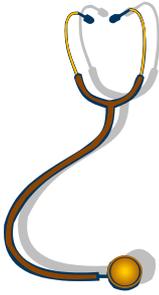


# Spring –October 2017

## Birkenhead Medical Centre



4 Rawene Road Birkenhead Ph 419-1636



### The Practice Team

#### Doctors

Dr M Field-Oakley  
Dr L Lum  
Dr T Donnelly  
Dr G Norcliffe  
Dr W Paykel  
Dr Nagy Beshay

#### Practice Nurses

Shirley Kane  
Ting He  
Julie Rogo  
Debbie Gardner  
Lucy Oh

#### Receptionists

Estie Smuts  
Liz Lovie  
Emalyn Villanueva

#### Practice Manager

Jo Bennett

#### After Hours

Shorecare Smales Farm  
Ground floor of  
Sovereign Building  
Takapuna  
Ph 486 7777  
Open 24/7  
365 days per year  
No appointment

#### Skin checks...summer is coming

Summer is apparently just around the corner ;) Now is a great time to get any spots that you are concerned about dealt with before the sunshine hours increase. The Summer in NZ brings dangerously quick burn times. This may make it easier to get your daily dose of Vitamin D, however this is what also makes us one of the worst countries in the world for Skin cancer rates. Luckily, early detection can eliminate skin cancer before it causes too much harm. Of course, you can help to minimise the risk and stay safe in the sun. As the old saying goes; "slip, slop, slap".

#### Mumps

You may have seen via the media recently that there has been over 300 cases of Mumps confirmed so far this year. There is concern that some people (especially those aged between 10-29 years) in the community are not immunised. Please discuss getting vaccinated with the nurse or the doctor. It is free if there is no record of previous vaccinations.

#### Red Nose Day

The practice fundraises every year for Cure Kids through red nose day. Cure Kids is a charity that funds vital research into cures and better treatments for many childhood diseases. As usual, the team got dressed in red for the occasion with a red themed morning tea. We also collected donations (thanks to all those who gifted generously), every cent helps! ☺

#### Prescriptions over Christmas

Just a friendly reminder to make sure that you allow for the practice being closed on the statutory days over the holiday season, which start in approx. 10 weeks!

#### Feedback

The practice welcomes positive and negative feedback. There is a suggestion box at reception where you are welcome to drop us a note. If you would like to make a complaint, you can discuss this with any member of staff, send us a written complaint to the address found at the top of the page or send an email to [admin@birkenheadmedical.co.nz](mailto:admin@birkenheadmedical.co.nz). As required, all complaints will be responded to by the complaints officer within 5 working days.

#### World Diabetes Day – November 14

Make sure you book in your annual check before the festive season ☺