



# Check Up

MAY 2010

Keeping you in touch because we care

## FLU VACCINE

**H**ave you had your flu vaccine yet? Although the weather has continued to be warm for this time of the year, flu is an important consideration for the winter season. If you have been putting it off – just do it! Call us on 538 0083 and make an appointment with the nurse. This year children having the flu vaccination (those aged 6mths-9years) will need to have two vaccinations at least four weeks apart.

### *Pharmacy Focus*



**W**inter is upon us once again and unfortunately it tends to bring a whole lot of germs with it. Prevention is the best remedy as they say so never forget the basics such as washing hands regularly before meals and after being outdoors. It's a proven fact that germs can live on hard surfaces for 48 hours after first contact. The body's immune system is at its best when you have a balanced lifestyle and is most vulnerable when you are tired. Stay on top of things by having a healthy diet, getting a good night's sleep and keeping warm. Vitamin B, C and Echinacea are good immune boosters and can provide support during this period. Come and see Robellta, Andrew Mo or Jenn at Crawford Pharmacy for remedies to help fight the nasty winter bugs.

**If you have diabetes and haven't had a full diabetes check in the last 12 months please call us and make an appointment for this FREE health check. Tel : 538 0083**

### *Flower power*



*Alistair Grundy (Representative of Telecare Lifelink) presents the defibrillator to Dr Bruce Greenfield on behalf of St John*

**L**ast month Crawford Medical together with St John held a meeting at the RSA in Howick entitled "Living Safely in the Home." This was attended by approximately eighty-five senior members of the community. The meeting was a huge success and the feedback has been very positive.

By participating with St John in this very worthwhile event Crawford was fortunate enough to win a defibrillator. A presentation was made to Dr Bruce Greenfield by Mr Alistair Grundy, representative of Telecare Lifelink, on behalf of St John. Thank you St John – we are delighted!

Sunflower Month is an annual event and we will be working with St John again next year to hold a similar event with more helpful information and demonstrations. We will keep you informed.

As a community focused Medical Centre, Crawford feels privileged to work with an organization such as St John.

## UNDERSTANDING THE REFERRAL PROCESS

If you are being referred to a private specialist then you will be given a name/names of various specialists and their contact details. Please make a booking with the one you prefer and let us know who and when the appointment is with. The referral will be sent to the specialist concerned once we have this information.

If you are being referred to the Public Hospital service please note:

- The referral will be faxed or emailed to the allocated hospital or outpatient service by the doctor
- Each patient has a hospital number unique to them (NHI number – National health index number) The booking clerk uses this number as well as your name, your correct address and phone number in the booking process. Ensure we have your correct address and contact details. If you move, let us know as soon as possible.
- When your referral is received it is graded by the Hospital Medical team and a letter will be sent to the patient saying that the referral has been received.
- If a patient has not been to that particular hospital before they may need to provide information about their eligibility to be seen under the Public health system. Usually the hospital will notify the patient by letter what the hospital requires, for example, a copy of your passport. If the eligibility information is not received then the referral may not proceed.
- If you have not heard from the hospital within 2-4 weeks of the referral being sent, contact your doctor.

If you have x-rays, ultrasounds or scans related to the problem being investigated, take these with you to your appointment.

If you have any problems making an appointment let us know as soon as possible.

*Crawford Medical is offering FREE thirty minute hearing assessments.*

*Are you the 1 in 6 people who have significant hearing loss? This number rises to around 60% of people over the age of 60. If you are, there are many things that can be done to assist this.*

Call and make an appointment.  
We'd love to HEAR from you!

## Farewell



*Farewell dinner for Dr Rahman (front row second left)*

It is with regret that we say farewell to Dr Mohammad Rahman. Dr Rahman, his wife and two sons are moving to Melbourne where he has a position in a Medical practice. He has been a valuable member of the Crawford Team and was the driving force in the practice achieving Cornerstone accreditation. The staff and patients at Crawford will miss him. We wish Dr Rahman and his family success and happiness for his move to Australia.

## Our Midwife

Catherine Overfield  
is an Independent Midwife working  
from Crawford Medical Centre.

Catherine holds clinics every Thursday  
**Tel 027 277 3213**



Full family medical care - Immunisation -  
Recall Service - Family Planning - Acupuncturist  
Drop-in Accident Care - Emergency House Calls  
- Minor Surgery - Audiologist - On-site Pharmacy  
- Dietitian - Ear Health Clinics -  
Midwife - On-site Parking  
4 Picton St, Howick

**We're here to help**

**T 538 0083**

Emergencies:

After Hours call East Care A&M 277 1516  
However, if it is a real emergency always call 111