

Services

- 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 2022



PACIFIC PINES MEDICAL CENTRE

quality care with compassion

Newsletter No 43

DOCTORS

- ❖ Dr Simon Hong
- ❖ Dr Vinh Lao
- ❖ 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 – 11.00 Saturday

New Year Resolutions

Follow these tips to stick to your resolution for 2022.

- 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.

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

Feed Back

If you would like to make any suggestions relevant to our Practice, Newsletter or Website please let the Practice Manager know.

COVID < 12 years

<12 COVID-19 Vaccines

Unfortunately, we won't be giving the under 12 COVID-19 vaccines. This is due to the stress & fatigue of our staff. Sorry for any inconvenience.

Please make a booking at:
Convention Centre – Broadbeach
Gold Coast Hwy
OR
Westfield Shopping Centre
129 Foxwell Rd Coomera

Summer Heat

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:

New Year's Day
Monday 3 January 2022
Australia Day
Wednesday 26 January 2022

Monthly Events

January 2022:

4 World Braille day



24

International day of Education



26 Australia Day



February 2022:

4 National wear RED day



20 World day of Social Justice

FebFast Month



Quote

A Year from now you you'll wish you started Today.