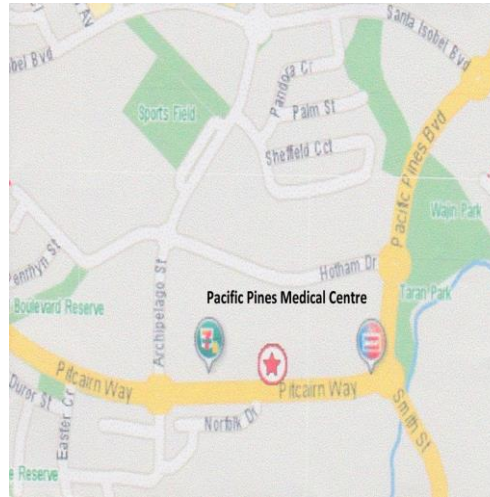


Services at the Practice



- 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&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.



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

December 2015



Newsletter No 6



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

MERRY CHRISTMAS



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

And may all your Dreams & Wishes for **2016** 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.

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 or Newsletter Please let reception know or ask for the Practice Manager.

OUR PRACTICE

Slip Slop Slap!



Remember to be Sun Smart over the Summer Break!
Book yourself in for a Skin Check

Tips to Avoid Post-Christmas Stress:



- **Plan Ahead:** Make lists for Shopping, Food & Presents, and keep to these lists.
- **Shop Online:** Avoid lines and lots of people. *You can also have food delivered to your door!*
- **Over Spending:** Set a budget and do your best to stick to it.
- **Over Indulging:** Try not to over eat or over drink. Ask yourself "Do I Need It?"
- **Christmas Cards:** Start writing them early so they are all ready to post at the start of December.

Christmas Hours:



Our Christmas Hours will be:
Thurs 24th Dec 8.00am – 1.00pm
Fri 25th Dec CLOSED
Sat 26th Dec CLOSED
Mon 28th Dec CLOSED
Thurs 31st Dec 8.00am – 1.00pm
Fri 1st Jan CLOSED
Sat 2nd Jan CLOSED



Monthly Events

December 2015:



1st World AIDS Day

3rd Persons with Disabilities



25th Christmas Day

26th Boxing Day



November 2015

We would like to say a BIG Thank You to Dr Simon Hong for growing a moustache for our Movember Fundraising.

We raised a total of

\$402.00



Quote

Spending today complaining about yesterday, won't make tomorrow any better.