



JUNE - JULY 2026 EDITION

FREE TO TAKE HOME!



Arthritis and Joint Pain



Keep warm



Pneumonia

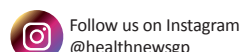


Asthma in Winter

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



PRACTICE DOCTORS

Dr Ying Chow

MBBS, B Med Sci, FRACGP
Currently on Maternity Leave

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) FACCRM 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 Seren Ovington

FRACGP
Tuesday 9:45am - 2:00pm
Thursday 9:45am - 2:00pm
Friday 8:30am - 12:30pm

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 call our medical deputing service CALMS on **6260 3300**
In case of an emergency dial: **000**

PRACTICE NEWS

Welcome to our start of winter edition. As I write we have had a warm and dry end to Autumn. Whilst I'm sure the cold days will come, we can only hope the rain will too. Fingers crossed!

Whilst Dr Chow is still on maternity leave with a planned return date of August 2026 she has started to see a few patients a week to ease her way back into regular sessions. Dr Ovington has slotted in seamlessly and is already proving very popular. The practice is currently unable to accept new patients until closer to the time of Dr Chow's full return.

We recently underwent another round of accreditation to the RACGP standards. We had a very positive site visit and await final confirmation of our successful renewal. You may have noticed the data collection forms being distributed by reception staff. The information collected is checked against that held in your medical record and updated as required.

The trial of online appointments for Dr Moss in the lead up to Christmas went well and is continuing. We will now be adding most of the other Drs to the online booking platform by the end of June. More details will be provided at reception and on our website.

You will have noticed some staff changes at reception as Olivia has finished her studies and secured a full-time job at the Canberra Hospital and Deb is retiring after more than ten years at the practice at the end of June. We also know that Ash has a 6-month placement coming up for her degree and then will head off on her career. We wish them all the best.

We are delighted to welcome Kelly, Charlie and Sarah to the reception team. Please make them feel welcome and I appreciate your patience whilst they learn the ropes.

Whilst this year's flu vaccine program is largely complete we still have some available. We also still have Covid vaccines and the recently introduced RSV vaccine for over 75's. Appointments can be booked at reception.

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.

▶ Please see the Rear Cover for more practice information.

Graeme Sellar, Practice Manager



QUALITY PRACTICE
ACCREDITATION

Arthritis and Joint Pain management

Arthritis and joint pain are common conditions that can affect people of all ages, particularly during the colder winter months. Joint stiffness, swelling and discomfort may make everyday activities more challenging, but there are several ways to help manage symptoms and maintain mobility.

Regular gentle exercise is one of the most effective ways to support joint health. Activities such as walking, swimming, yoga and stretching can help strengthen the muscles around joints, improve flexibility and reduce stiffness. While it may feel tempting to rest sore joints completely, staying active is important for long-term joint function.

Maintaining a healthy weight can also reduce pressure on weight-bearing joints such as the knees, hips and lower back. A balanced diet rich in anti-inflammatory foods may help support overall joint health. Foods containing omega-3 fatty acids, including salmon, walnuts and flaxseeds, along with colourful fruits and vegetables, can be beneficial.

Keeping warm during winter may ease stiffness and discomfort. Warm showers, heat packs and appropriate clothing layers can help improve circulation and relax muscles around painful joints. Some people also find relief through physiotherapy, massage or guided exercise programs.

It is important to speak with your GP or healthcare professional if joint pain is persistent, worsening or affecting daily life. Early diagnosis and management can help reduce long-term joint damage and improve quality of life. With the right combination of movement, lifestyle changes and professional support, many people with arthritis can continue to lead active and healthy lives.



Keep warm while reducing the bills

As temperatures drop during winter, keeping warm can sometimes lead to higher household expenses. Fortunately, there are simple ways to stay comfortable while also helping reduce energy costs.

One of the easiest ways to stay warm is by dressing in layers. Thermal clothing, socks, scarves and warm jumpers help trap body heat and reduce the need for excessive heating. Using blankets and hot water bottles can also provide warmth without increasing electricity bills.

Heating only the rooms you are using is another effective way to save money. Closing doors to unused rooms and using draft stoppers around doors and windows can help keep warm air inside. Opening curtains during the day allows sunlight to naturally warm the home, while closing them at night helps retain heat.

Warm meals and drinks can also make a big difference during colder weather. Soups, casseroles and herbal teas not only provide comfort but may help the body maintain warmth. Staying active with light exercise or regular movement can improve circulation and help generate body heat naturally.

It is also important to use heaters safely and efficiently. Cleaning filters and following manufacturer instructions can improve performance and reduce running costs.

With a few practical changes, it is possible to stay warm, comfortable and healthy throughout winter while keeping energy bills under control.





Pneumonia

Pneumonia is a serious respiratory infection that causes inflammation in the lungs, often leading to coughing, fever, chest pain and difficulty breathing. It can affect people of all ages, but young children, older adults and those with weakened immune systems or chronic health conditions are at higher risk of complications.

Pneumonia can be caused by viruses, bacteria or, less commonly, fungi. It often develops following a cold, flu or other respiratory infection. Symptoms may vary from mild to severe and can include fever, chills, shortness of breath, fatigue, rapid breathing and a persistent cough that may produce mucus. Some people, particularly older adults, may also experience confusion or worsening of existing medical conditions.

Treatment depends on the cause and severity of the illness. Viral pneumonia may improve with rest, fluids and symptom management, while bacterial pneumonia may require antibiotics prescribed by a doctor. In more severe cases, hospital treatment and oxygen therapy may be necessary.

Preventing pneumonia is important, especially during winter when respiratory infections are more common. Good hand hygiene, covering coughs and sneezes, avoiding smoking and staying home when unwell can help reduce the spread of infection. Vaccinations also play an important role in prevention. Influenza and pneumococcal vaccines can help lower the risk of developing pneumonia and its complications.

Medical attention should be sought if breathing becomes difficult, chest pain occurs or symptoms worsen. Early diagnosis and treatment can significantly improve recovery and reduce the risk of serious complications.



A.I. and Medicine

Artificial Intelligence (AI) is rapidly transforming the healthcare industry and changing the way many medical conditions are diagnosed, treated and managed. AI refers to computer systems that can analyse large amounts of information, recognise patterns and assist healthcare professionals in making decisions more efficiently and accurately.

One of the most exciting uses of AI in medicine is in early disease detection. AI technology can help analyse medical scans such as X-rays, CT scans and MRIs to identify signs of diseases including cancer, heart disease and lung conditions. In some cases, AI systems are helping doctors detect abnormalities earlier than traditional methods alone.

AI is also improving personalised medicine by helping doctors tailor treatments to individual patients. By analysing medical history, genetics and lifestyle factors, AI can assist in predicting which treatments may be most effective for a particular person. This may lead to better outcomes and fewer side effects.

In hospitals and clinics, AI tools are helping streamline administrative tasks, reduce paperwork and improve appointment scheduling. Virtual health assistants and chatbots are also being used to answer common patient questions and support remote healthcare services.

While AI offers many benefits, it is important to remember that it is designed to support healthcare professionals rather than replace them. Human expertise, clinical judgement and patient care remain essential parts of medicine and your GP should always be your first point of contact.

Asthma in Winter

Winter can be a challenging time for people living with asthma and other respiratory conditions. Cold air, increased exposure to viruses and spending more time indoors can all contribute to flare-ups of asthma symptoms and respiratory infections.

Cold, dry air may irritate the airways, causing coughing, wheezing, chest tightness and shortness of breath. Common winter illnesses such as colds, flu and COVID-19 can also trigger asthma attacks or worsen existing respiratory conditions. Indoor allergens, including dust mites, mould and pet dander, may become more concentrated when homes are closed up during colder weather.

There are several ways to help protect respiratory health during winter. Wearing a scarf over the mouth and nose outdoors can help warm the air before it reaches the lungs. It is also important to continue taking prescribed preventer medications as directed,

even when symptoms are under control. Keeping reliever inhalers accessible and ensuring asthma action plans are up to date can help manage symptoms early.

Good hygiene practices, including regular handwashing and staying up to date with flu vaccinations, can help reduce the spread of respiratory infections. Maintaining good indoor ventilation and avoiding smoking or second-hand smoke exposure are also important.

If asthma symptoms become more frequent or difficult to control, it is important to speak with your GP for further assessment and management.





CHICKEN & VEGETABLE POT PIE

A hearty and comforting winter meal, this Chicken & Vegetable Pot Pie is packed with tender chicken, creamy sauce and colourful vegetables, topped with flaky golden pastry..

Ingredients (Serves 6–8):

- 2 sheets puff pastry, thawed
- 2 cups cooked chicken, shredded
- 1 onion, diced
- 2 cloves garlic, crushed
- 1 carrot, diced
- 1 cup peas
- 1 cup corn kernels
- 2 tbsp butter
- 2 tbsp plain flour
- 1 ½ cups chicken stock
- ½ cup cream
- Salt and pepper to taste
- 1 tsp dried thyme
- 1 egg, beaten

Method:

1. Preheat oven to 200°C.
2. In a large pan, melt butter over medium heat. Add onion and garlic and cook until softened.
3. Add carrot and cook for 3–4 minutes. Stir in peas and corn.
4. Sprinkle flour over the vegetables and stir well. Gradually add chicken stock while stirring continuously until the sauce thickens.
5. Stir in cream, thyme and shredded chicken. Season with salt and pepper. Simmer for 5 minutes.
6. Spoon mixture into a pie dish. Cover with puff pastry and press edges to seal. Trim excess pastry if needed.
7. Brush pastry with beaten egg for a golden finish.
8. Bake for 25–30 minutes or until pastry is puffed and golden brown.

Serve warm with a fresh green salad or steamed vegetables for the perfect winter dinner.

WORD SEARCH

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

WORD LIST

chicken
Asthma
joint
winter
bills
airways
artificial
medical
hygiene
fever
fungi
fatigue
socks
scarf
pain
immune
soups

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. **Walk in appointments cannot be accommodated.**

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.

