

saunders street clinic

Newsletter Sep-Oct 2025

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Dr James Tan

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Dr Bradley Williams

Dr Kathrina Del Rosario-Yap

Belinda Thomas RN

Dr Noora Albakkaa

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Dr Ashikur Raham

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Seasonal Allergy

Simple Ways to Manage Seasonal Allergies

Welcome to picnic season! But your nose is a tap and your eyes won't stop crying. Your motto is 'achoo' and people are blessing you twenty times a minute.

Ah, Spring is delightful — with an unwelcome visitor.

One in five Australians suffers from seasonal allergic rhinitis (hay fever). That's over 4.6 million of us dealing with sneezing, itchy eyes, runny noses, and fatigue—especially during spring and early summer when pollen levels are high.

While hay fever isn't dangerous, it can seriously affect your sleep, mood, and the picnics you've been planning.

The good news? With a few simple strategies, you can take control of your symptoms and enjoy the season again.

What Causes the Sniffles?

In Australia, hay fever is usually triggered by pollen from grasses, trees, and weeds—particularly ryegrass, which is common in southern states. When pollen enters your nose or eyes, your immune system treats it like a threat, releasing histamines that cause allergy symptoms.

Here are a few things you can do.

Check the Pollen Forecast

Before heading outdoors, check the daily pollen count through websites like AusPollen or the Bureau of Meteorology. Pollen levels are usually highest in the morning (between 6am and 10am) and on hot, windy days.

Limit Your Exposure

Keep windows closed on high pollen days—especially in the bedroom. Use air conditioning on ‘recirculate’ mode. After outdoor activity, change your clothes, shower, and rinse your face to wash off pollen particles.

Try a Saline Rinse

A gentle saline nasal spray or rinse can help clear pollen from your nasal passages and reduce congestion. It’s drug-free and easy to use, especially before bed or after being outside.

Use the Right Medication

Non-drowsy antihistamines, steroid nasal sprays, and eye drops can provide fast relief. These are widely available at pharmacies, but it’s a good idea to ask your pharmacist or GP what’s best for your symptoms and lifestyle.

Consider a Long-Term Plan

If allergies are affecting your sleep, work, or quality of life, speak to your doctor about longer-term options like desensitisation (allergy immunotherapy) or allergy testing.

Seasonal allergies are a nuisance but with a bit of planning, they don’t have to take over your picnic. Start with simple daily habits, and talk to your GP if you need more targeted support.

Sources:

- Australian Society of Clinical Immunology and Allergy (ASCIA): allergy.org.au
- [Bureau of Meteorology Pollen Forecast](#)

Bowel Cancer Awareness

Bowel cancer, also known as colorectal cancer, can affect any part of the colon or rectum in the large intestine; it may also be referred to as colon cancer or rectal cancer, depending on where the cancer is located.

Not everyone experiences symptoms, particularly in the early stages, however common symptoms can include:

- Blood in stool or rectal bleeding

- A recent, persistent change in bowel habit
- Abdominal pain, cramping or bloating
- Vomiting
- Weight loss
- Unexplained tiredness or fatigue
- A feeling that the bowel has not emptied completely after going to the toilet



Bowel cancer screening kit

If you are aged 50 to 74, you will receive a bowel cancer screening kit in the mail every two years, if your Medicare address is up to date.

If are aged 45 to 49, you can request your first bowel cancer screening kit by calling the National Bowel Screening Program on 1800 627 701.

However regardless of your age, if you have concerns around any potential symptoms, or bowel cancer in general, speak to your GP just like Nathan did.

“I would 100% encourage everyone to complete the test. It is quick and easy and yes, I would have definitely done the test if given the chance, there is too much to lose by not doing it.

“If you feel something is not quite right or have any signs and symptoms, please don’t put it off, go and see your doctor.

“Early detection is the key to getting treated and surviving this disease. If detected and treated early, long-term survival improves significantly,” Nathan said.

More information on bowel cancer and accessing test kits can be found here:

- [Bowel cancer | Tasmanian Department of Health](#)
- [About the National Bowel Cancer Screening Program | Australian Government Department of Health and Aged Care](#)
- [Bowel Cancer Australia - Awareness, Support & Research](#)