



Chronic conditions



Your mouth & your mood



RSV Vaccine in Australia



Spring readiness

DOCTORS PRACTICING AT THIS CLINIC

Dr Z Albrekany
Dr W Barnetson
Dr R Bermudez

(Female)

Dr P Burke

Dr S Cox
(Female)

Dr B Hodge

(Female)

Dr P Sankpal

Dr M Teng

Dr O Zitoun

Dr S Lumbes

Dr Champika

(Female)

Dr Methira

(Female)

Dr Fernando

(Female)

Dr A Osokoya

Dr A Sen

Dr K Taghian

Dr H Yeang

Dr D Greene

Dr S Shahzad (Female)

Dr Natalie Marijanovic
(Endocrinologist)

PRACTICE MANAGER

Leeanne Gregory

PRACTICE NURSES

Joel, Linda, Kylie, Mie Mie, Casey, Shwe, Shannel, Victoria, Nu Nu & Wendy

CAREWELL DIAGNOSTIX

SURGERY HOURS

7 days a week 8am – 8pm
Chemist on site.

AFTER HOURS & EMERGENCY

For after-hours medical advice and attention ring **9749 2766**

- you will be given a contact phone number for the doctor on call.

In emergencies eg. chest pains/collapse, it may be more appropriate to call an ambulance on **000**.

There is also an available doctor on duty after hours at the Urgent Medical Care Unit at the Werribee Mercy Hospital. The closest major 24-hour casualty services are at Western Hospital Footscray (general) and Western Hospital Sunshine (children).

SPECIAL PRACTICE NOTES

Appointments. Appointments now available on-line via our website www.wyndhamhealthcare.com.au or over the phone.

You are free to see any of the doctors, but we encourage you to see the same doctor for any return visits for an ongoing condition.

Identified emergencies will be attended to immediately.

Vaccines. See back page

Telehealth: Is available for all regular patients who have attended the clinic within a 12 month period.

Overseas Student Insurance Accepted: Bupa, Medibank/AHM, Allianz OSHC, NIB/IMAN (Cards Required).

Changes to workcover consultations. As of 1st october 2024 all new claims will need to be paid on the day till such time they are accepted and paid by the employer/insurance company. patients maybe eligible to claim this back through the employer once accepted.

Telephone Access. Emergency calls will be put straight through to the doctor. For non-urgent calls, messages can be left for your treating doctor to answer.

Billing arrangements. We are a Bulk Billing Clinic for all patients with a current Medicare Card. Please bring your Medicare card to your appointment. Payment can be made by cash, cheque or credit card for private accounts and non Medicare Card holders.

Patient Privacy. Your medical record is a confidential document. It is the policy of the practice to maintain security of personal health information at all times and ensure this information is only available to authorized members of staff and to comply with the Privacy Act. To transfer of medical records, fees may apply. To help us communicate with you, we use trusted third-party providers for messaging, Assignment of Benefits and online appointment bookings. For information about Terms & Conditions and Privacy Policy, please visit the link on our website.

Patient Feedback. We would like to hear about your concerns, complaints or suggestions. Please feel free to talk to your GP or the Practice Manager regarding any issues. If you prefer, you can contact the Office of the Health Services Commissioner on 8601 5200.

Interpreter Services. For patients experiencing language difficulties a translator can be arranged. Please discuss this need with the reception staff when making your appointment.

Self Identification. To help us meet your specific health needs we encourage you to self identify your cultural background to your doctor i.e.: Aboriginal or Torres Strait Islander.

Emergency Contact Details. Please notify staff if you have changed your address or phone number. To allow us to contact someone for you in an emergency should the need arise, please ensure we have an emergency contact name & phone number.

Test Results. Results are checked daily by the doctors. If they need to be followed up, the doctor will either:

- Doctor will advise you about follow up at your appointment or
- Request a member of the reception staff will call you to make an appointment to come into the clinic to discuss results.

Follow Up. Our practice is committed to ongoing preventative care. We have a recall system in the form of reminders for patients, unless declined, requiring follow up for pap smears and procedures including colonoscopies and gastroscopies. If you do not wish to be included in our reminder system, please tell your doctor. This surgery participates in State & National registers.

Iron Infusions. We offer Bulk Billed Iron Infusions for patients providing you have seen a Doctor prior to booking the treatment.

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

Chronic conditions

Chronic and long-term conditions affect millions of Australians and drive much of our health system use. The most common remain mental and behavioural conditions (notably anxiety and depression), back problems, arthritis, asthma, diabetes, and cardiovascular disease. These conditions often cluster: someone with back pain may also experience depression or obesity, compounding symptoms and making day to day life harder. Prevalence rises with age, but many start earlier than people expect, especially musculoskeletal pain and mental health conditions.

What you can do today:

- Know your numbers. Track blood pressure, cholesterol, blood glucose (if at risk), and weight/waist. Early changes are easier to reverse.
- Move most days. Aim for 150 minutes of moderate activity weekly plus two strength sessions; even 10 minute bouts reduce pain, improve mood, and support heart health.
- Prioritise sleep and stress care. Regular sleep times and simple stress routines (breathing, brief walks, social connection) help both pain and mood.
- Eat for stability. Emphasise vegetables, whole grains, legumes, nuts, olive oil, and fish; limit ultra processed foods and sugary drinks to reduce inflammation and support weight and glucose control.
- Plan care, not just visits. Ask your GP about a chronic disease management plan and allied health referrals under Medicare, including physiotherapy, dietetics, and mental health support.
- Stay up to date with vaccines. Annual flu shots and recommended COVID boosters lower complications, especially for people with heart, lung, diabetes, or kidney disease.
- Make it social. Join local walking groups or condition specific programs—accountability boosts adherence.

Small, consistent steps matter more than perfection. If pain, breathlessness, low mood, or daily function worsens, book a review with your GP to adjust your plan promptly.

How your mouth shapes your mood

A healthy mouth does more than prevent cavities—it meaningfully supports wellbeing. Oral pain, bleeding gums, and missing or sensitive teeth can limit what you eat, how you sleep, and whether you smile or socialise. Those daily frictions add up: people with untreated dental problems report more stress, lower life satisfaction, and higher rates of anxiety and depression. Conversely, comfortable, functional teeth enable varied, enjoyable eating, clearer speech, better sleep, and confidence in social and work settings—core ingredients of happiness.

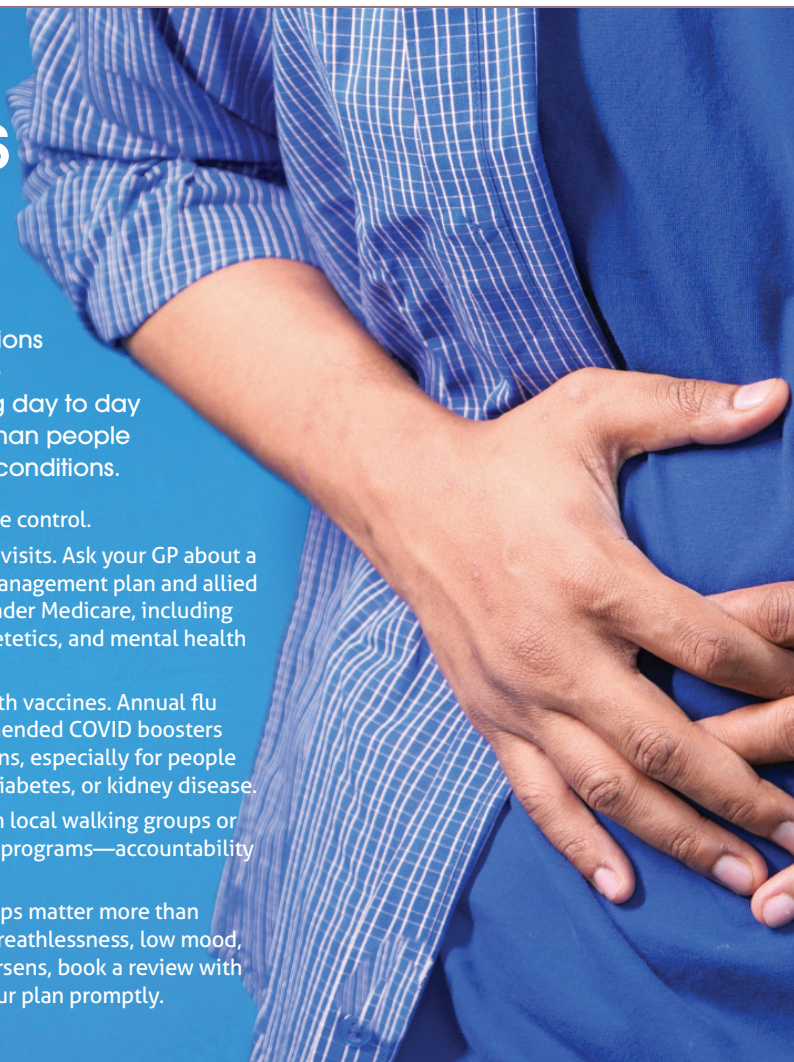
Biology plays a role too. Chronic gum disease is an inflammatory condition; persistent inflammation is linked with fatigue, low mood, and conditions like diabetes and cardiovascular disease. Treating periodontal disease can reduce systemic inflammation markers, often improving energy and overall quality of life.

Practical steps to boost both oral and emotional health:

- Brush with fluoride toothpaste twice daily and floss every day..
- Limit frequent sugary snacks and acidic drinks.
- Book regular check ups and cleanings

Whilst the primary specialist for dental health is your Dentist, if you start to have concerns over your teeth or gums, your GP is always a good place to start especially if there may be a link to more serious health concerns.

Small, consistent habits create a positive feedback loop: a healthier mouth, easier daily life, and more reasons to smile.



The Importance of the RSV Vaccine in Australia

Respiratory Syncytial Virus (RSV) is one of the leading causes of serious respiratory illness in Australia, particularly affecting infants, older adults, and people with chronic medical conditions. While RSV often causes symptoms similar to the common cold, it can lead to severe complications such as bronchiolitis, pneumonia, and hospitalisation in vulnerable groups. With safe and effective vaccines now available, Australia has an important opportunity to reduce the burden of this common virus.

Each year, RSV places significant pressure on Australian hospitals during the autumn and winter months. Thousands of babies require medical care for RSV-related illness, while older adults aged 60 years and over are at increased risk of severe infection, particularly those with heart disease, lung disease, diabetes, or weakened immune systems.

Vaccination is one of the most effective ways to prevent serious RSV disease. In Australia, maternal RSV vaccination during pregnancy helps protect newborn babies during their first six months of life by passing protective antibodies from mother to baby. Vaccines are also available for older adults to reduce

the risk of severe illness, hospitalisation, and complications.

The benefits of RSV vaccination extend beyond the individual. Preventing severe illness helps reduce hospital admissions, eases pressure on the healthcare system, and protects families from the emotional and financial impact of caring for a seriously ill loved one.

If you are pregnant, over 60 years of age, or have underlying health conditions, speak with your GP or healthcare provider about whether the RSV vaccine is recommended for you. Vaccination is a simple step that can help protect both yourself and those most vulnerable during Australia's respiratory virus season.



Mesothelioma

Mesothelioma is a rare, aggressive cancer that forms in the lining of the lungs (pleura) most often, and less commonly in the abdomen (peritoneum) or around the heart.

The primary cause is inhaling asbestos fibres, typically from occupational or environmental exposure decades earlier. Symptoms can be subtle at first—shortness of breath, persistent chest pain, cough, fatigue, or unexplained weight loss—and may be mistaken for common respiratory conditions.

Diagnosis usually involves imaging (chest X ray, CT), fluid analysis if there's a pleural effusion, and a tissue biopsy to confirm cell type (epithelioid, sarcomatoid, or biphasic). Staging assesses how far disease has spread and guides treatment.

Treatment is individualised and often combines:

- Surgery for selected early pleural cases to remove diseased lining and relieve symptoms.
- Systemic therapy: platinum based chemotherapy, immunotherapy (checkpoint inhibitors), or combinations to improve survival and control symptoms.
- Radiation therapy to shrink tumours or reduce pain.
- Supportive care: procedures to drain fluid, pain control, pulmonary rehab, and nutrition support.

If you've had asbestos exposure and develop persistent chest symptoms, see your GP promptly and mention the exposure history.

In Australia, asbestos exposure has a long legacy in construction, shipbuilding, and home renovations. If you're renovating, use licensed professionals for asbestos testing and removal, and follow your state's safety regulations.



Spring readiness

As winter fades, spring brings longer days—and spikes in pollen, asthma flares, and sudden storms. Get ahead now to protect your breathing and wellbeing.

- Track pollen and plan. Check daily pollen counts and thunderstorm asthma alerts for your region. On high risk days, keep windows closed, use recirculated air in cars, and prioritise indoor exercise.
- Tune your asthma and allergy plan. If you wheeze, cough at night, or use a reliever more than twice a week, book a GP review. Start or step up preventer inhalers before peak pollen. Use intranasal corticosteroid sprays daily for hay fever; add non drowsy antihistamines as needed.
- Prep your environment. Replace or clean HVAC filters, service inhalers/spacers, and stock tissues, saline rinses, and eye drops. Shower after outdoor activities to remove pollen; dry laundry indoors on extreme pollen days.
- Build resilience habits. Aim for regular sleep, movement most days, and a Mediterranean style eating pattern to support immune and respiratory health.
- Prepare for severe weather. Thunderstorms and early heat spikes can hit in spring. Assemble a simple kit: updated medications, water, a charged power bank, and copies of action plans. Save emergency numbers and set local alert notifications on your phone.

Early, consistent steps reduce flare ups, days off work or school, and unplanned doctor visits. If you notice worsening breathlessness, chest tightness, or persistent facial pain from sinus symptoms, seek medical advice promptly.



LEMON-HERB CHICKEN WITH ASPARAGUS AND PEA ORZO

Here's a bright, easy spring recipe that can be made as directed, or made veg by swapping out the chicken for Haloumi and using vegetable stock. Serves 4 | 30 minutes

Ingredients (Serves 6–8):

- 2 cups chicken stock
- 1 cup orzo pasta
- 2 tbsp olive oil, divided
- 500 g chicken thigh fillets, cut into bite-size pieces
- 1 bunch asparagus, trimmed, cut in 3–4 cm pieces
- 1 cup frozen peas
- Zest and juice of 1 lemon
- 2 cloves garlic, minced
- 1 tsp Dijon mustard
- 1 tsp honey (optional)
- 2 tbsp chopped fresh parsley
- 1 tbsp chopped fresh mint or dill
- 30 g grated parmesan (plus extra to serve)
- Salt and pepper
- Lemon wedges, to serve

Method:

1. Cook orzo: Bring stock to a boil, add orzo, simmer until al dente (8–9 min). Reserve a splash of stock; drain.
2. Sear chicken: Heat 1 tbsp oil in a large skillet over medium-high. Season chicken with salt/pepper; cook 5–7 min until browned and cooked through. Transfer to a plate.
3. Spring veg: In the same pan add remaining oil, asparagus, and a pinch of salt; cook 2–3 min. Add peas and garlic; cook 1 min.
4. Sauce: Stir in lemon zest/juice, Dijon, honey, and a splash of reserved stock to make a light pan sauce. Scrape up browned bits.
5. Combine: Return chicken to pan with orzo, parmesan, parsley, and mint/dill. Toss until glossy; loosen with more stock if needed. Season to taste.
6. Serve: Finish with extra parmesan, black pepper, and lemon wedges.

WORD SEARCH

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

MOOD MOUTH TRAVEL ALLERGY CANCER CHRONIC COUGH FISH
HABITS HEALTH POLLEN SLEEP VACCINE

Wyndham Health Care

● OTHER HEALTH SERVICES

(Costs may apply. Please enquire at reception)

- Psychologist
- Audiologist
- Podiatrist
- Diabetes Educator
- Dietician
- Chiropractor
- Physiotherapist
- Exercise Physiologist

● GENERAL PRACTICE SERVICES

(Ask your GP if you are eligible)

- Chronic Disease Management Plan (EPC)
- Refugee Health Assessment
- Mental Health Care Plans
- Diabetes Risk Assessment
- Aboriginal & Torres Strait Islander Health Assessment Child/ Adult/ Older person
- 45-49 year old Health Assessments
- 75+ year old Health Assessments
- Endocrinologist

● CHIROPRACTIC SERVICES

Our Chiropractor, David Le, will tailor treatment to promote a healthy spine. Symptoms such as neck stiffness, headaches, upper and lower back pain can be managed with gentle chiropractic techniques and exercise programs. For a referral via Medicare's EPC, please speak to your GP or contact reception for an appointment. Private health insurances are accepted.

● PODIATRY

Our Podiatrist, Allan Pham specialises in promoting overall good foot health. Patients suffering from Diabetes, foot pain, sports injuries, ingrown toenails, corns and calluses can experience relief with Podiatric care. Bulk Billing is available to patients eligible for a Chronic Disease Management Plan (EPC) and provide rebates for people with Private Health Insurance.

● VACCINES

Shingles free for 71-79 Year Olds. As we head into the colder months, we encourage all patients to get their annual influenza (flu) vaccine. The flu can be serious, especially for young children, older adults, and those with underlying health conditions. Vaccination is the best way to protect yourself and those around you and are free for 6mths to 5years , over 65 years and those with a chronic health condition. A new RSV vaccine is available from the 15th May for adults aged 75 years and over (stock will be limited). This will help reduce the risk of severe respiratory illness. RSV immunisation is also available for eligible infants, including catch-up options for babies aged 6weeks to 8mths old, who may have missed earlier protection. Please discuss with your GP today.