



AUGUST - SEPTEMBER 2026 EDITION

FREE TO TAKE HOME!

Online Appointment Bookings

You can now book appointments online 24/7. Go to our website: 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

Kiren, Layla, Rhiannon & Denise

● 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. Please put your invoice number in the Payee description when paying by online banking.

► Please see the Rear Cover for more practice information.



Chronic conditions



Your mouth & your mood



RSV Vaccine in Australia



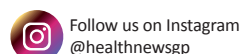
Spring readiness

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



Chronic conditions

Chronic and long-term conditions affect millions of Australians and drive much of our health system use. The most common remain mental and behavioural conditions (notably anxiety and depression), back problems, arthritis, asthma, diabetes, and cardiovascular disease. These conditions often cluster: someone with back pain may also experience depression or obesity, compounding symptoms and making day to day life harder. Prevalence rises with age, but many start earlier than people expect, especially musculoskeletal pain and mental health conditions.

What you can do today:

- Know your numbers. Track blood pressure, cholesterol, blood glucose (if at risk), and weight/waist. Early changes are easier to reverse.
- Move most days. Aim for 150 minutes of moderate activity weekly plus two strength sessions; even 10 minute bouts reduce pain, improve mood, and support heart health.
- Prioritise sleep and stress care. Regular sleep times and simple stress routines (breathing, brief walks, social connection) help both pain and mood.
- Eat for stability. Emphasise vegetables, whole grains, legumes, nuts, olive oil, and fish; limit ultra processed foods and sugary drinks to reduce inflammation and support weight and glucose control.
- Plan care, not just visits. Ask your GP about a chronic disease management plan and allied health referrals under Medicare, including physiotherapy, dietetics, and mental health support.
- Stay up to date with vaccines. Annual flu shots and recommended COVID boosters lower complications, especially for people with heart, lung, diabetes, or kidney disease.
- Make it social. Join local walking groups or condition specific programs—accountability boosts adherence.

Small, consistent steps matter more than perfection. If pain, breathlessness, low mood, or daily function worsens, book a review with your GP to adjust your plan promptly.

How your mouth shapes your mood

A healthy mouth does more than prevent cavities—it meaningfully supports wellbeing. Oral pain, bleeding gums, and missing or sensitive teeth can limit what you eat, how you sleep, and whether you smile or socialise. Those daily frictions add up: people with untreated dental problems report more stress, lower life satisfaction, and higher rates of anxiety and depression. Conversely, comfortable, functional teeth enable varied, enjoyable eating, clearer speech, better sleep, and confidence in social and work settings—core ingredients of happiness.

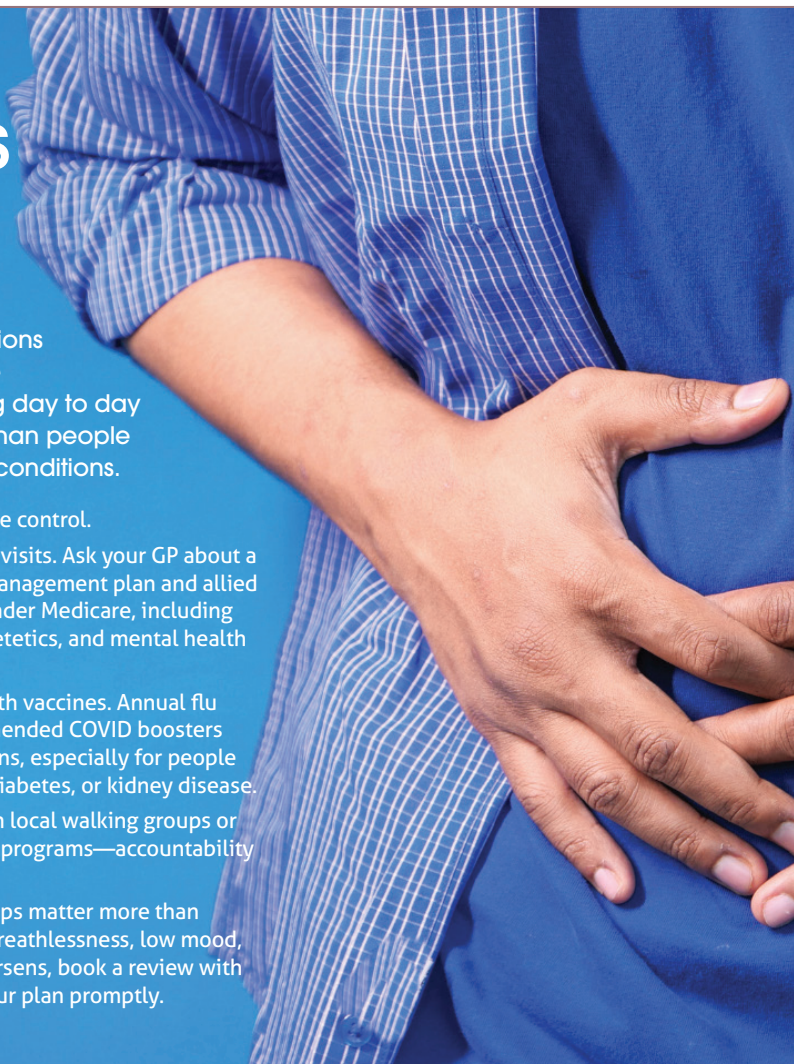
Biology plays a role too. Chronic gum disease is an inflammatory condition; persistent inflammation is linked with fatigue, low mood, and conditions like diabetes and cardiovascular disease. Treating periodontal disease can reduce systemic inflammation markers, often improving energy and overall quality of life.

Practical steps to boost both oral and emotional health:

- Brush with fluoride toothpaste twice daily and floss every day..
- Limit frequent sugary snacks and acidic drinks.
- Book regular check ups and cleanings

Whilst the primary specialist for dental health is your Dentist, if you start to have concerns over your teeth or gums, your GP is always a good place to start especially if there may be a link to more serious health concerns.

Small, consistent habits create a positive feedback loop: a healthier mouth, easier daily life, and more reasons to smile.



The Importance of the RSV Vaccine in Australia

Respiratory Syncytial Virus (RSV) is one of the leading causes of serious respiratory illness in Australia, particularly affecting infants, older adults, and people with chronic medical conditions. While RSV often causes symptoms similar to the common cold, it can lead to severe complications such as bronchiolitis, pneumonia, and hospitalisation in vulnerable groups. With safe and effective vaccines now available, Australia has an important opportunity to reduce the burden of this common virus.

Each year, RSV places significant pressure on Australian hospitals during the autumn and winter months. Thousands of babies require medical care for RSV-related illness, while older adults aged 60 years and over are at increased risk of severe infection, particularly those with heart disease, lung disease, diabetes, or weakened immune systems.

Vaccination is one of the most effective ways to prevent serious RSV disease. In Australia, maternal RSV vaccination during pregnancy helps protect newborn babies during their first six months of life by passing protective antibodies from mother to baby. Vaccines are also available for older adults to reduce

the risk of severe illness, hospitalisation, and complications.

The benefits of RSV vaccination extend beyond the individual. Preventing severe illness helps reduce hospital admissions, eases pressure on the healthcare system, and protects families from the emotional and financial impact of caring for a seriously ill loved one.

If you are pregnant, over 60 years of age, or have underlying health conditions, speak with your GP or healthcare provider about whether the RSV vaccine is recommended for you. Vaccination is a simple step that can help protect both yourself and those most vulnerable during Australia's respiratory virus season.



Mesothelioma

Mesothelioma is a rare, aggressive cancer that forms in the lining of the lungs (pleura) most often, and less commonly in the abdomen (peritoneum) or around the heart.

The primary cause is inhaling asbestos fibres, typically from occupational or environmental exposure decades earlier. Symptoms can be subtle at first—shortness of breath, persistent chest pain, cough, fatigue, or unexplained weight loss—and may be mistaken for common respiratory conditions.

Diagnosis usually involves imaging (chest X ray, CT), fluid analysis if there's a pleural effusion, and a tissue biopsy to confirm cell type (epithelioid, sarcomatoid, or biphasic). Staging assesses how far disease has spread and guides treatment.

Treatment is individualised and often combines:

- Surgery for selected early pleural cases to remove diseased lining and relieve symptoms.
- Systemic therapy: platinum based chemotherapy, immunotherapy (checkpoint inhibitors), or combinations to improve survival and control symptoms.
- Radiation therapy to shrink tumours or reduce pain.
- Supportive care: procedures to drain fluid, pain control, pulmonary rehab, and nutrition support.

If you've had asbestos exposure and develop persistent chest symptoms, see your GP promptly and mention the exposure history.

In Australia, asbestos exposure has a long legacy in construction, shipbuilding, and home renovations. If you're renovating, use licensed professionals for asbestos testing and removal, and follow your state's safety regulations.



Spring readiness

As winter fades, spring brings longer days—and spikes in pollen, asthma flares, and sudden storms. Get ahead now to protect your breathing and wellbeing.

- Track pollen and plan. Check daily pollen counts and thunderstorm asthma alerts for your region. On high risk days, keep windows closed, use recirculated air in cars, and prioritise indoor exercise.
- Tune your asthma and allergy plan. If you wheeze, cough at night, or use a reliever more than twice a week, book a GP review. Start or step up preventer inhalers before peak pollen. Use intranasal corticosteroid sprays daily for hay fever; add non drowsy antihistamines as needed.
- Prep your environment. Replace or clean HVAC filters, service inhalers/spacers, and stock tissues, saline rinses, and eye drops. Shower after outdoor activities to remove pollen; dry laundry indoors on extreme pollen days.
- Build resilience habits. Aim for regular sleep, movement most days, and a Mediterranean style eating pattern to support immune and respiratory health.
- Prepare for severe weather. Thunderstorms and early heat spikes can hit in spring. Assemble a simple kit: updated medications, water, a charged power bank, and copies of action plans. Save emergency numbers and set local alert notifications on your phone.

Early, consistent steps reduce flare ups, days off work or school, and unplanned doctor visits. If you notice worsening breathlessness, chest tightness, or persistent facial pain from sinus symptoms, seek medical advice promptly.

● 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 AND PEA ORZO

Here's a bright, easy spring recipe that can be made as directed, or made veg by swapping out the chicken for Haloumi and using vegetable stock. Serves 4 | 30 minutes

Ingredients (Serves 6–8):

- 2 cups chicken stock
- 1 cup orzo pasta
- 2 tbsp olive oil, divided
- 500 g chicken thigh fillets, cut into bite-size pieces
- 1 bunch asparagus, trimmed, cut in 3–4 cm pieces
- 1 cup frozen peas
- Zest and juice of 1 lemon
- 2 cloves garlic, minced
- 1 tsp Dijon mustard
- 1 tsp honey (optional)
- 2 tbsp chopped fresh parsley
- 1 tbsp chopped fresh mint or dill
- 30 g grated parmesan (plus extra to serve)
- Salt and pepper
- Lemon wedges, to serve

Method:

1. Cook orzo: Bring stock to a boil, add orzo, simmer until al dente (8–9 min). Reserve a splash of stock; drain.
2. Sear chicken: Heat 1 tbsp oil in a large skillet over medium-high. Season chicken with salt/pepper; cook 5–7 min until browned and cooked through. Transfer to a plate.
3. Spring veg: In the same pan add remaining oil, asparagus, and a pinch of salt; cook 2–3 min. Add peas and garlic; cook 1 min.
4. Sauce: Stir in lemon zest/juice, Dijon, honey, and a splash of reserved stock to make a light pan sauce. Scrape up browned bits.
5. Combine: Return chicken to pan with orzo, parmesan, parsley, and mint/dill. Toss until glossy; loosen with more stock if needed. Season to taste.
6. Serve: Finish with extra parmesan, black pepper, and lemon wedges.

WORD SEARCH

H	K	A	A	K	S	S	N	T	V
M	E	T	L	I	L	O	T	R	A
C	O	A	C	L	E	H	C	A	C
F	P	O	L	L	E	N	O	V	C
I	L	O	D	T	P	R	U	E	I
S	L	M	C	W	H	T	G	L	N
H	A	B	I	T	S	A	H	Y	E
O	K	C	U	T	C	M	A	L	H
L	T	O	C	A	N	C	E	R	A
N	M	C	H	R	O	N	I	C	I

MOOD MOUTH TRAVEL ALLERGY CANCER CHRONIC COUGH FISH
HABITS HEALTH POLLEN SLEEP VACCINE