

What's up, Doc?

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



Doctors on Riccarton - Teaching Practice

Doctors on Riccarton regularly hosts 4th year medical students, House Officers (2nd year post graduate doctors) and GP registrars (doctors working towards specialist GP registration). We also host final year student nurses. We believe medical education plays an important role in the ongoing development and continuation of our Practice and the health workforce in general. In order to be a teaching practice, we have to meet and maintain the highest standards set by the Royal New Zealand College of General Practitioners. This keeps our staff on its toes and up to date with best practice.

Trainees can positively contribute to practices by spending longer periods of time with patients and assist the Practice staff with things like minor surgery.

It is very important we get more GPs and Nurses vocationally trained as the general practice workforce is aging and more are moving closer to retirement. They will need to be replaced. Being a teaching practice is a vital part of the process so that there will always be health practitioners to look after you. Therefore your co-operation, by treating these trainees as a part of our practice, is most appreciated.

Dr Lee-Chen Gan leaving

February 12, 2016

It is with regret that we inform you that Dr Lee-Chen Gan is leaving our Practice to move to Auckland. At present we have been unable to find a Mandarin speaking Doctor to replace him. In the meantime, we have Mandarin and Cantonese speaking nurses who are able to assist with interpreting, including Irene, Vivian, Kelley, Shelley and Zhen.

Rest assured that we plan to find a Mandarin speaking doctor in the future.

Practice Profile

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 Lee-Chen Gan

MBChB, FRNZCGP

Dr Caroline Christie

MBChB, Dip Paeds, FRNZCGP

Dr Eric Dy

MBBCh, BAO

Dr Olivia Currie

MBBCh, DCH, PGDipGP, FRNZCGP

Dr Bernard Teo

MBBCh, GP Registrar

Nurses

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

Radiographers

August, Samantha, Theresa

**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 Hours Surgery
Cnr Colombo St & Bealey Ave
Open 24 hours – Ph 365 7777

Gout



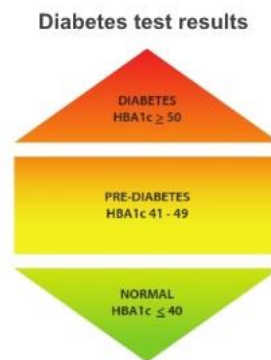
Gout is a common form of arthritis that is caused by a chemical in the blood called uric acid which can crystallize in joints causing swelling and pain. Your body produces uric acid when it breaks down purines - substances that are found naturally in your body, as well as in certain foods, such as steak, organ meats and seafood. Other foods also promote higher levels of uric acid, such as alcoholic drinks, especially beer, and drinks sweetened with fruit sugar (fructose). See your doctor to talk about dietary/lifestyle changes as well as medications to prevent future gout attacks, and to treat a current gout flare.

Prediabetes

Having Prediabetes means you are at high risk of developing Type 2 Diabetes. We diagnose Prediabetes with a blood test called the HbA1c, which measures the average amount of glucose sugar that has been in your blood cells over the past three months.

There are no clear symptoms of prediabetes, so, you may have it and not know it. Once you are diagnosed with prediabetes you should have a diabetes blood test every six to 12 months.

If you have prediabetes and are older than 35 you are more likely to have heart attacks and strokes, so it is important we check your blood pressure, cholesterol, discuss your family history and advise you to stop smoking. But being Prediabetic does not automatically mean you will get Type 2 Diabetes. You can make lifestyle changes that delay Type 2 Diabetes, or even prevent it altogether. You can reduce your risk of prediabetes by losing weight and exercising.



Getting to know us

Staff feature

Selena Busby Practice Nurse

Selena was a student nurse at Doctors on Riccarton in 2009. She graduated with a Bachelor of Nursing in 2010 and worked for two years at Chch Women's Hospital in the Gynaecology ward before travelling to Saudi Arabia to work in the Gynaecology ward for three years. She has now returned to Christchurch, embarking on her chosen career as a Practice Nurse. We are so pleased to have Selena back with us.

*“We can cure physical diseases with medicine,
but the only cure for loneliness, despair and hopelessness is love.”
- mother Theresa*



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 •