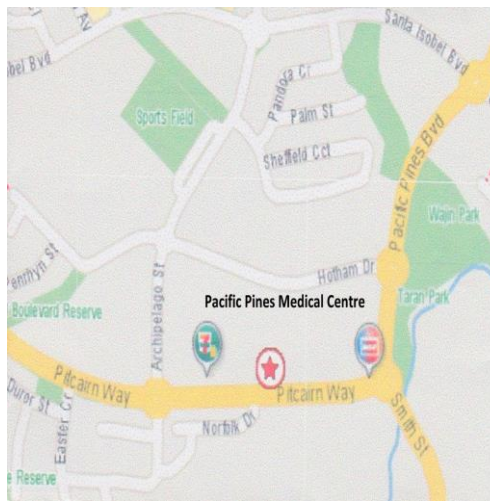


## Services at the Practice

- Acupuncture
- Allergy Testing
- Allied Health Professionals
- Antenatal & Postnatal Care
- Baby & Child Development and Behavior
- BP Management
- Child Health
- Chronic Disease Management  
Asthma, Heart Disease, COPD
- Close the Gap: Care for Indigenous Australians
- Counselling: Stress, Work, Family  
Marital, Substance Dependence
- Diabetes Management
- Emotional Health
- Health Assessments: >75's  
45-49, A&TSI, 4 year old
- Heart Checks & ECG
- Home Visits
- Immunisation for Children & Adults
- Iron Infusions
- Medical Examinations: Driving  
Pre-Employment, Insurance
- Men's Health: Wellness, Prostate & Impotence  
Management
- Minor Surgery: Suturing, Mole & Skin Cancer  
removal
- Nutritional Advice
- Pregnancy Tests
- Quit Smoking Assistance
- Registered Nurse
- Sexual Health Checks
- Skin Checks and 'Freezing' for Warts &  
Sunspots
- Spirometry: Lung Function Test
- Travel Medicine: Yellow Fever Vaccines
- Weight Control
- Women's Health: Fertility, Family planning,  
Pap Smear, HRT, General Wellness
- Workcover
- Youth Friendly Practice



Map directions to 6/19 Pitcairn Way

## Quality Care with Compassion

Our Mission is to provide the highest standard of patient care incorporating a holistic approach toward diagnosis and management of illness. This Practice is committed to promoting wellness and disease prevention to all patients. We do not discriminate in the provision of excellent care and aim to treat all patients with due respect.



**SHOP 6/19 PITCAIRN WAY  
PACIFIC PINES QLD 4211  
PH: 5529 8655  
FAX: 5529 8677**

## Newsletter No 10

July – August 2016



**PACIFIC PINES  
MEDICAL CENTRE**

*quality care with compassion*

## OUR DOCTORS

- ❖ Dr Simon Hong
- ❖ Dr Vinh Lao
- ❖ Dr Peter Yaxley
- ❖ Dr John Parsons
- ❖ Dr Cindy Lee
- ❖ Dr Mohammad Hossain
- ❖ Dr Alex Douglas
- ❖ Dr Hugh Nelson
- ❖ Dr Mandy Ranhotra

## OPENING HOURS:

8.00am – 8.00pm Weekdays  
8.30am – 12.00 Saturday

## Winter Time

The best way to stay Healthy and avoid getting any Cough's & Cold's over the

Winter Time is:



Eat 2x Fruit & 5x Vegies each day

Stop your germs from spreading by:

- ✓ Cover your cough
- ✓ Dispose of Your tissues
- ✓ Wash Hands



## Feed Back

If you would like to make any suggestions relevant to our Practice or Newsletter Please let reception know or ask for the Practice Manager.

## OUR PRACTICE

### New Nurses

We have 2 new Nurses that have started with us.

**Tracey Tezak**  
**Lynne Vardi**

Please make our New Nurses feel welcome.

### Website

We are in the process of building a website. Our website will have the ability to be used from a computer, phone or tablet, you will be able to call us direct from the website and make appointments. We will keep you updated with the progress.

### Building Improvements

We hope the Improvements we have made to our Practice have helped our patients. I would like to remind all that use the disable car park that it is **1 space ONLY.**

Don't Forget we also have the 'Drop Off Zone' if you are needing to collect or drop off anything.

## Monthly Events

### July 2016:



4-10 **Sleep Awareness Week**

10-16 **Diabetes Week**

22 **National Pyjama Day**



25-31 **National Pain Week**

### August 2016:

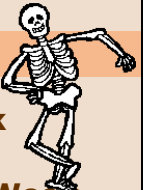
1-7 **Healthy Bones Week**

1-7 **Homeless Person's Week**

5 **Jeans for Genes Day**

22-28

**Keep Australia Beautiful**



22-28 **Be Medicine Wise Week**

## Quote

**Spending Today  
complaining about  
Yesterday,  
Won't make Tomorrow  
any better**