



OCTOBER - NOVEMBER 2025 EDITION

FREE TO TAKE HOME!



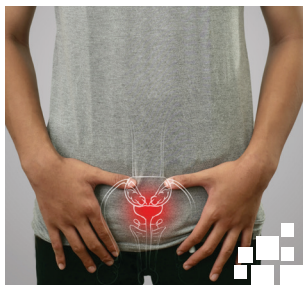
Fibermaxxing



Lung Imaging



Memory Loss



Prostate Enlargement

● PRACTICE DOCTORS

Dr Russell Pearson

MBBS, FRACGP, FACRRM, Clinical Assoc. Prof. UOW GSM
Tuesday & Thursday

Dr Ann Schippers

MBBS, FRACGP, Dip Paediatrics, DAME,
Clinical Senior Lecturer UOW GSM
Monday, Tuesday & Friday

Dr Jackie Sloan

MBBS, FRACGP, Dip Paediatrics,
Clinical Senior Lecturer UOW GSM
Monday, Wednesday & Thursday

Dr Mark Burgess

MBBS, FRACGP, Clinical Senior Lecturer UOW GSM
Monday, Tuesday, Wednesday & Friday (skin session)

Dr Eunjung (Angela) Kim

MD, FRACGP
Monday, Wednesday & Thursday

Dr Sarah Park

MD
Monday, Tuesday, Thursday, Friday

Dr Stephen Yang

MD
Mon, Tue, Wed, Fri

Dr Samantha Conroy

MD, FRACGP
Thursday and Friday

Dr David Hassell

MBBS
Wednesday and Friday

Dr Karyssa Lao

MBChB (Hong Kong)

Practice doctors are experienced in the broad range of health problems affecting all age groups.

● PRACTICE MANAGER

Louise Jackson

● PRACTICE NURSES

Rachel, Abbie & Denita

● RECEPTION STAFF

Amanda, Bonnie, Bronte, Jenny, Alissa & Stacey (Medical Practice Assistant)

● SURGERY HOURS

Monday to Friday.....8am to 6pm
(phones off from 5.30pm)

Saturday 8am to noon. Higher fees apply (no bulk-billing). *Phone on the day for urgent problems.*

● AFTER HOURS & EMERGENCY

Phone **000** for extreme emergencies. If you need general medical advice after hours, phone the After Hours GP Helpline on **1800 022 222**. If you still feel you need to see a GP urgently, phone **4234 1399** and you will be transferred to the after hours answering service.

● SPECIAL PRACTICE NOTES

We provide a comprehensive family medical service, with high quality care in a friendly, relaxed atmosphere. We are committed to providing our patients with a caring, and competent medical service.

APPOINTMENTS: Consultation is by appointment only. You can book online via our website, or phone. We reserve a limited number of appointments each day for urgent cases but please phone ahead. 'Walk-in' appointments cannot be guaranteed and are discouraged, particularly when our reception team need to screen for symptoms. For continuity of care, please request your preferred GP. Our standard appointments are 15-20 minutes. If you require a longer appointment for more complex issues or medicals, please let us know. **Telehealth** (telephone or video) appointments are available where appropriate. **Home Visits** are available in some circumstances. Please phone as early as possible to arrange this.

ONLINE BOOKINGS MADE EASY: Booking your appointment is now simpler than ever with our online system, HotDoc. You can schedule appointments for yourself or your family anytime—day or night—via our website at www.gerringonggp.com.au or through the HotDoc app. Prefer reminders? Just opt in through the app to receive notifications straight to your phone.

BILLING ARRANGEMENTS: We are a private billing practice and payment is required at the time of your consultation. Payment can be made by cash, cheque, credit card or EFTPOS. We can send your Medicare claim electronically. If you have a debit card, you can obtain an instant Medicare rebate. Children under the age of 15 with a valid Medicare card are bulk-billed (except for Saturday mornings and after-hours). Information about our fees and services is available at reception and on our website.

REFERRALS: Doctors in this practice are competent at handling common health problems. When necessary, they may refer you to a specialist. You can discuss this openly with your doctor. You also have the right to seek a second opinion.

MEDICAL RECORD CONFIDENTIALITY: We protect your personal health information to ensure it is only available to authorized staff members for the intended purposes, and to comply with the Privacy Act. You may request a brochure detailing our privacy policy from reception.

REMINDERS: Because we are committed to preventive care, we may send you an occasional reminder regarding health services appropriate to your care. If you wish to opt out of this, please let us know. Please also let us know if you do not wish to receive notifications via SMS.

TEST RESULTS: Our GPs will routinely discuss how investigation results will be communicated to you. This will generally be in one of the following ways: follow-up appointment, telehealth (phone or video) consultation, a call from our nurse or an SMS message. Where no arrangement is made, normal or acceptable results are generally not communicated to the patient. Please phone after 11am for test results.

TELEPHONE/EMAIL ADVICE: Most problems are best dealt with in a consultation. If urgent we can assist by putting you through to a member of our clinical team. You can leave a message for your doctor with our reception team, and it is at the discretion of the doctor whether they return your call or ask a member of the practice team to contact you. For the security of your personal information, we rarely communicate with patients by email. If you do need to email us, you will be contacted to verify your details before any information is provided.

TEACHING PRACTICE: We are committed to ongoing medical education and are proudly associated with the University of Wollongong. You may be asked if you are willing to be seen by a medical student in conjunction with your doctor.

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

Fibermaxxing: The Viral Wellness Trend You Should Know About

“Fibermaxxing” is the latest wellness trend sweeping social media, encouraging people to dramatically increase their fiber intake for better health. While the name may sound like a fad, the underlying principle—boosting dietary fiber—is well supported by science.

Fiber plays a crucial role in maintaining digestive health, stabilising blood sugar levels, and lowering cholesterol. Diets rich in fiber are also linked to reduced risks of heart disease, diabetes, and certain cancers. The average adult, however, consumes far less than the recommended 25–30 grams per day, making fibermaxxing a response to a widespread nutritional gap.

The trend promotes filling meals with fiber-rich foods such as fruits, vegetables, whole grains, legumes, seeds, and nuts. Advocates often share creative high-fiber recipes or daily challenges to reach impressive intake goals. Many people report improvements in energy, digestion, and

overall wellbeing after upping their fiber.

However, health experts warn against overdoing it. Increasing fiber too quickly, or relying heavily on supplements rather than whole foods, can cause bloating, cramping, or gastrointestinal discomfort. The best approach is gradual: introduce more plant-based foods into your diet while staying hydrated to support digestion.

Fibermaxxing has caught attention not only for its catchy name but also

because it taps into a broader shift toward preventative health and “food as medicine.” Unlike fleeting wellness fads, this trend has genuine benefits—so long as it is approached sensibly.

In short, fibermaxxing isn’t just hype—Whilst this is a reminder of the power of simple, everyday nutrition to transform health, as always it is recommended to seek medical advice from your GP before overdoing it.



Aussie Breakthrough in Lung Imaging

In early September 2025, 4DMedical— an Australian Health Tech company and a leader in AI-powered respiratory imaging—secured FDA 510(k) clearance for its groundbreaking CT:VQ™ technology, marking the first-ever non-contrast, CT-based ventilation-perfusion imaging solution.

Historically, ventilation-perfusion (V/Q) scans have relied on dual nuclear medicine procedures—airflow and blood flow imaging using radiotracers—taking between 45 and 90 minutes per patient. CT:VQ™ revolutionizes this by leveraging routine, non-contrast chest CT scans, applying advanced AI algorithms to analyze lung tissue motion and density changes, producing quantitative V/Q maps without injections or radioactive tracers.

As a Software-as-a-Service (SaaS) offering, CT:VQ™ integrates seamlessly into existing radiology workflows and is compatible with the U.S.’s ~14,500 installed CT scanners—potentially extending advanced lung imaging to facilities lacking nuclear medicine.

CT:VQ™ has undergone rigorous clinical validation, including head-to-head performance comparison against SPECT (the gold standard), reader studies, and real-world cases. Results indicate diagnostic equivalence or superior image clarity, free from artifacts typical of nuclear imaging.

FDA clearance of CT:VQ™ represents a transformative milestone. By offering faster, safer, and more accessible functional lung imaging without additional hardware or radiotracers, 4DMedical is poised to redefine pulmonary diagnostics and expand access to rural and underserved healthcare settings.



Understanding Memory Loss

Memory loss is a common concern that can affect people of all ages, though it becomes more prevalent with aging.

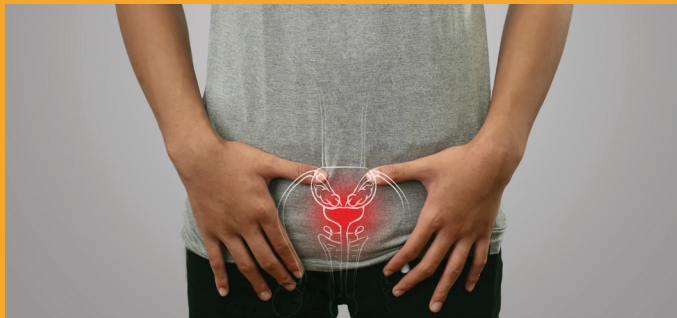
It refers to the difficulty in recalling information, events, or experiences that were once familiar. While occasional forgetfulness—such as misplacing keys or forgetting a name—is a normal part of life, persistent or worsening memory problems may signal an underlying issue.

Several factors can contribute to memory loss. Short-term lapses are often linked to stress, fatigue, anxiety, or lack of sleep, all of which affect the brain's ability to process and store information. Lifestyle factors, including poor diet, excessive alcohol use, or certain medications, can also impair memory. In some cases, memory loss may be associated with medical conditions such as depression, thyroid disorders, vitamin deficiencies, or neurological conditions like dementia and Alzheimer's disease.

It is important to note that not all memory problems indicate serious illness. Many

causes are reversible once identified and treated. Maintaining brain health through regular exercise, balanced nutrition, quality sleep, and mental stimulation can help preserve memory and cognitive function. Social engagement and stress management also play protective roles.

If memory loss is frequent, progressive, or interferes with daily life, seeking medical advice is essential. Early diagnosis of underlying conditions allows for more effective management and better long-term outcomes. Ultimately, while memory loss can be distressing, proactive steps and timely intervention can make a significant difference in maintaining cognitive health and quality of life.



Prostate Enlargement: Understanding the Condition

Prostate enlargement, medically known as benign prostatic hyperplasia (BPH), is a common condition that affects men as they age.

The prostate is a small gland located below the bladder and surrounding the urethra. Its primary role is to produce fluid that nourishes and protects sperm. With age, the prostate often grows larger, which can put pressure on the urethra and cause urinary difficulties.

Symptoms of BPH can include frequent urination, especially at night, difficulty starting or stopping urination, a weak stream, and the feeling that the bladder has not fully emptied. While the condition is not cancerous and does not directly lead to prostate cancer, it can significantly affect quality of life if untreated.

The exact cause of BPH is not fully understood, but hormonal changes related to aging, particularly shifts in testosterone and dihydrotestosterone (DHT), are believed to play a role.

Treatment options range from lifestyle changes, such as reducing caffeine and alcohol intake, to medications that relax or shrink the prostate. In more severe cases, surgical procedures may be necessary to relieve obstruction.

Early diagnosis and management are important, as untreated BPH can lead to complications such as bladder damage or kidney issues. Regular check-ups are recommended for men over 50.



Body Image in Teens

Adolescence is a critical stage of development, and for many teenagers, body image becomes a central concern.

With rapid physical changes during puberty, teens often compare themselves to peers or to the "ideal" bodies they see in media. Social media platforms, filled with filtered photos and influencers promoting unrealistic standards, can intensify feelings of inadequacy.

The pressure to conform to these ideals can have serious emotional and physical consequences. Many teens struggle with low self-esteem, anxiety, and depression linked to dissatisfaction with their appearance. Some may resort to extreme dieting, over-exercising, or unsafe supplements in an attempt to change their bodies. In severe cases, this pressure can contribute to the development of eating disorders.

External influences—such as peer teasing, family comments, and celebrity culture—add to the weight of these expectations. Boys may feel pressure to appear muscular, while girls often face demands to be slim, highlighting the different but equally harmful standards placed on teens.

Encouraging open conversations about body image, promoting diverse representations in media, and focusing on health and wellbeing rather than appearance are key to reducing these pressures. By fostering self-acceptance, we can help teenagers build resilience and confidence during this formative stage.

If you have any concerns about your teenagers' mental health, please seek the help of your local GP.



LEMON HERB CHICKEN WITH ASPARAGUS & NEW POTATOES

Prep & Cook Time: ~40 minutes

Ingredients (Serves 4):

- 4 chicken breasts (skinless, boneless)
- 500g new potatoes, halved
- 1 bunch asparagus, trimmed
- 2 tbsp olive oil
- Juice and zest of 1 lemon
- 2 garlic cloves, minced
- 1 tsp Dijon mustard
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh dill or thyme, chopped
- Salt and pepper, to taste

Method:

- 1. Preheat oven** to 200°C (fan 180°C). Place potatoes on a baking tray, drizzle with half the olive oil, season, and roast for 20 minutes.
- 2. Prepare chicken:** Mix lemon juice, zest, garlic, mustard, herbs, and remaining olive oil. Coat chicken breasts with the mixture and season.
- 3. Roast chicken:** After 20 minutes, add chicken breasts to the tray with the potatoes. Roast for 15 minutes.
- 4. Add asparagus:** Toss asparagus with a little oil and salt, then add to the tray. Roast everything for a final 10 minutes, until chicken is cooked through and asparagus is tender.
- 5. Serve:** Slice chicken, arrange with potatoes and asparagus, and drizzle over any pan juices. Garnish with extra fresh herbs.

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SUDOKU

Our services include:

- o Family care
- o Childhood immunisations
- o Men's health
- o Women's health
- o Family planning
- o Mirena and Implanon insertions
- o Mental health
- o Iron infusions
- o Shared antenatal care
- o Aged care
- o Palliative care
- o Travel medicine including Yellow Fever
- o ECGs
- o Lung function tests
- o Skin cancer checks and minor surgery
- o Diabetic care
- o Chronic disease management
- o Health assessments
- o Pre-employment and insurance medicals
- o Aviation medicals with Dr Ann Schippers (DAME)
- o Microsuction ear clinic
- o Acute care and emergencies


Gerringong
 SKIN CANCER CLINIC

Skin Checks – Are you at risk? Do you have a changing skin lesion? If you or your family have had skin cancers or you have fair skin, moles, a history of sunburns or extensive sun exposure with work or play, are immunosuppressed or you have used solariums, then its important you get a skin check. We do these every day of the week and perform procedures in our clinic on Tuesdays and Fridays.

Dermatology – A difficult rash? A problematic wart, eczema or acne? We can also help you with rashes, warts, rosacea, acne, eczema, dermatitis, cysts, ingrown toenails, tinea and fungal skin conditions, psoriasis and scabies. We can take biopsies to help identify difficult to treat skin conditions.

● FEEDBACK

Your comments on our medical services are always welcome and we strive to improve for your benefit. Please direct any queries or complaints to the Practice Manager. If you are not satisfied or your complaint cannot be resolved within the practice, you may wish to contact the Health Care Complaints Commission – Locked Mail Bag 18, Strawberry Hills NSW 2012.

● INTERPRETER

If you need an interpreter, phone 131 450. If you are deaf or have a hearing or speech impairment, contact the National Relay Service - visit their website relayservice.gov.au or call the Helpdesk on 1800 555 660 (TTY 1800 555 630).