



Hauora Panui

Mauri Tū, Mauri ora – He waka eke noa.
An active soul is a healthy soul, we are all in this together.

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#LOVETAUPO

WELCOME TO THE FIRST ISSUE

Welcome to the Taupō Health Centre newsletter which gives us the opportunity to share current health information along with links to other health services in the Taupō community.

NOVEMBER IS MOVEMBER MONTH

When it comes to their health, too many men don't talk, don't act, and die too young.

Movember is an annual event involving the growing of moustaches during the month of November to raise awareness of Men's Health issues, such as prostate cancer, testicular cancer, and men's suicide.

Please go to the Movember website or their facebook page to find out more about this amazing awareness campaign for our tane.

www.nz.movember.com

www.facebook.com/MovemberNewZealand/

We need to get the conversations going and make sure our men make time to come in and see their doctor. Don't wait. Put this on your MUST DO. Help men live happier, healthier, longer lives. You can help change the face of men's health.



TAUPŌ HEALTH CENTRE - HOURS FOR DECEMBER

Monday to Friday

8.00am to 5.00pm

Oncall Saturday

7th Dec 2024, 8am to 1pm

21st Dec 2024, 8am to 1pm

Closing Days

25th 26th 27th Dec

Ka Ora – Phone and video consults

Available for all afterhours from 5pm
and weekends:

0800 2 KA ORA (0800 252 672)

WHY IS IMMUNISATION SO IMPORTANT?

Immunisation protects your tamariki, whānau, and community. Before Vaccines, diseases which are still in existence caused long term health issues, disabilities and death particularly with our babies (pepe) and children (tamariki).

After access to clean water, immunisation is the most effective health intervention in the world for saving lives.

Immunisation:

- Stops adults and tamariki from getting sick and having to go to hospital
- Stops people dying from diseases that could be prevented
- Reduces the risk of having long-term health issues and disabilities caused by disease

- Stops people from passing diseases to their whānau, particularly to those who may not have strong immune systems
- Keeps your community safe by stopping the spread of disease – sometimes called ‘herd immunity’
- May mean having to take less time off school or work due to your whānau getting sick
- During pregnancy helps keep both you and your baby safe.

To access the free immunization please give us a call or pop in and see our front office team. They will arrange an appointment time with one of our nursing team.



PROVIDING AFFORDABLE HEALTH CARE SERVICES



ARE YOU ELIGIBLE?

Did you know that you may be eligible for a community services card that will reduce the cost of your standard consultation charge at THC from \$29.50 to \$19.50.

The Community Services Card is here to assist those people who need access to primary health care but may have restricted income.

If you would like to check to see if you are eligible, please follow this link to the Work and Income website - www.workandincome.govt.nz

If you would like assistance completing this form, please contact us and we can book an appointment with our Patient Service team.

Also please feel free to discuss with our front office team and your medical advisor other options available if you are concerned about affordability of your health care.

EXTENDED CARE TEAM CLINICS

(free access to health care services)

The Taupō Health Centre has access to an Extended Care Team so that our patients can access free of charge, appropriate services for individuals and their whānau.

The Extended Care team include :

- Kaiārahi – Tane peer support
- Waiora Manaaki – Health Coaches
- Health Improvement Practitioners
- Community Health Nurses
- Kaiāwhina
- Exercise and Dietetic support

The Extended Care team work in collaboration with the THC general practice team and other health providers to support your wellbeing and health journey.

To access: Please phone us to discuss and we will refer you to the team to arrange an appropriate time.

PUAWAITANGA

FREE short-term counselling for people on a Work & Income benefit or who hold a Community Services Card. This community counselling is easy to access and can be done by phone or video call.

Visit: www.puawaitanga.nz



NEURODIVERSE SUPPORT

For parents and caregivers



Do you have any concerns or need support either as a parent or a caregiver? REAP are holding an information and support night focusing on individuals and families who need access to services for neurodiverse individuals.

Contact REAP www.reap.org.nz/ to register your interest today.

Neurodiverse seminar - Tuesday 26 Nov

GUEST SPEAKER JUAN OROZCO

For Parents and Caregivers

Juan is a Consultant Clinical Psychologist with extensive experience working with neurodiverse individuals. His primary focus is on these individuals and their families, addressing the challenges they encounter when accessing services. This presentation aims to improve understanding and support for all involved.

Time: 6pm - 8pm

Dates: Tuesday 26 Nov 2024

Where: REAP 73 Titiraupenga St

Phone: 07 378 8109

Email: ako@reapcentralplateau.nz



WE'RE SUPPORTING WHITE RIBBON DAY

25 November marks White Ribbon Day and the International Day for the Elimination of Violence Against Women. By supporting this cause, we pledge to challenge harmful behaviors and create a culture of non-violence and understanding in our community.

DIABETES IN NEW ZEALAND

In New Zealand, it is estimated that the number of people diagnosed with diabetes is over 300,000 people (predominantly type 2 diabetes).

Within the New Zealand population, the prevalence of diabetes in Māori and Pacific populations is around three times higher than among other New Zealanders. Prevalence is also high among South Asian populations.

Our key focus is the prevention of Diabetes in our community particularly with our Māori and Pacific populations. We will be diving deeper into diabetes in our next newsletter but here is a snippet and some links for your information.

WHAT IS DIABETES?

- Diabetes (mate huka) is a condition where the level of glucose (a type of sugar) in your blood is too high.
 - If not controlled, high blood glucose levels eventually lead to damage in many parts of your body.
 - The amount glucose in your blood is controlled by several different hormones but the main one is insulin.
 - When you have diabetes, your body is either unable to produce insulin or can't respond properly to the insulin that it does produce.

See the link for videos and more info www.healthify.nz/health-a-z/d/diabetes-overview/

KA PAI CORNER



Did you know that you can apply for traditional Māori healing as part of your rehabilitation with ACC.

WHAT IS RONGOĀ MĀORI?

It's traditional Māori healing with many different techniques including:

- mirimiri (bodywork)
- rākau rongoā (native flora herbal preparations)
- karakia (prayer), and more.

HOW YOU CAN USE RONGOĀ MĀORI

First you must have ACC cover for your injury. If you have an injury you should visit a health professional and ask them to lodge an ACC claim for you.

If your condition can't be covered by ACC, you may be able to access Rongoā Māori funded by the Ministry of Health.

For more information go to www.acc.co.nz/rongoa or phone 0800 101 996



SIMPLE TIPS TO STAY HYDRATED THIS SUMMER

Summer is on it's way which means putting on that sunscreen and staying hydrated. Staying hydrated during the summer is crucial for maintaining your health and well-being.

Here are some effective tips to help you stay hydrated:

1. Drink Plenty of Water

Regular Intake: Aim to drink at least 8-10 glasses of water a day. Carry a reusable water bottle with you to make it easier to sip throughout the day.

Morning and Night: Start your day with a glass of water and have another before bed.

2. Eat Water-Rich Foods

Fruits and Vegetables: Include water-rich foods like cucumbers, watermelons, strawberries, and oranges in your diet.

Soups and Salads: Opt for soups and salads that have high water content.

3. Infuse Your Water

Flavour Boost: Add slices of fruits, vegetables, or herbs (like lemon, cucumber, or mint) to your water for a refreshing taste.

4. Monitor Your Hydration

Check Urine Colour: Light yellow urine typically indicates good hydration, while darker urine suggests you need more fluids.

5. Set Reminders:

Use apps or alarms to remind you to drink water regularly.

6. Avoid Dehydrating Beverages

Limit Alcohol and Caffeine: These can increase dehydration. Opt for water or herbal teas instead.

7. Stay Cool

Wear Light Clothing: Choose light-colored, loose-fitting clothes to help regulate your body temperature. Take Breaks: If you're outside, take regular breaks in the shade or indoors to cool down.

8. Use Electrolyte Solutions

Sports Drinks: During prolonged physical activity, consider drinking sports drinks that contain electrolytes to replenish lost minerals.

9. Hydrate Before, During, and After Exercise

Pre-Hydrate: Drink water before you start exercising.

During Exercise: Sip water at regular intervals.

Post-Exercise: Rehydrate after your workout to replace lost fluids



TRUDI TUTTY

CLINICAL PHARMACIST

Having Graduated Pharmacy School at Otago University in 1994, I spent over twenty years working in Community Pharmacy before continuing my studies to become a Clinical Pharmacist. I have been working in General Practice for four years and have qualified as a Pharmacist Prescriber. I enjoy all aspects of general medicine and have skills in optimising medicines for patients with long term conditions e.g. diabetes, cardiovascular health and gout.

Outside of work I enjoy walking, gardening and travelling our spectacular country with my husband in our campervan.



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FOR EMERGENCIES PLEASE DIAL 111

