



# Merri-bek Family Doctors

## Newsletter

January 2026

### Doctors on holidays!

We hope you have been enjoying restful, refreshing time over the holidays. Just like everybody else, our doctors like a break over December and January, but there are always doctors working in this holiday period, so you can book in and have your care needs met. Our doctors have been taking turns having time off and we thought you might like to see some of the things they get up to. Here are some snaps of Dr Redhuan Akram with his mum outside The Forbidden City in Beijing, and Dr Jessie Rucker hiking at Wilson's Promontory.



### Getting older?

Did you know that if you are between 45 and 49 years of age, the government will fund an extensive health assessment with your nurse and GP?



The 45-49 Year Old Health Assessment is designed to help us look at your health to assist your transition into a healthy and vital older age.

Book in for a checkup with our nurse which includes a conversation about your lifestyle and risk factors for various diseases, followed by a comprehensive review by your doctor.



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### Did you know?

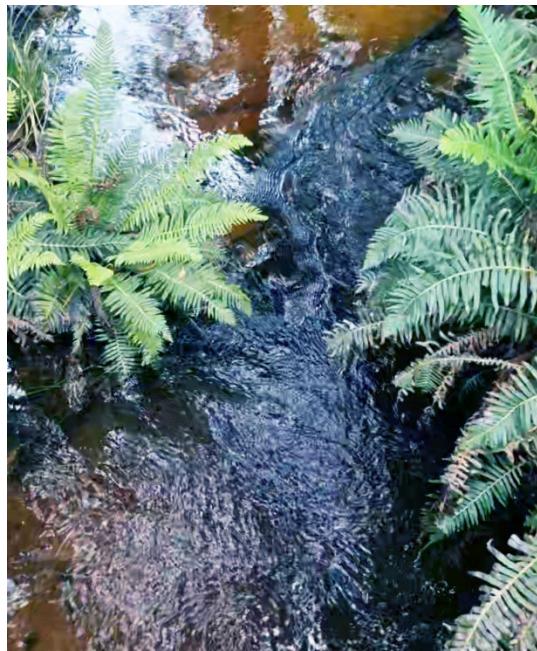


Microplastics are minute particles that come from plastic and are found all over the planet, even in the deepest, most remote areas of the ocean. Research into the health effects of microplastics is evolving, however, there is a suspicion that they will affect hormones and fertility and risk of obesity and chronic diseases. It is impossible to avoid plastic exposure entirely, but given that they are so widespread and may affect future generations as well, it's wise to minimise your exposure as much

as you can. Some simple things you can do include: store your food in glass or metal, avoid drinking from a plastic water bottle, prepare meals yourself as much as you can to avoid pre-packaged meals and ingredients, and consider wrapping your sandwich in grease proof paper or beeswax wraps instead of plastic wrap.

### Heart Food

Enjoy with us this beautiful poem by 20th century Irish poet John O'Donohue.



#### *Fluent*

I would love to live  
Like a river flows,  
Carried by the surprise  
Of its own unfolding.