

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: 28



PACIFIC PINES
MEDICAL CENTRE

quality care with compassion

July - August 2019

OUR DOCTORS

- ❖ Dr Simon Hong
- ❖ Dr Vinh Lao
- ❖ Dr Peter Yaxley
- ❖ Dr John Parsons
- ❖ Dr Cindy Lee
- ❖ Dr Mohammad Hossain
- ❖ 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

Winter Heating Safety

With **Winter** comes the cold and out comes our heaters. **Winter** is the highest season for house fires. Here are some safety tips to keep you warm & safe this **Winter**.



- ✓ Check power cords
- ✓ Don't overload power points
- ✓ Dust off electric heaters prior to use
- ✓ Allow 1 metre space around heaters
- ✓ Use a fire guard for wood heaters
- ✓ Check electric blanket connections



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

Measles



Unless travelling to a country that has had a recent Measles Outbreak, you **DO NOT** need a Measles Vaccination. However, if you do require a Measles Vaccination please speak to your Doctor.

If you were born after 1966 you are entitled to a **FREE** Measles Vaccination.

Prevent Germs Spreading

Do your bit to **STOP** the spread of GERMS

- ❖ Cover your mouth when coughing & sneezing
- ❖ Regularly wash your hands
- ❖ Dispose of used tissues
- ❖ Stay at home if you have cold/flu symptoms

Public Holidays

We will be closed on the following:

Gold Coast Show Day

Friday 30 August 2019

Saturday 31 August 2019

Monthly Events

July 2019:

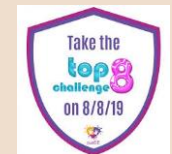
13 - 20 National Diabetes Week



15-21 Wounds Awareness Week

August 2019:

4 - 10 National EOS Awareness Week



8 Top 8 Challenge Day



5 - 11 Sleep Awareness Week

19 - 25 Natural Fertility Awareness Week



Quote

Life isn't about finding yourself,
Life is about Creating yourself.