

## Online Appointment Bookings

You can now book appointments online 24/7. Go to our website: [jpmedical.com.au](http://jpmedical.com.au) and follow the links to book your appointment.



### ● PRACTICE DOCTORS

**Dr Peter Beaton**  
**Dr Nnaemeka (Nemy) Ezeorakwe**  
**Dr Yara Mohamed**  
**Dr Venugopala Reddy**  
**Dr Vidyamalee Chandrasena**  
**Dr Nnamdi Uzoh**

*We provide a comprehensive family medical service – quality care in a friendly, relaxed atmosphere.*

### ● PRACTICE MANAGER

Toni

### ● OFFICE MANAGER

Jacki

### ● PRACTICE NURSE

Elmarie

### ● ADMINISTRATION STAFF

Leandri, Kiren & Layla

### ● SURGERY HOURS

Monday to Friday - 9am – 5pm  
Saturday - Closed

### ● AFTER HOURS & EMERGENCY

For medical emergencies dial **000**.  
For urgent after hours care go to the Narrogin Hospital or phone **9881 0333** where a Dr is on call.

### ● OTHER SERVICES OFFERED

- Cardiographs
- Vaccinations
- Spirometry
- Mental Health Care Plans
- GP Management Plans
- 45 to 49 Health Assessments
- 75+ Health Assessments
- Assessment and Management of Diabetes
- Registration for Closing the Gap
- Skin Checks
- Cervical Screen
- Asthma action plans

### ● SPECIAL PRACTICE NOTES

**Facility Fees.** Please speak to Reception or your Doctor before agreeing to a procedure at JPMC. The charge covers the cost of consumables used for the procedure at the practice.

**It is important that you make sure you are aware of any out of pocket expenses before they are incurred.**

**Referrals.** Doctors in our surgery are competent at handling all common health problems. When necessary, they are able to draw opinion from Specialists, and if need be, refer you for further investigation. Please note: all initial referrals will require a consultation with the doctor. **Any lost referrals or follow up referrals will incur a charge, please ask at reception for information.**

**Test Results.** If the Doctor needs to convey your results, you will be contacted to make a follow up appointment.

**Repeat Prescriptions.** To order a repeat prescription a charge is applicable, please speak to our reception for further information.

**This Medical Centre is Telehealth enabled.**

**This practice has a no smoking policy.**

### ● APPOINTMENTS

**Consultation is by appointment.**

**Booking a long appointment.** If you require an insurance, employment or driving medical, review of a complex health problem, counselling for emotional difficulties, or a second opinion, please book a longer appointment. This may involve a longer wait but your problem will get the attention it deserves. Please bring relevant letters and test results from other doctors.

Please notify us if you are unable to attend an appointment, well in advance.

### ● WAITING TIMES

There is currently a shortage of Doctors in WA. This means all Doctors that are available are stretched to the limit. There are times our Doctors' appointments will be running behind schedule. The Doctor may have been called out, or may have had some unexpectedly long consults. We acknowledge that this is annoying for patients waiting, however it is beyond the Doctor's or the Receptionists' control. Patients being rude, angry or aggressive regarding such delays will not be tolerated. Being angry at the staff won't expedite your appointment, it just causes them additional mental distress and slows the process further. Some tips to reduce the stress of waiting:

- Phone the Clinic in advance to see if your Doctor is running on time.
- Bring a phone, tablet, book, puzzle, podcast or similar to keep yourself occupied.

### ● BILLING ARRANGEMENTS

Accounts must be paid on the day. Those patients with Concession cards and children under the age of 18 are eligible to be bulk billed at the discretion of the Dr.

Payment can be made by cash, cheque, credit card, EFTPOS or direct debit. Direct debit details: **BSB: 086-852 Acct: 83 912 2652** and a notation saying that a remittance notice with the account holder name and invoice number is to be emailed to: [practicemanager@jpmedical.com.au](mailto:practicemanager@jpmedical.com.au). Please put your invoice number in the Payee description when paying by online banking.

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



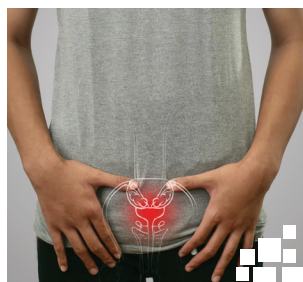
Fibermaxxing



Lung Imaging



Memory Loss

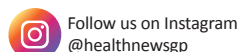


Prostate Enlargement

## 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](http://www.healthnews.net.au)



Follow us on Instagram  
[@healthnewsjp](https://www.instagram.com/healthnewsjp)

# 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— and 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.

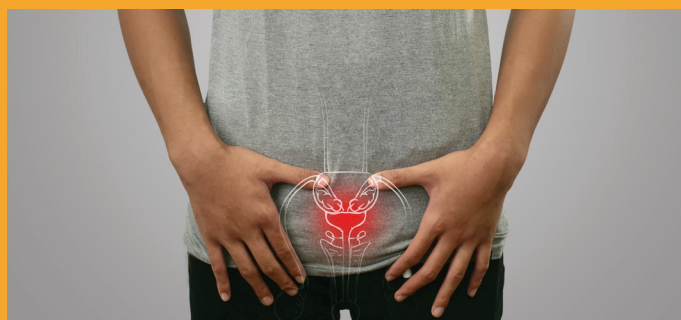
It refers to the difficulty in recalling information, events, or experiences that were once familiar. While occasional forgetfulness—such as misplacing keys or forgetting a name—is a normal part of life, persistent or worsening memory problems may signal an underlying issue.

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.

● **SPECIAL PRACTICE NOTES**

**Communication.** SMS confirmations will be sent to patients with mobile phone numbers the day before their appointment. Please indicate with a Y or N whether you will be attending.

**Follow Up.** A computerised reminder system is available and used for follow up of many medical conditions. If you wish to participate in this, please inform your doctor. This surgery participates in State & National registers.

**Interpreter.** An interpreter service can be accessed for your consultation. Please discuss this with reception prior to your appointment to arrange an interpreter.

**Cultural Background Details.** Please advise reception staff or your doctor of any cultural background when you arrive for your appointment.

**Emergency Contact Details** need to be updated on your patient files. Please see reception staff or your doctor when you arrive for your appointment.

**Patient Privacy.** This practice protects your personal health information to ensure it is only available to authorised staff members for the intended purposes and to comply with the Privacy Act. To obtain a copy of our Privacy Statement or your medical records, please ask.

**Patient Feedback.** We welcome your comments or suggestions. Please feel free to talk to your GP or the Practice Manager regarding any issues. If you prefer, you can contact The Health and Disability Services Complaints Office (HaDSCO) Free Call: 1800 813 583, E: mail@hadsco.wa.gov.au

**Email Policy.** We encourage our patients to call the practice for any communication as our emails are not checked regularly and are not used for medical advice, sending or receiving results and making appointments etc.



**LEMON HERB CHICKEN WITH ASPARAGUS & NEW POTATOES**

**Prep & Cook Time:** ~40 minutes

**Method:**

**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

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**