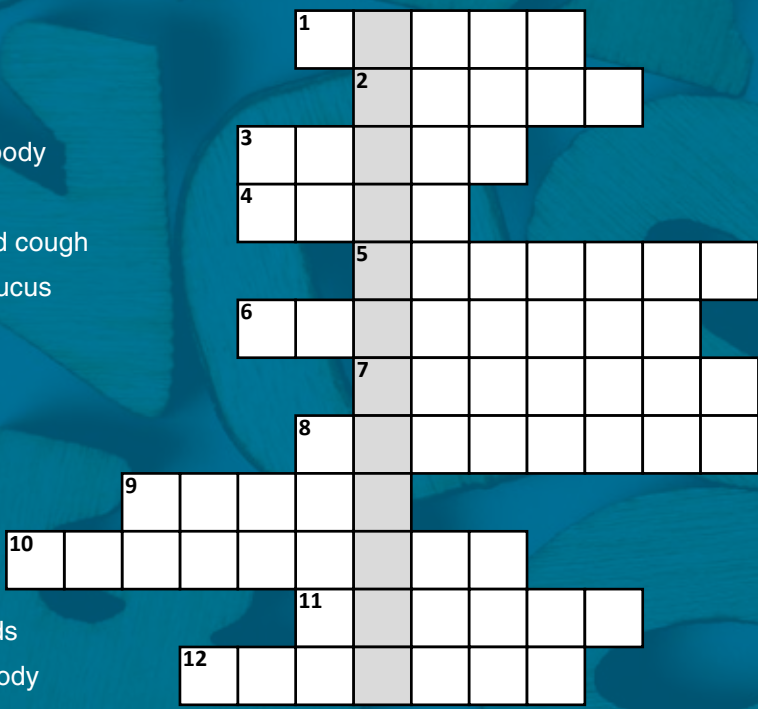


HIDDEN IN THE CELLS: CAN YOU FIND THE SECRET WORD?

Fill the answers of the clues in the puzzle. Once you have done this, you will find the secret word in the grey rectangles. Good Luck!

CLUES:

1. An organ affected by fatty liver disease
2. Carries messages between the brain, spinal cord, and body
3. Short for metabolic associated fatty liver disease
4. Common viral infection that can cause a runny nose and cough
5. A condition that can irritate the nose and cause extra mucus
6. A loss of feeling or sensation in part of the body
7. Potassium helps these contract and relax
8. A healthy diet is often described this way
9. Potassium helps this organ maintain a steady rhythm
10. An essential electrolyte found in many everyday foods
11. An electrolyte that works with potassium to balance fluids
12. Organs that help remove excess electrolytes from the body



Numbness: when should you pay attention?



Most of us have experienced numbness at some point. It may happen after being in one position for too long or when a limb has “gone to sleep”. In many cases, it’s temporary and harmless. However, it may need checking if it has no obvious cause, keeps returning, or doesn’t go away.

Why does numbness happen?

Numbness usually occurs when a nerve is irritated, compressed, or not working properly. A common example is pressure on a nerve from sleeping in an awkward position. Once you move, the feeling usually returns.

Some people may also notice tingling or “pins and needles” – a sensation that can happen when a nerve is irritated or recovering after temporary pressure.

Nerve irritation or compression can occur from neck or back issues, repetitive movements, certain positions, or injuries. A previous injury may leave a nerve more sensitive, causing numbness or tingling with certain activities.

Other possible causes include vitamin B12 deficiency, diabetes-related nerve damage, some medications, and circulation problems.

Lifestyle factors matter

Healthy nerves depend on good overall health. Regular physical activity, a balanced diet, maintaining a healthy weight, and avoiding smoking can all help.

If you spend long periods sitting, driving, or working at a desk, regular movement breaks can help keep your body moving and reduce the chance of nerve irritation.

When should you see your GP?

It's worth making an appointment if numbness:

- keeps returning
- doesn't fully resolve
- gradually worsens
- affects your daily activities
- occurs alongside pain, weakness, or balance problems

Red flags

Occasionally, numbness can signal a more serious condition. Seek urgent medical help if it happens suddenly, especially on one side of your body, with facial drooping, difficulty speaking, confusion, severe weakness, or loss of bladder or bowel control.

Also seek urgent advice if numbness develops after a significant injury or affects both legs and worsens rapidly.

Potassium: getting enough naturally

Potassium is often linked with electrolyte supplements, but for most of us, the best source is the food we eat every day. Learning more about this essential mineral can help you know whether your diet provides enough naturally.

Every heartbeat, muscle movement and nerve signal relies on the right balance of electrolytes. Potassium helps your nerves send signals, your muscles contract and relax, and your heart beat normally.

Why sodium matters too

Sodium and potassium work together to balance fluid levels in your body. This balance is essential for healthy nerve, muscle, and heart function.

Potassium also helps your kidneys remove excess sodium, which can support healthy blood pressure. You might think increasing it could make up for a high-salt diet, but it doesn't work that way. Potassium doesn't cancel out the effects of eating too much salt, so it's still important to keep salt intake within recommended limits.

Foods rich in potassium

While bananas are well known for potassium, they're not the only food that can help you get enough. Potatoes, beans, lentils, spinach, tomatoes, avocados, milk and yoghurt are all good sources. Eating a variety of these foods also provides fibre, vitamins and many other nutrients.

What about potassium supplements?

For most people, a balanced diet provides enough potassium and healthy kidneys are very good at keeping potassium levels in balance.

However, some health conditions or medications can affect how the body manages potassium.

People with kidney disease, some heart conditions, or those taking certain medications may need to be careful with potassium intake because high levels can affect heart rhythm. In these cases, potassium supplements should only be used under medical advice.

Low potassium levels are more commonly linked to fluid loss, such as vomiting or diarrhoea, health conditions that affect potassium balance, or some medications, rather than simply not eating enough potassium-rich foods.

A varied diet with plenty of nutritious foods is the simplest way to get the potassium your body needs.



HEARTY LENTIL AND VEGETABLE SOUP

A warming, nourishing soup packed with fibre, vegetables, and plant-based protein. Serves: 4



- 2 Tbsp tomato paste
- 1 tsp dried Italian herbs
- 4 cups vegetable or chicken stock
- 1 cup dried brown lentils, rinsed
- 1 can (400 g) diced tomatoes
- 1-2 cups baby spinach, chopped finely

METHOD

1. Heat olive oil in a large pot. Sauté onion and garlic for 5 minutes.
2. Add celery, carrots, zucchini, tomato paste, and herbs. Stir for 1 minute.
3. Add stock, lentils and tomatoes. Bring to the boil.
4. Simmer for 25–30 minutes, or until lentils are tender.
5. Stir through spinach until heated through.

INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, diced
- 1 stick celery, diced
- 2 cloves garlic, crushed
- 2 carrots, grated
- 1 zucchini, grated



Serve warm with crusty wholemeal bread or warm wholegrain flatbread.

New insights into chronic inflammation

Inflammation is one of your body's natural defence mechanisms. If you cut your finger or catch a virus, it helps protect you and supports healing. Usually, once the job is done, the inflammation settles down. But what happens when it doesn't?

The inflammation "off switch"

Research is shifting focus from what causes long-term inflammation to why it doesn't resolve when it should. For many years, inflammation was thought to fade away naturally once an injury or illness improved. Scientists now know that your body has active processes to help bring it to an end.

Special immune cells, hormones, and chemical messengers act together to calm the inflammatory response and begin repair. Researchers call this the resolution of inflammation. If these processes don't work properly, inflammation may continue even after the original issue has settled.

When inflammation remains

Inflammation can sometimes become trapped in a cycle. Factors such as ongoing tissue irritation, stress, poor sleep, and excess body fat may all help keep the process active.

Inflammation is not always triggered by infection or injury. Your body can also produce a low-level inflammatory response when tissues are under stress. Over time this may be linked with conditions such as type 2 diabetes, heart disease, and obesity. There are some conditions that involve ongoing inflammation. These include rheumatoid arthritis, inflammatory bowel disease, asthma, and psoriasis.

Chronic inflammation may also become more common as we age. This may be linked to changes in the immune system,

slower repair processes, and other changes that occur with ageing, although the reasons are still being studied.

Helping inflammation settle

There's no single magic solution, and it depends on the cause. However, some lifestyle habits can help reduce chronic inflammation and support your body's natural healing processes. These include:

- Being physically active most days
- Getting enough quality sleep
- Maintaining a healthy weight
- Not smoking
- Managing ongoing stress
- Eating plenty of vegetables, fruit, whole grains, legumes, nuts, seeds, and healthy fats such as olive oil
- Managing conditions that may contribute to inflammation, such as gum disease, diabetes, or sleep apnoea.

Researchers are also exploring how your gut health may affect inflammation throughout your body.

The future of inflammation research

Research is continuing into how your body brings inflammation to an end, not just what causes it. While there's still much to learn, many healthy habits may help support your body's natural ability to regulate inflammation and promote healing.



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.

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:		

Quiz Answers

- | | |
|-------------|---------------|
| 1. LIVER | 7. MUSCLES |
| 2. NERVE | 8. BALANCED |
| 3. MAFLD | 9. HEART |
| 4. COLD | 10. POTASSIUM |
| 5. ALLERGY | 11. SODIUM |
| 6. NUMBNESS | 12. KIDNEYS |

Disclaimer: The information in this newsletter is not intended to be a substitute for professional medical advice, diagnosis or treatment. Decisions relating to your health should always be made in consultation with your health care provider. Talk to your doctor first.