



FEBRUARY - MARCH 2026 EDITION

FREE TO TAKE HOME!



Shingles Vaccination



Christmas Kilos



Back-to-School Health



Cervical Cancer Screening

● PRACTICE DOCTORS

Dr Magga Naidoo

MBBS, BSc(Hons), FRACGP
Men's Health, Trauma Medicine and
Chronic Disease Management

Dr Soma Padminie Kain

FRACGP, DCH, MD (Medicine), MBBS, AMC
Women's Health, Paediatrics, Geriatric
Medicine, youth friendly doctor

Dr Robert J Watt

MBBS, FRACGP
All aspects of GP including Women's
Health, Men's Health, Children's
Health, Skin cancer checks, Chronic
disease management, Palliative care.

Dr Elena Kennebury

MBBS, FRACGP
Women's Health, Sexual Health,
Preventative Medicine, Skin Cancer
Checks, Skin Conditions

Dr Dominic Higgs

MBBS, FRACGP
Skin Cancer, Palliative Care,
General GP

Dr PJ Suresh

MBBS, MRCP
Diabetes, Respiratory & Cardiac
Medicine,
Mental Health, Men's Health, Chronic
Disease Management

Dr Deepani Lokuratna

MBBS, FRACGP

Dr Manesh Mathai

Interests: Men's Health, Chronic
disease management, Mental Health

Dr Mogan Rasalingam

Interests: Chronic disease management

- Men's and women's health
- Children's and adolescent health
- Contraception, including Mirena and Implanon insertion and removal
- Skin cancer checks
- Minor surgical procedures
- Aged care
- Mental health support
- Aboriginal health care

● ALLIED HEALTH

Diabetic Educator

Daisy Do

Accredited Pharmacist

Daisy Do

Audiology

Hearing Australia

● PRACTICE STAFF

Practice Manager:

Chelsea Reynolds

Practice Nurses:

Charlotte, Amy, Chloe & Julie

Reception Administration:

Julie, Hayley & Kelly

● SURGERY HOURS

Monday to Friday.....8.00am – 5.00pm

Weekends & Public Holidays CLOSED

● AFTER HOURS & EMERGENCY

Contact Peel Health Campus 9531 8000

Health Direct Australia 1800 022 222

Get Better Doctors 1800 238 837

● COMPREHENSIVE GENERAL PRACTICE FOR ALL AGES

Falcon Grove Medical Centre provides comprehensive quality medical care in a relaxed friendly atmosphere. *Refer to the rear cover of this newsletter for more details.*

Recalls & Reminders: This surgery has a computerised recall system. At times we may contact you by mail or telephone reminding you of a due service or because your Doctor wishes to see you regarding test results. Patients have the option to opt out from receiving reminder letters.

● REFERRALS

The doctors in this practice are competent at handling all the common health problems. When it is necessary, they are able to draw an opinion from specialists, and if need be, refer you for further investigation. You can discuss this openly with your doctor.

● BILLING ARRANGEMENTS

Please go to www.falcongrove.com.au for fees.

We are a mixed billing clinic.

We bulk bill children under 16 years old, pensioner concession card holders and DVA gold card holders for services that Medicare covers.

Health assessments and GP management plans are bulk billed.

● APPOINTMENTS

Home Visits can be arranged with your doctor for palliative care patients and for regular patients whose condition prevents them attending the surgery. Please discuss your needs with your doctor.

This service is only available for existing patients. If you need emergency attention outside surgery hours we recommend you attend:

Peel Health Campus Emergency Dept at 110 Lakes Rd, Mandurah.

Consultation is by appointment. Urgent cases are seen on the day. Standard appointments for prescriptions should be booked a few days before medications are needed to avoid running out.

Test results are not given out over the phone unless staff are instructed to do so by the Doctor.

Please notify us if you are unable to attend an appointment.

Booking a long appointment. If you want an insurance medical, review of a complex health problem, counselling for emotional difficulties, or a second opinion about someone else's management, you will need to make sure you book a longer appointment.

Appointments will be needed for prescriptions and referrals.

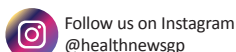
When having a blood test or x-ray it is recommended to book a follow up appointment to discuss results of these tests.

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



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



Shingles Vaccination (Shingrix) & Dementia: What We Know

Shingrix is one of the leading shingles (herpes zoster) vaccines in Australia and is recommended for older adults to prevent shingles and its complications. Shingles is caused by reactivation of the varicella-zoster virus, which remains dormant in the body after childhood chickenpox. While shingles is best known for causing a painful rash, growing research suggests it may also have broader impacts on long-term brain health.

Recent international studies have observed an association between shingles infection and an increased risk of cognitive decline and dementia. Chronic inflammation and viral effects on the nervous system are thought to play a role. Interestingly, emerging evidence indicates that people who receive a shingles vaccine, particularly Shingrix, may have a lower risk of developing dementia compared with those who are unvaccinated. While this research does not yet prove direct cause and effect, the findings are encouraging.

Shingrix works by boosting the immune system's ability to keep the virus suppressed, reducing the chance of shingles occurring in the first place. By preventing shingles and the inflammation it can cause, vaccination may indirectly support long-term brain health.

Importantly, Shingrix is already recommended because it is highly effective at preventing shingles and post-herpetic neuralgia. Any potential added benefit for dementia prevention is an added reason to discuss vaccination with your GP.

If you are aged 65 years and over or 50 and over for Aboriginal and Torres Strait Islanders then speak with your GP about your eligibility for a free vaccine.

Shedding the Christmas Kilos



The festive season is a time for celebration, good food, and relaxation, but it can also lead to a few extra kilos. The good news is that shedding Christmas weight doesn't require extreme dieting or intense exercise. Small, consistent changes can make a big difference.

Start by getting back into regular movement. Walking, swimming, cycling, or light gym sessions are excellent ways to burn calories and boost energy, especially during the warmer summer months. Aim for at least 30 minutes of activity most days of the week.

Next, focus on balanced eating rather than restriction. Fill your plate with vegetables, lean proteins, whole grains, and fresh fruit. Reducing portion sizes, limiting sugary drinks, and cutting back on alcohol can significantly lower calorie intake without feeling deprived.

Hydration is also key. Drinking plenty of water helps control appetite and supports metabolism. Finally, be patient with yourself. Healthy weight loss takes time, and sustainable habits are far more effective than quick fixes.

By easing back into routine and making mindful choices, those Christmas kilos will gradually disappear.

Back-to-School Health & Immunity

As February marks the return to school across Australia, many families notice a familiar pattern: busy mornings, close contact with classmates, and the spread of common colds and bugs. Supporting children's health and immunity at the start of the school year can help reduce illness and keep them feeling their best.

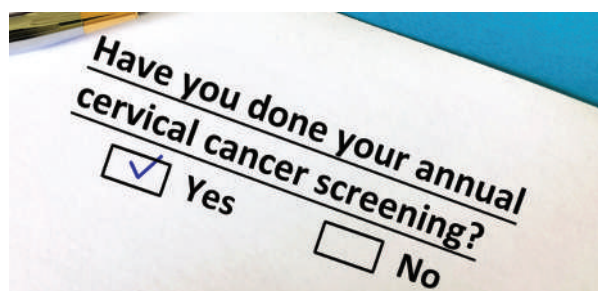
A strong immune system starts with the basics. Adequate sleep is essential, particularly as children adjust back into school routines. Establishing consistent bedtimes helps support immune function, concentration, and mood. Nutrition also plays a key role. Balanced meals that include fruits, vegetables, whole grains, lean proteins, and dairy provide important vitamins and minerals such as vitamin C, zinc, and iron, which support immune health. Packing a nutritious lunchbox can make a big difference to energy levels throughout the day.

Good hygiene habits are another crucial line of defence. Encouraging regular hand washing with soap and water—

especially before eating and after using the bathroom—helps limit the spread of germs. Teaching children to cover coughs and sneezes and to avoid sharing drink bottles can further reduce transmission of illness.

Staying physically active supports overall health and immunity, but it's equally important to allow time for rest. After-school downtime helps children recover from busy days and prevents burnout. Keeping vaccinations up to date is also an important step in protecting children and the wider school community.

By focusing on sleep, nutrition, hygiene, and routine, families can help children transition smoothly back to school and build resilience for a healthy year ahead.



The Importance of Cervical Screening with Your GP

Cervical screening is one of the most effective ways to protect women's health, yet many people delay or avoid it due to uncertainty or discomfort. Regular cervical screening with your GP plays a vital role in preventing cervical cancer and detecting potential problems early, when they are easiest to treat.

Cervical screening tests look for human papillomavirus (HPV), a common virus that can cause changes to cervical cells over time. Most people will have HPV at some stage in their lives, often without knowing it. In many cases the virus clears on its own, but in some women it can lead to abnormal cell changes that, if left untreated, may progress to cancer. Screening helps identify these changes long before symptoms appear.

Seeing your GP for cervical screening also provides an opportunity for personalised care. Your doctor can explain the test, address concerns, and ensure you feel comfortable throughout the process. They can also discuss your individual risk factors, screening intervals, and any follow-up that may be needed. For many women, reassurance and clear information from a trusted GP can make a significant difference in attending regular screening.

Importantly, cervical cancer is one of the most preventable cancers. Regular screening has been shown to dramatically reduce both the incidence of cervical cancer and deaths from the disease. Even if you feel healthy, have no symptoms, or have received the HPV vaccine, screening remains essential.

Prioritising cervical screening is a simple but powerful step toward long-term health. Booking an appointment with your GP could truly be life-saving.



Spirulina: A Nutrient-Dense Superfood

Spirulina is a blue-green algae that has gained popularity as a natural health supplement due to its impressive nutritional profile. Available as a powder or tablet, spirulina is rich in protein, vitamins, minerals, and antioxidants, making it a convenient addition to a balanced diet.

One of spirulina's key benefits is its high protein content, containing all essential amino acids. This makes it particularly appealing for people following vegetarian or plant-based diets. It is also a good source of iron, B vitamins, magnesium, and iodine, nutrients that support energy levels, muscle function, and overall wellbeing.

Spirulina is well known for its antioxidant and anti-inflammatory properties, largely due to a compound called phycocyanin. Antioxidants help protect cells from oxidative stress, which is linked to ageing and many chronic diseases. Some studies suggest spirulina may support immune function, improve cholesterol levels, and assist with blood sugar control when combined with healthy lifestyle habits.

Additionally, spirulina may help combat fatigue and support recovery after exercise. It is often added to smoothies or juices, although its strong taste may take some getting used to.

As with any supplement, spirulina should be used responsibly. It's best to discuss its use with your GP, particularly if you are pregnant, immunocompromised, or taking medications.

FALCON GROVE MEDICAL CENTRE

- **OUR SERVICES INCLUDE**
 - Skin Cancer checks & Treatments
 - Child health & vaccinations
 - Women's Health
 - Men's Health
 - Travel Advice & Vaccinations
 - Chronic Disease Management
 - Occupational Health
 - Minor Injury & Fracture
 - Management
 - Prevention Planning
 - Palliative Care

- **IMPORTANT INFORMATION**

Privacy Policy. Your medical record is a confidential document. It is the policy of this practice to maintain security of personal health information at all times and to ensure that this information is only available to authorised members of staff.

Doctors in this practice may be contacted by telephone during their normal surgery hours. When the doctor is with a patient a message will be taken by reception staff and you will be advised when the doctor will likely return your call. In an emergency your call will always be put straight through to your doctor.

- **FROM THE PRACTICE MANAGER...**

We have on-site Falcon Grove Pharmacy, Clinipath Pathology, Psychology and Audiology.

Our practice is fully equipped with the latest diagnostic equipment and our doctors & nurses receive regular training to keep up-to-date with the best patient care.

To book appointments online please go to www.falcongrove.com.au

- **SUGGESTIONS & COMPLAINTS**

If you would like to provide feedback on any aspect of care from this practice, please phone or send an email to the Practice Manager - manager@falcongrove.com.au. Alternatively, speak to your Doctor or our practice staff. If still dissatisfied contact: Health and Disability Services Complaints Office- Level 17 St Martin's Tower, 44 St Georges Terrace, Perth 6000. Freecall 1800 813 583.



SPIRULINA BLISS BALLS

These no-bake spirulina bliss balls are quick to make, naturally sweet, and perfect for a healthy snack or lunchbox treat.

Ingredients (Makes ~12 balls):

- 1 cup rolled oats
- ½ cup pitted dates
- 2 tablespoons almond butter or peanut butter
- 1 tablespoon chia seeds
- 1 tablespoon shredded coconut (plus extra for rolling)
- ½ teaspoon spirulina powder
- 1–2 tablespoons water (as needed)
- ½ teaspoon vanilla extract (optional)

Method:

1. Place the rolled oats and dates into a food processor and pulse until finely chopped.
2. Add nut butter, chia seeds, coconut, spirulina, and vanilla.
3. Process until the mixture begins to stick together. Add water gradually if the mixture is too dry.
4. Roll tablespoon-sized portions into balls.
5. Roll in extra coconut if desired.
6. Refrigerate for at least 30 minutes to firm up.

Serving & Storage

Store in an airtight container in the fridge for up to one week, or freeze for up to one month.

Why You'll Love Them

Spirulina adds antioxidants and plant-based protein, while oats and dates provide lasting energy. The sweetness of dates balances spirulina's earthy flavour, making these bliss balls both nutritious and delicious.

WORD SEARCH

G	I	S	C	N	U	T	R	I	T	I	O	N	N
M	H	P	Y	G	I	I	G	L	E	R	N	N	N
I	S	I	C	I	M	M	U	N	E	E	X	H	L
R	E	R	L	E	C	E	P	T	R	L	O	M	H
C	L	U	I	A	Y	G	A	I	I	G	E	M	N
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R	E	G	I	I	I	L	L	L	O	U	A	G	C
I	I	R	G	L	V	Y	O	A	M	O	U	A	I
X	U	S	C	R	E	E	N	I	N	G	L	I	M
X	H	U	M	A	N	N	N	I	E	T	O	R	P

- SLEEP
- HYGIENE
- WATER
- NUTRITION
- SCHOOL
- SPIRULINA
- VIRAL
- PROTEIN
- IMMUNE
- SCREENING
- CYCLING
- SHINGLES
- ALGAE
- SHINGRIX
- HUMAN