



HIGH STREET HEALTH HUB UPDATE

The Doctors Silverstream have been working with and supporting High Street Health Hub. We have had some of their staff working onsite at Silverstream and we're excited to announce their team has been deployed back to the High Street Health Hub site.

Their patients should now attend their usual clinic on site at 577 High Street, Boulcott, Lower Hutt 5010. Phone number 04 555 4450



NEWSLETTER SEPTEMBER 2024

With the first of September comes the first day of Spring! The weather is still temperamental but we're getting closer to the warmer months. You will notice flowers are blossoming and the days are getting lighter and longer. A reminder that Daylight savings kicks in Sunday 29th September so you will need to put your clocks forward 1 hour.

Kind Regards,
The Doctors Silverstream.

"If you watch how nature deals with adversity, continually renewing itself, you can't help but learn." – Bernie Siegel MD

Farewell Dr Cheryl Archer

You should all be aware by our previous newsletters and email correspondence that Dr Archer is no longer working at The Doctors Silverstream.

Cheryl has been working as a GP at Silverstream since 2005. She has enjoyed being part of the community, sharing stories with her patients and has felt privileged to have been a part of her patients' healthcare.

We thank Cheryl for the contribution she has made to our practice and wish her well with her future.

We have a new GP joining the practice in September and many of Cheryl's patients will be allocated to her, in no particular order.

The remaining patients will be distributed between the other GPs within the practice as spaces become available.

We understand this can be a frustrating process and can cause concern. Due to the nation-wide shortage of GPs this is the most effective way to distribute the patient load within the practice in a safe manner. Your results will still be monitored by one of our GPs in the interim.

Rest assured your health needs are our priority, so we thank you for your understanding.

ALL THE
best



14TH - 21ST SEPTEMBER – TE WIKI O TE REO MĀORI (MĀORI LANGUAGE WEEK) LEARN SOME BASICS

Aotearoa - New Zealand, long white cloud
Aroha - love
awa - river
hapu - clan, sub-tribe; to be born
hīkoi - walk
hui - gathering, meeting
iwi - tribe
kai - food
karakia - prayer
kaumatua - elder
kōhanga reo - language nest, Maori immersion pre-school (0 to 4 years)
mahi - work or activity
mana - prestige, reputation
maunga - mountain
moana - sea
motu - island
puku - belly, stomach
rangatira - person of chiefly rank, boss
tama - son, young man, youth
tamāhine - daughter
tamariki - children
tāne - man, husband, men, husbands
tangi - funeral
taonga - treasured possessions or cultural items, anything precious
tapu - sacred, not to be touched, to be avoided because sacred, taboo
tipuna/ tupuna - ancestor
wahine - woman, wife
wai - water
waiata - song or chant
whakapapa - genealogy, to recite genealogy
whānau - family
whenua land, homeland



Cervical Screening Awareness Month

September is Cervical Screening awareness month. Cervical Screening is the best protection against cervical cancer and regular screening means anything abnormal is picked up early. Last year there were changes to the Cervical Screening programme.

This is available for 25-69-year-old, patients with a cervix who are due for a cervical smear. For most people it will involve a swab test that can be done by yourself or a clinician and will be sent to the lab to check for a virus called Human Papilloma Virus (HPV). If this is negative for HPV you will be recalled in 5 years' time. If it is positive for HPV your clinician will advise the next steps. This could involve having a cytology test (smear test). It may require a referral to colposcopy.

The research shows that 85% of cervical cancers occur in unscreened or infrequently screened patients. In order to support an increased uptake for our patients there will be funding for Community Services Card holders, Pacific and Māori patients, unscreened over 30-year-old, patients not screened for over 5 years or anyone requiring follow up.

For more information <https://info.health.nz/keeping-healthy/cancer-screening/cervical-screening>



Blue September Prostate Awareness Month

September is Prostate awareness month; everyday 10 people are advised they have prostate cancer which is more than 4,000 kiwis this year and over 700 die. It's recommended that patients with a prostate aged 50 and over discuss prostate testing with their doctor. If the patient has a father &/or brother that has a history of prostate cancer, discussions with the GP can be from aged 40. This tool can help you decide when to start discussions about the test.

<https://kupe.net.nz/about-prostate-cancer>

Regular 2 yearly testing is the best defense against the cancer to catch any changes early.

Blue September is a campaign that raises money for awareness, funding research, advocating for healthcare and providing support for patients and families with prostate or effected by prostate cancer.

For more information head to: <https://prostate.ora.nz/>





OTHER MONTH EVENTS

-1st – 30th September – Breathe Better September – Cervical Screening Awareness month – Blue September Prostate Awareness Month – World Alzheimer's Month - Fetal Alcohol Spectrum Disorder (FASD) Awareness Month – Sepsis Awareness Month – Gynecological Cancer Awareness Month.

-1st September – Random Acts of Kindness Day.

-4th September – World Sexual Health Day

-7th September – International Day of Clean Air for Blue Skies.

-8th September – International Literacy Day – World Physiotherapy Day.

-9th September - FASD International Awareness Day.

-10th September – World Suicide Prevention Day.

-13th September – Sepsis Awareness Day.

-14th – 21st September – Te Wiki o Te Reo Māori (Māori Language week).

-19th September – Suffrage Day.

-21st September – World Alzheimer's Day – International Day of Peace.

-23rd – 29th September – Mental Health Awareness Week.

-26th September – World Contraception Day.

Health Tip of the Month - HIT 10,000 STEPS A DAY!

Walking is one of the most underrated, low impact exercises people can do to meet their physical activity goals. Hitting 10 thousand steps a day has proven to be very beneficial. Studies indicate meeting this target daily improves heart health, mental health and diabetes. Doing more than 10 thousand steps can also help with weight management.

How can I get my steps? By walking everywhere and anywhere!

You don't always need a Fitbit or Smart Watch to count, just think of the ideas below!

- A walk around the block – 1-3 thousand steps, twice a day that's 6 thousand steps!
- Walking your pets can get you 3 thousand steps!
- Parking far from the entrance of the supermarket & walking through each aisle, that's 3-4 thousand steps!
- Walking around the Mall, Kmart, Warehouse, Bunnings or Mitre10 (window shopping), can get you 4-5 thousand steps!
- 30 minutes on a treadmill - 5-6 thousand steps!
- Aim for a maximum of 2 hours of sitting - get up to go to the loo or walk around the block to stretch and improve circulation.

For more information head to:

<https://www.hri.org.nz/health/your-health/lifestyle/do-we-really-need-to-walk-10-000-steps-a-day#:~:text=Research%20has%20since%20investigated%20the,stuck%20with%20this%20arbitrary%20number>

-Written by our Health Coach Zina Foon.



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 **the doctors**

