MERRI-BEK
Family Doctors

Merri-bek Family Doctors

Newsletter

September 2026

Fun Fact

Lights, Camera, Action

Some of you may have been in the clinic on 'filming day' and wondered what all of the professional cameras, lighting and movie people were all about. Merri-bek Family Doctors commissioned the awesome local video/movie makers, Third Space Studios to make a short movie telling the clinic's story and a few short videos of some of our doctors.

You can watch all of the videos on our website, both on our Work with Us page and under the doctors' Bios. We had a lot of fun working with Vinnie and Tyrone from Third Space Studios. We hope you enjoy the videos.

Health

Concerned about dementia risk?

There are many things you can do to lower your risk of dementia. These include regular exercise, a healthy balanced diet low in processed foods, regular socialising, and regular mental challenge like reading, learning a new skill, or complex games. People with certain conditions like diabetes, hypertension, sleep apnoea, hearing loss, and depression are at higher risk of developing dementia, so it's important to treat these conditions as fully as possible. At Merri-bek Family Doctors we are reaching out to people over 65 with risk factors for dementia to offer a free assessment with our nurse of your memory and risk factors, with that information fed back to your regular doctor. So if you receive a phonecall from us offering an appointment, please book in!

Merri-bek Family Doctors
223 Melville Rd, Brunswick West 3055
ph. (03) 9383 2493 | reception@mbfd.com.au

MERRI-BEK
Family Doctors

Merri-bek Family Doctors

Newsletter

Did you know?

Cycles of life

Its wonderful to walk in to work and see other colleagues and patients walking or riding in as well. Exercise such as walking, riding or swimming is called aerobic exercise. It can not only improve your fitness in general, but has been linked with better health outcomes in many conditions from high blood pressure to cancer and improved brain function. So next time you think of hopping into a car for a short trip ask yourself whether you could walk or ride instead.

Heart Food

September 23 is the spring equinox, where we once again have more daylight than dark. Enjoy with us this beautiful ode to the sun by contemporary American poet Mary Oliver.

Why I wake early

Hello, sun in my face.
Hello, you who make the morning
and spread it over the fields
and into the faces of the tulips
and the nodding morning glories,
and into the windows of, even, the
miserable and the crotchety –

Merri-bek Family Doctors
223 Melville Rd, Brunswick West 3055
ph. (03) 9383 2493 | reception@mbfd.com.au

best preacher that ever was,
dear star, that just happens
to be where you are in the universe
to keep us from ever-darkness,
to ease us with warm touching,
to hold us in the great hands of light—

good morning, good morning, good morning.
Watch, now, how I start the day
in happiness, in kindness.