



Lyttelton Health Centre

18 Oxford Street
Lyttelton
Phone 328 7309

www.lytteltonhealthcentre.co.nz



Patient Newsletter

Spring 2018

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.lytteltonhealthcentre.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)

Urgent Appointments

We have urgent appointments available on the day for patients who need them.

We ask all of our patients to please plan ahead and book a week before appointments such as prescription renewals and check-ups. This keeps our urgent appointment available for those who really need them.

Missed appointments

If you make an appointment and then do not turn up (or cancel 2 hours prior to the appointment), you will be charged a fee for that time.

If you are unable to keep your appointment for any reason, please notify our receptionist early on that day so that the time can be offered to another patient.

Repeat Prescriptions

Our preferred method for receiving requests for repeat prescriptions is using our website and following the prompts. www.lytteltonhealthcentre.co.nz Or if you prefer you can ring our receptionist and give her your details. She will send a "task" to the appropriate doctor. The doctor, when they have time, will contact you to discuss what you require if they are happy to prescribe. This process can take up to 48 hours

Community Services Cards

If you are a Community Services card holder please ensure that we have your current card number. If there are any other changes to your contact details, please let us know.

The Importance of Cervical Smears

Women between the ages of 20 and 70 who have been sexually active are encouraged to get regular smear tests. Woman who have had a hysterectomy (removal of the uterus) need to check with their doctor or smear taker whether they still need to have a smear test completed.

This can be done with your regular doctor or our nurse, Tara

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 5am and 10.00am).
- 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

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 on these items

Our opening hours

Monday	Tuesday	Wednesday	Thursday	Friday
8am – 5.30pm	7.30am – 5.30pm	8am – 6pm	8am – 6pm	7.30am – 5pm