BACCHUS MARSH MEDICAL CENTRE

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VIC 3340

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Dr Ravin SADHAI
Dr Om NAIDU
Dr Jessica TINT
Dr Michael O'MALLEY
Dr Senthooran ARUDSHIVAM
Dr Karinne TUNNECLIFF
Dr Minh Thanh LE
Dr Faro HACE
Dr Sumaya ZAZ
Dr Inushka PERERA
Dr Maung THET
Dr Stephanie WILLIAMS
Dr Palwasha SAREER
Dr Teena JOSEPH
Dr Ferhat YAZICI
Dr Rebecca WEBSTER
Dr Ferhan MUNEEB
Dr Monty DO-WYELD

STAFF DETAILS

Katie Bielecki (Practice Manager)

Emma Thompson
(Clinical Care Co-ordinator)

RECEPTIONISTS

Amanda, Dana, Eve, Joanne, Karen, Kylie, Laura, Lauren, Lucy, Naomi, Sandra, Susan, Olivia, Alison, Kasey, Robyn, Georgia and Chelsa

NURSES

Bri, Katie H, Keeley, Kiara, Lea, Mark, Simone and Tammy

CONSULTATION TIMES

Monday to Friday	8 am – 6 pm
Saturday	8 am – 5 pm
Sunday & Public Holidays	9 am – 1 pm

DARLEY MEDICAL CENTRE

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Darley, VIC 3340

P: (03) 5367 5000
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E: darley@bmmc.com.au

HOURS

Monday to Friday	8.30 am – 5 pm

MADDINGLEY MEDICAL CENTRE

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Maddingley VIC 3340

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HOURS

Monday to Friday	8am – 8pm
Saturday	8am – 5pm
Sunday & Public Holidays	9am – 1pm

YOUR DOCTOR

OCTOBER 2025

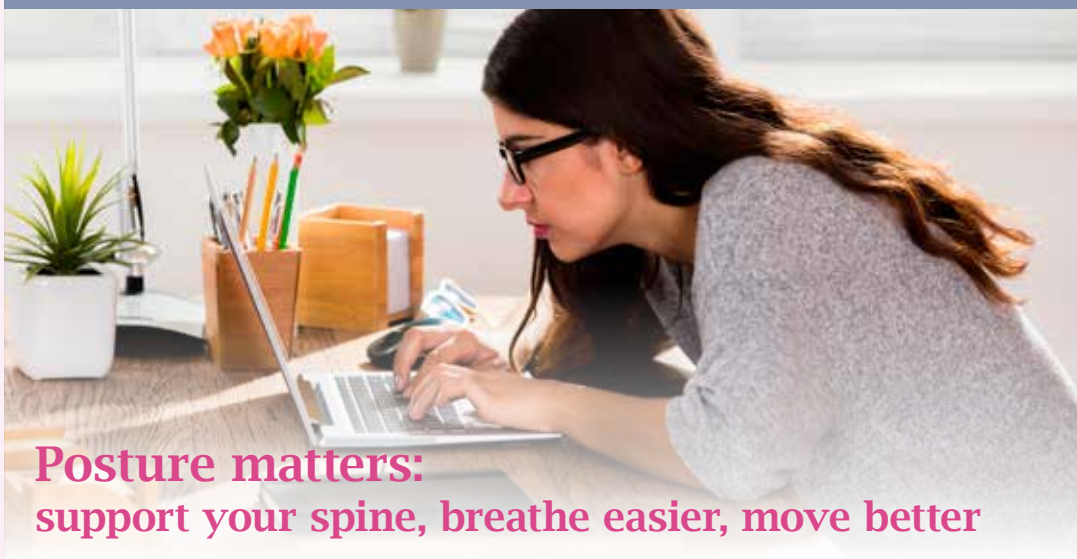
FROM HEADACHES TO HEALTH

EATING SMARTER

YOUR BREAST HEALTH

CHOLESTEROL SKIN CLUES

Compliments of your GP



Posture matters:
support your spine, breathe easier, move better

Good posture isn't just about standing upright – it's essential for your overall wellbeing. When you hold yourself well, your spine is supported, and your joints and muscles work efficiently. In today's screen-filled world, where many of us slump over phones or sit for hours, posture can easily suffer.

Why your posture matters

Your spine is incredible – strong, flexible, and designed to support your body and protect your spinal cord. But poor posture can place extra pressure on your spinal joints, discs, and surrounding muscles. Over time, this may:

- limit diaphragm movement, leading to shallow breathing
- contribute to joint or muscle stiffness and discomfort
- affect how your body moves, which may increase injury risk
- reduce abdominal movement, possibly affecting digestion
- lower your mood and confidence.

Six simple ways to improve posture

Improving your posture doesn't mean being stiff or perfect. It's about building small habits that help your body feel more balanced and at ease.

1. Mind your device use

Phones and laptops are part of daily life, but the way we use them matters. Raise your screen to eye level and avoid bending your neck for long periods. Use a laptop stand or external keyboard, and take screen breaks often. Try to keep your ears in line with your shoulders, not jutting forward.

2. Strengthen your core

Your core muscles play a big role in supporting your spine. Exercises like planks, bridges, or bird-dogs can help build strength and stability. If you're unsure how to begin, we're happy to guide you.

3. Check your sitting setup

Whether working or relaxing, ensure your chair supports your spine's natural curves. Keep feet flat on the floor, knees bent at 90 degrees, elbows relaxed by your side, and wrists in a neutral position. A rolled towel or small cushion behind your lower back can improve comfort and support.

4. Stretch tight areas

Tight muscles – especially in the chest, shoulders, and hips – can draw your posture forward. Gentle stretching can help restore movement and ease tension.

5. Practice 'posture check-ins'

Set a reminder every hour or so to reset your posture. Stand or sit tall, imagine a string lifting you from the top of your head, relax your shoulders, draw in your chin gently, and lightly engage your core. Over time, this body awareness can become second nature.

6. Stay active

Regular movement is one of the best ways to support your posture and overall health. Walking, swimming, yoga, and Pilates help keep your body mobile and strong. Even quick stretches between tasks can make a difference.

A few small, consistent actions may ease spinal strain, help you breathe better, move freely, and even feel more confident.

Our newsletter is free - please take a copy with you

Eat smart: how the glycaemic index can support your health

You may have heard of the glycaemic index (GI), but what exactly is it—and why does it matter? It's a helpful tool that can guide you toward smarter food choices, supporting your overall health.

What is the GI?

The GI is a system that ranks carbohydrate-containing foods based on how quickly they raise your blood sugar.

When you eat carbohydrates, your body breaks them down into simple sugars, which enter the bloodstream and provide energy. The GI measures how quickly this process happens.

Foods that break down quickly have a high GI and cause a sharp rise in blood sugar. Foods that break down slowly have a low GI and lead to a steadier, more gradual rise. Pure glucose has a GI of 100 and is used as the standard for comparison. Low GI foods fall under 55, medium GI foods between 55 and 70, and high GI foods rate above 70.

Why choose low GI?

Knowing the GI of your foods can help you make more informed decisions. Low GI foods are digested more slowly and can help keep your blood sugar levels stable, manage weight, and support heart health. They include many nutritious options such as:

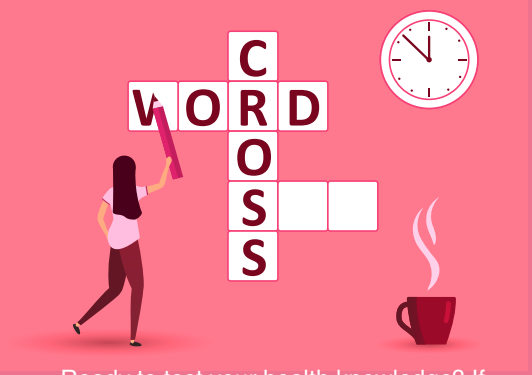
- **legumes** (like chickpeas, kidney beans, and black beans).
- **seeds and nuts** (such as chia, pumpkin, almonds, and walnuts).
- **fresh fruits** (like apples, oranges, pears, and berries).
- **vegetables** (including broccoli, cauliflower, peas, and leafy greens).
- **foods made from wholegrains** (such as quinoa, brown rice, and whole wheat pasta).

What about medium and high GI foods?

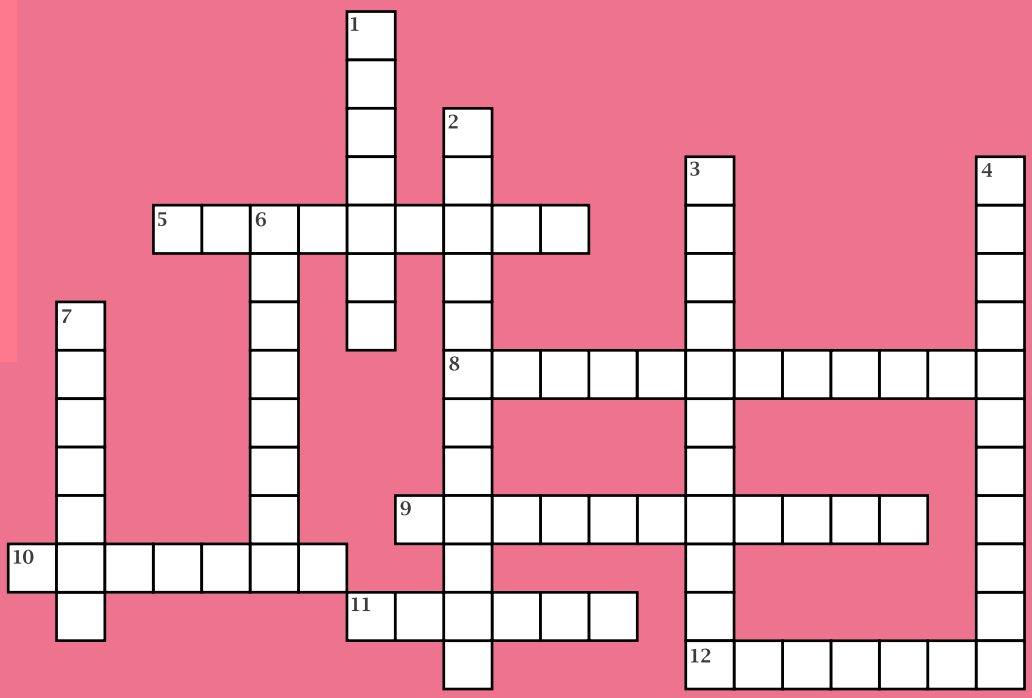
- **Medium GI foods** include sweet potatoes, basmati rice, dates, and some breads and pastas. While still nutritious, they may raise your blood sugar a little faster.
- **High GI foods** include highly processed foods such as cornflakes, rice crackers, soft drinks, and sweets, as well as some starchy vegetables like certain types of white potatoes

High GI foods are absorbed quickly and can lead to spikes and crashes in energy. Regularly eating high GI foods may increase the risk of type 2 diabetes and heart disease.

If you have questions about how your food choices affect your health, feel free to ask us during your next visit.



Ready to test your health knowledge? If you're unsure of any answers, check the newsletter for clues!



DOWN:

1: Sugar in your blood, used for energy with a GI rating of 100.

2: Type of headache caused by problems in the neck

3: Fatty (cholesterol) deposits which form under the skin.

4: Fat-like substance in blood, needed but harmful in excess

6: Intense headache often with nausea or light sensitivity.

7: The part of the body containing the stomach, liver, and intestines.

ACROSS:

5: Imaging test used to detect breast cancer

8: Energy-giving nutrient in food such as grains, bread, rice, and potatoes.

9: Happens when your body loses too much water.

10: Plant foods like beans and lentils, rich in fibre and protein.

11: Seed high in protein, often used as a whole grain substitute.

12: Substance which affects the brain and liver, found in wine, beer, and spirits.

ANSWERS ON THE BACK PAGE

Breast cancer: why early detection still saves lives

Breast cancer is the most commonly diagnosed cancer among Australian women, with about 1 in 7 affected in their lifetime. While the statistics may sound confronting, there's some good news: survival rates have improved significantly over the years. That's largely thanks to early detection, better awareness, and ongoing research.

What's new in breast cancer research?

Recent studies have helped us understand more about how different types of breast cancer develop. One promising area of research is gene expression profiling – in simple terms, this helps predict how a particular cancer might behave – how it could respond to treatment, and the risk of it coming back. This helps doctors personalise treatment to better suit each person.

Another area of interest is how lifestyle factors – including weight, exercise, and alcohol – influence the risk of developing breast cancer. For example, regular physical activity (even a brisk 30-minute walk most days) has been shown to reduce risk. Maintaining a healthy weight after menopause also plays a role in lowering hormone-driven breast cancer risk.

Know your normal

One of the simplest ways to catch breast cancer early is by knowing how your breasts normally look and feel. Checking them regularly can help you notice changes early – like a new lump, nipple changes, or unusual skin dimpling. If something feels different, don't ignore it – it's always best to check with your GP.

Screening saves lives

In Australia, women aged 50 to 74 are invited to have a free mammogram every two years through BreastScreen Australia. People under 50 or over 74 can still access free screening but need to discuss it with their doctor. Screening can find breast cancers when they're too small to feel – and at a stage where they're easier to treat.

Take charge of your health

Breast cancer can affect anyone – not just women, and not just those with a family history. That's why taking simple steps like staying active, limiting alcohol, eating well, and getting regular health checks is so important. If you have any concerns or questions about your risk or screening, we're here to support you.

What are those yellowish bumps near your eyes?

Have you ever noticed small, soft, yellowish lumps under the skin near the inner corners of your eyes? These are called xanthelasma. While they're harmless in themselves, they can sometimes be a sign of something happening inside your body — particularly with your cholesterol.

What are they and what causes them?

Xanthelasma are fatty (cholesterol) deposits which tend to form in the thin, delicate skin around your eyes. They usually appear on both sides and can vary in size from a few millimetres to several centimetres.

They might seem to appear suddenly, but in most cases, they've been growing slowly over time. These patches don't usually hurt or itch, but their appearance can be a cosmetic concern for some people. In certain cases, they may also be linked to underlying health conditions.

Could they indicate high cholesterol?

Not always. Xanthelasma can appear in people with normal cholesterol levels, and research shows mixed results. However, some studies suggest that about half of those with xanthelasma also have raised LDL ("bad") cholesterol or other issues with how their body processes fats.

LDL cholesterol is considered the most concerning because it can lead to hardened deposits (plaque) building up in your arteries. This narrows the blood vessels, making it harder for blood to flow, and can increase the risk of heart disease, heart attack, or stroke.

If you've noticed new or unusual yellowish lumps around your eyes, especially if you have a family history of high cholesterol or heart problems, it's worth getting your lipid levels checked. It's a simple blood test and can provide helpful information for managing your health.

The good news? If you do have high cholesterol, it can often be managed with healthy eating, regular activity, and, if needed, medication.

Your skin could be hinting at your heart health

CHEESY BAKE WITH A VEGGIE TWIST

This creamy bake is a healthier version of classic mac and cheese. It combines pasta, broccoli, and a smooth cauliflower-based sauce for extra goodness. It's comforting, simple, and perfect for the whole family.

Serves: 4 Time: 40 mins

INGREDIENTS

- **2 cups dried whole wheat or gluten-free pasta**
- **2-3 cups broccoli florets**
- **4 cups cauliflower florets**
- **1½ cups milk**
- **2½ Tbsp rice flour**
- **1 cup grated cheese (strong-flavoured)**
- **2 Tbsp nutritional yeast (optional)**
- **⅓ cup wholegrain breadcrumbs**

INSTRUCTIONS

1. **Cook pasta in boiling water for 5 mins, add broccoli, cook 3 more mins, then drain and set aside.**
2. **In a large pot, steam cauliflower until very soft, about 8–10 mins.**
3. **Add milk, flour, and nutritional yeast (if using) to the pot. Blend until smooth using a stick blender.**
4. **Heat the sauce gently, stirring until it thickens. Add ¾ cup of cheese and stir until melted.**
5. **Mix the sauce with pasta and broccoli, and transfer to a baking dish.**
6. **Top with breadcrumbs and the remaining cheese.**
7. **Bake at 180°C for 15–20 mins until golden on top.**

Headaches explained – and how to feel better

Headaches are common, but they don't have to ruin your day. Understanding the cause can help you find relief and prevent future pain.

Types of headaches and their causes

There are different sorts of headaches, each with its own causes and symptoms. The most common include:

- **Tension headaches:** these are very common and usually cause a dull, constant pain around the forehead or temples. They often arise from muscle tightness in the neck and shoulders, which can be triggered by stress and poor posture.
- **Migraine headaches:** migraines are caused by complex processes in the brain, and can last from a few hours to several days. They're more intense and often accompanied by nausea, sensitivity to light or sound, and intense throbbing on one side of the head. Triggers include hormonal changes, stress, certain foods, and environmental factors like bright lights or loud noises.
- **Cluster headaches:** these are less common but extremely painful. They usually occur on one side of the head and come in groups or "clusters," often striking at the same time each day for several weeks. The exact cause isn't fully understood, but is believed to involve the hypothalamus – the part of the brain that helps regulate sleep, circadian rhythms, and body functions like hormone release.
- **Cervicogenic headaches:** These stem from issues in the neck, such as muscle strain, poor posture, or spinal problems. Pain is often felt at the base of the skull, and can radiate up to the forehead.
- **Dehydration headaches:** Not drinking enough water can lead to a dull, throbbing headache that may worsen with movement. These can often be relieved simply by rehydrating.

What can you do about it?

Many headaches can be improved or prevented with a few simple lifestyle habits:

- **Hydrate** – Drink plenty of water throughout the day to support overall wellbeing.
- **Sleep well** – Getting enough restful sleep and keeping a regular sleep routine can help reduce the frequency of headaches.
- **Mind your posture** – Maintaining good posture eases tension in your neck and shoulders. Take regular breaks during long periods of sitting and arrange your workspace to support proper alignment.
- **Manage stress** – Daily activities like walking, breathing exercises, yoga or meditation can help lower your stress levels.
- **Stretch regularly** – Gentle neck and shoulder stretches may ease muscle tension.

If your headaches persist, worsen, or change over time, it's a good idea to speak with your doctor to rule out underlying issues.

Questions to ask at your doctor's visit

Asking questions helps you get the care you need. To make the most of your visit, jot down anything you'd like to know about in the space below. Take this list with you so it's easy to remember what you wanted to ask.

DOCTOR'S NAME	DATE	TIME

1.
2.
3.
NOTES:

Crossword Answers:

1. Glucose
2. Cervicogenic
3. Xanthelasma
4. Cholesterol
5. Mammogram
6. Migraine
7. Abdomen
8. Carbohydrate
9. Dehydration
10. Legumes
11. Quinoa
12. Alcohol

Disclaimer: The information in this newsletter is not intended to be a substitute for professional medical advice, diagnosis or treatment. Decisions relating to your health should always be made in consultation with your health care provider. Talk to your doctor first.

PRACTICE INFORMATION

GENERAL CONSULTATION POLICIES

Longer consultation times are available, so please ask our receptionists if you require some extra time

HOME VISITS

Home and other visits are available for regular patients of this practice whose condition prevents them from attending the surgery

AFTER HOURS

If you get sick at night or on the weekend, please ring 5367 3333 for advice. We look after our patients 24 hours a day, 7 days a week.

APPOINTMENTS

Please ring 5367 3333 for an appointment. Patients attending without a booking will be fitted in at the earliest available time.

Emergencies will always be seen quickly – simply notify the receptionist

PHONE CALLS

Your regular doctor may arrange to phone you under particular circumstances. Unfortunately we are not able to connect telephone calls to our doctors routinely, as the interruption caused to the patients they are seeing can be harmful. Our staff will usually be able to pass on a message to your doctor.

FEES

Fees are payable at the time of consultation by cash, cheque, Mastercard or Visa. The GPs at this practice bulk-bill pensioners, Health Care Card holders and children under 16. Veterans may sign the service voucher.

An increased fee applies on Sundays and public holidays.

From March 1st 2023 a non-attendance fee will be charged for appointments that are not cancelled with at least 2 hours notice.

SMOKING POLICY

This practice has a no smoking policy.

SERVICES AVAILABLE

- General family medicine
- Check-ups, medical examinations
- Family planning
- Cervical screening tests, pregnancy tests
- Antenatal care, obstetrics
- ECG, heart check
- Counselling
- Vaccination: children and travel
- Blood tests / pathology
- Minor surgery: stitching cuts, removing moles, skin cancers
- Liquid nitrogen (freezing) therapy for sunspots and warts
- Acupuncture
- Weight control, nutrition advice
- Treatment of fractures
- Ear wax removal