



Staff News

Summer is just around the corner and once again WMC is preparing for the summer influx. Many of our regular patients will be aware that we prefer to schedule routine reviews in December rather than book for the hectic month of January.

With our busy season fast approaching we would like to introduce you to some of the doctors that you might get to see over the summer. Once again we are pleased to welcome back Maryanne and Adrian Gane. The Ganes have been helping us out for 6 years now and will be familiar to many of you.

We welcomed Dr Rick Budensiek from the USA at the start of November. He will be with us for 6 months and has settled in well—we are sure December and January will be an eye-opener for him.

Dr Fiona Bolden has been doing a little bit of locum work for us throughout the year—as well as all sorts of other interesting places around the country. She will be doing some part time work with us in the new year which we are looking forward to.

Catherine Tidmarsh will be welcomed as a Healthcare Assistant over the summer months. She will be assisting the Nurses and Doctors with various tasks in the clinic.



Free Skin Checks

Once again we are offering free skin checks but these will be happening in early 2020 instead of December.

Skin cancer is very common in Whangamata. This is probably because many of us are sun lovers and that is why we live here!

At WMC we pick up Melanomas on average about one a month. These are the most serious and aggressive form of skin cancer and require wide excision following an initial excision biopsy.

Squamous cell cancers (SCCs) are the next most aggressive, particularly those on the face as these can also spread internally (metastasis). Many of these develop from pre-existing solar keratosis.

The third type of skin cancers are **Basal cell cancers** (BCC). These do not spread internally but can become ulcerated and eat away at the skin, hence the name rodent ulcers.

Tips for the Silly Season

Help us to help you

- **Please** let us know if you no longer require your appointment. Text message reminders are sent out 24 hours before your appointment but if you are unable to make it there will always be someone else who will be grateful for your appointment

- If you need more long term medication, please ask about getting a repeat prescription or book your medication review at least 2 weeks ahead of time.

- Consider signing up to MyIndici (our online portal) to order scripts and view your results. See Page 2 for more information.

We will continue running our 'Walk In Clinic' throughout the summer to ensure all patients are seen. The clinic runs every day and is a triaged clinic - patients are seen on a first come first served basis although emergency cases are always prioritised. At times there may be a long wait to see a doctor, but we guarantee every patient will be seen.

Please let us know if you are experiencing any of the following:

- * Shortness of breath
 - * Chest Pain
- or any other emergency



Holiday Season Clinic Hours:

(December 27 through end of January)

Monday to Friday **8.30 to 6.00pm**

Saturday & Sunday **9.00 to Close ***

Public Holidays **9.00 to Close ***

Dependent on patient demand

Note: *An after-hours charge will apply on weekends and public holidays*

A doctor is available 24 hours a day every day of the year

07 865 8032



The Summer Season

The main changes that we will see with summer around the corner are a dramatic drop in respiratory illnesses and a rise in traumatic incidents. Many of these are associated with outdoor summer activities and a lot are preventable but whatever care is taken accidents will still happen. We are available **24 hours a day** but, if possible, call the Medical Centre before arriving on the doorstep as it gives us a bit of time to prepare.

Unfortunately, there are still too many accidents associated with over-indulgence in alcohol. We have seen an increasing trend over the past few years of severe intoxication among young teenagers. Most of these young people do not require medical treatment even if they are severely intoxicated but they do require constant supervision until they are sober enough to not be at risk of inhaling their own vomit. Lie them in the recovery position, keep them under observation and, if necessary, seek medical advice. The main danger is when drugs other than alcohol, e.g. synthetic cannabis or 'P' have been knowingly or unknowingly taken at the same



myIndici
my health anywhere

Your health and lifestyle information as it happens

anywhere, anytime online

myindici.co.nz

"my Indici"

All your health Information at your fingertips.

View your medical information

See lab results

Request repeat prescriptions

Book Appointments

Smartphone App

Available now - enquire with the office. All you need is an email address and proof of identity.

Patients already signed up with "Manage My Health" will need to swap over to the new "my Indici" patient portal to continue the service.

National GP Shortage

Unfortunately the GP shortage is not just a Whangamata problem.

A recent survey shows that approximately 47% of GP's will retire in the next 10 years, coupled with a reduced number of GP graduates in the past 20 years and the increase in GPs working part time, there is a huge gap in the GP workforce nationwide.

The reality is that many younger doctors are, quite reasonably, not wanting to work the 60 plus hours a week that many GPs were accustomed to in the past. They want more family time and more time to pursue interests outside their professional life.

Smoking Cessation

Unfortunately, there are still many of our patients who continue to smoke. Those of you who do will be fed up with our frequent offers of trying to help you quit. We are encouraged to keep asking people to stop smoking by the Ministry of Health as this is still one of the major potentially preventable causes of death and disability in New Zealand and the cost to the country is staggering.

The MOH reports that 'smoking' kills more people in NZ each year than road crashes, alcohol, other drugs, suicide, murder, drowning and earthquakes – all put together! Around 5000 people die each year in New Zealand because of smoking or second-hand smoke exposure. *That is 13 people a day!*

It is never too late to quit !

All our Nurses have training in helping people to stop smoking and our smoking cessation champion is Receptionist, Kim. If anyone has questions about this, feel free to ask Kim or any of our Nurses.



In late September we changed our Practice Management System (Computer software that holds all patient information) to Indici. It has been a hard two months for all staff involved learning how to do everything differently and we thank you for your patience during this transition.