

Staff news

We wish to extend a warm welcome to our new doctors!

Dr Monique Mackenzie

Dr Monique is an Otago University Graduate and Fellow of the Royal New Zealand College of General Practitioners. She has been working as a doctor since 2006 in both hospital medicine and as a GP. She has a special interest in Internal Medicine and Dermatology. At present Dr Monique will be at our practice on Fridays. She joined our team in 2017.



Dr Mark Taylor

Dr Mark completed his degree of Bachelor of Medicine and Bachelor of Surgery (MBChB) at the University of Leicester, England in 2009. After working in London, he moved to New Zealand in 2011 where he worked at Waikato Hospital and other Hamilton medical centres. He has an Advanced Certificate in Dermoscopy with experience in minor surgery such as mole/lesion removal, phenol matrixectomy (partial toe nail removal) and simple acute wound closures. At present he will be at our practice every Monday and Tuesday. This will increase over the next few months.

Dr Maysa Mahmoud

Dr Maysa who joined us last year, became a Fellow of the Royal New Zealand College of General Practitioners 2016. Dr Mahmoud has recently completed a certificate of Women's Health at Otago University.



Vaccination news

✓ **Flu vaccine**

Flu vaccine will hopefully be available in April. A yearly flu vaccine is the first and most important step in protecting against flu viruses.



MYTHS ABOUT THE FLU VACCINE

- × ***It doesn't really make a difference if I get the flu shot or not***

It definitely makes a difference. Complications from the flu can be life-threatening and can result in hospitalization and even death for some patients

- × ***I don't want the flu shot because I hear it will give the flu***

It essentially takes a couple of weeks for your body to become protected from Influenza after getting vaccinated. Many viruses can cause flu-like symptoms. Even though it felt like flu, a different virus could have caused the infection. You can not get flu from the vaccine

Enquire about eligibility for funded flu vaccinations

Babies flu vaccine: For children age 6-35 months, the flu vaccine should be available mid-April.

✓ **Shingles vaccine**

Shingle is a rash that is caused by the same virus as chickenpox (varicella zoster).

From 1 April 2018 the shingles vaccine Zostavax, will be funded for 65 – 80 year old's.

Consult with a nurse regarding your eligibility.

Upcoming Events

✓ **10 March - Relay for Life**

We will be participating in Relay for Life at the Cambridge Race course from 10am – 10pm on 10 March. Come down and say hi!



- Endometriosis Awareness month
- Melanoma March
- World Hearing week - 3 - 9 March
- Children's Day - 4 March
- Walk 2 Work day- 14 March
- World Oral Health day - 20 March
- World Down Syndrome day - 21 March
- Neighbours day - 24 March
- St John Appeal week - 2 - 8 April
- World Health day - 7 April
- Food Allergy Awareness week - 25 April - 1 May
- Immunisation Awareness week - 30 April - 6 May
- World Asthma day - 1 May
- World Midwives day - 5 May
- Nurses week - 6 - 12 May
- Sign Language week - 7 - 13 May
- World Nurses day - 12 May
- Pink Shirt day - Stand up against bullying - 18 May
- World Smokefree day - 31 May

Reminders

- Always ensure that we have your up to date details!
- Did you know we have a service available to request repeat prescriptions online, as well as access your test results? Register at reception next time you are at the practice
- The standard fee for a repeat prescription is \$16. Same day or urgent are \$22 and a fax script is \$20
- Every Saturday (except some holiday weekends) we are open from 9am – 11am. No appointments needed!

