



FIVE CROSS ROADS MEDICAL CENTRE

Family Care

**SUMMER
2014/2015**

Dr Mike Watson
Dr Robert Murphy
Dr Kirshni Appanna
Dr Julia Given
Dr Jeffrey Chen
Dr Michael Oehley



Festive Season Timetable



We will be **CLOSING @ 12.30pm Wednesday 24th December 2014**

DATES CLOSED: 25th – 29th DECEMBER 2014 & 1st – 5th JANUARY 2015

WE ARE OPEN between Xmas & New Year

Monday 29th & Tuesday 30th December 9am—4pm,

Wednesday 31st December 9am—1pm

NORMAL HOURS RESUME MONDAY 5TH JANUARY 2015

Please ensure that you have adequate medication to cover this time.



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

NEWSLETTER

STAFF UPDATE

We would like to welcome
Dr Michael Oehley who will be joining us in December and will be covering for Dr Robert Murphy who is away on a 12 month sabbatical.
His hours will be
Monday, Wednesday, Thursday & Friday between 8.30am—4.30pm.

ZOSTAVAX®

Five Cross Roads Medical Centre now offers a Shingles vaccine.

ZOSTAVAX®
Zoster Vaccine Live

Shingles is an unsightly blistering rash on the face or torso. This is accompanied by the pain which can be severe which tracks along the affected nerve. The pain can last for months, even years after the rash has gone.

- ⇒ **1 in 3 people will get Shingles**
- ⇒ **If you are over the age of 50 your risk increases**
- ⇒ **By age 85, 50% of people will have experienced Shingles**

Zostavax® reduces the risk of developing Shingles.

It is a single dose injection costing \$210.

If you are over the age of 50 please talk to our Practice Nurses about this vaccine.

Manage My Health

Five Cross Roads Medical Centre can now offer the online platform 'Manage My Health™' to our registered patients. This is a secure platform where you can communicate with your general practice team. You can book appointments, request repeat prescriptions, & view lab results.

Manage My Health™ is similar to internet banking in that your records are protected by Secure Socket Layer (SSL) technology to ensure your information is completely safe and secure. We rely on you to keep your password a secret and to take all reasonable measures to protect your information.

Registering for **Manage My Health™** is simple, discuss with your GP, Practice Nurse or member of the General Practice team. You will need to have a personal email address (this is not one that is shared with other members of your family or workplace) and photo ID. There is annual administration fee of \$15.



Aviation Medicals

Five Cross Roads Medical Centre alongside Dr Paul Brydon are now offering Aviation Medicals.

Dr Paul Brydon is a designated **Aviation Medical Examiner.**

Appointments are currently available fortnightly on a Tuesday.

You will need to allow approx. 1½ to 2 hours depending on what tests are required for your medical (ECG, Spirometry, etc). Blood tests, hearing & specialist eye examinations are all completed off site.

Costs for your medical & certificate will vary, depending on your specific requirements. When making your appointment our staff will advise you.

Aclasta® is a annual intravenous treatment for Osteoporosis (thin & weakened bones).

This treatment is now available following discussion with your General Practitioner.

Aclasta® is administered via intravenous infusion over approximately 30mins in the clinic arranged by appointment with the Practice Nurse. Current cost is \$110.00.

It is an alternative to oral medications (such as Fosamax) that are being used to treat low bone density.

Aclasta® goes straight to the bones increasing their density & preventing further bone density loss. Contact the practice nurses for further detailed information.



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



CHECK IT OUT!!!

**Five Cross Roads
Medical Centre**
has a website

www.fivexrdsmc.co.nz

