



OCTOBER - NOVEMBER 2026 EDITION

FREE TO TAKE HOME!



Antibiotics



National Carers Week



November

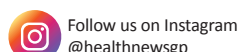


Get Your Skin Checked

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



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● 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

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 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 Spring edition. Winter finished with a whimper, and we are already experiencing some warm spring days. It does appear that we will be in for a warmer drier summer, fingers crossed we avoid bushfires across our region.

The number of appointments being booked online is slowly rising. Appointments for most of our Drs are 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.

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 Governments MyMedicare programme provides some benefits for patients registered with us at the practice. We suggest that you investigate the programme on the governments website to see if you would benefit. Some information is also available 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.

With Christmas around the corner the practice has confirmed we will close as usual between Xmas and New Year. Exact dates and timings will be available in our next edition of Healthnews.

Our Medical Deputising service CALMS is open all hours that we are closed including public holidays. Ensuring you have access to a GP for more urgent matters that cannot wait till we are open. For appointments and to speak with a registered nurse please call 6260 3300.

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

Antibiotics – When Do We Really Need Them?

Each year, World Antimicrobial Resistance Awareness Week (18–24 November) highlights one of the growing challenges facing healthcare worldwide: antimicrobial resistance. It is a timely reminder that while antibiotics can be lifesaving, they need to be used carefully and only when necessary.

Antibiotics are medicines used to treat certain bacterial infections. They work by killing bacteria or stopping them from multiplying. Importantly, antibiotics do not work against viruses, including those responsible for most colds, influenza and COVID-19.

Antibiotic resistance occurs when bacteria change over time and become resistant to medicines that previously killed them. This can make common infections more difficult to treat and may result in longer illnesses, more complicated medical care and fewer effective treatment options.

Everyone can help protect these important medicines. Don't pressure your doctor for antibiotics when they aren't recommended. If

antibiotics are prescribed, take them exactly as directed by your doctor or pharmacist. Never take antibiotics prescribed for another person or save leftover antibiotics for another illness.

Preventing infections can also reduce our reliance on antibiotics. Regular handwashing, good hygiene, staying up to date with recommended vaccinations and avoiding the spread of illness all play a role.

This World Antimicrobial Resistance Awareness Week, consider how you use antibiotics. These medicines are a valuable healthcare resource, and using them responsibly today can help ensure they continue to work when we genuinely need them in the future.



National Carers Week – Caring for Those Who Care

National Carers Week, held from 11–17 October 2026, is an opportunity to recognise and celebrate the more than 3 million Australians who provide unpaid care and support to a family member or friend.



Carers come from all walks of life and may support someone living with a disability, chronic or mental health condition, terminal illness, alcohol or other drug issue, or an older person who needs assistance. Many carers balance these responsibilities with work, study, family commitments and their own health.

The 2026 theme, "Care for a carer: Making carers visible," encourages Australians to recognise the important contribution carers make and to consider how we can better support them.

Caring for another person can be incredibly rewarding, but it can also be physically and emotionally demanding. Carers may experience stress, fatigue, social isolation and difficulty finding time to look after their own wellbeing.

National Carers Week is a reminder that carers need care too. Something as simple as checking in, offering practical help, providing a listening ear or giving a carer time for themselves can make a meaningful difference.

Carers needing additional assistance can access free information, counselling, peer support and other services through the Australian Government's Carer Gateway.

This October, take a moment to recognise the carers in your family, workplace and community—and ask: who cares for the carer?

Movember

Every November, moustaches appear on faces across Australia as part of Movember, a global movement dedicated to improving the health and wellbeing of men.

Movember began in Melbourne in 2003 with a simple idea: grow a moustache and use it to start conversations about men's health. Since then, it has developed into a worldwide movement supporting more than 1,300 men's health projects.

The campaign focuses on three major areas: mental health and suicide prevention, prostate cancer and testicular cancer. These are important issues because many men are reluctant to discuss health concerns or seek help when something doesn't feel right.

Movember encourages men to take a more proactive approach to their health. This can include having regular health checks, knowing their family medical history, staying physically active and speaking to a doctor about unusual symptoms or concerns.

Mental health is equally important. Checking in with a mate, asking how someone is really going and being prepared to listen can make a meaningful difference. Movember encourages stronger social connections and conversations that go beyond everyday banter.

You don't need to grow a moustache to participate. You can raise funds, get active, organise an event or simply start a conversation.

This November, use Movember as a reminder: looking after your health isn't a weakness—it's one of the strongest things you can do.



The Social Media Trend Affecting Teens

A growing social media trend known as "looksmaxxing" is raising concerns about body image and self-esteem among teenagers, particularly boys and young men. The term refers to trying to "maximise" physical attractiveness through changes to appearance, fitness and lifestyle.

At its mildest, looksmaxxing can involve positive habits such as improving personal hygiene, skincare, hairstyles, clothing, posture and physical fitness. However, the trend can become problematic when teenagers begin obsessively comparing themselves with unrealistic beauty standards promoted online.

Some looksmaxxing content focuses heavily on facial symmetry, jawlines, body fat and muscularity. Teens may also encounter AI-powered tools that rate their faces and suggest perceived "flaws". More extreme forms have promoted restrictive dieting, excessive exercise, unregulated supplements, steroids and potentially dangerous practices intended to alter facial structure.

Australian teenagers are also encountering

this content. The eSafety Commissioner warns that appearance-focused social media can create pressure to believe that personal value depends on how someone looks.

Parents should be alert to sudden changes in eating or exercise habits, excessive mirror checking, constant comparison with others, withdrawal from social activities or increasing distress about appearance.

Rather than dismissing looksmaxxing as simply another internet fad, parents can encourage open conversations about what teenagers are seeing online. Healthy grooming and exercise can build confidence, but appearance should never determine a young person's self-worth.

Helping teenagers value their personality,



abilities, friendships and achievements can provide an important counterbalance to the pressure to look "perfect".



Get Your Skin Checked Before Summer

As summer approaches, Australians naturally start thinking about beaches, holidays and spending more time outdoors. It is also an ideal time to take a closer look at your skin.

Australia has one of the highest rates of skin cancer in the world, with ultraviolet (UV) radiation from the sun being the major cause. Most skin cancers can be successfully treated when detected early, making awareness of changes to your skin particularly important.

Before summer, get to know what is normal for your skin. Check your entire body, including areas that are easy to overlook such as your scalp, back, soles of the feet, between your toes and under your nails.

Look for new spots or changes to existing moles or freckles, particularly changes in size,

shape or colour. Spots that become raised, bleed, itch, crust or simply look different from your other spots should also be investigated. If you notice anything unusual, make an appointment with your GP rather than waiting to see if it disappears.

People at higher risk of skin cancer should discuss with their doctor how frequently they need professional skin examinations.

With National Skin Cancer Action Week held in November, it's the perfect time to make skin health a priority before summer arrives so ask your GP about a skin check now!



FRESH FISH TACOS WITH MANGO & AVOCADO SALSA

Serves 4 | Prep: 20 minutes | Cook: 10 minutes

Fresh, colourful and packed with flavour, these fish tacos are perfect for a warm spring evening. The combination of grilled fish, creamy avocado and sweet mango makes for a light meal the whole family can enjoy.

For the fish

- 600g firm white fish fillets, such as barramundi, snapper or flathead
- 1 tbsp extra virgin olive oil
- 1 tsp smoked paprika
- ½ tsp ground cumin
- Juice of 1 lime
- Freshly ground black pepper
- 8 small soft tortillas

For the salsa

- 1 ripe mango, diced
- 1 avocado, diced
- 1 cup finely shredded red cabbage
- ½ red capsicum, diced
- ¼ red onion, finely chopped
- ½ cup fresh coriander, roughly chopped
- Juice of 1 lime

To serve

- ½ cup natural Greek yoghurt
- Lime wedges
- Fresh coriander

Method

- Combine the olive oil, paprika, cumin and lime juice. Coat the fish in the mixture and season with black pepper.
- Heat a barbecue or frying pan over medium-high heat. Cook the fish for approximately 3–4 minutes on each side, depending on thickness, until cooked through and easily flaked with a fork.
- Meanwhile, combine the mango, avocado, cabbage, capsicum, onion, coriander and lime juice in a bowl. Toss gently.
- Warm the tortillas, then add the mango salsa and pieces of grilled fish. Top with a spoonful of Greek yoghurt, fresh coriander and a squeeze of lime.

WORD SEARCH

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

CARERS

HEALTH

SUPPORT

PHYSICAL

FITNESS

JAWLINES

EXERCISE

MOVEMBER

MENTAL

ACTIVE

COLDS

SPREAD

SKIN

FRECKLES

DOCTOR

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.