



CHRISTMAS/ NEW YEAR HOURS

We will be working reduced hours of 8am-5pm over the Christmas break starting from 18/12/2023 through till 23/01/2024.

-25th December – Christmas Day Closed

-26th December – Boxing Day Closed

-1st January – New Year's Day Closed

-2nd January – Day after New Year's Day Closed

-22nd January – Wellington Anniversary Closed

If you need medical attention outside of these hours please contact an after hours service.

In a medical emergency please call 111

23rd January back to normal hours Mon-Wed 8am - 8pm
Thurs-Fri 8am – 5pm



NEWSLETTER DECEMBER 2023

Hello Silly Season!

We can't believe we are now in the last month of 2023!

This time of year can find us all busy, no matter what holidays we celebrate. It can also make us feel a mixture of emotions from excitement and joy to overwhelmed and isolated.

Don't forget to check in with your loved ones, friends, family, neighbours and colleagues.

Stay safe.

Kind Regards,
The Doctors Silverstream.

"Gifts of time and love are surely the basic ingredients of a truly merry christmans' – Peg Bracken

Measles

Measles is an extremely contagious virus that lives in the nose and throat mucus of an infected person. Symptoms usually take 7-10 days to develop after you have contracted the virus. Usual symptoms include fever, runny/blocked nose, cough, loss of appetite, sore/watery eyes and spots inside your mouth. After 3-7 days people start to develop a rash which usually starts at your hairline or behind your ears before spreading to the rest of your trunk then on to your arm and legs.

On average about 1 in 10 people that contract the virus will require hospital treatment.

There have been recent Measles cases in New Zealand so it is now more important than ever to check your immunisation status. Immunisation is the best method of defense against the virus. The vaccination is called MMR (Measles, Mumps and Rubella). A single dose of MMR gives you a 95% chance of being protected and 2 doses give you a 99% chance of being protected. When enough of the community is vaccinated it slows down the spread of the virus or stops it completely.

You are considered to be at risk of getting measles if you were born after 1 January 1969 AND:

- have not had measles before
- have not had 2 doses of the MMR vaccine at or after 12 months of age
- unsure if you've had the MMR vaccine.

The MMR vaccine is part of the Childhood Immunisation Schedule for children at 12 months and 15 months of age and catch up doses are funded for children aged under 18 years and adults born 1 January 1969 or later who do not have not two documented doses of MMR vaccine given from 12 months of age and a minimum of 4 weeks apart.



PROTECT AGAINST MEASLES



"Misinformation or distrust of vaccines can be like a contagion that can spread as fast as measles" – Theresa Tam

Prescription Requests

As mentioned in our November newsletter please keep on top of your script requests and don't leave these until the last minute to order. These requests can take up to 36 working hours to process. Scripts can be ordered via the script line, Manage My Health and by paper request at the Centre.



"For every minute spent in organising, an hour is earned" – Benjamin Franklin

ADVENT CALENDAR IDEAS

- Decorate the Christmas Tree
- Write a letter to Santa
- Visit Santa
- Go see the Christmas Lights
- Listen to Christmas Carols
- Make a Christmas Card for a friend/loved one
- Bake christmas cookies
- Read a Christmas book
- Watch a Christmas movie
- Make a Christmas Tree decoration
- Colour in a festive picture
- Donate a Christmas Gift for someone in need
- Dress up Christmassy and take a picture
- Attend your local Christmas in the park
- Call Santa
- Backyard or Lounge camp out
- Put out Reindeer food and a cookie for Santa on Christmas Eve



Movember results!

We had four of our Doctors growing a mustache this year in support of Movember. Here are the results 😊

Dr Franz Hubmann grew The Trucker



Dr Michael Castillo grew The Undercover Brother

Dr Salwan Elya grew The Box Car



Dr Farqad Yuseif grew The Box Car

CHOOSE YOUR WEAPON



THE ABRACADABRA



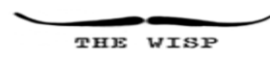
THE ROCK STAR



THE REGENT



THE TRUCKER



THE WISP



THE CONNOISSEUR



THE AFTER EIGHT



THE BOX CAR



THE UNDERCOVER BROTHER

Health Tip of the Month - Reading Food Labels, Part Two



OTHER MONTH EVENTS

- 1st – World AIDS Day
- 1st – Safe Sleep Day
- 3rd – International Day of Disabled Persons
- 10th – World Human Rights Day
- 18th – International Migrants Day
- 24th – Christmas Eve
- 25th – Christmas Day
- 26th – Boxing Day



Following on from last month's newsletter issue...

Suggested serving sizes of macronutrients (carbohydrates, proteins and fats) can vary based on individual dietary needs and goals. Factors such as age, gender, activity level, and specific health goals (ie. weight loss, weight maintenance and muscle gain) will influence the ideal macronutrient distribution for your diet. As a general guideline for a well-balanced diet and weight maintenance, you can aim for the following daily distribution of macronutrients:

1-Carbohydrates: Approximately 35-55% of your daily calories to come from carbohydrates. Focus on complex carbohydrates like whole grains, legumes, fruits, and vegetables.

2-Proteins: Approximately 25-40% of your daily calories to come from protein. Sources of protein can include lean meats, chicken, fish, eggs, dairy, legumes, and other plant-based options. Be mindful of excess red meat and/or fattier cuts of meat as these are high in saturated fats.

3-Fats: Approximately 25-40% of your daily calories to come from fats. Focus on sources of healthy fats (both monounsaturated and polyunsaturated) like oily fish, avocados, nuts, seeds, and olive oil, while limiting saturated fats and avoiding trans fats. Remember to keep portion control in mind, because fats are higher in calories.

In addition, here are some recommended daily values and examples for dietary fibre, saturated fat, and added sugar intake. Always check food labels to determine the specific amounts of dietary fibre, saturated fat, and added sugar in the products you consume. Making choices that incorporate more high-fibre foods, limit saturated fat, and reduce added sugar can contribute to a healthier diet.

1-Dietary Fibre: - Recommended Daily Value: Aim for at least 30 grams of dietary fibre per day to support better blood sugar regulation, gut health, lower LDL cholesterol and support gut motility. Examples: High-fibre foods include whole grains (e.g., whole wheat bread, brown rice), legumes (e.g., lentils, beans), fruits (e.g., apples, pears), and vegetables (e.g., broccoli, carrots). Remember there is a difference between soluble fibre and insoluble fibre.

2-Saturated Fat: - Recommended Daily Value: Try to keep your daily saturated fat intake to less than 20 grams, which is about 10% of your daily calories.

Examples: Limit foods high in saturated fats, such as fatty cuts of meat, excess full-fat dairy products, and limit/avoid ultra-processed foods (e.g., fried snacks, packaged "heat and eat" foods, take-aways, and certain baked goods).

3-Added Sugar: - Recommended Daily Value: Although the American Heart Association recommends no more than 25 grams (6 teaspoons) of "added" sugar for women and 36 grams (9 teaspoons) for men per day, it is advised to limit our added sugars as much as possible - in addition to a well-balanced diet.

Furthermore, if you are pre-diabetic or diabetic, all added sugars should be limited entirely. Examples: Added sugars are often found in sugary beverages (e.g., soda, fruit juices), sweets, baked treats, and many processed foods (e.g., breakfast cereals, sauces, and dressings). It's essential to check the ingredient list for terms like sucrose, high fructose corn syrup, and other sweeteners - that also make up added sugars.

It's essential to note that these are general recommendations, and individual dietary needs can vary significantly. Consulting with a healthcare professional or registered dietitian can provide personalized guidance tailored to your unique needs and objectives!

-Written by Health Coach Hannah Stotter

Contact us

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 the doctors

