

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



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

**We consider you all a part of our extended family and have enjoyed getting to know you over the years.**

### **Opening hours over Christmas and New Year**

Over the Christmas and New Year period we will be closed as usual on the weekends and for the statutory days; Monday 25th and Tuesday 26th December and then Monday 1st and Tuesday 2nd January.

For the week between Xmas and New Year, we will be open our usual hours with an urgent, drop in clinic operating all day and only limited booked consultations

Over the summer the Doctors will all be taking some well deserved time off to spend with their families, the other Dr's will be helping out to cover and we also have two locum Dr's that will be with us at different times, Dr John Feisst and Dr Thom Reynolds. If your Doctor is away, we recommend that you see the locum or one of the other practice Dr's rather than wait until they return.

### **Pathlab**

Ali and Jane are the phlebotomists who have been resident here at Te Ngae Medical Centre for the last 5 years. They are here very weekday morning between 8am and midday, Ali on Monday—Wednesday and Jane on Thursday and Friday. You don't need to be patient of Te Ngae Medical, anyone is welcome to come in, enjoy our cool and restful waiting room and have their blood test done.

The Te Ngae staff enjoy having the ladies from Pathlab here, it is a great service that they provide and they know many of our patients by first name. Come the end of January 2018, we will have been in our new rooms for 5 years, so I asked Ali and Jane to write a bit about the service they provide.

*"Hi from your friendly phlebotomists Ali and Jane or, as some like to call us.....blood suckers! We work at Te Ngae Medical Centre Monday—Friday mornings and between us we have 15 years experience. We also work at the Haupapa street collection rooms, Hospital, resthomes and visit private homes—so we are very busy little suckers.*

*Here are some of the things you can do to help your blood test go smoothly:*

- Drink a couple of glasses of water prior to your test*
- Make sure you are warm, especially in winter*
- Try not to have any lotions or moisturisers on your arms*

*It has been an absolute pleasure to have helped so many of you over the past 5 years. We wish you a Merry Christmas and a healthy and Happy New Year.*

*Ali & Jane*



### Community Spirit

We have our non-perishable food collection box set up in the waiting room, all contributions will be distributed by Mokoia Community Association to families in our area.

TNMC purchase petrol vouchers each month to give to Lovesoup and this is topped up with the money received through the collection box at the front desk.

THANKYOU for all your contributions, it does make a difference!



### Summer has arrived—now we need to be sun-smart

Did you know that the sunsmart website <https://www.sunsmart.org.nz/sun-protection-alert> allows you to click on to the town or area that you are and it will give you the recommended Sun Protection Alert for the day. The information is supplied by NIWA, protection is required when UV radiation is damaging (when UV levels are 3 or higher).

Why is it important that we slip, slop and slap over these hot summer days? Skin cancer is the most common cancer in New Zealand. Around 69,000 kiwis get skin cancer each year, 2,000 of these are Melanomas and the rest are non-melanoma skin cancers and these lead to 489 deaths a year, unfortunately the figures are continuing to rise.

If you notice any unusual skin changes or see a mole or spot that is different, come and get it checked out by your GP.

### Students heading off to Uni? Have you thought about Meningococcal meningitis?

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.

### Some thoughts for the Christmas and New Year period



This time of year 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(s) and don't expect miracles!
- Reach out to those around you who may not family or friends to share the day with