



LOVE YOUR HEART

1 in 3 Aussies have high cholesterol — and most have no idea

Here's the problem: High cholesterol shows zero symptoms while quietly building up in your arteries and doubling your risk of heart attack and stroke.

The magic numbers:

- Total cholesterol: Keep it under 5.5 mmol/L
- LDL ("bad"): Under 2.0 mmol/L
- HDL ("good"): Above 1.0 mmol/L

Quick wins: Swap butter for olive oil, add oats to breakfast, move your body 30 minutes daily. Get tested every 5 years — or more if you have risk factors.

[Check your risk factors](#) →



MEDICAL BREAKTHROUGHS THAT ACTUALLY MATTER

Medical science had a rough 2025 with budget cuts, but the breakthroughs kept coming.

Baby KJ became the [first person](#) to get a custom CRISPR gene edit designed just for him at Children's Hospital of Philadelphia—doctors spent 6 months creating a personalised fix for his rare enzyme deficiency.

The FDA approved Yeztugo, a twice-yearly HIV prevention shot that blocks nearly all transmission (no more daily pills).

[Neffy](#) brought the **first needle-free epinephrine** in 30+ years for kids with allergies. And the FDA has now cleared nearly [1,000 AI medical devices](#) that are detecting diseases and adjusting treatments in real-time.

 *Bottom line: innovation doesn't stop, even when funding slows down!*

YOUR HEALTH

PRE-DIABETES IS REVERSIBLE — BUT ONLY IF YOU CATCH IT EARLY

Your body can be silently struggling with blood sugar for years before full diabetes hits. The damage is happening now, but here's the good news: Pre-diabetes can be completely reversed with lifestyle changes. Wait too long? It becomes permanent.

Get tested if you:

- Are over 40 (or 30+ for Aboriginal/Torres Strait Islanders)
- Have a family history of diabetes
- Are overweight or inactive
- Had gestational diabetes

 *Quick wins: Cut sugary drinks, add 30 minutes of walking daily, lose just 5% of body weight. Small changes = big impact.*

SAVE YOUR \$\$\$ WITH A GP CARE PLAN

You're paying full price for physio — and you don't have to!

A GP Care Plan unlocks up to 5 Medicare-subsidised allied health visits per year (physio, dietitian, podiatry, exercise physiology). Without one? You're paying \$80-150 per session out of pocket.

Who's eligible: Anyone with a chronic condition (diabetes, heart disease, asthma, arthritis) that needs ongoing management for 6+ months. Takes one 30-minute GP appointment. Valid for 12 months.

MYTH BUSTERS

MYTH: You need 8 glasses of water daily

FACT: Water needs vary by activity, climate, and individual.

Listen to your body — thirst is your best guide.

HEALTH QUIZ

How many minutes of exercise per week does the WHO recommend for adults?

1. 75 minutes
2. 150 minutes
3. 300 minutes

ANSWER (2)

HEALTH TIPS

ASK THE DOCTOR

"Do I really need to finish all my antibiotics if I feel better?"

Yes! Stopping early can cause bacteria to become resistant...

HEALTH REMINDERS

When was your last check?

- Cholesterol: Every 5 years
- Skin check: 6–12 months
- BP: Every 2 years



ABOUT THE PRACTICE

Wellbrook Medical Centre is a modern, family-friendly practice committed to providing comprehensive healthcare for our community.

Your health is our top priority. Our experienced team of doctors and healthcare professionals work together to deliver quality medical care in a welcoming environment.

DOCTORS *Now Taking New Patients*

SC	Dr Sarah Chen MBBS (University of Sydney), FRACGP, Diploma in Obstetrics	MO	Dr Michael OBrien MBBS (UNSW), FRACGP, Certificate in Psychological Medicine
PS	Dr Priya Sharma MBBS, FRACGP, Dip. Child Health	IB	Dr Ivan Betta MBBS, FRACGP, Grad. Dip. Sports Medicine
EW	Dr Emily Watson MBBS (Adelaide), FRACGP		

VISITING SPECIALISTS

- Dr Amanda Wells - Dermatologist (Tuesdays)
- North Shore Pathology - Daily collection
- Physio Plus - Physiotherapist (Mon, Wed, Fri)

OUR TEAM

- **Practice Manager:** Sarah Mitchell
- **Practice Nurses:** Emma Chen, David Park, Lisa Thompson
- **Reception:** Jessica Brown, Michael Lee, Karen White

FEES & BILLING **Mixed Billing**

We offer mixed billing. Bulk billing is available for children under 16, pensioners, and healthcare card holders. Private patients will receive a Medicare rebate. Please discuss payment options with our reception team.

COMMUNICATION

For non-urgent enquiries, please call during business hours or email reception@wellbrookmedical.com.au. Results and prescription requests should be discussed during a consultation.

YOUR PRIVACY

Your privacy is important to us. We maintain strict confidentiality of all patient information in accordance with Australian Privacy Principles.

FEEDBACK & COMPLAINTS

We welcome your feedback. Please speak with our practice manager or email feedback@wellbrookmedical.com.au. You may also contact the Healthcare Complaints Commission on 1800 043 159.

OPENING HOURS

Mon, Tue	8:00am–6:00pm
Wed	8:00am–12:00pm, 1:00pm–5:00pm
Thu	8:00am–8:00pm
Fri	8:00am–5:00pm
Sat	9:00am–1:00pm
Sun	Closed

Closed on public holidays and the first weekend of every month.



APPOINTMENTS

Appointments can be booked online via HotDoc or by calling (02) 9876 5432. Same-day appointments are usually available for urgent matters.

AFTER HOURS

For after-hours medical assistance, please contact HealthDirect on 1800 022 222 or visit your nearest emergency department.

SERVICES AVAILABLE

We are committed to your health and are always introducing new services as doctors with particular specialities begin consulting from our rooms.

- General Practice Consultations
- Chronic Disease Management
- Mental Health Care Plans
- Skin Cancer Checks
- Immunisations & Travel Medicine
- Womens Health & Antenatal Care
- Mens Health Checks
- Telehealth Consultations
- Minor Surgical Procedures
- Pathology Collection

If there is any service you would like to access that you don't see listed here, please discuss this with our friendly practice manager, Sarah.