

## Manage My Health

### Your test results explained!

If you are registered for manage my health you may be receiving test results from your GP.

At times the GP will use the comments section to add comments to help you understand these results. The most commonly used comment is "N" which means **normal**.

This comment section is often also used to communicate internally between staff members. E.g. GP instructions to a nurse. If you need clarification of your results it is best to speak to one of the nurses or make a time to see your GP.



## Non-Attendance Charges

### PLEASE NOTIFY US IF YOU CANNOT ATTEND

Our appointment times are very valuable. We ask that you please give us as much notice of a cancellation as possible (*1 Hour minimum*). As of **1<sup>st</sup> December 2018**, a charge of \$18.50 will apply if we do not receive notice of cancellation.

## Live an active life, and don't let diabetes stand in your way!

**If you or someone you know has been diagnosed with diabetes, they're not alone.**

You can prevent many problems associated with diabetes if you know about it early and take action to manage it.

Find out how healthy lifestyle, daily routine and technology can help. Ask our medical team.

## He Korowai Manaaki – Pregnancy Wraparound Care

**We are excited to be a part of this research project – and great news, if you are pregnant and enrolled with us you are able to take part!**



### So what does this mean for you?

Your usual care will continue with your midwife, but you will have access to extra funded appointments with your GP.

To help keep you and your whanau well, safe and warm whilst pregnant you'll get:

- + Extra free appointments with your GP
- + Help with transport
- + Help with connection to services, your midwife & GP
- + The option of free contraception after your baby is born

This research project aims to find out if this way of looking after pregnant women is beneficial for women and baby.

## Bowel Cancer Screening



**Between 2017 and 2020, a national bowel screening programme will become available to everyone aged 60 to 74 who is eligible for publicly funded healthcare in New Zealand.**

The national bowel screening programme started in the Hutt Valley and Wairarapa District Health Board (DHB) areas in July 2017, with the roll-out expected to be completed in 2020.

Roll out has now begun in Hawkes Bay and you will be contacted within two years.

### Why is bowel cancer screening important?

New Zealand has one of the highest rates of bowel cancer in the world. More than 3000 New Zealanders are diagnosed with bowel cancer each year and more than 1200 die from it.

Bowel Cancer occurs when normal cells on the inside of your bowel become abnormal and grow out of control. These cells can turn into a polyp (growth) and some polyps may grow into a cancer over time. There may be no warning signs of bowel cancer in the early stages.

Regular bowel screening of people who do not have any symptoms of bowel cancer provides an

opportunity to find bowel cancer early. This means it can be treated sooner and the long-term outcome is likely to be better.

***Bowel screening is for people who don't have any symptoms of bowel cancer. If you have any bowel symptoms that concern you, talk to your doctor straight away.***

### Why is bowel cancer screening only for 60 to 74-year-olds?

In the initial pilot, about 80% of cancers detected were in people aged 60 to 74 years. This means screening is being offered to those most likely to have bowel cancer or an advanced polyp detected by a follow-up colonoscopy.

As a colonoscopy is an invasive procedure that carries some risk, it is important to ensure that the benefits of screening outweigh any potential harm. Your doctor will help you decide if a colonoscopy should be carried out.

### What will happen when I have my bowel cancer screening?

When it is your turn to be screened, you will receive a letter inviting you to take part. You will also be sent a kit that allows you to collect a faecal (poo) sample at home. It includes a tube that you send by freepost with your poo sample inside.

The sample will be tested in a laboratory for the presence of tiny amounts of blood that you can't see when you look at it. If blood is found it may be an early warning sign that something is wrong with your bowel.

If there are any concerns with your sample, you will be notified and booked in to have a colonoscopy.