

## 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

## November - December 2022



PACIFIC PINES  
MEDICAL CENTRE

*quality care with compassion*



## Newsletter No 48

### 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

## Christmas



### Christmas Time!

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

**2022** has been another crazy year.  
May all your Dreams & Wishes  
for **2023** come true.

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

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

### MOVEMBER



### Save a Bro Grow a Mo

Raising awareness of Men's Health  
issues:

Prostate Cancer  
Testicular Cancer  
Men's Suicide

### Mask Wearing

Please be aware it is still mandatory  
to wear masks for Healthcare  
Settings.  
We do have some for **\$1.00** each.

### Public Holiday

We will be closed on the following:

**Christmas & Boxing Day**  
**Monday 26 Dec 2022**  
**Tuesday 27 Dec 2022**

## Monthly Events

### November 2022:

1 National Brush Day



Lung Cancer Awareness  
Month

4 – 9 National Spa  
Week



### December 2022:



2 – 8 National Grief  
Awareness

3 International  
day of Persons  
with Disabilities



## Quote

Everything is Hard before  
it is Easy.