

What's up, Doc?

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



New Pharmacy and Dentist Opening Mid May

A new pharmacy and dentist will be opening in mid-May behind Doctors on Riccarton, on Wainui Street. Remedy Pharmacy is owned by Pharmacist, Eddie Ho and staffed by multi-lingual pharmacists who can speak English, Mandarin and Cantonese.

Christchurch Boutique Dental is run by the dentist, David Kao, who believes modern dentistry is all about comfort and service. His goal is to overcome dental anxiety and create a stress free environment for all dental treatments. Both David and Eddie are graduates of the University of Otago.



More information about services and opening hours coming soon!
FLU VACCINES ARE AVAILABLE NOW!

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 Nigel Yeoh
MBChB, GP Registrar

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. CHCH
Open 24 Hours - Ph 365 7777

The flu vaccine and sleep

A study has shown that sleep profoundly impacts your response to a standard flu vaccine. As the flu season is upon us, it is a good idea to get the flu vaccination. Getting a good sleep and being rested prior to the injection will help your body's immune system respond to the vaccine more effectively. Getting good sleep is not a guarantee that you won't get the flu but it will help maximize your chances of being as resistant as possible. This is important as you will inevitably encounter other people who have already contracted the virus and may be spreading it into the environment. If you do come down with flu, follow your grandmother's advice and get a lot of sleep! It really will help your body fight the illness and speed recovery. ("Why We Sleep" by Matthew Walker, p.183 para.3 & <https://www.psychologytoday.com/blog/sleepless-in-america/201412/flu-season-and-sleep>)

Measles

The media has reported an outbreak of measles this month, with over 100 people exposed to this virus across the South Island. This comes after Measles was officially eliminated in NZ 6 months ago. There is speculation the original source may have come from Australia where there has been an outbreak.

Measles is a highly contagious disease that can be life threatening. It spreads from person to person through the air via breathing, coughing and sneezing and can affect both adults and children.

If you catch measles you are infectious 5 days before and until 5 days after the rash appears. Anyone with measles needs to be isolated from the time they become ill until 5 days after the rash appears. Other symptoms include hearing loss, diarrhoea, pneumonia and seizures. Measles during pregnancy increases the risk of miscarriage, premature labour and low birth weight babies.

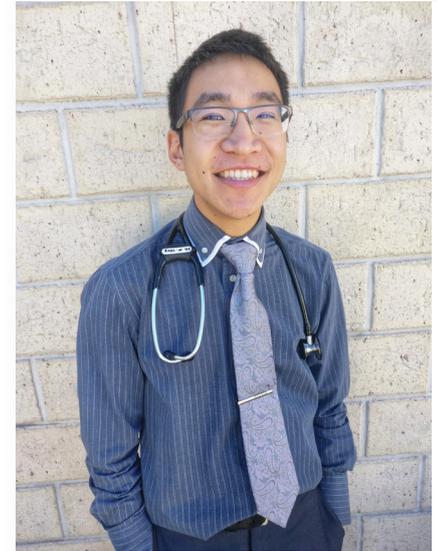
The illness starts 7-8 days after exposure and you will get a fever, a cough, a runny nose, sore and watery 'pink' eyes and sometimes small white spots on the back inner cheek of your mouth.

During day 3-7 of illness a blotchy rash will appear which tends to start on your face, behind the ears before moving over your head and down your body. The rash can last up to a week.

If you or a family member have symptoms please see a doctor, please call before visiting to ensure steps are taken to avoid the spread of measles in the waiting room.

The best protection against measles is the free measles, mumps and rubella (MMR) vaccine. You need two doses of the MMR vaccine to be fully immunised however, if you were born before 1969 you are considered immune.

It is never too late to get up to date with your immunisations. By being immunized you will not only be protecting yourself and your family, but you will also stop the disease spreading in your community. MMR is free for under 18. If you are aged 18 or over it is free for anyone born from 1st January 1969 onwards who has not yet had two recorded doses.



Getting to know us Dr Nigel Yeoh

Dr Yeoh was born and raised in Christchurch and is of Chinese-Malaysian heritage. He studied at the University of Otago, graduating in 2013.

He completed a post-graduate certificate in Women's Health in 2015, and is currently working towards his GP Fellowship.

He previously worked at DOR in 2015 for 3 months as a junior doctor, and back working full-time since December 2017.

He is married with a one year old daughter. In his spare time he enjoys board games, fishing and being involved in his church at governance and leadership level.

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 •