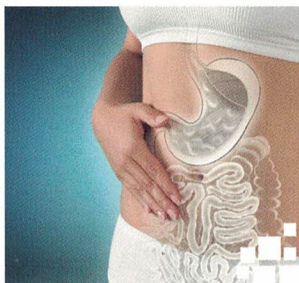
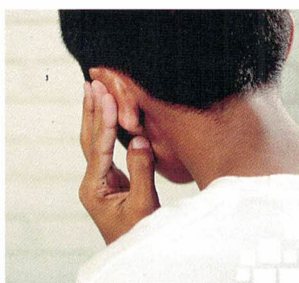


APRIL - MAY 2025 EDITION

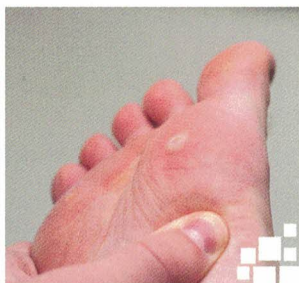
FREE TO TAKE HOME!



The Gut-Brain Connection



Ear Infections



Plantar Warts



Flu Vaccine

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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@healthnewsgp

● PRACTICE DOCTORS

Dr Kym Daniell

Paediatrics, Tropical Medicine, Diabetes & Minor Skin Surgery.

Dr Maggie Mackay

Mental Health, Women's Health, Diabetes, Medical Education, Minor Skin Surgery, Preventative Health & Osteoporosis.

Dr Nitika Chavan

Womens health, skin surgery and general medical care.

Dr Abram Abdelsayed

Senior GP Registrar
Minor Surgery

Dr Sarah Quigley

GP Registrar

Dr Kate Murton

GP Registrar

● PRACTICE MANAGER

Eliza Craven

● NURSING

Robyn Alloway

Eliza Craven

Kevin O'Donnell

Sue Rose

Sarah Haeusler

● RECEPTION

Helen Lazzaroni (wave chair)

Ruth Gerke

Angela Isbester

Julie Redhead

Anita Phillips

● BILLING

ARRANGEMENTS

We are a private practice and do not routinely bulk bill. Our current fee for a standard consultation is between \$90- \$100. Discounts are at the discretion of the doctor. Details of fees for all other services are available on request.

● SURGERY HOURS

Mon, Tues & Fri

8.00am – 5pm

Wed & Thurs

8.00am – 6.00pm

Saturday

8.00am – 12pm

May be changed due to circumstances

● AFTER HOURS

Urgent after hours care options are:

13 Health – 13 432 524 (Good for advice)

House Call Doctor - 13 55 66 (bulk billed after hours home visits)

The Townsville Hospital Emergency Department - Please call **000** in the case of an emergency.

Mater Hospital Emergency Department – Open 7am – 11pm (you can either walk in or call **000** in an emergency and tell the paramedics you would like to go to the Mater).

● PRACTICE NEWS

Welcome to Autumn! Hopefully we will see the weather cool down soon. At time of writing, while the weather is hot, the humidity is far more comfortable than it has been which makes life that much more bearable!

Many of you will have met our second Registrar by now. Dr Kate Murton has brought a wealth of knowledge to the practice; she is a first year GP Registrar, but she is also a Consultant in Public Health. She is the 'go to' Doctor for infectious diseases, travel medicine and the like.

We also have another new staff member. Anita is a junior trainee receptionist – don't forget to say Hi! when you meet her.

As usual we post our warnings. If you have any cold or flu symptoms, please arrive 15 minutes before your appointment time, give us a ring from your car, and one of our nurses will 'RAT' you. We also have RATs available to test for RSV and Influenza A and B; we will use these where appropriate. Even if your test is negative, we will ask you to enter the waiting room wearing a mask.

We are told that we should have the latest Flu vaccine by the first week in April; as in past years, we won't know when exactly until the courier arrives!

● APPOINTMENTS

If you cannot get a timely appointment with your regular doctor please consider seeing one of our other doctors. This is much preferable to going elsewhere – we all have access to each other's notes and your results and it saves considerable time if we do not have to obtain this information from another practice.

Please remember that our routine appointments are 10-15 minutes and that you may be asked to make another appointment if you have several problems that need sorting out.

Please let reception know if your appointment is for an excision or fitting of an IUD – we also have to book theatre space. Please also let us know if you are attending for a medical for Centrelink or insurance purposes as extra time is required.

To avoid interruption to consultations the doctors do not take direct phone calls from patients – our experienced nursing staff will take your queries and we will return your call as necessary.

Home visits are available when medically appropriate – please discuss with our nurses.

► Please see the Rear Cover for more practice details.

The Gut-Brain Connection: How Your Gut Affects Mental Health

The gut and brain are intricately connected through the gut-brain axis, a bidirectional communication system linking the digestive system to the central nervous system. This connection explains why gut health plays a crucial role in mental well-being.

The gut is home to trillions of bacteria, collectively known as the gut microbiome. These microbes help regulate digestion, immunity, and even mood by producing neurotransmitters such as serotonin and dopamine, which influence emotions and cognitive function. In fact, around 90% of serotonin, the “feel-good” hormone, is produced in the gut.

When the gut microbiome is imbalanced—due to poor diet, stress, or illness—it can lead to inflammation and disrupt neurotransmitter production. This imbalance has been linked to mental health disorders like anxiety, depression, and brain fog.

A diet rich in fibre, probiotics, and prebiotics supports a healthy gut microbiome, promoting better mental health. Fermented foods like yoghurt, kimchi, and sauerkraut introduce beneficial bacteria, while fibre from fruits, vegetables, and whole grains helps nourish them.

Reducing stress through meditation, exercise, and quality sleep also improves gut health, further supporting brain function.

The gut and brain are deeply connected, and maintaining a healthy gut can significantly enhance mental clarity, mood, and overall cognitive function. By prioritising gut-friendly habits, individuals can support both their digestive and mental well-being.



Understanding Ear Infections

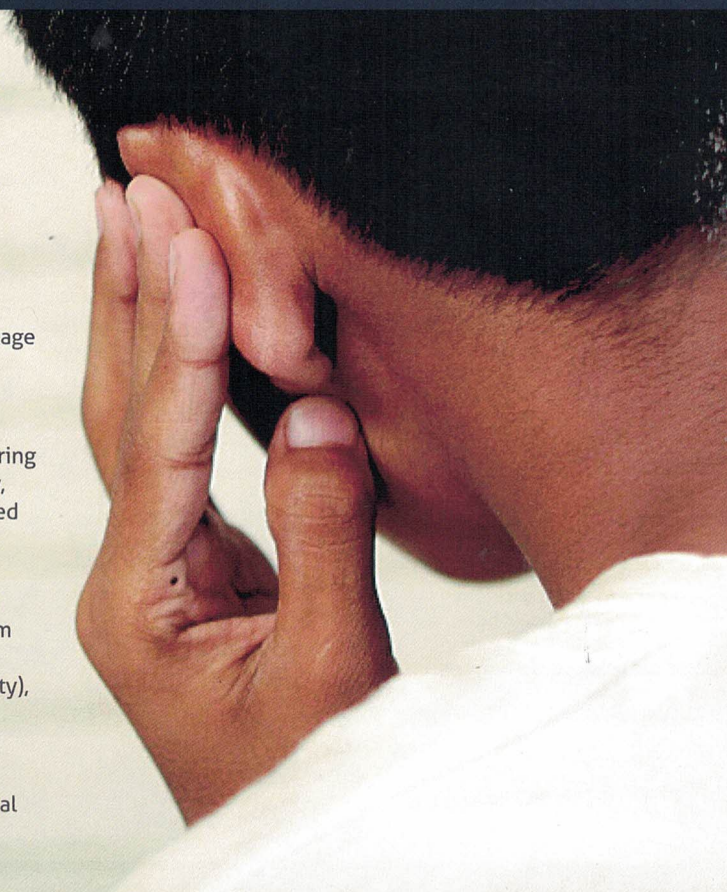
Ear infections are a common medical condition that can affect individuals of all ages, though they are particularly prevalent in children. These infections occur when bacteria or viruses invade the middle ear, causing inflammation and fluid buildup behind the eardrum.

Ear infections typically result from colds, allergies, or sinus infections that cause congestion and swelling in the Eustachian tubes. This blockage prevents fluid from draining, creating an environment for bacteria to thrive. Risk factors include exposure to second-hand smoke, frequent upper respiratory infections, and changes in altitude or climate.

Common symptoms of an ear infection include ear pain, pressure, hearing loss, and fluid drainage. In children, additional signs such as irritability, fever, and difficulty sleeping may be present. In severe cases, a ruptured eardrum can occur, leading to temporary hearing issues.

Mild ear infections often resolve on their own, but pain relievers like ibuprofen or acetaminophen can help manage discomfort. In bacterial cases, doctors may prescribe antibiotics. Home remedies, such as warm compresses and staying hydrated, can also aid recovery. To prevent infections, good hygiene, breastfeeding infants (which boosts immunity), and avoiding exposure to smoke or allergens are recommended.

While most ear infections are not serious, recurrent or untreated infections can lead to complications such as hearing loss or chronic conditions. Seeking medical advice for persistent symptoms is essential to ensure proper treatment and long-term ear health.





Plantar Warts: Causes, Symptoms, and Treatment

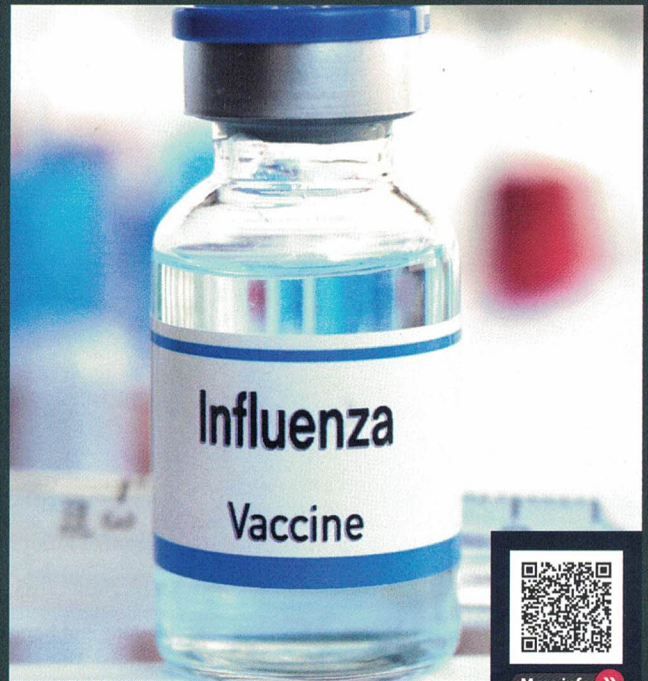
Plantar warts are small, rough growths that develop on the soles of the feet due to infection with the human papillomavirus (HPV). This virus enters the skin through tiny cuts or abrasions, often in warm, moist environments like public pools, locker rooms, and showers.

Plantar warts typically appear as rough, grainy lesions with a hardened surface. They may have black dots (clotted blood vessels) and cause pain or discomfort, especially when walking or standing. Unlike calluses, plantar warts disrupt the natural skin lines and may spread in clusters, known as mosaic warts.

Most plantar warts resolve on their own, but treatment can speed up healing. Common options include over-the-counter treatments such as Salicylic acid, Cryotherapy to freeze the wart and Medical procedures for stubborn warts.

To reduce the risk of infection, wear foot protection in public places, keep feet clean and dry, and avoid touching or picking warts. Strengthening the immune system through a healthy diet and lifestyle may also help prevent recurrence.

If a wart is persistent, painful, or spreading, consult a doctor for professional treatment.



The Importance of the Flu Vaccine

The flu vaccine is vital in preventing seasonal influenza, a contagious respiratory illness that can cause severe complications, hospitalizations, and even death. It is recommended annually for individuals of all ages, especially those at higher risk, including young children, the elderly, pregnant women, and people with chronic health conditions.

The flu vaccine stimulates the immune system to produce antibodies against influenza viruses. Since flu strains change yearly, the vaccine is updated annually to provide the best protection against the most prevalent strains. It does not cause the flu, as it contains either inactivated virus or a small protein that triggers immunity.

Benefits include reducing flu cases, preventing complications, protecting the community and reducing healthcare strain.

Getting the flu vaccine annually is a simple yet effective way to protect yourself and others. It is a crucial step in maintaining public health and preventing severe flu outbreaks, so talk with your local GP.

How Much Sleep Do We Need?



Sleep is essential for overall health and well-being, but the amount required varies by age and individual needs. The Sleep Health Foundation provides general guidelines ranging from 14 – 17 hours per day for newborns to 7-9 hours per day for adults.

Getting enough sleep is crucial for cognitive function, immune health, and emotional stability. Lack of sleep can lead to fatigue, reduced concentration, weakened immunity, and increased risk of chronic conditions like heart disease and diabetes.

Quality matters as much as quantity. Deep, uninterrupted sleep ensures proper rest and recovery. Good sleep hygiene, such as maintaining a consistent sleep schedule, limiting screen time before bed, and creating a comfortable sleeping environment, improves sleep quality.

While individual needs may differ, prioritizing adequate sleep is vital for maintaining a healthy and productive life. If persistent sleep issues arise, consulting a healthcare professional is recommended.



Quacks at Bamford Lane

● OTHER SERVICES OFFERED

- Audiometry (hearing testing)
- Holter monitoring
- Pregnancy Testing
- Video Auroscopy
- Spirometry (lung function testing)
- ECG's
- Antenatal Share Care
- Skin checks with clinical photos and dermatoscopy – treatment of skin lesions by various means including cryotherapy, diathermy, excision and the use of flaps.
- Fitting and removal of Implanon (contraception), fitting and removal of Mirena (contraception and menstrual control), insertion of hormone implants: intra-articular (joint) injections.
- Infant, childhood and adult vaccinations – travel advice and vaccinations (most vaccines in stock).
- "Wave chair" for treatment of urinary and faecal incontinence – ask for a brochure!
- Treatment of minor trauma including plaster of paris and wound care.
- Hospital, nursing home and palliative care as appropriate.
- Diving Medicals and Q-fever testing – Dr Daniell only.
- ABI testing (checking peripheral circulation)
- Two weekly continuous blood glucose monitoring using Freestyle Libre (very useful for diabetic on insulin whose control is sub-optimal)
- Electro-retinography (to check for diabetic eye damage)



Quality Practice
Accreditation



DELICIOUS EASTER RECIPE: HONEY-GLAZED ROASTED CARROTS

Easter is the perfect time to enjoy fresh, vibrant flavours, and honey-glazed roasted carrots make a great side dish that complements any Easter meal. This simple yet flavourful recipe brings out the natural sweetness of carrots, making them a hit with both kids and adults.

Ingredients

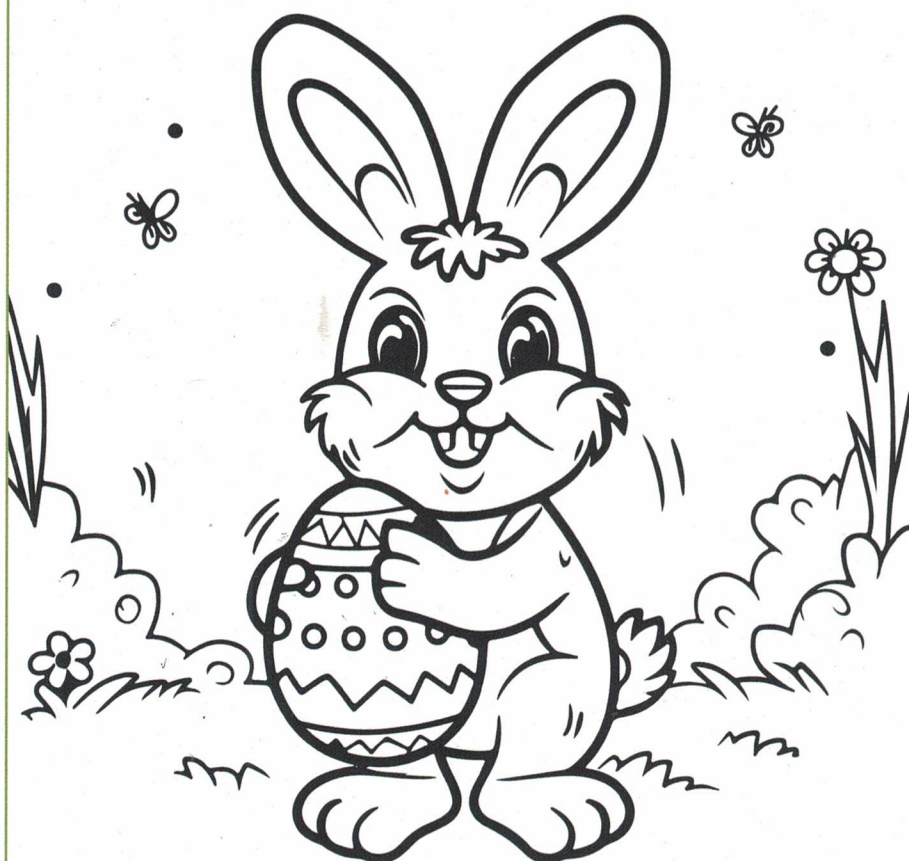
- 1 lb (450g) baby carrots or whole carrots, peeled and cut into sticks
- 2 tbsp honey
- 2 tbsp olive oil or melted butter
- 1 tsp salt
- ½ tsp black pepper
- ½ tsp ground cinnamon (optional)
- 1 tbsp fresh parsley or thyme, chopped (for garnish)

Instructions:

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.

2. In a bowl, mix honey, olive oil (or butter), salt, pepper, and cinnamon.
3. Toss the carrots in the honey mixture until well coated.
4. Spread the carrots evenly on the baking sheet and roast for 25-30 minutes, flipping halfway, until tender and caramelized.
5. Remove from the oven and sprinkle with fresh parsley or thyme. Serve warm.

This dish pairs beautifully with Easter favourites like roasted lamb, ham, or a fresh spring salad. Enjoy!



EASTER COLOUR FUN!