



WELCOME!

The Centre is very excited to announce that Dr Michael Castillo has arrived! Dr Castillo has vast experience in General Practice and Urgent Care. He also has an interest in Sports Medicine. Dr Castillo will be taking over the majority of Dr Ram and Dr Littler's patients.

We also have a new Practice Nurse Selma to welcome to the team 😊

Welcome
TO THE TEAM

NEWSLETTER NOVEMBER 2023

Kia Ora,
I'm sure you won't need a reminder that we are just over 7 weeks away from Christmas! It is a good time if you are going away to check up on your medications and note on your calendar or set yourselves a reminder when you are due to order your scripts to ensure these are prescribed in time for your holiday.

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

Kind Regards,
The Doctors Silverstream

***"Life will always get busy, make time to do the things you love."
– Lailah Gifty Akita***

Very High Demand for Appointments

There are currently a lot of viral illnesses going around, which adds extra pressure on the health system. This year, the number of Doctors we have working at the Centre has decreased. Additionally, we have also had a lot of staff sickness recently. As a result of these factors, we are experiencing extremely high demand for our services. Our routine appointments have a current wait time of 4 weeks and our Urgent Clinic for on the day Urgent appointments is being closed very early due to being at max capacity. We understand the frustration this is causing, especially if we are having to cancel and reschedule your appointments due to staff sickness. We apologise for this, we are doing the best we can under the above circumstances. We appreciate your understanding and support during these trying times. Other options if you are needing medical care and we are unable to facilitate you due to being at capacity are: Practice Plus is available. Practice Plus is a separate option that may offer a solution, Monday – Friday 5pm-10pm, weekends and public holidays 8am – 8pm. If you are feeling unwell or need After Hours assistance, you can have a virtual video consultation. You can access this through our website or by clicking on this link - <https://practiceplus.nz/> House call is also available for online consultations please visit their website <https://www.housecall.co.nz/> for more information. Lower Hutt After Hours is also available for urgent matters 5.30pm-10pm, Phone (04) 567 5345. If it is a medical emergency, please dial 111

**HIGH
DEMAND**

***"Start where you are. Use what you have. Do what you can."
– Arthur Ashe***



GUMBOOT FRIDAY 2023

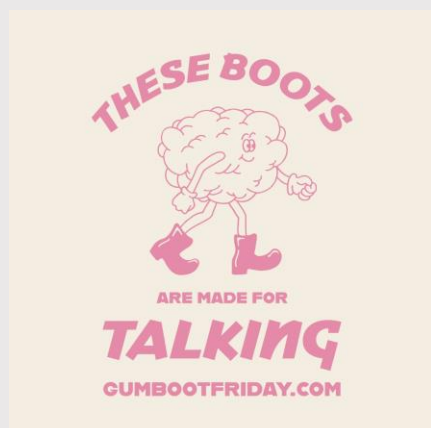
Gumboot Friday will be held on November the 3rd this year. Gumboot Friday was started by Mike King from the I Am Hope Foundation as a way to provide free counselling for young people that are struggling with their mental health. Gumboots are worn on this Friday as it can feel like you are walking through mud every day when struggling with depression.

So, chuck on your gumboots for the day and donate a gold coin to the cause.

For more information please visit:

<https://www.gumbootfriday.org.nz/2023>

#GUMBOOTUPNZ!



Movember

Movember is a move to support and change the way men in need are treated and supported around health issues. Movember prioritises funding to the three biggest health issues men face: Mental health, Suicide prevention, Prostate/testicular cancer.

On average men die 4.5 years earlier than women, lots of these reasons are preventable. Across the world one man dies by suicide every minute of every day which accounts for 69% of all suicides. Testicular cancer is the most common cancer for young men and around 10.8 million men are diagnosed with prostate cancer. Movember does this by:

- Giving men the facts
- Changing behavior
- Creating services that work for men
- Uniting experts from around the world
- Listening and advocating for men

There are plenty of ways you can support Movember eg: Grow a Moustache to raise awareness, grow a Moustache and raise funds for men's health, move for Movember, host a Mo-moment, Mo your own way or donate to the cause. For more information please visit the website:

<https://nz.movember.com/?home>

This year we have Dr Franz Hubmann, Dr Farqad Yuseif, Dr Salwan Elya and Dr Michael Castillo Growing a Moustache to support the cause.



Dr Franz Hubmann



Dr Farqad Yuseif



Dr Salwan Elya



Dr Michael Castillo

After pictures to follow in next month's newsletter!

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

"Grow a Mo to save a Bro"



OTHER MONTH EVENTS

- 1st-30th – Movember Men's Health Month
- 1st – World Vegan Day
- 3rd – Gumboot Friday
- 7th – National Cancer Awareness Day
- 11th – National Education Day
- 12th – World Pneumonia Day - Diwali Festival of Lights
- 13th – World Kindness Day
- 14th – World Diabetes Day
- 16th – International Day for Tolerance
- 17th – National epilepsy Day – World COPD Day
- 25th – White Ribbon Day – International Day for the Elimination of Violence Against Women
- 27th – National Organ Donation Day

November
Events

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

Reading our food labels can be confusing, overwhelming and quite complex - especially when we don't know where to look or what we are looking at! However, with an increased awareness, it can be a crucial part of making informed and healthy dietary choices. These labels provide essential information about the nutritional content of a product, helping us, as consumers, to understand what we are putting into our bodies...

First and foremost, food labels list the ingredients used in a product, enabling us to identify potential allergens or substances we need to avoid, such as artificial additives or excessive sugar, excessive salt (referred to as sodium), or trans fats. This transparency is essential for those of us with dietary restrictions or health concerns, allowing us to make better and safer choices.

Furthermore, food labels display the serving size and the number of servings per bag/packet/container. This information helps us manage portion control and calorie intake. By understanding the recommended serving size, we as consumers can better gauge how the product fits into our daily caloric needs. This is particularly vital in a world where portion sizes have increased, potentially leading to overconsumption of calories and unhealthy weight gain.

Finally, reading food labels promotes nutritional awareness. Labels can include the daily values of various nutrients, allowing consumers to assess whether a product is a good source of essential vitamins and minerals or, on the other hand, high in undesirable substances like saturated fats or sodium. With an increased knowledge, we can make healthier choices, thereby reducing the risk of chronic health conditions like heart disease, diabetes, and obesity. Most importantly, food labels empower individuals to take control of their diets, make informed choices, and lead healthier lives by promoting transparency and nutritional awareness.

In next month's newsletter issue, we can take a look at the recommended daily distribution of macronutrients (being carbohydrates, proteins and fats) as well as some recommended daily values for dietary fibre, sugars, saturated fats and sodium - with examples. It is essential to note that 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

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.

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