

## Check it out early

Janice and Peter Abbott have been patients at Crawford Medical Centre for many years. They moved to the Bombay Hills in 1999 to establish their Boarding Kennels & Cattery business, but in spite of the distance, have continued to come to Crawford for their appointments with their usual GP.

"If you find a doctor whom you like, and who accommodates you as ours does, we didn't feel the need to re-locate" Janice says.

Before Christmas, their daughter noticed a spot on Janice's thigh which had changed shape and colour slightly. Janice mentioned it to her GP the following week at her appointment. Despite this being a very busy time of the year at the Kennels and Cattery, on her GP's advice, a decision was made to have it removed as soon as possible at Crawford Medical Centre. The histology report confirmed melanoma and Janice was seen by a Plastic Surgeon on the day that the report came out.

The phrase "early detection is the very best policy" certainly applies to Janice's situation. It had been caught at a very early stage and carries an excellent prognosis.

"Thanks to my GP, it's such a relief to know that it is such a good result. I'm going to have some quiet time at the family beach house now so that I'm not tempted to be back at the Kennels too soon"

It really does pay to have any suspicious spot checked - Thank you Janice for allowing us to share your experience.

## Helpful information

**The Chinese Positive Aging Charitable Trust** is a non profit organization established by a group of professionals for the physical and psychological wellbeing of the Chinese elderly in New Zealand. Their aim is to promote the quality of life for the senior Chinese in New Zealand. Email: "mailto:cpa.trust@email.com".

**Tai Chi** is an excellent form of exercise for the young not so young. FREE senior Tai Chi classes (a community initiative sponsored by ACC) are available at several locations in the Howick/Pakuranga area. See the "thinksafe" website for more information.



*"Lack of activity destroys the human condition of every human being, while movement and methodical physical exercise saves it and preserves it" (Plato)*

Different retirement villages are managed in different ways and offer a variety of housing, facilities and services. People need to know what they are entitled to before entering a retirement village. Helpful information is available on how to find the right retirement village and sign up from: [www.sorted.org.nz/life-stages/60plus/retirement-villages](http://www.sorted.org.nz/life-stages/60plus/retirement-villages).

**Support groups** are available for a huge number of physical problems and they are invaluable in offering information and ongoing support. Contact your GP email [eldercare@easthealth.co.nz](mailto:eldercare@easthealth.co.nz) for a support group for your needs in your area.

Age Concern promotes the rights and wellbeing of older people. **For further information contact Age Concern Counties Manukau on 279 4331**



Full family medical care - Immunisation - Recall Service - Family Planning - Drop-in Accident Care - Emergency House Calls - Minor Surgery - Audiologist - On-site Pharmacy - Dietitian - Ear Suction Specialist Nurse - Midwife - On-site Parking

Emergencies:  
After Hours call East Care A&M  
277 1516

However, if it is a real emergency always call 111



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Keeping you in touch because we care

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## A fresh new look!

We are all very excited about the new logo that has been designed for Crawford Medical. Not only is it bright and modern but we think it makes us stand out as a forward thinking practice with up-



to-date services and in-touch responses to your needs as a patient. Soon you will also see the new signs up outside that will make us highly visible from all angles of Picton Street and you will notice the consolidation of all our information booklets, patient forms and stationery into this one new look. Welcome to the new look Crawford Medical!

## Sunflower month

St Johns celebrates the independence of older New Zealanders on an annual basis and this year they are holding Sunflower month meetings entitled "Living at Home Safely" in areas throughout New Zealand. Besides providing services for our elderly friends and neighbours such as Life Link Alarms, Caring Caller service, a FREE Phone Medication Prompting service and Pet Therapy, St John is the only Medical Alarm service in New Zealand which is directly linked to the Ambulance Service. This of course means a faster response time and triage of patients.

St John together with Crawford Medical Centre is holding a "Living at Home Safely" meeting for 150 invited guests on 17th March at the Howick RSA at 10.30am. Morning tea will be provided.

Speakers will include a spokesperson from St John, Dr Bruce Greenfield - Crawford Medical Centre, the NZ Fire Service, NZ Police, Carol Lazarus, Clinical Ear Nurse Specialist and a spokesperson from Hearing Associates who will introduce a new hearing assessment service. Speakers will offer advice and discuss what services are available to help those attending to continue living at home, safely and independently.



## Pharmacy focus

Weekly medication blister packs are the safest and easiest way to take your daily medication. Crawford Pharmacy works closely with the doctors to ensure that all patients adhere to their daily dose of medicine prescribed. If you have ever doubled up on a dose medicine or if you are taking 5 or more medicines, then we highly recommend the blister packaging system from Crawford Pharmacy. We will take care of packing and delivering your medicine on a weekly basis free of charge, provided the prescribing doctor annotates the script accordingly. Please feel free to speak to Andrew, Mo, Jenn or Robelita at the pharmacy for any enquiries.



## A new voice

You may hear a new voice at the end of the phone when you call for your test results or when you leave a message to talk to one of our nurses. We are delighted to have Karen O Neill join the Crawford Team as a clinical assistant. She will be assisting the nursing team on many levels including returning your calls and assisting you with your enquires. Karen lives locally and has adult children. In her spare time she is pursuing a wish to learn to play the piano.



## Welcome to Dr Zhou

Crawford Medical Centre welcomes Dr Joe Zhou and the Nine Life Land Acupuncture Clinic to the Practice. Joe is a professional Acupuncturist who is registered by NZRA and is an ACC approved provider.

Acupuncture and Chinese Herbal Medicine have been used successfully for many thousands of years in the treatment of a wide range of conditions. Because acupuncture works on the whole body, changes can be generated emotionally as well as physically. A wide range of conditions may be treated using Acupuncture and Chinese Herbal Medicine.

Joe was a registered Chinese doctor and was fully trained in both Western and Chinese medicine. He offers a wide range of holistic healing and his professional fields are acupuncture, traditional Chinese medicine and qigong.

Please call Joe on 5359833 or 021 2152066 for an appointment.



## Did you know?

When your digestive system and bowel are not working properly you can suffer from a number of problems. Good bowel health is so important to overall health and well being, but many people go through their life dealing with the unpleasant issues that could be resolved with appropriate treatment or lifestyle changes. Constipation is most commonly caused by a poor diet and an inactive lifestyle. The following dietary factors are often associated with constipation: a lack or low intake of fruit and vegetables - a high intake of fat and sugar - a low intake of water and other fluids - alcohol - a high intake of dairy products - a lack or low intake of whole grains. Phloe is clinically proven to keep you regular. The three active components of Phloe are the enzymes, prebiotics and fibre that have been isolated from New Zealand green kiwifruit. Join the Healthy Bowel programme today at [www.phloe.co.nz](http://www.phloe.co.nz) or call 0800 4 PHLOE

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Members will receive discount vouchers and information on understanding and managing your bowel health and maximising the enjoyment you get from your life. There will be articles from health professionals as well as special offers, recipes and useful and inspiring stories from regular people.



## "HEARING & QUALITY OF LIFE"

**Claritone**  
HEARING HEALTH SOLUTION

As we get older it often seems like every other day we develop another creak or pain. Losing our hearing is just another one of those things that sneaks up on us. Often we don't even notice that for the last ten years we have been slowly turning up the volume on the TV and radio, or complaining more about the 'mumbling' of our grandchildren.

The grim news is that over 60% of us over the age of 60 have significant hearing loss, and by the time we are over 70 or 80...well, you can imagine. The worst thing about hearing loss is the sense of loneliness and isolation it can create. Bingo, bowls, church, the movies, beers with the boys, lunch with the girls and especially spending time with family can become exercises in embarrassment as you miss most of the conversation and fun.

For this article, we really want to stress the importance of having your hearing tested. Crawford Medical Centre have arranged for free hearing checks to be conducted regularly within their medical centre by Clinicians from Hearing Technology using the Claritone Hearing Health solution.

This is available to all patients and should be done on an annual basis if you are over 60. The hearing check is quick (15 to 20 minutes), free, and it really could change your life.

The earlier that you deal with hearing loss the easier it is, and the less the impact on your life. First step to treatment is diagnosis and we urge you to take this step by getting your hearing tested.

**TO BOOK A HEARING CHECK SIMPLY CALL OR ASK RECEPTION TO MAKE AN APPOINTMENT FOR YOU.**

