

## 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

may • JUNE  
2017



PACIFIC PINES  
MEDICAL CENTRE

*quality care with compassion*

newsletter no: 15

### 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

## FLU VACCINE

Flu Vaccines are now available.  
Get yours Today!



**FREE For:**  
Chronic Disease  
Over 65  
Pregnancy  
**PRIVATE:**  
\$15.00 ea

## It's Flu Season



## PNEUMOCOCCAL

Pneumonia is not just a cold or flu.  
Pneumococcal Pneumonia is a **Serious** lung infection caused by Streptococcus Pneumoniae (a bacterium found in the nose, throat & windpipe). It can be **Life Threatening**.

**FREE for 65+ years**  
Speak to your Doctor TODAY.

## 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

### ATSI HEALTH CHECKS

Aboriginal and Torres Strait Islander Health Check (MBS item 715) is to help ensure that Aboriginal and Torres Strait Islander people receive primary health care matched to their needs, by encouraging early detection, diagnosis and intervention for common and treatable conditions that cause morbidity and early mortality.

### Breast screening

The age has changed for FREE Breast Screening,  
Speak to your Doctor today.



### community services

Would you like to know what services are available on the Gold Coast?

Check out our Website for the link.

[www.pachealth.com.au](http://www.pachealth.com.au)

click **SERVICES**

find **Gold Coast Community Services**

### mother's day

Remember your Mum on Sunday  
14<sup>th</sup> May 2017



## monthly events

### MAY 2017:



7 – 13

**Pneumonia Awareness Week**

21 – 28

**National Palliative Care Week**

31

**World NO Tobacco Day**



### JUNE 2017:

**Bowel Cancer Awareness Month**



12 – 16

**Infant Mental Health Awareness Week**



21

**Red Apple Day**



## Quote

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