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Ear Microsuction available at our practice

Is your hearing not so great? Do your ears block up after a swim in the surf? It could be as simple a fix as cleaning out the ear canal.

Here at WMP we use state of the art suction techniques under microscope control for a safe, efficient and pain free clean. No more messing around with water and syringes which usually leave you with clean ears but wet clothes.

If you have ear wax, if you wear hearing aids, or if you're a keen surfer who gets swimmers ear, then a regular ear check and ear clean could be for you. Have your doctor check your ears and they will let you know if you would benefit from a thorough suction ear clean.

And finally, never stick a cotton bud in your ears! Yes, we know it's tempting (and its good for our business), but all it does is pack the wax in and you'd be horrified how often we have to fish out the cotton wool end from peoples ears!

Are you aged 45-49?

This is a great age to be proactive and look after your health. At Woonona Medical Practice, we offer an age specific bulkbilled health assessment once between the ages of 45-49. If you haven't had yours yet, give us a call to book in. You see a nurse first for a thorough assessment of your current health status, and then a doctor will see you to review everything and make a plan for your health.

This might include blood tests to check your cholesterol levels, advice on lifestyle changes, and making sure you are up to date on preventive health checks including cancer screening.

Bowelscreen is a national screening service which has been shown to be effective at picking up bowel cancer early. Did you know it is now recommended that bowelscreen starts at age 45? You can request a screening kit from the National Bowel Cancer Screening website, or ask your doctor for a kit at your next appointment.



COVID-19 vaccination and anti-viral treatment

Booster COVID-19 vaccination is recommended every 12 months for those 18 years and older and we ask our patients to consider this.

Over 75 year olds are recommended to receive a booster dose every 6 months. Please talk to your doctor about your COVID-19 booster at your next routine visit or book in with our nurses if you are due.

Individuals over 70 years of age or others at higher risk of severe disease (with confirmed COVID-19) should phone the practice as early as possible to seek anti-viral treatment.

Always remember if symptoms persist, worsen, if you are concerned call 000 or attend the nearest emergency department.

Missed Important Year 7 or Year 10 immunisations?

As the 2026 school year approaches, WMP doctors would like to remind their high school patients that important immunisations are provided in schools for students in year 7 and in year 10 (for diphtheria, tetanus, pertussis, human papillomavirus and meningococcal ACWY).

Students and their parents/carers can check AIR (Australian Immunisation Register) records to find out if any of these important immunisations have been missed previously. Adolescents and young adults (under 20 years of age for some vaccines and under 25 years of age for others) can catch up on government funded vaccines, so if this is you or someone in your family, discuss catch-up immunisations with your doctor.

Our team of experienced nurses can provide the catch-up immunisation(s) in a calm, safe environment under the supervision of your usual doctor at the practice.



Are you a smoker or ex-smoker?

Lung cancer remains the leading cause of cancer-related death for both men and women, largely because it is often diagnosed late.

The Australian Government has introduced the National Lung Cancer Screening Program, which uses a simple, low-dose CT scan to detect lung cancer at an early stage—before symptoms appear—when treatment is most effective. The scan is quick, painless, and uses much less radiation than a standard CT.

When lung cancer is found early, many people can be treated with curative intent, significantly improving survival and quality of life.

Who is eligible for the program?

You may be eligible if you currently smoke or have smoked and are between 50-70 years old, without any symptoms suggestive of lung cancer.

You are eligible if you have quit smoking in the last 10 years and have a significant smoking history (equivalent to 30 packet years or more). Importantly, you don't need to have to quit smoking to take part in screening. Even if you feel well and have no breathing problems, screening may still be appropriate, and important, as early lung cancer often causes no symptoms.

Ask one of our doctors to check your eligibility and discuss the benefits and possible follow-up steps if something is found.

If you are eligible, your doctor can arrange a low-dose CT scan and enrol you in the national screening register, which helps coordinate reminders and follow-up.

The scan is free under Medicare for eligible participants. If you think you might qualify—or are unsure—please speak with your doctor or one of our practice nurses.



Pain Explained free live online course

Pain Explained is a free, live online course with Dr. Adele Stewart—GP of 30+ years, mindfulness teacher, Chair of the RACGP Pain group.

Run in conjunction with Grand Pacific Health, the course draws on the Explain Pain model by Lorimer Moseley and David Butler, showing that pain is not a direct measure of tissue damage but a protective response influenced by mind, body, and environment.

You'll gain practical tools to navigate the pain–fear cycle, explore the roles of thoughts, emotions, behaviours, and safety in shaping pain, and learn about neuroplasticity, nociplastic pain, and neuroimmune interactions in an accessible way. It's a paradigm shift that takes effort and openness, but can be deeply rewarding.

Suitable for adults over 18 with mild to moderate chronic pain living in South Eastern NSW.

To find out more, visit:
www.adelestewartmbi.com

Staff news

Introducing our newest team member, Belinda, who brings a diverse background of IVF nursing, medical relation manager roles, midwifery in hospital and private practice, acute care nursing and personal training.

Belinda, her husband and daughters love the great outdoors, and every spare moment is jam packed with activities and exploring near and far.

We would also like to congratulate nurse Edwina and Dr Katie Burkitt on the exciting arrivals of their new babies.

If you were a patient of Dr Katie Burkitt's and also Dr Dominique Gallagher-Avery they are now on leave so please book in with another doctor of your choice until they return.

Visit us at The Perimenopause and Menopause Expo

Visit WMP's stall at the The Perimenopause and Menopause Expo in March.
For more information and to purchase your tickets, go to: www.igniteillawarra.au



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2026**

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