

What's up, Doc?

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

Medical students and GP rotation training



At Doctors on Riccarton, we believe it is important to help train new GP's, practice nurses and nursing students. The general practice workforce is an aging one; we need to encourage new doctors and nurses to choose general practice as a vocation. We ask for your understanding and assistance in this matter.

Currently, we have Dr Natalie Dent with us as a GP registrar for 6 months, Dr Nigel Yeoh as a house officer doing a GP rotation for 3 months, and Jennifer who is a 4th year medical student and will be sitting in with Dr Kent Johnston for consultations every Tuesday for six weeks.

ManageMyHealth – new online patient service

ManageMyHealth is a new online service that gives you the freedom to manage your health needs anytime, anywhere. It is useful when travelling or when you cannot easily contact us.

ManageMyHealth Services:

- View medical conditions, lab results, immunisation records, allergies, and prescriptions.
- Share health information as required with other healthcare providers.
- Book appointments with your doctor.
- Request repeat prescriptions.
- View lab results.
- Communicate with us for non-urgent matters.
- Receive recall and appointment reminders – managed in a health calendar.
- It also provides you with online tools to improve your health and track your progress online.
- It is now available at Doctors on Riccarton – please enquire if you are interested in registering for this service. This is free for community services cardholders and children under 18 years of age, and \$20 for non community services cardholders.

*Sourced from ManageMyHealth



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 Lee-Chen Gan

MBChB, FRNZCGP

Dr Caroline Christie

MBChB, Dip Paeds, FRNZCGP

Dr Eric Dy

MBBCh, BAO

Dr Emily Dy

DO, BSc

Nurses

Irene, Celia, Tania, Sharon,
Vivian, Lynne, Carolyn, Andrea,
Sarah, Kelley, Cristy

Radiographers

August Malcolm
Samantha Yeoh

**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

"With the new day comes new strength and new thoughts."

- Eleanor Roosevelt

Smoking – who are you hurting?

Did you know that 4,700 New Zealanders die every year from smoking-related health problems? You have probably heard it all before, but smoking can cause many risks to your health including:

- Heart attack
- Bronchitis
- Gangrene
- Miscarriage and premature birth
- Stroke
- Pleurisy
- Cancer
- Sterility
- Emphysema
- Gum disease
- Impotence
- Stillbirth, SIDS (sudden infant death syndrome)

When you smoke, your lungs cannot get the oxygen it needs for your body to function properly. Your heart needs to work harder to try to get the oxygen to circulate through your body. You end up feeling unfit, coughing, feeling short of breath and lack of energy.

Most smokers don't want to think about these health risks, but you cannot avoid the facts. Illness in smokers has been studied and smoker's account for most of the deaths and illnesses listed above.

It also affects the health of others around you. Second-hand smoke can cause the same health problems as smokers. Smoking around children results in them more likely suffering from asthma, bronchitis, pneumonia and glue ear.

It is never too late to quit. Only you can make the decision to change your life - smoking cessation support is readily available, speak with your doctor today if you wish to stop smoking.

*Sourced from Ministry of Health Smoking pamphlet



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.



Getting to know us Staff feature Dr Emily Dy

Dr Emily Dy joined the DOR family in 2014. She hails from the United States and is the younger sister of Dr Eric Dy.

After graduating from Ohio State University with a major in nutrition, she spent a couple of years doing clinical research in Washington D.C. This was followed by medical school and residency training in family medicine in Philadelphia.

Being in New Zealand is ideal for pursuing her outdoor interests of running, swimming and biking. She also enjoys yoga, cooking and travelling.

Our Easter Holiday Hours



3 rd April (Good Friday)	CLOSED
4 th April Saturday	9am – 5pm
5 th April (Easter Sunday)	CLOSED
6 th April (Easter Monday)	CLOSED
7 th April Tuesday	Normal hours resume
25 th April Saturday ANZAC DAY	OPEN 9am – 5pm
27 th April Monday	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 • Dermatoscopic Skin Checks • Minor Surgery – in grown toe nails, mole/skin cancers removal •
- Accident Consultations • Sports Injury Treatment • Orthotics (shoe inserts) • XRAY •