

## 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

# January – February 2024



## Newsletter No 55

### 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 Monday & Tuesday  
7.00am – 5.00pm Wednesday & Friday  
7.00am – 7.00pm Thursday  
8.00am – 11.00am Saturday

# New Year Resolutions



## Follow these tips to stick to your resolution for 2024.

- Be Honest with yourself.
- Stick to one thing.
- Make SMART goals.
- Arrange your environment for success.
- Chart your progress.
- Make yourself accountable.
- Celebrate successes and be compassionate with yourself when you slip.

Speak to your Doctor if you need help with your New Year's Resolution.

## 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

## Shingles Vaccine

Shingrix (Shingles Vaccine) is now available **FREE** for all people over the age of 65.  
Book your appointment today.

## Iron Infusions

We have Nurses that perform Iron Infusions.  
Please speak to your Doctor.  
Fees apply, please speak to Reception.

## Summer Heat

During the Summer months  
**REMEMBER to –**  
**Stay Hydrated** – Especially the Elderly  
**Keep Cool** – Put air-con or fans on  
Always **Slip, Slop, Slap, Seek, Slide**

## Public Holidays

We will be CLOSED on the following days:

**New Year's Day**  
**Monday 1 January 2024**  
**Australia Day**  
**Friday 26 January 2024**

# Monthly Events

## January 2024

4 World Braille Day



24 International day of Education

30 World Neglected Tropical Diseases Day



## February 2024



10 World Pulses Day

13 World Radio Day



28 Rare Disease Day

## Quote

**Shoot for the MOON, even if you miss, you'll land among the STARS!**