

**DECEMBER 2024 - JANUARY 2025 EDITION** *FREE TO TAKE HOME!*



Breast Cancer



Vitamin B6



School Holidays



New Year's Resolutions



**Dr Graham Campbell**

MBBS(Hons), BScAgr  
Monday, Tuesday afternoon, Wednesday & Friday Afternoon  
With almost 40 years at GMC Dr Campbell is the owner and principal doctor. He has a wide range of experience but his special interests include skin lesions, surgical procedures, paediatrics, geriatrics and palliative care.

**Dr Joyce Beardsell**

MBBS, FRACGP, DRANZCOG  
Monday, Thursday & Friday  
Dr Beardsell has been in practice for nearly 30 years and joined GMC in 2002. She is accredited in shared ante-natal care with Hornsby, Ryde and Royal North Shore Hospitals. Her medical interests are family health, paediatrics and women's health.

**Dr Mohammed Ansary**

MBBS, FRACGP, PG Cert Psychiatry  
Monday, Tuesday, Wednesday & Thursday  
Dr Ansary has practiced medicine for 25 years and enjoys seeing patients of any age. His interests include family health, men's health, full skin checks, minor surgeries and mental health.

**Dr Sinija Rodrigues**

MBBS, FRACGP, DCh.  
Tuesday, Wednesday and Friday  
Prior to joining the team at Galston Medical Centre, Sinija has been working as a rural GP in Gunnedah NSW for the last 12 years. Other than English Sinija can communicate in Malayalam, Hindi and Tamil. She has special interests in geriatrics, women's health, mental health and chronic disease management. She enjoys working with people of all ages and backgrounds as well as teaching the doctors of the future.

**ALL DOCTORS PARTICIPATE IN PRIMARY CARE INITIATIVES**

**PRACTICE STAFF**

**Practice Manager:** Nicole Brown  
**Practice Nurses:** Nicole, Colleen, Rhonda, Kate & Karen  
**Reception Staff:** Lindy & Jacki

**SURGERY HOURS**

Monday – Friday .8.30am – 6.00pm  
Saturday .....8.30am – 12.00pm  
Sunday ..... Closed

**Heart Health checks now available**

**AFTER HOURS**

Call the surgery on **9653 2133** and you will be directed to Sydney Medical Services which is the after hours service. If medical attention is required during this time either call **000** if an emergency or call **9653 2133** to be directed to the after hours service.



**ABOUT US**

Galston Medical Centre has been serving the community for over 40 years. We are an accredited, GP owned practice that provides acute, preventative and chronic disease management services to the community including to the local residential aged care facilities. Some of these services include:

- Family planning, cervical screening, pregnancy testing & shared ante-natal care
- Sutures, full skin checks including cryotherapy and minor procedures for removal of moles and sunspots
- Wound and ulcer management - Doctors and nurses are experienced and up to date with latest techniques.
- Spirometry
- Mens health
- Diabetic education
- Counselling
- Travel medicine
- Bone Health Checks
- Health assessments
- Infusions (including iron infusions)
- ECG, heart checks & 24hr BP monitoring
- Nutritional advice, sports medicine
- Childhood vaccinations & Healthy kid checks

**WOMEN'S HEALTH**

Dr Beardsell is accredited for shared Ante-Natal care with Hornsby, Ryde and Royal North Shore Hospitals.

**APPOINTMENTS**

**Consultation is by appointment.** Urgent cases seen on the day.  
**Online appointment booking** HotDoc ([www.hotdoc.com.au](http://www.hotdoc.com.au) or download app on to your phone) is used for online appointments but if none are available online please telephone the surgery  
**Booking a long appointment** is important for more complex matters, care plans, reports or multiple issues.  
**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.

**Emergencies are triaged by the nurse** please ask to speak to her if you have any concerns. Appointments are always available for urgent cases and unwell children.

**Home visits** are available to regular patients of this practice in the local area if their condition prevents them from attending the surgery. Please call before midday.

**Interpreter service** If you or a family member requires an interpreter service, we can organise this for you. Please let us know when you make the appointment.

**My Medicare.** Our practice participates in "MyMedicare" which is a voluntary enrolment that aims to formalise the relationship between the patient, GP and the patient's care team. To register you must have had 2 face-to-face appointments in the previous 2 years. By registering additional funding becomes available to your GP to deliver the care that you need. Please see the reception team for more information.

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

**Health News wishes you a very Merry Xmas and Happy New Year!**



# Understanding Breast Cancer

Breast cancer is one of the most common cancers among women worldwide, with millions diagnosed each year.

It occurs when cells in the breast grow uncontrollably, forming a malignant tumour that can spread to other parts of the body. Although the exact cause of breast cancer is unknown, certain risk factors increase its likelihood. These include age, family history, genetic mutations (such as BRCA1 and BRCA2), lifestyle factors like obesity, and hormonal influences.

Early detection is crucial in the fight against breast cancer, as it significantly improves treatment outcomes. Regular breast self-exams and awareness of any changes, such as lumps, pain, nipple discharge, or changes in breast shape, are essential first steps. Mammograms, an X-ray of the breast, is recommended annually for women over 40 or earlier for those at high risk, as they can detect cancer at an early stage when it is most treatable.

Treatment for breast cancer varies depending on its stage and type and may include surgery, radiation, chemotherapy, hormone therapy, or targeted therapy. Advances in medical research have led to more personalised treatments, increasing survival rates and improving patients' quality of life.

Beyond treatment, support for breast cancer patients and their families is vital. Support groups, counselling, and community resources provide emotional and mental assistance during recovery. With continued research and awareness efforts, breast cancer outcomes are improving, giving hope to millions. Early detection, a healthy lifestyle, and regular screenings are key steps in reducing the impact of this disease and improving survival rates.



## Vitamin B6

As the wellness trend continues to surge, millions worldwide have incorporated over-the-counter vitamins into their daily routines. While vitamin supplements are generally safe when consumed as directed, excessive intake can lead to adverse side effects.

Vitamin B6 is commonly found in many multivitamins and mineral supplements available without a prescription in supermarkets, health food shops, and pharmacies. Excessive vitamin B6 intake is associated with peripheral neuropathy, which can result in symptoms such as tingling, burning, or numbness, typically in the hands and feet.

In March 2023, the Therapeutic Goods Administration (TGA) mandated that products containing vitamin B6 in daily doses above 10 mg require a label warning. This previously applied to products containing over 50 mg per daily dose.

Dr David Kanowski, a chemical pathologist at Sullivan Nicolaides Pathology in Brisbane, says "Many people may unknowingly consume high doses of vitamin B6 by taking multiple supplements. For example, vitamin B6 (as pyridoxine hydrochloride) is often included in magnesium supplements, with each tablet containing up to 60 mg. A patient taking two magnesium tablets per day could be unintentionally consuming 120 mg of vitamin B6, far exceeding the recommended dietary intake for adults in Australia and New Zealand, which is 1.3–2.0 mg/day with a maximum of 50 mg/day. As pyridoxine hydrochloride has a half-life of up to 30 days, repetitive small doses taken over months can accumulate to high blood concentrations."

It is important to be vigilant about vitamin B6 intake and to consult healthcare professionals if you have any concerns about supplement use.







## Keeping Children Engaged During School Holidays

School holidays offer a great opportunity for children to relax and enjoy a break from structured learning, but keeping them engaged and productive can be a challenge for parents. Balancing free time with structured activities can help ensure they stay busy, learn new things, and enjoy themselves.

A great way to start is by planning a range of activities that mix fun with learning. Creative projects, like arts and crafts, help children express themselves and develop fine motor skills. Reading is another excellent activity; a holiday reading list can keep their minds sharp while exploring new topics and stories.

Outdoor activities are vital, too. Parks, nature trails, or even backyard playtime allow children to get exercise, enjoy fresh air, and burn off energy. For rainy days, indoor games, puzzles, or even educational apps can provide entertainment and stimulate problem-solving skills.

Enrolling kids in holiday programs or day camps is another way to keep them engaged. These programs often offer a variety of sports, arts, and social activities, letting children make new friends and learn new skills.

Involving children in household activities, like cooking or gardening, can also be enjoyable and teach valuable life skills. By balancing free play, structured learning, and family time, parents can create a holiday routine that keeps children happy, active, and engaged throughout the break.



## New Year's Resolutions: A Fresh Start

New Year's resolutions offer a chance to set fresh goals and make positive changes. Each January, millions of people commit to resolutions, whether it's to eat healthier, exercise more, quit smoking, or focus on personal growth. These resolutions reflect our desire to start the year on a positive note, motivated by a sense of renewal and self-improvement.

However, despite good intentions, many people struggle to keep their resolutions. Studies show that by February, a large percentage have already given up. One reason is that people often set unrealistic goals or try to make drastic changes overnight. Without a clear, manageable plan, it's easy to feel overwhelmed and lose motivation.

The key to a successful New Year's resolution is setting realistic, specific goals and breaking them into small, achievable steps. Instead of saying, "I want to lose weight," try a more specific goal like, "I'll exercise for 20 minutes three times a week." Making resolutions measurable and attainable increases the likelihood of success. Additionally, tracking progress and celebrating small victories along the way can keep motivation high.

Support from friends, family, or online communities can also be a powerful motivator. Sharing your goals with others not only provides accountability but can also offer encouragement during challenging times.

Ultimately, New Year's resolutions should be about positive change rather than perfection. Embrace the journey, allow room for mistakes, and celebrate the effort you put in. With patience, persistence, and a clear plan, resolutions can be a wonderful tool for personal growth and improvement.

## Overindulging at Christmas Time



Christmas is a time for celebration, good food, and quality time with loved ones. However, the holiday season often brings an abundance of rich foods, sugary treats, and indulgent drinks that can lead to overindulgence. While enjoying festive food is part of the holiday spirit, consuming too much can leave you feeling sluggish, bloated, and unwell.

Overindulging in high-calorie, high-fat foods can strain your digestive system and lead to weight gain. The festive season also often comes with an increase in alcohol consumption, which can impact liver health, sleep quality, and overall mood. For people with health conditions, such as diabetes or heart disease, excessive eating and drinking can be especially harmful.

To avoid these pitfalls, consider pacing yourself throughout the season. Opt for smaller portions, savour each bite, and balance indulgent foods with healthier options. Drinking plenty of water, maintaining some physical activity, and getting enough rest can help counteract the effects of overindulgence. Remember, you can still enjoy the holiday treats without going overboard. Moderation is key to feeling good and making the most of the Christmas season. Enjoy the festivities while staying mindful of your health.



## CLASSIC CHRISTMAS GINGERBREAD COOKIES

These delicious gingerbread cookies are perfect for the holiday season. They're easy to make, fun to decorate, and fill your kitchen with warm, festive aromas.

### Ingredients

- 3 cups all-purpose flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 tablespoon ground ginger
- 1 tablespoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground nutmeg
- 3/4 cup unsalted butter, softened
- 3/4 cup brown sugar, packed
- 1 large egg
- 1/2 cup molasses
- 1 teaspoon vanilla extract
- For Decoration: Icing, sprinkles, or any decorative toppings

### Method

1. Prepare the Dough: In a medium bowl, whisk together the flour, baking soda, salt, ginger, cinnamon, cloves, and nutmeg.
2. Mix Wet Ingredients: In a large bowl, cream the butter and brown sugar until light and fluffy. Beat in the egg, molasses, and vanilla extract until smooth.
3. Combine Ingredients: Gradually add the dry ingredients to the wet mixture, mixing until combined. Divide the dough in half, wrap each in plastic wrap, and refrigerate for at least 1 hour.
4. Bake: Preheat the oven to 350°F (175°C). Roll out the dough to 1/4-inch thickness and use cookie cutters for your desired shapes. Place on a baking sheet lined with parchment paper and bake for 8-10 minutes.
5. Decorate: Let cookies cool completely before decorating with icing and sprinkles.



### • BILLING ARRANGEMENTS

**Payment at the time of consultation is required.** AMA fee structure forms the basis of our billing policy and is displayed in reception area. Payment can be made by cash, cheque, credit card or EFTPOS. We bulk bill all children including high school students, as well as pensioners and HCC holders. Referrals and or tests may incur expenses beyond our control. Please speak to your doctor. We can claim your medicare rebate for you at the time of payment.

### • SPECIAL PRACTICE NOTES

**Telehealth.** Phone and video appointments are available to patients who have attended the practice within the last six months (with some exemptions). For video appointments you will need internet and access to a computer. If the appointment is bulk-billed Medicare requires that you provide written consent. You will receive a message requesting this when the appointment reminder is sent. **Telephone Access.** Doctors may be contacted during surgery hours and may need to return your call at a later time if consulting.

**Patient Privacy.** This practice is committed to maintaining the confidentiality of your personal health information. It is the policy of this practice to maintain security of personal health information at all times and to ensure that this information is only available to authorised members of staff and to comply with the Privacy Act. The Privacy Policy is available at reception and is also displayed on the website. The practice does not communicate by email.

**Follow Up.** Doctors may request a follow up appointment regarding results or correspondence received. A nurse will contact you by telephone if this is required. We use a computerised reminder system and HotDocs for preventative health measures. You will receive an SMS and be asked to verify your details. If you do not have a mobile phone we will contact you by mail. If you do not wish to participate in these preventative health measures please let us know. Galston Medical Centre participates in state and national registers.

**Feedback.** While every effort is made to ensure that you receive quality care, if you are unhappy with any aspect of the care you receive please speak to our practice manager Nicole. If you feel the problem warrants you may contact the Health care Complaints Commission. Locked bag 18, Strawberry Hills NSW 2012. Ph: 1800 043 159. [hccc@hccc.nsw.gov.au](mailto:hccc@hccc.nsw.gov.au).