

HOON HAY

MEDICAL CENTRE

Ph 03 338 8179

124 Sparks Road

Hoon Hay

www.hoonhaymc.co.nz



Patient Newsletter

Spring 2017



Repeat Prescriptions - online

A great, hassle-free way to order your prescription is available on our website (*Conditions apply – please follow the prompts*)

www.hoonhaymc.co.nz

Repeat prescriptions for regular medications will be agreed by your doctor at your consultation. Prescription repeats are limited, as your doctor is required to provide a regular review of your health and the effects of your ongoing medications.

If you prefer to telephone us, your repeat prescription request will be taken by our practice nurse and given to your GP. Please remember to allow 24 hours for your prescriptions

Our online appointment bookings are increasing!

Thank you to our patients who have embraced this convenient way to book a GP appointment, through our website

Payment terms

Thankyou for providing your payment on the day of your appointment. Our discounted consultation fees are for **payment on the day of your visit**. All first appointments for newly enrolling patients require over the counter payment, prior to seeing the doctor.

Dr Peter Morrison

Peter continues to cover the holiday absences of our regular GP team. From October, Peter will have his own regular sessions, and is available each week on Tuesday and Friday afternoons.

Dr Sarah Barnes

Sarah joins our team of doctors in October.

Sarah will provide appointments on Monday and Tuesday and Thursday mornings and Thursday afternoon

Patient Choice

At Hoon Hay Medical Centre we are able to provide our patients with a choice of doctors. It is helpful if you become familiar with a couple of our doctors. That way, when your usual doctor is not available, you still have the choice of consulting with a doctor who is familiar to you.

National Enrolment Service (NES)

During the spring and summer months, our reception team are working within a National programme of updating patient details (name, address, date of birth) This will ensure that the information held on your medical record is accurate and consistent with other health agencies. Thank you for providing your updated details, on request.

Spring is in the air!.....



The plants most likely to cause hay fever symptoms are those that are wind pollinated. These plants produce high numbers of light and buoyant pollen grains which are easily distributed through the air. Pretty, brightly-coloured flowering plants and trees are unlikely to cause symptoms of hay fever. These plants attract bees and other insects to transfer their pollens from flower to flower, and produce far fewer pollen grains that don't generally become airborne. This is fortunate for those who like flowering plants!

Do you think you may be suffering from pollen allergies?

Typical hay fever symptoms include itchy and runny nose, sneezing, itchy and watery eyes, tickly and scratchy throat - all of which are generally worse when you go outside!

Asthma can also be triggered by pollen allergy.

Occasionally, especially on dry, windy days, rashes and swelling of the face can occur. Some highly sensitive people will have these symptoms within minutes of going out the door in the morning. Pollen counts can vary during the course of one day.

DO

- Keep windows closed at night; use air conditioning, which cleans, cools, and dries the air.
- Minimise early morning activity when pollen is most usually emitted (between 5.00 a.m. and 10.00 a.m.).
- Keep your car windows closed when you travel by car. Use your car air-conditioning on 're-circulated air' rather than bringing in air from outside.
- Stay indoors when the pollen count or humidity is high and on windy days when dust and pollen are whipped about.
- Wear glasses outdoors to protect your eyes.
- Have your lawns mowed frequently to avoid flowering. Wear a mask if it is absolutely necessary for you to do the mowing.
- Select garden plants which are low pollen producers (usually native species).
- Have fallen leaves and garden debris removed.
- Take the medications prescribed by your doctor or advised through your Pharmacist

DON'T

- Mow lawns or be around freshly cut grass; mowing stirs up pollens and moulds.
- Hang sheets or clothing outside to dry, as pollens and moulds may collect in these items.

Unable to keep your appointment?

Please phone us and let us know if you are unable to keep your appointment. That way, we can give the appointment to another patient, needing to be seen. Appointments booked on line may be cancelled on line, within one hour of your appointment time. Thank you