



Arthritis and Joint Pain



Keep warm



Pneumonia



Asthma in Winter

Surgery Hours

Monday—Friday
8.30am—5.30pm

After Hours

We offer 24 hour after hours service. Simply Phone
02 6056 2447

Billing

We are a private billing clinic. A schedule of fees is available on our website. We bulk bill DVA and children under 16. All other appointments will be billed.

New Patients

Our books are open!
Dr Gabra, Dr Singh, Dr McCarthy, Dr Mohammadi, Dr Khandani & Dr Lu are currently accepting new patient's. Please phone the clinic to book an appointment.

Results

Please phone 6056 2447
between 3pm— 4pm to speak to a nurse regarding these

Scripts & Referrals:

Scripts and referrals require an appointment. The quick and script clinics are available for scripts and ongoing referrals. New referrals require a full appointment.

Patient Identification

To meet our accreditation standards we need to confirm your identity each time you contact or visit the clinic using your name, DOB and address.

Update of Details

It is important that your contact details, Medicare and concession cards are kept up to date on our records. We ask that once a year or if any of these details change you complete an update for either in clinic or on our website—www.wwmc.com.au

Face Masks & Hygiene

Hygiene stations are available throughout the clinic to help protect our patient's and hand washing instructions are located in all toilets. Masks are recommended to be worn in the clinic.

Practice Doctors

Dr William Walton

Travel medicine & Family medicine

Dr Sally Gabra

Family medicine

Dr Callum McCarthy

Registrar/Family Medicine

Dr Ayda Khandani

Registrar/Women's Health

Dr Douglas Colwell

Occupational & family medicine

Dr Sumeet Singh

Registrar/Family Medicine

Dr Homman Mohammadi

Registrar/Family Medicine

Dr Nicole Lu

Registrar/Family Medicine

COVID-19 - MOVING FORWARD

As we adjust to the "New Normal" where we are now living with COVID-19 in the community, Wodonga West Medical Clinic have made some adjustments as to how your healthcare is provided.

We ask that if you have any of the following symptoms Please DO NOT come into the clinic :

- Runny nose
- Sore throat
- Fever
- Cough
- Any respiratory symptoms

If you require an appointment and have any of the above symptom's telephone, video and respiratory room consultations will be offered.

For the protection of our staff and other patients, our staff are required to triage all patients when booking any appointment.

To shield our patients and staff, many of the procedures introduced during the pandemic will be continuing, including:

- Telehealth Consultations;
- Hand sanitising stations;
- Respiratory clinic, located in the clinic with an external door



Bowel Cancer AUSTRALIA

Bowel Cancer Month

June is Bowel Cancer Awareness Month, a Bowel Cancer Australia initiative raising awareness of Australia's second deadliest cancer and funds for the leading community funded charity dedicated to championing what matters most to people impacted by bowel cancer and empowering everyone affected to live their best life.

It is estimated that 15,542 people were diagnosed with bowel cancer in 2024. The average age at diagnosis is 69 years old. Bowel cancer is the fourth most commonly diagnosed cancer in Australia, and it is estimated that one in 20 people will be diagnosed by the time they are 85.

People aged 50-74 are sent a bowel screening test every two years as part of the National Bowel Cancer Screening Program. From 1st July 2024, people aged 45-49 can also request a free screening kit to be mailed to them. Learn more at bowelcancer.org.au

Symptoms of bowel cancer include:

- change in bowel habit including diarrhoea, constipation or the feeling of incomplete emptying
- a change in the appearance or consistency of bowel movements such as thin bowel stools
- blood in the stools
- abdominal pain, bloating or cramping
- anal or rectal pain
- a lump in the anus or rectum
- unexplained fatigue or weight loss
- tiredness and/or anaemia (pale complexion, weakness/breathlessness)
- blood in the urine or passing urine frequently during the night, or change in urine colour- dark, rusty or brown

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



Follow us on Instagram
@healthnewsnp

Arthritis and Joint Pain management

Arthritis and joint pain are common conditions that can affect people of all ages, particularly during the colder winter months. Joint stiffness, swelling and discomfort may make everyday activities more challenging, but there are several ways to help manage symptoms and maintain mobility.

Regular gentle exercise is one of the most effective ways to support joint health. Activities such as walking, swimming, yoga and stretching can help strengthen the muscles around joints, improve flexibility and reduce stiffness. While it may feel tempting to rest sore joints completely, staying active is important for long-term joint function.

Maintaining a healthy weight can also reduce pressure on weight-bearing joints such as the knees, hips and lower back. A balanced diet rich in anti-inflammatory foods may help support overall joint health. Foods containing omega-3 fatty acids, including salmon, walnuts and flaxseeds, along with colourful fruits and vegetables, can be beneficial.

Keeping warm during winter may ease stiffness and discomfort. Warm showers, heat packs and appropriate clothing layers can help improve circulation and relax muscles around painful joints. Some people also find relief through physiotherapy, massage or guided exercise programs.

It is important to speak with your GP or healthcare professional if joint pain is persistent, worsening or affecting daily life. Early diagnosis and management can help reduce long-term joint damage and improve quality of life. With the right combination of movement, lifestyle changes and professional support, many people with arthritis can continue to lead active and healthy lives.



Keep warm while reducing the bills

As temperatures drop during winter, keeping warm can sometimes lead to higher household expenses. Fortunately, there are simple ways to stay comfortable while also helping reduce energy costs.

One of the easiest ways to stay warm is by dressing in layers. Thermal clothing, socks, scarves and warm jumpers help trap body heat and reduce the need for excessive heating. Using blankets and hot water bottles can also provide warmth without increasing electricity bills.

Heating only the rooms you are using is another effective way to save money. Closing doors to unused rooms and using draft stoppers around doors and windows can help keep warm air inside. Opening curtains during the day allows sunlight to naturally warm the home, while closing them at night helps retain heat.

Warm meals and drinks can also make a big difference during colder weather. Soups, casseroles and herbal teas not only provide comfort but may help the body maintain warmth. Staying active with light exercise or regular movement can improve circulation and help generate body heat naturally.

It is also important to use heaters safely and efficiently. Cleaning filters and following manufacturer instructions can improve performance and reduce running costs.

With a few practical changes, it is possible to stay warm, comfortable and healthy throughout winter while keeping energy bills under control.





Pneumonia

Pneumonia is a serious respiratory infection that causes inflammation in the lungs, often leading to coughing, fever, chest pain and difficulty breathing. It can affect people of all ages, but young children, older adults and those with weakened immune systems or chronic health conditions are at higher risk of complications.

Pneumonia can be caused by viruses, bacteria or, less commonly, fungi. It often develops following a cold, flu or other respiratory infection. Symptoms may vary from mild to severe and can include fever, chills, shortness of breath, fatigue, rapid breathing and a persistent cough that may produce mucus. Some people, particularly older adults, may also experience confusion or worsening of existing medical conditions.

Treatment depends on the cause and severity of the illness. Viral pneumonia may improve with rest, fluids and symptom management, while bacterial pneumonia may require antibiotics prescribed by a doctor. In more severe cases, hospital treatment and oxygen therapy may be necessary.

Preventing pneumonia is important, especially during winter when respiratory infections are more common. Good hand hygiene, covering coughs and sneezes, avoiding smoking and staying home when unwell can help reduce the spread of infection. Vaccinations also play an important role in prevention. Influenza and pneumococcal vaccines can help lower the risk of developing pneumonia and its complications.

Medical attention should be sought if breathing becomes difficult, chest pain occurs or symptoms worsen. Early diagnosis and treatment can significantly improve recovery and reduce the risk of serious complications.



A.I. and Medicine

Artificial Intelligence (AI) is rapidly transforming the healthcare industry and changing the way many medical conditions are diagnosed, treated and managed. AI refers to computer systems that can analyse large amounts of information, recognise patterns and assist healthcare professionals in making decisions more efficiently and accurately.

One of the most exciting uses of AI in medicine is in early disease detection. AI technology can help analyse medical scans such as X-rays, CT scans and MRIs to identify signs of diseases including cancer, heart disease and lung conditions. In some cases, AI systems are helping doctors detect abnormalities earlier than traditional methods alone.

AI is also improving personalised medicine by helping doctors tailor treatments to individual patients. By analysing medical history, genetics and lifestyle factors, AI can assist in predicting which treatments may be most effective for a particular person. This may lead to better outcomes and fewer side effects.

In hospitals and clinics, AI tools are helping streamline administrative tasks, reduce paperwork and improve appointment scheduling. Virtual health assistants and chatbots are also being used to answer common patient questions and support remote healthcare services.

While AI offers many benefits, it is important to remember that it is designed to support healthcare professionals rather than replace them. Human expertise, clinical judgement and patient care remain essential parts of medicine and your GP should always be your first point of contact.

Asthma in Winter

Winter can be a challenging time for people living with asthma and other respiratory conditions. Cold air, increased exposure to viruses and spending more time indoors can all contribute to flare-ups of asthma symptoms and respiratory infections.

Cold, dry air may irritate the airways, causing coughing, wheezing, chest tightness and shortness of breath. Common winter illnesses such as colds, flu and COVID-19 can also trigger asthma attacks or worsen existing respiratory conditions. Indoor allergens, including dust mites, mould and pet dander, may become more concentrated when homes are closed up during colder weather.

There are several ways to help protect respiratory health during winter. Wearing a scarf over the mouth and nose outdoors can help warm the air before it reaches the lungs. It is also important to continue taking prescribed preventer medications as directed,

even when symptoms are under control. Keeping reliever inhalers accessible and ensuring asthma action plans are up to date can help manage symptoms early.

Good hygiene practices, including regular handwashing and staying up to date with flu vaccinations, can help reduce the spread of respiratory infections. Maintaining good indoor ventilation and avoiding smoking or second-hand smoke exposure are also important.

If asthma symptoms become more frequent or difficult to control, it is important to speak with your GP for further assessment and management.





CHICKEN & VEGETABLE POT PIE

A hearty and comforting winter meal, this Chicken & Vegetable Pot Pie is packed with tender chicken, creamy sauce and colourful vegetables, topped with flaky golden pastry..

Ingredients (Serves 6–8):

- 2 sheets puff pastry, thawed
- 2 cups cooked chicken, shredded
- 1 onion, diced
- 2 cloves garlic, crushed
- 1 carrot, diced
- 1 cup peas
- 1 cup corn kernels
- 2 tbsp butter
- 2 tbsp plain flour
- 1 ½ cups chicken stock
- ½ cup cream
- Salt and pepper to taste
- 1 tsp dried thyme
- 1 egg, beaten

Method:

1. Preheat oven to 200°C.
2. In a large pan, melt butter over medium heat. Add onion and garlic and cook until softened.
3. Add carrot and cook for 3–4 minutes. Stir in peas and corn.
4. Sprinkle flour over the vegetables and stir well. Gradually add chicken stock while stirring continuously until the sauce thickens.
5. Stir in cream, thyme and shredded chicken. Season with salt and pepper. Simmer for 5 minutes.
6. Spoon mixture into a pie dish. Cover with puff pastry and press edges to seal. Trim excess pastry if needed.
7. Brush pastry with beaten egg for a golden finish.
8. Bake for 25–30 minutes or until pastry is puffed and golden brown.

Serve warm with a fresh green salad or steamed vegetables for the perfect winter dinner.

WORD SEARCH

C H I C K E N X A I R W A Y S
 A S T H M A F Q W I N T E R M
 J O I N T B I L L S Z P A I N
 A R T I F I C I A L K L M D C
 M E D I C A L U Y H Y G I E N
 F E V E R G T Y U I O P S O X
 F U N G I H J K L Z X C V B N
 F A T I G U E Q W E R T Y U I
 S O C K S D F G H J K L Z X C
 S C A R F V B N M Q W E R T Y
 P A I N M I U Y T R E W Q A Z
 I M M U N E B V C X Z L K J H
 S O U P S Q A Z W S X E D C V

WORD LIST

chicken
 Asthma
 joint
 winter
 bills
 airways
 artificial
 medical
 hygiene
 fever
 fungi
 fatigue
 socks
 scarf
 pain
 immune
 soups

WODONGA WEST MEDICAL CLINIC

Social Media Campaign

We're stepping up our social media presence!

You may have noticed a few more posts from us recently, and we will be continuing to increase our activity online.

We have expanded our social media platforms to include Instagram, so make sure to give us a follow. You can also keep up to date by liking us on Facebook.

We will be posting health updates, surgery news, educational posts and more.

Follow us on Facebook or Instagram to stay informed, and feel free to tell your friends and family too.



Like us on
Facebook



Follow us on
Instagram



**Albury Wodonga
Travel Health Clinic**

Albury Wodonga Travel Health Clinic

Exciting News – Our Travel Clinic Has a Fresh New Look!

We're thrilled to announce that our in house Travel Clinic has been rebranded! We are now trading as Albury Wodonga Travel Health Clinic.

While you'll notice a new name and logo, our commitment to providing expert travel health advice, vaccinations, and personalised care remains the same.

Whether you're planning a big adventure or a short getaway, Dr Walton and our team are here to help you travel safely and confidently.

Stop by or book an appointment today — same trusted care, with a fresh new look!

