

ONEWA DOCTORS

Serving the community since 1930 162 Mokoia Road, Chatswood 0626



Summer 2019



STAFF

Dr. Elvie Nario-Anderson

Dr. Virgil Beltran

Nurse Vangie Durney

Physician's Assistant: Grace Ferrer-Garlan

<https://www.onewadoctors.com>

Receptionists: Sharron Torres, Anna Murray, Ryle Dela Cruz

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Holiday Hours:

Dec. 1-23

9- 12 pm

2-5 pm

Dec 24

9-12 pm

Dec 25- Jan 5

CLOSED

Jan 6 2020

Business as usual

Open: Mon-Fri

9-12 pm

2-5 pm

CARE UNDER THE SUN



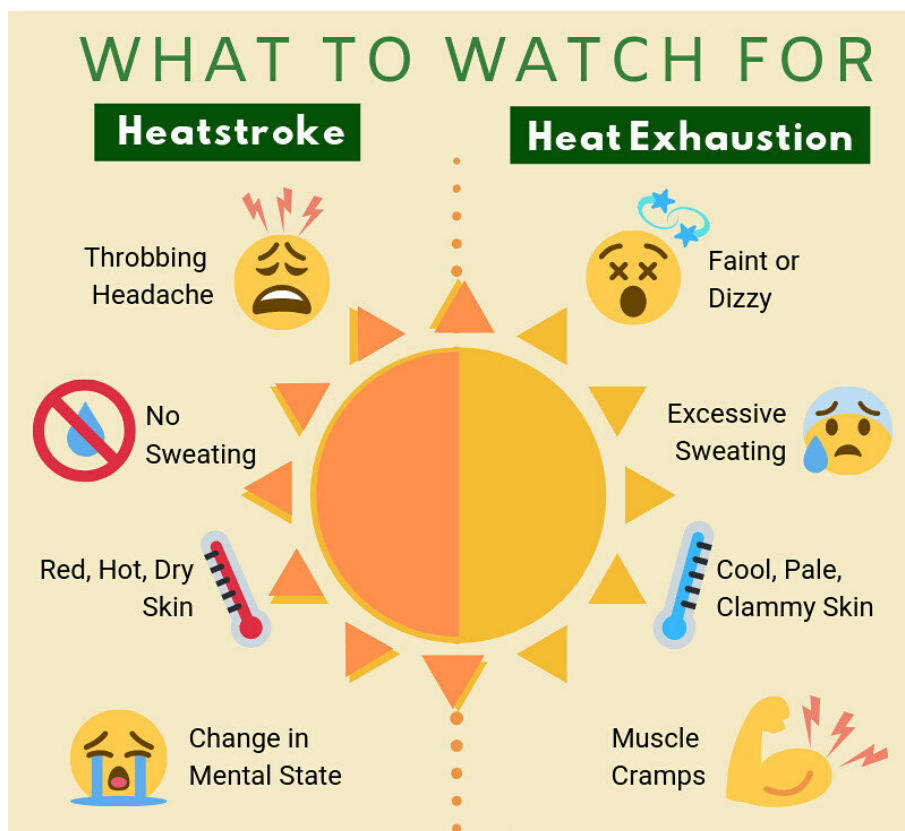
Summer is a great time to spend outdoor activities. This season is an ultimate favourite for many, however, summer activities can bring risks to your health and well-being. Be sure to keep in mind that a little bit of prevention can keep your summer safe!

Knowing how to protect yourself during the scorching heat of summer can go a long way. Everyone is at risk of sun damage, but there are certain groups that have a higher risk.

These include:

- elderly people
- babies and young children
- people with family history of skin cancer
- outdoor workers

it is necessary that we take steps to protect ourselves in the sun and reduce the risk of skin cancer.



Avoiding Sunburn

This can be very uncomfortable and can cause long-term skin damage.

Tips to prevent sunburn:

- Keep away from the sun at 11 am to 3 pm.
- Wear long, loose shirts, sunglasses and hat.
- Use sunscreen and lip balm with a minimum SPF of 50.
- Apply sunscreen and lip balm 30 minutes before going out, not forgetting your head, neck and ears.
- Re-apply the sunscreen every two hours.

Note:

Starting January 2020, repeat script will be charged \$30. Script requested after 12 pm will be processed on the next day.

Reminder to all Patients:

There is a \$25 fee for a referral made by the doctor.

