

## APRIL - MAY 2026 EDITION

**FREE TO TAKE HOME!**



Flu Season in Australia



Seasonal Allergies



Boosting Immunity



Importance of Gut Health

### ● SURGERY HOURS

#### OPEN 7 DAYS

Monday – Friday  
**8.00am – 7.00pm**

Saturday  
**9.00am – 1.00pm**

Sunday & Pub Hols  
**9.00am – 12.00pm**

*Our doctors work weekends on a rostered basis. Please check with reception.*

### ● AFTER HOURS & EMERGENCY

In the case of an emergency please call **000**. Our Locum Service (bulk billed) is available after 4pm, seven days a week on **13 74 25 (13 SICK)** for home visits and free telephone advice. The nearest hospitals for emergencies are:

**Epworth (Private)** – 89 Bridge Rd, Richmond **Tel 9426 6666**

**Cabrini (Private)** – Wattletree Rd, Malvern East **Tel 9508 1222**

**Alfred (Public)** – Commercial Rd, Prahan **Tel 9276 2000**

### ● CONTACTING THE CLINIC

#### What is the best way to contact clinic?

There are two main ways to contact the clinic, via phone or email. If you are experiencing an emergency, please contact "000" immediately. For general enquiries, phone **98223105**. Email is another efficient way to communicate with us. Our email address is [reception@mediscreen.com.au](mailto:reception@mediscreen.com.au) and we will respond to emails within 1 business day. our phone lines operate during our opening hours. If you are contacting us about changing or cancelling your appointment, please note that we cannot book or alter appointments via email. If you need to alter your appointment, please call our patient advocates (our receptionists) on 98223105

### ● INFLUENZA VACCINIES

Flu Season is approaching and now is the ideal time to consider your vaccination. Please speak with reception on the availability of the Influenza Vaccine.

### ● APPOINTMENTS

Standard consultations are booked in 10-20 minute intervals between 8am and 7pm Monday to Friday. If you require a longer appointment time, counselling, minor procedures, insurance/pre employment medical, please advise reception at the time of booking. Some appointments can extend longer than expected and cause some delay. Your understanding and patience would be appreciated. Appointments are required, however walk-ins will be available for emergencies and non urgent appointments will be accommodated if possible with the understanding that there may be a waiting period. Emergency cases will take precedence over non-urgent consultations. You can make appointments in person, over the telephone or via our website:

**[www.mediscreenclinic.com.au](http://www.mediscreenclinic.com.au)**

**Home visits** in the local area can be done if deemed necessary by your treating practitioner. Home visits can be organised by prior arrangement with your doctor only.

**Face Masks.** Face masks are recommended to anyone with Cold or flu like symptoms.

### ● MISSED APPOINTMENTS OR LATE CANCELLATIONS

Due to the demand that has been placed on all the doctors and the limited available appointments daily, we will begin issuing missed appointment or late cancellation fees from 1st January 2026. Please call us on (03) 98223105 during opening hours to let us know as soon as possible if you are not able to attend any of your appointments. After hours, please email us at [reception@mediscreen.com.au](mailto:reception@mediscreen.com.au). There is a **\$50 non rebateable** fee if you either do not attend your appointment or cancel the appointment with less than three hours' notice.

### ● MY MEDICARE

It is voluntary and free to register in MyMedicare. My Medicare patients have greater continuity with your registered practice and Doctor. You will also be eligible for longer Medicare funded telehealth consultations with your doctor. More benefits will be forthcoming in late 2025. Health Engine will be sending SMS links to all our patients to enable you to register with My Medicare.

### ● IRON INFUSIONS

Iron infusions are available at Mediscreen Clinic to anyone over the age of 16, and administered by our GP's and Nurses. You will first need to make a standard consultation appointment with your GP to discuss your current health, medical history, review of medications, blood test results and any prior treatment if any. If an Iron Infusion will be beneficial to you, and treatment is deemed appropriate by your GP, an appointment will be scheduled. Please note that during pregnancy, we do NOT perform iron infusions based on medical guidelines. Please discuss iron infusions with your Midwife or Obstetrician before making an appointment.

### ● BOWEL SCREENING

Mediscreen Clinic is registered with the National Cancer Screening Register – A single electronic record for each Australian taking part in the bowel, cervical and lung cancer screening programs. The NCSR supports these life saving programs by inviting and reminding eligible people to screen and create a safety net by prompting participants to take the next step on their screening journey. Please DO NOT ignore these prompts!

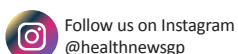
▶ **Please see the Rear Cover for more practice information.**

### 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)



# Flu Season in Australia and the Importance of Vaccination

Influenza (flu) season in Australia typically occurs between May and September, peaking during the colder winter months. The flu is far more than a bad cold — it is a highly contagious viral infection that can lead to serious complications such as pneumonia, worsening of chronic medical conditions, hospitalisation, and even death, particularly among vulnerable groups.

Young children, pregnant women, older adults (65+), Aboriginal and Torres Strait Islander peoples, and those with chronic illnesses such as asthma, diabetes, or heart disease are at greatest risk. However, healthy adults can also experience severe illness and contribute to spreading the virus to others.

Annual vaccination is the most effective way to protect yourself and your community. Because influenza viruses constantly change, the vaccine is updated each year to target the strains most likely to circulate that season. Immunity develops about two weeks after vaccination, which is why health authorities recommend getting vaccinated from April onward, before flu activity increases.

The flu vaccine not only reduces your risk of catching influenza but also lowers the severity of illness if you do become infected. Importantly, widespread vaccination helps protect vulnerable people through community immunity, reducing overall transmission.

In Australia, the flu vaccine is free under the National Immunisation Program for high-risk groups and widely available through GPs, pharmacies, and community clinics.

Alongside vaccination, good hygiene — including handwashing, covering coughs, staying home when sick, and wearing a mask if symptomatic — helps limit spread.

Getting your flu shot each year is a simple, safe step that protects both your health and the wider community. Speak to your GP to book your vaccination.



## Managing Seasonal Allergies in Autumn

While many people associate allergies with spring, autumn can also trigger troublesome symptoms. During this season in Australia, falling leaves, increased mould spores, dust mites, and lingering pollen can provoke allergic rhinitis (hay fever) and asthma flare-ups. Common symptoms include sneezing, a runny or blocked nose, itchy eyes, throat irritation, coughing, and fatigue, which can affect sleep, concentration, and daily comfort.

Mould is a major autumn trigger, thriving in damp environments created by cooler temperatures and increased rainfall. Raking leaves, gardening, or spending time around compost can release mould spores into the air. Indoor allergens may also worsen as people spend more time inside with windows closed, allowing dust mites to accumulate.

Practical steps can significantly reduce symptoms. Check daily pollen and mould forecasts where available, and limit outdoor activities on high-count days. Wearing sunglasses and a mask while gardening can help reduce exposure. Showering and changing clothes after being outdoors prevents allergens from spreading inside the home.

Indoors, keep humidity low by ventilating rooms when possible, using exhaust fans, or running a dehumidifier. Wash bedding weekly in hot water to control dust mites, vacuum regularly with a HEPA filter, and consider an air purifier in bedrooms.

Medications such as non-drowsy antihistamines, saline nasal sprays, or corticosteroid nasal sprays can be effective when used correctly. People with persistent or severe symptoms, or those with asthma, should consult their GP for personalised advice and management plans.

With awareness and simple preventive measures, most people can keep autumn allergies under control and enjoy the season more comfortably.



# Boosting Immunity Before Winter

As winter approaches in Australia, colds, flu, and other respiratory infections become more common. Strengthening your immune system ahead of the colder months can help reduce your risk of illness and support faster recovery if you do get sick. While no supplement can “supercharge” immunity overnight, consistent healthy habits make a significant difference.

Nutrition plays a key role. Aim for a balanced diet rich in vegetables, fruits, whole grains, lean protein, and healthy fats. Nutrients such as vitamin C, vitamin D, zinc, and iron support immune function. Foods like citrus fruits, berries, leafy greens, nuts, seeds, eggs, fish, and legumes are excellent choices. Staying well hydrated is equally important, even when the weather is cooler.

Quality sleep is one of the most powerful immune boosters. Adults should aim for 7–9 hours per night, as poor sleep can reduce the body’s ability to fight infections. Regular physical activity also supports immune health,

circulation, and mood — even moderate exercise like walking most days is beneficial.

Managing stress is often overlooked. Chronic stress can weaken immune responses, so practices such as mindfulness, relaxation, social connection, and time outdoors are valuable.

Finally, staying up to date with recommended vaccinations, including the annual flu shot, provides targeted protection during winter.

By building these habits in autumn, you give your immune system the best chance to keep you well throughout winter.



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## The Importance of Gut Health

Gut health has become a major focus in modern healthcare — and for good reason. Your gut is home to trillions of microorganisms, collectively known as the gut microbiome, which play a vital role in digestion, immunity, metabolism, and even mental wellbeing. A balanced microbiome helps break down food, absorb nutrients, produce essential vitamins, and protect against harmful bacteria.

Poor gut health has been linked to a range of issues, including bloating, constipation, diarrhoea, fatigue, skin conditions, weakened immunity, and mood disturbances such as anxiety and depression. Diet, stress, sleep, medications (especially antibiotics), and lifestyle habits all influence your gut health.

Supporting your gut starts with what you eat. A diet rich in fibre from vegetables, fruits, whole grains, legumes, nuts, and seeds feeds beneficial bacteria. Fermented foods such as yoghurt, kefir, sauerkraut, kimchi, and miso provide natural probiotics that help maintain microbial balance. Limiting ultra-processed foods, excess sugar, and alcohol can also reduce inflammation and support digestive health.

Other helpful habits include staying hydrated, managing stress, exercising regularly, and getting enough sleep.

A healthy gut contributes to overall wellbeing, from stronger immunity to improved energy and mood. By making simple lifestyle and dietary changes, you can nurture your gut microbiome and support long-term health from the inside out.

If you have any concerns about your gut health, speak with your GP.



## Enjoying Easter Without Overindulging

Easter is a time for celebration, family gatherings, and, of course, chocolate. While it’s perfectly fine to enjoy festive treats, it’s easy to overindulge, leaving you feeling sluggish, bloated, or guilty afterwards. The key is balance — enjoying your favourite foods mindfully while maintaining healthy habits.

Start by choosing quality over quantity. Instead of grazing on multiple sweets throughout the day, select a small portion of chocolate you truly enjoy and savour it slowly. Eating mindfully — paying attention to taste, texture, and satisfaction — can help prevent the urge to keep reaching for more.

Avoid arriving at celebrations overly hungry, as this often leads to overeating. Having a balanced meal or healthy snack beforehand, such as yoghurt, fruit, or nuts, can stabilise blood sugar and appetite. Staying hydrated is also important, as thirst can sometimes be mistaken for hunger.

Try to keep to a regular meal schedule and include nourishing foods like vegetables, lean protein, and whole grains. This helps maintain energy levels and prevents the “sugar crash” that often follows excessive sweets. Keeping active over the long weekend — whether through walks, outdoor games, or family activities — also supports both physical and mental wellbeing.

Remember, one day of indulgence won’t harm your health, but moderation will help you enjoy Easter without discomfort. By focusing on balance rather than restriction, you can celebrate fully while still feeling your best.



**How will I receive test results?**

You will be given your tests results by your regular doctor via face to face consultation or Telehealth (while still available). Please note that they will need to be reviewed prior to you requesting a copy.

**How can I request a repeat prescription?** For most, repeat prescriptions can be requested over the phone , as long as you have seen the doctor in the last 6 months. All other prescriptions, you will need to make an appointment to see your regular doctor to discuss your needs.

**Medical certificates/ Specialist Referrals .** It is important to make an appointment to see your doctor on the day of your illness , as we are unable to back date certificates. It is important to get your referral before your specialist appointment as we are unable to backdate referrals.

**Cancellation Policy.** A cancellation fee of \$50 will be charged when you fail to notify the practice (no less than 2 hours prior) that you are unable to attend your scheduled appointment. This charge is not rebate-able through Medicare.

**How do we manage your health information:** At Mediscreen Clinic, patient confidentiality and privacy are paramount. To review our Privacy Policy information, please visit our website [www.mediscreen.com.au](http://www.mediscreen.com.au)

● **MEDISCREEN STAFF**  
**Practice Manager/Nurse:**  
Argyro

**Practice Nurse:**  
Kim & Ioanna

**Reception Manager:**  
Nicole

**Receptionists:**  
Joanne, Alex, Jenny, Holly & Isabella

● **ALLIED HEALTH**  
**Physiotherapist**  
Ben Mountain.....1300 799 534

● **CONSULTATION FEES\***  
**\*as of 1st June 2025**

<b>Monday to Friday</b>	
Standard Consultation	\$95
Pensioners/ HCC Holders	\$80
Medicare rebate	\$43.90
Long Consultation	\$140
Pensioners/ HCC Holders	\$125
Medicare rebate	\$84.90
<b>Weekend &amp; Public Holidays</b>	
Saturday	\$100
Medicare rebate:	\$43.90
Sunday & Public Holidays	\$120
Medicare rebate	\$57.15



**EASTER CHOCOLATE & BERRY HOT CROSS BUN PUDDING**

This warm, comforting dessert is a perfect way to use leftover hot cross buns after Easter while creating a crowd-pleasing treat for family gatherings.

**Ingredients (Serves 6–8):**

- 6 hot cross buns, sliced in half
- 1 cup mixed berries (fresh or frozen)
- 100 g dark or milk chocolate, chopped
- 4 eggs
- 2 cups milk
- ½ cup thickened cream
- ⅓ cup caster sugar
- 1 tsp vanilla extract
- Butter for greasing
- Icing sugar or extra berries to serve

**Method:**

1. Preheat oven to 180°C (160°C fan-forced). Lightly grease a baking dish.
2. Arrange sliced hot cross buns in the dish, overlapping slightly. Sprinkle the berries and chopped chocolate evenly between the layers.
3. In a bowl, whisk together the eggs, milk, cream, sugar, and vanilla until well combined.
4. Pour the custard mixture slowly over the buns, pressing gently so they absorb the liquid. Allow to stand for 10 minutes.
5. Bake for 35–40 minutes, or until golden on top and the custard is set.
6. Let cool slightly before serving. Dust with icing sugar or top with extra berries

Serve warm with yoghurt, custard, or a scoop of vanilla ice cream.

This indulgent yet comforting dessert captures the flavours of Easter while reducing food waste — making it both festive and practical but remember in moderation!



**EASTER FUN!**