health news

Wyndhamvale Health Care

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Wyndhamvale
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www.wyndhamvalehealthcare.com

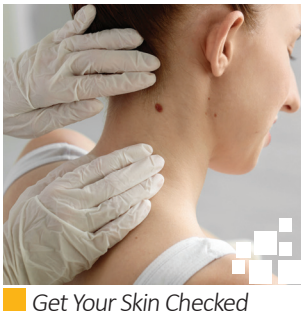
OCTOBER - NOVEMBER 2026 EDITION

FREE TO TAKE HOME!

Antibiotics

National Carers Week

Movember



Get Your Skin Checked

YOUR NEXT APPOINTMENT:

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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

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PRACTICE DOCTORS

Dr. Ali Abooee
Dr Madihah Adil
Dr. Rowena Bermudez
Dr. Sathish Reddy Gutha
Dr. Vidhula Mereddy
Dr. Sam Mostafavi
Dr. Sione Sisifa
Dr. Marianito Teng

Practice doctors are experienced in a broad range of general practice problems and the treatment of all age groups.

PRACTICE MANAGER

Leanne Puopolo

CLINIC HOURS

Monday – Friday..**8.30am – 7.00pm**
Saturday.....**9.00am – 2.00pm**
Sunday.....**.00am – 2.00pm**
Public Holidays ..... **CLOSED**

AFTER HOURS & EMERGENCY

For after-hours medical advice and attention please call Doctor Doctor, our locum service on 13 26 60. All consultations will be bulk-billed. For emergencies such as chest pain or collapse, it may be more appropriate to call an ambulance on 000. Alternatively please proceed to Werribee Mercy Hospital Emergency Department, 300 Princess Highway, Werribee.

EMAILING THE CLINIC

Emails sent to our Practice Manager at admin@wyndhamvalehealthcare.com will be responded to during the hours of 9am-3pm Monday-Thursday. Emails send outside of these days/times will be responded to as soon as practicable during the above hours. We request that only non-urgent matters are sent via email. For all urgent correspondence, please contact the Clinic on 03 9742 5148. To make an appointment please head to our website at www.wyndhamvalehealthcare.com.au or via the AMS Connect App or by telephoning the Clinic.

SPECIAL PRACTICE NOTES

Appointments: All doctors are now appointment based. Appointments can be made on our website at www.wyndhamvalehealthcare.com or via the AMS Connect app (apple devices – automedsystems.com.ai/l?t=AMSConnectiOS) (android devices – automedsystems.com.au/au/l?t=AMSConnectAndroid) or by telephoning the Clinic on 97425148.
You are free to consult any of our doctors, but we encourage you to see the same doctor for any return visits for an ongoing condition. Our reception staff can advise you on your doctor'sroster. Identified emergencies presenting at the clinic will be attended to immediately.
Home Visits: are available for regular patients whose condition prevents them from attending the Clinic.
Telephone Access: Emergency calls will be put straight through to the doctor at hand. For all non-urgent calls, messages can be left for your treating doctor to call you back at the end of their shift.
Billing arrangements (doctor consults): Wyndhamvale Health Care is now a bulk-billing clinic. Patients with a valid and current Medicare or DVA card will be bulk-billed for standard doctor consultations.
Please note that some services are not covered by Medicare, such as medical reports, and will require payment. If you're unsure whether your appointment is covered, please check with our reception staff before your consultation.
Out-of-pocket Expense: Patient's being referred by their GP to consult a specialist/allied professional/for tests may need to pay an-out-of-pocket fee. Please speak with your GP regarding out of pocket fees. We suggest checking for out-of-pocket fees at the time of making your appointment with the referred provider too.
Reminder system: our practice is committed to preventative 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.
Test results: results are reviewed by the Doctors and acted on in a timely manner. Test results are not given over the telephone, you are requested to follow up with your doctor for all test results.
Pathology: The pathology company is located at McGrath Dental directly behind the Clinic.
Cancellation Fee. Patients who fail to attend a scheduled general practitioner appointment, or who cancel with less than two hours' notice, will incur a $27.50 fee.

OTHER SERVICES AVAILABLE

Pharmacy. There is an on-site pharmacy for all your prescription and health care needs. Tel: **9742 4111.**

Pathology. Bulk billed on-site collection for all kinds of blood and urine test including ECG.

Diabetic Educator, Dietitian, Physiotherapy, Podiatry and Psychology appointments are now available at Wyndhamvale Health Care. For further details on these services please speak with our friendly staff.

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.

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
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CARERS
HEALTH
SUPPORT
PHYSICAL
FITNESS
JAWLINES
EXERCISE
MOVEMBER
MENTAL
ACTIVE
COLDS
SPREAD
SKIN
FRECKLES
DOCTOR

Wyndhamvale Health Care

HEALTH ASSESSMENTS

• 75 plus Health Assessment

If you are aged 75 or older, then you may be eligible for a comprehensive health assessment to ensure all your medicals needs are being met. A member of the nursing staff will complete the health assessment and your regular general practitioner will review and discuss your results with you.

• Diabetes Risk Assessment

When in the Clinic for your next consultation, why not complete a "Diabetes Risk Assessment Tool".

• Pre-Employment Medicals

Please discuss this with your doctor to ensure you are aware of the fees involved. Medicare Australia will not cover pre-employment medicals.

PATIENT FEEDBACK

Your comments and suggestions on our service is always welcome. Please discuss any concerns you have with your doctor or you may ring/write to the practice manager who can follow up any problem on your behalf. If you want to take it any further you can ring the Health Services Commissioner 8601 5200. We will also be happy with any positive feedback.

INTERPRETERS

If you require an interpreter, the reception staff will call the Translating and Interpreter Service (TIS) for over-the-phone assistance when you arrive at the clinic. If you require an on-site interpreter, we can arrange an on-site interpreter in advance.

LANGUAGES SPOKEN

At Wyndhamvale Health Care we have doctors, staff and allied health professionals that speak languages other than English including: Cantonese, Filipino, Hindi, Italian, Kannada, Marathi, Persian, Tagalog, Tamil, Telugu, Tongan.

MEDICAL SERVICES OFFERED

- Women's & Men's Health/Check Ups
- Child Illness and Immunisations
- Workcover
- Sports Medicine
- Travel advice and Vaccination
- Minor Surgery
- Corporate and Pre-Employment Medicals
- Contraception device- insertion and removal
- Diabetic Educator appointments
- Dietitian appointments
- Physiotherapy appointments
- Psychologist appointments
- Podiatry appointments