



# What's up, Doc?

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



## Zika Virus



**ABOUT:** Zika Virus is a mild febrile viral illness transmitted by infected Aedes mosquitoes. These mosquitoes are not normally found in NZ but have been reported in many countries around the world including Africa, southern Asia, Pacific Islands and South America.



Only about 1 in 5 people develop symptoms. Most common symptoms include low grade fever, rash, red eyes and joint pain and can last 4-7 days. Zika Virus may cause a rash that could be confused with other serious diseases such as measles or dengue fever, so it's important to check with your doctor to rule out these illnesses.

**ZV & PREGNANCY:** On 14 April 2016 the United States' Centers for Disease Control and Prevention released a statement concluding that prenatal Zika Virus infection is a cause of microcephaly and other serious brain anomalies in developing foetuses. It is not yet known what proportion of infected pregnant women can transmit the virus to the foetus, or what proportion of infected foetuses get severely affected but continual studies are underway.

**PREVENTION:** If planning to travel to Zika infected areas, women who are pregnant or plan to become pregnant should consult with their doctor. All travellers should take precautions to avoid mosquito bites:

- Wear long-sleeved shirts and long pants.
- Use insect repellents containing DEET, picaridin or IR3535
- Apply insect repellent after sunscreen
- Stay and sleep in screened-in or air-conditioned rooms.
- Be particularly vigilant for the 2 hours after sunrise and the 2 hours before sunset.



There is currently no vaccine available for Zika Virus. However, if you are travelling to South America or sub-Sahara Africa, you are likely to require other travel vaccines, including the mandatory Yellow Fever. These are available at our Practice.

\*Sourced from 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 Eric Dy

MBChB, BAO

### Dr Intan Md Tahir

MBChB, GP Registrar

### Nurses

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

### Radiographers

August, Samantha, Theresa, Harriet

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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

## Influenza - Don't get it, don't give it!

You could come in contact with influenza anywhere at any time. Flu vaccines are now available and are free\* until July 31<sup>st</sup> for those who are most at risk, including if you are:

- Pregnant
- Asthmatic (on preventer inhaler)
- Diabetic
- Have heart disease
- Have kidney problems
- Have cancer that is not in remission
- Have a serious medical condition
- Aged 65 years or over



More than a million New Zealanders have their influenza vaccination each year. Getting vaccinated as early as possible before winter hits gives the best protection, and protection can last until the next year.

A cold virus only affects the nose, throat and the upper chest and lasts for a few days, whereas influenza can be a serious illness that affects the whole body and can last up to a week or more.

Don't let the flu knock you! See one of our nurses and get immunised today!

\*Flu vaccines are only free to those who are eligible for Health Benefits. Talk to us today to find out if you qualify for a free vaccine.

\*Sourced from Influenza.org



### 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

**Kate Bourke**  
Practice Nurse

Kate has been a Practice Nurse since January 2014, initially as a Rural Nurse on the West Coast before her move to Christchurch. Prior to that, she was a support worker while she completed her Nursing Studies. Despite being our youngest nursing team member, Kate comes with a wealth of experience and maturity. In her spare time, Kate likes to go surfing, potter away at various art projects and grow, cook and eat delicious vegan food.

*"Life is like riding a bicycle. To keep your balance, you must keep moving." – Albert Einstein*



### 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 •