

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

### Practice News

The Christmas and New Year holiday period seems a long time ago, we are now into autumn and I often think, what happened to summer!

We hope all children are happily back at school and wish all those heading off to university and tertiary learning, a great and productive year.

Dr Neil Poskitt is now away until early October, many of you will have already met Dr Rachel Lynskey, who is looking after his patients while he is away.

Dr Rose Longhurst started as our registrar in early December, she is a great asset to our team and we are enjoying having her here. Rose will be with us until June this year.

It is nearly influenza vaccination time! We will be starting our clinics over the next couple of weeks and will announce the clinics on both Facebook and the website.



### Feeling frustrated at not being able to make an appointment with your Doctor?

We will always try and book you an appointment with the Doctor of your choice. If you are feeling frustrated that you can't get in when you need to, please let us know.

- Ask to speak to a nurse who may be able to assist
- Ask to be on the wait list, we are often able to bring patients forward
- Don't forget, that if you have an urgent medical problem—we will always endeavour to have you seen on the day. The Urgent Clinic is open from 8.30am—11.00am Monday to Friday



### Free Hearing Check

Bay Audiology are holding free screening clinics at our rooms on the second Monday of each month. This is a 20 minute appointment for a basic hearing check to detect any presence of hearing loss. If a hearing loss is detected, the Screener will book a consultation with the Audiologist at their rooms in town.

If interested, please phone the rooms to arrange an appointment. You do not need to be a patient of Te Ngae Medical to attend.

## HPV Vaccine

For those of you that have children in year 8, your children will be bringing consent forms for the HPV virus home from school—not sure what this is all about?

The Human papillomavirus (HPV) immunisation helps protect against a virus that causes several cancers in both men and woman. HPV is a common virus that is spread through intimate skin contact, 8/10 people will be exposed to HPV in their lifetime. The vaccine works by causing the body's immune system to produce its own protection against the HPV types that cause cancer and genital warts.

The vaccine is available free for everyone aged 9 –26 years and is recommended to be given to children aged 11-12 years. Those aged 9 -14 years need two doses at least 6 months apart. Those aged 15 and older need three doses, spaced over 6 months.

It is recommended that the vaccine be given at a younger age as:

- Those vaccinated at a younger age have a stronger immune response to protect against infection
- The vaccine prevents infection, it doesn't treat it.

The Doctors at Te Ngae Medical Centre recommend that everyone aged between 9 - 26 years of age be immunised for the HPV virus. Any questions ring and speak with one of our nurses or go the Ministry of Health website [www.health.govt.nz/hpv](http://www.health.govt.nz/hpv)

## What does the Sea Sound like?

It is believed that just under 900,00 of our population suffer a degree of hearing loss. Evie Mahoney has written a book about her experience as the daughter of profoundly deaf parents, titled *'What does the Sea Sound Like'*.

She hopes that this book, written from her experience will help people understand more about people who are deaf, and raise awareness of deaf culture.

## Community Spirit

We are continuing to support LoveSoup with a donation of petrol vouchers each month. Thank you to all our patients who also contribute, it is amazing how many give a few dollars when they visit us, last month I was able to give \$50 extra in vouchers, due solely to your contributions. Gina tells me that they are continuing to home families, but are still in need of rental accommodation—if you think you can help out, please contact Gina and Elmer directly. They manage the properties, ensuring they are looked after the rent paid



THANKYOU!

## Urgent Clinic

**Walk-in clinic every morning for urgent medical conditions or accidents**

**Monday to Friday 8.30 — 11.00am**

**No appointment necessary, one problem only**