

# Greenhithe Medical Centre



December 2022

## This month's topics in focus



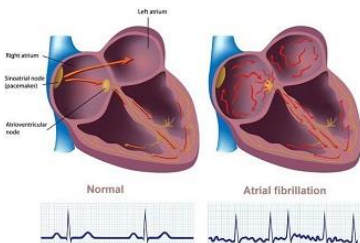
### Sunscreen tips

With summer just around the corner, now's a great time to sort out your sunscreen. [Read our tips](#) on how to choose and use the right sunscreen for you and your whānau.



### Living with shoulder pain?

This new website from the University of Otago provides information to help you understand your shoulder pain, initial advice to take care of the pain and where to seek care. [Find out more.](#)



### Atrial fibrillation (manawa tukituki)

Atrial fibrillation is a condition that affects the heart, causing a fast and irregular heart beat. Find out what causes atrial fibrillation, who is at risk, common symptoms and treatment options. [Read more.](#)



## Ways to cope with long COVID

Most people with COVID get over it within a few weeks. But for some, symptoms like shortness of breath, cough, tiredness and fever can hang around for much longer – we call this long COVID.

[Watch this video](#) for things you can do to help you get through and places you can go for support. [Find out more.](#)



## Vaccinations and pregnancy

Results from a recent study in New Zealand show flu vaccinations during pregnancy reduced the risk of preterm birth, low birthweight and fetal death. It's important you're protected against infections and illnesses that can be harmful to you and your baby. The best way to be sure of this protection is to get the recommended vaccinations at the right time. [Find out more.](#)

# Understanding medicines



## Antiviral medicines for COVID-19

There's a number of antiviral medicines for people who get COVID-19. Read our latest factsheet to find out more about these antivirals, including who is eligible and how to access them. [Available in English and te reo Māori](#)

## There's an app for that



### My Eczema Tracker

My Eczema Tracker is an app for people who want to find out how their eczema is progressing. Users can determine if changes they are making have an impact on their eczema symptoms and how they are feeling. [Find out more.](#)

## Recipe of the month



### Seven-day low-cost meal planner

Enjoy a week of healthy dinners that won't break the bank, with this seven-day low-cost meal planner from *Healthy Food Guide*. [Find a 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](#).

# Greenhithe Medical Centre



We will be closed from 5pm on Friday 23 December 2022  
and reopen at 8am on Monday 9 January 2023.

If you are an enrolled patient with this practice and need  
healthcare during this time, please call (09) 413 8562 to  
speak to a registered nurse.

If you need a virtual consultation, we recommend CareHQ.  
CareHQ provides urgent and booked appointments with a  
real GP from 7am-7pm, seven days per week. For more  
information or to book, visit [www.carehq.co.nz](http://www.carehq.co.nz)

If you need urgent care, go to ShoreCare Smales Farm  
Accident and Medical Centre, phone (09) 486 7777.

In a life-threatening situation, phone 111 for an ambulance.

Ngā mihi nui. Mere Kirihimete. Merry Christmas.