



November 2023 Newsletter: Spring is finally with us and so refreshing to feel an increase sense of optimism and energy with daffidols popping up around us, longer sunshine hours in the day and lambs bouncing around the paddocks. We love spring fever... 😊

MEDICATIONS OVER CHRISTMAS PERIOD – wow its nearly the festive season again. Please check your medications to ensure you have enough of a supply over the Christmas and New Year break. Don't leave it to the last minute as we can get busy the week leading up to Christmas day. Call us for a repeat prescription or review appointment with your doctor. Repeat prescriptions incur a fee. We are closed on weekends and statutory holidays.



CERVICAL SCREENING CHANGES – The changes in primary screening for HPV involve a significant shift in methodology. This new approach entails testing for the presence of HPV. This complements or replaces the traditional method, the taking of liquid based cytology (LBC) samples (previously known as a “smear test”). By adopting HPV primary screening, the goal is to enhance the accuracy and sensitivity of screening, enabling early detection and intervention for improved health outcomes. HPV testing is a better primary screening test and will prevent more cervical cancers. For most people, self-testing will be an option. A vaginal swab can be taken by the participant in privacy, or it can be taken by a clinician if preferred. The correct test for you will be discussed at your appointment. Please call our Nurse April or Nurse Karen if you have any questions or visit www.timetocervicalscreen.nz for more information.



APPOINTMENT SLOTS – to look after your needs appropriately, please note a doctor's appointments are 15 minutes long usually to cover one or... if time is favourable two issues. If you have multiple issues to discuss please book two appointments (additional fees will apply) .

REPEAT PRESCRIPTION REQUESTS – We strongly recommend you put in writing requests for your repeat scripts at least a couple of weeks before running out. Options for you to do this quickly and seamlessly:- (1) Manage my Health, (2) PMC website, (3) email request. Please remember to note the pharmacy to pick up from. If you have run out, please also let us know. Charges apply for repeat scripts and short scripts (bridging script i.e., 1 week until appointment). Please note we still follow safe and responsible medical practice and you may need to make an appointment if request is declined. So the more time you can allow for requesting medication, the smaller chance of you being inconvenienced.



WINTER VIRAL ILLNESSES – we still are seeing lots of viral illnesses spreading throughout our community, these can often be managed at home. Helpful information and online links: **Phone Healthline 0800 611 116** or www.healthinfo.org.nz or www.kidshealth.org.nz/flu-influenza or https://flufree.co.nz/content/uploads/2018/05/Coping-with-flu-at-home-2018_web.pdf

VASECTOMY – Dr Roger Dehn continues to run his specialist clinic at PMC for “No Scalpel Vasectomies”. Book an initial consultation with reception for this specialist procedure. If you have medical insurance this may cover the procedure.

MELANOMA – NZ has the highest rate of mortality from Melanoma ☹️. Check your moles for changes prior to the summer time with PMC. We recommend getting a full mole check regularly. Your health insurance may subsidise this specialist appointment.



In a medical emergency, and if acutely unwell don't hesitate to dial 111.