

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

March - April 2019



PACIFIC PINES MEDICAL CENTRE

quality care with compassion

Newsletter No: 26

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

Hand Washing



Flu Season is fast approaching

1. Wet hands with water
2. Put soap onto hands
3. Rub hands together for 20 secs
4. Rinse hands under water
5. Dry hands with paper towel
6. Dispose of hand towel

Hand Washing is very important to prevent the spread of germs

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

Flu Vaccines 2019

Government Flu Vaccines for 2019 are estimated to arrive in April.
We will stock Private Flu Vaccines for purchase – late March.
Please contact our practice to make an appointment.

Heart Disease



Australia's Biggest Serial Killer
51 Victims per day.
Almost 90% of Australians have at least 1 risk factor for developing Heart Disease.
Take action to minimise your risk of developing Heart Disease.
Book an appointment for a Health Check today.

Public Holidays

We will be closed for the following:

Easter Public Holidays

Friday 19 April
Saturday 20 April
Monday 22 April



Anzac Public Holiday

Thursday 25 April

Monthly Events

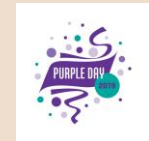
March 2019:

9 – 13 Headache Awareness Week



11 – 17 Brain Awareness Week

26 Purple Day Epilepsy



April 2019:

Parkinson's Awareness Month



1 – 5 National Advance Care Planning

28 – 5 May Heart Week



Quote

In the end, it's not the years in your life that count, it's the life in your years.