



OUR NEWSLETTER IS UPGRADING!

We have some exciting news! Our newsletter will now be sent out to our patients via email as well as posted on our website and printed for our waiting room.

The newsletter will have an updated look and feel with all the useful informative information.

Due to this change the newsletters will now be bi-monthly instead of monthly.

This will commence the 16th of December.

We will keep you informed via our website of any important updates between newsletters.



NEWSLETTER MONTH YEAR

Kia Ora!

How crazy is it to think there are only 7 and a half weeks until Christmas! We all know how quickly the time is flying by so it would be a great time for you to check when your scripts are due to be ordered especially if you're planning on going away. Scripts have a turnaround timeframe of 36 working hours and have a \$30.00 fee \$19.50 for CSC holders.

The Centre will have an earlier closing time of 5pm from the 16th of December 2024 through until 17th January 2025 when our standard hours will kick back in.

The Centre will also be closing early on Christmas Eve Tuesday 24th December at 2pm.

We are closed on the Statutory holidays.

Kind Regards,
The Doctors Silverstream.

"The bad news is time flies. The good news is you're the pilot." – Michael Altshuler

Fees for missed appointments

Please advise us if you can't make your appointment. We know, life happens, and we understand that circumstances change on the day meaning sometimes people can't make a scheduled appointment. Please phone 04 527 7376 to let us know at least 2 hours before the booked appointment so that we can offer it to another patient. When you phone, we can help you reschedule because it's important to follow up on any medical concerns or queries that you may have, particularly if you feel that your condition is urgent.

If you are not able to let us know in advance a non-attendance fee will incur this includes both Nurse and Doctor appointments. We appreciate your help with ensuring patients requiring an appointment are seen and appointment spaces are not going to waste.

For more information on missed appointment fees please visit our website on: <https://thedoctors.co.nz/the-doctors-silverstream#7079666-other-charges>





Grow a Mo for Movember!

What is Movember? Movember is a movement to raise awareness and unite men globally to address the Men's health crisis. Men die 4.5 years earlier than women of causes that could be prevented. Growing a Mo is a symbol to represent healthier men and a healthier world! It can be a conversation starter and sometimes that's all it will take to make a difference. For more information head to <https://nz.movember.com/>

Our team is taking part here are their before shots 😊

FOLLOW UP APPOINTMENTS

We would like to inform you that all consultations with our doctors are billed at the standard consultation rate, regardless of whether it is an initial visit or a follow-up. A follow up appointment still involves the same amount of time as the initial consult whether that time is during your appointment or when checking results, sending referrals and documenting. We understand that medical expenses can be a concern, and if that's an issue please let us know and we can work with you to come up with other solutions. Our priority is to ensure that every consultation receives the same level of professional attention and expertise. Thank you for your understanding and continued trust in our practice.

COVID RAT TESTS

From the 1st of October the funding for General Practice to receive RATs free of charge was stopped. Due to this if you or a family member requires a test you will be advised to self-purchase from a pharmacy.

Dr Farqad Yuseif



Dr Michael Castillo



Conor Hyland



MOVEMBER STYLE GUIDE



"Keep Calm and Grow On."



OTHER MONTH EVENTS

-1st – 30th November –
'Movember' Men's Health Month
– Diabetes Action Month

-3rd November – Diwali Festival of
Lights

-12th November – World
Pneumonia Day

-13th November – World Kindness
Day

-14th November – World Diabetes
Day

-16th November – International
Day for Tolerance

-20th November – World
Children's Day

-25th November – White Ribbon
Day – International Day for
Elimination of Violence Against
Women

-26th November – World
Sustainable Transport Day



FOOD SWAPPING!

Making good food choices (small or big) can make a significant impact on your health & wellbeing. Sometimes we need to be realistic with what we buy and feed our families -taking into account affordability, family needs and busy schedules.

Food swapping will be your next best tip to help stick to your health goals. While there are many ideas for swaps, here are some examples:

1. Fizzy drinks for water - try to aim for a few days where you can drink water instead of a fizzy drink. Plain water is the best option, but you can also have tea, water +flavour drops (sugar free) or water with cucumber slices/lemon/mint
2. Fruit juice for a physical fruit - even though fruit juice may seem healthy, it is still high in sugars, and you miss out on the dietary fibre!
3. Flavoured yoghurt for plain/Greek yoghurt - flavoured yoghurt has hidden sugars due to the added flavours! Keep an eye out!
4. White bread for whole meal bread - whole meal contains whole grains and will have more fibre!
5. Potato chips, biscuits for vegetable sticks with hummus. Greek yoghurt with fruit, whole grain crackers with light cheese or avocado and tomato - Homemade popcorn (minimum butter) is even better!
6. Dried fruit for fresh fruit - dried fruit will have higher calories & sugars than fresh fruit! Fresh fruit will keep you full for longer due to its water content!

For more ideas on food swaps:

<https://www.healthdirect.gov.au/healthy-food-swaps>

<https://healthify.nz/hauora-wellbeing/h/healthy-eating-swaps-for-better-health/>

Try one or more of the food swaps for this month and notice the difference!

-Written by Zina Foon (Health Coach)



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 **the doctors**

