

# NEWSLETTER

July - September 2019



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### AWARENESS CALENDAR

Days of awareness from  
July to September

### STREP THROAT

What is it and 10 tips on  
managing Strep Throat

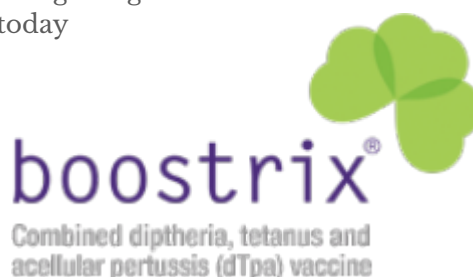
### WHAT'S NEW AT FAIRFIELD

**WE CARE!**  
We have implemented a  
complaints form as well as a 'How  
are we doing?' form to ensure we  
are meeting your expectations

## IMMUNISATION DURING PREGNANCY

Recommended and funded BOOSTRIX immunization is available to expecting mums from their second trimester, to help protect both mother and newborn against whooping cough

Speak to your Dr or nurse about getting  
your Boostrix vaccine today



**THE QUICK TEST THAT CAN SAVE YOUR LIFE!!**



## OPENING HOURS

Monday to Friday - 8am - 5pm

Closed on weekends and public holidays

## Our Doctors

Dr Frank Cullen

Dr Paddy Bhula

Dr Jonathan Phillips

Dr Trudi Zillkes

Dr Kara Ackerman

Dr Ed Barrio\*

Dr Hiruni Senanayake\*

Dr Kubendra Naicker\*

Dr Jennifer Poortman

\*Drs accepting new patients

## STREP THROAT

A contagious disease caused by an infection with the streptococcal bacteria, which causes inflammation/ swelling of the throat and tonsils. It is the most common cause of a sore throat in children teens and even adults

### 10 Tips to sooth a sore thoat

1. Salt gargle
2. Lozenges
3. Over the counter pain killers
4. Honey and lemon in warm water
5. Echinacea/ Sage Spray
6. Hydration
7. Humidifier
8. Steam Shower
9. Raising your head e.g. with an extra pillow
10. Antibiotics.



## WHAT'S NEW AT FAIRFIELD



Find these displayed in the waiting room for you to complete

NEED TO TALK?

1737

free call or text  
any time

IT'S OK TO  
ASK FOR  
HELP

# HAVE YOU HAD YOUR HEPATITIS VACCINES?



Hepatitis B and C is a virus which stops the liver from working properly. In New Zealand there are about 100 000 people living with Hepatitis B and 50 000 living with Hepatitis C

## *How Hepatitis is contracted*

- By sharing toothbrushes, razors, towels and facecloths
- Sharing needles and syringes
- Having contact with blood or bodily fluids
- Having sexual contact without condoms
- Coming into contact with cuts or scratches

## *FOR MORE INFORMATION:*

- Talk to your Doctor or Nurse
- Visit the Ministry of Health at [www.health.govt.nz](http://www.health.govt.nz)
- Visit the Hepatitis Foundation of New Zealand at [www.hepatitisfoundation.org.nz](http://www.hepatitisfoundation.org.nz) or call 0800 33 20 10

## SIGN UP AT RECEPTION



- Booking appointments
- Ordering repeat prescriptions
- Checking your medical records\*
- Receive results\*

Available 24/7 on your mobile phone

## AWARENESS DAYS

### JULY

28 July - World Hepatitis Day

### AUGUST

1-7 Aug - World Breastfeeding Week

31 Aug - Cancer Society day 'Daffodil Day'

### SEPTEMBER

1-30 Sept - Cervical Screening Awareness Month

1-30 Sept - Prostate Cancer Awareness Month

1-30 Sept - World Alzheimer's Month

10 Sept - World Suicide Prevention Day

15 Sept - World Lymphoma Awareness Day

23 - 29 Sept - Mental Health Awareness Week

## *Dr's on leave this quarter*



Dr Frank Cullen  
29 Aug - 20 Sept



Dr Hiruni Senanayake  
23 Sept - 4 Oct