

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**

July - August 2024



Newsletter No 58

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

Reception Counter



We hope all our patients like our New reception counter as much as we do



Thank you for bearing with us during this renovation.
Screen free is also a lovely experience.

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

Winter

With the colder months ahead of us remember to keep yourself healthy and still stay hydrated. Winter months bring out all the colds and sniffles.



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.

Public Holidays

We will be CLOSED on the following day:

GC Show Day
Friday 30 August

Monthly Events

July 2024

1-7 Clean Beaches Week



10 Global Get A-Head Day



Good Care Month

August 2024

7 Playday



8 Cycle to Work Day

19 World Humanitarian Day



Quote

Yesterday is gone, Tomorrow has not come, We have only Today, Let us BEGIN.