



# Parkmore Medical Centre

Newsletter no.1, 2008

**Our practice is growing!**

Welcome to Dr Lara Tellier who has joined our team as our assistant.

## Our Team

### DOCTORS

**Dr Grant Dalziel**, MB BCh, FCFP (SA)

**Dr Alastair Clark**, MB BCh, International Restalyn accredited instructor

**Dr Peta Lynn Jearey**, MB BCh, Dip PEC, FCFP (SA)

**Dr Lara Tellier**, MB BCh, Dip Paediatrics

### MANAGEMENT

Martine Robinson, Accounts Manager

Fiona McDuff, Nursing Manager

Nicolette Harmse, SAI Manager

### NURSING & PROFESSIONAL STAFF

Tracy Robarts, Registered Nurse

Nicolene Towell, Registered Nurse

Dot Strauss, Registered Nurse

Poppy Molepo, Somatologist

Louise Bembridge, Registered Dietician

### SUPPORT STAFF

Di Hussey, Receptionist SAI

Lydia Sibisi, Willy Shilenge,

Richman Dube, Engelina Moloto



Tel: 011 883 3116

Our fully equipped medical aesthetics clinic offers medically supervised technology and expertise for sustaining natural beauty and managing the ageing process.

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## 10 Good Reasons to have the Flu Vaccine

It's not too late to have the flu jab – South Africa's flu season lasts until August and vaccines are still readily available.

1. Flu is contagious.
2. Flu is preventable.
3. Two new serious virus strains have hit South Africa this year and you could get both of them, one after the other!
4. The vaccination will reduce your chance of getting flu by 60-80% and even if you do get it, the symptoms will be mild with a much quicker recovery period.
5. If you avoid getting the flu you can reduce the impact of the virus on your family, on your work colleagues and in your community.
6. It's difficult for parents to juggle work commitments and sick children.
7. Children, the elderly and others at risk can be protected from respiratory tract infections and pneumonia.
8. Pregnant women can safely be vaccinated during the 2<sup>nd</sup> and 3<sup>rd</sup> trimesters of pregnancy and avoid unnecessary illness and infection.
9. It's good for the economy: every R1 spent on the flu vaccine, results in a saving of R4 during a mild epidemic and R11 during a serious epidemic.
10. It's a myth that the flu vaccination can give you flu. Today's vaccinations contain dead viruses which cannot make you ill. All you might experience is a slightly sore arm for a day or two at the injection site.

### Who is most at risk?

- Children, especially under the age of 5 years.
- The elderly, over the age of 65 years.
- People with HIV.
- People who are undergoing chemotherapy.
- People suffering from chronic diseases.
- Health care workers.
- School and nursery school teachers and staff.

# Breakthrough News

## Vaccine for Cervical Cancer

In February 2008 the breakthrough vaccine for cervical cancer was given the green light in South Africa, when it was registered by the Medicines Control Council of SA.

### Why is this good news?

- Cervical cancer is the leading cause of cancer deaths in South Africa.
- 1 in 31 women in South Africa is diagnosed with cervical cancer.
- 3 400 women in South Africa die of cervical cancer each year.
- Tragically, cervical cancer often strikes young women.
- Cervical cancer can impair fertility and affect women who want to have children or are busy raising a family.

### Why is it possible to vaccinate against this disease?

Cervical cancer is, in 80% of cases, caused by a virus – the human papilloma virus (HPV) – which is a very common *sexually transmitted infection*. At least 75% of females are likely to become infected during their lifetime. Thus the majority of sexually active individuals are at risk of acquiring HPV. **Men can carry the virus and infect their partners.** The vaccine actually prevents the viral infection which could cause cervical cancer. The vaccine is also effective in the case of other HPV-related infections, such as genital warts.

### Who should be vaccinated?

- Girls and women who are sexually active, especially if they have multiple sexual partners or engage in early sexual activity.
- Women who smoke and fall into the above category, because smoking doubles their risk of developing cervical cancer.
- Ideally the vaccine should be given to girls before they reach puberty (from age of 11) to allow for a strong development of antibodies by the time they become sexually active, but those who are already sexually active will also benefit.
- Vaccination up to the age of 26 is recommended.

### Do women still need to have PAP smears?

YES. The vaccination does not replace the PAP smear.

PAP smears remain an essential part of a woman's preventative health care, and routine pelvic exams and should be part of every woman's annual medical check-up. Most family practitioners now offer this service, so it's not necessary to see a gynaecologist for this test.

**We can order this vaccine for our patients.  
Please ask Fiona, our nursing manager.**

## Hours

### Consultation by appointment:

Weekdays: 8h30-17h15

### First-come, first-served:

Weekdays: 7h45-8h30

Saturdays: 8h00-11h45

## Contact us

### Parkmore Medical Centre:

Tel: 011 783 1140

Fax: 011 883 3383

@: fiona@parkdocs.co.za

### Account queries:

Tel: 011 783 1140 (2-5pm)

@: martine@parkdocs.co.za

### After hours & emergencies:

Tel: 011 321 0111

Ask for code PARKDOCS

### Ambulance and paramedics:

- Netcare 911: 082 911

- ER24: 084 124

- Sandton provincial ambulance service: 011 286 6000

### Sandton Aesthetic Institute:

Tel: 011 883 3116

Fax: 011 884 6894

@: aesthetics@parkdocs.co.za

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