



Importance of Hydration



Healthy Festive Eating



Mosquito Prevention Tips



Skin Cancer Checks

● 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, ARANZCOG (Cert), FRACGP
Clinical Tutor UOW GSM

Mon, Tue, Wed, Fri

Dr Samantha Conroy

MD, FRACGP

Tuesday, Thursday and Friday

Dr David Hassell

MBBS

Wednesday and Friday

Dr Karyssa Lao

MBChB (Hong Kong)

Monday, Wednesday & Thursday

*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

The Importance of Hydration in Summer

As temperatures soar across Australia, staying hydrated becomes essential for maintaining good health and energy. Our bodies lose more water through sweat in hot weather, and without regular fluid intake, it's easy to become dehydrated—especially when spending time outdoors, exercising, or enjoying summer celebrations.

Why hydration matters: Water helps regulate body temperature, supports digestion, lubricates joints, and keeps your mind clear. Even mild dehydration can cause headaches, fatigue, irritability, or dizziness. Severe dehydration may lead to heat exhaustion or heatstroke, which requires urgent medical attention.

Most adults need around two to three litres of water daily, but you'll need more in the heat or when active. Don't wait until you feel thirsty—by then, your body is already dehydrated. Keep a reusable bottle with you and sip regularly throughout the day.

Smart hydration tips:

- Eat water-rich foods like watermelon, cucumber, and oranges.
- Limit alcohol and caffeinated drinks, which can increase fluid loss.
- Replenish electrolytes if you're sweating heavily or exercising outdoors.
- Encourage children and older adults—who may not feel thirst as strongly—to drink often.

Staying hydrated is one of the simplest ways to boost energy, protect your health, and make the most of Australia's sunny season. So this summer, drink up—your body will thank you!



Healthy Festive Eating

The festive season is a time for celebration, connection, and of course—delicious food. But between barbecues, parties, and Christmas lunches, it's easy to overindulge. With a few mindful choices, you can enjoy the season's flavours while still feeling your best.

Don't skip meals before a big event—it often leads to overeating. Begin with a light, nutritious breakfast like yoghurt and fruit to keep your energy stable throughout the day.

Fill half your plate with fresh salads, vegetables, and lean proteins such as seafood or turkey. Enjoy festive favourites in smaller portions rather than avoiding them entirely—deprivation often leads to cravings later.

Alternate alcoholic drinks with water or sparkling mineral water, and be mindful of hidden sugars in cocktails and mixers. Staying hydrated helps digestion and prevents fatigue.

Importantly remember to savour the moment. Eat slowly, focus on conversation, and truly enjoy each bite. Festive eating is about pleasure, not excess.

This summer, celebrate with colour, flavour, and balance. With a little planning, you can have a joyful, healthy festive season—and start the new year feeling refreshed rather than regretful.





Stay Bite-Free This Summer: Mosquito Prevention Tips

Warm summer evenings are perfect for barbecues and beach walks—but they're also prime time for mosquitoes. These tiny pests are more than just annoying; in many parts of Australia they can carry diseases such as Ross River virus, Barmah Forest virus, and Japanese encephalitis. Protecting yourself and your family is simple with a few smart steps.

Cover up: When outdoors—especially around dawn and dusk—wear loose-fitting, light-coloured clothing that covers your arms and legs. Mosquitoes are attracted to dark colours and tight fabrics.

Use repellent: Choose a repellent containing DEET, picaridin, or oil of lemon eucalyptus. Apply it to all exposed skin, and reapply as directed, especially after swimming or sweating.

Eliminate breeding sites: Mosquitoes breed in standing water. Once a week, empty and scrub pet bowls, plant saucers, buckets, and birdbaths. Keep gutters clear and cover rainwater tanks with fine mesh.

Protect your home: Install or repair window and door screens. Use fans indoors and outdoors—mosquitoes are weak fliers. Consider citronella candles or plug-in vaporisers for added defence.

Plan ahead for holidays: When camping or travelling to northern or tropical areas, sleep under treated mosquito nets and keep tents zipped.

A few simple precautions can make a big difference. By keeping mosquitoes at bay, you'll protect yourself and your loved ones while enjoying everything the Australian summer has to offer—bite-free.



Understanding Ross River Virus: Protect Yourself This Summer

Ross River virus (RRV) is Australia's most common mosquito-borne infection, affecting thousands of people each year—especially during the warmer, wetter months. The virus is spread through mosquito bites after they feed on infected animals such as kangaroos or wallabies. It cannot spread directly from person to person.

Symptoms usually appear 3 to 21 days after a bite and can include joint pain, fatigue, muscle aches, fever, chills, rash, and swollen joints. While not life-threatening, symptoms can last from several weeks to months and may interfere with work, sleep, and daily activities.

There is no specific cure for Ross River virus—treatment focuses on relieving pain, inflammation, and fatigue. Rest, gentle exercise, and plenty of fluids are recommended during recovery.

Prevention is key. Use mosquito repellents containing DEET or picaridin, wear long sleeves and pants outdoors, and eliminate standing water where mosquitoes breed. Installing insect screens and using fans can also help reduce bites at home.

By taking simple protective measures, you can lower your risk of infection and enjoy the Australian summer safely and comfortably.

If you are experiencing any symptoms, please talk to your GP.

Skin Cancer Checks: A Lifesaving Habit

Australia has one of the highest rates of skin cancer in the world, with around two in three Australians diagnosed by the age of 70. The good news? Most skin cancers can be successfully treated if detected early—making regular skin checks a vital part of summer health.

Examine your skin every few months for new moles or spots, or changes in existing ones. Warning signs include asymmetry, irregular borders, multiple colours, a diameter larger than 6mm, or any spot that bleeds, itches, or doesn't heal. Remember the "ABCDE" rule—Asymmetry, Border, Colour, Diameter, Evolving—as a simple guide.

It's recommended to have your skin examined by a doctor or skin cancer clinic at least once a year, or more often if you have fair skin, lots of moles, or a family history of skin cancer.

Protect yourself by wearing SPF 30+ sunscreen daily, reapplying every two hours, and using hats, sunglasses, and sun-protective clothing.

Regular checks and sun safety go hand in hand—because catching skin cancer early could save your life. It is a good idea to see your GP on a yearly basis for a skin check!





CLASSIC HOMEMADE EGGNOG

Ingredients:

- 4 large egg yolks
- ½ cup (100 g) granulated sugar
- 2 cups (480 ml) whole milk
- 1 cup (240 ml) heavy cream
- 1 tsp pure vanilla extract
- ½ tsp ground nutmeg (plus more for garnish)
- ¾ cup (180 ml) bourbon, rum, or brandy (optional)
- 4 egg whites (optional, for a fluffier version)

Method:

1. Whisk egg yolks and sugar: In a large bowl, whisk the yolks until pale and creamy. Gradually add sugar, whisking until smooth and thick
2. Heat milk and cream: In a saucepan over medium heat, combine milk, cream, and nutmeg. Warm until it just begins to steam — don't let it boil.
3. Temper the eggs: Slowly pour a small amount of the hot milk mixture into the yolks, whisking constantly to avoid scrambling. Gradually add more until combined
4. Cook the mixture: Pour everything back into the saucepan. Cook over medium heat, stirring constantly, until it thickens slightly and coats the back of a spoon (about 160°F / 70°C).
5. Add flavor: Remove from heat and stir

in vanilla and alcohol (if using). Strain through a fine mesh sieve for a smooth texture.

6. Chill: Refrigerate for at least 2 hours, or until cold.
7. (Optional) Whip egg whites: Just before serving, whisk egg whites to soft peaks and gently fold them into the chilled eggnog for extra froth.
8. Serve: Pour into glasses, sprinkle with nutmeg or cinnamon, and enjoy!

Tips & Variations

- Non-alcoholic version: Skip the alcohol or replace it with a splash of rum extract.
- Dairy-free: Use almond milk and coconut cream instead of dairy milk and cream.
- Make-ahead: Eggnog tastes even better after chilling overnight — the flavors meld beautifully.



MERRY CHRISTMAS

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).