



WAITING ROOM

Please ensure that you stop at reception and let the girls know when you have arrived for your appointment. Otherwise you could be kept waiting longer than necessary. The receptionist needs to flag your name in the doctor's computer appointment book to let them know you're here!



Blue September

Book in NOW for a check!!

Blue September - Prostate Cancer Foundation's national awareness campaign.

Every year around 600 men die in New Zealand of prostate cancer.

That is more than 600 fathers, sons, brothers, grandfathers – gone!

This happens because men don't know how dangerous the disease is.

They simply don't do anything about it.

This has to stop.

Deaths from prostate cancer can be prevented if the disease is detected.

PLEASE ASK YOUR DOCTOR TODAY!

After Hours

**Wellington Accident &
Urgent Medical Centre**

17 Adelaide Rd -
Newtown

Wellington
04) 384 4944

Open every day
or

Wellington Hospital A & E
Riddiford St - Newtown
Wellington

or

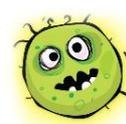
Free health advice
when you need it

Healthline
0800 611 116
www.healthline.govt.nz

**Emergency call:
111**



Gastroenteritis



The following actions can be taken to avoid getting and spreading gastroenteritis:

- ❖ Frequent and thorough hand washing, especially before eating or preparing food, and after going to the toilet or contact with an infected person
- ❖ Avoid direct contact with infected individuals, if possible
- ❖ Stay home from work and keep children away from day-care or school until symptoms have gone
- ❖ Washing the clothing, bedding, and toys of an infected person
- ❖ Cleaning and disinfecting kitchen surfaces, especially after working with raw meat or chicken, or eggs
- ❖ Avoid eating undercooked foods, especially meat, chicken, and fish
- ❖ Avoid drinking untreated water
- ❖ Avoid eating raw meats, fish, and shellfish unless you are sure that they have been freshly prepared and are from a reliable source
- ❖ Thoroughly wash any fresh produce, such as fruits and vegetables
- ❖ Have your infant or child vaccinated with a rotavirus vaccine, which can prevent gastroenteritis caused by rotavirus
- ❖ Drink only bottled or boiled water and avoid ice cubes when travelling, especially in developing countries.



Freedom to Manage your Health and Wellness

“Access your healthcare information online at home”

What are the benefits?

- * Booking your own (non-urgent) appointments to suit you;
- * View your medical conditions;
- * View your allergies records;
- * View your lab results;
- * View your past prescriptions and request repeat prescriptions;
- * Check your recalls;
- * Check your information is correct;
- * Share Health Information

Ask our reception team to get you registered it’s easy!

IMPORTANT:

Please do NOT use ManageMyHealth to communicate acute, serious problems to your doctor.

Please call the practice in the usual manner on 04 478 9999

Spring - Hayfever



Hayfever is more of a nuisance than a major disease. Allergic rhinitis triggered by the [pollens](#) of specific seasonal plants is commonly known as "hay fever", because it is most prevalent during [haying](#) season. However, it is possible to suffer from allergic rhinitis throughout the year. The pollen that causes hay fever varies between individuals and from region to region; in general, the tiny, hardly visible pollens of [wind-pollinated plants](#) are the predominant cause.

Symptoms may include: run nose, itchy eyes, ears and throat.

Book an appointment with Dr Tim Jefferies for your allergies

Not arriving for appointments....

We have noticed an increase in the number of patients not turning up for their appointments, without any notice. We are therefore unable to offer the slot to another patient who may need it. We realise that sometimes circumstances change, but we would appreciate at least 2 hours’ notice if you cannot make your appointment. If you do not provide sufficient notice you may be charged for your appointment. Thank you



The Wellington Vasectomy Clinic is run either here at the Onslow Medical Centre (afternoons only) or at the Wellington Accident and Emergency (mornings only) every Friday. To book an appointment with Dr Shane Dunphy (OMC) or Dr Jim Aubrey (WAMC) please call 04 384 5275 or 0800 4 ASNIP.



Here comes Christmas.... where did that time go

Onslow Medical Centre will be open shorter hours through the weeks between Christmas and New Year. Those days will have appointments available between 9.00am and 5.00pm. We will return to normal hours from Monday the 8th of January 2018, which is earlier than usual.



We are on Facebook - this is another way we plan to keep in touch with patients & let you know what is happening at OMC. Make sure you check in.