

THE CHECK UP



Avoid the flu



Let's get vaccinated

Protect yourselves, protect your loved ones.

Flu season is here, and the best way to protect yourself and your loved ones is by getting the flu vaccine. The vaccine helps reduce the risk of severe illness, hospitalisation, and complications, especially for vulnerable groups such as older adults, and those with chronic conditions.

Flu vaccines will be available at Crawford Medical Centre from April. You can book your flu vaccine online via the patient portal Manage My Health under the provider named "Flu Vaccine" or by calling our friendly reception team. Stay protected this winter!

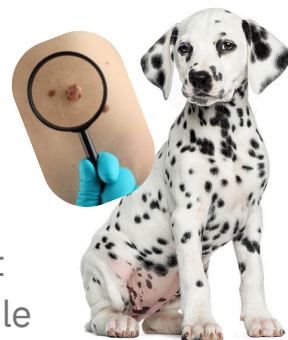
**Book your
appointment
today**



Crawford Specialist Centre



Have you had your spots checked recently?



Mole mapping is the most effective method to detect melanoma before it's visible to the naked eye. In line with Crawford's dedication to providing exceptional services and cutting-edge technology, we now offer mole mapping at Crawford Specialist Centre. Located at 12 Picton Street, Howick. This is the most accurate program for melanoma and skin cancer detection and monitoring.

Call 09-538 0133 to schedule an appointment.

As a valued patient of Crawford Medical Centre, you can enjoy a **\$50 discount** on a full-body skin check.

Your Health, Your Power Celebrate Women's Health This March!



Ladies, your health matters! This Women's month, take a moment to prioritise yourself. Regular smear tests can save lives by detecting issues early. Book your smear appointment today at Crawford Medical Centre!

- ✿ Friendly, professional care
- ✿ Quick and comfortable screening
- ✿ Peace of mind for you and your loved ones

Your health is your power—don't wait!

Kidney Health



Chronic kidney disease (CKD) often develops without symptoms and can go undetected until it reaches advanced stages.

Risk factors include diabetes, high blood pressure, and a family history of kidney disease. A simple blood test and urine test can help detect kidney issues early.

Protect your kidneys by staying hydrated, eating a balanced diet, exercising regularly, and managing blood pressure and blood sugar levels.

Prioritise your kidney health by booking a routine check-up with one of our dedicated practitioners.

You are a winner!

Congratulations to our recent winner M**** for winning a free consultation visit with her Provider.

If you book your appointment on MMH, you will be in the draw to WIN A FREE CONSULTATION with your GP or Nurse Practitioner.



INTERESTED IN WEIGHT MANAGEMENT AND IMPROVING YOUR OVERALL HEALTH AND LIFESTYLE?



ENQUIRE ABOUT THE **PUSH ON®** BODY COMPOSITION SCALE
A snapshot of your current body state, and overall health and wellness.



3-monthly
weight
monitoring



SCREENING DAYS: 2nd - 17th April 2025

Book a complimentary appointment with our Health coach Sarah Kennedy on the MMH portal or by calling our reception team on 09 538 0083. For more info: Email Sarah on sarah.kennedy@crawfordmedical.co.nz

Congratulations Les!



Patient Les Hoddle recently won a handful of medals in swimming at the Masters Games — an incredible achievement! Les continues to inspire us all, and we're so proud of him here at Crawford Medical. Les visited the clinic to personally thank his doctors, Dr. Graham Witney and Dr. Bruce Greenfield, for the exceptional care they've provided over the years — care that has certainly contributed to this remarkable accomplishment.



CRAWFORD
MEDICAL

Monday to Friday: 7.30am - 7pm
Saturday: 9am - 12pm

Acute walk-in clinic available
Monday-Saturday: 9am-12pm

(09) 538 0083
info@crawfordmedical.co.nz

4 Picton Street
Howick, Auckland