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Practice News

It has been a busy few months with the arrival of the influenza vaccinations and winter finally arriving. Dr Eesha Karunanayake, our Registrar finishes with us next week. It has been lovely having Eesha here and we have had some lovely comments and feedback from patients.

Dr Nicky Sankey will be joining us two mornings a week from mid June. Nicky has worked at several practices around town and is coming back to work after a years maternity leave. The staff are all looking forward to having Nicky join the team.

Babies galore

Selina, one of our receptionists, is going on maternity leave in early July while Natalie, one of our nurses is returning to work after a years maternity leave.

Can't get an appointment with your Doctor?

We will always try and arrange an appointment for you with the Doctor of your choice. There are days where because of bookings, or because your Doctor is away or working offsite, we are unable to accommodate. Our Doctors work as a team so if you can't see your own Doctor we will endeavour to offer you an appointment with one of the other Doctors available. If you have an urgent problem and need to be seen on the day, we offer the urgent clinic from 8.30– 11.00. We also manage a waitlist system, please make an appointment and we will try and bring it forward when we have a cancellation.



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.

Influenza Vaccinations

If you haven't already done so, please book in with one of our nurses to have your influenza vaccination.

Influenza –like illnesses tend to increase in the months of May/June. You may be eligible for a free vaccine if you are over the age of 65 or have;

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

Funded vaccinations will be available until 31 July.

Urgent Clinic

for one urgent problem only

**Monday to Friday
8.30—11.00am**

No appointment necessary

Measles outbreak in the Waikato—are you and your family immunised?



There has been a recent outbreak of measles in the Waikato area with three schools affected. The number of confirmed cases is 22 with further cases still under investigation.

To our knowledge no schools in Rotorua have been affected – however it is a timely reminder to check immunisation records for both yourself and your family.

Measles is an acute and highly contagious viral disease characterized by fever, runny nose, cough, red eyes, and a spreading skin rash. Measles, also known as rubella, is a potentially disastrous disease. During pregnancy, exposure to the measles virus may trigger miscarriage or premature delivery low birth-weight babies.

The best protection against measles is the measles, mumps and rubella (MMR) vaccine. You need 2 doses of the vaccine to be fully immunised. If you were born after December 1968 check your vaccination status, as you may not be fully immunised. If you are not sure, please ring the practice and talk with one of the nurses. If you were born prior to 1969, you probably have a natural immunity.

Some facts:

- Measles is highly contagious – and easily preventable.
- It affects both children and adults.
- 2 doses of the measles vaccine is all you need to protect yourself, your family and your community.
- Vaccination is particularly important if you are planning to travel anywhere overseas
- The virus spreads easily from person to person through the air, via breathing, coughing and sneezing.
- People with measles are infectious 5 days before and until 5 days after the rash appears.
- Measles can be life threatening: about 1 in 10 people with measles will need hospital treatment.
- Measles can also lead to other complications, including:
 - ear infections (which can cause permanent hearing loss)
 - diarrhoea
 - pneumonia
 - seizures
 - swelling of the brain – this is rare, but can cause permanent brain damage or death.

Up to 30% of people with measles will develop complications – usually children under five and adults over the age of 20.

If you think you, or one of your family may have measles, please ring the practice prior to leaving home and receive further instructions—don't forget this is a highly contagious virus.

A good news story—we like these!

One of the key components for improving health is the concept of self-management, particularly for the prevention and optimal management of long-term conditions.

What does this mean for you? It is all about giving you the tools and knowledge to manage and improve your health—and with a bit of help from us we know you can do it. The staff at TNMC will offer support and guidance as and when you need it.

One of our patients has had her story published on the Heart Foundation Website. We are very proud of the control she has taken in improving her health, as Pam says in her story “It’s all about making it easy for me to maintain healthy lifestyle habits”.

Read Pam’s story online on <http://www.heartfoundation.org.nz/hearthelp/real-stories>