

Happy New Year



Have you made a resolution this year to improve your health?

Do you need some help setting health goals?

Whether it be losing weight, giving up smoking, managing your long-term condition more effectively or simply improving how you feel, we are here to help.

We have a range of services and healthcare professionals available to help you get on track.

Call us or pop in to see us to start your journey today.

2020 #YEAROFCARE

Westshore Hours

ATTENTION WESTSHORE PATIENTS

Please note there has been a change in clinic hours. The Westshore clinic hours remain the same however we will now be closed over the lunch period between 12:30pm – 1:30pm. Any phone calls during this time will be diverted to our Napier & Greenmeadows clinics.

If you need urgent medical assistance during this time please dial 111. The Doctors Napier, 30 Munroe Street, is available for after-hours and urgent care services 7 days a week. 8:00am-8:00pm weekdays & 8:00am-6:00pm weekends/public holidays.

New Year, New Faces

We are very excited and pleased to introduce to you our two new GP's.

Dr Owen Kelly, who has recently relocated to Hawke's Bay with his family and Dr Marta Piszal who has also relocated to Hawkes Bay with her family.

Dr Shomel Gauznabi has sadly now finished his time with us as a registrar and has moved on to Auckland. However, we are pleased to introduce our new registrar, Dr Ella Toynton. She will be working with Dr Mark Sweetapple.

Would free medicines improve your health?



Do you take medicines for diabetes, or quetiapine, risperidone or similar?

If you answered yes could be eligible to take part in a study conducted by Otago University to see if free medication could improve your health.

If you're interested you can sign up over the phone by calling: **0800 531 400**, or follow their Facebook page for more information:



FREE MEDS STUDY

Online Portal (ManageMyHealth)



BOOK AN APPOINTMENT
registered patients only



REQUEST REPEAT PRESCRIPTION
registered patients only

There is now a new way to request repeat prescriptions on the Website

There is now a new button to "Request Repeat Prescriptions" on our website that links directly to that section on our patient portal.

We hope this will provide ease of use for our patients.

Not registered to Manage my Health? Simply come into the clinic with identification to get registered.

Want to Quit Smoking in 2020?

Talk to one of our team to help you



There are many benefits to giving up smoking.

Every hour, day, week, month and year you go without smoking, your health will improve. You will feel immediate benefits when you quit, as your body starts to repair itself. Quitting at age is beneficial and not only increases life expectancy, it also improves quality of life.

Friends and family

Is someone close to you quitting smoking? Your support and encouragement can be very important as they try to quit - and to help them stay quit. Here are some tips on how you can help:

- ✦ Don't argue with or nag them about their smoking - but support them when they choose to quit.
- ✦ Let them know where they can find help and support to quit.
- ✦ Suggest going to places where people don't smoke.
- ✦ Go walking or exercising with them.
- ✦ Be there for them! Sometimes, a person who is trying not to smoke just needs someone to talk to.
- ✦ Show them how you deal with stress and boredom without smoking.
- ✦ Remind them they will enjoy socialising, eating and exercising much more than before.
- ✦ Focus on all the good things about quitting, and their own reasons for quitting.
- ✦ Most smokers try several times before they quit permanently - but every quit attempt will make it easier for them to stop smoking next time around.
- ✦ Give support and encouragement, even when they have a slip-up. A slip-up is not a relapse - it's just a slip-up.

The Cost of Tobacco



For help to quit smoking talk to your local health provider or visit quit.org.nz or smokefree.org.nz

Health Promotion Agency
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Image courtesy of the Health Promotion Agency.

www.quit.org.nz for more info