



The Christchurch Doctors  
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## Patient Newsletter

Spring 2017

### Booking your appointment on line

Thank you to our patients who have embraced this convenient way to book a standard GP appointment, through our website [www.thechristchurchdoctors.co.nz](http://www.thechristchurchdoctors.co.nz) "Book an Appointment Online" button

**A reminder** - this service is to book a standard 15 minute appointment, during which time your doctor may deal with **one major** or **two minor** health concerns. If you have multiple health concerns to discuss, please organise a double appointment (additional charges will apply)

### Our Payment terms

Your doctor requires payment **on the day of your appointment**. Our discounted GP consultation fees are for **payment on the day of your visit**.

**Newly enrolling patients** aged 16 and over are offered an extended first appointment consisting of a 15 minute Nurse appointment and a 30 minute doctor appointment. This initial non-subsidized appointment is charged at **\$90** and ensures that our clinical team are aware of your full medical and family medical history requirements at the start of your enrolment with us.

### National Enrolment Service (NES)

During the spring and summer months, the Christchurch Doctors reception team are participating in the National Enrolment Service programme (NES). NES requires an update of *all* our patient registration details (name, address, date of birth).

The NES programme ensures that the information held on your GP medical record is accurate and consistent with other allied health agencies.

Thank you for providing your updated details, on request.

### Pegasus 24 Hours – After Hours Care

A reminder that Pegasus 24 Hour Surgery is now located at: **401 Madras Street, Christchurch**

### Cancelling your appointment?

Please phone us and let us know if you are unable to keep your appointment. That way, we can give the appointment to another patient, needing to be seen. **Appointments booked on line may be cancelled on line, within one hour of your appointment time.**

If you need to cancel within an hour of your appointment time, please ring our reception team  
Thank you

## Skin Checks



The Christchurch Doctors now offers full skin checks. Dr Shelley Louw has the advanced certificate of Dermoscopy from the Australasian College of Skin Cancer, which she passed with distinction.

Dr Joanna Thwaites has the Certificate of Skin Cancer Medicine

Dermoscopy is the gold standard of skin cancer checks and is the same as other skin check clinics in Christchurch use.

Please enquire about our prices for a full skin check

## Spring is in the air! .....

The plants most likely to cause hay fever symptoms are those that are wind pollinated. These plants produce high numbers of light and buoyant pollen grains which are easily distributed through the air. Pretty, brightly-coloured flowering plants and trees are unlikely to cause symptoms of hay fever. These plants attract bees and other insects to transfer their pollens from flower to flower, and produce far fewer pollen grains that don't generally become airborne. This is fortunate for those who like flowering plants!

### ***Do you think you may be suffering from pollen allergies?***

Typical hay fever symptoms include itchy and runny nose, sneezing, itchy and watery eyes, tickly and scratchy throat - all of which are generally worse when you go outside!

Asthma can also be triggered by pollen allergy.



Occasionally, especially on dry, windy days, rashes and swelling of the face can occur. Some highly sensitive people will have these symptoms within minutes of going out the door in the morning. Pollen counts can vary during the course of one day

### **DO**

- Keep windows closed at night; use air conditioning, which cleans, cools, and dries the air.
- Minimise early morning activity when pollen is most usually emitted (between 5.00 a.m. and 10.00 a.m.).
- Keep your car windows closed when you travel by car. Use your car air-conditioning on 're-circulated air' rather than bringing in air from outside.
- Stay indoors when the pollen count or humidity is high and on windy days when dust and pollen are whipped about.
- Wear glasses outdoors to protect your eyes.
- Have your lawns mowed frequently to avoid flowering. Wear a mask if it is absolutely necessary for you to do the mowing.
- Select garden plants which are low pollen producers (usually native species).
- Have fallen leaves and garden debris removed.
- Take the medications prescribed by your doctor or advised through your Pharmacist

### **DON'T**

- Mow lawns or be around freshly cut grass; mowing stirs up pollens and moulds.
- Hang sheets or clothing outside to dry, as pollens and moulds may collect in these items