



FIVE CROSS ROADS MEDICAL CENTRE

Family Care

**SUMMER
2015/2016**

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



Festive Season Timetable



We will be **CLOSING @ 1pm Thursday 24TH December**

DATES CLOSED: 25TH—28TH DECEMBER 2015 & 1ST—4TH JANUARY 2016

WE ARE OPEN between Xmas & New Year

Tuesday 29TH & Wednesday 30TH December 9am—4pm,

Thursday 31ST December 9am—1pm

NORMAL HOURS RESUME TUESDAY 5TH JANUARY 2016

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



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



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 laboratory 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 an annual administration fee of \$15.

**MANAGE
MY
HEALTH**



NEWSLETTER

CHECK IT OUT!!!

Five Cross Roads Medical Centre
has a website

www.fivexrdsmc.co.nz



ZOSTAVAX®



Five Cross Roads Medical Centre now offers a Shingles vaccine.



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.

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.



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.



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

