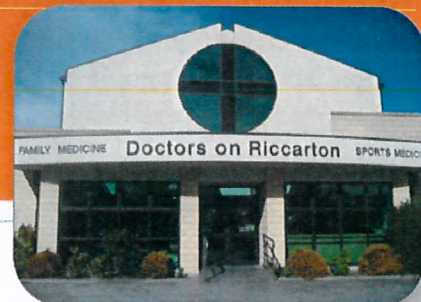




# What's up, Doc?

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



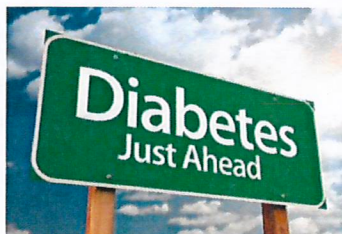
## Pre-Diabetes

Pre-diabetes is a precursor to the development of type 2 diabetes. It is characterised by the presence of blood glucose levels that are higher than normal but not yet high enough to be classed as diabetes, hence why it is often described as the "grey area" between normal blood sugar and diabetic levels.

### Risk Factors:

- Obesity (BMI over 30)
- Lack of exercise
- Close relatives having diabetes
- High blood pressure, low HDL ('good' cholesterol) or high triglycerides
- Are over the age of 45
- Have given birth to a baby who weighed over 9 pounds
- While pre-diabetes may affect anyone, of any age, gender or racial type, some groups are genetically more prone.

These include: Maori/Pacific Islander, Asian



### Symptoms:

Often, prediabetes has no signs or symptoms. However if symptoms do persist, they are similar to Type 2 Diabetes:

- Feeling tired and lacking energy
- Feeling thirsty
- Going to the toilet often
- Getting infections frequently or which are hard to heal
- Poor eyesight or blurred vision
- Often feeling hungry

It's important to get regular checks and blood tests especially if you find yourself more at risk. Our nurses will send out regular recall letters for blood tests so that our doctors can keep an eye on your health and we encourage you to get these done.

\*Sourced from Diabetes NZ, Auckland & Ministry of Health NZ

## 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 Caroline Christie

MBChB, Dip Paeds, FRNZCGP

### Dr Intan Md Tahir

MBChB, GP Registrar

### Dr Jamie Ang

MBChB

### Nurses

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

### Radiographers

August, Samantha,  
Theresa, Harriet

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

[www.doctorsonriccarton.co.nz](http://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

## Appetite for Life

Appetite for Life is a six week lifestyle course (two hours per week). It is delivered in small groups of up to 15 people by trained facilitators. Content covered focuses on small lifestyle changes that together add to a big change in health. Delicious food is made and can be sampled each week. An emphasis on health gain, rather than impossible weight loss is applied and allows people to lose weight slowly, maintain their weight loss and enjoy the process.

These courses are run throughout Christchurch. Please do not hesitate to contact one of our nurses if you are interested in participating or want to know more.

\*Sourced from Appetiteforlife.org

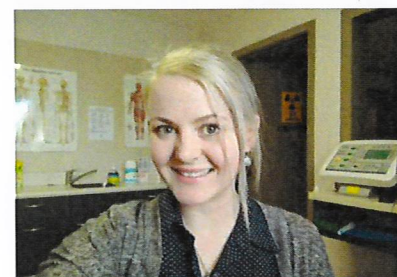
## Healthy Living

Exercising is also important for maintaining a healthy lifestyle. We suggest doing at least 20mins of exercise – 5 times per week or as otherwise directed by your doctor.

For tasty, healthy meal ideas, you may like to visit the following websites:

[www.appetiteforlife.org.nz](http://www.appetiteforlife.org.nz)

[http://www.diabetes.org.nz/food\\_and\\_nutrition/recipes](http://www.diabetes.org.nz/food_and_nutrition/recipes)



## Getting to know us

Staff feature

**Harriet Thomas**  
Radiographer

Harriet is our newest radiographer and has been with us since March. You may also find her smiley self at our reception desk. She trained at CPIT and completed her clinical placements at both Christchurch and Dunedin hospitals. In her spare time you may likely find her behind the camera taking photographs of anything!

*"Life isn't about waiting for the storm to pass, it's about learning to dance in the rain" - UNKNOWN*



## 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.



## 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 •