

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

Newsletter No: 22



PACIFIC PINES
MEDICAL CENTRE

quality care with compassion

July - August 2018

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

Government Funded Flu Vaccines have been in short supply this year. Unfortunately, this has been out of our control.

Please note having your flu vaccine in June/July still provides sufficient time for immunity to develop prior to the anticipated peak flu period in August/September.

If you have any questions, please don't hesitate to ask.

Opt-Out My Health Record

As of the 16 July 2018 everyone will have a "My Health Record"
You will have the ability to Opt-Out between 16 July 2018 – 15 October 2018.

Only you can Opt-Out

Get email updates from
<https://www.myhealthrecord.gov.au/for-you-your-family/howtos/opt-out>

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

Whooping Cough Vax

- ** Do you have children?
- ** Do you work with Children?
- ** Are you a Grandparent?

Whooping Cough Vaccine should be considered.

Speak with your GP today.

Medications

Are you on multiple Medications?



Do you feel you take too many Medications?
Speak to your Doctor about your Medications.

Medicine Wise Week 20-25 August

45 - 49 Health Check

Tax Time!

You keep your bookwork in check, now it's time to check your health!

If you are aged between

45 – 49

It is FREE to get a Health Check
Speak to your GP Today.

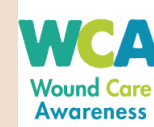
Monthly Events

July 2018:



8 – 14 National Diabetes Week

15 – 21



Wounds Awareness Week

28 World Hepatitis Day



August 2018:

Tradies National Health Month



6 – 13



Dental Health Week

20 - 25 Be Medicinewise Week



Quote

Happiness is found when you stop comparing yourself to other people.