

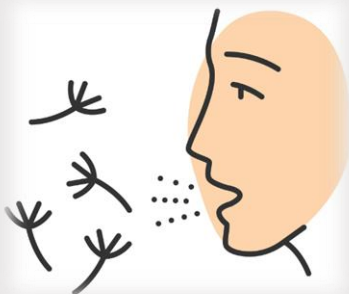


## ALLERGIES

An allergy is when your body overreacts to a substance causing a reaction.

There are many causes to allergies but during this time of year (Spring) the pollen season starts which can trigger hay fever, asthma flare ups and cause various other symptoms which range from mild to severe.

While the best defence to allergies is avoiding them pollen is airborne which makes it difficult. Different symptoms require different management steps and treatments. Book in to see your Clinician to discuss your treatment options or if you think you may be affected by an allergy.



## NEWSLETTER OCTOBER 2024

Kia Ora,

We hope this newsletter finds you all well and Daylight Savings hasn't affected you too much. Many of us find it difficult to adjust with the changing of the clocks but usually after a few days of a 'jetlag' type feeling we adapt and enjoy the extra hour of light in the evenings.

Just a reminder the Centre will be closed on Labour Day (28<sup>th</sup> October) If you're needing medical assistance on this day please visit/contact Practice Plus, Lower Hutt After Hours, Hutt Hospital ED or in a Medical Emergency dial 111.

Kind Regards,  
The Doctors Silverstream

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***"The beauty of daylight- saving time is that it just makes everyone feel sunnier." – Ed Markey***

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### WELCOME!

The Centre would like to welcome 4 new staff members to The Silverstream Team!

Dr Claire Mercer – Claire has joined us from the UK. Claire is very active enjoys the outdoors and a variety of sports and activities. Claire is currently completing her onboarding process, learning the New Zealand system and is already seeing patients at the Centre.

Conor Hyland – Conor is joining the team as our Second in Charge/Medical Centre Manager working across our 3 sites Silverstream, High Street Health Hub and Muritai. Conor has joined us from Te Whatu Ora where he managed Outpatient Receptions and Community Health teams across Wellington, Kenepuru and Kapiti.

Kim and Eldora – Kim and Eldora have joined the centre as casual receptionists across the 3 sites. They have both worked in busy General Practices.

We're very happy to be adding more knowledge and experience to our team to be able to provide care and support to our patients.





## 15<sup>TH</sup> OCTOBER – WORLD HAND WASHING DAY



## NEWSLETTER FEEDBACK

What would you like to see featured in our newsletters?

Do you find them useful/informative?

Is the regularity of the monthly newsletters helpful or would you prefer a quarterly newsletter?

Please send your feedback to [administration@ss.thedoctors.co.nz](mailto:administration@ss.thedoctors.co.nz)

## The Doctors App Prize Draw Winner

Congratulations to our lovely patient Penny who was the lucky winner of a Samsung Galaxy A22 mobile phone! The competition ran from 20<sup>th</sup> May 2024 and closed on the 20<sup>th</sup> of August 2024. Every patient that signed up to the app between this period was automatically entered into the draw to win the phone.



Winner: Penny with General Manager Sharon Clark

## World Stroke Day 2024

The 29<sup>th</sup> of October is World Stroke Day 2024.

Each year 12 million people suffer from a stroke worldwide which is equivalent to 1 in every 4 people. 6.5 million of these people die as a result. A stroke happens when a blockage such as a clot blocks the blood flow to the brain or when a burst blood vessel bleeds into the brain.

World Stroke Day aims to raise awareness, advise prevention tools, educate on symptoms/treatment and life after a stroke.

This year the organisations campaign is based on stroke prevention to be #GreaterThan stroke. Their aim is to motivate us to take action in the way of sport to reduce our stroke risk. Up to 90% of strokes are preventable.

How to reduce your risk:

- Get your blood pressure checked regularly by a clinician at least once a year and follow treatment as advised by a Clinician
- Be smokefree and vape free
- Eat less salt and less processed food
- Eat healthy foods. Mostly whole foods such as vegetables/fruits and enjoy home-cooked meals
- Move more. Be active for at least 30 minutes on most days of the week
- Lose weight and/or maintain a healthy weight
- Keep your alcohol intake low
- Get your cholesterol levels checked and follow any treatment advised by your Clinician
- If you have diabetes, manage your condition well as advised by A Clinician

For more information head to: <https://www.world-stroke.org/news-and-blog/news/world-stroke-day-2024>

