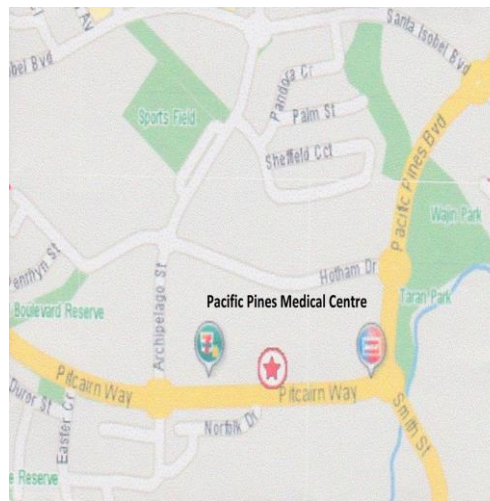


Services at the Practice



- 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.

HALLOWEEN



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

**September - October
2016**



**PACIFIC PINES
MEDICAL CENTRE**
quality care with compassion

Newsletter No: 11

HALLOWEEN

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

DIABETES



Are you a Diabetic?
Do you know your Numbers?
Get checked Today.

Over 75's Health Check & Medication Review

#GetChecked

Are you over 75?

"See your GP for a 715 Health Check today"

Get your Free Health Check. Book Today.

Stay well and get the best possible quality of life!

Feed Back

If you would like to make any suggestions relevant to our Practice, Newsletter or Website please let the Practice Manager know.

OUR PRACTICE

Website

Check out our new Website

- ✓ Make appointments online
- ✓ Call direct from your phone
- ✓ Health Alerts
- ✓ Loads of Information

Go on take a look!

Baby Tummy Time

Tummy Time helps to develop strong neck muscles which will help towards many things in your new baby's life. Slowly build up to 15mins of **FUN Tummy Time** per day.

HALLOWEEN



Remember if your handing out lollies this Halloween

Individually wrapped
No Nuts



Monthly Events

September 2016:



1-7 **National Asthma Awareness**

5-9  **Women's Health Week**

8 **R U OK Day**



Sep **Dementia Awareness Month**

October 2016:

4-11 **Amputee Awareness Week**

10  **World Mental Health Day**

20 **World Osteoporosis Day**



31 Oct **HALLOWEEN**



Quote

It's just a BAD Day,
Not a bad LIFE!