



NEWSLETTER MARCH 2024

It's that time of year when summer transitions to winter, where did that time go? We will start to notice our environment changing colours, days getting shorter and the temperature dropping. Now is the time to cosy up and prepare your abode, clothing and body for cooler months.

Kind Regards,
The Doctors Silverstream

"I hope I can be the autumn leaf who looked at the sky and lived. And when it was time to leave, gracefully it knew life was a gift." - Dodinsky

BRAIN TEASERS FOR BRAIN AWARENESS MONTH

- 1) What has cities, but no houses; forests, but no trees; and water, but no fish?
- 2) What fastens two people yet touches only one?
- 3) What can be driven although it doesn't have wheels, sliced but still stays whole?
- 4) How do you make the number 7 even without addition, subtraction, multiplication, or division?
- 5) The more you take, the more you leave. What am I?
- 6) For me: Childbirth is before pregnancy. Childhood is before birth. Adolescence is before childhood. Death is before life. Who am I?



Answers
1) A map 2) A wedding ring 3) A golf ball 4) drop the "s" 5) Footprints 6) A Dictionary

Relay for Life – Te Ara Toiora

Relay for Life is a fundraising event in the community for the Cancer Society where people in groups or individually carry a baton around a sports track for 12-24 hours to raise funds. There are 29 other countries that take part in the event the first being in 1985 when Dr Gordon Klatt a surgeon and Cancer Society spent 24hrs running around his sports track. He ran and walked a total of 133km during this time and raised \$27,000 to help cancer patients. The first lap of the event is called The Celebration lap and is lead by people who previously or currently have cancer and people who have supported or are currently supporting someone on their cancer journey.

In Wellington the Relay for Life will be held at Trentham Racecourse kicking off on 23rd March at 3pm through to 24th March 8am.

For more information head to <https://relayforlife.org.nz/>



"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever does." – Margaret Mead

New doctor starting April

We are pleased to announce we have a new Doctor starting on the 2nd of April.

Dr Laure Bosschaert will be working at the centre 2 days a week. Dr Bosschaert is joining us from Ghent, Belgium. She enjoys hiking, running, skiing and swimming which makes New Zealand the perfect place for her.

We are looking forward to having her as part of the team!





OTHER MONTH EVENTS

- 1st – 31st SunSmart in March
- 1st – 31st Hearing Awareness - Month/ 3rd World Hearing Day
- 1st – 31st Kidney Health Month/
 - 14th World Kidney Day
- 1st – 31st Brain Awareness Month
- 1st- 31st Endometrioses Awareness Month
- 1st Neighbours Day Aotearoa
- 2nd – 10th Sea Week – Kaupapa Moana
- 3rd National Children's Day
- 3rd World Wildlife Day
- 4th HPV Awareness Day
- 8th International Women's Day
- 9th/10th – Pasifika Festival
- 15th World Sleep Day
- 14th – World Kidney Day
- 16th/17th Rotorua Walking Festival
- 17th St. Patrick's Day
- 20th World Oral Health Day
- 21st International Day for the Elimination of Racial Discrimination
- 22nd World Water Day
- 23-24th Relay for Life- Te Ara Toiora
- 24th World Tuberculosis Day



International HPV Awareness Day

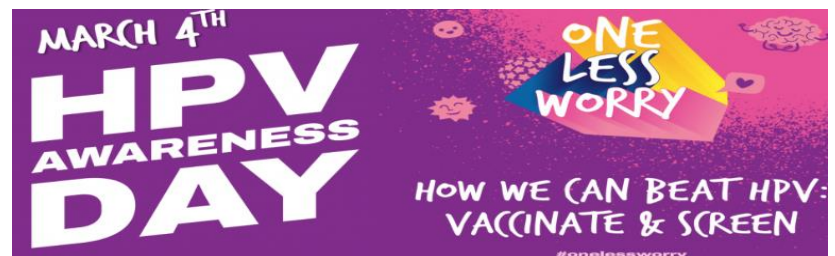
The 4th of March marks International HPV Awareness Day. HPV stands for Human Papilloma Virus which is an infection anyone can catch. Depending on the strain of HPV that you contract it can cause warts in various parts of the body and is also a contributing factor to cervical cancer with over 95% of cervical cancer caused by HPV.

HPV is the most common sexually transmitted infection with 4 in 5 people effected by it. HPV is highly contagious and is transmitted through skin to skin contact as well as sexual contact with someone who has HPV. Learning about HPV can reduce cancer risks and improve vaccination/screening access.

In New Zealand there is a funded HPV vaccine available for everyone aged 9 to 26 years of age. The vaccine can protect against certain strains of the virus which are most likely to cause cancer. It is recommended to be given to children aged 11-12 years of age before they become sexually active as it is more effective.

HPV testing is available for women and people with a cervix aged 25 to 69 for cervical cancer protection. The screening is completed at your healthcare providers clinic and involves a vaginal swab. This can be a self-swab or done by your clinician. The swab is then sent off to the Laboratory for testing.

For more information head to <https://www.askabout HPV.org/>



“An ounce of prevention is worth a pound of cure.” – Benjamin Franklin

Contact us

Phone: [04 527 7376](tel:045277376)

Email: administration@ss.thedoctors.co.nz

Address: Shop 1 Silverstream Village Shops, Corner of Kiln Street and Whitemans Road, Silverstream, Upper Hutt, Wellington, 5019.

