

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

January - February 2021



PACIFIC PINES MEDICAL CENTRE

quality care with compassion

Newsletter No 37

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

Health Assessments

Our nurses will be performing Health Assessments on eligible patients. Please speak to your doctor if you fall into these criteria's:

- 45 – 49 Health Assessment
- Over 75 Health Assessment
- 40 – 49 High risk of Type 2 Diabetes
- Chronic Disease
- Intellectual Disability

New Year's Resolutions

Follow these tips to stick to your resolutions for 2021.

- 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

COVID-19

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

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

School Base Vaccines

Is your child up-to-date with their Vaccines?
Speak to our Doctors or Nurses today and check before they start school.

Public Holidays

We will be closed on the following:
Friday 1 January
Tuesday 26 January

Monthly Events

January 2021:



26 Australia Day

February 2021:



Febfast month

13 Apology Day



Ovarian Cancer Month

Quote

The best THINGS in life aren't THINGS.