



AUGUST - SEPTEMBER 2026 EDITION

FREE TO TAKE HOME!



Chronic conditions



Your mouth & your mood



RSV Vaccine in Australia



Spring readiness

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 mid-winter edition. As I write we have had a variable winter with some warmer and drier days. Sadly the ski fields are struggling for decent cover. Hopefully they get some late dumps saving their season.

As previously mentioned we recently underwent another round of accreditation to the RACGP standards. I can now confirm we passed with flying colours. 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.

We care constantly updating our medical files with new phone numbers, addresses or Medicare details. Please don't forget to tell reception if any of your details have recently changed.

The trial of online appointments for Dr Moss is now complete and I am pleased to confirm that most of our Drs have appointments available for booking online through our website hughesfamilypractice.com.au

Not all types of appointments are available online and should you have any difficulty you can of course call the practice to book.

I am delighted to confirm Dr Chow's return from maternity leave. She recommences her sessions on Tuesday, Thursdays and Fridays from the 11th August.

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.

Graeme Sellar, Practice Manager

▶ Please see the Rear Cover for more practice information.

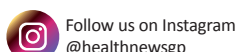


QUALITY PRACTICE
ACCREDITATION

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.

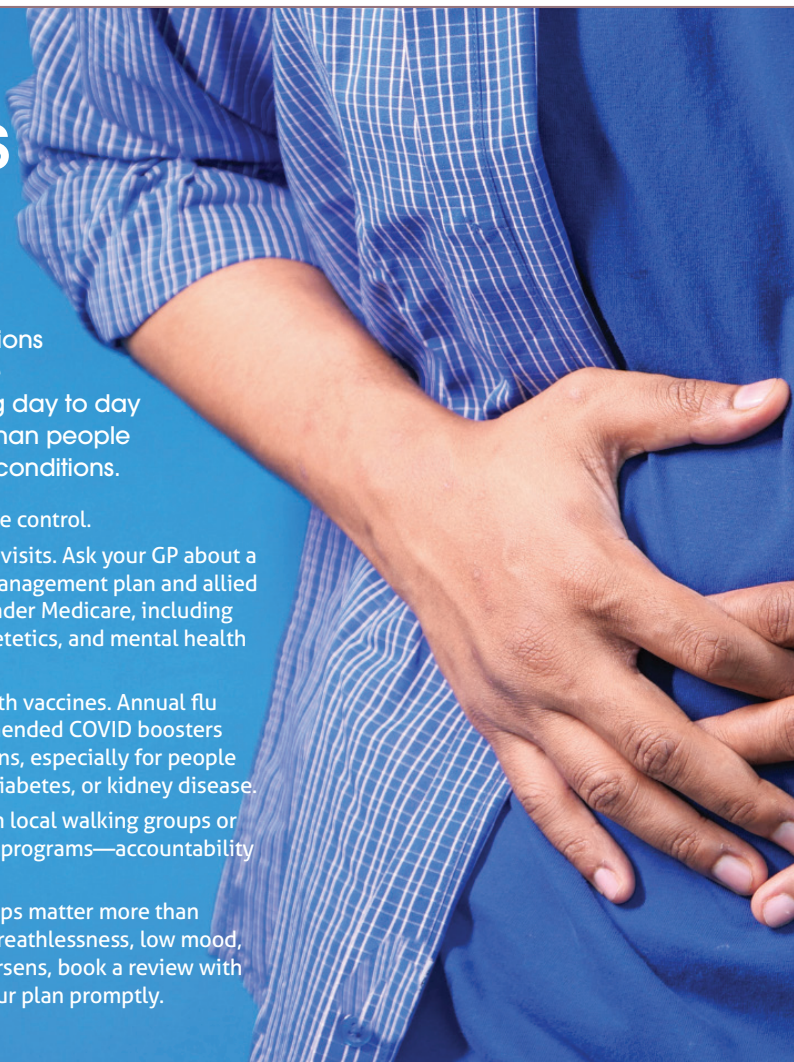
Biology plays a role too. Chronic gum disease is an inflammatory condition; persistent inflammation is linked with fatigue, low mood, and conditions like diabetes and cardiovascular disease. Treating periodontal disease can reduce systemic inflammation markers, often improving energy and overall quality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

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.