

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

### Practice news

In June we welcomed Dr Emma Laing our GP Registrar. Dr Laing will be with us until December. As always the team at Te Ngae enjoy having Registrars in the practice, they bring with them a great positive attitude and new ideas. They also keep our 'older' GP's on their toes!

Zostavax vaccine, this is the vaccine to help protect against the shingles virus and is now free for those aged 65– 80 years of age. Unfortunately, the uptake of the vaccine was greater than originally expected and the Ministry has had problems with supply. We are expecting a new supply to arrive sometime around the middle of July.

Increase in patient fees. The MOH annual review of primary care fees has been completed. As a result of this we look carefully at the fees we charge and only increase fees to help cover the rise in our costs. The increase in fees will come into effect on the 9th July. We have **not** increased our fees to the full recommended percentage.



### Upcoming changes to funding

This is very important information, particularly for our patients that already hold, or may be entitled to a Community Services Card.

The Government has indicated that as of the 1st December 2018 Community Service Card holders and their dependent children will pay lower general practice fees. The Government also intends to widen CSC access to people living in a Housing NZ home, receiving an income related rent subsidy or an accommodation supplement.

What does this mean for you?

If you already have a CSC and are an enrolled patient at Te Ngae Medical Centre, please ensure we have on file your CSC number and the expiry date. For those of you on a Gold Card, the CSC number will be on the back of your Gold card.

It is expected that the new fees will be in line with those fees that are presently paid at the Very Low Cost Practices.

For more information go to: <https://www.workandincome.govt.nz/products/a-z-benefits/community-services-card.htm>

### Urgent Clinic

**Can't get in to see your Doctor and it is urgent?**

**Walk-in clinic every morning for single, urgent medical conditions and accidents**  
**Monday to Friday 8.30—11.00am**

### Expecting a baby?

Best Start payments are weekly payment of \$60 per child (up to \$3,120 a year) for babies born on or after 1 July 2018.

All eligible families will receive \$60.00 per week until their baby turns one, no matter what their household income is. If the household income is less than \$79,000 per annum then they will continue to receive \$60.00 a week until their child turns three.

So to [www.smartstart.services.govt.nz](http://www.smartstart.services.govt.nz) to find out more.

### Influenza Vaccinations—have you had yours yet?

If you haven't already done so, please book in with one of our nurses to have your influenza vaccination. You may be eligible for a free vaccination if you are 65 years or older or have:

- Cardiovascular disease
- Chronic respiratory disease
- Are pregnant
- Type 1 or Type 11 diabetes
- Cancer

### Community Spirit

**LoveSoup:** Thank you to those who have placed donations in our receptions donation box. It is lovely to be able to catch up with Elmer and Gina each month and pass in your donations in the form of petrol vouchers. Te Ngae Medical and our patients have been supporting LoveSoup for over 2 years now.

**Eastside Mokoia Community Association** are holding a food donation drive, we have a collection box in the Surgery and all non-perishable food items and warm clothing is appreciated.

### Mumps by Dr Rachel Lynskey

There have been several cases of mumps in the Rotorua region recently. Mumps is now an uncommon virus due to the MMR immunisation but it is a good idea to know what to look out for as we are still seeing sporadic outbreaks in New Zealand.

The classic sign of mumps is swelling of one or more salivary glands. Other symptoms can include fever, headache, malaise and muscle aches. In more severe cases other organs can be involved and mumps can cause meningitis, encephalitis (brain inflammation), orchitis (inflamed testicle) and oophoritis (inflamed ovaries). Infertility is a possible complication but uncommon. Adults are more likely to have severe disease and mumps can cause miscarriage in early pregnancy. Mumps is spread by airborne virus particles through coughing, sneezing or direct contact with infected saliva. The infectious period is from seven days before the salivary glands swell until five days after.

The best protection from Mumps is immunisation. The Measles, Mumps and Rubella immunisation is given as part of the schedule at 15 months and 4 years of age. Unvaccinated adults and adolescents are most at risk and are more likely to experience severe disease with complications. Over the years there have been many myths surrounding the MMR immunisation that are not supported by evidence. The staff at Te Ngae Medical Centre are very happy to answer any questions you might have about this immunization.

If you are concerned you or a family member might have mumps then please see your Doctor.