

Your Health

2019 WINTER NEWSLETTER

THE LATEST NEWS AND HEALTH ADVICE FROM YOUR OTUMOETAI DOCTORS



FROM THE NURSE'S PEN

KATE, LISS AND CHRIS

Diabetes

Type 2 diabetes is a condition where the body is unable to use blood glucose (sugar) effectively for energy.

Management of diabetes starts with lifestyle - healthy eating, exercise and learning more about the condition. Regular health checks are important to make sure lifestyle changes are working and to monitor the diabetes, as it can be progressive. Even if you need medication to help control the condition, healthy eating, exercise and education will all help your wellbeing.

The best two options to help control your blood sugar levels are diet and exercise.

In your diet, cut out all processed foods and takeaways, and create your meals from scratch – including fresh fruit and vegetables, and small portions of red meat, chicken and fish. Avoid prepared sauces, and use herbs and spices to flavour instead.

Here's a delicious and simple recipe for crackers:

Mixed seed crackers

Ingredients:

- $\frac{3}{4}$ cup flaxseeds (also known as linseeds)
- $\frac{3}{4}$ cup Chia seeds
- $\frac{3}{4}$ cup sesame seeds
- $\frac{3}{4}$ cup poppy seeds
- $\frac{1}{2}$ cup sun-flower seeds
- $\frac{1}{2}$ cup pumpkin seeds
- 1 cup cold water
- 1 teaspoon sea salt

Method:

- Preheat oven to 170°C.
- Combine all ingredients and set aside for 20mins, to soften and bind together.
- Tip onto a lined oven tray and spread out to about 4mm thick.
- Cook for 30mins.
- Take out and cut into crackers.
- Return to oven for 20-30mins till crisp and golden.
- Remove onto a wire rack to cool.
- Store in an airtight container.

Dr Jocelyn Bloomfield
Dr Marty Lemberg
Dr John Robinson
Dr Margaret Chavasse
Dr Robin Burness
Dr Josh Johnstone
Dr Maria Eastwood
Dr Anna Ryan
Dr Tracy Dixon (GP Skin Surgeon)
Dr Jenny Hill (Associate)
Dr Jack Drummond (Locum)



EMAIL SERVICE

Do you have a computer and an email address? We have the option of emailing our newsletter out to our patients instead of posting.

Please contact us with your email address if you would be interested in receiving our newsletter this way. We would be grateful for your comments.



APPOINTMENT CANCELLATIONS

We appreciate that there are times when circumstances may change, or when something happens which is beyond your control, and the appointment you may have booked is no longer suitable.

If you are in this situation, please telephone us as soon as possible before the actual appointment time to cancel the appointment. As you can appreciate, our doctors' appointment slots book up very quickly, and often get fully booked.

If a patient fails to arrive for an appointment, this is a missed appointment that could have been offered to another ill person who would like to have been seen earlier.

Some practices charge for appointments whether or not they are attended. While we prefer not to do this (unless it happens repeatedly) we would really appreciate your help in letting us know if you can't make it.



PATIENT PORTAL - MANAGEMYHEALTH (MMH)

Otumoetai Doctors now has a 'patient portal' called ManageMyHealth (MMH) available to our enrolled patients. If you would like to register for MMH, **please speak to our receptionists next time you are in the surgery**, and they will arrange that for you.

In the meantime, you can book appointments from our website on MMH, even if you are not yet registered for this service. Once registered, you will be able to order repeat prescriptions, and view your lab results on your medical file.



KEEPING YOUR 'NEXT OF KIN' DETAILS CURRENT

In case of an emergency we may need to contact your next of kin. We recommend that when you are next visiting the doctor, you ask our receptionist to check we have an up to date record of who is listed as your next of kin.



URGENT APPOINTMENTS INFORMATION

Otumoetai Doctors provides a service for our enrolled patients who may need to be seen for **urgent** medical attention, when there are no appointments available because we are fully booked.

An urgent appointment is not an allocated appointment time, so is under time pressure and means you are likely to be seen by a doctor other than your own.

The nurse will briefly triage you over the phone, to ascertain whether you may need to be seen urgently. If the nurse asks you to come in, you will then have a full assessment by the nurse, when there will be a decision made about whether you need to see the doctor in our urgent system, or whether an appointment at another time is appropriate.

You will be given an information sheet on arrival, explaining how the system works, and what you can expect.

SATURDAY MORNING CLINIC

We run a clinic on Saturday mornings between 8.30am – 1pm. This clinic is generally reserved for urgent/acute consultations, and therefore we are not able to pre-book appointments days in advance.

There are times when we can pre-book some routine bookings for patients who find it impossible to be able to come to the doctor during weekday hours, because of work commitments that take them out of town, or require them to work long hours, so if this is you please phone us and let us know.

If you need to be seen at our Saturday morning clinic, please don't hesitate to phone us from 8.30am onwards on the Saturday and our receptionist will provide you with an appointment time.

Please note there is an extra surcharge of \$12 for seeing us on Saturday mornings.



EXTENDED APPOINTMENT TIMES

Doctor appointments are 10-15 minutes in length. If you would like a longer appointment at any time, please mention this to the receptionist who will be happy to arrange this for you.

Please note a double appointment has a double fee.

PRESCRIPTION REQUESTS

If you are registered with *ManageMyHealth*, you can now request repeat prescriptions through the MMH patient portal.

Alternatively, you can telephone the practice nurse **between 9am – 4pm, Monday to Friday**. The prescription will then be faxed to a pharmacy of your choice – unless you are due for a doctor's appointment. You can also email your prescription request to your doctor or the nurse via our website www.ohcdoctor.co.nz.

Please allow 2 working days for your prescription to be prepared - be sure to

DOCTORS' WORKING DAYS

As each of our doctors work different hours and days, if you would like a copy of the latest Surgery Hours pamphlet, please ask our receptionists when you are next in the surgery. Listed below is an overall summary of our doctors' working days:

SUMMARY OF THE DOCTORS' WORKING DAYS					
	MON	TUE	WED	THU	FRI
Dr Bloomfield	✓	✓	✓	✓	
Dr Lemberg	✓	✓	✓		✓
Dr Robinson	✓		✓	✓	✓
Dr Chavasse	✓		✓		✓
Dr Burness		✓	✓	✓	✓
Dr Johnstone	✓	✓	✓		✓
Dr Eastwood	✓		✓	✓	
Dr Ryan	✓	✓		✓	✓
Dr Dixon	✓	✓	✓		
Dr Hill	✓	✓			✓
Dr Drummond			✓	✓	

Please note you are able to book appointments with your doctor via our website and MMH, even if you are not yet registered with MMH.



TRAVEL CLINIC

Are you making plans for an overseas holiday? Our Travel Nurse, Gill, runs a Travel Clinic where she is able to provide all the travel information you need to know concerning the country you are visiting.

She will inform you about the vaccines that are required (as some countries have strict regulations), and those vaccines that are recommended for your safety and protection while you are enjoying your trip.

Please make an appointment in our Travel Clinic with Gill, on either Tuesday or Thursday each week. She can also arrange for your vaccinations to be done.

You are also able to book an appointment in our Travel Clinic via our website and MMH. Please be aware that your first appointment with Gill will have to be a 40 minute appointment.

check when your prescription is due to run out, so that your request can be processed in time.

The cost for a prescription to be prepared by the doctor is \$21.50. *(Please be sure to pay all your accounts before the end of the month, to ensure you are not charged an administration fee for the preparation, printing and posting of your account to you).*

To register with *ManageMyHealth*, please ask the receptionist when you are next in the surgery.

OUR ONSITE SERVICES

OTUMOETAI DOCTORS

(07) 576 2321



Unichem Otumoetai Pharmacy

(07) 576 7290



BAY PHYSIOTHERAPY

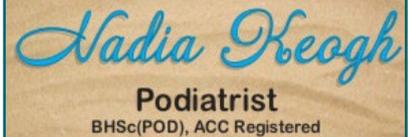
(07) 577 9798

Bryce P. Hamer & Associates



NADIA KEOGH PODIATRIST

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OTUMOETAI OPTOMETRISTS

(07) 576 0085

David Parlane Optometrist

