

# Cromwell Medical Centre Autumn News



## Preparing for Winter - Influenza Vaccinations

### FLU VACCINE WILL BE AVAILABLE MID APRIL We will keep you informed.

Getting a flu vaccination is the best way to protect yourself and your family against the effects of the flu: headaches, fever and aches and pains. The vaccine can also greatly reduce your risk of serious complications that can develop from the flu.

Influenza can be life-threatening, especially for the elderly, young children and people with chronic illnesses or compromised immune systems. It is best to be vaccinated early in the season, as it can take up to two weeks following the vaccination for the body to develop flu-fighting antibodies.

**24/7  
365  
DAYS**

**Emergency?** - As the main provider of after hours Accident & Emergency Care we have a commitment to provide care 24 hours per day, every day of the year. In an emergency always dial 111 for an ambulance or phone us on 445 1119 (24 hours). If we are not in at the surgery there will be a doctor on call.

**Travel Vaccinations** - If you are lucky enough to be taking an overseas trip you may require travel vaccines. Have you had a current tetanus or influenza / flu vaccination?

Depending on your itinerary, it is advisable to make an appointment at least 6 weeks before you travel. We suggest you fill out our travel questionnaire before you book your 30 minute appointment with one of our Doctors as some vaccinations require a series of injections. Our travel questionnaire can be obtained from reception or our CMC website.



We can individualise our recommendations to YOUR travel needs.

The **GP Scan Clinic** continues to provide a "bedside Ultrasound" service. Both Dr. Mary Holden and Dr. Pragati Gautama are using this Ultrasound technology in their work with many aspects of general practice medicine. This service is complimentary to the service provided by trained Ultrasonographers and Radiologists (Otago Radiology) and does not replace them. We can advise you if Clinician Performed Ultrasound will be helpful for your specific situation. Please feel free to enquire.



Cromwell Medical Centre  
GP Scan Clinic

*Better Care Using Ultra Sound Technology*

## Team Obstetric Care - Charlotte Arden and Dr. Pragati Gautama

We would like to confirm that Cromwell Medical Centre is providing back up to Charlotte Arden while she remains the sole Lead Maternity Carer for Central Otago Midwives. Charlotte will remain Lead Carer for her current clients and Dr. Pragati Gautama will be first back up for Charlotte as needed. The aim is to ensure continuity of care and may be an exciting forward step to a multidisciplinary format of maternity care. Similar models of care exist in other rural locations where Doctor-Midwife teams remain. Charlotte will soon be opening her rooms in Alexandra (antenatal and postnatal appointments), and will also continue to operate from the Cromwell Medical Centre premises as needed.



## Are You at Risk of Skin Cancer?

The Lakes Skin Cancer Clinic provides a full service including:

- **Full Skin Checks** – Full skin checks enable early detection and treatment of skin cancers.
- **Mole Imaging** - We use digital imaging to assess, diagnose and record lesions and moles.
- **Surgical Procedures on site** - No waiting lists. No hospital visits.
- **Follow up after care**

For an appointment with Dr. Greg Harmsworth at the Lakes Skin Cancer Clinic phone 03 445 1119.



PHONE 111 IN EMERGENCIES  
Ph/Fax 03 445 1119 (24 Hours)  
On Call Doctor 027 645 9992

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Cromwell, Central Otago

www.crommed.co.nz