



Practice Newsletter #3

May /June 2015

Rumours: There have been some very interesting rumours recently. They may have come from the last newsletter by people drawing wrong conclusions. Consequently we need to put everyone straight in this newsletter. Dr (Shaun) McKenzie-Pollock has no intention of retiring. He will be working and seeing patients for many years to come. His cutting back a little makes that possible. He was taken aback by the rumour, and we are all sorry for the distress it caused some of his patients.

Free trial packs: We have been given starter packs of nicotine replacement therapies and other resources. We will be giving these away in advance of World Smokefree Day (May 31st). Talk to any of our practice nurses if you are interested. Although we can apply for more we will still have a limited number for a limited time, so the safest way to get yours is to ask for one early.

Website: Do you know we have a website? The address is www.nelsonfamilymedicine.co.nz and we think it has a lot of useful information. We are currently in the process of improving the content and have just made it smart-phone friendly since so many people now access

the site this way.

Dry July: During June you might like to give some thought to doing “Dry July”. A number of staff tried it last year and found it worthwhile. The idea is to go without all alcohol for the month of July. Some people get sponsorship for a good cause; others just do it to just see if they can. Alcohol is everywhere and it’s easy to become dependent. If Dry July sounds too hard you can always discuss your drinking with a doctor or nurse. If you want to just check if your drinking is within recommended limits we will be leaving a very useful pamphlet “Is your drinking Ok ?” on the waiting room table for the month of June or go online and do the quiz <http://www.alcohol.org.nz/alcohol-you/your-drinking-okay>

Flu Vaccination: The influenza vaccine arrived at the surgery before the onset of the flu season and we have been busy vaccinating every day since. Almost a month down the track it is easier to get an appointment now than it was, and it is not too late. Those with the highest health risk receive their vaccine free. The practice nurses can tell you if you are eligible. If you are an employer offering vaccination to your staff , you can talk to Diane (our practice nurse team leader) about organising this.