

Kia ora,

Nō Waikato Tainui ahau.

Ko Taupiriri tōku Maunga, Ko Waikato tōku Awa, Ko Ngāti Mahuta tōku hapū.

E noho au ki Ōtautahi me Amberley.

I look forward to meeting you, should you come into our health centre.

I have been a co-owner of a medical practice, in North Canterbury for twenty years. I have experience in acute medical and accident care. The last 10 years have been in Pegasus with my good friend and business partner Dr John Dehn. John is a great man and doctor. He goes above and beyond to recruit staff for our community. We all work together as a team with different strengths. We are grateful that General Practice Registrars are welcomed to this community.

I chose General Practice as a profession because it provides an opportunity to be part of a community. I feel privileged to be allowed to get to know families, their history and the unique personalities of members within. This experience facilitates an approach to health care that is on a different level than simply diagnosis and treatment. Empowering people to make healthy life choices is a great way to achieve a good quality of life for individuals and their family.

Family Medicine is very rewarding. My diploma in child health gives me a good foundation of experience and knowledge for this side of family medicine. I don't get to see as many of the wee ones nowadays as I am lucky enough to have a community family which have been in this life journey with me for up to 20 years.

I also have a diploma in Obstetrics and Gynaecology, which I find is essential for women's health and proficiency with IUD insertion. Our health system is under a lot of pressure currently, which means more gynaecological procedures are managed in General Practice. I am happy to assist other doctors in our centre with the necessary support and procedures in this realm. Now in my 50s I have experienced and been shattered by perimenopause. We now know how safe individualised treatment can be so there is a whole new quality of life for those who are affected adversely by perimenopause. I have done my best to expand my knowledge and experience to support patients and staff regarding natural and hormone replacement therapy options.

At the start of my career, while working as a hospital doctor I spent extra time working at the assessment and rehabilitation unit for "older persons". I learnt to be patient and listen well. I discovered that if you provide the right support for patients and families, this often restores confidence and facilitates independence.

I am determined to maintain my skills in diagnosing skin cancer. I have been fortunate enough to a dermoscopy course.. Dermatoscopes allow doctors to view skin lesions and make better decisions regarding whether they should be removed. It is important that skin cancers are diagnosed and treated early. It is also very important to ensure people have adequate surveillance and follow up.

I am very fortunate to be married to a wonderful man named Rhys. We have two children: Alex and Joanne. I love learning about my whakapapa through my father's family. I love the connection that te reo Māori gives me to my whanau community and friends. My reo journey is fun. I love harakeke weaving also, thanks to "Te Wānanga o Aotearoa."

I am really happy working at the medical centre at Pegasus Town. The people we have met have been so kind. I am very grateful to work with such a caring clever team of staff. Take care. I hope to meet you soon.

