

NEWSLETTER

Issue 20

Spring 2016

WELCOME

to our Glenfield Medical Centre Newsletter.

This is a quarterly publication which we hope you will find both interesting and informative. If there is anything particular you would like to see on here, please let us know.

HELLOS AND GOODBYES

We say *welcome* to Elva who has joined our reception team, and is quickly settling into her new role.

Sadly we are having to say *goodbye* to Helen who is leaving us in November to return back to family and friends in the UK. She will be greatly missed by us all and definitely our loss = their gain.

Dr Lindsay Todd will also be leaving us in November as she goes on Maternity Leave, we wish her well and look forward to meeting 'Baby Todd' in December.

I (Vanessa) will also be leaving the practice at the end of October to take up a new role and a new challenge in Kerikeri. So this is a newsletter tinged with sadness for me! 😞
It will be tough to be leaving my colleagues and friends - but I'm sure they won't have seen the last of me!

This spring we celebrate:

September:

Cervical Screening Awareness Month
Blue September - Prostate Awareness
Remember September – Students against Drink Driving
2nd Asthma Foundation – Balloon Day
13-19th Age Concern Week
21st World Alzheimer's Day

October:

Breast Cancer Awareness Month +
14-15th Pink Ribbon
Stoptober – smoking challenge
7th World Smile Day 😊
10th Mental Health Awareness
20th Osteoporosis Day
29th World Stroke Awareness

November:

'5+ A Day' Promotion Month
Movember – Men's Health Month
11-17th Diabetes NZ Awareness Week +
14th World Diabetes Day
25th White Ribbon Day (elimination of violence against women).

This month is **BLUE SEPTEMBER.**

Blue September is the Prostate Cancer Foundation's national awareness campaign.

1 in 10 NZ men will develop prostate cancer and "Every year over 500 men die in New Zealand of prostate cancer. That is more than 500 fathers, sons, brothers, grandfathers - gone! This happens because men don't know how dangerous the disease is, they don't talk to their doctor about it, they simply don't do anything about it. This has to stop.

Prostate cancer can be prevented if detected early enough." (Blue September Website).

Pick up a leaflet and talk to your GP today re prevention and testing – Don't leave it to chance and become another statistic.

TERMS OF TRADE

Glenfield Medical Centre is a 'payment on the day' business.



Payment is required at the end of each consultation. If monies are owing from a previous visit then payment will be expected before your consultation.

If an account is not settled at the time of consultation, an administration fee of \$15.00 will be added to the account. This fee will be waived if the account is settled within 14 working days.

To assist patients, we have the following facilities or options available:

- Eftpos
- Visa
- Mastercard

On line banking
12 3072 0470 136 - 00
Please use your surname and invoice number as a reference.

For those experiencing difficulties in paying on the day, we encourage you to set-up automatic payments to manage your accounts.

All non-paid accounts will be sent to our debt collection agency and an additional fee added to cover the cost of the debt recovery.

Ongoing refusal to pay a debt may result in no appointment being given.

If you are experiencing financial difficulties or have any queries regarding our Policy, please contact the Practice Manager to discuss your options.



PATIENT PORTAL - As most of you are aware our new patient portal is up and running. This enables you to **book appointments** and **order repeat prescriptions** at a time that is convenient to you. To access, go to our website www.glenfieldmedical.com and click on the link at the top of the page, and follow the registration /log-in instructions. **Easy as!**

This service is available for all our enrolled patients who are over the age of 16yrs.

Please note we are currently NOT accepting new patients at the practice. We regularly review our patient numbers and close our books in order to maintain the high standards of care to our existing patients.

NEWSLETTER

Issue 20a

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November is Diabetes NZ Awareness Month.

Over 225,000 New Zealanders have type 1 or type 2 diabetes.

And every day 50 more people are diagnosed with diabetes. **It is an epidemic!**

Are you at risk of developing type 2 diabetes?

Some groups of people are more likely to develop type 2 diabetes:

- European 40 years of age or older
- Diabetes in your family (grandparents, parents, brothers or sisters)
- Maori, Asian, Middle Eastern or Pacific Island descent aged 30 years or older
- High blood pressure
- Overweight (especially if you carry most of your weight around your waist)
- Diagnosed as having pre-diabetes (when the glucose in your blood is higher than normal, but not high enough to be called diabetes)
- A large baby weighing more than 9lbs / 4kg, or had diabetes during pregnancy.
- High blood glucose in pregnancy
- High blood glucose in the past.

What to do if you think you are at risk:

- Talk to a doctor or nurse who can organise a simple blood test, which will diagnose Diabetes.
- Attend for your FREE CVD risk assessment to calculate your level of risk.
- Check out www.diabetes.org.nz/home for more info on Diabetes and what steps you can take to try to avoid.



Having a blood test, smear or other investigation?

- ..Already registered on our Patient Portal?
- ..Want to save time & hassle phoning the nurse for your results?
- ..Why not ask your doctor if you could receive your next results through the patient portal?

The next level of the portal, after making appointments & ordering repeat prescriptions, is the facility to view your results online. There is a process & criteria involved in accessing this facility, and it is not available to everyone, but why not ask your GP when they give you your next lab form?

*Keep meaning to get around to making that appointment?
Other commitments keep getting in the way?
Never seems to be right time?*



September is Cervical Screening Month – Book your appointment TODAY!

Nobody relishes the idea of a smear but we cannot over emphasise the importance of this procedure. Cervical smear tests remain the most effective way of detecting cervical abnormalities which may lead to cervical cancer – don't leave it until it's too late – it's just 15 minutes that could save your life!

Want more incentive?

Attend here for your smear during September or October and go into our prize draw to win some Awesome Prizes -

- ❖ **\$100 Glenfield Mall Voucher**
- ❖ **\$50 Bed, Bath & Beyond Voucher**
- ❖ **\$50 Countdown Voucher**
- ❖ **Plus Gifts & Goodies from Glenfield's**
 - ❖ **7 Day Pharmacy**
 - ❖ **Life Pharmacy**
 - ❖ **Bentley Avenue Pharmacy.**

Want even more incentive?

Waitemata PHO will be awarding ONE lucky patient from their practices who has attended for a smear during September or October a free Nespresso Coffee Machine worth \$265!

Book online for even more convenience.

You may notice some other GPs working from our practice over the next couple of months. We have been lucky to find some great, very experienced locums to help out whilst our regulars are on leave or similar. Please be reassured that your continuation of care will not be affected by seeing a locum GP.

