

## *From the Practice*

### ***Winter is always one of our busiest times of year in general practice.***

Over the coming months we'll see plenty of coughs, colds, influenza, COVID and the other respiratory illnesses that seem to make the rounds once the weather turns colder. If you're feeling unwell, please be considerate of others by covering coughs and sneezes, practising good hand hygiene and, where appropriate, wearing a mask when attending the practice.

At The Surgery at Jerra, our focus remains on providing high-quality, patient-centred care in a welcoming and supportive environment. Whether you're visiting for a routine check-up, managing a chronic condition or seeking advice about a new health concern, our team is here to help.

On behalf of all of us at TSAJ, thank you for continuing to trust us with your healthcare. It is a privilege we never take for granted.



***Dr David Yates***  
Practice Principal

## ***WHEN SHOULD YOU SEE A GP FOR A COUGH?***



**Coughs** are common during winter and, in many cases, are caused by viral infections such as the common cold, influenza or COVID-19. Most will improve with time, rest and plenty of fluids.

Most coughs improve within a few weeks, **but please book an appointment if:**

- Your cough lasts longer than three weeks
- You are short of breath
- You have a persistent fever
- You experience chest pain
- You cough up blood
- Your symptoms are worsening rather than improving

### ***Before Your Appointment***

**If you have cough, cold, flu or COVID-like symptoms and are attending in person**, please complete a Rapid Antigen Test (RAT) before your appointment. If your RAT is positive, contact reception before attending.

## ***Meet The Team***

### ***Dave McInnes***

**Sports & Exercise Physiotherapist**



We're pleased to welcome **Dave McInnes** to The Surgery at Jerra.

Dave is a Titled Sports and Exercise Physiotherapist who has worked across Defence, community healthcare and elite sporting environments, helping people recover from injury, manage pain and return to the activities they enjoy.

While Dave has experience working with professional athletes, his passion is helping everyday people move better, feel stronger and get back to doing what matters most to them. Whether that's returning to sport, keeping up with the kids, staying active in retirement or simply walking without pain, Dave takes a practical and personalised approach to care.

**Dave is available for appointments on Saturday mornings.**

A local resident of Googong, Dave lives in the region with his wife and three young daughters and enjoys being part of the community both inside and outside of work.

## ***Community Corner***

### ***Supporting Our Local Community***

At The Surgery at Jerra, we believe being part of the community means more than simply providing healthcare.

Throughout the year, our team is proud to support a range of local schools, sporting groups, charities and community organisations that help make our region such a great place to live and raise a family.

This month, we're excited to announce that we are once again a major sponsor of the Jerrabomberra Public School Trivia Night.

As an added bonus (or risk, depending on who you ask!), our very own Kylie Yates will once again take on MC duties. Having hosted the event more times than she can remember, she insists she gets funnier every year. Opinions on that remain divided.

The annual event brings together parents, teachers and community members for a fun evening while raising valuable funds for the school and its students.

We look forward to seeing many familiar faces there and continuing to support the local community that has supported us for nearly two decades.

### ***Quick Health Fact***



### ***High Blood Pressure Often Has No Symptoms***

High blood pressure can quietly damage your heart, brain and kidneys without causing any obvious symptoms. Many people feel completely well and are surprised to learn their blood pressure is higher than recommended. Regular blood pressure checks are one of the simplest ways to identify potential problems early and help reduce the risk of heart attack, stroke and kidney disease.

*If you haven't had your blood pressure checked recently, consider speaking with your GP.*

## ***Contact Details***



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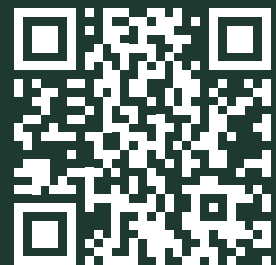
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APPOINTMENT***