

What's up, Doc?

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

Hand Foot and Mouth Disease



Hand, Foot and Mouth Disease is a common and mild illness; it has a sudden onset and is caused by a virus.

The symptoms are:

- Fever (usually the first symptom)
- Poor appetite
- Sore throat
- Generally feeling unwell

The fever usually begins 1-2 days before sores in the mouth develop, it begins as small red spots that blister and may form ulcers. These are usually located on the tongue, gums and inside of the cheeks.

The skin rash will develop over 1-2 days with flat or raised red spots, some spots may also have blisters and appear on the palms of hands and soles of feet. They may also appear on the buttocks and are usually not itchy.

Symptoms usually appear 3-5 days after exposure to the virus and last for 7-10 days.

Who is at risk from getting it?

It is generally common in children under 10 years old but may occasionally affect adults. It is more common in summer and early autumn.

How is it caught?

HFMD can be transmitted by direct contact with fluid from the nose and throat or from the faeces of infected people. A person is most infectious during the first week of illness.

How is it treated?

No active treatment is required, as sores will heal on their own. Medication can be given to relieve symptoms such as fever and pain.

Anyone with HFMD should be kept away from other children to prevent the spread of the infection.

*Sourced from CDHB HFMD pamphlet



Practice Profile

Dr Colin Chin

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

Dr Adrienne Chin

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Dr Kent Johnston

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Dr Lee-Chen Gan

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Dr Caroline Christie

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Dr Eric Dy

MBBCh, BAO

Nurses

Irene, Celia, Tania, Sharon,
Vivian, Lynne, Carolyn, Andrea,
Kelley, Shelley, Selena, Kate

Radiographers

August Malcolm
Samantha Grieve
Theresa Ballantine

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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

"The mind is everything. What you think, you become."
- Buddha

How to enjoy spring without hay fever



Hay fever is a nuisance especially when all you want to do is enjoy the fresh spring flowers. Hay fever or allergic rhinitis involves a recurrent runny, stuffy, itchy nose and frequent sneezing. It can also affect your eyes, sinuses, throat and ears.

Hay fever is usually triggered by wind-borne pollen from trees, grass and weeds. Early spring symptoms point to tree pollen, while nasal allergy in late spring and summer seem to be from grass and weed pollen.

There are several ways to self-manage hay fever. These include oral antihistamines, nasal sprays and eye drops. For severe hay fever, there is an injection to relieve symptoms. Please consult with your doctor if you are suffering from hay fever and require treatment.

*Sourced from Allergy NZ

Smoking and cardiovascular disease



Cardiovascular disease (or CVD - heart, stroke and blood vessel disease) continues to be one of the leading causes of death in New Zealand. Many of these deaths are premature and preventable.

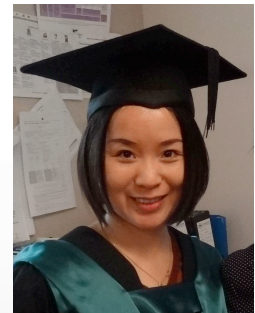
The cardiovascular risk assessment identifies patients who may be able to reduce their cardiovascular risk. Currently, our team are screening those who may be at risk – by doing so, we are sending out text messages to update your smoking status, or letters to request for a check up e.g blood tests, blood pressure checks. If you fit under the risk criteria, please do not panic if you are contacted by us, it is an optional screening which will help us to find out whether or not you need to make lifestyle changes to prevent CVD. It is a requirement for us to update patient's smoking statuses and to check every year, if you have ever been recorded as a smoker.

*Sourced from Healthpathways and Heart Foundation.



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

Shelley Wang
Practice Nurse

Shelley originates from China and joined the Doctors on Riccarton team in early 2015. She studied nursing and worked for two years in China before coming to the land of the long white cloud.

Shelley has just completed her Bachelor of Nursing in New Zealand and is keen to increase her knowledge and provide nursing care to Doctors on Riccarton patients.

She enjoys watching movies, exercising and catching up with friends in her spare time.

Christmas and New Years Hours

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

Christmas

25th December 2015
26th December 2015
28th December 2015

New Years

1st January 2016
2nd January 2016
4th January 2016

Closed on Sundays

The staff at 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 • Dermatoscopic Skin Checks • Minor Surgery – in grown toe nails, mole/skin cancers removal •
- Accident Consultations • Sports Injury Treatment • Orthotics (shoe inserts) • XRAY •