



Antibiotics



National Carers Week



November

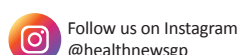


Get Your Skin Checked

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



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 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.

Antibiotics – When Do We Really Need Them?

Each year, World Antimicrobial Resistance Awareness Week (18–24 November) highlights one of the growing challenges facing healthcare worldwide: antimicrobial resistance. It is a timely reminder that while antibiotics can be lifesaving, they need to be used carefully and only when necessary.

Antibiotics are medicines used to treat certain bacterial infections. They work by killing bacteria or stopping them from multiplying. Importantly, antibiotics do not work against viruses, including those responsible for most colds, influenza and COVID-19.

Antibiotic resistance occurs when bacteria change over time and become resistant to medicines that previously killed them. This can make common infections more difficult to treat and may result in longer illnesses, more complicated medical care and fewer effective treatment options.

Everyone can help protect these important medicines. Don't pressure your doctor for antibiotics when they aren't recommended. If

antibiotics are prescribed, take them exactly as directed by your doctor or pharmacist. Never take antibiotics prescribed for another person or save leftover antibiotics for another illness.

Preventing infections can also reduce our reliance on antibiotics. Regular handwashing, good hygiene, staying up to date with recommended vaccinations and avoiding the spread of illness all play a role.

This World Antimicrobial Resistance Awareness Week, consider how you use antibiotics. These medicines are a valuable healthcare resource, and using them responsibly today can help ensure they continue to work when we genuinely need them in the future.



National Carers Week – Caring for Those Who Care

National Carers Week, held from 11–17 October 2026, is an opportunity to recognise and celebrate the more than 3 million Australians who provide unpaid care and support to a family member or friend.



Carers come from all walks of life and may support someone living with a disability, chronic or mental health condition, terminal illness, alcohol or other drug issue, or an older person who needs assistance. Many carers balance these responsibilities with work, study, family commitments and their own health.

The 2026 theme, "Care for a carer: Making carers visible," encourages Australians to recognise the important contribution carers make and to consider how we can better support them.

Caring for another person can be incredibly rewarding, but it can also be physically and emotionally demanding. Carers may experience stress, fatigue, social isolation and difficulty finding time to look after their own wellbeing.

National Carers Week is a reminder that carers need care too. Something as simple as checking in, offering practical help, providing a listening ear or giving a carer time for themselves can make a meaningful difference.

Carers needing additional assistance can access free information, counselling, peer support and other services through the Australian Government's Carer Gateway.

This October, take a moment to recognise the carers in your family, workplace and community—and ask: who cares for the carer?

Movember

Every November, moustaches appear on faces across Australia as part of Movember, a global movement dedicated to improving the health and wellbeing of men.

Movember began in Melbourne in 2003 with a simple idea: grow a moustache and use it to start conversations about men's health. Since then, it has developed into a worldwide movement supporting more than 1,300 men's health projects.

The campaign focuses on three major areas: mental health and suicide prevention, prostate cancer and testicular cancer. These are important issues because many men are reluctant to discuss health concerns or seek help when something doesn't feel right.

Movember encourages men to take a more proactive approach to their health. This can include having regular health checks, knowing their family medical history, staying physically active and speaking to a doctor about unusual symptoms or concerns.

Mental health is equally important. Checking in with a mate, asking how someone is really going and being prepared to listen can make a meaningful difference. Movember encourages stronger social connections and conversations that go beyond everyday banter.

You don't need to grow a moustache to participate. You can raise funds, get active, organise an event or simply start a conversation.

This November, use Movember as a reminder: looking after your health isn't a weakness—it's one of the strongest things you can do.



The Social Media Trend Affecting Teens

A growing social media trend known as "looksmaxxing" is raising concerns about body image and self-esteem among teenagers, particularly boys and young men. The term refers to trying to "maximise" physical attractiveness through changes to appearance, fitness and lifestyle.

At its mildest, looksmaxxing can involve positive habits such as improving personal hygiene, skincare, hairstyles, clothing, posture and physical fitness. However, the trend can become problematic when teenagers begin obsessively comparing themselves with unrealistic beauty standards promoted online.

Some looksmaxxing content focuses heavily on facial symmetry, jawlines, body fat and muscularity. Teens may also encounter AI-powered tools that rate their faces and suggest perceived "flaws". More extreme forms have promoted restrictive dieting, excessive exercise, unregulated supplements, steroids and potentially dangerous practices intended to alter facial structure.

Australian teenagers are also encountering

this content. The eSafety Commissioner warns that appearance-focused social media can create pressure to believe that personal value depends on how someone looks.

Parents should be alert to sudden changes in eating or exercise habits, excessive mirror checking, constant comparison with others, withdrawal from social activities or increasing distress about appearance.

Rather than dismissing looksmaxxing as simply another internet fad, parents can encourage open conversations about what teenagers are seeing online. Healthy grooming and exercise can build confidence, but appearance should never determine a young person's self-worth.

Helping teenagers value their personality,



abilities, friendships and achievements can provide an important counterbalance to the pressure to look "perfect".



Get Your Skin Checked Before Summer

As summer approaches, Australians naturally start thinking about beaches, holidays and spending more time outdoors. It is also an ideal time to take a closer look at your skin.

Australia has one of the highest rates of skin cancer in the world, with ultraviolet (UV) radiation from the sun being the major cause. Most skin cancers can be successfully treated when detected early, making awareness of changes to your skin particularly important.

Before summer, get to know what is normal for your skin. Check your entire body, including areas that are easy to overlook such as your scalp, back, soles of the feet, between your toes and under your nails.

Look for new spots or changes to existing moles or freckles, particularly changes in size,

shape or colour. Spots that become raised, bleed, itch, crust or simply look different from your other spots should also be investigated. If you notice anything unusual, make an appointment with your GP rather than waiting to see if it disappears.

People at higher risk of skin cancer should discuss with their doctor how frequently they need professional skin examinations.

With National Skin Cancer Action Week held in November, it's the perfect time to make skin health a priority before summer arrives so ask your GP about a skin check now!



FRESH FISH TACOS WITH MANGO & AVOCADO SALSA

Serves 4 | Prep: 20 minutes | Cook: 10 minutes

Fresh, colourful and packed with flavour, these fish tacos are perfect for a warm spring evening. The combination of grilled fish, creamy avocado and sweet mango makes for a light meal the whole family can enjoy.

For the fish

- 600g firm white fish fillets, such as barramundi, snapper or flathead
- 1 tbsp extra virgin olive oil
- 1 tsp smoked paprika
- ½ tsp ground cumin
- Juice of 1 lime
- Freshly ground black pepper
- 8 small soft tortillas

For the salsa

- 1 ripe mango, diced
- 1 avocado, diced
- 1 cup finely shredded red cabbage
- ½ red capsicum, diced
- ¼ red onion, finely chopped
- ½ cup fresh coriander, roughly chopped
- Juice of 1 lime

To serve

- ½ cup natural Greek yoghurt
- Lime wedges
- Fresh coriander

Method

- Combine the olive oil, paprika, cumin and lime juice. Coat the fish in the mixture and season with black pepper.
- Heat a barbecue or frying pan over medium-high heat. Cook the fish for approximately 3–4 minutes on each side, depending on thickness, until cooked through and easily flaked with a fork.
- Meanwhile, combine the mango, avocado, cabbage, capsicum, onion, coriander and lime juice in a bowl. Toss gently.
- Warm the tortillas, then add the mango salsa and pieces of grilled fish. Top with a spoonful of Greek yoghurt, fresh coriander and a squeeze of lime.

WORD SEARCH

S	P	R	E	A	D	O	E	L	O	M	L	J	E	S
L	T	E	S	R	N	E	I	R	A	S	N	A	I	J
O	L	B	L	N	S	S	E	N	T	I	F	W	D	E
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CARERS

HEALTH

SUPPORT

PHYSICAL

FITNESS

JAWLINES

EXERCISE

MOVEMBER

MENTAL

ACTIVE

COLDS

SPREAD

SKIN

FRECKLES

DOCTOR



● 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.