

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

Practice News

We have had Dr Rosemary Bond here as our locum over the summer period, Rosemary was our registrar early in 2015 and it has been great having her back covering for our Doctors as they take a summer break with their families.



Don't forget we are now on Facebook. To find us, search Te Ngae Medical Centre and 'like' us on your Facebook page.



Free Wifi, you can stay connected while in the medical centre's waiting area. Join the "TNMC Guest" channel. The password changes regularly so ask one of our receptionists for the current password.

Repeat Prescriptions

To order a repeat prescription, have your medication packaging in front of you and phone 073456627, select extension 2. Follow the instructions and read the names and dosages from your packages.

Alternatively you may wish to email our nurses on tengaenurses@rgpg.co.nz.

It is important that repeat medication is reviewed by a clinician and you will be required to attend for regular medication reviews.

If we have a query we will call you, otherwise your prescription will be ready for collection at the practice or faxed to your designated pharmacy within three days of you calling us. If your prescription request is urgent please tell the nurses when you call/email. There is a charge for repeat prescriptions and urgent and/or faxed prescriptions will incur an additional fee.

Urgent requests if requested before 11.00am will be ready by 3pm, otherwise they will be ready the following morning.

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

Recalls

Now we are well into the new year and it is important to keep up with your recalls and have the tests done as recommended by your GP.

Mammograms -If you are aged between 45 and 70, you are entitled to a free screening mammogram every two years with Breast Screen Aotearoa. If you are turning 45, one of our staff will be contacting you to see if you wish to enrol. If you are not sure if you are enrolled or not, please ring the practice. Some women choose to have the two yearly BSA mammograms and have a privately paid for mammogram on the alternate years.

Smears—recommended every 3 years, we send letter out to those that are due, if you are not sure when you last had a smear, please call the practice and speak with one of our nurses. There is also funding available for some women.

Immunisations—we recall children when they are due for their childhood immunisations. Te Ngae Medical recommend that all children are fully immunised and this includes 11 year olds having Gardasil against the HPV virus.

An anniversary!

**Dr Ron Vail has now been
with us for 12 months**

**Ron works Tuesday to
Friday and is taking on new
patients**



Back to school and off to university

With children returning to school and preparing for university this week, it is timely to address some of the health issues that your children will come across and what to look out for.

Impetigo—Impetigo usually affects preschool and school-age children. Impetigo may affect skin anywhere on the body but commonly occurs around the nose and mouth, hands, and forearms, and in young children, the diaper area. A child may be more likely to develop impetigo if the skin has already been irritated by other skin problems, such as eczema, poison ivy, insect bites, and cuts or scrapes. Routinely washing the face and hands can help prevent impetigo which often develops when there is a sore or a rash that has been scratched repeatedly. Doctors can usually diagnose impetigo based on the appearance of the rash. Impetigo is typically treated with either an antibiotic ointment or medication taken by mouth.

Nits—Nits are a fact of life around New Zealand schools and childcare centres and are known by us all as head lice, nits, critters, creepy crawlies. Nits are the term given to the eggs of head lice, which stick to the hair close to the scalp, they have claws on their legs, which make them perfect for holding on to human hair – fortunately they cannot live for more than one day off a human head.

A complete getting rid of head lice regime consists of two treatments, a week or so apart. The first treatment kills the climbers, and the second kills the juvenile lice hatched from the eggs over the intervening week.

In all head lice cases, a second treatment is needed as no head lice treatment kills 100% of the eggs. So if the first treatment killed all climbers, at the second treatment you would expect only juveniles, hatched from eggs during the seven day period, and no adults. You must retreat on day 7 with the same product that worked on the first treatment.

Sore Throats— Although most sore throats are caused by viruses and need no treatment other than pain relief, we recommend that if your child complains of a sore throat that they see their Doctor as some children get strep throat (Group A *streptococcus* bacteria). A complication of strep throat is rheumatic fever which can cause permanent heart damage. Māori and Pacific children in particular are most at risk of rheumatic fever and should see a doctor in the first 1-2 days of any sore throat.

Off to university?

Some of our families are busy at this time of year getting teenagers prepared for university. There are some 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. Firstly, Meningococcal meningitis. Because meningitis disease is spread like the flu, it can pass from person to person through every day activities. Students run a higher risk of contracting Meningitis because of their lifestyle. 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 can be misdiagnosed is because the symptoms are very similar to the flu. 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
- Safe sex

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.

Zika Virus

Travelling overseas? Are you pregnant or thinking of getting pregnant?

Visit the MOH website for up to date information

<http://www.health.govt.nz/our-work/diseases-and-conditions/zika-virus>