health news

Temora Medical Complex

Quality Practice Accreditation
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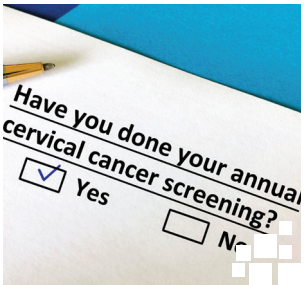
FEBRUARY - MARCH 2026 EDITION

FREE TO TAKE HOME!

Shingles Vaccination

Christmas Kilos

Back-to-School Health



Cervical Cancer Screening

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 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
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: Kim Lynch

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

Reception Staff: 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

Temora Medical Complex is now Bulk Billing consultations.
ALL procedures, medicals and commercial licences etc will remain the same and a private fee charged.
Refer to the notice at the reception desk.
We expect payment at the time of examination / procedure.
Payment can be made with cash cheque or credit card.
If financial hardship please discuss with Dr at the time of consultation.

• NON ATTENDANCE FEE

If a patient fails to attend their appointment a non-attendance fee of $40 may be charged.
The non-attendance fee must be paid before any future appointments can be booked or attended.
Work cover non attendants will be billed to patients personal account, not through insurance company.

• 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.***

Shingles Vaccination (Shingrix) & Dementia: What We Know

Shingrix is one of the leading shingles (herpes zoster) vaccines in Australia and is recommended for older adults to prevent shingles and its complications. Shingles is caused by reactivation of the varicella-zoster virus, which remains dormant in the body after childhood chickenpox. While shingles is best known for causing a painful rash, growing research suggests it may also have broader impacts on long-term brain health.

Recent international studies have observed an association between shingles infection and an increased risk of cognitive decline and dementia. Chronic inflammation and viral effects on the nervous system are thought to play a role. Interestingly, emerging evidence indicates that people who receive a shingles vaccine, particularly Shingrix, may have a lower risk of developing dementia compared with those who are unvaccinated. While this research does not yet prove direct cause and effect, the findings are encouraging.

Shingrix works by boosting the immune system's ability to keep the virus suppressed, reducing the chance of shingles occurring in the first place. By preventing shingles and the inflammation it can cause, vaccination may indirectly support long-term brain health.

Importantly, Shingrix is already recommended because it is highly effective at preventing shingles and post-herpetic neuralgia. Any potential added benefit for dementia prevention is an added reason to discuss vaccination with your GP.

If you are aged 65 years and over or 50 and over for Aboriginal and Torres Strait Islanders then speak with your GP about your eligibility for a free vaccine.

Shedding the Christmas Kilos

The festive season is a time for celebration, good food, and relaxation, but it can also lead to a few extra kilos. The good news is that shedding Christmas weight doesn't require extreme dieting or intense exercise. Small, consistent changes can make a big difference.

Start by getting back into regular movement. Walking, swimming, cycling, or light gym sessions are excellent ways to burn calories and boost energy, especially during the warmer summer months. Aim for at least 30 minutes of activity most days of the week.

Next, focus on balanced eating rather than restriction. Fill your plate with vegetables, lean proteins, whole grains, and fresh fruit. Reducing portion sizes, limiting sugary drinks, and cutting back on alcohol can significantly lower calorie intake without feeling deprived.

Hydration is also key. Drinking plenty of water helps control appetite and supports metabolism. Finally, be patient with yourself. Healthy weight loss takes time, and sustainable habits are far more effective than quick fixes.

By easing back into routine and making mindful choices, those Christmas kilos will gradually disappear.

Back-to-School Health & Immunity

As February marks the return to school across Australia, many families notice a familiar pattern: busy mornings, close contact with classmates, and the spread of common colds and bugs. Supporting children's health and immunity at the start of the school year can help reduce illness and keep them feeling their best.

A strong immune system starts with the basics. Adequate sleep is essential, particularly as children adjust back into school routines. Establishing consistent bedtimes helps support immune function, concentration, and mood. Nutrition also plays a key role. Balanced meals that include fruits, vegetables, whole grains, lean proteins, and dairy provide important vitamins and minerals such as vitamin C, zinc, and iron, which support immune health. Packing a nutritious lunchbox can make a big difference to energy levels throughout the day.

Good hygiene habits are another crucial line of defence. Encouraging regular hand washing with soap and water—especially before eating and after using the bathroom—helps limit the spread of germs. Teaching children to cover coughs and sneezes and to avoid sharing drink bottles can further reduce transmission of illness.

Staying physically active supports overall health and immunity, but it's equally important to allow time for rest. After-school downtime helps children recover from busy days and prevents burnout. Keeping vaccinations up to date is also an important step in protecting children and the wider school community.

By focusing on sleep, nutrition, hygiene, and routine, families can help children transition smoothly back to school and build resilience for a healthy year ahead.

The Importance of Cervical Screening with Your GP

Cervical screening is one of the most effective ways to protect women's health, yet many people delay or avoid it due to uncertainty or discomfort. Regular cervical screening with your GP plays a vital role in preventing cervical cancer and detecting potential problems early, when they are easiest to treat.

Cervical screening tests look for human papillomavirus (HPV), a common virus that can cause changes to cervical cells over time. Most people will have HPV at some stage in their lives, often without knowing it. In many cases the virus clears on its own, but in some women it can lead to abnormal cell changes that, if left untreated, may progress to cancer. Screening helps identify these changes long before symptoms appear.

Seeing your GP for cervical screening also provides an opportunity for personalised care. Your doctor can explain the test, address concerns, and ensure you feel comfortable throughout the process. They can also discuss your individual risk factors, screening intervals, and any follow-up that may be needed. For many women, reassurance and clear information from a trusted GP can make a significant difference in attending regular screening.

Importantly, cervical cancer is one of the most preventable cancers. Regular screening has been shown to dramatically reduce both the incidence of cervical cancer and deaths from the disease. Even if you feel healthy, have no symptoms, or have received the HPV vaccine, screening remains essential.

Prioritising cervical screening is a simple but powerful step toward long-term health. Booking an appointment with your GP could truly be life-saving.

Spirulina: A Nutrient-Dense Superfood

Spirulina is a blue-green algae that has gained popularity as a natural health supplement due to its impressive nutritional profile. Available as a powder or tablet, spirulina is rich in protein, vitamins, minerals, and antioxidants, making it a convenient addition to a balanced diet.

One of spirulina's key benefits is its high protein content, containing all essential amino acids. This makes it particularly appealing for people following vegetarian or plant-based diets. It is also a good source of iron, B vitamins, magnesium, and iodine, nutrients that support energy levels, muscle function, and overall wellbeing.

Spirulina is well known for its antioxidant and anti-inflammatory properties, largely due to a compound called phycocyanin. Antioxidants help protect cells from oxidative stress, which is linked to ageing and many chronic diseases. Some studies suggest spirulina may support immune function, improve cholesterol levels, and assist with blood sugar control when combined with healthy lifestyle habits.

Additionally, spirulina may help combat fatigue and support recovery after exercise. It is often added to smoothies or juices, although its strong taste may take some getting used to.

As with any supplement, spirulina should be used responsibly. It's best to discuss its use with your GP, particularly if you are pregnant, immunocompromised, or taking medications.

SPIRULINA BLISS BALLS

These no-bake spirulina bliss balls are quick to make, naturally sweet, and perfect for a healthy snack or lunchbox treat.

Ingredients (Makes ~12 balls):

- 1 cup rolled oats
- ½ cup pitted dates
- 2 tablespoons almond butter or peanut butter
- 1 tablespoon chia seeds
- 1 tablespoon shredded coconut (plus extra for rolling)
- ½ teaspoon spirulina powder
- 1–2 tablespoons water (as needed)
- ½ teaspoon vanilla extract (optional)

Method:

1. Place the rolled oats and dates into a food processor and pulse until finely chopped.
2. Add nut butter, chia seeds, coconut, spirulina, and vanilla.
3. Process until the mixture begins to stick together. Add water gradually if the mixture is too dry.
4. Roll tablespoon-sized portions into balls.
5. Roll in extra coconut if desired.
6. Refrigerate for at least 30 minutes to firm up.

Serving & Storage

Store in an airtight container in the fridge for up to one week, or freeze for up to one month.

Why You'll Love Them

Spirulina adds antioxidants and plant-based protein, while oats and dates provide lasting energy. The sweetness of dates balances spirulina's earthy flavour, making these bliss balls both nutritious and delicious.

WORD SEARCH

G	I	S	C	N	U	T	R	I	T	I	O	N	N
M	H	P	Y	G	I	I	G	L	E	R	N	N	N
I	S	I	C	I	M	M	U	N	E	E	X	H	L
R	E	R	L	E	C	E	P	T	R	L	O	M	H
C	L	U	I	A	Y	G	A	I	I	G	E	M	N
S	G	L	N	G	O	W	E	G	L	H	I	M	T
H	N	I	G	L	I	E	S	L	E	E	P	A	E
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R	E	G	I	I	I	L	L	L	O	U	A	G	C
I	I	R	G	L	V	Y	O	A	M	O	U	A	I
X	U	S	C	R	E	E	N	I	N	G	L	I	M
X	H	U	M	A	N	N	N	I	E	T	O	R	P

SLEEP
HYGIENE
WATER
NUTRITION
SCHOOL
SPIRULINA
VIRAL
PROTEIN
IMMUNE
SCREENING
CYCLING
SHINGLES
ALGAE
SHINGRIX
HUMAN

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.