# The Surgery at Jerra Newsletter

October 2026

## YOUR ESCRIPTS HAVE A NEW HOME

**No more scrolling through old texts at the pharmacy trying to find your eScript.**

HotDoc's new **Health Wallet** lets you keep your electronic prescriptions together in one secure place in the HotDoc app.

You can see your scripts, **how many repeats you have left and when they expire**, pull up the QR code when you're at the pharmacy, and even share an active eScript with someone else if they're collecting your medication for you.

Already use the HotDoc app? Look for **Health Wallet** and follow the prompts to get started.

*Your scripts. One spot. Much easier.*



## WELCOME DR DEBBIE FRIEND

We're very pleased to welcome **Dr Debbie Friend** to The Surgery at Jerra.

A Canberra local, Debbie will be consulting at TSAJ on **Thursday evenings for the remainder of 2026**, adding some extra after-hours appointment availability for our patients.

Debbie is an experienced GP with broad interests across general practice and a strong focus on providing thoughtful, patient-centred care.

We're delighted to have her joining the TSAJ team.

## WE FROCKED UP FOR FROCKTOBER

For one week in October, the TSAJ family swapped our usual workwear for frocks to support **Frocktober** and ovarian cancer research.

There were dresses, plenty of twirls and, importantly, lots of conversations about ovarian cancer.

That's really what Frocktober is about: using a bit of fun to raise awareness and funds for research into a cancer that remains difficult to detect early.

A huge thank you to everyone who supported our efforts, donated and joined in the conversation.

*Together, we told ovarian cancer to GET FROCKED!*



# TICK SEASON IS HERE



Spring means more time outdoors – and more chance of picking up an unwanted passenger.

If you find a tick attached, Australian advice is to kill the tick where it is rather than squeezing or disturbing it unnecessarily. An ether-containing freezing spray designed for ticks may be recommended for small ticks before careful removal.

Keep an eye on the area afterwards and seek medical advice if you develop concerning symptoms or a significant reaction.

And if you're not confident removing one yourself, give us a call.

COMING BACK TO TSAJ

## SPIROMETRY & AUDIOLOGY

We're working behind the scenes to bring **spirometry and audiology testing back to The Surgery at Jerra.**

**Spirometry** is a simple breathing test that measures how well your lungs are working and can be useful in the assessment and monitoring of conditions including asthma and COPD.

**Audiology testing** assesses your hearing and can help identify hearing loss and other hearing-related concerns.

We're still sorting out the details, so there's nothing to book just yet.

**Stay tuned. We'll let you know more soon.**



AND FINALLY...

# DR DAVID TAKES TO THE STAGE

Some of the TSAJ family swapped the practice for the theatre recently to see Dr David Yates in David Williamson's *Face to Face* at Belconnen Arts Centre.

Yes, our Practice Principal has been moonlighting.

We'd like to say, "Don't give up your day job..."

Unfortunately, he was actually pretty good.

It was lovely to have members of the TSAJ family there to support David outside the practice as well as inside it.