

Services at the Practice

- ABI Test
- 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 health check
- 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
Pacific Pines QLD 4211

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.



Newsletter No. 18



November - December 2017



OUR DOCTORS

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

OPENING HOURS:

7.00am – 6.00pm Mon, Tue, Wed & Fri
7.00am – 7.00pm Thursday
8.30am – 12.00 Saturday



Christmas Time!

We would like to Wish all our Patients a Safe and Merry Christmas.

And may all your Dreams & Wishes for 2018 come true.

If you need to be on the roads over this period, Please make sure you drive safe.
Stop, Revive & Survive

Please make sure you stay hydrated with water if you are drinking over the Christmas period.

Keep stress levels down by being prepared and doing things in advance.

Enjoy the time you spend with Family & Friends

Merry Christmas from us all at Pacific Pines Medical Centre



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



Car Park

We are creating 4 more car spaces in the car park. We have removed the front garden bed and bollards will be installed.

We need to wait 2 months for the concrete to cure before we can do the line markings for the car spaces. Once this has been done there will be 4 (SMALL CARS ONLY) car spaces.

We hope this helps the car parking issues a little.

Dr Alex Douglas

Dr Douglas is no longer at our practice. Unfortunately, Dr Douglas had to move to Sydney for family reasons.

Please speak to one of our reception staff who can recommend another Doctor to replace Dr Douglas.

Movember



This year **Dr Pannu** will be growing his Mo for Movember, we hope you can get behind our fundraising efforts for this great cause.



Monthly Events

November 2017:

4 Bow Tie Day



16 World Pancreatic Cancer Day

16-20



Wound Awareness Week

Lung Health Awareness Month



December 2017:

1 World AIDS Day



Bowel Cancer Month



Quote

Yesterday is Gone,
Tomorrow has not come,
We have only today.
Let us Begin.