

## 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

## September - October 2020



## PACIFIC PINES MEDICAL CENTRE

*quality care with compassion*

## Newsletter No 35

### 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

## Variety Bash

Proudly Supporting



Our Nurse **DEB**

Will be doing 2020 Variety Bash in November.

Deb will have raffle tickets to raise funds for Children's charity.

There will be loads of prizes to win.

Get your tickets now!

## Flu Vaccine

It is not too late to get your

**FLU VACCINE for 2020**

Book today!

## 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

### COVID-19

During these times we will continue to keep a SAFE Environment for our patients by doing the following:

- Temperature checks
- Phone consultations
- Triage
- Cleaning
- Protective Screens
- Weekly Meetings

### Your Health Care

During COVID your Health Care is still very important.

It is vital to continue with your Diabetes checks, Asthma checks, Heart checks, Health checks & Vaccinations.

Speak to your Doctor today.

### Practice Opened

**29 September 2013**

This practice opened 7 years ago!  
Practicing for 17 years

### Public Holiday

We will be Closed on  
Monday 5 October  
**Queen's Birthday**

## Monthly Events

### September 2020:

Blue September  
Prostate Cancer



International Childhood  
Cancer

### October 2020:

Breast Cancer  
Awareness



**WALKtober**  
4 weeks of fun on foot

Walktober

Shoctober



## Quote

Positive thinking will let you do everything better than negative thinking will.