Westbrook Cambooya FAMILY MEDICAL

PRACTICE NEWSLETTER
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🩸 TYPE 2 DIABETES: KNOW YOUR NUMBERS

Type 2 diabetes doesn't arrive suddenly. It develops gradually, often over years, with blood sugar levels creeping up well before a diagnosis is made.

More than 1.5 million Australians are living with it, and many more are in the pre-diabetes range without knowing. An HbA1c test — which measures your average blood sugar over three months, not just on the day — gives a much fuller picture than a single reading. It takes minutes at your GP clinic.

It's worth asking about if you are over 45, have a family history of diabetes, carry weight around your middle, or had gestational diabetes. Everyday changes — moving more and eating well — can make a real difference at the pre-diabetes stage. Not sure of your risk? The AUSDRISK tool can give you an indication in 9 questions.

Read more about reducing your diabetes risk →

🔬 AUSTRALIA'S SMARTER IRON BLOOD TEST

An estimated one in five Australian women and, by some estimates, one in twenty men have iron deficiency, yet many are misdiagnosed because the most widely used blood test measures ferritin — a protein that stores iron — rather than iron itself. The problem is that common conditions like diabetes, obesity, and inflammation can artificially inflate ferritin levels, making it look like iron is fine when it isn't.

A Melbourne-based startup called FeBI Technologies, co-founded by researchers from the University of Melbourne and the Florey Institute, has developed a quantum-based blood test that measures iron directly — significantly more sensitive than existing methods, according to researchers. The Australian Government recently awarded the team a $2.2 million funding boost in October 2026 to accelerate development. If you've ever been told your iron levels are normal but still feel fatigued or unwell, it's worth raising with your GP — iron deficiency can be easy to miss, and a conversation costs nothing.

🩺 HEALTH TIPS

Small food swaps that help keep blood sugar steady:

Choose wholegrains over white bread, rice, and pasta

Add protein or healthy fat to meals to slow sugar release

Limit sugary drinks, including juice

Start meals with vegetables to slow glucose absorption

YOUR HEALTH

☀️ EXERCISING IN THE HEAT: SUMMER SAFETY STARTS NOW

As temperatures climb, the risk of heat exhaustion and heat stroke rises — particularly for those exercising outdoors.

Time your exercise for early morning or evening to avoid peak UV and heat. Drink water before, during, and after — don't wait until you're thirsty. Warning signs of heat exhaustion include heavy sweating, dizziness, headache, and nausea. If someone stops sweating, becomes confused, or loses consciousness, call 000 immediately. High-risk groups include older adults, young children, and anyone with a chronic illness.

Know the signs of heat stroke →

🥸 MOVEMBER: MEN'S HEALTH BEYOND THE MOUSTACHE

Movember started as a conversation about prostate cancer and men's mental health. It has grown into something broader — a month that gives men permission to think about their health — and those around them to check in.

If there's a man in your life who has been putting off a GP visit, Movember is a nudge. And if that man is you, book the appointment. Prostate health, mental wellbeing, cardiovascular risk, and skin checks are all part of a men's health conversation that is easier to have before something goes wrong.

Read more about men's health checks →

😮‍💨 STRESS AND BLOOD SUGAR: THE HIDDEN LINK

When you're stressed, your body releases cortisol — a hormone that can worsen insulin resistance and push blood sugar levels higher over time. Managing stress through movement, good sleep, and connection with others benefits both your mind and body.

Chronic stress is one of the most underrated factors in long-term health. It affects sleep, appetite, energy, and how your body processes food — often in ways that build up quietly over time. Your GP can help you identify what's driving it and what to do about it.

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