



Practice Newsletter #6

November/ December 2015

Seeing the Doctor of your Choice: It isn't always easy to see the doctor of your choice. If you want a same day appointment, the doctor may be fully booked, or the doctor may not see patients that day. If it is urgent, we will fit you in with someone, but continuity of care is important. For this reason, we suggest you get to know a couple of doctors, so you have an alternative choice if your usual doctor is unavailable. If the doctors you choose have complementary schedules this works even better. Over the next few months we will be checking and recording patients' preferred doctor. Sometimes patients registered with one doctor when they came to the practice, but over the years have gravitated towards another. Those who were registered with Dr Low up to his retirement, will be choosing someone else to see.

Diabetes Awareness: November is National Diabetes Action Month. In the past decade the number of New Zealanders with diabetes has more than doubled. On the 1st November Diabetes NZ is launching a new interactive tool on their website www.diabetes.co.nz. This helps you understand your risk of developing this common disease. If you want to minimise that risk weight loss and exercise is the best way.

To support kiwis in this, many sport and recreation facilities will be opening their facilities to the community on the 28th November. If you have always wanted to give something a go, this may be your chance.

D.U.M.P Campaign: This stands for Disposal of Unwanted Medicines through Pharmacies. It's time to have a good spring clean and take all unwanted ,unused or out of date medication to your nearest pharmacy for safe disposal. Pharmacies do this for free as a contribution to Public Health. There is always a staggering amount of unused medicine stored in NZ homes. That poses a safety risk, especially if it's inappropriately stored - for example to young children visiting grandparents. Expired medication, if taken, can be ineffective.

Have a Cervical Smear: Don't forget a cervical smear with a practice nurse is \$29 all November. For some patients smears are free. Book now.

Merry Christmas: We hope you have a truly happy Christmas and get to relax over the break. Although we live in a beautiful place, in a peaceful part of the world, family tensions, financial problems and recent loss can mean Xmas isn't always a happy time for everyone. If you need us over the holiday period we will be open 9-5 between Christmas and New Year for urgent problems. We will be closed for the public holidays but the Medical and Injury Centre in Waimea Rd will be providing urgent care and if you phone the surgery, your call will be diverted there.