



AUGUST - SEPTEMBER 2025 EDITION

FREE TO TAKE HOME!



Screen Time for Children



Febrile Fits in Children



Managing Hay Fever



Managing Asthma

● PRACTICE DOCTORS

Dr Ying Chow

MBBS, B Med Sci, FRACGP

Tuesday.....8:30am - 4:00pm
Thursday.....9:00am - 3:30pm
Friday.....9:00am - 4:00pm

Dr Michelle Hart

MBBS, FRACGP

Monday.....8:30am - 12:00pm
Wednesday.....8:30am - 3:30pm
Thursday.....1:00pm - 4:30pm

Dr Jaclyn Moss

MBBS, FRACGP

Tuesday.....9:00am - 5:00pm
Thursday.....8:30am - 12:00pm
Friday.....9:00am - 12:00pm

Dr Michelle Barrett

MBBS, DRANZCOG, FRACGP

Times Vary

Dr Dave Donnelly

MBBS BSc (Med Hon) FACCRR MPH & TM

Friday.....8:30am - 5:00pm

Dr Gwenda Griffiths

MBBS (Hons), BAppSci (physio) Hons, FRACGP

Variable Sessions

Dr Matthew Lewis

MBBS (Hons), Bsc (Hons), FRACGP

Monday.....9:00am - 12:30pm
Wednesday.....9:00am - 12:30pm

Dr Katherine Lovat

MBBS, FRACGP

Monday.....9:30am - 12:30pm
Wednesday.....9:30am - 12:30pm
Friday.....8:30am - 3:00pm

Dr Kate McCallum

MBBS, DRACOG, DCH

Family Medicine

Tuesday & Friday.....9:30am - 2:00pm

Dr Patrick O'Callaghan

MBChB, BAO (NUI), FRACGP

Monday.....8:15am - 5:00pm
Tuesday.....8:15am - 12:00pm
Thursday.....8:15am - 5:00pm

Dr Matt Smith

MBBS, FRACGP, MPHTM, BE

Monday.....1:00pm - 5:00pm
Wednesday.....1:00pm - 5:00pm
Thursday.....8:30am - 12:00pm

Dr Catherine Mannering

MD, BSc(Med)

Tuesday & Thursday.....9:00am - 5:00pm

● PRACTICE STAFF

Practice Manager:

Graeme Sellar

Practice Nurses:

Jane (RN), Danielle (RN) & Kirsty (EN)

Reception Staff:

Ann, Deb, Ned, Ashleigh, Olivia and Trystan

● SURGERY HOURS

Monday – Friday..... **8.00am – 6pm**

● AFTER HOURS & EMERGENCY

For after hours care please phone: **1300 422 567**

In case of an emergency dial: **000**

● PRACTICE NEWS

Welcome to our “its almost Spring” edition for 2025. The very cold starts to the day of minus 5 and minus six seem to have finally stopped for this year, though never say never!. Certainly the slightly warmer days are very welcome.

A big welcome back from maternity leave to Dr Catherine Mannering. Working Tuesdays and Thursdays she is already reconnecting with some of her patients and taking on a limited number of new patients. To book with Dr Mannering please ask at reception.

After a very busy start to flu season we now brace ourselves for the September period where for whatever reason there is always an upsurge in Flu and respiratory illnesses. We still have government supplied flu vaccines available for over 65's and children. Book for your flu shot at reception. Also for those not eligible for a government funded vaccine we still stock a number of private vaccines. Please ask your Dr or nurse about your vaccine eligibility at your next appointment.

Receiving your vaccinations here at the practice ensures that our Drs and Nurses have the latest most accurate detail in your medical record held at the practice. This ensures that all your health conditions and needs are considered prior to offering the vaccinations that you need.

Most of our Drs have returned from mid-year leave with Dr O'Callaghan last to return in late August. All our Drs still have a few appointments held for the day for more urgent matters so hopefully you can book with your Dr of choice on short notice when more urgent matters arise.

The practice operates a continuous quality improvement process and utilises de-identified data from our clinical system to help identify areas for our clinicians to focus on. Should you have any queries about how we use the de-identified data please don't hesitate to ask your GP or our practice manager.

We value your feedback, should you have any queries or complaints please do not hesitate to speak with one of our staff or ask for the practice manager. Otherwise the Health Complaints Commission can be contacted on 6205 2222.

Graeme Sellar, Practice Manager

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

Screen Time for Children: Finding a Healthy Balance

In today's digital world, screens are everywhere—from televisions and tablets to smartphones and computers. While technology offers educational and entertainment benefits, managing screen time for children is essential to support their overall health and development.

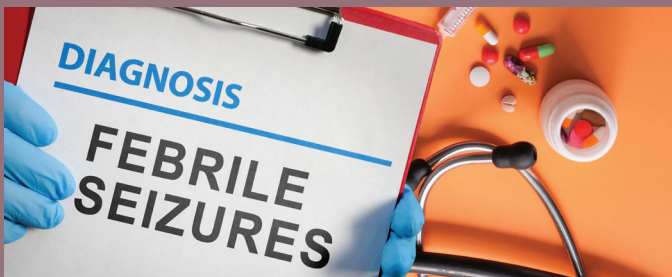
Excessive screen time has been linked to problems such as poor sleep, reduced physical activity, and behavioural issues. It can also affect attention span, social skills, and even mental health. The Australian Government's guidelines recommend no more than one hour of screen time per day for children aged 2 to 5, and encourage parents of older children to set clear boundaries around use.

To promote a healthy balance, encourage a mix of screen-free activities like outdoor play, reading, arts and crafts, and family games. These not only support physical development but also help build creativity and connection.

Lead by example—children often mimic adult behaviour. If they see you engaging with them without a phone in hand, they're more likely to do the same. Also, establish tech-free zones or times, such as during meals or before bedtime, to encourage healthy routines.

Not all screen time is equal. Educational programs, video calls with loved ones, and creative apps can be valuable. The key is to be intentional and engaged—watch together, talk about what they're seeing, and stay involved.

With the right balance, screens can be part of a healthy lifestyle that supports learning, fun, and family connection.



Understanding Febrile Fits in Children

Febrile fits, also known as febrile seizures, are convulsions triggered by a sudden rise in body temperature, usually due to a fever. They are most common in children aged between 6 months and 5 years and can be alarming for parents, especially when experienced for the first time.

A typical febrile fit may involve twitching or jerking of the limbs, loss of consciousness, rolling of the eyes, and stiffening of the body. Most febrile seizures are short, lasting less than five minutes, and do not cause long-term harm. They are not a sign of epilepsy and rarely lead to ongoing health issues.

Febrile fits are usually caused by viral infections such as the flu, ear infections, or roseola. The seizure is not due to how high the fever gets, but rather how quickly the temperature rises.

If a child has a febrile fit, remain calm. Lay the child on their side, away from sharp objects, and do not put anything in their mouth. Once the seizure stops, seek medical advice, especially if it's the child's first episode or the seizure lasts longer than five minutes.

To help prevent febrile seizures, monitor your child's temperature when they're unwell and treat fevers early with paracetamol or ibuprofen as directed. While febrile fits can be frightening, they are generally harmless and children usually outgrow them by age six.

Always consult a healthcare professional if you're concerned about your child's health or if seizures recur.



Early Symptoms of Gout

Gout is a form of arthritis caused by a build-up of uric acid in the blood, leading to the formation of sharp crystals in the joints. It often comes on suddenly and can be extremely painful, especially during a flare-up. Recognising the early symptoms is important for prompt treatment and long-term management.

The most common early symptom of gout is intense joint pain, often in the big toe. This pain usually starts suddenly, often at night, and may be so severe that even a bedsheets touching the joint feels unbearable. Other joints such as the ankles, knees, wrists, and fingers can also be affected.

Alongside pain, you may notice swelling, redness, and warmth in the affected joint. The area can become very tender and may feel stiff or difficult to move. Some people also experience a mild fever or feel generally unwell during an attack.

Gout symptoms often come in waves, with flare-ups lasting several days followed by periods of no symptoms. If left untreated, attacks can become more frequent and lead to joint damage.

If you suspect gout, see your doctor for diagnosis and treatment. Early intervention can help reduce pain and prevent future complications.



Tips for Managing Hay Fever

Hay fever, or allergic rhinitis, is a common condition triggered by pollen from trees, grasses, and weeds—especially during spring and early summer. Symptoms include sneezing, a runny or blocked nose, itchy eyes, and throat irritation. While hay fever isn't dangerous, it can significantly affect daily life and sleep quality if left unmanaged.

To minimise symptoms, limit outdoor activities on high pollen days, particularly in the morning and evening when pollen levels peak. Check daily pollen forecasts and keep windows and doors closed during peak times. Using an air purifier indoors can also help reduce allergens in the home.

When outdoors, wearing sunglasses may protect your eyes from pollen. Showering and changing clothes after being outside can help remove pollen from your skin and hair.

Over-the-counter antihistamines, nasal sprays, and eye drops can provide effective symptom relief. For persistent or severe cases, speak with your GP about prescription options or longer-term treatments such as allergy immunotherapy.

Managing hay fever involves a combination of avoidance strategies and symptom control. With the right approach, you can enjoy the warmer months without letting allergies get in the way of your wellbeing.

Managing Asthma and Respiratory Conditions During Winter

Winter can be a challenging time for people with asthma and other respiratory conditions. Cold air, viral infections, and indoor heating can all trigger symptoms and increase the risk of flare-ups. Proactive management is key to staying healthy and breathing easy during the colder months.

Cold, dry air is a common asthma trigger. Breathing through the nose and wearing a scarf over the mouth and nose can help warm and humidify the air before it reaches the lungs. It's also wise to avoid outdoor exercise on particularly cold or windy days.

Viral infections, such as colds and the flu, are more common in winter and can worsen respiratory symptoms. Getting a yearly flu vaccination is strongly recommended for people with asthma. Practicing good hygiene, including frequent handwashing and avoiding close contact with sick individuals, also helps reduce the risk.

Indoor heating and air quality can affect breathing. Dust, mould, and pet dander tend to accumulate indoors during winter. Regular cleaning, using air purifiers, and ventilating rooms can help improve air quality. Avoid using wood fires or gas heaters that release fumes into the home.

It's essential to follow your asthma action plan, take prescribed medications as directed, and have a reliever inhaler readily available. If symptoms worsen, consult your GP promptly.

By taking simple precautions and staying prepared, individuals with asthma and respiratory conditions can manage their health effectively and reduce the risk of complications during winter.





FRESH SPRING VEGETABLE RISOTTO

Light, creamy, and full of seasonal flavour, this spring risotto makes a perfect dinner as the weather warms up.

Ingredients (Serves 4):

- 1 tbsp olive oil
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 1½ cups arborio rice
- ½ cup dry white wine (optional)
- 5 cups hot vegetable stock
- 1 cup asparagus, chopped into 2cm pieces
- 1 cup frozen peas
- 1 zucchini, finely diced
- ½ cup grated Parmesan cheese
- 2 tbsp butter
- Zest of 1 lemon
- Salt and pepper, to taste
- Fresh herbs (basil or parsley), for garnish

Instructions:

1. In a large pan, heat olive oil over medium heat. Add onion and garlic, cooking until soft (about 3–4 minutes).
2. Stir in arborio rice and cook for 1–2 minutes until lightly toasted.
3. Pour in the wine (if using) and cook until it's mostly absorbed.
4. Add hot vegetable stock, one ladle at a time, stirring continuously and allowing each ladle to absorb before adding the next.
5. After 15 minutes, stir in asparagus, peas, and zucchini. Continue adding stock and stirring for another 5–7 minutes until vegetables are tender and rice is creamy.
6. Remove from heat and stir in butter, Parmesan, and lemon zest. Season with salt and pepper.
7. Serve warm, garnished with fresh herbs and extra Parmesan if desired.

Enjoy this fresh, comforting meal with a crisp green salad or crusty bread for the perfect spring dinner!

WORD SEARCH

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 C O L D P O L E D H Q M F G T
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ASTHMA
 CHILD
 COLD
 DOCTOR
 EXERCISE
 FEBRILE
 FEVER
 GOUT
 HEALTH
 MONITOR
 MOUTH
 PAIN
 RISOTTO
 SCREEN
 VIRAL

Hughes Family Practice

● BILLING ARRANGEMENTS

Please pay all fees on day of consultation. All children below the age of 5 are bulk billed.

● APPOINTMENTS

Home Visits. If you need your doctor to make a home visit, please call the surgery first thing in the morning.

Booking a long appointment. Long appointments are available when required. They are not to be booked routinely, please ensure if you think you need a long appointment that you book one with reception. If a standard appointment is booked and there are many issues to discuss or resolve the doctor will require you return for another appointment rather than run very late in their session. Thank you for your co-operation.

Please notify us if you are unable to attend an appointment, well in advance. If more than one person from your family wishes to see the doctor at the same time, please ensure a separate appointment is made for each family member.

● SPECIAL PRACTICE NOTES

Communication policy.

Our GP's cannot routinely take phone calls during consultations. A message can be left with staff and the GP may call back or arrange a staff member to book an appointment where appropriate. We don't communicate by email.

Test Results.

You will be contacted where there is an abnormal result or if your GP requests follow up. You can call the practice nurse between 12.30 and 1.00 pm for information.

Recalls and Reminders.

Our practice operates a recall and reminder system for a range of health issues and in response to test results as appropriate. Patients wishing to opt out of our recalls system should discuss this with their GP.

Patient Privacy.

The practice takes the privacy of your personal health information very seriously. If you have any questions please ask at reception for a copy of the practice privacy policy.

Repeat Scripts. You need to make an appointment for Repeat Scripts. Fees apply.

