



Greenhithe Medical Centre

August 2023



Congrats on finishing Dry July!

The Heart Foundation and Otago University are telling us no amount of alcohol is good for your heart health. They rank alcohol as one of the country's most harmful drugs. Drinking less isn't just a good idea for July. **Learn about alcohol** and its effects on your body, how much is in a standard drink, when not to drink and how to check if your drinking is okay.



DIY cervical screening

If you have a cervix, you're aged between 25 and 69 years and have had any sexual contact in your life, it's important for you to have regular cervical screening. From 12 September the test is changing. **Learn more about cervical screening and the types of tests that are available.**



Sore throat?

In May, 1,774 tamariki tested positive for **strep throat** in south Auckland. The highest amount since 2018. Always get sore throats checked by a healthcare provider, because left untreated strep throat can cause **rheumatic fever** and heart damage for life.



How to use *Healthify*

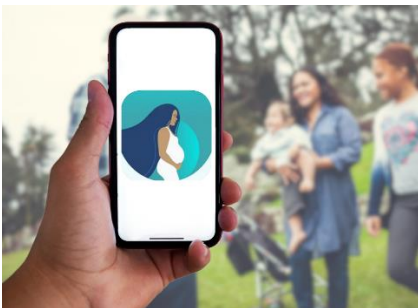
If you've been a user of our website for a while, you'll know that we've changed our name to **Healthify He Puna Waiora**. Finding the information you love using may be a challenge! It's all still there. We've just rearranged a few things. Here's our handy guide to help you use the site and **find your faves**.

See more of this month's new or updated topics



Protection against cancer

The **HPV vaccine (Gardasil)** prevents genital warts and protects against a virus that causes several cancers. In Aotearoa New Zealand, the HPV vaccine is FREE for everyone aged 9–26 years.



Tuku Iho app for

Tuku Iho app uses te reo Māori and English for whānau hapū, māmā hapū and māmā hou. It shares other people's knowledge of mother and child wellbeing. **Check out our review.**

Visit Healthify He Puna Waiora for more health information

Low on data? Visit zero.govt.nz to browse Healthify for free

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.