



Winter Newsletter

Aug 2018

Central Health | Fairy Springs Medical Centre | Achieve Workplace Health



Although we may be fooled into thinking spring has arrived, with the early arrival of Daffodils blooming in the Council gardens and the occasional mild sunny day, we are still in the later stages of winter and are still seeing the usual winter illnesses.

Some handy winter hints to keep yourself and your family safe:

Watch out on those frosty mornings, that you don't slip on icy paths and be especially careful driving in icy conditions. Allow extra time before you depart to clear ice off all your windows and mirrors, if your car is kept outside overnight. Be vigilant with heaters and fireplaces that you don't accidentally burn yourself or catch fire to clothing. The New Zealand Fire Service recommends the "heater-metre" rule – always keep furniture, curtains, clothes and children at least **ONE METRE AWAY** from heaters and fireplaces.



Staff updates:

Locum GP Dr Jeremy Steinberg from Auckland has joined RMG for six months. Jeremy will be covering for Dr Suria Nieuwoudt who is on extended leave as well as filling in for other GP's in the practice.

Nurse Cyndi, is currently away on maternity leave and recently announced the long awaited birth of her baby boy.

Cyndi's sister Ivy has taken up a Nurse role at Fairy Springs. Having previously nursed at Rotorua Hospital, this is her first General Practice role, which she is enjoying immensely.

RMG now have three Clinical Assistants. Lorraine is based at Fairy Springs and Shayra joins Katrina at Central Health. Their role is to assist the clinical staff and amongst the many varied duties, it also includes phlebotomy (taking blood) and updating patient information. They may approach you in the waiting room and ask if they can update things like height, weight and blood pressure before you see the Doctor. This allows more time for the Doctor to focus on the reason for your visit.

Phlebotomy Service: (blood tests)

If you need a blood test, you no longer have to go to the Laboratory in town!

Fairy Springs run a Phlebotomy Clinic every Monday and Wednesday afternoon 1.30pm till 3.30pm and Friday morning 10am till 12pm.

Central Health now provide a phlebotomy service throughout the day.



Just because we are wrapped up in our warm layers and the winter sun appears to be weak...it doesn't mean that we are completely safe. Lurking below our winter woollies may be damage already done by our harsh summer sun. Call **0800 665 362** to book your **Molemap** located at Fairy Springs Medical centre

molemap
WE SPOT CHANGE



Drop in Clinics:

Did you know that we offer a daily Drop in Clinic?

Central Health: Monday to Friday 9am till 11am and 2pm till 4pm

Fairy Springs: Monday to Friday 9am till 11am

If you are in severe pain or are acutely unwell, or have a sick child or baby, you can attend these clinics. You will be placed on a waiting list to be seen by a Doctor but depending on circumstances, you may be triaged by a Nurse as well. Due to time restraints we need these appointments to address ONE problem only, and only ONE patient per appointment.

Do you need help to quit smoking?

Help is available for any of our patients wishing to give up smoking. We can offer support by way of a Nurse appointment to discuss suitable nicotine replacement options. The cost of this appointment is equal to just over half the price of a packet of cigarettes. If it's your first step to quitting, it's well worth it!



Family Violence

Because family violence affects health, we are asking our patients about it and may include it as part of routine enquiries about such things as alcohol intake or smoking status. Please do not be offended if you are asked about family violence. Our aim is to provide the opportunity for anyone affected by family violence to talk about it. Any information you wish to disclose will be kept secure and not disclosed to anyone unless we feel someone's life or safety may be in danger.

Physio Direct Rotorua are located within Fairy Springs Medical Centre. From massage to acupuncture, Physio Direct can help you at an affordable price. They can assist and enhance your recovery to help you get back to enjoying life. No GP referral needed. Phone: **0800 555 5123** to make an appointment

Achieve Workplace Health have two locations, one here at Central Health in Rotorua and one in Tauranga. They provide specialist occupational medicine and occupational health nursing services. They can assist your work place to meet all legal obligations under relevant workplace related Acts, and to keep your workers safe and healthy. Ph: **07 347 0000** or **07 343 1952** (direct dial)

OPEN 7 DAYS

Unichem⁺ Central Pharmacy

1181 Amohia Street • Phone: 348 6028

Monday to Friday 8:30-5pm
Saturday 8:30-5pm and Sunday 10am-4pm

FOR ALL YOUR PRESCRIPTION & PHARMACY NEEDS

At Central Pharmacy we make sure our customers know how to take their medicines correctly. Which is why we are introducing a new way in which you can take your medicine

The Sachet System!

Come in and ask about it today!

Mokoia Radiology: Located at Central Health. For all CT, MRI, Ultra Sound & X-rays with no appointment needed. Phone: **07-343 7468** or **0800 466 564** www.mokoiaradiology.co.nz

Clinico Denture & Hearing: Located at Fairy Springs Medical Centre. Phone: **0800 112 324** www.clinico.co.nz

Unichem Fairy Springs Pharmacy: Located at Fairy Springs Medical Centre. Phone: **07 347 0777**

Some interesting facts:

Did you know... humans have 46 chromosomes, peas have 14 and crayfish have 200!

Did you know... your body has 5.6 litres of blood which circulates through your body 3 times every minute. In one day the blood travels a total of 19,000kms!