

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.



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



November & December 2018



Newsletter No: 24

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 2019 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

Building Works



Please bear with us
during the re-build
of our fellow
neighbours
businesses.



November



Save a Bro Grow a Mo

Raising awareness of Men's Health
issues:

- Prostate Cancer
- Testicular Cancer
- Men's Suicide

Public Holidays



We will be closed on the
following Public Holidays.

- ❖ Tuesday 25 December
- ❖ Wednesday 26 December
- ❖ Tuesday 1 January



Monthly Events

November 2018:

Epilepsy Awareness Month



2 Healthy Hips
Day

11 - 17 Perinatal
Depression & Anxiety
Awareness Week



18 - 24 National Skin
Cancer Action Week

December 2018:

1 World's AIDS Day



12 National Wear
Red Day

Quote



Never let the things
you want make you
forget the things
you have.