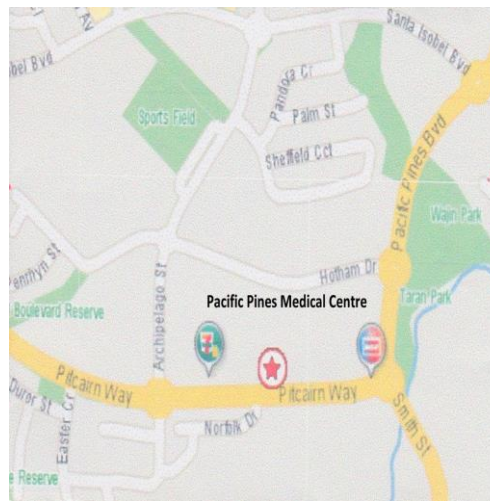


Services at the Practice



- 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
- 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
- Online Appointment Bookings
- 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**

NEWSLETTER NO: 12



**PACIFIC PINES
MEDICAL CENTRE**

quality care with compassion

NOVEMBER – DECEMBER
2016

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
- ❖ Dr Mandy Ranhotra
- ❖ Dr Puneet Pannu

OPENING HOURS:

8.00am – 8.00pm Weekdays
8.30am – 12.00 Saturday

MOVEMBER 2016

Get behind Dr Yaxley in growing a moustache for Movember. We will be fundraising for Prostate Cancer. Check out our weekly photos to see how the moustache is growing. 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!



Merry Christmas



We would like to Wish all our Patients a Safe and Merry Christmas.
And may all your Dreams & Wishes for 2017 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, Newsletter or Website please speak to our Practice Manager.

OUR PRACTICE

Zostavax:



New Shingles Vaccine
FREE for 70 – 79 year olds
Get yours today!

Vitamin D:

FREE Vitamin D

Over the school holidays get your kids outside to play. Find your local park or beach and enjoy free Vitamin D.

Eye Check:

Get your child/children's eyes checked before starting school.
Don't wait until it's too late!



Christmas Opening Hours:

Our Christmas Hours will be:

Saturday 24 th Dec	CLOSED
Sunday 25 th Dec	CLOSED
Monday 26 th Dec	CLOSED
Tuesday 27 th Dec	CLOSED
Saturday 31 st Dec	CLOSED
Sunday 1 st Jan	CLOSED
Monday 2 nd Jan	CLOSED

MONTHLY EVENTS

November 2016:

MOVEMBER



1 **Melbourne Cup**

14-20 **Antibiotic Awareness Week**

16 **World COPD Day**



21-27 **National Asbestos Week**



December 2016:

1 **World AIDS Day**

5 **International Volunteer Day**

10 **Human Rights Day**



25 **Christmas Day**



26 **Boxing Day**



Quote



Life isn't about finding yourself.
Life is about creating yourself.