

Elstree Ave Family Doctors

Monthly Newsletter

Staff News



We are delighted to welcome Chauvelle Beazley to our team in the dual role of Health Improvement Practitioner (HIP) and Health Coach

A health improvement practitioner is a registered health practitioner. HIPs provide support for people with concerns about mental health, addiction, long-term conditions and general wellbeing.

A health coach supports people and their whānau to access community and online resources and supports to enhance their social, emotional and physical wellbeing.

This is a free patient service and Chauvelle will be available Monday's and Friday's for onsite appointments as well as for phone consultations Evening calls can be arranged if requested

It is with sadness we announce that Mary Goldfinch, who has been with us for the past 4 years will be leaving us at the end of September. We wish Mary all the very best for the future and thank her very much for her valuable contribution to our team and patients.

Patients: Thank you for your patience, a reminder about our ongoing primary care challenges and it's impact on appointment times.

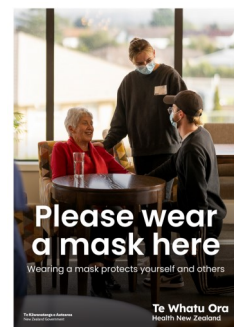
Mask Wearing

There are still many respiratory infections present in our community. Elstree Ave Family Doctors staff will continue to wear face masks to protect both ourselves as well as you and your whanau, Please help to protect our staff and other patients by also wearing a mask at the doctors. **Free masks are at the door**

October Newsletter

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Human Papilloma Virus (HPV) Screening—vaginal swab

From the 12 September 2023 the main test for cervical cancer will be the HPV vaginal swab. 95% of cervical cancers are caused by this virus. You can choose to do this test yourself or ask a clinician to do this. You can still have a clinician do your cervical smear test with a speculum if this is your preference.

Free HPV screening for cervical cancer will be available for women and people with a cervix who are un-screened (have never had a screening test), under screened (haven't had a test in the past 5 years), at higher risk requiring surveillance/follow up, Māori, Pacific, and anyone who is a community service card holder.

Our nurses are available to discuss the options with you.

Sore Throats

Having a sore throat is very common. Sometimes a sore throat is caused by Streptococcus bacteria (strep throat). In children especially a strep throat can lead to rheumatic fever if it is not treated quickly with antibiotics. Rheumatic fever is a serious illness because it can cause heart damage.

We encourage you to bring your child to see the doctor or nurse when they complain of a sore throat so a swab can be taken to rule out strep throat

iSOOTH - Volunteers needed!
kids sore throat study

Elstree Ave Family Doctors are excited to be part of this Auckland University Research project which is an important step towards developing a vaccine for Strep A

If you have a child/ children between the ages of 3 years and 14 years and they would like to participate, scan QR code below or speak to reception staff for further details.

A koha is available for participation which includes 3 home visits by a research nurse.



October is Breast Cancer Awareness Month



Every day, nine women in New Zealand are diagnosed with breast cancer, so it's likely that someone in your family, church, community or workplace will be diagnosed with cancer, has had breast cancer in the past, or is supporting someone with breast cancer.

Love yourself this October and get a mammogram. Love your mother, wife, daughters by encouraging them to get a mammogram. Mammograms are free for 45—69 years and are done every 2 years .

- Ring us to check when your next mammogram is due or access Manage My Health to check your recall date.
- Book a mammogram at <https://www.timetoscreen.nz/breast-screening/sign-up/>
- Raise breast cancer awareness with a pink breakfast or wear pink to work day this month
- Join the Pink ribbon fund raising walk on Sunday October 15th Auckland Domain 1.30pm
- <https://www.breastcancerfoundation.org.nz/bcam>

