



# FIVE CROSS ROADS MEDICAL CENTRE

*Family Care*

**SUMMER  
2013/2014**

Dr Mike Watson  
Dr Robert Murphy  
Dr Kirshni Appanna  
Dr Julia Given  
Dr Jeffrey Chen  
Dr Tina Chou



## ***Festive Season Timetable***



We will be **CLOSING @ 12.30pm**

**Tuesday 24th December 2013**

*DATES CLOSED: 25<sup>th</sup> – 29<sup>th</sup> DECEMBER 2013 & 1<sup>st</sup> – 5<sup>th</sup> JANUARY 2014*

**WE ARE OPEN between Xmas & New Year**

on **Monday 30th & Tuesday 31st December between 9am—4pm**

*NORMAL HOURS RESUME MONDAY 6<sup>TH</sup> JANUARY 2014*

**REMEMBER ANGLESEA ACCIDENT & MEDICAL REMAINS OUR AFTER  
HOURS SERVICE PROVIDER**



*Please request your repeat prescriptions  
well before the busy holiday season starts*

**NEWSLETTER**

## ***What's New??***

**Five Cross Roads Medical Centre**

**has a website**

**[www.fivexrdsmc.co.nz](http://www.fivexrdsmc.co.nz)**

***CHECK IT OUT!!!***



## **STAFF UPDATE**

During the last 12 months Kim & Catherine have joined Sue & Liz in our Reception team,  
Fiona is our Practice Manager,  
& Di, Chris & Yvonne are our Nursing team.





## PRACTICE NURSE APPOINTMENTS

Our Practice Nurses see many patients each day.

To better manage their workload we encourage patients to make appointments with the Practice Nurses.

If you arrive without an appointment and your health issue is not urgent; there may be a significant delay before you are seen.



## MoleMate™

### Five Cross Roads Medical Centre offers a skin imaging system - MoleMate

A non invasive scan that allows assessment to the depth of 2mm below the skin. This aids in the detection of suspicious lesions before they become obvious to the naked eye. The computer software allows us to record photographs of the skin which can then be repeated and compared in future. This can help to identify any new or changing skin lesions.

If you have any moles that are concerning you, telephone to arrange an appointment with our trained nurses. The cost is \$60-\$120, depending on the number of moles checked. If a suspicious mole is detected we can either arrange to surgically remove the lesion under Local Anaesthetic, or refer you to a Specialist.



## NOT ALL SUNSCREENS ARE CREATED EQUAL. FINDING THE SUNSCREEN THAT'S RIGHT!



*By Dr Kirshni Appanna*

As you relax on the sand in the summer, the warm sun on your skin ..... consider this: **Skin cancer is the most common form of human cancer and is on the increase.** Sun exposure is a major risk factor for skin cancer and is also responsible for premature aging and wrinkles.

Sun avoidance, protective clothing, hats, window shields and sunscreen can all be used to reduce the effects of sun exposure.

**THE REGULAR USE OF SUNSCREEN IS ESSENTIAL FOR SKIN PROTECTION. HOWEVER, NO SUNSCREEN CAN EFFECTIVELY BLOCK ALL PARTS OF THE ULTRAVIOLET SPECTRUM AND HENCE THE TERM SUNBLOCK IS INAPPROPRIATE.**

The goal of any sunscreen is to provide protection from the sun's ultraviolet rays. The sun's rays contain different wavelengths of ultraviolet (UV) light: Ultraviolet-B (UVB) and Ultraviolet-A (UVA).

UVB is responsible for sunburn. The strength of UVB radiation depends upon the time of day, season of the year, and geographic location i.e. UVB rays are most intense between 10am – 2pm and are stronger in summer, at higher altitudes, through ozone holes and closer to the equator.

UVA is responsible for skin aging. It penetrates further than UVB, damaging the deeper layers of skin. It also makes the skin more sensitive to the effects of UVB. UVB rays are stopped by glass, but UVA can pass through it.

### SUN PROTECTION FACTOR

Sun Protection Factor is the system used internationally to indicate the degree of sunburn protection provided by sunscreens against UVB radiation. SPF is usually expressed as a number such as 15, 30, or 50. The higher the SPF the longer time you can spend in the sun without burning. But don't think that SPF 30 offers twice as much protection as SPF 15.

SPF 30 actually only blocks 5% more than SPF 15 and SPF 50 only 1% more than SPF 30!



All the staff at  
**Five Cross Roads Medical Centre**  
wish you are Merry Christmas & a Happy New Year

