

## 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 2018



## Newsletter No: 21

### 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

## Free Flu Vaccine

### Are you eligible for a Free Flu Vaccine?

- 6 months – 5 years
- Pregnant
- Over 65 years
- Chronic Condition

(check to see if you qualify)

## Hand Hygiene

Infection control is vital during the colder months.

Always wash your hands

- before eating
- before preparing meals
- after coughing or sneezing
- after using the toilet

This will prevent the spread of germs.

Always use soap or alcohol base hand wash.  
Please feel free to use the hand wash in the waiting room.

## 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

### Pneumococcal Vax

Have you had one?  
Check with your Doctor today.  
They are free for over 65 years.

### Zostavax

These are free for patients who are 70 – 79 years

### Coughing Etiquette

Don't spread your germs when you cough & sneeze.  
Always cough or sneeze into your arm to avoid it being spread.

Speak to our Nurses on tips to stop the spreading of Germs

### Labour Day

We will be closed on **Monday 7 May 2018** for Labour Day

## Monthly Events

### May 2018:

Lung Health Awareness Month

Check in WITH YOUR LUNGS



10 World Lupus Day

13–20 Pneumonia Awareness Week

31 No Tobacco Day



### June 2018:



Bowel Cancer Awareness Month

Bowel Cancer Awareness Month

20 Red Apple Day



18-24 World Continence Week

## Quote

Accept what is,  
let go of what was,  
and have faith in what will be.