



NEWSLETTER MAY 2024

Kia ora,
We don't know about you but we sure have felt a drop in the temperature lately! We hope you're all keeping warm and dry.

We would like to remind our patients that the Flu Vaccination is available at the Centre. The vaccine is the best defence from the flu this winter.

Please call reception to book on 04 527 7376.

Kind Regards,
The Doctors Silverstream

FAREWELL

The Centre would like to say a big goodbye and good luck to our lovely Health Coach Hannah Stotter, who is moving back to South Africa. Hannah, played a big role here, we will miss her bright smile and can-do attitude.



Nurse Raiza has also gone on Maternity leave. We cannot wait to meet her little bundle of joy once he arrives!



"Life isn't about waiting for the storm to pass... It's about learning to dance in the rain." – Vivian Greene

Welcome Dr Laure Bosschaert

At the end of May, we welcome Dr Laure Bosschaert to the Centre. We are extremely excited to have another skilled General Practitioner joining the team.

Dr Bosschaert is moving from Belgium and has a passion for the outdoors with interests in running, swimming and skiing making New Zealand the perfect place for her. Dr Bosschaert is also multi-lingual!

Once she has finished her orientation she will be taking on some of Dr Elya's registered patients.



"Life is change. Growth is optional. Choose wisely." - Unknown



Mother's Day 2024

Mother's Day will be held on the 12th of May this year. Mother's Day is an annual celebration to acknowledge and honour the influence mothers or our motherly figures have on individuals and society.



"A Mother is the one who fills your heart in the first place." – Amy Tan

PINK SHIRT DAY 2023

Pink Shirt Day will be celebrated on Friday the 17th of May this year.

Join the Team at Silverstream in wearing Pink to promote and celebrate diversity in the community and spread awareness to stop bullying!

For more information go to:
<https://pinkshirtday.org.nz/>



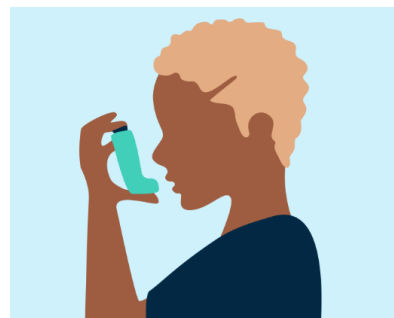
World Asthma Day

World Asthma day is on the 7th of May this year. This year's theme being "Asthma Education Empowers"

Asthma is one of the most common chronic conditions which is responsible for over 450,000 deaths world wide each year. Most of these deaths with the correct education and management programme could have been preventable. Asthma is lung disease caused by inflammation and muscles tightening around the airways effecting your ability to breathe. Symptoms include shortness of breath, chest tightness, wheezing and coughing.

If you are worried that you may have asthma call the centre to book in with a clinician to discuss this.

If you have asthma and have queries about management please talk to one of our friendly nurses.



"Awareness is the greatest agent for change." – Eckhart Tolle



OTHER MONTH EVENTS

- 1st May – World Smoke free May
- 4th May – May the Fourth be with you
- 5th May – International Day of the Midwife – World Hand Hygiene Day
- 7th May – World Asthma Day
- 8th May – World Red Cross Day
- 12th May – Mother's Day - International Nurses Day
- 15th May – Youth Week – International Day of Families
- 15th May – Hospice Awareness Week
- 17th May – Pink Shirt Day
- 19th May – World IBD Day
- 20th May – Road Safety Week
- 22nd May – International Day for Biological Diversity
- 30th May – World Multiple Sclerosis Day
- 31st May – World Smoke Free Day

Should I see my Clinician for my common cough or cold?

Unless you have a chronic health condition that puts you at risk of complications, the short answer is no, you don't need to see the doctor for your common cough or cold.

There are over 200 different viruses that can cause colds. These viruses spread through the air when someone with a cold sneezes or coughs. Viruses CANNOT be treated by antibiotics, so they won't relieve your symptoms or speed up your recovery. Antibiotics are only effective against bacterial infections and colds are caused by viruses.

Cold symptoms come on gradually and can include blocked or runny nose, sore throat, headaches, muscle aches, cough, sneezing, a raised temperature, pressure in your ears and face, loss of taste and smell. The symptoms are the same in adults and children. Sometimes, symptoms last longer in children. There are things you can do to treat your cold at home. These include rest and sleep, keeping warm, drinking plenty of water to avoid dehydration, gargle salt water to soothe a sore throat, speak to your pharmacist about over the counter medicine such as decongestants and painkillers.

You should speak to your clinician if your symptoms don't improve after three weeks, your symptoms get suddenly worse, you have persistent rigors (severe chill, shivering not settling with paracetamol), or you feel hot and shivery, you're finding it hard to breathe or develop chest pain, you have a long-term medical condition – for example, diabetes, or heart, lung, kidney or neurological disease or you have a weakened immune system – for example, because you're having chemotherapy.

If you feel like you need to speak to your clinician, please phone you will be triaged over the phone in some cases, issues may be resolved over the phone which offers convenience. This minimises the need for people who are potentially contagious coming into the practice.

Contact us

Phone: [04 527 7376](tel:045277376)

Email: administration@ss.thedoctors.co.nz

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 **the doctors**

