

What's up, Doc?

Doctors on Riccarton Newsletter

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



Cervical Smear Tests – what women need to know

Being part of the National Cervical Screening Programme and having cervical smear tests every three years can prevent cervical cancer. A cervical smear test shows if there are abnormal changes in cells on the surface of the cervix.



Cervical cancer and the human papillomavirus

- ❖ Cervical cancer is caused by the human papillomavirus (HPV). HPV is a sexually transmitted infection that affects almost all people at some point in their lives.
- ❖ There are many types of HPV. Most HPV infections will clear up by themselves. Only a few types of HPV will lead to abnormal, precancerous cells that could progress to cancer.
- ❖ Although there is no treatment for persistent HPV infections, there is treatment for the abnormal cells that HPV cause.

Who should have cervical smear tests and how often?

- All women aged between 20 and 70 years old who have been sexually active should have regular smear tests.
- Having regular smear tests every three years is the best way of finding any abnormal cells.
- In some circumstances, you may be advised to have a test more often, e.g after an abnormal result.

Where can you get a cervical smear test done?

- Please make a 30-minute appointment with our nurses for a cervical smear. the

*Sourced from Ministry of Health, Cervical Screening

Gardasil Vaccination to prevent HPV

The HPV (gardasil) vaccine is available free to young women until they turn 20 years old. The vaccine works by causing the body's immune system to produce its own protection (antibodies) against the HPV types that cause most cervical cancers. The vaccine requires three doses over a six-month period. Please enquire with a doctor if you wish to have the HPV vaccine.

*Sourced from Ministry of Health, HPV

Practice Profile

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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

*"Doctor, doctor, everyone keeps ignoring me."
"Next please."*

Immunisation Schedule Changes

There is an additional vaccine to the childhood immunisation schedule. The Rotavirus oral vaccine is now given to newborn babies as part of their 6 weeks, 3 months and 5 months immunisations.

If you miss these dates you can catch up, but the first vaccine must be given before 15 weeks of age. This is so the course of three vaccines can be completed before babies are 8 months old. Rotavirus vaccine is not given to babies older than 8 months because the risk of serious reactions increases after this age.

What is Rotavirus?

Rotavirus (also called gastroenteritis) is a very infectious tummy bug. It can cause vomiting, diarrhoea, fever and stomach pains. It can lead to severe dehydration (lack of fluids) in children and in some cases death.

Rotavirus is spread through contact with the faeces of an infected child or adult. It is easily spread if people don't wash and dry their hands properly after going to the toilet or changing nappies.

Rotavirus is very common. Almost all children will get rotavirus before they are 3 years old. Adults can be infected with rotavirus, but the symptoms are usually very mild.

For more information please visit:

www.health.govt.nz/rotavirus or www.immune.org.nz

*Sourced from www.health.govt.nz

Constant stomach problems?

Irritable bowel syndrome (IBS) is a very common condition and can be quite a nuisance for those affected. However, learning to control some symptoms has provided relief for IBS sufferers.

Typical IBS symptoms include: abdominal pain, bowel disturbance (either diarrhoea or constipation or alternating between the two), a feeling of incomplete emptying of the bowels, small and hard pelletty stools (may be covered in mucus), and a feeling of fullness and bloating.

There is no single solution for IBS. However symptoms can disappear after some time. Stress is thought to be a major factor, as well as a lack of dietary fibre. Therefore, you may be able to achieve relief by reducing stress and changing your diet. If these changes are not enough to eliminate the symptoms your doctor may give you medication. It is best to discuss with your doctor about how to manage your IBS.

*Sourced from Norgine, advice on IBS



Getting to know us Staff feature

Nurse Sarah Clark

Nurse Sarah Clark has been working in healthcare for nearly 30 years, both in hospitals and medical centres, in reception and administration roles. This gave her the passion to further her career in this field. After completing her Bachelor of Nursing at CPIT, she is now pursuing her passion as a nurse in General Practice, with a particular interest in Women's Health. Sarah is married happily with two teenage children, she enjoys cooking and running in her spare time.

Our Travel Clinic

At Doctors on Riccarton, we provide travel essentials such as:

- Travel Vaccinations
- First aid kits
- Mosquito nets
- Insect repellent
- Water purification tablets
- Medical advice

For ALL your medical related travelling needs, come and see us 4-6 weeks before you leave.

SERVICES AVAILABLE

- Well Womens Check • Mens Health • Child Health • Full Pregnancy Care • Sexual Health • Contraception • Immunisations •
- *Sourced from Ministry of Health, HPV 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 •

