



What's up, Doc?

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



Chicken Pox Vaccine (Varilix)

The early symptoms of Chicken Pox may include;

- a mild fever
- loss of appetite
- headache
- feeling tired
- followed by the



appearance of a red rash that becomes blistered and itchy, mostly on the trunk, head and face with some on the arms and legs. The blisters can occur in the eyes, mouth and throat, vagina and urinary tract. For up to 5-7 days, new blisters appear, filled with liquid containing the virus which then forms crusts that fall off after 1-2 weeks*

*(Information sourced from the Immunisation Advisory Centre 2017)

The New Immunisation Schedule

From 1 July 2017, Varilix will be funded for children born after 1 April 2016. It will be given as part of the 15 months immunisation schedule.

Under the NZ Immunisation Schedule, General Practices will also be giving catch up doses of Varilix for those turning 11 years old after 1 July 2017. This means that if you turned 15 months before 1 April, 2016, you will not be receiving your FREE Chicken Pox Vaccine until you turn 11 years old. For this group of children, you can still receive the vaccine before you turn 11 years, but there is a fee for it.

Currently, it is usual for a 2nd dose of the Chicken Pox vaccine to be given after a 6 week interval for optimal protection, but a 2nd dose will not be funded as part of the new Immunisation Schedule unless the patient is considered at "high risk". One dose is considered highly effective at protecting against moderate to severe cases of Chicken Pox.

Please contact Doctors on Riccarton to make an appointment or to get more information from one of our nurses.

Practice Clinicians

Dr Colin Chin

MBChB, FRNZCGP, Dip Obst, DCH, Dip Sport Med, Dip Musc. Med

Dr Adrienne Chin

MBChB, FRNZCGP, Dip Obst

Dr Kent Johnston

MBChB, FRNZCGP

Dr Caroline Christie

MBChB, Dip Paeds, FRNZCGP

Dr Bernard Teo

MBChB, GP Registrar

Dr Omeed Howey

MBChB

Nurses

Irene, Celia, Tania, Lynne, Vivian, Carolyn, Kelley, Shelley, Selena, Matilda, Cindy

Radiographers

August, Sam, Theresa, Harriet

**183 RICCARTON ROAD
RICCARTON
PH: 348 8989**

www.doctorsonriccarton.co.nz

HOURS

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

AFTER HOURS

24 Hour Surgery

401 Madras Street*
Christchurch City

Open 24 hours – Ph 365 7777

***Please note change in address**
www.24hoursurgery.co.nz/visiting-us/our-location

*"You must be the change you wish to see in the world."
- Gandhi*

Human Papillomavirus (HPV) Vaccination

From 1 January 2017, the Human Papillomavirus (HPV) immunisation is fully funded for NZ residents aged 9–18 (inclusive) including boys and young men. For non-residents, HPV is funded for all those from 9 to 17 years old.

Human papillomaviruses (HPV) are a group of common viruses spread through skin to skin contact. Some are sexually transmitted and can cause genital warts, and a range of types of cancer. There are more than 150 types of HPV. At least 14 of these are high-risk types linked to cancer, including cervical cancer.

If you are not eligible for a free vaccine, you can still have the HPV vaccine at a set fee. Please contact us if you wish for more information.

28th July - World Hepatitis B

Viral hepatitis is one of the leading causes of death globally, accounting for 1.34 million deaths per year – that's as many as HIV/AIDS, tuberculosis or malaria. Together, the hepatitis B and hepatitis C virus cause 80% of liver cancer cases in the world.



Viral hepatitis is not found in one location nor amongst one set of people; it is a truly global epidemic that can affect millions of people without them even being aware. Currently, 90% of people living with hepatitis B and 80% living with hepatitis C are not aware of their status. This can result in the real possibility of developing fatal liver disease at some point in their lives and in some cases, unknowingly transmitting the infection to others.

Many patients at Doctors on Riccarton with hepatitis B underestimate the harm it can cause and do not seek medical advice or have follow up as regularly as is recommended. We like you to see your doctor and to have a blood test every 6 months.



Getting to know us

Matilda and Cindy Practice Nurses

started at Doctors on Riccarton in August 2016.

Cindy gained her degree from Southwest University and worked as a nurse in China before moving to NZ. She completed the Competency Assessment Programme at CPIT in 2012 to become a NZ Registered Nurse. She speaks English and Mandarin.

Matilda graduated from CPIT in 2014. She has worked as a district nurse specialising in wound and palliative care. She enjoys working with people of all ages, especially children. Matilda is learning Spanish and Portuguese.

For more patient information, please visit our website
www.doctorsonriccarton.co.nz



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.

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 •