

## 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**

## March - April 2022



**PACIFIC PINES  
MEDICAL CENTRE**

*quality care with compassion*

## Newsletter No 44

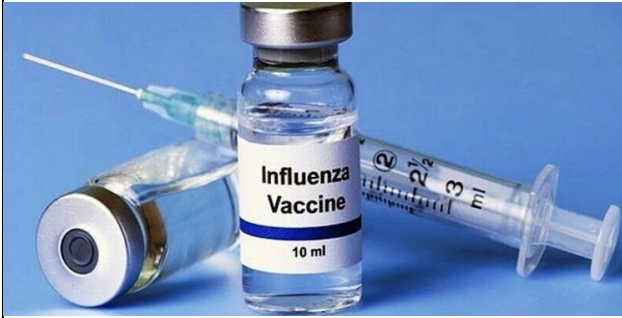
### DOCTORS

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

### OPENING HOURS:

7.00am – 6.00pm Mon, Tue, Wed & Fri  
7.00am – 7.00pm Thursday  
8.00am – 11.00 Saturday

## Flu Vaccine



2022 Flu Vaccines

Will be coming soon

## Reminders

We have gone over to Health Engine for our reminders.

### Reminders for:

Immunisations, Injections, Diabetes, Cervical Screening plus many more will be sent out as SMS messages. You will need to add your Date of Birth to read the message.

## Feed Back

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

## Car Parking

We have new shops coming in the empty buildings.

**Veterinarian  
&  
Psychologist**

It may become a fuller car park, so please allow for this.

## Face 2 Face

It is lovely to see smiley 😊 faces again in our waiting Room.

Thank you to everyone for being so patient, lets hope having patients in our waiting room will remain.

## Public Holidays

We will be closed on the following:

### Easter

Friday 15 April 2022  
Saturday 16 April 2022  
Monday 18 April 2022

### Anzac Day

Monday 25 April 2022

## Monthly Events

### March 2022:

Jump to CURE  
Diabetes



14-20 World Salt  
Awareness Week



20-27 Multiple Birth  
Awareness Week

### April 2022:

6 Wear GREEN  
for Premies



25 World Malaria  
Day

28 World Day for  
Safety & Health at  
Work



## Quote

Smile 😊 – it uses as many muscles as Frowning. 😞