



**NOVEMBER 2024 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.



**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. Medical insurance this may cover the procedure.



**MOLE CHECKS** – Being SunSmart (using sunscreen, hats, covering up when in the sun) lowers the risk of skin cancer. More info at [www.sunsmart.org.nz](http://www.sunsmart.org.nz) Full and single mole checks are offered to anyone (you don't need to be enrolled). For one or few moles to check, please book 1 appointment. For a full mole check allow up to 30 minutes, which varies with everyone. Cost is advertised on our website. You can book for that service with Dr John Dehn or Dr Roger Dehn. Health insurance may subsidise this specialist appointment. We are Southern Cross Affiliated Provider for Skin Cancer.

**APPOINTMENT SLOTS** – to look after your needs appropriately, please note a doctor's appointments is 15 minutes, this is enough time 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). Please ensure you book your appointments well in advance as we can be booked up **two weeks** ahead for routine appointments.



**WINTER PROCESS** – We are still experiencing the winter demand with viral sickness presentations from our patients and staff. We would like to remind our patients when attending PMC it is by appointment only. You may call us and speak to reception or leave a message with the nurse's voicemail for a returned call. This will ensure you receive the care you require, in a safe and timely manner. Our triage system ensures you will be seen, or a plan will be made with you and priority given if deemed as urgent and/or acute at the time.

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



**VIRAL ILLNESSES & COVID** – we are still seeing patients with viral illnesses; however, these can often be managed at home. Helpful information and online links: **Phone Healthline 0800 611 116** or [www.healthinfo.org.nz](http://www.healthinfo.org.nz) or [www.kidshealth.org.nz/flu-influenza](http://www.kidshealth.org.nz/flu-influenza). If you still have any concern, call and discuss with one of our nurses.

**PRACTICE PLUS (afterhours extended care)** – Available for you and your whanau afterhours virtual GP consultations; weekdays 5pm-10pm and weekends / public holidays 8am – 8pm. This service is provided by Practice Plus not Pegasus Medical Centre doctors. Pre-payment is required prior to booking (this is not a subsidised service). Click the link on our website to find more information.

