

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
- Mirena Insertion & 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**

November – December 2019



PACIFIC PINES MEDICAL CENTRE

quality care with compassion

Newsletter No 30

OUR DOCTORS

- ❖ Dr Simon Hong
- ❖ Dr Vinh Lao
- ❖ Dr Peter Yaxley
- ❖ Dr John Parsons
- ❖ Dr Cindy Lee
- ❖ Dr Mandy Ranhotra
- ❖ Dr Puneet Pannu
- ❖ Dr Kerry Lowe

OPENING HOURS:

7.00am – 6.00pm Mon, Tue, Wed & Fri
7.00am – 7.00pm Thursday
8.30am – 12.00 Saturday

Storm Season

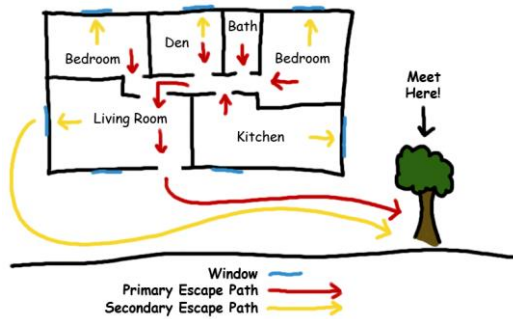


Storm Season is approaching are you READY?

- Is your House & Contents policy up-to-date?
- Do you have loose items in the yard?
- Are your valuable items kept together?

Fire Escape

Do you have a Fire Escape Plan?



Make sure your whole family knows what to do in case of a fire.

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 Outbreak

There is a Measles Outbreak in Queensland.

Protocols for suspected infection is to see a Doctor.

When making an appointment please advise reception of the potential infection.

We will separate you or your family from others in the waiting area

Snakes



Snake Season is here

If bitten follow these steps:

- > Splint Limb & Bandage
- > Call 000
- > If possible, describe snake
- > Remain CALM



Summer

During the Summer months

REMEMBER to –

- Stay Hydrated – Especially the Elderly
- Keep Cool – Put air-con or fans on
- Always Slip, Slop, Slap

Public Holidays

We will be closed on the following:

Christmas & Boxing Day
25 & 26 December 2019

Monthly Events

November 2019:

National Adoption Month



November



Asbestos Awareness Month



13 World Kindness Day

December 2019:

1 World AIDS Day



5 International Volunteer

10 Human Rights Day



Quote

There is no finish Line

So, Love the Journey