

Greenhithe Medical Centre



March 2023

This month's topics in focus



Housing support and information

Do you need housing support due to Cyclone Gabrielle, Auckland flooding, or COVID-19? Find out where you can go for emergency housing support. [Learn more.](#)



Are you protected against measles?

There is a case of measles here in Aotearoa New Zealand. This virus spreads very quickly and can make you very sick. The best way to protect yourself, your whānau and community is vaccination. [Find out more.](#)



Stuck for kids lunch box ideas?

Trying to figure out what to put in lunch boxes that won't come home uneaten? Choosing yummy yet healthy food to put in your child's lunch box can be challenging at the best of times. Read our [top lunch box tips](#) for kids.



Cardiac rehabilitation

After a heart event, cardiac rehabilitation can help support your recovery, so that you can return to as normal a life as possible. [Find out more.](#)



Peptic ulcers

Peptic ulcers are small holes in the lining of your stomach or gut. They can be very painful but there are treatments that can help. [Learn more.](#)



Springing up soon!

Next month, we're launching something new and exciting that we know you're simply going to love. We can't tell you what it is just yet, but we *can* tell you it's going to be awesome!

[See more of this month's new or updated topics](#)

Understanding medicines

Health Navigator English

Utrogestan

(Say 'Yew-trow-gest-an')

Utrogestan is a progestogen. It is used with oestrogen, as menopausal hormone therapy (MHT) for people with a uterus (womb). As you approach menopause, oestrogen levels go up and down (also called perimenopause). These changes can cause hot flushes, vaginal dryness, mood and sleep problems. If you have a uterus, taking oestrogen on its own can increase the risk of endometrial cancer. Utrogestan can help prevent this.

When you haven't had your period for 12 months, you have reached menopause. 12 months

How to take Utrogestan Utrogestan is available as capsules (100mg).

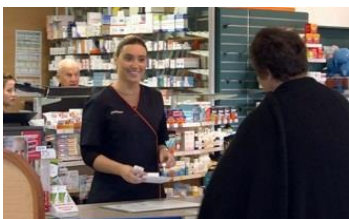
Utrogestan

Utrogestan is a medicine taken with oestrogen, as menopausal hormone therapy. We've created a factsheet that explains what this medicine is, how and when to take it, and what side effects to look out for. [Find out more.](#)



Giving medicines to babies and children

Giving medicines to littlies can be tricky, especially when they're feeling unwell and a bit grumpy. [Read our tips](#) on giving medicines to babies and children.



How can your pharmacy support your health?

Apart from dispensing medicines, pharmacies also offer a range of services to keep you and your whānau well. This might include treating minor health concerns, health checks, vaccinations and more. Find out how your [pharmacy can support](#) your health and wellbeing.

There's an app for that



Virtual consultation apps

These apps enable you to have an appointment with your healthcare professional virtually, using your phone or computer. [Find out more about these apps.](#)

Recipe of the month



Meatloaf with oats

This is a great recipe to use up vegetables that are a little past it. Even better, it makes 10 servings, so you might end up with leftovers for lunch the next day. [Take me to the recipe.](#)

Have a different question?

You can now visit the Health Navigator website to get more health information without using any data on your phone. Tell your friends and whānau! Find out more about [data-free access](#).