



Gender Diverse Services

The Doctors Silverstream offer a comprehensive range of health services for Gender Diverse patients.

Our practice wants to provide a safe and inclusive environment. Please let us know if we need to update your preferred names, gender or pronouns.

Gender diverse is used here as an umbrella term that is inclusive of (and not limited to) culturally specific terms, transgender is also often used as an umbrella term.

Services we can offer:

- Family/Whanau support
- Funded Health Improvement Practitioner
- Support around social transition
- Sexual Health - consultations with GP or Nursing staff
- Mental Health support
- Funded Health Coach
- Specialist Referrals

We can also give you advice on:

- Alcohol Consumption
- Smoking Cessation
- Weight loss
- Heart health
- Diabetes
- Routine preventative cancer screening
- Specific needs related to gender affirming healthcare

Heart Health

Heart disease is one of the leading causes of death in New Zealand. The most common form of heart disease is ischaemic heart disease (also known as coronary artery disease). This is a condition in which plaque builds up in the coronary arteries, narrowing and hardening the arteries and limiting blood supply and oxygen to the heart. Decreased blood flow can lead to angina (intermittent chest pain), or a heart attack, when complete lack of blood flow results in permanent heart damage.

How to reduce your risk of heart disease:

- Aim for a [healthy weight](#)
- Be [physically active](#) everyday
- [Stop smoking](#)
- Choose nutrient rich foods
- Reduce stress
- Limit alcohol
- Manage high blood pressure and high cholesterol
- Manage diabetes

More information

For more information on heart disease and heart attacks in New Zealand, including how to reduce your risk, visit the Heart Foundation [here](#).

Bowel Screening

A National Bowel Screening programme is available to everyone eligible for publicly funded healthcare in New Zealand aged 60-74 years of age. The regular screening of people in this age bracket who do not have any symptoms means Bowel Cancer can be picked up and treated early. When it is time for you to be screened you will receive a letter inviting you to take part, along with a kit and instructions of how to carry out the sample. This sample will then be tested at the Laboratory.

Bowel cancer usually starts as non-cancerous polyps that grow on the wall of the bowel. Over time these polyps can become cancerous.

The main symptoms of bowel cancer are:

- Blood in your bowel motions
- A change in bowel habit, in particular more frequent looser bowel motions
- Abdominal or anal pain.
- Unexplained weight loss

If you have any symptoms, you are concerned about please call and book an appointment to see your GP.

For more information click [here](#).

External Resources

[Gender Minorities Aotearoa](#)

[Te Whatu Ora Health care services](#)

[Rainbow Youth](#)

[Tapatoru](#)

[Takatapui NZ](#)

[Intersex Aotearoa](#)