health news

Temora Medical Complex

Quality Practice Accreditation
296-298 Hoskins Street
Temora 2666
P: 6977 3600 F: 6977 1195
E: tmc@temoramedical.com.au

AUGUST - SEPTEMBER 2026 EDITION

FREE TO TAKE HOME!

Chronic conditions

Your mouth & your mood

RSV Vaccine in Australia

Spring readiness

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

Connect Hearing... 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.....Align Rural Physiotherapy
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 & Bianca Crawford

• SURGERY HOURS

Monday to Friday.....9.00am – 5.30pm
(Consulting from 9.30am - 5pm)

• 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.

Flu Clinics. Starting in May

• 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

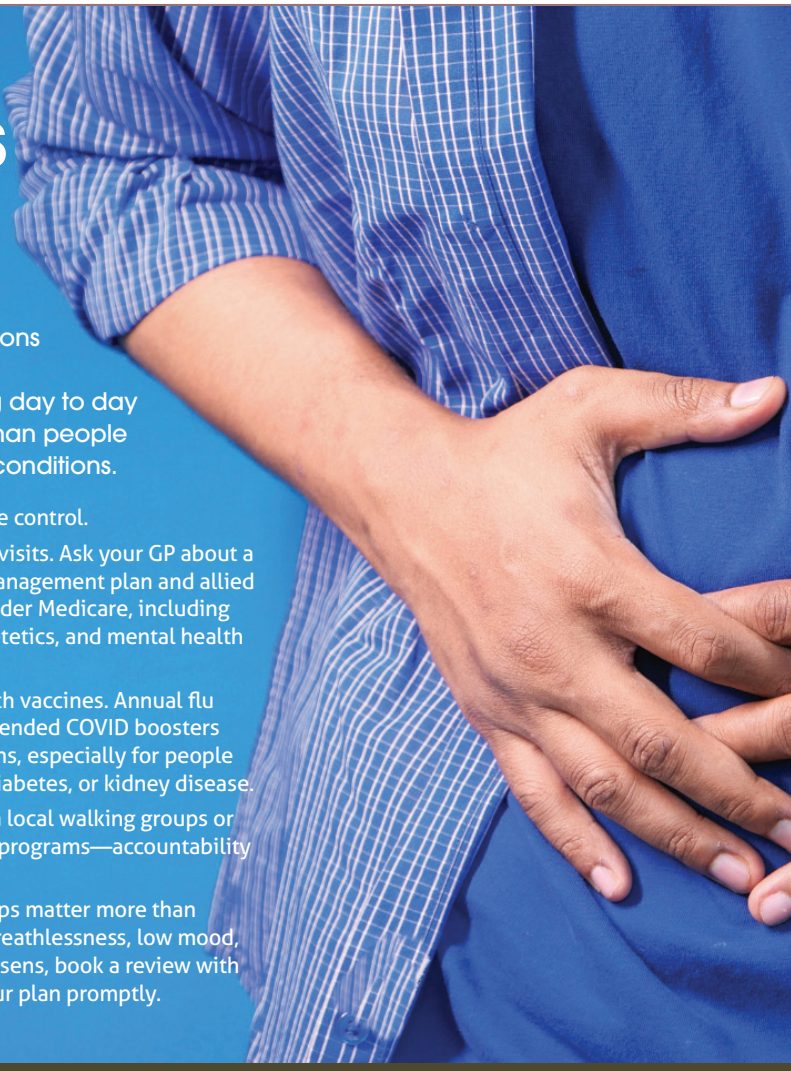
If a patient fails to attend their appointment a non-attendance fee of $40 may be charged.
The non-attendance fee must be paid before any future appointments can be booked or attended.
Work cover non attendants will be billed to patients personal account, not through insurance company.

• 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.

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
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O	K	C	U	T	C	M	A	L	H
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MOOD MOUTH TRAVEL ALLERGY CANCER CHRONIC COUGH FISH HABITS HEALTH POLLEN SLEEP VACCINE

• 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.