

Your health

Stop smoking program

**Ready to quit once and for all?
Talk to us!**

**To quit smoking is easier
when you're not alone**

Cambridge Medical Centre has a **FREE** Stop Smoking program to help on your quit smoking journey - working with you to create your plan with free and flexible support and free Nicotine Replacement Therapy (NRT).

YOUR JOURNEY IN 5 STEPS

1 Contact us to book a **free** Stop Smoking session

We create a **quit plan** with you with free and flexible support, including free Nicotine Replacement Therapy (NRT) and advice on fighting cravings

3 Meet with your **support person** weekly in one-on-one sessions

If you are smoke free four weeks after your quit date, you receive a **\$50 shopping voucher** and \$300 in vouchers if you are pregnant

5 Enjoy a **healthier life** with all the benefits of being smoke free

**Call us today to book a
FREE Stop Smoking
session! 827 7184**

Men's health focus

men'shealthweek

11-17 June 2018

This year Men's Health Week encourages guys all over the country to take the **What's Your Score?** health check.

Visit the Men's Health Week Website for this check <http://menshealthweek.co.nz> Challenge your mates during Men's Health Week to get proactive and compete for the best health score.

Staff news

Dr David Smylie

Even though Dr Smylie has been part of our team since 2016, we would like to welcome him as one of our Directors.



David gained his medical degree from Aberdeen University in his native Scotland in 1986 and completed specialist training in General Practice at Frimley Park Hospital in Surrey, England.

In 1992 he moved to Paeroa NZ where he helped establish the new Paeroa Medical Centre and enjoyed serving as the Honorary Physician for the Thames Valley Rugby Union.

Other work experience includes working as a Registrar in Endocrinology at Waikato Hospital, as a Family Practitioner in Connecticut USA and he spent time in Melbourne as medical director of a primary care clinic before working in various parts of Australia. David was also a partner at NorthCare Medical Centre in Hamilton and has held teaching positions at the University of Connecticut and at the University of Melbourne.

David and his wife are enjoying being back home in NZ, permanently, and David is looking forward to many future years as part of the team at Cambridge Medical Centre.

Travel vaccinations

We have changed the process of booking for travel vaccinations. This is to ensure that patients don't need to return for a second time. We also reduced the costing - \$70 for the first person, \$30 for each additional adult and \$10 for each additional child.



If you need to book a consultation for your travel vacs, contact us for a form to complete with your itinerary details. Return the form, the doctor will review and ensure we have all the vaccinations you need, and a nurse will contact you to make an appointment!

WINTER CHECKLIST

**Be prepared when
winter blows in**

 **Flu vaccination**
Book yours today!



 **Prescriptions**
Ensure it's up-to-date and still working for you. Visit your GP to review



 **Quit smoking**
Cambridge Medical Centre has a Stop smoking programme to assist you on your journey!



 **Asthma plan**
Do you have one and is it up-to-date?



Upcoming Events

- Cancer Survivors day - 3 June
- World Environment day - 5 June
- Men's Health week - 11 to 17 June
<http://menshealthnz.org.nz>
- World Blood Donor day - 14 June
<https://www.nzblood.co.nz/>
- World Elder Abuse Awareness week - 15 to 21 June
<http://www.ageconcern.org.nz>
- Volunteer Awareness week - 17 to 23 June
<https://www.volunteeringnz.org.nz>
- Bowel Cancer Awareness month - June
<http://beatbowelcancer.org.nz>
- Neurological Foundation Appeal week - 1 to 7 July
<https://neurological.org.nz>
- Women's Refuge Awareness month - July
<https://womensrefuge.org.nz>
- Heart month Heart Kids month - 1 to 31 August
<https://heartkids.org.nz>
- Daffodil Awareness month - 1 to 31 August
<https://cancernz.org.nz>
- World Breastfeeding week - 1 to 7 August
<http://worldbreastfeedingweek.org>
- International Youth day - 12 August
<http://www.un.org/en/events/youthday>
- Daffodil day - 24 August
<https://cancernz.org.nz>