

## 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 & Holter Monitor
- 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**

# March - April 2023



## PACIFIC PINES MEDICAL CENTRE

*quality care with compassion*

## Newsletter No 50

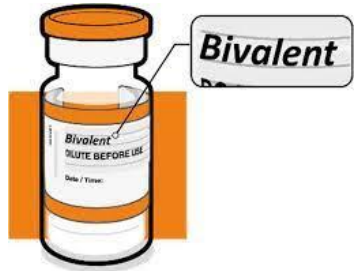
### DOCTORS

- ❖ 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  
7.00am – 7.00pm Thursday  
7.00am – 5.00pm Friday  
8.00am – 11.00am Saturday

## COVID Pfizer Bivalent



**BIVALENT**  
What is the  
difference?

The updated Pfizer COVID-19 Booster are Bivalent.  
They were created with the original strain of  
COVID-19 and the newer Omicron variant strains  
BA.4 & BA.5

## Flu Vaccine 2023



Our Private Flu Vaccines should be in stock in  
March. These will be \$15.00 each and your  
consult will be Bulk Billed.

## 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

### Ambulance Bay



We now have an AMBULANCE bay  
out the front. Please be aware this  
is not a car park.

### Dr Ranhotra

Dr Ranhotra is back from maternity  
leave.

Currently she is working on  
Monday, Tuesday, Thursday &  
Friday 9.00am – 12.30pm

### Public Holidays

We will be closed on the following:

#### Easter

Friday 7 April 2023

Saturday 8 April 2023

Monday 10 April 2023

#### Anzac Day

Tuesday 25 April 2023

## Monthly Events

### March 2023:

Endo the Night



Walk all over Cancer

National bed Month



### April 2023:



IBS Awareness month

18-22 National  
STOP Snoring week



21 Pyjamas for  
PanCan Day

## Quote

The best thing about the Future  
is that it comes one day at a  
time.