

## 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 2020



## Newsletter No 36

### 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  
8.00am – 11.00am Saturday



## Christmas Time!

We would like to Wish all our Patients  
a Safe and Merry Christmas.

2020 has been a crazy year.  
May all your Dreams & Wishes  
for 2021 come true.

If you need to be on the roads over this period,  
Please, make sure you drive safe.  
**Stop, Revive & Survive**

Social Distancing when with a group of people,  
or when out & about.

Please make sure you stay hydrated with water if  
you are drinking over the Christmas period.

Keep stress levels down by being prepared and  
doing things in advance.

Enjoy the time you spend with  
Family & Friends



## 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:

- Phone consultations
- 5 people in waiting room
- Triage
- Cleaning
- Protective Screens
- Weekly Meetings

### Saturday Hours

We have changed our Saturday  
hours to:  
**8.00am – 11.00am**

### Flu Vaccine

It is not too late to get your  
**FLU VACCINE for 2020**  
Book today!



### Public Holidays

Over Christmas / New Year  
We will be closed on the following  
days:  
**Friday 25 December**  
**Saturday 26 December**  
**Monday 28 December**  
**Friday 1 January**

## Monthly Events

### November 2020:

November



**ALPHA-1 Awareness  
Month**

Lung Cancer Month



### December 2020:

1 World AIDS day



Decembeard

## Quote

Don't look back,  
You are not going  
that way.