

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
- 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
- 24 hour Blood Pressure Monitor



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

May - June 2022



PACIFIC PINES MEDICAL CENTRE

quality care with compassion

Newsletter No 45

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 – 11.00am Saturday

Hand Hygiene



Infection control is vital during the colder months.

Always wash your hands

- before eating
- before preparing meals
- after coughing or sneezing
- after using the toilet

This will prevent the spread of germs.

Always use soap or alcohol base hand wash.

Please feel free to use the hand sanitisers in the waiting room.

Coughing Etiquette

Don't spread your germs when you cough & sneeze.

Always cough or sneeze into your arm or into a tissue to avoid it being spread.

Wash your hands afterwards (as per above).

Speak to our Nurses on tips to stop the spreading of Germs

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

Flu Vaccines



We now have ALL Flu Vaccines in Stock.

Free Flu Vaccine Criteria:

- ✓ Children 6mths – 5 years
- ✓ Chronic Disease < 64 years
- ✓ Over 65 years
- ✓ Pregnancy

Private Flu Vaccine Criteria:

- ✓ All other patients not listed above are Private.
- \$15.00 each**

Please note:

Children under 9 years require 2 doses 1 month apart for the first time having a flu vaccine.

Public Holiday

We will be closed on the following:

Labour Day

Monday 2 May 2022

Monthly Events

May 2022:

6 International No Diet Day



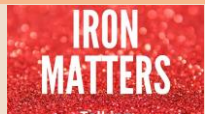
22-28 Food Allergy Week

23-29 Exercise Right Week



June 2022:

1-7 Haemochromatosis Awareness Week



14 World Blood Donor Day

19 World Sickle Cell Day



Quote

Happiness can be found, even in the darkest of times, if one only remembers to turn on the light.