

Celebrating 18 Years



This month, The Surgery at Jerra turns 18.

It's hard to believe that it was back in September 2008 that David and I first opened the doors. A lot has changed since then. The practice has grown, our team has grown and our community has grown. But some things haven't.

We're still locally owned. We're still proudly independent. And we still believe in providing good general practice, with good people, for the community we're part of.

Over the past 18 years, thousands of patients and families have trusted us with their care. We've watched children grow up, families expand and generations of the same families come through our doors.

To our patients, our team and the Jerrabomberra community, **thank you for being part of our first 18 years.**

Here's to the next chapter.



Kylie Yates
Practice Co-owner

THEN & NOW

2008 → 2026



When The Surgery at Jerra opened in 2008, the practice looked very different to the one our patients know today.

Over the years, we've undergone a major expansion, extending into additional space and moving reception to an entirely new part of the building.



Today, TSAJ has eight consulting rooms and two treatment rooms, allowing our team to grow alongside the community we care for.

And yes, that old newspaper clipping proves David's consulting room really was that tidy once!



Some New Faces At The Front Desk

If you've visited us recently, you may have noticed a few new faces behind our reception desk.

Over recent months, we've welcomed **Kimberley, Olivia, Ashlee** and **Deb** to our reception team. There's plenty to learn when you join a busy general practice, and we're delighted to have them as part of the TSAJ team.

Be sure to say hello next time you're in.



Spring at TSAJ

Hay Fever Season is Here

Spring is here, and for many people that means the return of itchy eyes, sneezing and a runny or blocked nose.

Hay fever, or allergic rhinitis, occurs when the immune system reacts to allergens in the environment. Pollen is a common spring trigger, but dust mites, mould and animal dander can also cause symptoms.

Hay fever can affect more than your nose. It can disrupt sleep and concentration and, for people with asthma, may also make asthma symptoms worse.

Treatment may include antihistamines, nasal sprays and reducing exposure to known triggers.



If your symptoms are persistent, affecting everyday life or your usual treatment isn't working, talk to your GP or pharmacist.

Hay Fever + Asthma?

High pollen levels, particularly around certain thunderstorms, can trigger sudden and sometimes severe asthma symptoms in susceptible people.

If you have asthma, know how to manage your symptoms, keep your reliever medication available and make sure your asthma action plan is up to date.



Dave's Back On Deck

Sports & Exercise Physiotherapist Dave McGinness is back consulting at TSAJ on Saturday mornings after spending time overseas working with the Australian Rowing Team.

Whether it's a sporting injury, a persistent niggle or something stopping you from moving the way you'd like, Dave is back on deck and ready to help.



Still Growing With Us

Our lucky bamboo was given to us when The Surgery at Jerra opened in 2008.

It started out very small and, 18 years later, it's still sitting proudly in reception, although it's considerably bigger and has lost a little of its original plaited appearance along the way!

It's grown with us.

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