

# info matters



A newsletter to Medical Specialists and GPs throughout Northland, Auckland and Te Manawa Taki Midland regions

June 2026

HEALTHPOINT NEWS

[www.healthpoint.co.nz](http://www.healthpoint.co.nz)

## Your Simple Way to Navigate Health Services


**Ask Healthpoint** is Healthpoint's AI-powered health service navigation tool and is free for all New Zealanders. People can search naturally using everyday language and receive clear, relevant local service information - including opening hours, contact details and access information.


Built on 22 years of Healthpoint's trusted directory expertise and internationally recognised health data standards, **Ask Healthpoint** supports more intuitive, accessible and equitable navigation across New Zealand's health system.


## Introducing Ask Healthpoint.

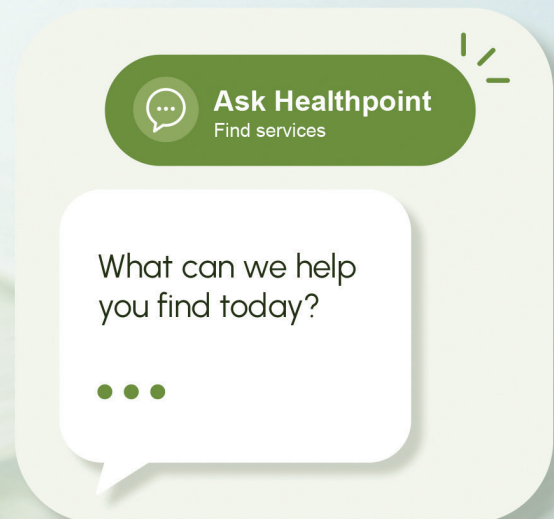


The simpler way to find and connect with health services, anywhere in New Zealand.

 In your own words, in your own language

 Search 12,000 health services in one place

 Personalised results near you



Try Ask Healthpoint →





## Excellence in Healthcare, guided by compassion and integrity.

Opened in 2024, Kākāriki Hospital is an elective surgical hospital that provides a substantial range of surgical procedures for both adults and children.

Housed within our state-of-the-art facility we provide:

- 4 Operating Theatres
- 20 Post Operative Recovery and Day Stay bays
- 20 Inpatient ensuite rooms
- Pre-admission clinic

t: 09 892 2901

e: [info@kakarikihospital.co.nz](mailto:info@kakarikihospital.co.nz)

9-15 Marewa Road, Greenlane  
Auckland, New Zealand

[www.kakarikihospital.co.nz](http://www.kakarikihospital.co.nz)

We are fully equipped for the following specialties:

- Bariatric Surgery
- ENT (Ear, Nose and Throat) Surgery
- General Surgery
- Orthopaedic Surgery
- Paediatric General Surgery
- Plastic and Reconstructive Surgery
- Spinal Surgery
- Urology Surgery
- Vascular Surgery

**Our Best, Every Day**  
To tatou pai, i nga ra katoa



**Dr Win Meyer-Rochow –  
Endocrine and General  
Surgeon**



Dr Meyer-Rochow completed specialist general surgery training in 2005 after which he undertook further sub-specialty training in endocrine surgery at the University of Sydney's Endocrine Surgery unit, recognised as one of the world's leading centres for thyroid, parathyroid and adrenal gland surgery.



He is a high volume surgeon and is one of New Zealand's most experienced endocrine surgeons having performed over 3000 thyroid and parathyroid gland operations. He has a particular interest and expertise in minimally invasive thyroid, parathyroid and adrenal surgery. He is the first New Zealand clinician to be able to provide non-surgical ablation of thyroid nodules with radiofrequency ablation (RFA) for appropriately selected thyroid nodules.

Outcomes in thyroid and parathyroid surgery are closely linked to surgical experience and case volume. At Peachgrove Specialists, close collaboration with endocrinologists supports a multidisciplinary approach, ensures appropriate selection for surgery, optimal outcomes and coordinated long-term management.

For appointments in Hamilton please contact:

Ph: (07) 847 0773

Email: [admin@peachgrovespecialists.co.nz](mailto:admin@peachgrovespecialists.co.nz)

Website: [www.peachgrovespecialists.co.nz](http://www.peachgrovespecialists.co.nz)

Healthlink EDI: thyroidic



**Dr. Guy  
Fisher**  
Gynaecologist

**Scope of practice**

- Endometriosis
- Pelvic pain
- Fibroids
- Abnormal bleeding
- Fertility care

**Approach**

Advanced pelvic ultrasound integrated into every consultation

- Real-time diagnosis and treatment planning
- Specialised endometriosis ultrasound
- Avoids additional imaging
- Reduces delays to definitive care

**Expertise**

3 years international fellowship training (London and Melbourne)

Only gynaecologist in NZ with: Advanced laparoscopic fellowship training & DDU-accredited ultrasound expertise

**Practice**

Fertility Associates Auckland  
Operating at Allevia Hospital Ascot

**Refer for**

- Pelvic pain with uncertain diagnosis
- Suspected/confirmed endometriosis

**How to refer patients:**

Fertility Associates Auckland

☎ 09 520 9520 | 🌐 [drguyfisher.co.nz](http://drguyfisher.co.nz)

✉ [info@drguyfisher.co.nz](mailto:info@drguyfisher.co.nz) EDI DGFisher



IPHL0222\_04/26



**HARBOUR**  
CANCER & WELLNESS

*Leading personalised  
cancer care.*



Our medical oncologists and haematologists integrate treatment with wellness therapies to optimise patient outcomes.

We're participating in clinical trials that provide promising new treatments for cancer and offer patients access to cutting-edge medicines that are otherwise unavailable in New Zealand.

**To make a referral**

email: [referrals@harbourcancer.co.nz](mailto:referrals@harbourcancer.co.nz)  
or visit: **Specialists Referral (SR)**  
online portal (EDI: [cancwell](http://cancwell)) by  
scanning the QR code



**To explore if a trial is right  
for your patient**

email: [trials.coordinator@harbourcancer.co.nz](mailto:trials.coordinator@harbourcancer.co.nz)

*Leading personalised  
haematology care.*

Our team of haematologists welcome referrals for patients with a range of blood disorders.



Clockwise from top: Dr Anna Elinder-Camburn, Dr Leanne Berkahn, Dr Tom Sapsford, Dr Rory Bennett.

**Wairau Clinic**  
Gate A, 212 Wairau Road,  
Wairau Valley, Auckland

**Newmarket Clinic**  
105 Carlton Gore Road,  
Newmarket, Auckland

**T (09) 220 3333**  
[harbourcancer.co.nz](http://harbourcancer.co.nz)





**DR. CARLA PAJAK**  
BREAST, ENDOCRINE, SARCOMA, AND GENERAL SURGEON  
Breast, Endocrine, Sarcoma and General Surgeon

Carla is a subspecialty-trained general surgeon with expertise in the management of benign and malignant breast disease, including oncoplastic surgery, endocrine conditions (thyroid, parathyroid, adrenal gland), sarcomas and skin lesions.

After earning a Bachelor of Science with honours, she attended medical school at the University of Toronto before completing her general surgery residency in Vancouver, Canada. Carla then completed fellowships in endocrine surgery, sarcoma & breast surgery.

She is a full member of BreastSurg ANZ. Carla currently holds a consultant surgeon position at Auckland City Hospital and Allevia Breast Institute.

**How to refer patients:**

Allevia Breast Institute,  
15 Gilgit Road, Epsom, Auckland 1023

☎ 09 623 0347

✉ [abi@alleviaradiology.co.nz](mailto:abi@alleviaradiology.co.nz)

🌐 [alleviabreastinstitute.co.nz](http://alleviabreastinstitute.co.nz)



IHHLO224 04/26



**Dr Anastasia Dean – Vascular Surgeon**

Anastasia Dean MBBS, BA, FRACS (Vasc) is a vascular and endovascular surgeon based at Auckland City Hospital and Allevia Hospital. Having completed training in Australia and New Zealand, followed by an aortic fellowship at Uppsala University Hospital, Sweden, her clinical practice includes complex open and endovascular intervention for thoracic and abdominal aortic disease, along with management of peripheral arterial and venous disease.

With a strong interest in surgical outcomes and training, she is an elected member of the ANZ Board of Vascular Surgery. Dr Dean is also a member of the Vascular and Interventional Research Unit, investigating new aortic and peripheral devices, and has published over 30 peer-reviewed articles.

Urgent appointments available.

**For appointments at Vascular Surgical Associates please contact:**

**Address: Allevia Specialist Centre, Level 1, Suite 5, 100 Mountain Road, Epsom, Auckland 1023**

**Ph: (09) 623 7505**

**Email: [admin@surgeonsnz.co.nz](mailto:admin@surgeonsnz.co.nz)**

**Website: [www.vascular.net.nz](http://www.vascular.net.nz)**

**Healthlink EDI: vsagroup**



**100% New Zealand owned and clinician led**



**AUCKLAND**



**110 Grafton Road, Grafton**  
P | 09 975 3590  
E | [grafton@beyondradiology.co.nz](mailto:grafton@beyondradiology.co.nz)



**5 Painton Road, Silverdale**  
P | 09 975 3590  
E | [silverdale@beyondradiology.co.nz](mailto:silverdale@beyondradiology.co.nz)



**31 Highbrook Drive, Highbrook**  
P | 09 975 3590  
E | [highbrook@beyondradiology.co.nz](mailto:highbrook@beyondradiology.co.nz)

**HAMILTON**



**1 London Street, Hamilton Central**  
P | 07 960 0470  
E | [hamilton@beyondradiology.co.nz](mailto:hamilton@beyondradiology.co.nz)

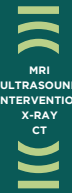
**TAURANGA**



**NEW PRACTICE  
OPENING AUGUST 2026**

**2/12B Owens Place, Mount Maunganui**  
E | [mount@beyondradiology.co.nz](mailto:mount@beyondradiology.co.nz)

**CHRISTCHURCH**



**225 Papanui Road, Merivale**  
P | 03 964 7459  
E | [christchurch@beyondradiology.co.nz](mailto:christchurch@beyondradiology.co.nz)

**AUCKLAND | HAMILTON | TAURANGA | CHRISTCHURCH**

**[beyondradiology.co.nz](http://beyondradiology.co.nz)**



## Day Surgery Excellence in the Heart of Auckland

### Welcome to Columba at Ascot

Columba at Ascot is a modern, purpose-built day stay surgical facility located inside Ascot Allevia Hospital. We are dedicated to delivering high-quality, patient-focused care in a professional and supportive environment.

Our experienced team ensures a seamless experience for both patients and referrers.

### Our Services

- Gynaecology
- Ophthalmology
- Orthopaedics
- Urology

### Why Choose Columba?

- Experienced and compassionate clinical team
- Streamlined referral and booking processes
- Comfortable, patient-centred environment
- Convenient central Auckland location with ample parking.

### Coming Soon!

#### Early Miscarriage Surgical Services

- Treatment within **48–72 hours**
- Care provided by experienced gynaecologists
- Supportive environment for patients and whānau
- Available for self-paying patients and those with private medical insurance
- Referrals are welcome via patient self-referral, General Practitioners, or via Gynaecologist.

### Get in Touch

- Level 2, Ascot Allevia Hospital  
90 Greenlane Road East, Remuera
- Phone: 09 520 9527
- Email: [reception@columbasurgical.co.nz](mailto:reception@columbasurgical.co.nz)
- Website: [www.columbasurgical.co.nz](http://www.columbasurgical.co.nz)

## Dr Michael Chu – Specialist General, Laparoscopic & Hepatobiliary Surgeon (HPB & Renal Transplant)

I am a New Zealand-trained general surgeon with subspecialty expertise in conditions of the liver, pancreas, gallbladder and bile duct, and renal transplantation. I am currently the only surgeon in New Zealand with formal Fellowship training in both HPB and Renal Transplant surgery.

I provide comprehensive general surgical services, with particular clinical interests in:

- 1) HPB surgery – liver, pancreas, biliary pathology
- 2) Laparoscopic gallbladder surgery including complex/difficult gallbladder disease
- 3) Laparoscopic and open hernia repair
- 4) Incisional and complex abdominal wall hernia repair

I am committed to delivering compassionate and quality surgical care to patients. I am available for urgent referrals/reviews.

Languages spoken: English, Mandarin, Cantonese

### For appointments, please contact:

**Address: Consulting at Laparoscopy Auckland, 148 Gillies Avenue, Epsom, Auckland**

**Ph: 027 216 7288**

**Email: [admin@drmichaelchu.co.nz](mailto:admin@drmichaelchu.co.nz)**

**Website: [www.drmichaelchu.co.nz](http://www.drmichaelchu.co.nz)**

**Healthlink EDI: onthrock**



## Meet Our Skin Cancer Doctors

Healthlink: molemapa



- 🔪 **Surgical Treatment**
- 🧴 **Non-surgical Treatment**
- 👤 **Treatment Consultation**
- ❄️ **Cryotherapy**
- 🔬 **Biopsy**

At MoleMap, we support patients through every stage of their skin health journey – from early detection to appropriate treatment. When skin cancer is identified early, most cases can be managed effectively with minimally invasive or topical treatments. Our clinical team outline suitable treatment options so patients feel informed and confident in their care.

From straightforward procedures to more complex cases, we prioritise timely, evidence-based treatment tailored to each individual. As leaders in skin cancer detection, we offer a seamless transition from diagnosis through to treatment, all within one trusted service.

Our focus is on delivering high-quality care with clarity and compassion – ensuring every patient feels supported at every step.



molemap™

Check. Detect. Treat.

0800 665 362 | [molemap.co.nz](http://molemap.co.nz)

**Matthew Haydock MBChB, FRACS  
General, Hepatopancreaticobiliary  
and Upper Gastrointestinal  
Surgeon**



I am a broadly trained general surgeon. In the public sector I work at Middlemore Hospital doing HPB, UGI, open vascular and general surgery. I also work for the abdominal transplant service based out of Auckland City Hospital. I have completed my general surgical training in New Zealand and spent dedicated time in thoracic and vascular surgery. Following this I undertook subspecialty training in HPB, UGI, transplant, skin cancer and robotic surgery.

I focus on clear and concise communication with patients to help them make the best decision for their care. While my subspecialty interest area is complex malignant and benign pathology of the upper abdomen, with a focus on minimally invasive surgery, I am also dedicated to offering high quality care for the more common conditions such as gallstone disease, hernias, skin lesions, varicose veins, haemorrhoids and more.

**I consult and operate from both central and south Auckland locations**

**Ph: 021 111 6286**

**Email: admin@aucklandsurgicalcare.com**

**Website: www.matthaydocksurgery.co.nz**

**Healthlink EDI: mhaydock**

**A/Prof Adam Bartlett  
General & HPB Surgeon**



**Specialist expertise in complex hepatopancreatobiliary and general surgery**

A/Prof Adam Bartlett is a New Zealand-trained general and hepatopancreatobiliary (HPB) surgeon with extensive experience across both the public and private sectors. He has undertaken advanced post-fellowship training in leading centres in Europe.

Adam provides comprehensive surgical care across a broad range of abdominal conditions, including:

- Laparoscopic and complex hernia repair
- Gallbladder surgery
- Liver surgery
- Pancreatic surgery
- Bile duct surgery

Adam works within multidisciplinary teams to deliver optimal care, particularly in liver, pancreatic, and biliary disease. Supported by a dedicated team, he provides personalised care, guiding each patient through a surgical journey tailored to their individual needs.

Adam is committed to clear communication and ensuring patients have a thorough understanding of their condition and treatment options.

Referrals are welcomed for specialist assessment, second opinions, or ongoing management.

**Ph: (09) 623 4789**

**Email: admin@adambartlett.co.nz**

**Website: www.adambartlett.co.nz**

**Healthlink EDI: ad73lapa**



**Dr Salesh Srikewal – Ear, Nose & Throat Surgeon**



Kia ora, I am Salesh Srikewal, a specialist ear, nose and throat surgeon offering expert ENT care for adults and children. My experience spans more than 25 years across South Africa and New Zealand.

I currently am in private practice in Takapuna on the North Shore, and am also a consultant ENT surgeon at North Shore and Waitakere Hospitals.

I believe that high-quality ENT care is built on compassion, scientific

evidence, and clear communication. I take pride in offering a caring, respectful, inclusive, and patient-centred approach, always striving for the best possible outcomes through tailored and collaborative care. I also believe in taking time to listen, explain, and involve patients and their families in every decision, as good outcomes start with good communication.

My clinical experience spans the full breadth of otolaryngology. These include:

- Paediatric ENT (tonsillectomy, adenoidectomy, grommet insertion. I have more than 10 years of experience in coblation tonsillectomy and adenoidectomy)
- Otology (ear infections, hearing loss, tinnitus, vertigo, myringoplasty, tympanomastoidectomy and exostoses surgery)
- Rhinology (allergic rhinitis, sinusitis, nasal obstruction, nose bleeds, endoscopic sinus surgery, septoplasty and inferior turbinoplasty)
- Laryngology (voice and swallowing problems)
- Head and Neck Surgery (evaluation of neck lumps, early diagnosis of head and neck cancers)
- Sleep apnoea (assessment and management of snoring and sleep apnoea)

I am available for urgent referrals and will be happy to take your calls if you require further advice. I am looking forward to working closely with you in the interests of our patients.

**For appointments please contact:**

**Ph: 022 499 7956**

**Email: admin@orl.co.nz**

**Website: www.orl.co.nz**

**Healthlink EDI: saleshls**



# COMPLETE BREAST CARE.

Starts right here.



**From screening and diagnosis through to surgical treatment, Allevia Radiology and Allevia Breast Institute provides complete breast care within one connected network.**

We offer advanced 3D Mammogram screening with breast density assessment, diagnostic imaging, breast ultrasound, MRI, image-guided biopsies, as well as surgical treatment and follow-up.

Our multi-disciplinary team will ensure your patient will be supported through a connected journey that provides timely, co-ordinated and patient-focused care. Our clinics are available in Rosedale, Silverdale, Botany, Westgate, Pukekohe and the Allevia Breast Institute, Epsom.



**Contact us for any breast concerns:**

09 623 0347

[abi@alleviaradiology.co.nz](mailto:abi@alleviaradiology.co.nz)

15 Gilgit Road, Epsom, Auckland



Allevia Breast Institute is an Affiliated Provider to Southern Cross Health Insurance for selected services.

**A better health journey**  
[alleviaradiology.co.nz](http://alleviaradiology.co.nz)

**Allevia  
Breast  
Institute**

**Allevia  
Radiology**

# IGENZ - Innovative Genomics



IGENZ is an NZ-owned, accredited medical genetics laboratory, with a focus on cancer, providing services to surgeons, haematologists, oncologists and pathologists.

The laboratory is expanding its service offering to include:

## 1. Pharmacogenomic tests

- **Geneticure:** analyses genetic variants involved in vascular, renal and cardiac function in patients with hypertension and predicts the class of medication most likely to be effective.
- **Genomind:** helps personalise treatment for mental health conditions and decisions on the use of various anti-psychotics and includes a consult with a Genomind pharmacist.
- **DPYD:** identifies individuals at increased risk for severe toxicity from fluoropyrimidine chemotherapy.

## 2. Colotect

- Is a multi target stool DNA screening test that detects methylation biomarkers associated with advanced precancerous colorectal lesions and colorectal cancer, helping identify disease at an earlier stage.
- This is not a FIT test for occult blood in stool and is not government-funded, however, it may be appropriate for patients outside the age range for funded screening.



Scan to learn more about our services



Visit us: [igenz.co.nz](http://igenz.co.nz)



- Ph: (09) 307 3981
- Website: [www.igenz.co.nz](http://www.igenz.co.nz)
- Email: [info@igenz.co.nz](mailto:info@igenz.co.nz)
- Healthlink EDI: [igenzltd](http://igenzltd)



## The hearing referral you can trust.

Resonate is changing how New Zealanders access hearing care, and more GPs are referring with confidence. Here's why:

- \$90-a-month subscription for top-of-the-range hearing aids. No contract, no extra fees for servicing or repairs.
- Upgrades to the latest technology every three years, included.
- ACC-funded customers pay no surcharge across all bands for top-of-the-range hearing aids.
- We offer Ear360, a comprehensive hearing assessment developed in New Zealand. It looks at hearing alongside memory, sleep, balance, tinnitus, ear hygiene and clarity in noise.
- 31 studios nationwide.

Contact Resonate  
[resonatehealth.co.nz](http://resonatehealth.co.nz) | 0800 737 662



## Sam Holford – Gynaecologist and Advanced Minimally Invasive Surgeon



Sam is an AGES-trained gynaecologist specialising in endometriosis, pelvic pain, fibroids, and abnormal uterine bleeding. He works publicly at Middlemore Hospital and consults privately at Auckland Gynaecology Specialists in Ponsonby and Franklin Specialist Suites in Pukekohe. Sam offers timely, patient-centred care with a focus on clear communication and collaborative management with referring GPs.



**Clinical interests:** Endometriosis and pelvic pain • Menstrual disorders • Colposcopy • Minimally invasive laparoscopic and robotic surgery • Complex gynaecological surgery

**Referrals welcome for:** Abnormal smears and colposcopy • Suspected or confirmed endometriosis • Chronic or complex pelvic pain • Fibroids and abnormal uterine bleeding • Ovarian cysts and pelvic masses • Heavy or irregular bleeding • Postmenopausal bleeding • Gynaecological malignancy workup and follow-up

Sam welcomes referrals from across the Auckland and Franklin regions. He will see urgent cases promptly and provides clear, timely correspondence following every consultation.

For appointments in Auckland and Pukekohe please contact:

Ph: 021 773 730  
Email: [hello@drsam.co.nz](mailto:hello@drsam.co.nz)  
Website: [www.drsam.co.nz](http://www.drsam.co.nz)  
Healthlink EDI: [akgynaes](http://akgynaes)



**Mr Ashish Taneja –  
General, Trauma &  
Emergency Surgeon**



Mr Ashish Taneja is a general surgeon at Auckland City Hospital and has been Unit Head of Acute Surgical Unit in the Department of General Surgery for the last 9 years.

In addition to his rooms at Allevia Specialist Centre, Epsom, he has now established rooms at Ormiston/Botany Junction to accommodate patients from South and East Auckland to more easily access his service.



Languages spoken: English, Hindi and Punjabi.

His private practice comprises all general surgical cases with an interest in:

- Laparoscopic hernias
- Complex ventral hernias with abdominal wall reconstruction
- Laparoscopic gallbladder surgery, including complex cases
- Colon/Bowel surgery
- Skin & minor anorectal surgery
- Pilonidal disease
- Minor anorectal conditions
- Skin lesions, lumps and bumps and ingrown toenails

Ashish Taneja is a specialist in his field, ensuring that you get the best treatment.

For appointments please contact Tracey:

Ph: (09) 623 7521

Email: [admin@surgeons.net.nz](mailto:admin@surgeons.net.nz)

Website: [www.aucklandgeneralsurgeons.co.nz](http://www.aucklandgeneralsurgeons.co.nz)

Healthlink EDI: acklsurg

**Good Health Coach –  
Sober & ADHD Coaching**



Good Health Coach provides structured, one-to-one coaching for people seeking support with alcohol use, and ADHD-related challenges. This private service is led by Paulette Crowley, a qualified mental health coach and member of the Health Coaches Australia & New Zealand Association (HCANZA).



Paulette's coaching is grounded in Acceptance and Commitment Therapy (ACT) alongside other evidence-based behaviour change methodologies. Interventions focus on psychological flexibility, values-based action, and practical habit formation to support sustainable outcomes.

This online confidential service provides timely access, offering an alternative or adjunct to traditional pathways, particularly for patients who may not meet criteria for specialist services or prefer a non-clinical setting.

Key areas of support:

- Alcohol use reduction and sobriety support
- ADHD coaching (executive function, routines, emotional regulation)
- Trigger identification and craving management
- Behaviour change and relapse prevention strategies
- Stress, burnout and lifestyle optimisation

Suitable for early intervention, step-down support, or patients seeking additional accountability alongside clinical care.

Ph: 027 231 5970

Email: [info@goodhealthcoach.co.nz](mailto:info@goodhealthcoach.co.nz)

Website: [www.goodhealthcoach.co.nz](http://www.goodhealthcoach.co.nz)



**STREAMLINED ADHD ASSESSMENTS  
AND GP SHARED CARE MODEL**

- Clear Pricing
- Psychiatrist Assessments
- No waiting list
- Medication management optional
- Shared Care Model
- White label referral pathway
- Usage reports for GP

**End-to-end ADHD assessment, diagnosis and medication support, combining automated digital intake with specialist psychiatry oversight**

**Contact Us:**

[www.focusmindworks.co.nz](http://www.focusmindworks.co.nz)  
[hello@focusmindworks.co.nz](mailto:hello@focusmindworks.co.nz)  
0800 692 343



**Equine Therapy for Humans**

Experience the calming and powerful connection of equine therapy in a safe, supportive environment. Based in Pukekohe, less than an hour from central Auckland, our programs are designed to support healing, emotional wellbeing, and personal growth.



We offer ACC Sensitive Claims groups, private group equine therapy and mindfulness sessions, school collaborations through our HALO Program, and equine-assisted team building.



Working alongside our herd of trained mini therapy horses, sessions are guided by an EAGALA qualified team, including a registered ACC Sensitive Claims Counsellor. Whether you're seeking support, connection, or a new approach to healing, we welcome you to experience the difference horses can make.

For ACC Sensitive Claims enquires contact Chantelle at [www.creativelifehealing.com](http://www.creativelifehealing.com)

For all other enquires contact:

Ph: 021 726 731

Email: [pongarosa@gmail.com](mailto:pongarosa@gmail.com)

Website: <https://pongarosa.jimdofree.com>

**Dr Heather Anderson (Cosmetic and Emergency Doctor, MBChB, BSc, FRNZCUC, PGDip Cosmetic Medicine, NZSCM)**



ALLOR Cosmetic Medicine is a boutique clinic providing doctor-led cosmetic treatments with a focus on natural results. Care is centred on understanding each patient's goals and delivering tailored treatment plans with a strong emphasis on safety and precision.

Dr Heather Anderson combines her background in emergency medicine with advanced training in cosmetic medicine to ensure every treatment is approached with sound clinical judgement, attention to detail, and a commitment to achieving balanced, refined outcomes. As she is not sponsored by any company, Dr Heather's unique empathetic, straight-talking approach delivers unbiased advice, consistently striving to enhance your natural beauty without altering your identity.

**For appointments in Auckland contact:**

**72 Waimarie Rd, Whenuapai**  
**Ph: 022 262 6762**  
**Email: enquiries@allor.co.nz**  
**Website: www.allor.co.nz**

**Mr Zaid Bahho – Shoulder and Knee Orthopaedic Surgeon**



Mr Zaid Bahho grew up in Auckland, gained his medical university degree from the University of Queensland in Brisbane, Australia, and came back to complete his orthopaedic surgical training in New Zealand.

He undertook extensive subspecialty fellowship training in knee and shoulder surgery in Bristol, UK, as well as Northland Orthopaedic Centre in NZ. Zaid has also completed an orthopaedic paediatric fellowship at the Starship Hospital in Auckland.

Mr Bahho now practices as an orthopaedic surgeon in private and public practice in Whangārei.

He has special interests in:

- Rotator Cuff Surgery
- Shoulder Stabilisation
- Primary, Complex & Revision Shoulder and Knee Arthroplasty
- Robotic-assisted Knee Arthroplasty
- Partial Knee Arthroplasty
- Patellofemoral Instability
- Meniscal Surgery
- Osteochondral Injuries

**For appointments in Whangārei please contact:**

**Southern Cross Northland Surgical Centre**  
**Ph: (09) 437 9022**  
**Email: zaidbahho@northo.co.nz**  
**Website: zbortho.co.nz**  
**Healthlink EDI: nthlorth**

**My Holistic Care Limited – Home & Community Support**



My Holistic Care Limited is a New Zealand-owned provider of home and community support services, delivering compassionate, person-centred care across Auckland, including rural and semi-rural communities.

We support individuals to live safely and independently in their own homes through tailored services such as personal care, household assistance, companionship, medication reminders, and post-hospital recovery support.

Our services align with Ngā Paereewa Health & Disability Services Standard (NZS 8134:2021), ensuring safe, respectful, and high-quality care.

Led by an experienced clinical director and dedicated team, we work closely with families and healthcare professionals.

We are currently accepting new referrals across Auckland.

**Contact:**

**Ph: (09) 873 5757**  
**Email: contact@mhcare.co.nz**  
**Website: www.mhcare.co.nz**

# NANDISH HEALTH.

**Your Health & Wellness Destination.**

**Chiropractic Care**

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**IV Infusion Drips**

**Massage Therapy**

**Mindfulness & Meditation**

**Physiotherapy**

**Wellness Retreats**

Bookings

www.nandish.health

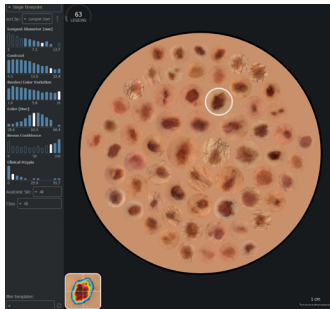
### Skinscape 360

Skinscape 360 represents a significant advancement in skin cancer care in New Zealand.

By combining specialist clinical expertise with cutting-edge technology, it serves as the home of the country's first Vectra WB 360 system.

This technology utilises 3D total body photography and the latest artificial intelligence to map the entire body in **1 second** using 92 high-definition cameras. By creating a high-resolution "digital skin twin", the system identifies every mole and lesion, providing a truly patient-centred approach to skin cancer care.

This world-leading technology sets a new benchmark for comprehensive skin imaging, enabling true full-body visibility for screening, diagnosis and long-term monitoring.



For appointments in Auckland please contact:

**Address:** 3 Anzac Street, L2 Takapuna  
**Ph:** (09) 8699 360  
**Email:** [hello@skinscape360.co.nz](mailto:hello@skinscape360.co.nz)  
**Website:** [www.skinscape360.co.nz](http://www.skinscape360.co.nz)  
**Healthlink EDI:** TSTANZAC



**Mr Tim Godwin**  
 Orthopaedic surgeon  
 Hip, knee and pelvis specialist

Mr. Timothy Godwin is a triple fellowship-trained orthopaedic surgeon based in Auckland, specialising in robotic hip and knee replacements, complex revision surgery, pelvic trauma, sports injury management, and arthroscopic knee surgery.

He has trained both in New Zealand and internationally, completing advanced fellowships with world-leading experts at the Hoag Orthopedic Institute in Newport Beach, California and the University of Texas Southwestern Medical Center in Dallas, Texas. Mr. Godwin brings the latest surgical techniques and evidence-based care to deliver exceptional outcomes for his patients.

Urgent appointments available.

**How to refer patients:**  
 Eastwood Orthopaedic Clinic,  
 4 St Marks Road, Remuera, Auckland  
 ☎ 09 522 0103 EDI: eastwood  
 ✉ [tim@eastwoodortho.co.nz](mailto:tim@eastwoodortho.co.nz)  
 🌐 [godwinorthopaedics.co.nz](http://godwinorthopaedics.co.nz)



IHHL023 04/26



**Mr Suheelan Kulasegaran**  
 MBChB Auckland  
 (Distinction),  
 PGDipSurgAnat,  
 ChM (Edinburgh),  
 FRACS



I am an established New Zealand and internationally trained laparoscopic and robotically trained general surgeon, upper gastrointestinal, bariatric, and endoscopist. I perform high volume UGI/ bariatric/general surgical and complex revisional operations. I completed the first successful total robotic oesophagectomy and gastrectomy in New Zealand.



I welcome referrals (in person or virtual) and am always available on my mobile phone for advice.

Areas of expertise:

- Laparoscopic/Robotic Anti-Reflux surgery
- Laparoscopic/Robotic Hiatal Hernia repair
- Laparoscopic Cholecystectomy
- Minimally invasive Benign and Malignant diseases of the Oesophagus and Stomach (Robotic/Thoracoscopic/Laparoscopic approaches)
- Laparoscopic Weight Loss Surgery including complex revisional weight loss surgery
- Laparoscopic/Robotic repair of Inguinal Hernia
- Diagnostic and interventional Upper Gastrointestinal endoscopy

**Ph:** (09) 200 4849, 021 289 0715  
**Email:** [info@aklsurgical.co.nz](mailto:info@aklsurgical.co.nz), [suheelan@aklsurgical.co.nz](mailto:suheelan@aklsurgical.co.nz)  
**Website:** <https://aucklandsurgeonassociates.co.nz>  
**Healthlink EDI:** sp2jy57a

**Dr Buzz Burrell – Specialist Pain Medicine Physician**



Dr Buzz Burrell (FRNZCGP FDRHM FRCPI FFPMANZCA) has worked extensively in the chronic pain field across NZ for more than 10 years and is currently based at the Auckland Regional Pain Service in Tāmaki Makaurau. He is pleased to offer private pain management consultations for patients 2 days a week as either virtual consulting or at our clinic in Onehunga Auckland.

Buzz will work closely with specialist physios and clinical psychologists using evidence-based medicines and interventions to achieve the best outcome for patients living with chronic persistent pain.

We are happy to receive referrals via Specialist Search and Referrals, ERMS or by email to [admin@parkviewmedical.co.nz](mailto:admin@parkviewmedical.co.nz)

For appointments in Auckland or via Telehealth:

**Ph:** 022 375 3366  
**Email:** [admin@parkviewmedical.co.nz](mailto:admin@parkviewmedical.co.nz)  
**Website:** [www.parkviewmedical.co.nz](http://www.parkviewmedical.co.nz)  
**Healthlink EDI:** viewpark

**The Seneca Clinic,  
Auckland by PsychPartners**  
**Specialists in Psychiatric  
and Psychological Medicine**



The Seneca Clinic in Herne Bay brings together a team of independent psychiatric specialists and clinical psychologists, working collaboratively to provide professional, integrated care.

We partner closely with GPs and other specialists to ensure timely access, clear communication, and continuous support throughout each patient's care journey.

Our approach is firmly rooted in ethical medical standards: thorough and comprehensive assessments before treatment, honest case formulation, and transparent, evidence-based management. The patient's wellbeing and informed participation remain at the heart of every clinical decision.

Our services include specialist psychiatric consultations, psychological assessments and therapies, and comprehensive evaluations for anxiety, mood disorders, neurodevelopmental conditions, and general adult mental health concerns. We also address issues related to grief, life transitions, broader health challenges, and recovery, alongside consultative reporting for mental injury, immigration, and medico-legal cases.

**We welcome referrals from GPs and specialists across the greater Auckland region and nationwide, offering both in-person and telehealth consultations.**

The Seneca Clinic, Herne Bay, Auckland  
Ph: (09) 242 2100  
Email: [seneca@psychpartners.nz](mailto:seneca@psychpartners.nz)  
Website: [www.psychpartners.nz](http://www.psychpartners.nz)

**Experts in Varicose  
Veins treatment**



For over 30 years **The Vein Centre** has been a leading **Auckland North Shore Clinic** specialised in diagnosis and non-surgical treatment of varicose and spider veins and their complications.



Dr Jerzy Nowacki, MD  
FRNZCGP, Dipl. Phlebology

We offer modern, minimally invasive treatment options (walk in-walk out procedures):

- **Endovenous Laser Ablation (EVLA)** with the newest 1940nm laser and radial fibres
- **Venaseal Cyano-Acrylic Closure (CAC)**
- **Ultrasound Guided and Direct Sclerotherapy**
- **VeinGogh** radiofrequency spider veins ablation.



**For appointments and referrals:**

**The Vein Centre, 212 Wairau Road, Auckland**  
**Phone: (09) 444 5858**  
**Email: [info@theveincentre.co.nz](mailto:info@theveincentre.co.nz)**  
**Website: [www.theveincentre.co.nz](http://www.theveincentre.co.nz)**



**Daniel Ford**

DBSM · MA (Psych) · PGDipCBT · EMDR  
NZ's only Board Certified Behavioral Sleep Medicine practitioner

*Specialised non-pharmacological behavioural sleep medicine  
Nationwide telehealth*

**Accepting referrals for:**

- Chronic insomnia disorder - full multi-component CBT-I
- Insomnia comorbid with anxiety, PTSD, depression
- Insomnia comorbid with other sleep disorders (OSA/COMISA, RLS)
- Sleep medication taper support (z-drugs, benzodiazepines)
- Circadian rhythm disorders (DSWPD, shift work disorder)
- Nightmare disorder & trauma-related sleep disturbance
- NREM Parasomnias (sleepwalking, confusional arousals)

*CBT-I is the AASM & NICE recommended first-line treatment for chronic insomnia - evidence-based, durable, without pharmacological side-effect burden.*

p: 0800 40 9997 e: [practice@thebettersleepclinic.com](mailto:practice@thebettersleepclinic.com)  
Referrals: [thebettersleepclinic.com/sleep-clinic-referrals](http://thebettersleepclinic.com/sleep-clinic-referrals)

Southern Cross (Ultracare) · NIB · Clearhead & other EAP providers

**The Auckland Clinic -  
Hair Transplant & Hair  
Loss Treatment**



Dr Kai Matthews & Dr Sneha Verma specialise in hair transplant surgery and medical hair loss treatments, for male & female patients. Appointments are available either in-person or virtually, including weekends.

Appointments available:

- **Hair Loss Consultation:** 50-minute comprehensive medical assessment to investigate causes of hair loss and assess suitability for treatment. In-person appointments include trichoscopy.
- **Hair Transplant Assessment:** 50-minute informative consultation with Dr Matthews to explore treatment goals, assess patient suitability for transplant, and initial discussion of transplant design.

Surgical treatments offered:

- Hair transplant surgery for men & women
- Gender affirmation hair transplant
- Beard & eyebrow hair transplant

Dr Matthews proudly performed over 50% of all hair transplants in New Zealand in 2024.

**For appointments, please contact:**

**Address: 26 Kawana Street, Northcote, Auckland, 0627**  
**Ph: (09) 873 4121**  
**Email: [hello@theaucklandclinic.co.nz](mailto:hello@theaucklandclinic.co.nz)**  
**Website: [theaucklandclinic.co.nz](http://theaucklandclinic.co.nz)**



**Whangārei Skin Clinic**  
Specialising in Skin Cancer, Skin Health and Cosmetic Medicine

Over the past eight years, we have grown into a comprehensive skin clinic providing a single point of care for skin cancer, skin health, and cosmetic medicine. Taking a holistic approach, our team brings together the combined expertise of three skin cancer doctors, a registered nurse, and a cosmetic medicine doctor, who holds a Diploma of Cosmetic Medicine. Working collaboratively, we deliver coordinated, patient-centred care, reflecting our commitment to quality, safety, and professional standards.



Our beautifully renovated villa offers a modern, comfortable environment, including a dedicated procedure room for skin surgery. Centrally located, it provides easy parking and wheelchair access, ensuring a convenient and welcoming experience for our patients.

We hold a Certificate of Registration for Rooms/Office-based Procedures (New Zealand Standard 8165:2005) along with The New Zealand Society of Cosmetic Medicine Certification.

We are proud Southern Cross Affiliated Providers and NIB First Choice providers.

**Appointments:** 85 Hatea Drive, Regent, Whangārei  
**Ph:** (09) 437 0852  
**Email:** info@whgskinclinic.co.nz  
**Website:** www.whangareiskinclinic.co.nz  
**Healthlink:** whgskinc



**Advanced Podiatry Solutions**

At Advanced Podiatry Solutions, our expert podiatrists don't just treat symptoms — we restore movement by addressing the root cause of foot and lower limb conditions. Our clinic specialises in Foot Mobilisation Therapy (FMT), a hands-on, movement-based approach that improves joint function in the foot and ankle to support long-term results. We are currently the only podiatry clinic in Auckland offering this specialised therapy.



We treat patients aged 7+ — from children to active and older adults — providing care for musculoskeletal and sports injuries, rehabilitation, and prefabricated orthotic prescription where appropriate.



We take a functional approach and do not provide nail or skin care services.

Common conditions we treat include bunions, heel pain (plantar fasciitis), ankle pain, hammer toes, and ball or top-of-foot pain.

**Address:** Level 2, 19 Como Street, Takapuna, 0622  
**Ph:** (09) 212 9250  
**Email:** info@advancedpodiatry.co.nz  
**Website:** www.advancedpodiatry.co.nz



**Dr Pragati Gautama |**  
Concierge Medicine

the **Doctor**<sub>NZ</sub>

The Doctor NZ Ltd



I founded The Dr NZ Ltd on a simple conviction: that great general practice should be proactive, preventative, and deeply personal. In a system where time is increasingly scarce, I offer something different — a return to the kind of GP relationship that places the patient, not the appointment slot, at the centre of care.

My concierge model is built around genuine, ongoing relationships. Colleagues are welcome to refer patients who deserve more — more time, more continuity, and a clinician who truly knows them. I provide flexible, premium access through a seamless blend of face-to-face consultations and telehealth, available across New Zealand. In-person appointments are available in both Auckland and Queenstown, with home visits an option for those who need them. Drawing on over 30 years of broad clinical experience, I bring depth and confidence across a wide range of presentations.

For patients ready to invest in their health, I offer a partnership — not just a consultation.

**Ph:** 021 272 9917  
**Email:** drpragati@thedoctornz.co.nz  
**Website:** www.thedoctornz.co.nz  
**Healthlink EDI:** doctornz  
**Appointment locations (Auckland, Queenstown)**

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www.positivemindworks.co  
reception@positivemindworks.co  
NZ: 0800 327 477 (Freephone)



**Mr Rakesh Jattan –  
Oral and Maxillofacial  
Surgeon**



Rakesh is a distinguished surgeon specialising in oral and maxillofacial surgery including wisdom teeth and difficult extractions, dental implants, grafting, TMJ, orthognathic surgery and oral and dental pathology. He completed his FRACDS(OMS) in 2014 and has held consultant surgeon positions at Auckland and Counties Manukau District Health Boards. He also held a wide portfolio of supervisor and committee roles.



Rakesh is a founder of Ti Rakau OMS. His clinical interests include:

- **Complex Surgical Extractions** - wisdom teeth and difficult impactions
- **Dental Implants** - providing the best long term solution for missing teeth
- **TMJ Surgery** - treating disorders relating to the temporomandibular joint, including joint replacement
- **Orthognathic Jaw Surgery** - correcting jaw discrepancies to improve function and aesthetics

For more info please contact:

**Address:** Pakuranga Medical Centre, 11 Cortina Place, Pakuranga 2010 Auckland  
**Phone:** (09) 280 3322  
**Email:** reception@troms.nz  
**Website:** www.troms.nz

**Meera Sundararajan  
B.P.T., MPNZ NZRP  
Physiotherapist**

Meera graduated from the Tamil Nadu Dr. M.G.R. Medical University in India with a bachelor's degree in physical therapy. She started her career in India, and she spent more than a decade in Singapore, utilising her expertise in both the public and private domains.

In addition, she has provided her clinical expertise at other private clinics in Auckland. She is a pelvic health physiotherapist, credentialed by Dr Melissa Davidson Pelvic Health Training, and is a member of the Pelvic Health Directory NZ.

Winning over pain and regain your best self. Our proven therapies relieve pain, heal injuries, and increase mobility. Get customised musculoskeletal care.

We offer comprehensive care for a range of common conditions and issues, including:

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- **Back & Neck Pain**
- **Knee & Ankle Pain**
- **Sports Injuries**
- **TMJ**
- **Headaches**
- **Pre & Post Operative Rehab**
- **Pelvic Health**
- **And many more!**

Book an appointment at:

[www.velphysioworks.co.nz/request-an-appointment](http://www.velphysioworks.co.nz/request-an-appointment)

**Address:** Highland Park Community House, 47 Aviemore Drive, Highland Park, Auckland 2010  
**Ph:** 027 491 2334  
**Website:** [www.velphysioworks.co.nz](http://www.velphysioworks.co.nz)



**Dr Nagham Al-Mozany  
- General and Colorectal  
Surgeon**

**NA SURGICAL**

Nagham is a general and colorectal surgeon trained in New Zealand. A graduate of the University of Otago, Nagham received her fellowships in general surgery from the Royal Australasian College of Surgeons and the Royal College of Surgeons in Edinburgh. Nagham completed her subspecialty Fellowship in colorectal surgery in Sydney, which is the focus of her practice. She is also a clinical senior lecturer at the University of Auckland.



Nagham's private practice is centrally located at the Auckland Radiology and Specialist Centre in Remuera, allowing rapid access for patient consultation and streamlined care to radiology services on site and colonoscopy and surgery at Allevia Hospital and MacMurray Centre. She believes in a multi-disciplinary team approach and offers compassionate and patient-focused care with her nursing and anaesthetic team at NA Surgical.

Languages spoken at the practice: English, Arabic, French & Mandarin.

For detailed information, please visit [www.nasurg.com](http://www.nasurg.com)

For appointments please contact:

**Ph:** (09) 217 1986  
**Email:** [info@nasurg.com](mailto:info@nasurg.com)  
**Website:** [www.nasurg.com](http://www.nasurg.com)  
**Healthlink EDI:** naghamal

## Meet Our Skin Cancer Doctors

**Dr. Franz Strydom**  
Dr. Lorna Claydon  
Dr. Colin Helm

**Dr. Chris Tofield**  
Dr. Will Carlino  
Dr. Rene Lenoir

At Skinspots, we support patients through every stage of their skin health journey - from early detection to appropriate treatment. When skin cancer is identified early, most cases can be managed effectively with minimally invasive or topical treatments. Our clinical team outline suitable treatment options so patients feel informed and confident in their care.

From straightforward procedures to more complex cases, we prioritise timely, evidence-based treatment tailored to each individual. As leaders in skin cancer detection, we offer a seamless transition from diagnosis through to treatment, all within one trusted service.

Our focus is on delivering high-quality care with clarity and compassion - ensuring every patient feels supported at every step.

**Surgical Treatment**

**Non-surgical Treatment**

**Treatment Consultation**

**Cryotherapy**

**Biopsy**

**Affiliated Provider**  
Southern Cross Health Insurance

**Healthlink: skinspot**  
0800 776 877 | [skinspots.co.nz](http://skinspots.co.nz)

## Auckland Plastic Surgery Group

At Auckland Plastic Surgery Group, our mission is to provide the highest standard of plastic surgical care. Our team of highly reputed FRACS qualified plastic reconstructive and aesthetic surgeons use proven and innovative techniques personalised for individual patients, to enhance and restore natural beauty and function.

Auckland Plastic Surgery Group welcomes two new specialists to our team, Dr Victoria Lo and Dr Wei Lun Wong. In addition to being fully qualified plastic reconstructive surgeons, they bring to our practice sub-specialist training in burns and scar management.

In addition to the full gamut of cosmetic and reconstructive surgery, our team offers specialist expertise in:

- Facial surgery
- Asian aesthetic surgery
- Skin cancer and melanoma
- Hand surgery
- Lymphoedema surgery and microsurgery
- Burn care
- Scar management

We are proud to offer a modern, fully equipped operating facility for local anaesthetic surgery to ensure the safety, comfort, and convenience of our patients. All of our staff pride themselves on providing a friendly, patient-centred experience. Short notice and emergency appointments are available.

Choosing to be a patient of Auckland Plastic Surgery Group allows us to provide a broad range of options to ensure you look, and feel your very best.

### Contact Details:

**Auckland Plastic Surgery Group**  
**Address:** Unit 6 / 31 Highbrook Drive, East Tamaki, Auckland 2013  
**Ph:** (09) 220 2580  
**Email:** ask@apsg.co.nz  
**Website:** www.apsg.co.nz



## Northland's medical imaging experts

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[www.healthpoint.co.nz](http://www.healthpoint.co.nz)

## Brad Chittenden – Consultant Gynaecologist & Fertility Specialist



Brad Chittenden provides comprehensive gynaecology and fertility care, with expertise in advanced laparoscopic surgery, fertility investigation and management, endometriosis, pelvic pain, heavy menstrual bleeding, fibroids, prolapse, incontinence, colposcopy, and menopause care.

He offers timely specialist assessment and evidence-based management across a broad range of women's health concerns, with particular emphasis on minimally invasive surgery and integrated fertility care. His combined surgical and reproductive expertise allows a streamlined approach to complex gynaecological and fertility presentations.

Referrals are welcomed for both medical and surgical management through Virtuoso Medical Clinic, providing accessible specialist care for women across the Bay of Plenty and surrounding regions.

### Contact Details:

**Virtuoso Medical Clinic**  
**Ph:** (07) 579 0466  
**Fax:** (07) 579 0468  
**Email:** reception@urobop.co.nz  
**Website:** www.virtuosoclinic.co.nz  
**Healthlink EDI:** UR022BOP

### Care On Call – Personalised Home Support



Care on Call has been providing trusted in-home support across Aotearoa New Zealand since 2009, supporting people to live safely and independently in the place they call home. Our experienced team delivers a wide range of personalised services, including home help, companionship, respite care, dementia support, palliative care, post-operative recovery, serious injury support, and community nursing.

We take a person-centred approach, working closely with each individual and their whānau to tailor support that reflects their goals, preferences, and lifestyle. Our services are flexible and responsive, whether short-term assistance or ongoing care is needed.

Care on Call supports people through a variety of funding pathways, including Individualised Funding, Living My Life, ACC, and private funding options. We welcome referrals and are committed to delivering high-quality, compassionate care that makes a meaningful difference in people's lives.

**Contact details:**

Ph: 0800 664 422  
 Email: [care@careoncall.co.nz](mailto:care@careoncall.co.nz)  
 Website: [www.careoncall.co.nz](http://www.careoncall.co.nz)

### Independent Spaces

#### Jasmine Fitzgibbon – Occupational Therapist



Independent Spaces is a private Auckland-based, community occupational therapy service supporting adults to maintain independence and safety within their home spaces.

Clinicians provide comprehensive in-home functional assessments, evaluating mobility, activities of daily living, and environmental risks within the context of each person's goals, health condition, functional and age-related abilities.

Interventions are person-centred and typically include:

- Recommendations for **assistive equipment** to support safety and independence with daily tasks (e.g. shower chairs, electric profiling beds, wheelchairs)
- **Environmental modifications** such as grab rails, ramps, stair lifts, and level-access showers.

Our passion and mission are to support adults to remain safe and independent within their home spaces in a timely manner. Service fees for assessments are available online. Where people meet eligibility criteria, **Ministry of Health funding** can be accessed for equipment and housing modifications (consistent with pathways used by DHB Community OT's).

Bookings and referrals can be made online. Minimal wait times with new appointments available now.

**Independent Spaces covering homes within Auckland and now up to Mangawhai.**

Ph: 022 401 4767  
 Email: [info@independentspaces.co.nz](mailto:info@independentspaces.co.nz)  
 Website: [www.independentspaces.co.nz](http://www.independentspaces.co.nz)



## David Morley

BMedSci (Hons); BMBS; FRACS  
 Hip, Knee and Orthopaedic Trauma Surgeon



**Areas of specialisation:**

- Hip replacement
- Revision hip replacement
- Knee replacement
- Robotic-assisted knee replacement
- Revision knee replacement
- Trauma-related conditions - non-union, mal-union

**Memberships:**

New Zealand Orthopaedic Association;  
 Royal Australasian College of Surgeons;  
 NZOA Hip Society;  
 NZOA Trauma Society;  
 Orthopaedic Trauma Association

p. 09 523 7055 | e. [admin@morleyorthopaedics.co.nz](mailto:admin@morleyorthopaedics.co.nz)  
 EDI: morleyor | Ascot Office Park, Level 2, Building C,  
 93-95 Ascot Ave, Greenlane 1051

Urgent appointments available  
 Available for advice | Average wait – 1 week



Affiliated Provider to Southern Cross Health Insurance for selected services.



## Rethinking Referral in Concussion Care

Dr Mark Fulcher

Sport and Exercise Physician | Axis Sports Medicine

Concussion is often described as being a self-limiting injury. While in many cases this is true, there is some uncertainty about the longer-term impact of repeated or poorly managed concussions on brain health. This creates a challenge for clinicians. Which patients can be managed with time and reassurance, and which may benefit from early interdisciplinary input?

Traditionally, referral has been reserved for those who fail to improve. Increasingly, this approach is being reconsidered. Earlier identification of patients at higher risk of a prolonged or more complex recovery allows for more targeted management. This approach has been shown to limit morbidity, time off school or work and reduces the risk of re-injury.

Clinical tools such as the Brain Injury Screening Tool (BIST) can help guide this decision-making. A higher symptom burden in the early phase is one of the clearest signals for early referral. Similarly, the presence of dizziness, vestibular or visual disturbance, and prominent headache also suggests a more complex presentation. Context is equally important. Patients participating in high-risk sports or occupations, those with a history of multiple concussions, and individuals with previous prolonged recovery may also benefit from earlier review.

Early referral does not mean over-medicalising concussion. It allows timely access to targeted interventions such as vestibular rehabilitation, graded exercise and structured return-to-work or return-to-sport planning. It can also provide patients with clarity and direction during the early stages of recovery.

At Axis, we apply an interdisciplinary approach informed by elite sport but designed for all patients and all causes of concussion. If there is any uncertainty, or features suggesting a more complex recovery, earlier referral is often worth considering.

# Your Concussion Patient Isn't an Elite Athlete.

## They'll Just Get Treated Like One.

An interdisciplinary approach to treating any concussion. Informed by elite sport, but designed for all patients (like Dave, who really needs to get back on site). Refer your patient to Axis for early intervention, wrap around treatment and personalised plans.



[axissportsmedicine.co.nz/concussion-service](https://axissportsmedicine.co.nz/concussion-service)

# ACC pathways



Our approach is personal and practical. We build plans that fit around your patient's life and goals, and deliver our services where they work best: at work, in the home or community. We don't do one-size-fits-all – we help your patients move forward, in their way.

## Our ACC services

### Return to work

Our expert team provides a comprehensive range of vocational rehabilitation services designed to help individuals recover from injury, illness or discomfort, and return to work safely and successfully.

We also help your patients to remain at work following injury, find suitable alternative work, and assess their training and experience to become work ready.

### Concussion

We provide personalised, evidence-based concussion rehabilitation to help your patients achieve their goals and get back to the things that matter most. Our dedicated team works with your patients to create a plan that suits their lifestyle and recovery needs.

### We can also support your patients through other ACC services including:

- Training for independence
- Psychological services
- Social rehabilitation assessments

Following referral, we request approval from ACC to support your patient through the chosen service.



[genevawellbeing.co.nz](http://genevawellbeing.co.nz)

[info@genevawellbeing.co.nz](mailto:info@genevawellbeing.co.nz)

0800 00 44 41

**Dr Murali Mahadevan & Dr James Johnston – Paediatric & Adult ENT Surgeons**



We are delighted to welcome Dr James Johnston to the practice, joining Associate Professor Murali Mahadevan in delivering specialist ear, nose and throat care for both children and adults.

Dr Johnston's arrival marks an exciting expansion of the practice's expertise. With advanced fellowship training in both paediatric and adult airway surgery from internationally recognised centres including Great Ormond Street Hospital and the University of Sydney, he brings a fresh depth of knowledge in airway, voice, swallowing, and breathing disorders.

Together, Dr Johnston and Dr Mahadevan offer patients a highly specialised yet approachable service, with expertise across paediatric ENT, nasal and sinus surgery, sleep-disordered breathing, neck lumps, and complex airway conditions. Their shared focus is on delivering thoughtful, evidence-based care with clear communication and a genuine commitment to supporting patients and families through every stage of treatment.

**Appointment locations: Suite A, Level 1, Kākāriki Hospital, 9 Marewa Road, Greenlane, Auckland**

**Ph: (09) 925 4050**  
**Email: [surgeon@entdoctor.co.nz](mailto:surgeon@entdoctor.co.nz)**  
**Website: [entdoctor.co.nz](http://entdoctor.co.nz)**  
**Healthlink EDI: entdoctr**

**Hamilton Eye Clinic and Bridgewater Day Surgery**



Hamilton Eye Clinic and Bridgewater Day Surgery have been trusted providers of cataract surgery and specialist eye care in the Waikato for over 30 years, delivering expert treatment with a strong focus on personalised patient care.

As one of the largest specialist eye centres and day surgery facilities in the North Island, we specialise in cataract surgery while also providing comprehensive medical and surgical ophthalmic care across a wide range of eye conditions and subspecialties. Our experienced ophthalmologists, skilled clinical teams, and modern surgical technology work together to deliver exceptional patient outcomes in one convenient location.

In addition to cataract surgery, we provide expert care in glaucoma, retinal and macular disease, vitreoretinal surgery, oculoplastic procedures, refractive surgery, and general ophthalmology services.

Our dedicated day surgery facility offers a safe, modern, and comfortable environment designed to make your experience as smooth as possible. From consultation through to surgery and follow-up care, our team is committed to achieving the best possible outcomes for your vision and eye health.

**Appointment locations (Hamilton, Huntly, Matamata, Thames, Morrinsville and Cambridge)**

**Ph: (07) 834 0006**  
**Email: [info@hamiltoneyeclinic.co.nz](mailto:info@hamiltoneyeclinic.co.nz)**  
**Website: [www.hamiltoneyeclinic.co.nz](http://www.hamiltoneyeclinic.co.nz)**  
**Healthlink EDI: HECANBDS**

**OMS SPECIALISTS**  
ORAL AND MAXILLOFACIAL SURGEONS

[oms.nz](http://oms.nz)  
[bookings@oms.nz](mailto:bookings@oms.nz)

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From wisdom teeth and dental implants to complex jaw reconstruction and skin surgery, our dual-qualified surgeons offer unparalleled expertise.



- Wisdom Teeth
- Jaw Surgery
- TMJ Surgery
- Head, Neck & Face Skin Cancer
- Head & Neck Pathology

Registered specialists with the NZ Medical and Dental Councils.

**OMS pairs advanced technology with a compassionate, patient first approach.**



**Auckland TMJ Centre**  
DIAGNOSIS | MANAGEMENT | SURGERY

**Our team offers leading expertise in the diagnosis & surgical management of TMJ disorders.**

- Dual qualified surgeons: Medicine and Dentistry
- Minimally invasive techniques & the latest surgical advancements, including arthroscopy.
- State-of-the-art, purpose-built surgical facility, committed to the highest standards for patient safety and clinical excellence.

**Our goal is to provide clear answers and advanced surgical solutions for complex jaw disorders.**

[aucklandtmjcentre.nz](http://aucklandtmjcentre.nz)  
[info@aucklandtmjcentre.nz](mailto:info@aucklandtmjcentre.nz)



**Mr Richard Cobb**  
BDS MBBS MFDS(Eng.)  
 MRCS(Eng.) FRCS(OMFS)



**Mr Ryan Smit**  
BDS MBChB MRACDS(PDS)  
 FRACDS(OMS)



**Mr Simon Roberts**  
MBBS BDS FRCS(OMFS)

**OMS Specialists & Auckland TMJ Centre:** (09) 447 0085  
 121, Carlton Gore Rd, Newmarket

**Shelley Martin – Occupational Therapist**



**Welcome to OT4You - Expert Occupational Therapy Services by Shelley Martin**



At OT4You, led by Shelley Martin, a skilled and compassionate occupational therapist, we specialise in providing personalised assessment and intervention services tailored to the unique needs of each individual.



For children, we focus on **Ayres Paediatric Sensory Integration Assessment and Intervention**, helping children overcome challenges related to sensory processing and emotional regulation. Through a holistic approach, we offer interventions designed to enhance their ability to engage in daily activities, supporting their development, social interactions, and overall well-being.

In addition, we offer **Private Elderly Assessments**, where we understand the unique challenges that aging individuals face. Whether it's assessing mobility, independence, or cognitive functioning, we ensure that our elderly clients receive the highest level of care and attention to improve their quality of life and help them maintain independence for as long as possible.

Our services are all about empowering individuals to live their lives to the fullest, through expert, client-centred care. Contact us today to learn how we can help you or your loved one.

**For appointments in Waikato and assessments in Auckland and Bay Of Plenty**

**Ph: 027 661 2555**  
**Email: [shelley@ot4you.co.nz](mailto:shelley@ot4you.co.nz)**  
**Website: [www.ot4you.co.nz](http://www.ot4you.co.nz)**

## HANDWORKS

Handworks is a specialised rehabilitation clinic, focusing on the assessment and treatment of hands and upper limbs.



With our specialist expertise and experience we are the best treatment providers to help those with hand injuries or pathology to return them to optimal function.

We manage:

- Acute Hand Trauma
  - Fractures, dislocations, sprains, lacerations and tendon/nerve injuries
- Overuse and pain syndromes
- Arthritic conditions of the hand and wrist
- Paediatric and neurological hands

We offer:

- Assessment and treatment by experienced hand therapists
- Triaging of acute injuries
- Custom splinting: thermoplastics, soft materials and casting

We enjoy a close relationship with hand surgeons and where appropriate can refer patients for a timely consult.

Our main clinic is based in Great South Road, Epsom with satellites in Mt Albert, St Johns, Howick and Botany.

Contact:

Phone: (09) 529 7461

Email: [reception@handworks.co.nz](mailto:reception@handworks.co.nz)

Website: [www.handworks.co.nz/hand-therapy-referral-form](http://www.handworks.co.nz/hand-therapy-referral-form)

## Tom Kuperus – Orthopaedic Surgeon

Tom is a New Zealand trained orthopaedic surgeon offering consultations for hip, knee, shoulder and general orthopaedic conditions. He completed Fellowships in Edinburgh and Bristol before returning to permanent practice in Whangārei.

He specialises in anterior and posterior hip replacements and hip revision surgery. He treats all conditions around the knee including a range of procedures for degenerative conditions including robotic knee replacements, partial knee replacements and realignment procedures. He has fellowship training in contemporary techniques to manage sports injuries and patellofemoral conditions. Tom has the capacity to see patients on an urgent basis who may require time critical surgery.

He has a position at Whangārei Base Hospital where he participates in trauma call, and performs elective surgery including a significant volume of hip, knee and shoulder arthroplasty.

Contact Details:

Ph: (09) 438 2114

Email: [tom.kuperus@northo.co.nz](mailto:tom.kuperus@northo.co.nz)

Website: [www.tomkuperus.co.nz](http://www.tomkuperus.co.nz)



## Mr James Olsen – Oral and Maxillofacial Surgeon

Jamie is a New Zealand-trained specialist oral and maxillofacial surgeon practicing the full scope of his specialty. He holds dual qualifications, with a dental degree from the University of Otago and a medical degree from the University of Melbourne. Alongside his role at TROMS, he is a public consultant at Middlemore, Greenlane, and Auckland City Hospitals, where he also supervises surgical trainees. He serves on the ANZAOMS council as a next generation director.

The following is a brief summary of the comprehensive range of procedures that he provides:

- Dento-alveolar Surgery
- Maxillofacial Pathology
- Maxillofacial Trauma
- Orthognathic Surgery
- TMJ

For more info please contact:

Address: Pakuranga Medical Centre, 11 Cortina Place, Pakuranga 2010 Auckland

Ph (09) 280 3322

Email: [reception@troms.nz](mailto:reception@troms.nz)

Website: [www.troms.nz](http://www.troms.nz)





*Specialists in life-changing treatments*

We're an aesthetic clinic with a difference. Anue is a dermatologist-led clinic focused on delivering ethical, evidence-based treatments.

Led by dermatologist Dr David Lim we are committed to providing patients with the highest standards of cosmetic results. Recognised as a fellow of multiple global dermatologic societies, he is respected for his expertise as a specialist dermatologist and is driven by a desire to help patients avoid a lifetime of scars.



**David Lim**  
MB ChB FRACP FNZDSI FACD

*Our treatments:*

- Acne & Acne Scars
- Rosacea & Erythema
- Injectable Treatments
- Laser Treatments
- Cosmetic Surgery
- Medical Peels
- Self-harm & Trauma Scars

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**Web** [www.anue.co.nz](http://www.anue.co.nz)  
**EDI** [anueyouu](http://anueyouu)  
**Phone** 0800 437 632  
**Email** [info@anue.co.nz](mailto:info@anue.co.nz)  
**Address** 11b Apollo, Drive, Rosedale, AKL






# One-stop clinics

for renal colic, haematuria, and bladder cancer

Allevia Health and the Urology Institute at OneSixOne Medical Group have launched three dedicated clinics designed to provide care that is centered around a urological condition.

Each clinic is part of an **Allevia Health Journey** – a coordinated, patient-centred pathway that provides the right care in a timely manner.

## Renal Colic Clinic

An integrated one-stop clinic for patients with renal colic.

### Key features:

- GPs can refer directly to Allevia Radiology
- Urgent results reporting
- Treatment within days of referral
- Optional post-treatment support with a renal physician and dietitian

### When to refer:

Patients present with left or right-sided flank pain consistent with renal colic.

GPs can refer directly to the Renal Colic Clinic at OneSixOne, or to Allevia Radiology (Epsom, Botany or Pukekohe) for a CT scan. Must reference the Renal Colic Clinic.

### Renal Colic Clinic specialists:



Andrew Williams



Nadya York

## Haematuria Clinic

A dedicated diagnostic clinic for investigating the cause of haematuria.

### Key features:

- CT imaging, flexible cystoscopy and specialist consultation offered
- Services delivered at Allevia Radiology and OneSixOne, in Epsom
- Diagnosis typically within seven days of referral
- Fast, seamless access to the Bladder Cancer Clinic if further treatment is required

### When to refer:

Visible or microscopic haematuria is confirmed through lab testing.

### Haematuria Clinic and Bladder Cancer Clinic specialists:



Andrew Williams



Madhu Koya

## Bladder Cancer Clinic

Comprehensive care for patients with confirmed bladder cancer.

### Key features:

- New Zealand's only private clinic offering the full suite of bladder cancer services
- On-site cystoscopies, TURBT and BCG instillations
- Treatment can begin within two weeks of diagnosis

### When to refer:

A bladder cancer diagnosis has been confirmed, or via the Haematuria Clinic.

### Find us at:

📍 Urology Institute at OneSixOne, 161 Gillies Ave, Epsom, Auckland

### Making a referral:

☎ 09 623 0161

✉ reception@onesixone.co.nz

EDI tk161uro

Reference: Renal Colic Clinic, Haematuria Clinic or Bladder Cancer Clinic

Allevia Health



A better health journey  
alleviahealth.co.nz



**James Recordon – Orthopaedic Surgeon, MCBHB, FRACS**

I'm a New Zealand-trained orthopaedic surgeon with subspecialty training in paediatric and foot & ankle surgery.

I offer minimally invasive union correction, and ankle replacement, as well as hip and knee joint replacement, including robotic-assisted knee replacement.

I can assist with acute arranged trauma surgery including clavicle fractures, distal radius fractures, distal biceps tendon repairs, plus foot or ankle fractures that are not requiring hospital based perioperative care.

Outside of work, I have four school-aged children, and if I had any spare time, I'd be out fishing.

My rooms are at Ascot Office Park in Greenlane, and I live nearby. Also consulting at Pukekohe (Franklin Hospital).

Operating at Southern Cross Brightside, Kākāriki Hospital, Allevia Ascot, and Franklin Hospital.

Kind regards,  
James

**For appointments in Auckland:**

Ph: (09) 523 7055  
Email: [contact@jamesrecordon.co.nz](mailto:contact@jamesrecordon.co.nz)  
Healthlink EDI: jamesrec



**Dr Nicola Davis – General and Oncoplastic Breast Surgeon**

Nicola is a highly experienced general and oncoplastic breast surgeon, offering compassionate, expert care across a wide range of procedures. She holds advanced post-fellowship training through BreastSurgANZ and a Master's in Advanced Breast Surgery from the University of Sydney. She is the Lead Surgeon for BreastScreen Midland.

In addition to breast surgery, Nicola offers a wide range of general surgery services with particular expertise in gallbladders, hernias, thyroids, melanoma and other skin cancers. She is the Head of Department for General Surgery at Tauranga and Whakatāne Hospitals.

**Services include:**

- Breast surgery – benign and malignant, including WLE, mastectomy, immediate reconstruction, flaps, fat grafting, breast reduction/mammoplasty
- Gallbladder
- Hernias – laparoscopic and open techniques
- Thyroid
- Melanoma and other skin cancer

Nicola is a Southern Cross Affiliated Provider and nib First Choice Provider.

**For appointments please contact:**

Tauranga Specialist Centre, 752 Cameron Road, Tauranga 3112

Ph: (07) 571 5548  
Fax: (07) 571 5549  
Email: [hello@nicoladavis.co.nz](mailto:hello@nicoladavis.co.nz)  
Website: [www.nicoladavis.co.nz](http://www.nicoladavis.co.nz)  
Healthlink EDI: skinderm



**Urgent appointments are available**



ANTERIS

Anteris is very proud to announce our new fledgling business

VALIDUS

Now accepting referrals\* for ADHD assessment and treatment.

Overseen, trained and mentored by Dr Caleb Armstrong, (psychiatrist), our team of General Practitioners with a Special Interest in ADHD (GPwSI) assess and treat ADHD patients nationwide via tele-health.

With short wait times of just a few weeks, an admin team who guide the patient through the process, and easy internal referrals to a psychiatrist, where identified as necessary, make for a low stress process for the patient before discharge back to their own GP for continued treatment.



Central office: Suite 7, Level 1, 89 Grey Street, Tauranga  
Ph: (07) 281 1139

Email: [referrals@validus.nz](mailto:referrals@validus.nz)

\* Referrals via SR and ERMS or email

**Eyes and Eyelids – Detail and Dedication in Eyecare**



EYES & EYELIDS

Eyes and Eyelids is a boutique ophthalmology practice committed to providing the highest standard of individualised eye care and surgery.

We provide general ophthalmic care and cataract surgery with special interests in oculoplastics, lacrimal and orbital disease, uveitis and medical retina.

Dr Paul Rosser has been an expert in the field of oculoplastic surgery for over 30 years, performing reconstructive and cosmetic eyelid procedures. He manages eyelid malpositions and tumours, and offers blepharoplasty surgery, botulinum toxin injections and soft tissue fillers. Dr Jo Sims is NZ's first combined fellowship trained uveitis and medical retinal specialist, having been in practice for over 15 years. They are supported by a friendly and enthusiastic team.



**For appointments please contact:**

Ph: (09) 222 1828  
Email: [admin@eyesandeyelids.co.nz](mailto:admin@eyesandeyelids.co.nz)  
Website: [www.eyesandeyelids.co.nz](http://www.eyesandeyelids.co.nz)  
Healthlink EDI: eeyelids

## Anglesea Hospital - Orthopaedic Hospital Expansion

\$75m orthopaedic hospital underway at Anglesea

Anglesea Hospital in Hamilton has begun construction of a new 75 million orthopaedic hospital, partnering with Evolution Healthcare and leading specialists.

Now underway with earthworks, the development will deliver four operating theatres and 24 inpatient beds, including HDU capability, by Q4 2027.

General Manager Nicky van Praagh says the purpose-built facility will lift patient experience through advanced technology, streamlined patient flow, and modern recovery spaces.

"It will position Anglesea as a centre of excellence for orthopaedic care in the Waikato."

The design also allows for future expansion, including 21 additional beds and two theatres.

This is the hospital's largest expansion since opening in 2007.

### Contact details:

Ph: (07) 957 4915

Email: [reception@angleseahospital.co.nz](mailto:reception@angleseahospital.co.nz)

Website: [www.angleseahospital.co.nz](http://www.angleseahospital.co.nz)



## Haven Care – Your Home Care Partner

Haven Care provides in-home support across Auckland for people who need assistance to live safely and comfortably at home.

Our services include personal care, meal preparation, light housework, companionship, early dementia support, post operative recovery, respite for family carers, and overnight care.

We specialise in providing culturally appropriate support, with English, Cantonese, and Mandarin speaking caregivers available.

Care plans are tailored to individual needs and can be short term or ongoing. Our focus is on practical, reliable support that promotes independence and wellbeing at home.

**If you or a loved one could use a little extra support at home, we're always happy to chat about how we can help:**

Ph: (09) 243 7088

Email: [care@havencare.co.nz](mailto:care@havencare.co.nz)

Website: [www.havencare.co.nz](http://www.havencare.co.nz)

*We have staff available to discuss your needs in English, Cantonese or Mandarin.*



**HAVEN CARE**

## Foot Foundation – Podiatry & Physiotherapy



Foot Foundation provides integrated podiatry and physiotherapy services across Auckland, Hamilton, and Tauranga, supporting patients with both acute and complex foot and ankle conditions.

**Fungal Nail Solutions:** Lunula cold laser, Clearanail, photodynamic therapy, topical, oral and surgical management, chemical and mechanical debridement

**Ingrown Toenail Solutions:** Surgical correction, nail bracing (onyfix), conservative care

**Foot & Ankle Rehabilitation:** Dual-qualified approach for pre- and post-operative care, acute, and persistent or unresolved cases (manual therapy, dry needling, taping/bracing, custom/pre-fabricated orthotics, shockwave, low-level laser, AFOs including Ritchie and EXO-L braces, footwear modification, exercise rehabilitation)

**General Podiatry Care:** Routine skin and nail care, arthritic and diabetic foot management

**Paediatric Podiatry:** Orthotics, AFOs, footwear, and developmental rehabilitation support

We regularly manage complex and non-resolving cases, working closely with GPs, sports physicians, and orthopaedic specialists.

We welcome all patient referrals and specialise in those not progressing or requiring a more specific treatment approach.

For referrals and appointments in Auckland, Hamilton, and Tauranga please contact:

Ph: (07) 949 7607 OR (09) 922 6830

Email: [reception@footfoundation.co.nz](mailto:reception@footfoundation.co.nz)

Website: [www.footfoundation.co.nz](http://www.footfoundation.co.nz)

## Intuitive Sleep: Kate Blyth – Adult Sleep Coach specialising in Chronic Insomnia



Providing evidence-based, long-term improvement for chronic insomnia by addressing the root drivers that maintain it — grounded in Cognitive Behavioural Therapy for Insomnia (CBT-I), the gold-standard, first-line approach.

Kate Blyth is an adult sleep coach offering evidence-based sleep support for patients struggling with chronic insomnia — translating behavioural sleep science and circadian biology into practical, lasting change.

Her unique integrative approach combines CBT-I with Acceptance and Commitment Therapy (ACT) and applied chronobiology to address the physiological and behavioural drivers that maintain insomnia, often resolving sleep difficulties patients have lived with for years.

Ideal for patients with chronic insomnia, including those who have been on long-term sleeping pills or sleep aids.

**Telehealth appointments nationwide.**

Email: [kate@intuitivesleep.co.nz](mailto:kate@intuitivesleep.co.nz)

Website: [www.intuitivesleep.co.nz](http://www.intuitivesleep.co.nz)





# Life-changing gynaecology services

At Anglesea Gynaecology, we're more than healthcare providers, we're partners in your journey to optimal women's health.

We're a team of leading gynaecologists dedicated to delivering cutting-edge solutions, so you can live your life to the fullest.



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Led by three of the best gynaecologists in the country, we are at the forefront of our field, offering a wide range of specialist gynaecology services.



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GYNAECOLOGIST



DR LAKSHMI  
RAVIKANTI  
GYNAECOLOGIST



DR DEIRDRE  
ROHLANDT  
GYNAECOLOGIST



BEHESHTA ALI  
CLINICAL PHARMACIST  
PRESCRIBER

07 858 0757 | [angleseagynae.co.nz](http://angleseagynae.co.nz)

John Sullivan House, Gate 3, Level 1, 62 Tristram Street, Hamilton