

What's up, Doc?

Doctors on Riccarton Newsletter

17 years of caring for the community and keeping you informed with our latest Practice's happenings.



ManageMyHealth – the new online service

ManageMyHealth is a new online service that gives you the freedom to manage your health needs anytime, anywhere. It is useful when travelling or when you cannot easily contact us.



ManageMyHealth Services:

- View medical conditions, lab results, immunisation records, allergies, and prescriptions.
- Share health information as required with other healthcare providers.
- Book appointments with your doctor.
- Request repeat prescriptions.
- View lab results.
- Communicate with us for non-urgent matters.
- Receive recall and appointment reminders – managed in a health calendar.
- It also provides you with online tools to improve your health and track your progress online.
- It is now available at Doctors on Riccarton – please enquire if you are interested in registering for this service. This is free for community services cardholders and children under 18 years of age, and \$20 for non community services cardholders.

ManageMyHealth Benefits

Convenience – services are available online at your own convenience, e.g making appointments, viewing your lab results, ordering repeat prescriptions and using secure messaging.

Access and control of your health information within your secure Personal Health Account.

Improved health outcomes through sharing your health information with healthcare providers.

Stay on track of your health with health related reminders e.g recalls.

Timely and relevant health content that relates to your condition and concerns. i.e medical research, newsletters, open forums, health categories.

Empowerment – that you have an active role in the decisions relating to your health and wellbeing.

*Sourced from ManageMyHealth

Practice Profile

Dr Colin Chin

MBChB, FRNZCGP, Dip Obst,
Dip Child Health, Dip Sport Med,
Dip Musc. Med

Dr Adrienne Chin

MBChB, FRNZCGP, Dip Obst

Dr Kent Johnston

MBChB, FRNZCGP

Dr Lee-Chen Gan

MBChB, FRNZCGP

Dr Caroline Christie

MBChB, Dip Paeds, FRNZCGP

Dr Eric Dy

MBBCh, BAO

Dr Emily Dy

DO, BSc

Nurses

Irene, Celia, Tania, Sharon,
Vivian, Lynne, Carolyn, Andrea,
Sarah, Kelley, Cristy

Radiographers

August Malcolm
Samantha Yeoh

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RICcarton
PH: 348 8989

www.doctorsonriccarton.co.nz

HOURS

Monday to Friday	8am to 6pm
Saturday	9am to 5pm
Sunday	Closed

AFTER HOURS

24 Hours Surgery
Cnr Colombo St & Bealey Ave
Open 24 hours – Ph 365 7777

"We know what we are, but know not what we may be."
- William Shakespeare

Smoking status



We are required by the Ministry of Health to regularly update each patient's current smoking status; please inform the nurse or doctor if your smoking status has changed. Smoking cessation is offered to patients to provide the help required to quit smoking. Visit www.quit.org.nz for more information.

Gout – what is it?

Gout is a type of arthritis, which causes sudden attacks of pain in some joints.

Gout can affect any joint causing it to become painful and swollen. The skin over the joint can become red and shiny. The first gout attack most commonly affects the big toe, but can affect other parts of the foot.

If a gout attack is not treated, it can last up to 7-10 days.

Why does gout happen?

When there is too much uric acid in your blood, this can cause gout to occur.

Your body normally makes uric acid when you eat certain foods. Usually your body passes out most of the uric acid through your urine.

If you take certain medicines, eat certain foods, or have kidney problems, this may cause uric acid to build up in your blood. If there is too much in your blood, the uric acid turns into crystals. These crystals in the joints cause the pain and swelling of a gout attack and can damage the natural padding between the bones.

Crystals under the skin cause gouty lumps, and crystals in the kidneys cause kidney stones and kidney damage.

For more information or if you think you may have gout, please consult with your doctor.

*Sourced from Gout brochure 2008 version

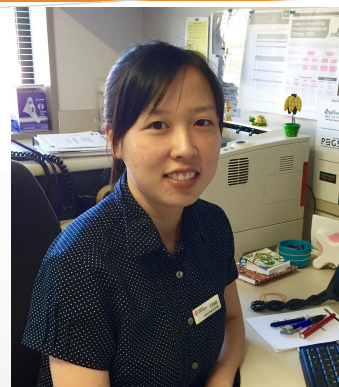


Order your repeat prescriptions before the holidays begin!
Running low on your medications? Get your repeat prescription orders in early to ensure no delay.



New details? Changed address?

Please call to let us know if you change your address or phone number so we are able to contact you when needed. This can also be updated using ManageMyHealth if you become a registered user.



Getting to know us Staff feature

Nurse Cristy Tan

Nurse Cristy Tan is a graduate from Auckland University of Technology. Originally from China, she has been in New Zealand for five years and has recently relocated to the big garden city, which she has grown very fond of.

She is very excited about her new role as a practice nurse at D.O.R and plans to continue post graduate study in nursing.

Cristy likes reading, spending time with friends and plans to start cycling.

Holiday Hours

Please note that we will be **CLOSED** on the following days:

Christmas & New Year

25 December 2014 1 January 2015

26 December 2014 2 January 2015

27 December 2014 3 January 2015

Closed on Sundays

Doctors on Riccarton wishes everyone a safe and happy Christmas and all the very best for the New Year.

SERVICES AVAILABLE

- Well Womens Check • Mens Health • Child Health • Full Pregnancy Care • Sexual Health • Contraception • Immunisations •
- Immigration Medicals • Drivers Medical • Hearing Tests • Student Health • Stop Smoking Program • Weight Loss Advice & Support •
- Allergy Treatment • Liquid Nitrogen freezing to warts & sunspots • ECG Heart Checks • Lung Function Testing •
- Diabetes Screening • Dermoscopic Skin Checks • Minor Surgery – in grown toe nails, mole/skin cancers removal •
- Accident Consultations • Sports Injury Treatment • Orthotics (shoe inserts) • XRAY •

