



What's up, Doc?

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



Cardiovascular Disease

Cardiovascular disease (CVD) occurs when the heart or blood vessels do not function normally. It can be caused congenitally i.e. a person is born with it, but mostly it is acquired due to lifestyle choices. According to the Heart Foundation, 172,000 New Zealanders live with heart disease and it is the cause of 33% of all deaths per year.

Coronary Heart Disease or Atherosclerosis is the most common form of CVD where the build-up of plaque (fat, cholesterol and other substances) in the arteries causes their walls to harden. This build up narrows the artery which makes it harder for blood to flow through. If a blood clot forms it can cause a partial or complete blockage which can lead to a heart attack or stroke.

A **Heart Attack** occurs when the blood flow to a part of the heart is blocked by a blood clot. If the clot cuts off the blood flow completely then that part of the heart will die.

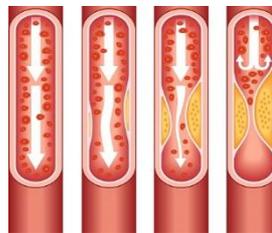
A **Stroke** occurs when a blood vessel that supplies the brain is blocked, usually from a blood clot. The parts of the brain cut off by the blood will die resulting in the person unable to perform daily activities such as walking and talking.

Other types of CVD include: Heart Failure, where the heart struggles to pump blood around the body; Arrhythmia, where the heart beats at an abnormal rhythm; and Heart Valve problems where the valves do not open enough to allow the blood to flow through, or not close properly allowing blood to leak out.

90 per cent of New Zealanders have one modifiable risk factor for preventing CVD. These include smoking, blood pressure, cholesterol, physical activity, obesity, diabetes, nutrition and alcohol. Risk factors that cannot be changed include age, gender, family history and ethnicity.

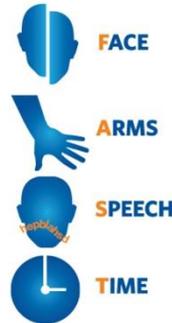
If you would like to know your CVD Risk please ask your practice nurse or a doctor.

BLOCKED ARTERIES



STROKE

KNOW THE SIGNS



Go to the hospital if you have any of these signs.



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, Alex

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

*"The greater the obstacle, the more glory in overcoming it."
- Molière*

Smoking

Nicotine is the chemical in tobacco that makes smoking addictive; as you breathe it in it quickly goes to the brain where it increases the release of chemicals that affect your mood, appetite and memory. Nicotine raises blood pressure, slows down circulation and can restrict the blood vessels making the risk of heart disease four times more likely.

- ❖ Smoking causes one in four cancer deaths in NZ.
- ❖ Smoking is a major cause of blindness.
- ❖ 40% of strokes in people aged under 65 are caused by smoking.
- ❖ 40% of heart disease in those under 65 is caused by smoking.
- ❖ Smokers have 2-3 times the risk of having a sudden cardiac death than non-smokers.

What is in your cigarette? There are 4000 chemicals that make up a cigarette, 70 of these causing cancer.

Here are a few:

- ❖ Ammonia – a compound in toilet cleaner
- ❖ Arsenic – in rat poison
- ❖ Acetone – in nail polish remover
- ❖ Beryllium – a nuclear chemical
- ❖ Formaldehyde – embalming fluid
- ❖ Methane – a compound of sewer gas



Getting to know us

Dr Bernard Teo

Originally from Malaysia, Dr Teo complete his medical degree at Otago University in 2013. Passionate about being a GP very early on in his medical career, Dr Teo was accepted into the vocational GP programme at the end of 2015, spending his first placement at Doctors on Riccarton. We were so impressed with his knowledge and abilities that he has been invited back permanently. In his spare time, Dr Teo likes to keep fit lifting weights and has previously enjoyed ballroom and Cero dancing.

The Green Prescription

Would you like to change your lifestyle in a positive way? Sport Canterbury's Green Prescription is a pathway to wellbeing, which starts with a personalized and realistic physical activity plan. This free service provides motivation to get started, and ongoing support with group activity options, goal setting and nutrition advice. All activities are suited to people ages 18+, new or returning to physical activity, including those with chronic condition. The focus is on the enjoyment being active and giving things a go.

In every eight week programme, Be Active participants enjoy the opportunity to:

- ❖ Try out a range of activities, e.g. low impact exercise, aquacise, gym, sports, dance.
- ❖ Discuss topics that support a healthy lifestyle, e.g. motivation, types of exercise, healthy eating, and managing stress.
- ❖ Enjoy the support of the other participants and Sport Canterbury's Green Prescription staff.



www.sportcanterbury.org.nz

Christmas and New Year opening hours

Saturday 23rd Dec 2017 – **CLOSED**
 Sunday 24th Dec 2017 – **CLOSED**
 Monday 25th Dec 2017 – **CLOSED**
 Tuesday 26th Dec 2017 – **CLOSED**
 Saturday 30th Dec 2017 – **CLOSED**
 Sunday 31st Dec 2017 – **CLOSED**
 Monday 1st Jan 2018 – **CLOSED**
 Tuesday 2nd Jan 2018 – **CLOSED**

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 •

