

Patient Newsletter - February 2019

Introducing our new GP's

A very warm welcome to our newest GP's

You may have noticed some new faces around our clinics.

Our Napier clinic welcomes Dr Maik Huneke, Dr Tammo Albers and our new registrar Dr Shomel Gauznabi.

Our Greenmeadows clinic welcomes Dr Amy Pearl.

Doctor Telephone Triage



Can't get a same day appointment with your doctor? Do you know you now have the option of having a phone triage done by a GP?

We have recently introduced phone triage appointments to our patients.

How does the phone triage work?

- ✚ You may be offered the option of a phone triage appointment if we can't physically get you in for an appointment
- ✚ The Doctor will 'triage' you, and may be able to resolve your issue over the phone, with a script, referral or advice.
- ✚ If the Doctor can't resolve your problem, they will offer you a same day urgent face to face consult; a future face to face consult; a further phone consult later in the day, depending on the outcome of your triage

There is no charge for the doctor to call you, however if they are able to resolve your problem there will be associated charges. E.g. Prescription charge, Referral charge, phone consultation or standard consultation charges if you come in for an appointment.

Welcome back to our EIT Staff & Students

With the EIT school term starting up again, our EIT Clinic will back into full swing from the 18th of February.

Our EIT Clinic offers GP services, counselling services and nursing services to EIT students and staff.

There are many benefits of enrolling with the clinic. See our friendly reception staff at the Health Centre reception situated in K Block of the EIT campus for details of how to enrol and how it will benefit you.

Manage My Health

Are you registered for Manage My Health?

We understand there has been some difficulty in being able to make appointments through MMH online portal due to availability.

We are currently in the process of allocating appointment times specifically for MMH users to be able to easily book through the Portal, we hope this will rectify some of the issues that some of you are facing.

How Healthy is your heart?





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What can you do to keep your heart healthy?

You have an important role to play in your health. You can manage your risk of a cardiovascular event by:

- ✦ Giving up Smoking
- ✦ Exercise - Moving More, Sitting Less
- ✦ Diet - Healthy Eating
- ✦ Managing high blood pressure
- ✦ Managing high cholesterol
- ✦ Managing diabetes
- ✦ Managing Stress
- ✦ Taking Medications
- ✦ Reaching a healthy weight
- ✦ Complementary therapies for heart health

Full details of taking control of your cardiovascular health can be found by visiting: www.heartfoundation.org.nz

Minutes matter - if you think you are having a heart attack, call 111 immediately

Heart Attack Warning Signs

Heart attack is a leading cause of death in New Zealand. Learn to recognise the warning signs and symptoms of a heart attack, so you know what to do if you see or experience them.

A heart attack may not be as dramatic as you think. If you're experiencing any of the following symptoms, you may be having a heart attack.

Are you experiencing...	In any of these areas?	You may also experience:
<ul style="list-style-type: none"> • heaviness • tightness • pressure • discomfort/pain 	<ul style="list-style-type: none"> • chest • shoulder • jaw • arm • neck • back 	<ul style="list-style-type: none"> • sweating • shortness of breath • nausea • fatigue • dizziness

If you think you are having a heart attack:

- ✦ Stop and rest now
 - Tell someone how you feel
 - If your symptoms are severe or they appear to be getting worse take action now

- Or if you take angina medication and the symptoms have not been relieved within 10 minutes then take action now.

✦ [Dial 111](#) immediately & ask for an ambulance

Talk to your nurse or GP, to see if you would benefit from a cardiovascular risk assessment

What is a CVD risk assessment?

A heart and diabetes check works out your risk of having a heart attack or stroke in the next 5 years. It also tells you if you have diabetes or pre-diabetes (where your blood sugar levels are higher than normal but not high enough to be called diabetes).

The check will let you know what your risk is and give you the chance to talk to your doctor or nurse about ways to improve your health and lead a healthier life.

We can help you manage your risk factors of having a cardiovascular event (such as heart attack or stroke) in the near future.

When should I have a heart and diabetes check?

- People without known risk factors: MEN from 45 years, WOMEN from 55 years
- Māori, Pacific or South-Asian people: MEN from 30 years, WOMEN from 40 years
- People with other known risk factors or at high risk of developing diabetes: MEN from 35 years, WOMEN from 45 years
- People with diabetes: Yearly from time of diagnosis
- People with severe mental illness: Yearly from the age of 25 years

Resource: www.heartfoundation.org.nz

