

Dr Sarah Dalziel Dr Neil Poskitt Dr Andrew McMenamain Dr Sally Hoskins Dr Robyn Parker Dr Maryke Griessel

Welcome to our second newsletter, we had a great response from our first one in August, thank you for those that sent messages back. Winter blues are almost behind us with Rotorua looking as stunning as usual in her spring colours.

School holidays are upon us and although some of the Dr's are taking time off to spend with family—we have plenty of Dr's rostered on here to look after you.



Only 2 1/2 months to Christmas! For all you patients who have 3 monthly medical reviews, are on ACC or sickness benefits or have 3 monthly prescription reviews. Please think ahead and plan your appointments for earlier rather than later in December.

Was Noreen LOUD enough?

On Friday 20 September the staff at TNMC got behind **Loud Shirt Day**, to bring a bit of 'colour' into the practice and raise much needed funds for the hearing impaired. Our two nurses, Noreen and Angela really topped the day with the loudest shirts. Noreen (our Scottish nurse) was however by far the loudest, with plenty of clashing colour.

Our next planned event is the **Pink Walk** on October 30. This is a really fun evening if you haven't joined in before, everyone gets dressed up and what is even better—all proceeds stay in the local community. So see you there!

URGENT CLINIC

Monday—Friday
8.30 am—11.00 am

Cervical Screening

September was Cervical screening awareness month.

Did you know.....

Without cervical screening: 1:90 women will develop cervical cancer and 1:200 women will die of cervical cancer

BUT with regular 3 yearly screening, those figures change dramatically

With regular screening 1:570 women will develop cervical cancer and 1:1280 women will die of cervical cancer

There is Government funding available for some groups of women to have a free smear every three years — you may be eligible for a FREE smear ... phone our nurses for further information and make a booking today.

Introducing - Dr Maryke Griessel

My apologies for the lack of photo, Maryke is somewhat camera shy and I kept forgetting to take my camera to work. Maryke has been working at TNMC for a number of years, in between having children. We are delighted that Maryke is now working with us 3 days a week and has started enrolling her own patients. What she hasn't mentioned in her blog below is that the best way to describe is her "short and sweet"!

I'm Maryke Griessel, and despite the foreign name (South African), am quite at home in Rotorua where I've lived for the last 10 years. After qualifying at Otago university, I worked in Auckland for 2 years, but found the outdoor relaxed life in Rotorua just too good to give up and so have settled. I have two young kids ages 3 and 1, and I wish to say that outside of work I partake in a raft of hobbies etc but mostly my life revolves around these two gorgeous kids (and the husband). I do try a bit of light running, walks and time with a good read is very precious. Most of my free time in summer is spent at the water - lakes or the beach. I'm very excited and honoured to be joining the team at Te Ngae Medical and establishing my own practice within the team. I enjoy all parts of general family medicine.



PINC and STEEL CANCER REHABILITATION

Individualised treatment sessions for men and women diagnosed with cancer. Funding is available so enquire now and re-gain your strength, flexibility and function.



**Ian Loveless, Denise Slade,
Stephanie McHale & Melanie Loveless**

**PHONE 345 5523
Redwood Centre
5 Tarawera Road
Lynmore**

www.globalrehabilitation.co.nz



Medicine Use Reviews at Te Ngae Pharmacy

Te Ngae Pharmacy is now offering the Medicine Use Review Service.

This involves a consultation between a pharmacist and a patient, with the aim of helping the patient manage their medicines more effectively.

There is no cost to the patient

The MUR is a way to

- Improve a patient's understanding of their medicine
- Improve a patient compliance (remembering to take medicines)
- Identify side effects and recommend possible solutions
- Identify any problems with taking medicines
- Reduce medicine wastage

We aim to offer solutions to assist compliance (e.g. blister packing) and will follow up with the patient over a 12 month period.

If you are interested in this service please talk to us at Te Ngae Pharmacy or to the staff at Te Ngae Medical Centre.

Blue September

You might also have seen a major TV campaign for Blue September, raising funds and promoting prostate awareness.

Some facts you might not know:

- In NZ, prostate cancer is the most common cancer in men with approx., 2,500 new cases diagnosed each year.
- Each year over 500 men die from this disease
- Prostate cancer is curable if diagnosed early enough

Te Ngae Medical Centre encourages all men from their mid 40's onwards to discuss with their GP the tests that are available.

Some steps that you can take that will lower your chances of getting this disease are

- Regular exercise
- Eat more low-fat and high fibre foods or foods with omega-3 fatty acids such as
 - Tomatoes and foods that contain tomato sauce
 - Vegetables like broccoli, cauliflower and cabbage
 - Fish; salmon, tuna and sardines
 - Walnuts, flaxseed and their oils

Food for thought: sleep—do you get enough?

Sleep - we all do it, we all need it, whether we get enough of it is another question entirely. Getting enough sleep for our age and stage is essential for physical and mental wellbeing.

Getting enough sleep can be likened to banking your savings- if you take sleep out of the account; you have to put it back to restore the balance. Lack of sleep night after night leads to sleep debt. When this happens your attention, learning and physical performance all suffer.

Our sleep requirements change throughout life. Newborns sleep 16-18 hours per day; preschool children sleep 10-12 hours. Older children and adolescents need at least 9 hours sleep a night, although you may have trouble convincing them of this! Most adults need between 7-9 hours sleep in a 24 hour period. The key issue is not how much sleep a person gets but how they function the next day.

So, what can make it easier to get a good night sleep-?

- Keep regular bedtime hours- get up at the same time every day. Avoid daytime naps
- Relax before going to bed and reduce electronic stimuli - turn off computer screens and phones well before bedtime.
- Electronic screens stimulate the brain and may reduce the production of sleep hormone, melatonin.
- Go to bed only when you are sleepy. If you are awake after 20 minutes get up and do something relaxing in another room.
- Exercise regularly (but not right before bed)
- Avoid drinks that contain caffeine and alcohol.
- Make your bedroom a relaxing haven- keep it dark, cool and quiet. Make sure your bed and pillows are comfortable.

