

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**

May - June 2023



Newsletter No 51

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

Healthy Heart Checks

30 June 2023



Health Heart Checks will be ending. Anyone over 45 years of age have access to a FREE Heart Health Check from their Doctor. From 30 June 2023 funding for this is due to end. Book yourself in now for a Health Heart Check.

Tests @ our Practice

We have a number of tests that we can perform here on site – these include:

- ECG
- Spirometry
- ABI
- 24 hour BP Monitor
- Holter Monitor

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 Vaccine



We now have ALL Flu Vaccines in Stock.

Free Flu Vaccine Criteria:

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

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 Holidays

We will be closed on the following:

Labour Day
1 May 2023

Monthly Events

May 2023:

22-28 Exercise Right Week



26 Don't fry day

29 Wear white to work



June 2023:

5-11 World Allergy Week



14 World blood donor day

21 International Day of Yoga



Quote

Somebody is Dreaming about what you take for Granted.