



**Onewa Doctors**  
Caring for the community since 1930



**Onewa Doctors Newsletter**

<http://www.onewadoctors.co.nz>

**Summer 2018**

**Things to do in  
SUMMER  
for a stress-free  
CHRISTMAS**



**Opening Hours**

**Mon - Fri**  
9am - 12pm  
2pm - 5pm

**Please note we are  
closed from 22 Dec  
and reopen 7 Jan  
(normal hours)**



**Lets have a great fun filled and safe Summer**

- Stay hydrated throughout the day by drinking water steadily; don't wait until you're thirsty.
- Avoid caffeine and alcohol which cause us to lose water more rapidly.
- Take frequent breaks in the shade or indoors in an air conditioned space.
- Wear loose fitting, lightly colored and lightweight clothes.
- Check on friends and neighbors.
- Minimize use of heat-generating appliances like stoves or ovens.
- Do not exercise outdoors. If you must exercise outdoors, only exercise in the early morning hours, before 8 a.m.
- Take cool showers or baths to cool down.

**Warning signs of heat related illness:**

Heat Rash – an irritation to the skin caused by sweat buildup. To treat, move to colder environment with good ventilation.

Heat Cramps – sweating causes loss of body salts and fluids causing painful muscle contractions – Must have isotonic drinks, move to the shady area with fresh air and ventilation.

Heat Exhaustion – occurs after quick loss of body fluids and electrolytes while in the heat – dehydration that follows causes cold clammy skin, nausea, headache, feeling faint and rapid pulse. Patient needs to lie down in a cool area, drinks lots of isotonic drinks (mizone, replace, enerlyte), apply ice packs and keep body as cool as possible. If no improvement, call ambulance

Heat stroke – this is a medical emergency. If an individual suddenly stops sweating, feels hot to touch, gets confused, faints or has seizures, call 111 immediately. While waiting for ambulance, move to cool shady area, loosen clothing, apply ice or cold compress, get hydration in if conscious.

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FRNZCGP**

**Dr. Hayley Roberts, MbChb, Dip. Paediatrics**

**Practice Nurse: Vangie Durney**

**Receptionists: Ana Murray and Sharon Torres**

**Email: [nurse@onewadoctors.co.nz](mailto:nurse@onewadoctors.co.nz)**

**Phone: 094183832**

**Address: 162 Mokoia Rd, Chatswood**

**ON-LINE BOOKING AVAILABLE !!!**

If you wish to make a 15 MINUTE booking, you can go to our website, :  
<http://www.onewadoctors.co.nz>

Then click the "[Book Now](#)" button

If you wish a longer appointment, please advise the receptionist  
This way you can make your visit productive and worthwhile



## Prepare for your Christmas holiday!

Make sure you are adequately prepared for travel using this checklist!

- ◇ Appropriate travel medicines and vaccines. Make sure to visit the nurse or GP to check the criteria for these. Get in quick as some vaccines require multiple doses or a minimum of 2 weeks interim before travel.
- ◇ Prevent DVTs during travel. Hydrate, stretch and exercise your legs.
- ◇ Prevent mosquito bites. Cover up, apply insect repellents, use nets
- ◇ Avoid contaminated food or water. Remember to wash your hands regularly
- ◇ Protect yourself against the sun. Apply sunscreen liberally (SPF above 50)
- ◇ Make sure you don't run out of prescription medications while we are closed (22 Dec - 6 Jan). If you are going to run out, please see us before we close on 22 December! If you do run out while we are closed, speak to your chemist about borrowing options until we reopen on January 7.
- ◇ NOTE: we send recall notifications by email or txt. If you have no email address please ring us!

## How to stay sun smart



### Slip on a shirt

Slip on a shirt with long sleeves. Fabrics with a tighter weave and darker colours will give you better protection from the sun.



### Slip into the shade

Slip into the shade of an umbrella or a leafy tree. Plan your outdoor activities for early or later in the day when the sun's UV levels are lower.



### Slop on sunscreen

Slop on plenty of broad spectrum sunscreen of at least SPF 30. Apply 20 minutes before going outside and reapply every two hours and especially after being in water or sweating.



### Slap on a hat

With a wide brim or a cap with flaps. More people are sunburnt on the face and neck than any other part of the body.



### Wrap on sunglasses

Choose close fitting, wrap around style sunglasses. Not all sunglasses protect against UV radiation, so always check the label for sun protection rating.

### Be on the lookout for skin cancer this summer!

- Regular skin checks increases the chance of finding melanoma and other skin cancers at an early stage when they are easier to treat
- Look for a new spot, freckle, mole or an existing one that is different to others or **changes in size, shape or colour**
- Make sure to check the entire body! Use a hand-held mirror or ask someone for help
- If you are concerned about any skin changes, let us know!

## Meningococcal vaccine

Meningococcal disease revolves around the bacteria *Neisseria meningitidis* which only infects humans. Worldwide, infection from one of the five different strains A, B, C, W, Y, may cause diseases such as meningitis, fulminant meningococcal sepsis, meningococcaemia, septic arthritis, bacteraemic pneumonia and conjunctivitis. This is treated with injected antibiotics in hospital.

The bacteria is transmitted from person to person through contact with saliva or respiratory droplets. However, it is commonly carried in the nose and throat and does not usually cause disease. Those at higher risk in NZ include infants and children under 5 years, adolescents aged 15-19, living in close proximity to others (e.g. crowded housing, dormitory) and being in close contact of someone with the disease.

Vaccinations for meningococcal disease are available but are NOT on the immunisation schedule and not funded unless you meet certain criteria. Northland residents aged 4 months to 4 years and 13-19 years are eligible for free vaccinations from December 5th. Although the W strain is responsible for this outbreak, meningococcal B still remains the commonest. Immunisations that cover these strains (Menactra & Bexsero) are available at a cost if you are not funded subject to availability

