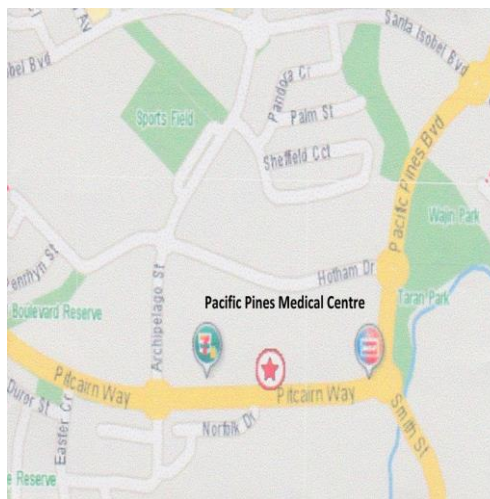


Services at the Practice

- Acupuncture
- Allergy Testing
- Allied Health Professionals
- Antenatal & Postnatal Care
- Baby & Child Development and Behaviour
- 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&T&SI, 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 Shop 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

October - November 2015



Newsletter No 5

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

OPENING HOURS

8.00am – 8.00pm Weekdays
8.30am – 12.00 Saturday



The month of October is known as the **PINK** month, Breast Cancer Awareness.

Help bring more awareness to **Women's Health**

Do you know how to check your Breasts?

Ladies book yourself in for your Breast Check Today!



The month of November is known as Movember

Help bring more awareness to **Men's Health**
Guys book yourself in for a Health Check with your Doctor today!

Movember is all about getting the figures down on Prostate Cancer, Testicular Cancer, Mental Health & Physical Inactivity in Men.

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

School Based Vaccines:

Reminder: Check to make sure your children's school based vaccines are up to date. If you are unsure please speak to our Nurses.

Reminder - New Hours:

We are open to **8.00pm** every weekday.

Brave Hearts:

On the 11th September we raised \$65.00 for Brave Hearts. Thank you to you all who contributed with buying a white balloon.

Christmas & New Year:

Just a reminder that the end of year is fast approaching and everyone will soon be in the Christmas Spirit and thinking of their holidays. If you are on regular medication that may be running out at the end of the year, plan ahead now! See if your Doctor will be away over this period, and if they are make an appointment prior to them going. Then you can enjoy yourself with no worries of running out of medications.

Monthly Events

October 2015:

Breast Cancer Awareness Month

4-11 Mental Health Week



14th  Ride2Work Day

26th Pink Ribbon Day



31st Bandanna Day

November 2015:



3rd  Melbourne Cup

14th World Diabetes Day

15-21 Skin Cancer Action Week

25th White Ribbon Day



Quote

Don't cry because it's over,
Smile because it Happened.