

NEWSLETTER

July 2026



SUNSHINE COAST
**LOCAL MEDICAL
ASSOCIATION**

SCLMA.COM.AU

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The Sunshine Coast Local Medical Association acknowledges the Traditional Custodians of the land, the Kabi Kabi and Jinibara peoples, and pays respect to Elders past and present. We recognise their ongoing connection to land, waters, and community.



For general enquiries, editorial or advertising contributions and costs, please email:

newsletters@sclma.com.au

Contributions are welcome from members, especially 'Letters to the Editor.' Please address all correspondence to **Dr Steven Lawrie**

newsletters@sclma.com.au



President's Message

Dr Jon Harper

A new financial year has begun, heralded by the steady flow of emails from various utility companies trying to explain as nicely as they can that everything costs more and so prices are going up.

In most cases, it's understandable. Many things slowly increase in price with inflation, but some things have caught my attention.

The world's hunger for Artificial Intelligence has, ironically, made computers less affordable. Due to massive requirements for new AI data centres, the price of computer chips has skyrocketed.

Another is electricity. The Australian Energy Regulator was delighted to tell us all a few months ago that the new Default Market Offer (the maximum annual electricity bill based on a default retail energy contract) was reducing for South-East Queensland.

And sure enough I did notice a few cents reduction in my electricity providers kW/hr usage rates. But the daily supply charge had increased by 50%!

In my state of outrage, I took to Google to better understand how a utility price can increase by 50% while still being "regulated" by a Government-led national energy market governance process.

It turns out that the Default Market Offer (DMO) includes usage rates and daily supply rates as a total package. This means electricity retailers can charge whatever they like for usage and daily supply so long as the total is under the DMO.

Now, most retailers sell plans lower than the DMO, with a bewildering number of different rates and tariffs. But it doesn't take long to realise that retailers might penalise households for using less electricity by increasing the daily supply charge.

Fortunately, there are many comparison tools online to help find a new retailer - including the surprisingly good Government one "Energy Made Easy".

And with these increases to cost of living (and medical practice expenses), it's somewhat difficult to be comforted by the mere 2.6% indexation increase in Medicare rebates!

Jon Harper

President

The Radiology Clinic presents



SUNSHINE COAST
**LOCAL MEDICAL
ASSOCIATION**

Gala Celebration

CHARITY RECIPIENT - GATEWAY CARE

Since 2003, Gateway Care has supported over 40,000 families through connection, food collection, and care for people and the environment.

Date: Saturday, 1 August 2026
Time: 6.00pm - 10.00pm
Venue: Altitude Nine, Maroochydore

Scan QR code
to book tickets



trybooking.com/events

TICKETS

- **Early Bird: \$140 (available until 30 June)**
- **Standard: \$170**

Join us for an elegant evening of canapés, fine wine and beer, complemented by ambient live vocals, comedy, a roaming magician, live caricatures, and a photo booth, all in support of local families in need. We are proud to be fundraising for Gateway Care — a vital food rescue organisation distributing food to those in need across the Sunshine Coast. Your attendance directly supports the incredible work they do within our community.

Event enquiries: admin@sclma.com.au


theradiologyclinic



NEED HELP WITH THE COST OF GROCERIES? EVERYONE IS WELCOME



SAVE UP TO
60% ON
GROCERIES

SIGN UP IN STORE TODAY!



WHAT IS GATEWAY CARE

Gateway Care is a low-cost food centre.

We help families save on groceries every week. Serving the Sunshine Coast for 15+ years. Everyone is welcome.



Follow us on Social Media @gatewaycare



OPENING HOURS

M – F 8am – 3pm
Sat 8am–12pm
Sun CLOSED



LOCATION

11 HELEN ST,
CALOUNDRA WEST,
4551

GenesisCare, Sunshine Coast

Experts in cancer care,
specialists in radiation oncology

At GenesisCare, we aim to deliver a personalised care experience provided by a team of compassionate healthcare professionals. Our team of radiation oncologists have experience across a range of adult tumour types.



Dr Bradley Wong
Radiation Oncologist

Skin, prostate, breast and urological cancers, benign conditions, and palliative radiation therapy



Dr David Schlect
Radiation Oncologist

Neurological, brain and spine, lung, and skin cancers, rare tumours, sarcoma and benign conditions



Dr Sophia Ly
Radiation Oncologist

Gastrointestinal (upper and lower), lung, breast and palliative radiation therapy



Jean Kelly
Breast Cancer
Specialist Nurse



Kirsty Ferguson
Prostate Cancer
Specialist Nurse

On the Sunshine Coast, our services offered include:

- Personalised care, treating the individual, not just the condition
- Radiation therapy for most adult cancer types
- Non-invasive treatment for non-melanoma skin cancer
- Rapid access to radiation therapy treatment in palliative setting
- Treatment for specific benign conditions e.g., Dupuytren's disease, plantar fasciitis, plantar fibromatosis, keloid scars and osteoarthritis
- Stereotactic radiation therapy for cranial, lung, spine, prostate, bone, soft tissue, and liver lesions
- Patient transport services between Gympie and Noosa (for eligible patients)
- Access to allied health services on site
- Breast Cancer Wellness and Survivorship Clinic with dedicated on site breast cancer specialist nurse
- On site prostate cancer specialist nurse

Treatment centres:

GenesisCare, Buderim
10 King Street

Tel: (07) 5374 8100 | Fax: (07) 5374 8110
ReceptionOncologyBuderim@genesiscare.com

GenesisCare, Noosa
90 Goodchap Street

Tel: (07) 5377 2200 | Fax: (07) 5377 2210
ReceptionOncologyNoosa@genesiscare.com

Outreach consulting clinic:

Gympie fortnightly clinic – Dr Bradley Wong



Disclaimer: Any procedure including treatments involving radiation carry risks, including skin irritation and associated pain. Before proceeding with a referral for treatment, patients should be advised to seek a second opinion from an appropriately qualified health practitioner. As in any medical procedure, patient experiences and outcomes will vary.



WELCOME

to our new members!



One of the greatest strengths of the Sunshine Coast Local Medical Association (SCLMA) is the diversity, talent and collegiality of its members. With each new member who joins, our network grows stronger – creating more opportunities to learn from one another, support each other, and collectively advance health care in our region.

In this issue, we are pleased to welcome the following new members below, to the SCLMA. We look forward to seeing you at upcoming meetings, events and social gatherings, and to the contributions you'll bring to our professional community.

- **Charlotte McHenry - Med Student**
- **Alex Bissell - Med Student**
- **Matina Samios - Med Student**
- **Sepehr Pirmoradi - Med Student**
- **Remington Fox - Med Student**
- **Holly Lindstrom - Med Student**
- **Milla Harrison - Med Student**
- **Erica Stevens - Med Student**

Membership in the SCLMA offers a range of benefits, including:

- Regular educational meetings with high-quality clinical updates and guest speakers
- Members only access to podcasts of monthly meeting presentations
- Gala dinner and/or other events
- Opportunities for collegial networking and collaboration across specialties
- Advocacy on local medical issues and representation of members' interests
- Access to our newsletter and communication channels for keeping up-to-date with medical news and events
- A strong professional and social support network within the Sunshine Coast medical community

If you know of colleagues who are new to the area, recently commenced practice, or who might benefit from joining, please encourage them to connect with us. The more voices and perspectives we bring together, the more vibrant and effective our Association becomes.

We warmly welcome our new members and look forward to building an even stronger medical community together!

GP Liaison

*Your hospital connection, together
we can deliver better healthcare.*

Dr Edwin Kruys and Dr Michelle Johnston



Sunshine Coast Health continues to improve electronic clinical handover

In August, a new electronic ED Discharge Summary will commence from Emergency Departments and the Minor Injuries and Illness Clinic. This will strengthen communication between hospital teams and GPs, helping everyone stay aligned, informed, and ready to support the next stage of a patient's journey.

Surgical operation notes now visible in the Viewer

The Viewer (Health Provider Portal) now automatically displays a full copy of the surgical operation note in the 'Procedures' tab.

Imaging reports

From July 2026 Sunshine Coast HHS will send imaging reports to GPs via electronic channels (or fax). GPs will receive a copy of imaging reports (including interventional imaging but excluding echocardiograms) requested in hospital outpatient clinics, day procedure units and emergency departments.

For questions or advice on any of these changes please contact the GP Liaison Unit

Virtual Medical Termination of Pregnancy Service

The Queensland Virtual Early Medical Termination of Pregnancy Service (QVEMToPS) is a statewide virtual service delivered by the Queensland Virtual Hospital. It provides eligible women and pregnant people across Queensland with access to an early medical termination of pregnancy up to 9 weeks (63 days) gestation.

Eligible patients must:

- live in Queensland and not be travelling overseas within the next month
- be less than 9 weeks pregnant
- live or be able to stay at a place less than a 2-hour drive from a 24-hour emergency medical service during the medical termination process, in case there are complications.

Patients can access the virtual medical termination service without GP referral. Visit the [QVEMToPS](#) site for more information.



Advance Care Planning encouraged

Advance care planning (ACP) is a proactive way to record patient wishes about future medical treatment, in particular life-sustaining measures. ACPs can be helpful when a person is unable to speak for themselves.

Encourage patients to initiate conversations with loved ones. However, they may wish to have the first discussion with their health professional alone.

Formal advance care planning involves the patient completing one or more of the following documents:

- Advance Health Directive
- Enduring Power of Attorney
- Statement of Choices (not legally binding)
- Acute Resuscitation Plan – completed by the patient's doctor.

Relevant resources are available electronically, from the Office of Advance Care Planning, or hard copies can be ordered from the Office of the Public Guardian.

Health care professionals involved in the patient's care should receive a copy of the completed ACP documents. Family, caregivers, substitute decision maker(s) can receive a copy as requested by the patient.

Send copies of all ACP documents to the Office of Advance Care Planning so they can be uploaded to the patient's Queensland Health hospital record via the Viewer (Health Provider Portal).

Office of Advance Care Planning:

- Postal address PO Box 2274, Runcorn, QLD 4113
- Phone 1300-007-227
- Fax 1300-008-227

Please also encourage patients to upload documents to their own My Health Record. Some GP practice software systems enable this to be uploaded directly by the provider.

For more information, see HealthPathways Advance Care Planning:

<https://ccq.communityhealthpathways.org/39484.htm>



Supporting Queensland doctors,
creating better health.

Queensland Update



**Dr Brett Dale, AMA CEO
and President Dr Nick Yim**

Winter is here and with it the Queensland budget, which was handed down on 23 June. The 2026/27 Queensland budget took a "business as usual" approach to the health sector, with the \$35.5 billion dollar health budget representing only a 7.25% increase on last year's.

"We needed the health budget to grow by more than 9% just to keep pace with increased population, demand and CPI," AMA Queensland President Associate Professor Erica Gannon said.

"While we always welcome all health investment, Queenslanders are struggling to get health care now, especially in our regional areas."

[Read more here](#)

Advocacy

e-Mobility Devices

1 July brought with it new laws governing the sale and use of e-mobility devices such as e-bikes and e-scooters.

AMA Queensland has campaigned for a ban on under 16s riding these devices, due to the devastating injuries our emergency doctors see far too often.

The parliamentary inquiry into these devices recommended such a ban, but legislation introduced in the first week of June allowed 12 to 15-year-olds to ride under parental supervision, with 16 to 17-year-olds required to get a learner's permit.

Adult supervision was already in place before the inquiry, and children were still being harmed and killed.



The legislation passed on Thursday 4 June, but not before we drew attention to the risks across a number of media interviews and stories leading to an urgent meeting with the Minister for Transport and Main Roads.

AMA Queensland also strongly rejected the licensing framework in the proposed new legislation, which looks set to make doctors responsible for exemptions.

It should not be up to doctors, in particular GPs, to decide who is or isn't allowed to ride these devices. They have not been trained to assess if someone who is unfit to hold a vehicle licence is fit to ride an e-scooter.

[Read more here](#)

Workforce planning

AMA Queensland has called for the government to clearly outline a plan to recruit and retain the nearly 6000 doctors Queensland needs by 2032. Last year, Queensland Health's own workforce gap analysis identified that without strong intervention, the state will have a shortfall.

It's now up to the Premier, Treasurer and Health Minister to explain to Queenslanders how they're going to attract those clinicians and get them to where they're needed right across regional and rural Queensland.

[Read more here](#)



First Nations Health

Our pre-budget submission reiterated the need for urgent, community-led investment to improve the health of our First Nations peoples and strengthen the First Nations medical workforce.

Aboriginal and Torres Strait Islander Queenslanders continue to die younger and experience higher rates of preventable disease, chronic illness, mental health distress and substance-related harm.

AMA Queensland's 2026-27 budget submission highlights that 30% of First Nations doctors leave the profession, often due to racism, burnout and a lack of culturally safe support.

This alarming loss of expertise undermines access to culturally safe care for wider First Nations communities which already face unacceptable health inequities.

[Read more here](#)

Maternity Services

AMA Queensland has called on the state government to restore collaborative maternity services with obstetric care as a priority.

Prioritisation of midwife-led models and funded home birth services have allowed alarming and false anti-medical narratives to flourish.

Pregnancy and labour are major medical events, and women across Queensland should have access to hospital-based care that ensures their safety and that of their child.

[Read more here](#)



News

AMA Queensland Education and Training Institute

Many people don't realise that education costs, like our courses at AMAQETI, can often be tax deductible. If your training is directly related to your current role, for example, helping you maintain, improve or update your skills, you may be able to claim some or all of the cost back at tax time.

This can make our short courses and qualifications an even smarter investment in your career. As everyone's situation is different, we recommend checking with a registered tax agent or the ATO to see what applies to you.

[DISCOVER OUR COURSES](#)

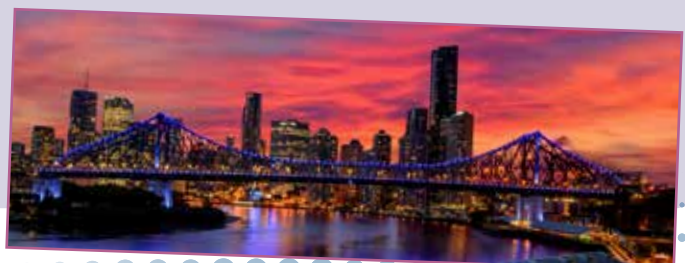
King's Birthday Honours List

AMA Queensland has congratulated five members recognised in the King's Birthday Honours List.

All five have made outstanding professional and personal contributions to the field of medicine.

It is heartening to see wonderful Queensland doctors celebrated for the impact they've made on their profession, their patients, and in the community.

[Read more here](#)



Queensland Foundation Scholarships and annual tax appeal

Four incredible Queenslanders are a step closer to becoming doctors, after being awarded \$10,000 AMA Queensland Foundation scholarships. The Foundation's 2026 Medical Student Scholarships were awarded to Adeena Thankakumar (Townsville), Shreya Somasundaran (Townsville), Edwin Packer (Toowoomba) and Hannah Newsome (Gold Coast) to help them meet their living expenses while completing their medical studies.

[Read more here](#)



Events

Dinner for the Profession

Guests stepped into an enchanting forest inspired experience at Brisbane's Blackbird Bar and Grill on 5 June, as the medical profession came together to celebrate excellence, leadership and the future of medicine in Queensland. Guiding guests through the evening was internationally renowned storyteller, filmmaker and adventurer Dr Chadden Hunter, who captivated the audience with stories from more than two decades spent filming wildlife documentaries alongside Sir David Attenborough.

Congratulations to our award winners:

- The Gold Medal – Dr Christopher Pyke
- Excellence in Health Care Medal – Professor James Nicklin and Dr Lydia Pitcher
- Rural Health Medal – Dr Dan Halliday
- Doctor in Training Medal – Dr Emma Hodge
- Distinguished Supporter Member Award – Ms Melissa Impiazzi

[Read more here](#)



Junior Doctor Conference

Join us in Mackay on 25-26 July for the 2026 Junior Doctor Conference and discover the professional and lifestyle opportunities awaiting you in the gateway to the Whitsundays. Hear from inspiring doctors who have walked in your shoes, make friends, meet important contacts and enjoy the coastal lifestyle. You'll leave the conference refreshed, inspired and ready to take on the world.

[Read more here](#)



Annual Conference

AMA Queensland remains unique in our yearly offering of an incredible annual conference in a fantastic overseas destination. In 2026 we're heading to Copenhagen for six days of expert talks, site visits, historical intrigue and plenty of smørrebrød. Join us from 20-26 September in the remarkable Danish capital.

[Read more](#)



Women in Medicine Breakfast

AMA Queensland is the only national organisation that runs annual Women in Medicine breakfasts, and we urge you to join us on Thursday 29 October for this year's event in Brisbane.

With a theme of "balance", this year's speakers will discuss everything from managing demanding clinical roles and leadership responsibilities to caring for families, supporting loved ones and maintaining personal wellbeing.

Reflect, connect and learn from those who have navigated these challenges with honesty, resilience and purpose. Guests may reserve tables of 10 to celebrate with colleagues and friends, or join mixed tables and connect with peers from across the profession.

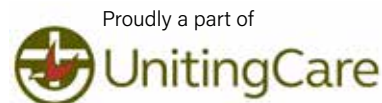
[Read more](#)





Buderim Private Hospital

Shane Mitchell
General Manager
E: shane.mitchell@uchealth.com.au
P: 07 5430 3260



Introducing our new VMPs



Dr Felicity Connon
Plastic and reconstructive surgery

MBBS/BMedSci. After two junior years at Royal Melbourne Hospital, three years of general surgery SET training, and completion of a Master of Surgery, Dr Connon commenced plastic and reconstructive surgery training in 2016. Upon passing her fellowship exams and achieving her FRACS in 2021, she undertook four subspecialty fellowships in Australia, United Kingdom and Canada. Dr Connon's special interests include head and neck cancer and skin cancer, craniofacial, paediatric and general plastic surgery. Dr Connon has now moved to the Sunshine Coast with her family and looks forward to bringing her skills to the Coast and surrounding regions.

[View doctor profile](#)



Dr David Sparks
Plastic and reconstructive surgery

Dr David Sparks is a plastic and craniofacial surgeon with over a decade of surgical experience, specialising in advanced facial aesthetic surgery. Dr Sparks performs the full spectrum of facial aesthetic surgery including deep plane face and neck lift, rhinoplasty, eyelid surgery and aesthetic jaw surgery. As a dual fellowship-trained plastic and craniofacial surgeon, he has additional advanced training in facial aesthetic surgery from high-volume surgeons in Canada, United States and United Kingdom. Holding a PhD and more than 20 peer-reviewed publications, Dr Sparks brings a research-driven, anatomically precise approach to every procedure. His special interests include deep plane face and neck lift, eyelid and brow plastic surgery, cosmetic and functional rhinoplasty.

[View doctor profile](#)



Thank you and farewell Pam Fotheringham

Please join us this month in thanking and farewelling Pam Fotheringham as she prepares to retire in late August. Pam has been our Business Development Manager at Buderim Private Hospital for nearly four years and has long been a valued part of the Sunshine Coast medical community.

For well over a decade, she has supported clinicians and health organisations across the region, helping to foster meaningful connections and collaboration for the benefit of our patients and community. Pam is well known to many across the Coast, particularly among SCLMA members and local GPs. We wish her every happiness in this exciting next chapter and extend our heartfelt thanks for her outstanding contribution to Buderim Private Hospital.

GP Education and Events

WE'VE GOT YOU COVERED FOR WOMEN'S HEALTH

When: Saturday 29 August 2026, 9am – 2pm
Where: Altitude Nine, Maroochydore

Buderim Private Hospital will host *'We've Got You Covered for Women's Health'* GP Education Day on Saturday 29 August 2026 at Altitude Nine, Maroochydore.

The event has generated strong GP interest and is now fully booked, with a waiting list in place. For those already registered to attend, please note the change of venue for this event. To learn more and join the invitation list for future GP Education events visit:

buderimprivatehospital.com.au/gpeducation



SUNSHINE COAST
RADIOLOGY

Coming Soon

New Maroochy Private Hospital Clinic

Sunshine Coast Radiology is excited to announce the upcoming opening of our new clinic at Maroochy Private Hospital.

Designed within a purpose built, future focused healthcare environment, the clinic reflects our ongoing commitment to delivering exceptional diagnostic imaging across the Sunshine Coast. This multidisciplinary setting will support closer collaboration between imaging, surgical and clinical teams, helping enhance patient outcomes while keeping more advanced care local.

Coming
Soon

Services will include:



MRI



X-ray



CT



Ultrasound



Nuclear
Medicine



Bone Mineral
Density (BMD)



Interventional
Procedures



For more information, please contact your Referrer Relationship Specialists:

Bernie on 0477 444 230 | brushton@scradiology.com.au

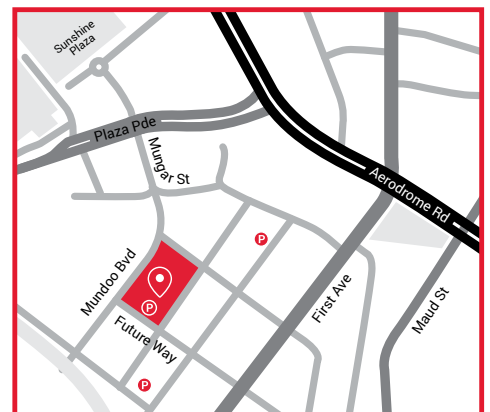
Tremain on 0418 289 686 | tremain@scradiology.com.au

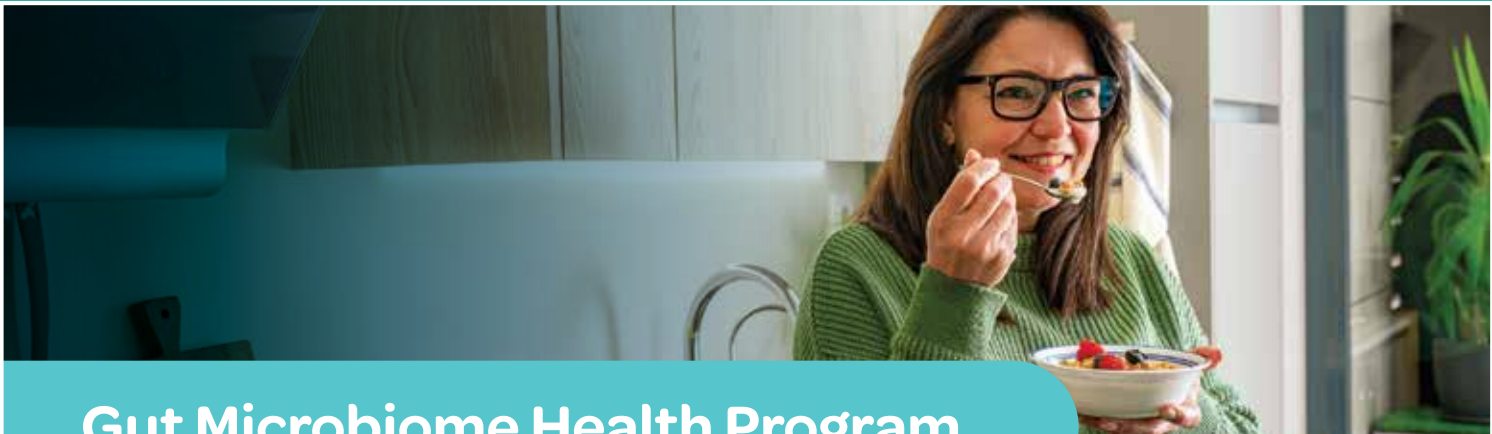
Or contact our Referrer Hotline: 07 5430 3926

Maroochy Private Hospital,

Ground Floor, 12 Future Way, Maroochydore

Ample on-site parking available





Gut Microbiome Health Program

A clinician-guided, evidence-based program delivering personalised insights and care for your patients.

Grounded in science, delivered by experts

- Go beyond standard testing with objective microbiome insights
- Receive clear, clinically actionable recommendations
- Reduce uncertainty in complex or persistent cases
- Access integrated care from gut health specialists

Microbiome testing delivered by gastroenterologists and expert microbiome dietitians, available through in-person and virtual appointments.



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Clinic

priority access – patients seen and scoped
within 2 weeks for standard procedures

**More than 1,500 young onset cancer
cases are detected each year.**

Quality Standards Matter.

97

Highly satisfied patients
Net Promoter Score (NPS)

70%

High detection rates
Adenoma Detection Rate
(ADR) of 69.3%

<1%

Failed bowel preparation
Remains below 1%



Dr Tim Lyon
MBBS, BSc, FRACP, FACRRM

T 07 3870 3799 | F 07 3177 9965

hello@colonoscopyclinic.com.au

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SUNSHINE COAST

Buderim Private Hospital

Caloundra Private Day Hospital

Nambour Selangor Private Hospital

Noosa Private Hospital

Sunshine Coast Day Hospital

CLINICAL SOCIETIES

AUGUST 2026

The health impacts of a changing climate and what it means for primary care



Join us for Sunshine Coast Clinical Society events Registrations are now open for primary care professionals to attend one of the CPD-accredited Clinical Societies education and networking events, held across eleven locations this August.

A changing climate is reshaping the health of our communities, from heat-related illness and bushfire smoke to the mental health toll of disaster and recovery. Join your local Clinical Society to explore what this means for primary care, and how clinicians, communities and systems can work together to build resilience across our region.

Hear from leading voices in the field including RACGP Climate and Environmental Special Interest Group (SIG) members Dr Nicole Sleeman (Sunshine Coast and Wide Bay events) and Dr David King (Central Queensland events).

- ✓ Free CPD-accredited education (RACGP & ACRRM)
- ✓ Dinner and networking provided
- ✓ Open to all health professionals working in or alongside primary care

Register for your local event

- Noosa – 11 August 2026 – Sunshine Beach SLSC
- Nambour – 12 August 2026 – Nambour RSL
- Caloundra – 13 August 2026 – Caloundra RSL
- Gympie – 20 August 2026 – Gunabul Homestead

Learn more at:

c2coast.org.au/clinical-societies

Seats fill fast at local venues. Register today to secure your place and join the growing number of Queensland health professionals building climate resilience across primary care.

Country to Coast Queensland primary care education events are funded through the Australian Government's PHN Program.



For more information, contact your local Clinical Society or visit c2coast.org.au/clinical-societies

or call 1800 000 000

or email info@c2coast.org.au

or visit c2coast.org.au/clinical-societies

or visit c2coast.org.au/clinical-societies

or visit c2coast.org.au/clinical-societies

or visit c2coast.org.au/clinical-societies

or visit c2coast.org.au/clinical-societies



Dr Abigail Marsh
Advanced Accredited
Practising Dietitian, PhD

250 Microbiome Tests Later: What We're Seeing in Clinical Practice

Integrated Gut Health (IGH) has recently reached a significant milestone, completing more than 250 microbiome assessments as part of our multidisciplinary approach to managing patients with persistent gastrointestinal symptoms.

Many patients undergo gastroscopy and colonoscopy for symptoms such as bloating, abdominal pain, altered bowel habits, reflux, constipation, diarrhoea and food intolerances. While these investigations are essential for excluding significant pathology, patients are often left wondering what to do next when results are largely normal but symptoms persist.

This is particularly relevant given the high prevalence of irritable bowel syndrome (IBS), which affects an estimated 17% of the global population using Rome IV criteria, with higher rates reported in women (up to 20%)¹

Where We Are Finding Microbiome Testing Most Useful

After completing more than 250 microbiome assessments, we have found the greatest clinical utility in patients who continue to experience gastrointestinal symptoms despite appropriate investigation and standard first-line management.

This commonly includes patients with persistent bloating, constipation, diarrhoea, abdominal discomfort, food intolerances or mixed bowel habits who have had normal or largely unremarkable gastroscopy and colonoscopy findings. Many have already trialed dietary strategies such as the low FODMAP diet with only partial benefit.

We are increasingly using microbiome testing in patients with low-grade intestinal inflammation (identified by mildly elevated faecal calprotectin levels) and those at increased risk of colorectal cancer following colonoscopy, including patients with advanced adenomas, multiple adenomas or a strong family history. In these groups, microbiome-informed nutrition and lifestyle interventions

can support and enhance standard management. One of the most consistent patterns we are observing is an increased abundance of methanogens in patients with bloating and constipation-predominant symptoms. In these cases, microbiome-guided dietary interventions, optimisation of fibre and fluid intake, and targeted probiotic strategies are frequently associated with improvements in symptoms and bowel regularity.

Low Diversity: A Common Finding

One of the more surprising observations from our first 250 tests has been the number of patients demonstrating markedly reduced microbial diversity. While diversity is only one component of assessment, many healthy individuals demonstrate more than 180 detectable microbial species. We are seeing some patients with diversity levels as low as 60–80 species, including individuals without diagnosed IBD. Beyond diversity, we also assess overall ecosystem balance and microbial composition to help guide targeted, personalised dietary recommendations.

The Value of a Multidisciplinary Approach

To support more complex cases, IGH has recently implemented a weekly Gut Health Multidisciplinary Team (MDT) meeting involving gastroenterologists, dietitians, psychologists and a GP with a special interest in gut health.

Looking Ahead

As our patient numbers continue to grow, IGH is working towards analysing and publishing our clinical outcomes to better understand the impact of microbiome-guided interventions in real-world practice.

We look forward to sharing these findings with our referring clinicians and contributing to the growing evidence base surrounding microbiome-informed gastrointestinal care.

1. Ballena-Caicedo J, Valladolid-Sandoval LAM, Zuzunaga-Montoya FE, Vera-Ponce VJ. Global Prevalence of Irritable Bowel Syndrome: An Updated Systematic Review and Meta-Analysis. *Gastroenterology Res.* 2025 Dec 20;18(6):308-321. doi: 10.14740/gr2095. PMID: 41488823; PMCID: PMC12758091.



Dr Geoffrey Hawson

Haematologist (Blood Disorders Specialist), Medical Oncologist
(Cancer Specialist), Palliative Medicine Specialist

MBA Update from the ASADA VP & RDMA VP

Many readers will recall that in 2024 the Medical Board of Australia (MBA) and AHPRA proposed the introduction of regular health assessments for doctors aged over 70 years (every three years) and annually for doctors aged over 80 years. Consideration was also being given to the possible introduction of cognitive testing.

The Board subsequently published its Consultation Regulation Impact Statement (CRIS). More than 200 submissions were received, including approximately 45 lodged as 'Name Withheld' and 36 from medical societies and colleges. Readers wishing to review the consultation material and submissions can do so via the Medical Board of Australia's consultation webpage. Following consideration of these submissions, the Board stated:

"The Board considered the submissions published below and additional recently sourced data and has decided to trial profession-led support over new regulatory rules. Further details about the Board's approach are in the Board's media release."

The Australian Senior Active Doctors Association (ASADA) prepared a detailed submission that challenged several of the assumptions and conclusions contained within the CRIS document.

Readers wishing to review ASADA's position can access the ASADA Summary Statement [HERE](#)

The ASADA submission was significant for several reasons. First, it presented evidence-based arguments and identified important deficiencies in the CRIS analysis.

Second, the Board has established a working group to consider ways of supporting senior doctors as they transition towards retirement while also assisting those who wish to continue contributing to the profession. The group includes representatives from the MBA, medical colleges, health organisations, medical indemnity providers and selected stakeholder groups.

ASADA appears to be the only senior-doctor special-interest organisation represented on this working group. I have been nominated as the ASADA representative and have attended the initial meeting. While the discussions are confidential and I am therefore unable to report on the proceedings, importantly, senior doctors now have direct representation in these discussions.

That opportunity may not have been available without the strength and quality of the ASADA submission among the more than 200 responses received. Any suggestions can be forwarded to me.



E: geoffrey@hawson.org

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Dr Plonk on WGT (wine, golf, travel)

The Fish House and The King

Two memorable experiences came together on 26 May: a superb five-course Wagyu and Angus dinner at Fish House Steak and Grill on the Spit in Mooloolaba, and wines from the incomparable Chris Ringland of the Barossa.

I've been fortunate to attend many high-profile dinners locally, nationally and internationally. The Fish House's abundance and Ringland's wines delivered a burst of flavour and flair that ranked among the best.

When Christine and Todd, owners of Fish House and Bella Venezia, host an event, they go all out. The new Fish House is exquisite: polished yet warm, sophisticated yet welcoming, and effortlessly classy, with something to suit every taste.

It is hard to know where to start with the King Chris. A Roseworthy graduate with our mate Jane Ferreri; both true icons of the Barossa. I must admit I am wary of big bold wines. Australians used to love porty style wines but are coming around to more classy, structured wine... but the genius Ringland has magic hands. Much like a heavy weight boxer who can crochet. He finds a connection between power, structure and form.

Don't be afraid to drink these Chris Ringland wines. With so much travel a lot of people discover elegant Burgundies, Dolcettos into the brooding Brunello and Barolos. Recently an acquaintance trotted out a Narello Mascalese from Mt Etna. How times have changed. Not so good for the Australian wine industry.

A Wagyu Tartare Cornet paired with 2018 Solita Nebbiolo opened the event. Solita is a joint venture with Journalist Nick Stock sourced from the Longview vineyard in the Adelaide Hills. A slightly juicier mix with florals and red fruits and a supportive structure, the Solita matched the silky tartare and crunch of the cornetto.



Secondpairing: 2019 Bodegas El Nido Jumilia Clio from Spain with a seared and smoked wagyu nigiri. A true cultural intertwine with expressions from Japan, Australia and Spain. Clio is the upfront, luscious blend of Monastrell (Mourvèdre) with a small proportion of Cabernet and Shiraz aged for 24 months in new French and American barrels. Earthy aromas and clandestine tannin structures seduced the palate with the smokey and charred notes of the food.

Ramping up the flavours we plunged into 2018 Cris Ringland Randall's Hill Shiraz Barossa Ranges paired with Rib eye and wagyu tortellino supported by carrot anise puree. We began hitting the high notes with this course. Aromas of prunes, chocolate and olives makes this wine extraordinarily complex. Well weighted voluptuous fruits surf over the palate with integrated tannins. Rich textural food with a rich textural wine is a union made in heaven

How do we top this gustatory soiree. Easy, 2016 Dim Church Shiraz nestled up to a Glazed Angus short rib with a pepper ginger sauce. And here we go again trying to extract the superlatives. Melt in the mouth slow braised Angus with balanced residual fat was next level comfort food with the fruit forward shiraz.

I normally don't eat desert except when ambushed by a rich silky chocolate pudding slice. Easy pickings with a 20 year old Vintage port. Chris Ringland continues to explore and create. He has had Spanish wine projects for 20 years or so. He has the patience of a saint with

respect to letting wines age for 3-4 years in barrel and then 3 years in bottle before release. All wines need decanting for a few hours to let the flavours thrive.

So again, many thanks to The Fish house Steak and grill chefs and team for conjuring up a degustation for the ages. Thanks to Chris Ringland for his vision of iconic wines. It is definitely worth a visit to his tasting room in the Barossa where the greatness unfolds.

Long live the King!





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Radiation Oncologist & Medical Director

Consults at: Noosa, Gympie, Buderim, Caboolture

Clinical interests in breast, GI, bone, brain, spine, lung and skin cancers, haematological malignancies, palliative radiotherapy and treatment for benign conditions



Dr Michelle Morris
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Consults at: Noosa, Gympie, Birtinya

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Dr Harry Gasper
Medical Oncologist

Consults at: Noosa, Birtinya

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Associate Professor Alyson Hee

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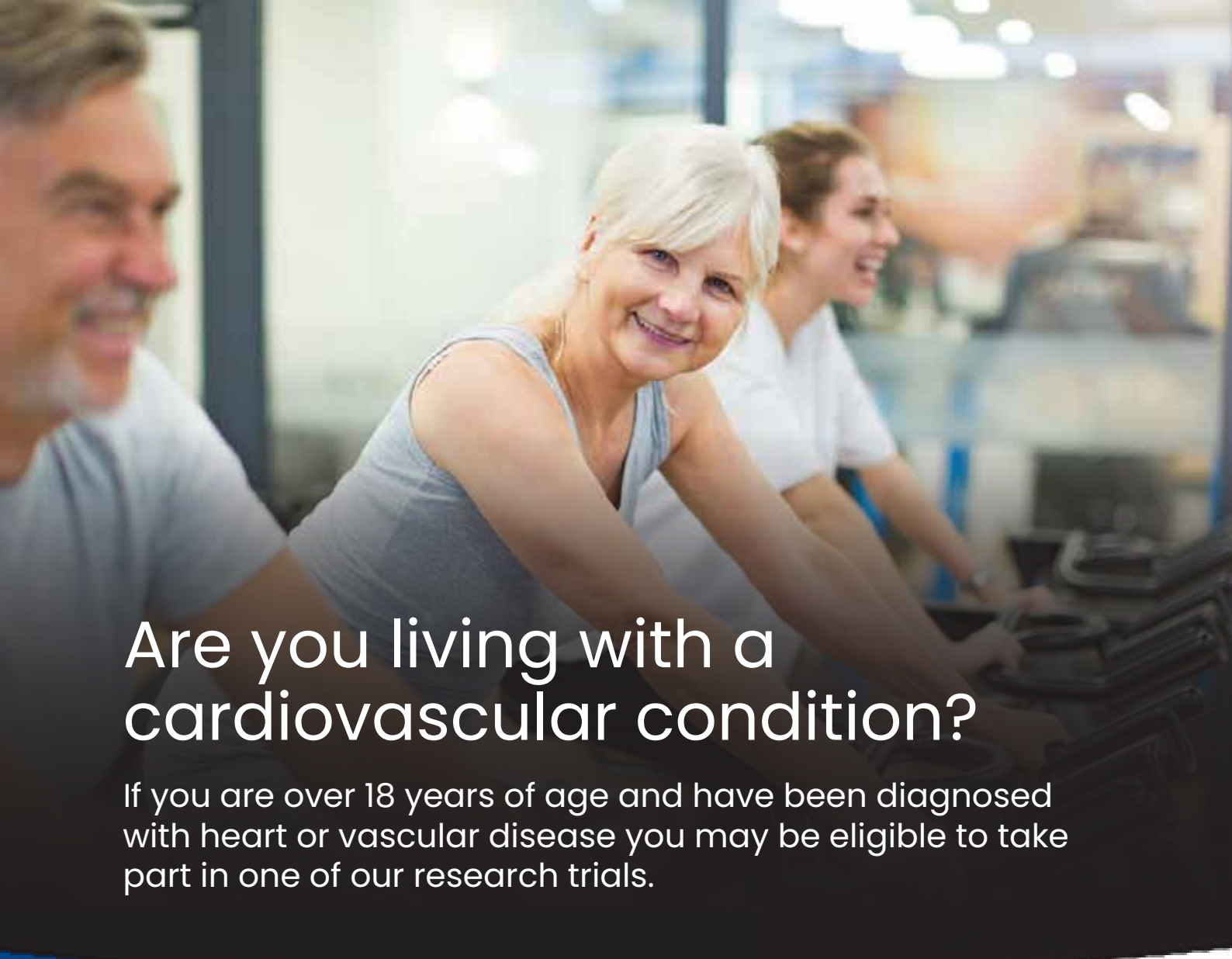




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Australian Federal Budget and Queensland State Budget Update

Australian Federal Budget

The Bills containing the Capital Gains Tax (CGT) and negative gearing tax reform measures announced in the Australian Federal Budget have been passed by the Senate with amendments and now await assent. The Treasury Laws Amendment (Tax Reform No 1) Bill 2026 (Reform No 1 Bill)

The Reform No 1 Bill introduces significant CGT reforms, replacing the 50% CGT discount with cost base indexation and introducing a 30% minimum tax on capital gains. These new arrangements will apply to all capital gains accruing on or after 1 July 2027, including those from pre-CGT assets.

The No 1 Reform Bill ensures and provides that:

- Negative gearing for investments in residential properties will be restricted from 1 July 2027 to new builds, generally applying to interests in properties acquired on or after 7.30 pm AEST 12 May 2026.
- A working Australians Tax Offset for the 2027-28 income year and later years, and gives Australian residents earning labour income a \$1,000 standard deduction for work-related expenses, starting from the 2026-27 income year.

Parliamentary Amendments to Reform No 1 Bill

The Reform Bill No 1 was amended in the Senate before passage to incorporate various amendments, including those announced by the Government on 18 June 2026, and as agreed with the Australian Greens.

The amendments include:

- Amendments to section 67A of the Superannuation Industry (Supervision) Act 1993 (SIS Act) to restrict future limited recourse borrowing arrangements (LRBAs) by a self-managed superannuation fund, meaning that LRBAs cannot be used for investments

in residential property. The amendment will commence on the 45th day after the Act receives assent and will be prospective, meaning existing borrowing arrangements entered into before commencement, including where settlement of the asset acquired occurs after commencement, will not be affected by the new restrictions.

- Increase the \$2 million turnover threshold for the small business active asset 50% CGT reduction to \$10 million to broaden eligibility for this small business CGT concession.

Queensland State Budget

The Queensland State Budget, including tax measures, reflects a continued focus on stability and consistency in existing policy settings. For businesses and investors, the key takeaway is that the current tax settings remain largely unchanged, with no new or increased taxes.

Payroll Tax

Payroll tax rates and thresholds remain unchanged, with the Government maintaining the existing framework. The 50% payroll tax rebate on apprentice and trainee wages (currently exempt from payroll tax) will be extended to 30 June 2027.

Transfer Duty

The Government has retained the existing range of concessions, including measures such as transfer duty exemptions for first home buyers purchasing new homes. From 1 August 2026, temporary resident homebuyers (holding temporary visas) will no longer be eligible for concessions and will pay transfer duty at standard (investor) rates.

Foreign Surcharge Land Tax and Additional Foreign Acquirer Duty

The Budget delivered no substantive changes to land tax or to the additional foreign surcharges on property. Please note that no changes were made to the general land tax regime or to surcharge rates.

Increased Funding for Tax Compliance and Debt Recovery

The Budget includes a significant investment in the Queensland Revenue Office's compliance and debt recovery activities, with \$60 million in additional funding over four years and an ongoing \$15.6 million per year.

If you require accounting, wealth and advisory assistance, please contact our experienced accountants and advisors at Poole Group on 07 5437 9900 or poole@poolegroup.com.au



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Medical Oncologist
MBBS (Monash), FRACP



Dr Brenton Seidl
Medical Oncologist
MBBS, BSc, FRACP



Dr Sorab Shavaksha
Clinical Haematologist
MBChB (Leeds), FRACP,
FRCPA (2013)



Dr Joshua Richmond
Clinical Haematologist
MBBS(Hons), FRACGP,
FRACP, FRCPA



Dr Alice Livings
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Dr Katie Trusewicz
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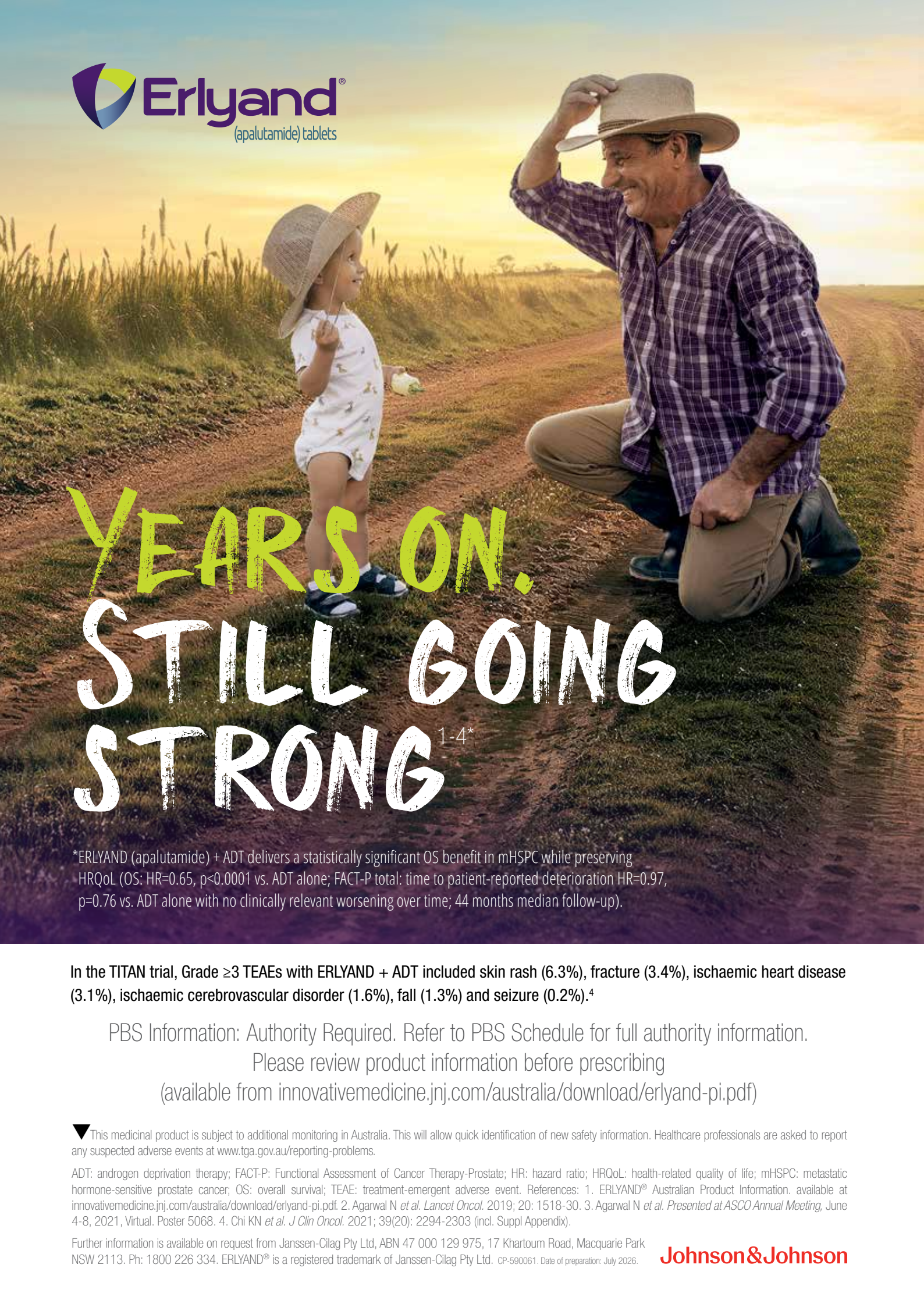
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ADT: androgen deprivation therapy; FACT-P: Functional Assessment of Cancer Therapy-Prostate; HR: hazard ratio; HRQoL: health-related quality of life; mHSPC: metastatic hormone-sensitive prostate cancer; OS: overall survival; TEAE: treatment-emergent adverse event. References: 1. ERLYAND[®] Australian Product Information. available at innovativemedicine.jnj.com/australia/download/erlyand-pi.pdf. 2. Agarwal N *et al. Lancet Oncol.* 2019; 20: 1518-30. 3. Agarwal N *et al. Presented at ASCO Annual Meeting*, June 4-8, 2021, Virtual. Poster 5068. 4. Chi KN *et al. J Clin Oncol.* 2021; 39(20): 2294-2303 (incl. Suppl Appendix).

Further information is available on request from Janssen-Cilag Pty Ltd, ABN 47 000 129 975, 17 Khartoum Road, Macquarie Park NSW 2113. Ph: 1800 226 334. ERLYAND[®] is a registered trademark of Janssen-Cilag Pty Ltd. CP-590061. Date of preparation: July 2026.

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- Notice of retirement, cessation of practice or practice closure

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Maximum length: 120 words

Photos: Not permitted

Any listing that exceeds these guidelines will be treated as a paid advertisement. Submissions are due by the first business day of the month.

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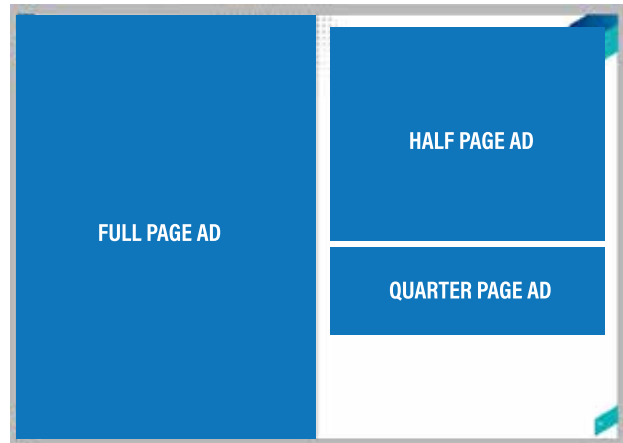
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- Word count no more than 120 words.
- The Sunshine Coast Local Medical Association's Newsletter is a monthly publication.
- All newsletters are uploaded to our website: sclma.com.au and our Facebook page, both attracting strong traffic.

- The newsletter has a electronic distribution to over 1,500 recipients in Sunshine Coast and areas of Qld and NSW, including specialists, GPs, hospital and retired doctors, doctors in training, allied health workers, practice managers, local councillors and politicians.
- The newsletter size varies between 20 and 40 pages. The cut-off date for advertisements and advertorials is the 1st of the month for that month's newsletter. The newsletter is distributed on the last week of each month.
- All content has to be approved by the Newsletter Editor.
- Please note that advertising guidelines apply. These are published in each newsletter.

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