



Fibermaxxing



Lung Imaging



Memory Loss



Prostate Enlargement

● 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

BMBS, DRANZCOG, FRACGP
Times Vary

Dr Dave Donnelly

MBBS BSc (Med Hon) FACCRM MPH & TM

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

Dr Gwenda Griffiths

BMBS (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 Spring edition for 2025. Spring started with some good early rains, hopefully we can see that continue into the Christmas period and the height of summer. It is only the wind that ruins the otherwise perfect weather at this time of year. I shouldn't complain there may be some 40 degree days ahead in summer!

We received some excellent news recently, many of you will remember Dr Seren Ovington. Seren worked at Hughes in her final terms of GP training and stayed with us for a couple of years after receiving her Fellowship. A move to Orange NSW and then to Sydney followed. We are delighted to say that she is re-joining the practice from February 2026. Session days and timings have yet to be finalised but it is fair to everyone here is delighted as she is a very popular member of the team.

Crazily that will bring the number of GP's here at Hughes to 13, yes 13! When Dr Barrett took over from Dr McCauley in 2000 there were three! Its nice to see a positive family practice story during an extended period of GP shortage and the proliferation of large corporate medical centres.

The practice has gone through a small transformation with a new fresh coat of paint and some new furniture and artwork in most of the rooms. The Drs are also constantly on the lookout for new equipment that supports the range of services provided at the practice.

All Drs 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. These appointments can be booked by phoning from 8am on the day.

We have yet to finalise our opening hours over the Christmas period, at this stage we will close as usual on Christmas eve the 24th and reopen on Monday the 5th January. Final timings will be included in our next edition.

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

Follow us on Instagram
@healthnewsgp

▶ Please see the Rear Cover for more practice information.

Fibermaxxing: The Viral Wellness Trend You Should Know About

“Fibermaxxing” is the latest wellness trend sweeping social media, encouraging people to dramatically increase their fiber intake for better health. While the name may sound like a fad, the underlying principle—boosting dietary fiber—is well supported by science.

Fiber plays a crucial role in maintaining digestive health, stabilising blood sugar levels, and lowering cholesterol. Diets rich in fiber are also linked to reduced risks of heart disease, diabetes, and certain cancers. The average adult, however, consumes far less than the recommended 25–30 grams per day, making fibermaxxing a response to a widespread nutritional gap.

The trend promotes filling meals with fiber-rich foods such as fruits, vegetables, whole grains, legumes, seeds, and nuts. Advocates often share creative high-fiber recipes or daily challenges to reach impressive intake goals. Many people report improvements in energy, digestion, and

overall wellbeing after upping their fiber.

However, health experts warn against overdoing it. Increasing fiber too quickly, or relying heavily on supplements rather than whole foods, can cause bloating, cramping, or gastrointestinal discomfort. The best approach is gradual: introduce more plant-based foods into your diet while staying hydrated to support digestion.

Fibermaxxing has caught attention not only for its catchy name but also

because it taps into a broader shift toward preventative health and “food as medicine.” Unlike fleeting wellness fads, this trend has genuine benefits—so long as it is approached sensibly.

In short, fibermaxxing isn’t just hype—Whilst this is a reminder of the power of simple, everyday nutrition to transform health, as always it is recommended to seek medical advice from your GP before overdoing it.



Aussie Breakthrough in Lung Imaging

In early September 2025, 4DMedical— and Australian Health Tech company and a leader in AI-powered respiratory imaging—secured FDA 510(k) clearance for its groundbreaking CT:VQ™ technology, marking the first-ever non-contrast, CT-based ventilation-perfusion imaging solution.

Historically, ventilation-perfusion (V/Q) scans have relied on dual nuclear medicine procedures—airflow and blood flow imaging using radiotracers—taking between 45 and 90 minutes per patient. CT:VQ™ revolutionizes this by leveraging routine, non-contrast chest CT scans, applying advanced AI algorithms to analyze lung tissue motion and density changes, producing quantitative V/Q maps without injections or radioactive tracers.

As a Software-as-a-Service (SaaS) offering, CT:VQ™ integrates seamlessly into existing radiology workflows and is compatible with the U.S.’s ~14,500 installed CT scanners—potentially extending advanced lung imaging to facilities lacking nuclear medicine.

CT:VQ™ has undergone rigorous clinical validation, including head-to-head performance comparison against SPECT (the gold standard), reader studies, and real-world cases. Results indicate diagnostic equivalence or superior image clarity, free from artifacts typical of nuclear imaging.

FDA clearance of CT:VQ™ represents a transformative milestone. By offering faster, safer, and more accessible functional lung imaging without additional hardware or radiotracers, 4DMedical is poised to redefine pulmonary diagnostics and expand access to rural and underserved healthcare settings.



Understanding Memory Loss

Memory loss is a common concern that can affect people of all ages, though it becomes more prevalent with aging.

It refers to the difficulty in recalling information, events, or experiences that were once familiar. While occasional forgetfulness—such as misplacing keys or forgetting a name—is a normal part of life, persistent or worsening memory problems may signal an underlying issue.

Several factors can contribute to memory loss. Short-term lapses are often linked to stress, fatigue, anxiety, or lack of sleep, all of which affect the brain's ability to process and store information. Lifestyle factors, including poor diet, excessive alcohol use, or certain medications, can also impair memory. In some cases, memory loss may be associated with medical conditions such as depression, thyroid disorders, vitamin deficiencies, or neurological conditions like dementia and Alzheimer's disease.

It is important to note that not all memory problems indicate serious illness. Many

causes are reversible once identified and treated. Maintaining brain health through regular exercise, balanced nutrition, quality sleep, and mental stimulation can help preserve memory and cognitive function. Social engagement and stress management also play protective roles.

If memory loss is frequent, progressive, or interferes with daily life, seeking medical advice is essential. Early diagnosis of underlying conditions allows for more effective management and better long-term outcomes. Ultimately, while memory loss can be distressing, proactive steps and timely intervention can make a significant difference in maintaining cognitive health and quality of life.



Prostate Enlargement: Understanding the Condition

Prostate enlargement, medically known as benign prostatic hyperplasia (BPH), is a common condition that affects men as they age.

The prostate is a small gland located below the bladder and surrounding the urethra. Its primary role is to produce fluid that nourishes and protects sperm. With age, the prostate often grows larger, which can put pressure on the urethra and cause urinary difficulties.

Symptoms of BPH can include frequent urination, especially at night, difficulty starting or stopping urination, a weak stream, and the feeling that the bladder has not fully emptied. While the condition is not cancerous and does not directly lead to prostate cancer, it can significantly affect quality of life if untreated.

The exact cause of BPH is not fully understood, but hormonal changes related to aging, particularly shifts in testosterone and dihydrotestosterone (DHT), are believed to play a role.

Treatment options range from lifestyle changes, such as reducing caffeine and alcohol intake, to medications that relax or shrink the prostate. In more severe cases, surgical procedures may be necessary to relieve obstruction.

Early diagnosis and management are important, as untreated BPH can lead to complications such as bladder damage or kidney issues. Regular check-ups are recommended for men over 50.



Body Image in Teens

Adolescence is a critical stage of development, and for many teenagers, body image becomes a central concern.

With rapid physical changes during puberty, teens often compare themselves to peers or to the "ideal" bodies they see in media. Social media platforms, filled with filtered photos and influencers promoting unrealistic standards, can intensify feelings of inadequacy.

The pressure to conform to these ideals can have serious emotional and physical consequences. Many teens struggle with low self-esteem, anxiety, and depression linked to dissatisfaction with their appearance. Some may resort to extreme dieting, over-exercising, or unsafe supplements in an attempt to change their bodies. In severe cases, this pressure can contribute to the development of eating disorders.

External influences—such as peer teasing, family comments, and celebrity culture—add to the weight of these expectations. Boys may feel pressure to appear muscular, while girls often face demands to be slim, highlighting the different but equally harmful standards placed on teens.

Encouraging open conversations about body image, promoting diverse representations in media, and focusing on health and wellbeing rather than appearance are key to reducing these pressures. By fostering self-acceptance, we can help teenagers build resilience and confidence during this formative stage.

If you have any concerns about your teenagers' mental health, please seek the help of your local GP.

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.



LEMON HERB CHICKEN WITH ASPARAGUS & NEW POTATOES

Prep & Cook Time: ~40 minutes

Ingredients (Serves 4):

- 4 chicken breasts (skinless, boneless)
- 500g new potatoes, halved
- 1 bunch asparagus, trimmed
- 2 tbsp olive oil
- Juice and zest of 1 lemon
- 2 garlic cloves, minced
- 1 tsp Dijon mustard
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh dill or thyme, chopped
- Salt and pepper, to taste

Method:

- 1. Preheat oven** to 200°C (fan 180°C). Place potatoes on a baking tray, drizzle with half the olive oil, season, and roast for 20 minutes.
- 2. Prepare chicken:** Mix lemon juice, zest, garlic, mustard, herbs, and remaining olive oil. Coat chicken breasts with the mixture and season.
- 3. Roast chicken:** After 20 minutes, add chicken breasts to the tray with the potatoes. Roast for 15 minutes.
- 4. Add asparagus:** Toss asparagus with a little oil and salt, then add to the tray. Roast everything for a final 10 minutes, until chicken is cooked through and asparagus is tender.
- 5. Serve:** Slice chicken, arrange with potatoes and asparagus, and drizzle over any pan juices. Garnish with extra fresh herbs.

8					3		2	5
		1			8	4		
	5							7
	1	2		6		3		
				1				
		5		2		6	8	
9							6	
		3	4			7		
1	6		2					4

SUDOKU