health news

Temora Medical Complex

Quality Practice Accreditation
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JUNE - JULY 2025 EDITION

FREE TO TAKE HOME!

Winter Wellness Tips

Staying Active Indoors

Healthy Skin in Winter

Spotlight on Men's Health

YOUR NEXT APPOINTMENT:

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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.
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• PRACTICE DOCTORS

Dr A R Jeri
MB BS (Hon), Adv Dip Obst RANZCOG, FRACGP
Special Interests Obstetrics and Women's Health

Dr R Christmas
MB BS, FRACGP, DRANZCOG
Special Interests: Obstetrics & Women's Health

Dr J Smith
BMed (Dist) FRACGP
Special Interests: Women's Health & Mental Health

• REGISTRARS

At times there will be registrars working at the practice. A registrar is a fully qualified Doctor training to specialise in general practice.

• VISITING SPECIALISTS & HEALTH SERVICES

Hearing Aid Specialists Riverina .....Audiologist/Audiometrist
Active Foot Clinic .....Podiatry
Mrs Stacey Derrick.....Podiatry
Ms D Hann..... Diabetes Educator
Mr Lee Seary .....Psychologist
Dr M Payne..... Surgeon
Dr S Sowter .....Urologist
Dr R Thomas.....Urologist
Dr A Bradshaw ..... Orthopaedic
Dr M Howard..... Orthopaedic
Healthy Sleep Solutions..... Sleep Apnoea
Paediatric Outreach Clinic .....Paediatrics
Cardiac Outreach Clinic.....Cardiology
Hannah Alchin.....Womens Health Physio
Ingrained Nutrition.....Dietician

• PRACTICE STAFF

Practice Manager: Jenny Alchin

Practice Nurses: Christina Harper, Leeanne Whittaker, Catherine Chalmers, Libby Hanlon, Mandy Wells, Kerin O'Connor, Gillian Turner & Lucy Rowe

Reception Staff: Kim Lynch, Gail Dahlenburg, Leeanne Reardon, Sharee Derrick, Leanne Von Mengerson, Emily Watts & Gail Bosman

• SURGERY HOURS

Monday to Friday.....9.00am – 5.00pm
(Consulting from 9.30am)

• AFTER HOURS & EMERGENCY

The Doctors in Temora share after hours service for urgent medical problems.

This service is provided through Temora and District Hospital.

The telephone number is **6980 0200**. The doctor on-call will attend to your needs. In the event of an emergency dial **000**.

• SPECIAL PRACTICE NOTES

Medical Students are frequently present at a time from University of Sydney, UNSW, Wagga Rural Clinic School, Albury Clinical School or John Flynn Scholarship Program. Your GP will ask for your consent to have the student present before he sees you. If you prefer not to have a student present at your consultation please say so.

Our Practice Nurses provide basic nursing care including immunisations, wound care and other nursing duties. They attend regular professional development updating courses.

Patient Health Information. TMC has comprehensive policies on the management of patient health information. All patient health information is kept strictly confidential by our Practice. All staff have signed confidentiality statements and are aware of, and fully comply with, the Australian Privacy Principals. A copy of our Privacy Policy is on display at Reception. Should you wish to discuss privacy and confidentiality of your health information please talk to your GP.

Repeat Prescriptions. 1 WEEK is required for repeat prescriptions, and a fee of $5.00 is charged. However, an appointment for a consultation with the doctor may be necessary.

Webster packs are available upon request- however a fee will be charged bi-annually.

Disabled Access. Wheelchair and disabled access is available at each entrance/exit and ambulance access is available from the car park, second entrance/exit at the side of the building. **Toilet facilities are provided for patients using wheelchairs.**

Test Results. Your GP will advise when they expect the results to arrive at the practice. Due to the demand on our GP's time, patients will only be contacted if results require further action. If you wish to check your results please call between 2:30pm & 4:30pm (weekdays).

Children & Babies. A small play area is provided for children. A change table for parents with babies is also available.

• BILLING ARRANGEMENTS

For consultation fees refer to notice at reception desk.

We expect payment at the time of the consultation. You may pay by cash, cheque or credit card. If you have any financial hardship please discuss this with the doctor at the time of consultation.

Bulk billing is available for people who hold a current Health Care Card, Veterans' Affairs Card, Pensioners and children under 16.

• APPOINTMENTS

Consultation is by appointment. Urgent cases will be seen on the day. Appointments for longer consultations can be made at the desk.

Home visits are provided when necessary/possible.

▷ ***Please see the Rear Cover for more practice information.***

Winter Wellness Tips: Stay Healthy This Season

As the temperatures drop, it's important to prioritise your health and well-being. Here are some simple winter wellness tips to help you stay energised and illness-free during the colder months.

Boost your immunity by eating a balanced diet rich in fruits, vegetables, and whole grains. Citrus fruits, garlic, ginger, and leafy greens are excellent for supporting your immune system. Consider a vitamin D supplement, as winter sun exposure is limited and deficiency is common.

Stay active, even when it's chilly outside. Regular exercise helps maintain energy levels and supports both physical and mental health. Try indoor workouts, brisk walks, or join a local fitness class to stay motivated.

Keep warm and dry to prevent colds and flu. Dress in layers, wear a hat and scarf, and ensure your home is adequately heated and ventilated.

Stay hydrated by drinking water regularly, even if you feel less thirsty in cooler weather. Herbal teas are a great way to warm up and stay hydrated.

Finally, prioritise rest and sleep. A consistent sleep routine helps your body recover and fight off illness. With a little care, you can stay healthy and happy all winter long.

Understanding Seasonally Adjusted Disorder (SAD)

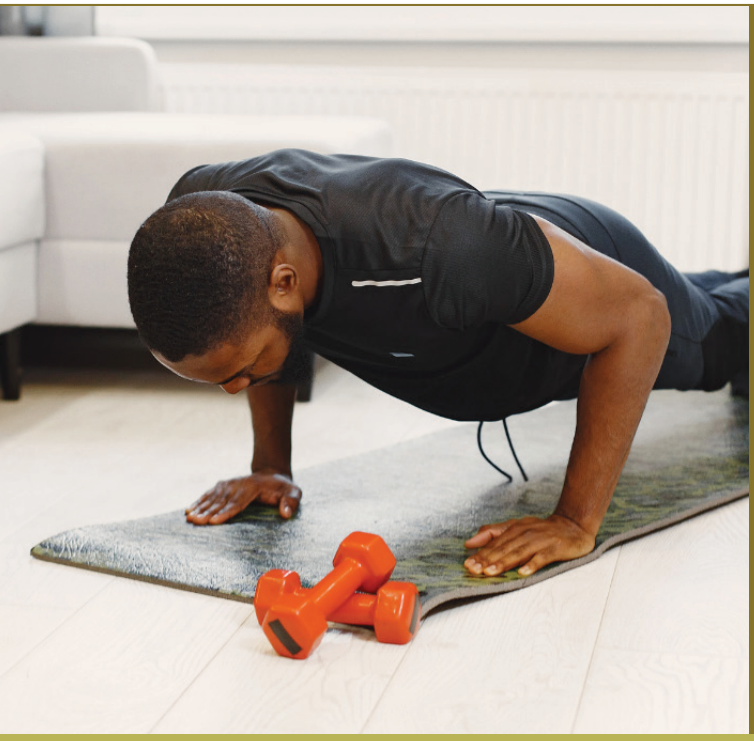
Seasonally Adjusted Depression, more commonly known as Seasonal Affective Disorder (SAD), is a type of depression that typically occurs during the colder, darker months of the year. As daylight hours shorten in winter, some people experience changes in mood, energy, and sleep patterns.

Common symptoms of SAD include persistent low mood, fatigue, difficulty concentrating, increased appetite (especially for carbohydrates), and a tendency to oversleep. These symptoms usually begin in late autumn and improve in spring as sunlight increases.

The exact cause of SAD isn't fully understood, but it's believed to be linked to reduced sunlight exposure, which can disrupt your body's internal clock (circadian rhythm) and affect serotonin and melatonin levels—chemicals that influence mood and sleep.

Treatment options include light therapy, which involves sitting near a special light box for 20–30 minutes a day, as well as exercise, counselling, and in some cases, medication.

If you notice these symptoms each winter, don't ignore them. Speak to your GP or mental health professional. With the right support and treatment, SAD can be effectively managed, helping you feel more like yourself all year round.



Staying Active Indoors During Winter

When cold or rainy weather makes it hard to exercise outside, staying active indoors is a great way to maintain your physical and mental health. You don't need a gym membership or fancy equipment—just a little space and motivation.

Start with simple bodyweight exercises like squats, lunges, push-ups, and planks. These can be done in short sessions throughout the day. Stretching or yoga is also excellent for flexibility, balance, and stress relief.

Consider following online fitness videos or apps that offer guided workouts ranging from 5 to 30 minutes. Dancing, stair climbing, or even housework like vacuuming can increase your heart rate.

Make it fun - put on music, involve the family, or set small daily goals to stay motivated. Staying active indoors helps boost mood, improve sleep, and strengthen immunity, especially during winter, when energy can naturally dip.

Healthy Skin in Winter

Winter weather can be harsh on your skin. Cold air, low humidity, and indoor heating contribute to dryness, irritation, and flaking. But with the right care, you can keep your skin healthy and comfortable throughout the season.

Start by moisturising regularly. Choose a rich, fragrance-free cream or ointment and apply it immediately after showering to lock in moisture. Avoid hot showers, as they strip natural oils from your skin—opt for warm water instead.

Use a gentle cleanser that won't dry out your skin, and avoid products with alcohol or strong fragrances. Exfoliate once a week to remove dead skin cells, but don't overdo it, as over-exfoliating can lead to irritation.

Stay hydrated by drinking plenty of water, and consider using a humidifier indoors to maintain moisture in the air.

Protect your skin from wind and cold by wearing gloves and scarves, and don't forget sunscreen—UV rays are still present in winter and can cause damage even on cloudy days.

By adjusting your skincare routine for the season, you can prevent dryness and keep your skin soft, smooth, and healthy all winter long.

Spotlight on Men's Health

International Men's Health Week takes place from Monday, June 9, to Sunday, June 15, 2025—a timely reminder for men to take charge of their physical and mental wellbeing. Many men delay or avoid seeking medical help, often ignoring symptoms that could indicate serious health issues.

Routine check-ups are essential. Regular screenings for blood pressure, cholesterol, diabetes, and prostate health can detect problems early and improve outcomes. Mental health is just as important—stress, anxiety, and depression often go unspoken, but reaching out for support can make a huge difference.

Staying active, eating a balanced diet, limiting alcohol, and quitting smoking are key to long-term health. Even small lifestyle changes can lead to significant benefits.

Encouraging open conversations about health helps break the stigma and promotes positive habits. Whether booking a GP appointment, joining a fitness group, or simply checking in with a mate, taking action is the first step to better health.

HEARTY BEEF AND VEGETABLE STEW

A great winter recipe is Hearty Beef and Vegetable Stew—warm, comforting, and packed with flavour.

Ingredients

- 500g stewing beef, cubed
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 carrots, sliced
- 2 potatoes, diced
- 1 parsnip or sweet potato, chopped
- 2 celery stalks, sliced
- 400g can diced tomatoes
- 3 cups beef stock
- 1 tbsp tomato paste
- 1 tsp thyme
- Salt and pepper to taste
- Olive oil

Instructions:

1. Heat oil in a large pot. Brown beef in batches and set aside.
2. In the same pot, sauté onion and garlic until soft.
3. Add tomato paste and cook for 1 minute.
4. Return beef to the pot. Add carrots, potatoes, parsnip, celery, tomatoes, and stock.
5. Add thyme, salt, and pepper.
6. Bring to a boil, then reduce heat and simmer for 1.5 to 2 hours until beef is tender.
7. Serve with crusty bread.

Perfect for cosy nights in!

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OTHER SERVICES OFFERED

- Home Visits
- Vaccinations
- Teleconferencing
- Medical Reports
- Pregnancy Test
- Pilot Medicals
- Minor Surgery
- Family Planning
- Counselling
- Cardiograms
- Nutrition Advice
- Pap Smears
- Treatment for Sun Spots
- Recalls/Reminders
- Treatment for Skin Cancers
- Health Assessments
- Workers compensation
- Medicals for licenses
- Telephone Consults
- Management Plans/Team Care Arrangements

SPECIAL PRACTICE NOTES

Confidentiality. The practice is committed to providing comprehensive general practice to all individuals and families in this community. All patient consultations and medical records are kept strictly confidential. Signed consent forms are essential before any patient health information will be transferred. All electronic information is encrypted. A privacy brochure is available upon request.

Sterilisation of Equipment. All equipment used in the surgery is either disposable or is sterilised in an autoclave (as used in hospitals).

Telephoning your doctor. Phone consultations are available upon request-however, will incur a fee if not covered by a concession card

Electronic communications. Electronic communications with patients is not standard procedure. When necessary, patient consent is obtained and documented in accordance with the RACGP standards.

Certificates. Medical certificates are legal documents. They are available only if you present for a consultation with one of our doctors. We cannot issue certificates without you actually seeing a doctor. We are not allowed to issue certificates that are back dated.

Your comments on our medical services are always welcome. If there is any way we can improve for your benefit, we will. Direct any queries to our Practice Manager.

If you prefer, you can contact the Health Care Complaints Commission on 1800 043 159 or email: hccc@hccc.nsw.gov.au.