



# Ranolf Health

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## Ranolf Medical Centre

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## Staff Updates

- We have said goodbye to **Dr Jesse Coenen**, who has returned to the USA in early January.
- We welcome **Dr Rosemary Bond**, joining us from mid-March.
- Our senior practice nurse **Caerlie Picken** will return from maternity leave at the end of February.
- We are delighted our receptionist **Lorraine Meagher** will commence as health care assistant from 17 February and **Brendan Walker** will join the reception team.
- **Dr Susanna Papenfus** has new working hours from 9 February, working 8.30am until 2.30pm each day.

## Visiting Specialist



We are delighted to have Dr Jose Roman working one afternoon a month at Ranolf Medical Centre.

Jose obtained an MSc degree from London University. He completed six years of formal specialized training in Obstetrics and Gynecology in the London and Newcastle region gaining his Membership of the Royal College (UK) in 1991.

Jose works as a full-time private Gynaecologist and Advanced Laparoscopic Surgeon at Braemar Hospital in Hamilton and is a Visiting Specialist at Ranolf Medical Centre.

Jose is pleased to offer his patients his vast experience of more than 30 years in Gynaecological surgery.

Jose welcomes enquiries by contacting his surgery in Hamilton.

Telephone 07 839 7592  
[www.womenslaparoscopic.co.nz](http://www.womenslaparoscopic.co.nz)

## The new school year



The start of the school year is an exciting time, and there will be lots of new five-year-olds starting school. It is normal for parents and caregivers to expect a much more tired little person in the first term of school. It may take them a while to adjust to the long school day.

A few early nights may be on the cards and good meals always help.

There are a lot of great websites on healthy meals, here are some of our favourites:

<http://www.kiwifamilies.co.nz/articles/healthy-breakfasts/>

<http://www.kiwifamilies.co.nz/articles/school-lunches/>

## Drop In Clinic

***Did you know that we offer a Daily Drop In clinic?***

The clinic operates between 8:30am and 11:00am Monday to Friday and is staffed by a doctor and nurse.

Patients are seen in the order they present to the practice, however please be aware that a patient with a serious health issue may be seen before you.

The Drop In clinic allows you to see the doctor or nurse without making appointments for a quick consultation for a single problem only.

We welcome visitors and casual patients to these clinics.



Like us on  
Facebook



Ranolf now has a Facebook page as another way to keep in touch with our patients informing them about Ranolf news and latest health initiatives.

If you have any queries please contact us at the practice. To find us, search Ranolf Medical Centre.

## Subscribe

Receive our newsletters by email. You can subscribe to our newsletters on our website – [www.ranolfmedical.co.nz](http://www.ranolfmedical.co.nz)

## Off to University?

As you or your teenagers are heading back to university or going for the first time, there are a few things you need to think about in regards to health

Firstly universities offer a student health service, and this is a good thing. But you need to know that if you register with them, the funding we currently hold for you is transferred. This means that if you need to be seen by us in the holidays, the charge is higher (as the university would hold the funding for you). We would be happy to see you, of course, but the cost for a GP visit would be about \$80. You do have the option of staying registered with us and being seen as a casual patient at Student Health. You will need to weigh up the advantages and disadvantages of each.

The next thing to think about is keeping well.

Young people living in shared accommodation or student hostels have a higher risk of developing meningitis. There are vaccines available to reduce the risk so please think about having a chat and getting advice from your doctor or nurse about this.

When flu season hits, it can go through shared accommodation pretty quickly even if you don't usually get it. We can sort out flu vaccinations for you later in the year, so don't forget.

Also, have you got a first aid box sorted? You don't need much; just the basics of Paracetamol and a variety of sticking plasters is a good start.

And finally, do you want to have a chat about safe sex? If so, please make an appointment with the doctor or nurse and we can sort out what you need.



## Zika Virus



Travelling overseas? Are you pregnant or thinking of getting pregnant?

Visit the Ministry of Health website for up to date information.

<http://www.health.govt.nz/our-work/diseases-and-conditions/zika-virus>



## Smoking

Help is available for any of our patients wishing to give up smoking.



There are a number of options available, and we offer support for those who require it.

Please phone to make an appointment with one of our nurses or health care assistants.

## Contact Details

Do we have your current mobile phone number and email address? Please drop us an email to update your details. Our email address is [esmeralda.hutchison@rgpg.co.nz](mailto:esmeralda.hutchison@rgpg.co.nz)

