



OCTOBER - NOVEMBER 2026 EDITION

FREE TO TAKE HOME!



Antibiotics



National Carers Week



November



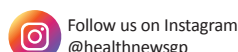
Get Your Skin Checked

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



● PRACTICE DOCTORS

Dr Chris O'Brien

BMBS, FRACGP, GradDipRM, DRANZCOG, FACRRM

Dr Laura Harris

FRACGP, DCH, BBioMed, DRANZCOG, MD

Dr William Osborn

FRACGP

Dr Andrew Mason

FRACGP, RACGP

Dr Jacinta O'Neil

FRACGP, MBBS (Deakin), BAppSci, Masters SportMed, Diploma of Mountain Medicine

Dr Irene Trisbiantara

Dr Kate McCabe- Simon

MD & RACGP Fellow

Dr Karolina Novak

MD (Melb. Uni)

Dr Moukhalad Saud

● PRACTICE STAFF

Business Manager:

Leah & Fiona

Practice Nurses:

Leah, Michelle, Jessie & Gemma

Reception Staff:

Fiona, Kirsty, Jenni, Sally, Holly, Tahlia & Jodi

● SURGERY HOURS

Monday to Friday...9:00am – 5:00pm

● A/HOURS & EMERGENCY

Bright District Hospital: 5755 0100

Ambulance: 000

● APPOINTMENTS

Unattended appointments. Please note that our clinic has a fee for unattended appointments. Please ensure you cancel at the earliest opportunity if you are unable to make an appointment so that our staff may re-issue your cancelled appointment time. As you can appreciate it can be difficult to get in to see your doctor and it makes it a lot easier if cancellations are made in a timely fashion. Consultation is by appointment. Urgent cases will be seen on the day. All script requests require an appointment. As we are coming into the busy season, please ensure you allow yourself time to come in and get a script before you run out of your medication.

● BILLING ARRANGEMENTS

A standard consultation (item 23) is \$92.00 if paid in full at the time of consultation.

Once your claim is sent to Medicare your out of pocket expense will be \$48.10.

We offer on the spot claiming and rebate amounts are back in your account within 24 hours. Payments can be made by cash, cheque, credit card or EFTPOS.

Unpaid accounts will be sent to our debt collection agency and additional charges will be made by them to collect your outstanding account. Please ensure you pay your account in a timely fashion.

Please present your Medicare card on arrival at the clinic.

The Practice has a TAC & Workcover consultation billing gap of \$40.00.

Treatment Room Fee. Some procedures and treatments require the use of our treatment room and equipment. A \$30 treatment room fee may apply in addition to your consultation fee. Please check in at reception after seeing the nurse.

● OTHER SERVICES OFFERED

- Endocrinologist Professor Richard O'Brien
- General Surgeon..... Mr Matthew Shears
- Orthopaedic Surgeon Dr Sujit Lidder
- Wangaratta Cardiology Most Mondays
- Dorevitch Pathology (Mon-Fri) 8.30am – 12.00pm
..... & 2pm – 4pm
- Sports Physician..... Alice McNamara
- Traveller Vaccinations • ECG
- Yellow Fever Vaccination Centre • Cryotherapy
- Minor Surgery • Family Planning

● PRACTICE NEWS

Feedback. If you wish to provide any additional feedback you can forward to The Manager at Bright Medical Centre 115 Gavan Street Bright or email through to info@brightmedicalcentre.com.au

Social media. Please follow our pages on Facebook & Instagram for all important updates under “Bright Medical Centre”

Booking Appointments. Our clinic is now using Hot Doc & you can book your appointments online & sending out patient recall & reminders. Download the app “Hot Doc” now.

Farewell to Stacey who has been part of the Bright medical administration team for the last 7 years. We wish her all the best for her next chapter.

We welcome **Leah & Fiona** as our new practice managers who have both been with Bright medical centre for many years & look forward to what they can bring to the team.

Welcome: Dr Moukhalad Saud who is an experienced doctor who has worked in medical & surgical specialties in Australian hospitals. He aims to provide high quality, patient centred care & values building strong, trusting relationships with his patients and the wider community.

▶ Please see the Rear Cover for more practice information.

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!

Bright

Medical Centre

● SPECIAL PRACTICE NOTES

All script requests require an appointment. Please ensure you allow yourself time to come in and get a script before you run out of your medication.

Check to see if your **CST** is up to date. Please ask at the front desk or when you are making an appointment.

Results for cervical screening will no longer be mailed to patients, please call for results.

Update your details to include your mobile phone, address, Medicare card number and if you have an email address, please let front desk staff know.

Medical Students. We would like to thank our patients for their continued support and participation in the vital role of teaching our medical students.

Results. Patients are expected to call the clinic for their results and take responsibility for their own health. If your doctor asks you to call back in a few days to get your results, please ensure you do so.

Long Appointments. If you have multiple items to discuss with your doctor, please ensure you make a double appointment with the receptionist at the time of booking. This will make sure you have time to address all of your concerns.

Reminder System. Because our practice is committed to preventive care, we may send you an occasional reminder regarding health services appropriate to your care. If you wish to opt out of this, please let us know.

Patient Feedback. We would like to hear about your concerns, complaints or suggestions. Please feel free to talk to your GP or the Practice Manager regarding any issues. If you prefer, you can contact the Health Services Commissioner, Complaints and Information on **8601 5200**.

Referrals. Doctors in this practice are competent at handling common health problems. When necessary, they can use opinions from Specialists. You can discuss this openly with your doctor, including potential out of pocket expenses.

This Practice has a no smoking policy. We also have a zero tolerance to violence and bad behaviour.



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

CARERS

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JAWLINES

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