

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

January – February 2019



Newsletter No: 25

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



New Year's Resolutions

Follow these tips to stick to your resolution for the new year.

- Be Honest with yourself
- Stick to one thing
- Make SMART goals
- Arrange your environment for success
- Chart your progress
- Make yourself accountable
- Celebrate successes and be compassionate with yourself when you slip.

Speak to your Doctor if you need help with your New Year's Resolution.

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

Allied Health

We have the following Allied Health Professionals at our Practice:

Toby Lord – Exercise Physiologist
Friday fortnightly

Jessica Stinson – Physiotherapist
Thursday's

Hayley Coles – Dietitian
Thursday's

For a referral please speak to your Doctor.

To make an appointment please speak to Reception.

Travel Vaccines

Are you planning a holiday in 2019?
Make an appointment to see what vaccines you may need.

We are a Yellow Fever Vaccine Provider

Public Holidays

Australia Day Public Holiday
❖ **Monday 28 January**

Monthly Events

January 2019:

1 New Year's Day

26 Australia Day



February 2019:

Childhood Heart Disease Month



4 World Cancer Day

Ovarian Cancer Month



Quote

Happiness is a journey,
Not a destination.