



SKIN CHECK CONSULTATIONS

Skin cancer is the most common cancer in New Zealand and the incidence of melanoma in New Zealand is one of the highest rates in the world.

It is the result of abnormal cell growth often due to repeated exposure to the sun, especially when the result of the exposure is burning and blistering.

Early detection and intervention are key to survival from skin cancer, particularly melanoma.

We offer an annual full body skin check and digital dermoscopy which improves the accuracy of skin cancer diagnosis by allowing structures that are not normally seen with the naked eye to be examined under magnification.

A full skin consultation includes:

- A personal melanoma risk profile
- A comprehensive head to toe visual skin examination
- Assessment of moles by a doctor trained in dermoscopy
- Identification and imaging of selected moles
- Records of your images allowing detection of any changes that occur over time
- Advice on medical management of skin cancer and prevention

This service is offered by **Dr Kirshni Appanna** who has a special interest in skin and has over 15 years experience in dermoscopy, and skin cancer medicine.

We also offer minor surgery to biopsy and remove early skin cancers. Dr Appanna has special training and many years experience in advance surgery.


**Full Body Skin Check - 30 min
appointment \$150**

**Minor surgery 30 min varies from \$285
depending on the number and site of
excision.**

A full quote is provided before surgery.

MAKE YOUR APPOINTMENT NOW!!

PHONE 07 8557824

 **a friendly reminder:
get your skin checked**



DECEMBER 2016

**Dr Mike Watson
Dr Kirshni Appanna
Dr Jeffrey Chen
Dr Julia Given
Dr Monali Darole**

*All the staff at
Five Cross Roads
Medical Centre
Wish you a
Merry Xmas &
a Happy New
Year*

STAFF UPDATE

During the last 12 months Celeste has joined our Reception team, Helen has joined us as Medical Centre Assistant, & Merrin has joined our Nursing team.



Festive Season Timetable



Our surgery will be **CLOSED** between **24TH DECEMBER—28TH DECEMBER 2016**

We will be **closing at 1pm FRIDAY 23RD DECEMBER**

WE ARE OPEN 28TH, 29TH DECEMBER between **9am—4pm**

& 30TH DECEMBER 9am—1pm

Normal hours will commence WEDNESDAY 4TH JANUARY 2017

Dr Watson will be away between 23rd December 2016—4th January 2017

Dr Chen will be away between the 23rd December 2016—16th January 2017

Dr Kirshni Appanna away between 23rd December 2016—9th January 2017

Dr Julia Given will be away from 19th December 2016—4th January 2017

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

REMEMBER ANGLESEA ACCIDENT & MEDICAL REMAINS OUR AFTER HOURS SERVICE PROVIDER

B4 School Check & 4 year old Immunisations

You will receive an Invitation when your child turns 4 years old for a B4 School Check in conjunction with their 4 year Immunisations.

The B4 School Check is a programme supported by the Ministry of Health and offers a **FREE** comprehensive health and development check and includes vision, hearing, dental and developmental screening, and is a valuable opportunity for parents to discuss any aspect of their child's health. The check also ensures that appropriate and timely referrals can be made, if needed. When you receive your invitation please telephone 07 8557824 and make an appointment or contact the nurses to discuss further.



Are you
overdue for your Women's
WOF?

If you are between 20—70 years
and are overdue for your smear
please phone and make an
appointment, or discuss with the
Practice Nurses.
It may be FREE!



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.

Please note: that most nurse consultations will incur a fee.

Vaccine Information

At **Five Cross Road Medical Centre** we can provide a wide range of travel vaccines to protect you from some unwanted diseases during travelling. Please discuss with your GP what vaccines are beneficial to have before your trip.

Varivax is an effective vaccination against Chickenpox for your children. It triggers their immunity to prevent the actual Chickenpox infection, therefore they are likely to avoid complications such as pain and scarring. The vaccines are given to children from age of 12 months and over.

Zostavax helps protect yourself from potential debilitating consequences of Shingles, eg: skin infection and short and long term nerve pain. Shingles is caused by re-emerged chickenpox virus which most adults have had in the past. Zostavax is an effective vaccine, offered to adults over 50 years old.

Most vaccines are not funded, so please check the cost with Practice Nurse or GP.

FIVE CROSS ROADS MEDICAL CENTRE

Welcome new patients

We are a small friendly suburban medical practice and are looking to introduce new medical staff in 2017 with a broad range of skills.