



539 Glynburn Road
Hazelwood Park 5066
P: 8431 2799 (All Hrs)
W: www.hazelwoodclinic.com.au

OFFICE HOURS

Monday – Friday 8.00am–7pm
Saturday 8.30am–12noon

Dr Geoff Martin

MBBS Dip.(Obst.)RCOG FRACGP
Monday, Wednesday and Friday
Tuesday – Nursing Home Visits

Dr Sorayya Martin

MBBS Dip REpMed FAFPM FRACGP
Monday, Wednesday and Friday

Dr Patrick Elton

MBBS FRACGP
Monday, Tuesday, Thursday and Friday

Dr Muzaffar Karimov

PhD FRACGP
Monday, Tuesday and Thursday
Friday when on call

Dr Rebecca Jeanes

MBBS
Monday and Thursday afternoon
Tuesday morning
Wednesday morning (fortnightly)
Wednesday afternoon

Dr Anne Cawley

MBBS FRACGP
Tuesday and Friday mornings

Dr Eugene Buenviaje

BSc Psych MD FRACGP
Tuesday and Thursday afternoons
Wednesday and Friday

Dr Ellen Lin

FRACGP
Currently on Maternity Leave

OFFICE STAFF

Practice Manager: Jenny Lambert

Finance and 2IC: Kathryn

Administration:

Christine, Ashleigh and Jodie

Practice Nurses:

Jan McCrea, Mary Guerin
and Catherine Byrnes-Duggan

CONSULTATIONS BY APPOINTMENT

For after-hours emergencies – at night, weekends or public holidays – call 8431 2799 to contact the duty doctor.

A reminder that our telephone (8431 2799) is answered 24 hours a day. The call will be directed to our on call duty doctor, one of our four partners, who will be able to give advice and organise appropriate treatment if necessary.

YOUR DOCTOR

SEPTEMBER 2026



**MORE THAN
SNORING**



**UNDERSTANDING
YOUR ASTHMA**



**NEW HEADACHE
INSIGHTS**



**UNDERSTANDING
BLOATING**

Compliments of your GP

Ultra-processed foods: What do we know so far?

Ultra-processed foods have become one of the biggest topics in nutrition research. Studies have linked diets high in these foods with an increased risk of some chronic diseases. So, what exactly are they, and what have scientists discovered so far?

What are ultra-processed foods?

Most foods are processed in some way before they reach your plate. Freezing vegetables, pasteurising milk, drying oats and canning beans all help make food safer, more convenient or longer lasting, without making it unhealthy.

Ultra-processed foods are different. They're made using industrial processing methods and often contain additives that you wouldn't normally use at home. These may include flavour enhancers, emulsifiers, colours, sweeteners, preservatives and highly refined ingredients such as glucose syrups or modified starches.

Common examples include soft drinks, confectionery, chips, instant noodles, packaged snack foods, some ready-made meals, and processed meats. Less obvious examples may include some flavoured yoghurts, energy bars, and baked goods such as mass-produced packaged bread.

Why are researchers interested?

A growing number of studies have found that people who eat more ultra-processed foods tend to have higher rates of obesity, type 2 diabetes, heart disease and some cancers. They are also more likely to have poorer general health. This doesn't prove that ultra-processed foods directly cause these conditions, but it does raise important questions.

Researchers are investigating several possible reasons. Many ultra-processed foods are high in added sugar, salt and unhealthy fats, but low in fibre, vitamins and minerals. They also often contain additives and other ingredients designed to enhance flavour, texture and appeal, making them easy to overeat.

Another concern is that when ultra-processed foods make up a large proportion of your daily diet, they often replace more nutritious foods.

One fascinating area of research is understanding how ultra-processed foods affect our bodies. Scientists are exploring whether industrial processing changes the way we digest food and whether some additives may affect the gut microbiome, inflammation and overall health.

Not all processing is bad

Don't let the name fool you. Processed foods and ultra-processed foods aren't the same thing. Many processed foods can be nutritious and play an important role in a healthy diet. Frozen vegetables, plain yoghurt, canned fish, canned vegetables and legumes, and wholegrain bread are all examples of foods that provide valuable nutrients and convenience.

Simple ways to cut back

You don't have to make drastic changes. Try a few simple steps to start with. Choose plain yoghurt instead of sweetened, add nuts and seeds to a wholegrain cereal, and include more vegetables, fruit, legumes, and whole grains in general. Check the ingredient lists and choose foods with fewer additives and simpler ingredients.

The message from the research is becoming clearer: eating a lot of ultra-processed foods is linked with poorer health. You don't need to avoid them completely, but it makes sense to choose mostly nutritious, minimally processed options and keep ultra-processed foods as occasional choices.

*Try our recipe for healthy
home-made nutty muesli*

Our newsletter is free - please take a copy with you

Asthma: more than just wheezing

Most people think of asthma as just wheezing, but it isn't always that simple to recognise. Asthma can also cause chest tightness, breathlessness and coughing. Some symptoms are not obvious and can be easy to overlook.

Asthma affects the airways – the tubes that carry air to and from your lungs. These airways can become more sensitive than normal and react to triggers by becoming inflamed, tightening, and producing extra mucus, making it harder to breathe.

Around one in nine Australians live with asthma. It often begins in childhood, but can develop at any age. Researchers are still learning why some people develop asthma, but it's thought to result from a combination of genetic and environmental factors.

What can trigger asthma?

Asthma and allergies are closely linked. For many people, allergens such as pollen, dust, mould and animal dander can trigger symptoms.

Other triggers that are not related to allergies include smoke, air pollution, cold air, viral infections, exercise, weather changes, strong emotions, and preservatives such as sulphites found in some foods and drinks.

Learning what triggers your asthma and noticing changes in your symptoms can help you act early and avoid more serious flare-ups.

Could you be missing the signs?

Wheezing, coughing, chest tightness and shortness of breath are more common, but some people may experience less obvious symptoms, such as experiencing unusual breathlessness or simply feeling more tired than usual.

Asthma symptoms can come and go and may change over time. Most people experience a range of symptoms, from mild to severe. Severe asthma attacks can require hospitalisation and be life-threatening.

It's also possible to become so used to mild symptoms that you don't realise your asthma is gradually getting worse until you become quite unwell.

Living well with asthma

Following your treatment plan and looking after your health can help keep asthma under control. This includes exercising regularly, not smoking or vaping, eating well, and finding ways to manage stress.

Have your asthma reviewed regularly, make sure your inhaler technique is correct, and keep your Asthma Action Plan up to date so you know what to do if symptoms worsen.

With the right treatment and a good understanding of what your triggers and symptoms are, most people with asthma can continue to enjoy sports and everyday life with confidence.

1-7 September is National Asthma Week.
Visit the organisation's website for details, and to learn about the apps:
www.asthma.org.au

SEPTEMBER WORD SEARCH

Can you find all 28 hidden words?

They run across, down and diagonally - forwards and backwards!

ADDITIVES
AIRWAYS
ALLERGIES
ASTHMA
BLOATING
BRAIN
BREATHLESSNESS
COUGHING
DISEASE
EMULSIFIERS
EXERCISE
GUT
HEADACHES
HEALTH
LUNGS
MICROBIOME
MUCUS
PAIN
POLLEN
POLLUTION
PRESERVATIVES
SLEEP
SMOKING
SWEETENERS
SYMPTOMS
TENSION
TRIGGERS
WHEEZING

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

Why your tension headache may not be about tension

"Tension headaches" are common and can be frustrating, especially if they happen frequently. For years, they were thought to be mainly caused by tight muscles around the head, neck and shoulders. But we now know there may be more to the story.

Tension headaches usually cause a dull ache, pressure or tightness on both sides of the head. They're often mild to moderate rather than severe.

Looking beyond the muscles

While tight muscles can still play a part, researchers are now exploring how the brain and nervous system respond to pain. In some people, the body's "alarm system" may become more easily triggered, so sensations that would normally go unnoticed may start to feel uncomfortable or painful.

Changes in the pain pathways and chemical messengers involved in this type

of headache may help explain why some people are more prone to them, although there is still no single explanation.

Why headaches keep coming back

Why some headaches become frequent is also not fully understood. Factors such as ongoing stress, poor sleep, genetics, and the way the body responds to repeated pain signals may all play a part.

Sleep is receiving particular attention because poor sleep and headaches often occur together. Disrupted sleep may affect the way the brain processes pain, although the link is still being studied.

Looking after your head

It can help to notice patterns involving sleep, stress, hydration, meals, prolonged screen use, or jaw clenching. Taking regular movement breaks and keeping to a consistent sleep routine may also help.

Seek medical advice if you suddenly develop a severe headache, a new or changing

headache pattern, headaches after an injury, headaches with fever, a stiff neck, confusion, weakness or vision changes.

Headaches are common, but not always simple. Research is helping us better understand how the brain and nervous system handle pain and why some headaches keep coming back. In the meantime, noticing your triggers, looking after your overall health and seeking advice when needed can help you better manage your symptoms.



TOASTED NUTTY MUESLI

Fuel your day with our crunchy, nutritious toasted muesli!

INGREDIENTS

- 3½ cups wholegrain oats
- ½ cup wheat bran
- 1 cup shredded coconut
- ½ cup cashews
- ½ cup hazelnuts or almonds, chopped
- ¼ cup pumpkin seeds
- ½ cup ground flaxseed
- ½ teaspoon salt
- 1 teaspoon ground cinnamon
- 1 cup dates or a mix of dried fruits of your choice, chopped
- ¼ cup canola oil

- 2–4 tablespoons maple syrup (optional, to taste)
- 1 teaspoon vanilla extract

INSTRUCTIONS

- Preheat your oven to 180°C.
- In a large bowl, combine the first nine ingredients and mix well.
- In a small bowl, combine the oil, maple syrup and vanilla extract.
- Pour the oil mixture over the dry ingredients and mix well until evenly coated.
- Spread the muesli mixture evenly onto one or two lined baking trays

- Bake muesli mixture for about 20-25 minutes, or until it turns golden brown. Stir every 5-10 minutes to ensure it toasts evenly and doesn't burn.
- When muesli is toasted, remove from oven and add dried fruit. It will continue to crisp up as it cools.

Store the muesli in an airtight container at room temperature for up to two weeks, or in the fridge for longer freshness.



What causes bloating and what can I do about it?

Most of us have felt bloated at some point. It can make your tummy feel swollen and stretched and your clothes feel uncomfortably tight around your waist.

What causes bloating?

There are many possible reasons for bloating, including:

Swallowing air: Eating too quickly, chewing gum, drinking through a straw, or having fizzy drinks can cause you to swallow extra air. Burping can sometimes relieve this discomfort.

Gas during digestion: Gut bacteria naturally produce gas as they break down food. Some foods, such as beans, lentils, chickpeas, onions, garlic, cabbage and cauliflower, may cause more gas.

Large meals: Eating a large meal can make you uncomfortably full and may contribute to bloating.

Bloating can also be linked to constipation, irritable bowel syndrome, food intolerances, coeliac disease, or inflammatory bowel conditions such as Crohn's disease and ulcerative colitis.

What can I do about it?

Keeping a food diary may help identify whether certain foods or eating habits trigger bloating. Other simple tips include eating smaller meals, eating slowly and chewing well. A gentle walk after meals may help you feel more comfortable.

If constipation is the cause, increasing fibre-rich foods and drinking plenty of water may help. Increasing fibre intake too quickly can sometimes cause bloating and gas, so add it gradually over a few weeks.

A bit more about fibre

We all know fibre is important, but some types are easier to tolerate than others.

Soluble fibre, found in foods like oats, barley and psyllium, can often be more gentle on the gut.

Insoluble fibre, found in foods such as wheat bran and fruit and vegetable skins, may cause more gas or discomfort in some people.

See your GP if bloating is persistent, difficult to manage, or accompanied by unexplained changes in your bowel habits, pain, weight loss or blood in your stools.



Sleep apnoea: more than just snoring

Most of us know someone who snores, or perhaps we've been told that we do. While snoring is often harmless, it can sometimes be sleep apnoea, a common condition where breathing repeatedly stops during sleep.

How does sleep apnoea happen?

When you fall asleep, the muscles around your throat naturally relax, but in some people these can relax too much.

This can cause your upper airway to collapse and become blocked, causing breathing to stop for a few seconds before your brain wakes you briefly to restart breathing. These interruptions can happen many times during the night.

Signs which are easy to miss

Because you may not remember waking, sleep apnoea is often noticed by a family member or others nearby. Snoring loudly, pauses in breathing, or waking suddenly gasping or choking are common signs.

During the day, you might wake with a dry mouth or headache, feel unusually tired, or never feel properly refreshed. It can also affect concentration, memory and mood.

It's more than just feeling tired

Sleep apnoea is also linked to other health problems – not just tiredness.

Repeated pauses in breathing force your body to work harder to maintain oxygen levels. Over time, this strain may increase the risk of high blood pressure, stroke, heart disease and type 2 diabetes.

Who can develop sleep apnoea?

Sleep apnoea can affect anyone, but some people have a higher risk. Lifestyle factors that can increase the likelihood include carrying excess weight, drinking alcohol (especially close to bedtime), and smoking.

However, sleep apnoea is not only linked to weight. People of any size can develop it, and some risk factors cannot be changed, such as the shape of your airway, your age, and your family history.

Diagnosis and treatment

Your sleeping habits and general health will be considered. If your symptoms suggest sleep apnoea, you may be referred for a sleep study to help confirm the diagnosis.

Lifestyle changes may be advised. These could include reducing alcohol, improving sleep habits, being physically active most days, stopping smoking, or losing weight.

Treatment depends on the individual and the severity of the condition. Other options may include devices to help keep the airway open during sleep, or referral to a specialist for further assessment and care.

Because sleep apnoea is complex and may have long-term health effects, researchers continue to study its causes and develop more personalised treatment options.

Good sleep can improve not only how you feel each day, but also your long-term health.



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:		

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.

SPECIALIST REFERRALS

Medicare requires you to have a consultation with your treating doctor before you obtain a referral to a specialist.

For all ongoing specialist referrals Medicare require an up to date letter of referral to be written, which in most cases will require an appointment with your doctor.

Please note: Medicare does not permit retrospective referrals. If you have any questions about the referral process please speak to our reception team.

SCRIPT REQUESTS

All script requests require at least 24 hours notice and attract a fee of \$15 for private patients and \$5 for pension and concession card holders.

Urgent prescriptions required on the same day will incur a charge of \$20 however this can vary depending on the complexity of the request and the discretion of the doctor.

It is practice policy that an appointment is required if a patient has not been seen for 6 months. This is in your interest for monitoring your ongoing health and medication management.

SICK CERTIFICATES

Sick certificates will not be issued without a consultation by a doctor.

MISSED APPOINTMENTS

We understand that appointments can be overlooked from time to time, however if repeated appointments are missed without giving adequate notice, a non attendance fee will be charged.

AFTER HOURS CARE

A reminder that our telephone (8431 2799) is answered 24 hours a day. When the surgery is closed your call will be directed to our on call duty doctor who will be able to give advice and organise the appropriate treatment.

Jenny Lambert