

Dr Sarah Dalziel Dr Neil Poskitt Dr Andrew McMenamain Dr Sally Hoskins Dr Robyn Parker Dr Ron Vail

Welcome to our second newsletter of the year. With the lovely summer we have experienced, it is hard to imagine that winter is on its way!

The year so far has been a busy one and we have had a few positive changes with the team at Te Ngae Medical Centre.

- Dr Ron Vail joined us in January and is a great asset, we all really enjoy having him here. Ron works Tuesday to Friday and is enrolling new patients.
- Sue has joined the administration team, Sue is an experienced medical receptionist and you will get to meet her on the front desk.
- We have also welcomed Ann, who has joined our nursing team

In this newsletter we touch on the late arrival of the influenza vaccinations, Measles outbreaks, the baby formula scare and the link between your child's sore throat and Rheumatic fever.



#### Influenza Vaccines are arriving later this year

Influenza vaccines will not be available until April. The delay is due to the introduction of two new strains as recommended by the World Health Organisation and the complex manufacturing process required.

As the influenza-like illnesses intend to increase in the months of May and June, we are planning on holding additional influenza clinics once a continuous supply of the vaccine is available.

You may be eligible for a free vaccine if you are over the age of 65 and /or have;

- cardiovascular disease
- chronic respiratory disease
- are pregnant
- Type 1 or Type 11 diabetes
- Cancer

**Urgent Clinic— for one urgent problem**  
**Monday to Friday 8.30—11.00am**  
**No appointment**

**Redwood Shopping Centre, 5 Tarawera Road, Rotorua**  
**Phone 07 3456627 Fax 07 3457795 [www.tengaemedical.co.nz](http://www.tengaemedical.co.nz)**

## Measles

Measles is one of the leading causes of death among young children even though a safe and cost-effective vaccine is available. The United States is currently experiencing a multi-state measles outbreak, there have been over 100 cases to date. Despite our smaller size, the outbreak experienced in New Zealand last year affected 250 people.

Population immunity to measles needs to be around 95% to prevent sustained outbreaks and the NZ population immunity is sitting at around 90% - this means that more than 450,000 people are unprotected against measles. If you are in the 10—29 age group, you are least likely to be protected.

There is a free vaccination available, so if you think you or your children may be at risk—please call the surgery to arrange to have the MMR vaccination, two doses are recommended to ensure immunity and prevent outbreaks



## Sore Throats and Rheumatic Fever

If your child or anyone in the family gets a sore throat but otherwise appears well., i.e does not have cold or flu symptoms-

- Come to the clinic and see the nurse for a throat swab to check if it is 'strep' throat
- The nurse will give a course of antibiotics to be started straight away
- The nurse will contact you to confirm if it is not 'strep' throat

### What is Rheumatic Fever?

Rheumatic Fever is a serious disease which often starts with a sore throat caused by a bug (streptococcal infection). Rheumatic Fever can affect the heart and most children with damaged heart valves have Rheumatic Heart Disease. The most severely affected may require surgery.



## Contamination of infant and other formula products

Many of you may have seen the news regarding the threat that has been made to Fonterra and the Government to contaminate infant and other formula products with 1080 (fluoroacetate). The Ministry of Health have advised that New Zealand infant and other formula products are as safe today as they were before this threat was made.

Please check the seals on the formula have not been tampered with, however if you have any concerns, please visit the Ministry of Health website:

<http://www.health.govt.nz/our-work/environmental-health/contamination-infant-and-other-formula-products>

**If you have further concerns please speak with one of our nurse or make an appointment to see your Doctor.**

## Some changes to the Doctors consulting days:

With the arrival of Dr Vail, we have changed the days and times that some of the Doctors are practicing in order to provide a comprehensive service throughout the week.

Andrew McMenamin—All day Monday, Tuesday, Thursday and Friday

Neil Poskitt—Monday, Tuesday morning, Thursday morning and Friday afternoon

Ron Vail—All day Tuesday, Wednesday, Thursday and Friday

Sally Hoskins—Monday afternoon, Tuesday morning, All day Wednesday and Friday morning

Sarah Dalziel—Monday and Tuesday mornings and all day Thursday

Robyn Parker—Monday morning, all day Wednesday and Fridays

If you can't get into your own Doctor we will always offer you an appointment with one of the Doctors rostered on.