

## Phone System

This month we have our new phone system being installed.

This change will bring about better access to our clinics and improved communication channels for our patients resulting in reduced wait times on the phone.

Please bear with us as our phones are being converted from our current system to our new system and as we learn how to use our new phone system.

## Managing your Test Results

**From time to time your Doctor or nurse may request you to have testing done**

Test results may take 1-2 working days to return to your GP. Some specialised tests can take up to 3 weeks to become available.

Once we receive your results and they have been reviewed by your GP:

- ✦ **If there is a medical or clinical concern about your results** you will be notified. Please be aware that the Doctor will direct the time frame in which you need to be seen. If you need to be seen urgently then we will find you an appointment to meet the time frame. If the result is **Non-Urgent** please note that at times you may have to wait 2-3 weeks for an appointment.
- ✦ You may phone our nurses to discuss your results. Please note that they may not be able to discuss all results with you and may require your doctor to discuss these with you.
- ✦ You may receive your results via Manage My Health (if you are registered and activated) Please see reception if you wish to sign up to our patient portal
- ✦ Very occasionally we may be unable to contact you regarding results. If you have not heard

from us within 3 weeks please contact your nearest clinic.

## Dr Huneke is away due to injury

Unfortunately, our lovely Dr Maik Huneke has been badly injured and will be off work for up to six weeks.

Our other GPs will be sharing his work load and looking after his patients while he is away recovering. We wish him all the best for a speedy recovery and ask for your understanding while we are unexpectedly one doctor down.

## Men's Health Month

**It's a great time to think about your health and how important it is.**

**Start talking with your mates, families, doctors, nurses about your health.**

**Many men's health problems are preventable - get regularly checked if you're a male aged 50+ years, or 40+ if your brother or father has prostate cancer.**



## Prostate cancer awareness

**Prostate cancer is the most common cancer in men in New Zealand, with around 600 people dying from the disease each year.**

**It usually develops slowly, so there may be no signs for many years but finding prostate cancer early can save lives and not all prostate cancer needs to be treated.**

Many men have problems with their prostate as they get older and usually it is caused by an enlarged prostate that is not linked with cancer.

Often, the first sign of trouble is with passing urine and men may notice they need to pee more frequently.

There may also be a sensation of straining to pee and a feeling that the bladder hasn't completely emptied.

These symptoms should not be ignored, but they do not necessarily indicate prostate cancer.

If you have experienced any of the symptoms above, it is important to book an appointment with your doctor.

Men are encouraged to routinely talk to their doctor, nurse or health professional about prostate cancer from the age of 50, or from the age of 40 if a brother or father has prostate cancer.

There are many different treatments and men need information about their choices so they can make decisions that are best for them.

Some early forms of prostate cancer do not need any treatment and can be just carefully monitored, others will need surgery, chemotherapy, radiotherapy or hormone therapy.

Prostate Cancer Foundation NZ provides nationwide support groups to assist those affected by prostate cancer.

If you have any questions, please contact 0800 4 PROSTATE (0800 477 678) or your medical centre directly.

## Bowel Cancer – follow your gut instinct and get checked

**It's important to get regularly checked if you have**

- ✚ A change in toilet habits over several weeks
- ✚ Looser bowel motions or constipation
- ✚ Bleed from the bottom
- ✚ Persistent lower tummy pain, bloating or discomfort
- ✚ Loss of weight for no reason

The National Bowel Screening Programme (NBSP) is currently being rolled out across NZ offering a free a free bowel screening test to men and women aged 60 to 74.

When it's your turn to take part you'll be sent:

- ✚ An invitation letter
- ✚ A consent form
- ✚ A free bowel screening test kit

The NBSP is for people who don't have symptoms of bowel cancer. **If you have any bowel symptoms that concern you, discuss these with your doctor. Don't wait to receive your free bowel screening test**

