

info matters



A newsletter to Medical Specialists and GPs throughout the Auckland, Waikato and Northland regions

April 2017

HEALTHPOINT NEWS

www.tamakidirectory.co.nz

At the start of 2016 Auckland DHB and the Tāmaki Regeneration Company (TRC) noted that there was a gap in information provided on specific services which would help in the wellbeing of people and their whanau within the Tāmaki community. The specific services information included health, community and social services.

This gap created a barrier to people being able to easily access information on local health and wellbeing services available and close to them.

The Tāmaki Regeneration Company (TRC), in partnership with Healthpoint Ltd and the Tāmaki Community, looked at ways of closing this gap by exploring how the local community could get information more easily about services and what they do in their region.

From this work the idea of an online directory was developed and with community input and direction, www.tamakidirectory.co.nz was created.

www.tamakidirectory.co.nz connects the community through an easy to navigate online tool which provides up-to-date information on local health and social services and supports the Tāmaki people and their whanau to take charge of their health and wellbeing. This information is available by going straight to the directory's own URL/website or by accessing the information directly off Healthpoint.

A screenshot of the Tāmaki Directory website. The header includes the Healthpoint logo on the left, a "Home" link in the center, and "Sign in" and "Register" links on the right. Below the header is a large banner image of a coastal landscape with trees and a body of water. The main content area has the title "Tāmaki Directory" in a large, bold font, followed by a welcome message: "Welcome to the Tāmaki Community online directory where you can find information on local health, social and community services." Below this, there are three columns of links. The first column, titled "Community Services", lists links for Family/whanau, Older people, Cultural, Youth, Addictions, Counselling, Education and training, and Employment. The second column, titled "Services available in Tāmaki", lists links for Doctors, Public Hospital Services, Private Hospitals & Specialists, Mental Health & Addictions, Pregnancy Services, and Pharmacy. The third column lists links for Dentistry, Optometry, Cancer Support, Community Health Services, and Social Services.

health point

Home Sign in Register

Tāmaki Directory

Welcome to the Tāmaki Community online directory where you can find information on local health, social and community services.

Community Services	Services available in Tāmaki	
Family/whanau	Doctors	Dentistry
Older people	Public Hospital Services	Optometry
Cultural	Private Hospitals & Specialists	Cancer Support
Youth	Mental Health & Addictions	Community Health Services
Addictions	Pregnancy Services	Social Services
Counselling	Pharmacy	
Education and training		
Employment		

To view go to: www.healthpoint.co.nz

www.healthpoint.co.nz

Clayton Brown – Shoulder, Elbow, Hand & Wrist Surgeon

I am a New Zealand trained orthopaedic surgeon, qualifying in 1994. Following this I spent two years in the USA training as a subspecialist in the area of upper extremity surgery. I trained with one of the world's leading wrist arthroscopic surgeons as part of this training and have extensive experience in all aspects of shoulder, elbow and wrist/hand surgery.

Since 1997, I have held a public hospital appointment at Auckland City Hospital, and commenced private practice in that same year.

My area of orthopaedic practice is confined to the upper extremity, including hand, wrist, elbow and shoulder surgery.

I welcome referrals to my well-established practice where I have extensive experience in all aspects of upper limb surgery.

Phone: (09) 307 4282, Fax: (09) 307 4280

Email: brown@domainortho.co.nz

Healthlink EDI: domainor



Mr Michael Caughey – Shoulder Surgeon

Michael Caughey is a very experienced shoulder surgeon who, following Fellowships in Toronto and Oxford University, returned to a consultant position at Middlemore where he applied arthroscopic techniques to repair shoulder instability and undertake acromioplasty.

Over the last decade as technology has advanced, he has undertaken arthroscopic rotator cuff repair. He has a particular interest in disorders of the rotator cuff and is a co-founder of the NZ Rotator Cuff Registry. Arthroplasty options undertaken include anatomic and reverse total shoulder replacement and pyrocarbon hemiarthroplasty in younger patients.

Although his practice has become more shoulder focused he continues to undertake hip and knee joint replacement surgery and knee arthroscopy.

Appointments at 92 Mountain Road, Epsom

Phone: (09) 623 0270, Fax: (09) 623 0273

Email: mcaughey@xtra.co.nz, Healthlink EDI: mcaughey



Waitemata Thyroid Specialists

Dr Steven Miller (endocrinologist) and Mr Richard Harman (thyroid and endocrine surgeon) together provide the combined specialist endocrine and surgical management of all thyroid disorders including nodules, thyrotoxicosis, hypothyroidism, goitre and thyroid cancer. Both Steven and Richard can perform thyroid ultrasound and fine needle aspiration (FNA) biopsy of nodules if required in rooms on Auckland's North Shore.

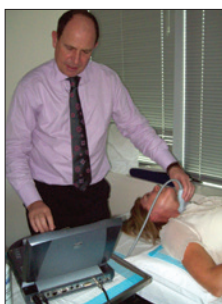
We are Southern Cross Healthcare Affiliated Providers.

For appointments contact:
Waitemata Specialist Centre
13-15 Shea Terrace Takapuna

Phone: (09) 441 2750, Fax: (09) 441 2759

Email: consult@wsurg.co.nz

Healthlink EDI: waitemas



Michael East – Endometriosis Ascot

Michael has long term experience in the use of laparoscopic and hysteroscopic procedures to manage a wide range of gynaecological conditions.

He has a special interest in the investigation and management of heavy periods and endometriosis and is the former chair of Endometriosis New Zealand. Michael utilises laparoscopy to manage endometriosis, ovarian cysts, fibroids and to perform hysterectomies. He is based at Ascot Hospital, Remuera where he consults and operates.

For appointments please Phone: (09) 522 3797, Fax: (09) 520 9526

Email: linda@michael-east.co.nz, www.michael-east.co.nz

Healthlink EDI: ascotend



Fillan Healthcare

With established branches in St Heliers and Avondale, Fillan Healthcare is proud to announce that with the opening of their third branch in Rosedale on the North Shore, we offer first rate private mental healthcare to patients throughout Auckland.

We are a Southern Cross Affiliated Provider and offer a variety of different mental health specialties for your patients including psychiatrists, clinical psychologists, counselling psychologists and counsellors.

We guarantee timely and effective communication with our referrers.

Phone: (09) 214 7284, Fax: (09) 963 7470

Email: reception@fillanhealthcare.co.nz

www.fillanhealthcare.co.nz



If you are interested in profiling yourself and your services please email: info@healthpoint.co.nz or phone (09) 630 0828

Mr Peter Heppner – Neurosurgeon

Peter is a neurosurgeon who has a particular interest in surgery for benign and malignant brain tumours, trigeminal neuralgia, craniocervical junction abnormalities and hydrocephalus. He also performs a wide range of instrumented and non-instrumented spine operations.

Peter has practised as a consultant neurosurgeon since 2007, belongs to several international professional associations, holds a number of teaching and governance positions, and was recently elected to the Board of the Neurosurgical Society of Australasia.

Peter consults in private on the North Shore and in Central Auckland. He consults in public at Auckland City Hospital and Starship.

Urgent appointments are available for patients with acute pathologies, such as newly diagnosed tumours or disc prolapses with cord compression.

Phone: (09) 524 4223, Fax: (09) 524 4227

Mauranui Clinic, 86 Great South Road, Epsom

212 Wairau Road, Glenfield

www.neurosurgeon.org.nz, Healthlink EDI: p2heppnr



Dr Erika Hunter – Gynaecologist, Urogynaecologist, Laparoscopic Surgeon

Dr Hunter is a specialist gynaecologist with subspecialty certification in female pelvic medicine reconstructive (urogynaecology) surgery with advanced training in laparoscopic surgery. She publishes in peer reviewed journals and presents at international conferences on laparoscopic and urogynaecology topics. She has an interest in quality and research projects as a senior clinical lecturer at the University of Auckland.

Erika sees women at Auckland DHB City Hospital and welcomes private referrals at Ascot Hospital, Remuera.

Her particular interests include:

- Pelvic floor disorders
- Mullerian disorders
- Laparoscopic hysterectomy & myomectomy
- Incontinence

For appointments please Phone: (09) 522 3797

Fax: (09) 520 9526

Email: linda@erikahunter.co.nz



MERCY ANGIOGRAPHY

Image Guided Treatment Centre

Left untreated, severe symptomatic aortic valve stenosis can lead to serious medical problems including death.

The Transcatheter Aortic Valve Implantation (TAVI) is a way of delivering a replacement valve through a catheter introduced usually from a groin artery.

TAVI is a minimally invasive procedure that:

- Does not require opening of the chest
- Is usually conducted under local anaesthesia
- Does not require cardiopulmonary bypass
- Allows a short recovery time
- Has a low rate of death or stroke

The Mercy Angiography team lead by Professor John Ormiston performed the first TAVI procedure in the Asia Pacific region in 2008 and is New Zealand's most experienced private TAVI centre.

TAVI is now covered by most health insurance companies.

Email admin@mercyangiography.co.nz for your TAVI information booklet.

www.mercyangiography.co.nz

Why Choose TAVI for Aortic Stenosis?

The Transcatheter Aortic Valve



On delivery system

Deployed by balloon expansion



Tel (09) 630 1961

1st Floor, Mercy Hospital, 98 Mountain Road
Epsom, Auckland, New Zealand

Dr Rui Mendel – Healing Minds

Dr Rui Mendel has over 28 years' experience as a psychiatrist. At his Healing Minds clinic, he offers psychiatric treatment for adults and adolescents.

Services include assessment and treatment of mood and anxiety disorders, emotional distress, sleep disturbances, chronic pain, marital problems and sexual dysfunctions.

He also offers Transcranial Magnetic Stimulation Therapy (TMS) – a non-invasive and effective treatment for depression.

Transcranial Magnetic Stimulation Clinic (TMS) treatment is:

- Well tolerated and a safe treatment for people suffering depression.
- It does not cause common side effects often associated with medication like weight gain, sexual problems, tiredness, upset stomach or memory loss.
- It is non-invasive and does not require sedation. Patients can continue with their daily routine after the treatment is over.
- Treatment is conducted over 4 - 6 weeks with each session taking about 30 minutes.

Appointments at 131 Shakespeare Road, Milford

Phone: (09) 486 0182, Fax: (09) 486 0817, Email: rmendel@me.com



Mr Peter Misur – Hip And Knee Specialist

Peter Misur is an orthopaedic surgeon based on the North Shore of Auckland. He specialises in hip and knee surgery including joint replacements, knee ligament reconstruction and arthroscopy.

Peter was born and raised on the North Shore and graduated from Auckland Medical School with Distinction in 2004.

After completing his orthopaedic training, Peter obtained further subspecialty experience in complex hip and knee reconstruction at Vancouver General Hospital.

His private rooms are located in Milford. Peter also conducts clinics in Henderson and New Lynn.

Available for urgent appointments.

Shakespeare Orthopaedic Institute

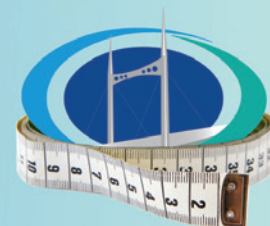
209 Shakespeare Rd, Milford

Phone: (09) 486 5456, Fax: (09) 486 5216

Email: admin@soi.org.nz, Healthlink EDI: petermisur



Ormiston Weight Loss Service (OWLS)



Ormiston Hospital

OWLS is intended to offer our community a surgical choice and clinical support to assist in people taking ownership of their health and moving forward to a greater place of wellness.

Bariatric Surgery assists in weight loss and may be recommended as a last resort when diet, exercise and medication have not been successful and if obesity related conditions such as heart disease, asthma, high blood pressure, sleep apnoea and type II diabetes have worsened, among other problems.

The aim of the surgery is to reduce the food-holding capacity of the stomach

so the patient has a feeling of fullness after eating very little. Without hunger pangs, the person tends to lose interest in overeating and is more likely to stick to a low-kilojoule diet.

When patients choose OWLS for their surgery, they choose the most experienced surgeons, and are cared for in the well-established Ormiston Hospital located in south/east Auckland.

The team at Ormiston offers a multidisciplinary approach leading up to and following surgery. We are dedicated to offering our patients a complete and comprehensive service with the best level of care through their journey to improved health.

Contact us today on 09 926 5821

or email owls@ormistonhospital.co.nz

You can follow us on Facebook

125 Ormiston Road, Flat Bush, Auckland 2019

www.ormistonhospital.co.nz



MRI Services for Your West Auckland Residents

TRG Imaging installed a state of the art 1.5 MRI Scanner at their Lincoln Road practice in Henderson, back in 2014. It was identified at the time that the local community badly needed this service, as residents were having to travel back and forth into the city to have MRI scans that were requested by specialists consulting from the city. Please remember there is still this option, much closer to home, for all West Auckland residents needing an MRI scan. Bookings for MRI appointments are available for 5 days a week from 0800 – 1530.

Increased Capacity for Ultrasound Investigations

Due to increased demand, TRG Imaging have now increased capacity for ultrasound investigations at their Lincoln Road practice in Henderson. They continue to offer a range of ultrasound services for musculoskeletal, vascular, general and obstetrics. Bookings for ultrasound are available 5 days a week from 0800 – 1730.

Please call us on (09) 487 2555 to make a booking or go to our website for more information on www.trgimaging.co.nz

Paediatrician – Dr Katie Tuck

General and developmental paediatric consultations available – Dr Tuck sees newborns through to adolescents with a full range of paediatric issues. She works closely with multidisciplinary teams as needed.

Katie is known for her empathic, supportive approach and clear management plans. She is available for consultations on general paediatric issues such as asthma, constipation, sleep and growth as well as learning and developmental concerns.

Easy access off the Southern Motorway at Karaka.

For appointments at 71 Hingaia Road, Karaka

Phone: (09) 267 3335, Fax: 0282 556 5639

Email: reception@childrensdoctor.co.nz

Healthlink EDI: drspeedy



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- US Guided Steroid Injections
- Arthrography
- Discography
- Nerve Root & Epidural Steroid Injections
- Facet Joint Injections
- Bone and Soft Tissue Biopsies

IT Services

- IntelViewer / IntelConnect
- IT Support on request

Our Radiologists

Dr. Quentin Reeves

MBChB 1984 Auckland, FRANZCR 1991
Diagnostic Radiologist / Managing Partner

Dr. Richard Gee

MBChB 1991 Auckland, FRANZCR 2000
Diagnostic Radiologist

Dr. Lucinda Boyer

MBChB 2002 Otago, FRANZCR 2009
Diagnostic Radiologist

Dr. Francesca Wilson

MBChB 2002 Otago, FRANZCR 2009
Nero / Paediatric Radiologist

Dr. Andrew Clarke

MBChB 1999 Auckland, FRANZCR 2007
Diagnostic Radiologist / Managing Partner

Dr. Adam Worthington

MBChB 1999 Auckland, FRANZCR 2008
Diagnostic Radiologist

Dr. Ibrahim Hassan

MBChB Iraq, PhD UK
Nuclear Medicine Physician

0800 774 9729

srgmri.co.nz

Reception@srgmri.co.nz

Greenlane Level 2, 95C Ascot Avenue, Greenlane

Manukau 175 Cavendish Drive, Manukau

Simon van Rij – Urologist

Simon is a NZ trained urologist with a passion for men's health. He completed fellowship training in Melbourne in robotic surgery and complex uro-oncology.

Simon worked as a consultant at Guy's Hospital in London, the largest prostate centre in the UK. He specialised in robotic surgery, cutting edge prostate cancer diagnostics and laser prostate surgery/TURP.

Simon sees patients with all general urology conditions and has extensive kidney stone and laparoscopic experience.

His private rooms in Auckland Central are located at 161 Gillies Avenue, and on the North Shore at Southern Cross North Harbour, 212 Wairau Road.

Urgent appointments available.

Phone: (09) 623 0161, Fax: (09) 630 4161

Email: urology@vanrij.co.nz

Healthlink EDI: tk161uro



If you are interested in profiling yourself and your services please email: info@healthpoint.co.nz or phone (09) 630 0828



WAITEMATA ENDOSCOPY

A partnership with Southern Cross Hospitals

Waitemata Endoscopy Ltd is a private Endoscopy Centre developed in partnership with Southern Cross Hospitals Limited to provide a comprehensive private endoscopy service to patients Auckland wide. We are so pleased to welcome Mr Siraj Rajaratnam and Mr Andrew Herd to our experienced endoscopist team.



Mr Siraj Rajaratnam is a New Zealand born and trained General and Colorectal Surgeon and Endoscopist now offering private endoscopy services at Waitemata Endoscopy.



Mr Andrew Herd is a New Zealand trained General and Colorectal Surgeon and Endoscopist now offering private endoscopy services at Waitemata Endoscopy.

P (09) 925 4449 // **F** (09) 925 4450
E admin@waitemataendoscopy.co.nz
 waitemataendoscopy.co.nz

Professor John A. Windsor

General and Laparoscopic Surgeon

John has over 30 years' experience as a general surgeon working at both Auckland City Hospital and Mercy Hospital. He is an internationally acclaimed surgeon who has got specialty interests in pancreato-biliary and gastro-oesophageal surgery.

The most commonly performed operations include laparoscopic cholecystectomy (for gallstones), fundoplication (for reflux), myotomy (for achalasia), and splenectomy (for ITP).

Urgent appointments and telephone consultations welcomed.

For appointments at Mercy Specialist Centre:

Phone: (09) 623 7126, **Fax:** (09) 630 8589

Healthlink EDI: akgastr

Mobile: 021 901 930

Email: j.windsor@auckland.ac.nz

www.windsorsurgery.co.nz



If you are interested in profiling yourself and your services please email: info@healthpoint.co.nz or phone (09) 630 0828

Waitemata DHB



New In-Home Strength and Balance Falls

Prevention Programmes - Auckland DHB and Waitemata DHB

New free **In-home Strength and Balance** programmes to **reduce falls in older frail adults** have been launched:

- Auckland DHB – delivered by Auckland DHB's community physiotherapy service
- Waitemata DHB – delivered by TBI Health

Both programmes are based on the Otago Exercise Programme, which has been shown in trials to reduce falls in older adults by over a third. GPs and practice nurses, please consider referring any older patient living at home who is at risk of falls.

Referrals

Patients need to have an **identified fall risk/strength and balance issue** (recent fall, difficulty getting out of a chair, or reduced activity due to fear of falling) **and be too frail to attend a community group programme.**

Specify "*Falls: Strength and Balance*" in Reason/Provisional Diagnosis heading of eReferrals (Community Allied Health, Physiotherapy, or Older Adults Health).

For any queries:

- Auckland DHB please contact Anna McRae, Allied Health Director on 021 817 290
- Waitemata DHB please contact Penny Barnes, Physiotherapist, TBI on 027 558 5544

Waitemata DHB Grateful for Support from Primary Care

Waitemata DHB would like to offer their thanks for the support of primary care providers during the two recent rounds of industrial action by junior doctors. This support enabled us to deliver care in a safe and effective manner, minimising disruption to patients and their families as much as possible.

Primary Care Open Evening 12th April

As part of their ongoing programme of primary care engagement and continuing professional development activity, Waitemata DHB are holding an evening Forum on the 12th April on the following topics:

- **Managing pelvic pain, and some recent changes in management strategies.** Presented by Fiona Connell, Obstetrics and Gynaecology Consultant
- **Irritable Bowel Syndrome, a discussion of recent research and strategies.** Presented by Paul Frankish, Gastroenterology Consultant
- **Pain management with a focus on opioids.** Presented by Michal Kluger, Specialist, Anaesthesiology and Pain Medicine

For more information or to register please contact Leanne Kirton by emailing: Leanne.Kirton@waitematadhb.govt.nz

Counties Manukau Health

Counties Manukau Health Library Update

The Counties Manukau Health Library has made it easier for health professionals in the Counties Manukau region to get free online access to high quality evidence based resources to support their work. All GPs, nurses and allied health professionals working in Counties Manukau can now register online to access the following CM Health Library resources:

ClinicalKey – full text of over 1,300 Elsevier medical and surgical reference books, 600 journals, 2,800 drug monographs, 2,000 practice guidelines, 15,000 patient education handouts, and 13,000 medical and surgical videos. Includes an app.

Proquest eBook Library – 11,500 ebooks across all disciplines.

Proquest Health Research Premium Collection – multidisciplinary database and journals access.

Nursing Reference Centre Plus – an evidence based information tool designed specifically for nurses. Includes an app.

Health Professionals working in the Counties Manukau region who are not currently Counties Manukau Health employees are invited to register for access via the online form
<https://goo.gl/forms/d10KeOXskTBSEsMW2>

We also curate an extensive range of openly accessible knowledge clearinghouses as follows:

Nursing Virtual Reference & Professional Development Library
<https://www.healthpoint.co.nz/public/other/counties-manukau-health-library-database/im:609240/>

Health Information Resources for Patients and the Community
<https://www.healthpoint.co.nz/public/other/counties-manukau-health-library-database/im:434558/>

Patient and Whaanau Centred Care / Health Literacy
<https://www.healthpoint.co.nz/public/other/counties-manukau-health-library-database/im:514491/>

Innovation and Improvement
<https://www.healthpoint.co.nz/public/other/counties-manukau-health-library-database/im:504121/>

Pacific Health
<https://www.healthpoint.co.nz/public/other/counties-manukau-health-library-database/im:444846/>

Māori Health
<https://www.healthpoint.co.nz/public/other/counties-manukau-health-library-database/im:445959/>

Asian Health
<https://www.healthpoint.co.nz/public/other/counties-manukau-health-library-database/im:517187/>

Health Equity
<https://www.healthpoint.co.nz/public/other/counties-manukau-health-library-database/im:608068/>

Childhood Obesity
<https://www.healthpoint.co.nz/public/other/counties-manukau-health-library-database/im:625399/>

Leadership in Healthcare
<https://www.healthpoint.co.nz/public/other/counties-manukau-health-library-database/im:622739/>



The Counties Manukau Health Library is dedicated to supporting the information needs of Counties Manukau Health, its partners and community to achieve better health outcomes for the people of Counties Manukau. The Counties Manukau Health Library is affiliated with Ko Awatea, the Centre for Health System Innovation and Improvement.

Find out more...

<https://www.healthpoint.co.nz/public/other/counties-manukau-health-library-database/>

The administrator of this information is Peter Murgatroyd
Peter.Murgatroyd@middlemore.co.nz, should you wish to discuss any aspect of this information.

Auckland DHB

Do you have patients who are about to become parents?

Let them know about Auckland DHB's pregnancy and parenting class!

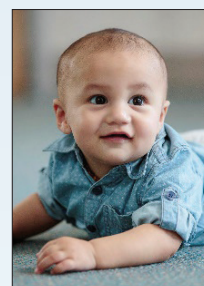
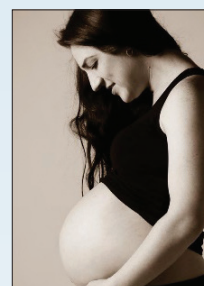
In these classes they will learn how to give themselves the best chance of leading a healthy pregnancy, and of caring for a healthy baby.

Classes are FREE for first-time parents who live within the Auckland DHB region, with venues in Panmure, Parnell (Birthcare), Mt Roskill and Blockhouse Bay.

Parents-to-be can choose from two classes of three hours, or one block course of six hours.


To book and for further information go to **www.healthpoint.co.nz** and search for 'Auckland DHB Antenatal Classes.'

Note – classes in Mandarin are also available, as well as Kaupapa Maori childbirth education, and a teen pregnancy course.



www.healthpoint.co.nz





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0800 085 555
www.veinandlaser.co.nz

Friendly, experienced, professional Doctors (including surgeon) in three locations- the North Shore and Ponsonby / Herne Bay, Auckland, and Warkworth.



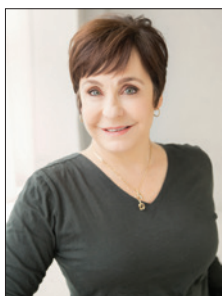
Varicose veins

Chronic venous disease refers to a wide spectrum of morphologic (venous dilation) and functional abnormalities (venous reflux). Vein-related problems may or may not be symptomatic and include a range of clinical signs that vary from minimal superficial venous dilation to chronic skin changes with ulceration.

Symptoms can include aching, heavy and uncomfortable legs, swollen feet and ankles and a burning or throbbing sensation in the legs. Muscle cramps, particularly at night, are also common. Sufferers can experience dry, itchy skin over the affected vein area.

They can lead to complications

Clinical signs include dilated veins, edema, lipodermatosclerosis (a fibrosing dermatitis of the subcutaneous tissue), or ulceration. Complications of varicose veins include bleeding or superficial thrombophlebitis.



Dr Elisabeth De Felice
– Vein Physician

They affect confidence

Many people with varicose veins feel self-conscious about showing their legs. Even if it isn't necessary to treat varicose veins for medical reasons, decreasing their appearance is important for some patients.

There are effective treatments

The choice of treatment depends upon the size of the varicose veins, their location, age and general health of the patient.

Surgical excision – Involves the partial or complete removal of the varicose veins under general anaesthetic.

Sclerotherapy – Chemical ablation involves the introduction of an irritant agent into the vein, causing endothelial damage and fibrosis of varicose veins. This technique has been used with good long-term results and without significant complications.

Endovenous laser ablation – is an image-guided, minimally invasive treatment for varicose veins. It uses radiofrequency or laser energy to cauterize (burn) and close the varicose veins.

Meta-analyses comparing surgery with minimally invasive therapies (sclerotherapy, radiofrequency ablation, laser ablation) have concluded that minimally invasive therapies appear to be at least as effective as surgical excision.