health news

Patrick Street Clinic

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Ulverstone Branch
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Visit our website: www.patst.com.au

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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INDEPENDENT MEDICAL PRACTITIONERS

Dr Samuel Brandsema
Dr Nerrelie Cann
Dr Joanne Chaffey
Dr Debra Chandler
Dr George Chandler
Dr Addison Davis
Dr Stefan Delitzsch
Dr Krystal Green
Dr Elspeth Harrison
Dr Charlotte McKenzie
Dr Elisabeth Robin
Dr Saminda Rubasinghe
Dr Lizzi Shires
Dr Diana Webster

GP REGISTRARS

Dr Chamin Baduraliya
Dr Harsha Meemaduma
Dr Parinaz Onikzek
Dr Gabriella Milburn
Dr Priya Venkataramani
Dr Lara Emmett

PRACTICE STAFF

Practice Manager: Sheree Snare

Clinical Manager: Breanna Carroll

Business Manager: Katrina Pugh

Reception Staff: Vivienne, Janine, Maree, Jacqui, Kate, Olivia, Heidi, Mel, Brianna & Alicia

Registered Nurses: Roselyn Hendriks, Sharon Turner, Julie Turner, Teagann Davies, Jessica Lambert, Chrissie Waddington, Jo Robertson & Molly Williams

Enrolled Nurses: Abbie Clarke & Alana Marcella

SURGERY HOURS

Ulverstone Branch Hours:
Monday to Friday
8.30am – 5.30pm

Penguin Branch Hours:
Monday to Friday
9am – 5pm

AFTER HOURS & EMERGENCY

Phone **6425 1611**. Listen to voice message and ring the number advised. Please do not try to leave a message. In an emergency, phone **000** for an ambulance.

SPECIALISTS & ALLIED HEALTH AT PATRICK STREET CLINIC

- Physiotas Physiotherapy
- Hearing Australia
- Dr Becky Chapman - Pallative Medicine Physician & Medical Acupuncturist

FULL FAMILY MEDICINE SERVICES

- Minor Surgery
- Travel Medicine
- Lung Function Tests
- Aged Care
- Workplace Health Care
- Immunisations
- Blood Tests
- Trauma Care
- Antenatal Care
- Desensitisations
- Women's & Men's Health
- Skin Checks & Skin Cancer Treatments
- Diabetic & Asthma Clinics
- Family Planning/ Contraception
- Child Health & Baby Checks

AutoMed Systems

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

PRACTICE BILLING POLICY

The Patrick St Clinic will not let financial hardship prevent access to medical care where at all possible.

Over many years, both sides of government have not supported the real cost of providing healthcare. Therefore your Medicare rebate has not kept up with inflation. This means that some costs must now be passed on to patients.

Significant discounting down to Medicare's "bulk billing" rate however does occur according to the individual patient circumstances at the doctor's discretion.

The following policy is aimed at being able to maintain our services to the community:

- Patrick St Clinic fees are guided by the Australian Medical Association.
- The first consultation in the financial year for all patients will attract a private fee. The current out of pocket expense for this is $57.
- Subsequent billing for the remainder of the year will be at the discretion of the doctor.

We hope these measures will help you stay healthy regardless of your financial position.

BOOKING APPOINTMENTS

We try to make sure patients are seen in a timely manner according to the urgency of the problem. Please let the receptionist know at the time of booking if your problem is routine or urgent.

Please give at least 2 hours' notice if cancelling a booking to allow that space to be made available to another patient in need.

Failure to attend an appointment may attract a fee.

You can also book online via our website: **www.patst.com.au** or download the AutoMed App.

Booking a longer appointment: If you want an insurance medical, review of complex health problem, travel advice, counselling for emotional difficulties or a second opinion, please book a longer appointment.

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

Patrick Street Clinic

PRACTICE NEWS

BIRD FLU HAS ARRIVED IN TASMANIA!

H5 bird flu is a highly contagious viral disease that can affect birds, other animals and sometimes humans.

It has led to a significant number of bird and animal deaths worldwide in recent years.

If you spot any sick or dead birds or other wildlife:

- Please avoid contact.
- Keep a record of what you see—the type of animal, how many there are, where they are and take photos or video.
- Report it by calling the Emergency Animal Disease hotline as soon as you can on 1800 675 888 or using the online reporting form.

Eggs and poultry are safe to eat if you handle and cook them according to standard food safety practices.

Can my dog or cat get sick?

Yes. The best way to keep your cat or dog safe is to keep them indoors.

When you walk your dog, please keep it on a lead and away from wildlife.

I have chickens, can they get sick?

Yes. To keep your backyard poultry and equipment safe, make sure wild birds and their droppings do not mix with them and clean everything regularly.

Is there a risk to human health from Bird Flu?

Most people are not at risk of bird flu. However, you might be at risk if you have direct and close contact with infected animals or contaminated materials in areas where H5 bird flu is present.

To stay safe, please avoid touching sick or dead birds or animals.

It is really important for everyone who works with wildlife, like wildlife rehabilitators and rescuers, to get vaccinated against the seasonal flu.

If you are looking for more information about how to keep yourself healthy, you can visit the Australian Centre for Disease Control / Diseases / bird flu or the Tasmanian Department of Health website / infectious diseases / bird flu.

APPOINTMENTS

Can't find an appointment online? Please call us or speak to our friendly reception team at the front desk.

We keep same-day appointments available for urgent medical needs and will be happy to help.