



# Ranolf Health

Issue 2 November - 2015

## Ranolf Medical Centre

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## Kia Ora

With spring finally settling in, summer is now just around the corner. Enjoy the sun and the outdoors while being sun smart. Seek shade between 11 and 4, wear protective clothing including a broad-brimmed hat and sunscreen must be applied to all uncovered skin before venturing out.

The SPF of a sunscreen tells you how much protection a sunscreen provides. For example, if it takes 10 minutes to burn without a sunscreen and 100 minutes to burn with a sunscreen, then the SPF of that sunscreen is 10 (as it takes 10 times longer to burn). To get the most out of your sunscreen:

- Choose a broad spectrum sunscreen that covers both UVA and UVB rays
- Apply liberally (most people don't use enough)
- Apply at least 30 minutes before going outside so it's fully absorbed
- Re-apply every 2 hours
- Re-apply immediately after swimming or excessive sweating.

Sunscreens come in different formulations and the pharmacy staff can help in your selection. Sprays or gels can be used on hairy areas or oily skin and creams on dry skin. Lotions are easy to use and suit most people. Some sunscreen is even tinted or made for sensitive skin.

## Ranolf Medical Centre Website



Have you visited our website [www.ranolfmedical.co.nz](http://www.ranolfmedical.co.nz)? This is a work in progress and we are always open to suggestions of things we can put on there, or links to other pages that may be useful. Email enquires can be made through website or email [RanolfPracticeManager@rgpg.co.nz](mailto:RanolfPracticeManager@rgpg.co.nz)

## Contact Details

Do we have your contact mobile number and email address? Please let us know so we can update your details.

## World Diabetes Day



World Diabetes Day is celebrated world-wide every year and is an official United Nations World Day. The date 14th November was chosen because it marks the birthday of Frederick Banting who, along with Charles Best, is credited with the discovery of insulin.

Diabetes is a chronic disease that arises when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Failure to produce insulin or the inability to use insulin effectively (or both) can be associated with long-term damage to the body and failure of various organs and tissues.

Changes in diet and physical activity have led to sharp increases in the numbers of people developing diabetes. Type 1 Diabetes cannot be prevented, but Type 2 diabetes can in many cases be prevented by simply maintaining a healthy weight and being physically active. Studies in China, Finland and the United States have confirmed this. The IDF (International Diabetes Federation) recommends a goal of at least 30 minutes of daily exercise, such as brisk walking, swimming, cycling or dancing. Regular walking for at least 30 minutes per day has shown to reduce the risk of type 2 diabetes by 34 – 40%

## Christmas and New Year Holidays

Ranolf Medical Centre will be open until 5:00pm on Christmas Eve. We will be closed for the statutory holidays; Christmas Day, Boxing Day, New Years Day and the day after. Our hours between Christmas and New Year will be 8:30am until 5:00pm

“All of us at Ranolf Medical Centre would like to wish you a very safe and happy holidays and we would like to thank every one who has supported us this year. Have a wonderful Christmas and lovely Summer.”



## Planning makes it easy!

### *Planning a holiday in the next few months?*

Check on your medications in the cupboard and at the Pharmacy. If it is some time since you saw the doctor, he/she may want to see you before they are happy to give you another prescription. Don't forget that we require 24 hours for your prescription to be processed. For your convenience, we can fax your prescription to your preferred pharmacy for collection.



## Appointments with your GP

At times patients can be frustrated at not being able to see the doctor of their choice. This may be due to the doctor not working on the day they want their appointment, or that doctor is already fully booked. If you wish to see a particular doctor, we do advise to book in advance. It is our policy that our enrolled patients with a medical condition that cannot wait until the next day, get an appointment on that day. However, it may not be with your regular doctor.

## Automatic Payments

For your convenience you can pay us by Automatic Payment or online banking. Please remember to use your surname and file number as the reference. This makes it easier for us to match the payment with an outstanding amount.

Bank: ANZ

Account number 11-6187-0007356-00

## Staff Movements

- **Dr Jo O'Keefe** returns from maternity leave for two days a week from early November and back to her usual hours from late January 2016.
- **Jemma McDonald** Practice Nurse has also returned from maternity leave, working two days a week.
- **Laura Roberts**, our data analyst and quality support is away on maternity leave until November 2016.

## Well Man and Well Woman checks



We as a practice believe prevention is better than a cure, so all of our GPs are available to conduct well man or well woman checks. We are proactive about screening for heart risk, skin checks, prostate, breast and cervical cancer because early detection results in better outcomes for patients.

## Feedback

We welcome your views and feedback. We take note of all comments and suggestions and often we will change the way we work in response to your ideas.

Please look out for the feedback box at reception or talk to one of our friendly staff.