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Practice News

We welcome **Dr Eesha Karunanayake**, who joins us this week as our new Registrar. Dr Eesha will be with us until the end of May 2016.



We have joined Facebook! As the newsletter comes out every 2-3 months, we thought this would be a more immediate way to stay engaged and keep our patients up to date with health initiatives and general practice news. To find us, search Te Ngae Medical centre and 'like' us on your Facebook page.



This month we farewell our longest serving employee, Pauline Brown. Pauline has been the smiling face of the reception team for the last 20 years—before any of the current Doctors joined the practice.

Pauline finishes with us on Wednesday 23rd December.

To celebrate Pauline's long service, we recently got together in our 'glad rags' (hence the fascinators!) for a high tea.

Thank you Pauline for your years of service, cups of tea and coffee and, for always smiling—even when things got a bit tough.

Opening hours over Christmas



We will be closed for the statutory days only, Friday 25th and Monday 28th December and then Friday 31st December and Monday 4th January.

For the week between Xmas and New year, we will have an urgent, drop in clinic operating all day and only limited booked consultations.

Laboratory hours over the Xmas and New Year break

The laboratory offer a phlebotomy service from the Te Ngae Medical Centre rooms Monday to Friday from 8am—12.00. Anyone is able to come and have their blood done here, they do not need to be a patient of the medical centre.

Over the Xmas and New year period, the laboratory will **not be not be open** on Christmas Eve or New Years Eve. Patients must go to the Haupapa Street rooms on these two days.

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

HPV Vaccine

In our last newsletter we had an article on the HPV virus, the Ministry of Health has asked that we recall all 14 year olds who were not fully immunised. Shortly thereafter a programme screened on TV3 3D, regarding possible side effects. This programme was very one sided and we have published on our website the response form the Immunisation advisory Centre.

Te Ngae Medical do advise that all young women receive this vaccination.

Leaving home?

The team at the Te Ngae Medical Centre talk this month about some of the issues both students and parents need to be aware of when students are leaving home and perhaps spending that first year away in student accommodation.

Meningococcal meningitis, we often read about this frightening and highly contagious disease through the media, usually when someone has been initially misdiagnosed resulting in horrible consequences. What is meningitis? Meningitis is an inflammation of the protective layer around the brain and spinal cord. This inflammation can be caused by a virus, a bacterium, or even a fungus.

Because meningitis disease is spread like the flu, it can pass from person to person through every day activities, because of their lifestyle, students run a higher risk of contracting meningitis. The following have been identified as activities that put young people at greater risk, in particular of meningococcal C:

- Living in close or crowded conditions i.e., student accommodation
- Sharing eating and drinking utensils i.e., water bottles
- Having a weakened immune system, this can be because of irregular sleep patterns, stress
- Smoking or from being exposed to smoke

One of the reasons why this disease is misdiagnosed is because the symptoms are very similar to the flu:

- fever
- headache
- muscle pain
- nausea and vomiting
- rash

There is however a vaccine available to help prevent meningococcal C, please discuss this option with your GP and look at having any student going to a tertiary institution, or who could be exposed to any of the above environmental factors, immunised.

All the universities have student health facilities available; however the first year away from home can be a big one with many challenges. It is important that teenagers and parents discuss some of the environmental pressures that students will be exposed to and together identify some coping strategies.

Some things to think about:

- Peer pressure
- Binge drinking, the real risks of alcohol poisoning
- Homesickness
- Sleep deprivation

Leaving home is also a very exciting time and the team at Te Ngae Medical Centre would like to wish all students heading away all the very best for this next big step.

The Doctors and staff at Te Ngae Medical would like to wish you all a Merry Xmas and thank you for being part of our practice.



- Xmas can be very stressful for many people, a little advice from us all:
- be moderate, it may be the season to be jolly, but too much food and alcohol is harmful.
 - Keep moving – keeping up your regular exercise routine can give you the fitness and stamina to make it through the demands of the festive season.
 - Enjoy the day and don't expect miracles!