

### Practice news

#### Dr Andrew McMenamain

As you may already be aware, Dr Andrew McMenamain has recently had an extended period of sick leave. He is now well on the way to a full recovery and we are pleased to have him back. Andrew has however decided to reduce his hours at Te Ngae Medical. We ask that if you specifically want to see Andrew that you plan in advance where possible. You may like to have a second doctor within the practice that you are also happy to see if Andrew is not available when you want to be seen .



#### Te Ngae Medical welcomes Dr Emma Laing

The doctors and staff would like to welcome Dr Emma Laing who is joining the team permanently. Dr Emma has been with us since June as a GP Registrar, is well liked by our patients and the Doctors are very pleased to have someone of her calibre joining us.



#### Henri retires as Practice Manager

After 6 thoroughly enjoyable years as Practice Manager at Te Ngae Medical Centre, I have decided to 'retire' to enjoy more time with my family and do some more travelling. I leave with mixed feelings, Te Ngae has been a wonderful place to work. I will certainly miss working with such a great group of people and I will also miss my patient contact, many of whom I have dealt with over the years and gotten to know well. All the very best from me, Henri

#### Pip Oliver joins the practice



Pip comes to us from a diverse background working with both the education and health sectors, and more recently working with Primary Health Organisations assisting medical practices in both Rotorua and Canterbury. She is looking forward to the challenge of the day to day running of a busy medical practice, working with a great team and also meeting many of the patients .



#### Natalie Heard

We are delighted to announce that Natalie has recently passed her Diabetes Specialist Nursing Post Graduate Paper at Auckland University. No mean feat while working and with 3 young children.

Natalie is very passionate about diabetes care and is more than happy to see patients with diabetes who would like further support to manage their condition . From lifestyle education to support with daily blood glucose control , she is more than happy to help.

## Sun Safety and Skin Cancers

We hope you have been enjoying the great spell of warm sunny weather we have been having over the last few weeks. However the sun damages our skin and we need to be wise about our exposure. Skin cancer is the most common cancer affecting New Zealanders. Each year more New Zealanders die from melanoma skin cancers than from motor vehicle accidents on our roads.

The sun sends out different types of radiation:

- sunlight (that you can see and feel as heat)
- infrared radiation (that you can feel as heat)
- UV radiation (that you cannot see or feel). It is UV radiation that damages the skin causing ageing and most skin cancers.

You need to be careful outside even when it's cool or cloudy from September to April. When it's cool it means there's less infrared radiation but not necessarily less UV radiation. You can still get sunburnt on cool/cloudy days. Sunscreens do not fully block out UV radiation. The best sun protective measures are to:

- Wear closely-woven clothing. Clothing blocks UV light better than sunscreens.
- Put on a broad-brimmed hat.
- Try to keep in the shade or carry an umbrella.
- Apply a sunscreen to all uncovered skin before you go out.



Be aware of warning signs for cancers:

Any skin spot that changes in colour, size or thickness, texture or outline or is larger than 6mm could be a skin cancer. A spot that itches or hurts, crusts or scabs, ulcerates or bleeds or fails to heal within 3 weeks could be a cancer.

If you notice any of these signs then get your skin checked by a doctor.

Useful internet sites: everybody.co.nz "Sun Safety", Sunsmart.org.nz, dermnet.org.nz

By Neil Poskitt

## 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. Te Ngae Medical and our patients have been supporting LoveSoup for over 2 years now , with petrol voucher donations .

## Community Service Cards ( CSC) and cheaper Doctor visits

If you have a Community Services Card , then you and your dependants (aged under 18 years) will be entitled to a reduced fee when visiting their GP, down to \$18.50 for adults aged 19 years plus and \$12.50 for teenagers aged 14 to 18 years.

Existing CSC Holders

Please ensure your CSC is kept up to date with Work and Income . Please update your current card details with the admin staff and ensure that the team at Te Ngae Medical have your current card details.

What if you don't have a CSC?

You can find out if you're eligible for a CSC by calling Work and Income on 0800 999 999 or visit the website <https://www.govt.nz/browse/health/financial-help/community-services-card/#who-can-get-it> .

Or ask for a pamphlet from the front desk. We are happy to assist.