

info matters



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

November 2020

HEALTHPOINT NEWS

www.healthpoint.co.nz

Unite against COVID-19

Nationwide COVID-19 testing facilities profiled in Healthpoint, including primary care, Community Testing Centres and Pop-ups

As part of the Ministry of Health response to COVID-19, real-time information about each region's COVID-19 testing facilities will be available on the Healthpoint website.

www.healthpoint.co.nz/covid-19

By hosting all testing facility information in one location, (the Healthpoint website), we're making it much easier for anyone trying to find out where their local testing facility is, what the opening hours are, and how to access it.

This approach will help better support our communities, helpline teams and all the groups working hard across the country to support the government's COVID-19 response and will help us have a much clearer picture of New Zealand's overall testing capability.

There are a range of benefits to publishing testing locations on Healthpoint.

Easy for people to find

By hosting all testing information in one location, we're making it much easier for anyone trying to find out where their local testing facility is.

Reporting is easier

Healthpoint provides reporting regarding locations and opening hours. Once testing facility information is in the system, nationwide testing capacity reporting happens automatically.

Joined up approach

We are now better able to connect the different groups in the health system working hard to respond to COVID-19 and support our communities.



Bay of Plenty District Health Board (BOPDHB) joins the Healthpoint community to profile primary care, hospital, community health and social services throughout its region

Whilst delivering the very best hospital-based services for the people it serves, the BOPDHB (in combination with its healthcare partners throughout the Bay of Plenty health system) is also continuing its journey towards providing more community-based health services.

Fundamental to this work is the BOPDHB's Strategic Health Services Plan (SHSP) 2017-27, which establishes the key areas of focus over the 10 years to 2027.

The SHSP's three strategic objectives are:

1. Live well – Empower Bay of Plenty populations to live healthy lives
2. Stay well – Develop a smart, fully integrated system to provide care close to where people live, learn, work and play
3. Get well – Evolve models of excellence across all hospital services

The SHSP has been designed to meet the changing health needs of the Bay's communities and was developed with input from BOPDHB staff; community-based health services, other support agencies and patient advocates. It has an emphasis on improving the way hospital services and health services provided in the community work together.

At the heart of this plan are the patient, families and whanau. The overarching aim is for people to get well, stay well and live well. To achieve this, the plan has a strengthened focus on providing integrated health services, bringing health services closer to the patient, and providing the right mix of health supports in the right place.

It will help provide health services that better support people to stay well and manage their own health, and for people to be empowered to live healthy lives.

Health services can be diverse and complex, and ensuring people can navigate the Bay of Plenty health services system is an important part of them managing their own wellbeing. A health services directory plays a key role in supporting this and www.healthpoint.co.nz has been adopted for this purpose.

Over the coming weeks, Healthpoint will map the Bay's healthcare services and support providers to profile and publish rich, comprehensive information about who and where they are, the services they provide, and how to access them.

With the profiling of many services in the Bay of Plenty, both referrers and the general public will access Healthpoint as their main source to find healthcare services.

If you offer a private service in the Bay of Plenty region and would like a profile on Healthpoint that will increase awareness of what your service offers please contact Will Mitchell or Rhonda Dames on (09) 360 0828.

Dr Simi Lolohea; General, Laparoscopic and Colorectal Surgeon

Simi Lolohea is a New Zealand trained general surgeon. He did further formal training in colorectal and laparoscopic surgery for 2 years. He is a member of the Colorectal Society of Australia, NZ and the European Society. He has been a consultant surgeon at Waikato Hospital since 2005 and has been in private practice since 2006.

He has pioneered a number of procedures in abdominal cancer surgery here in New Zealand. He has performed peritonectomy and heated chemotherapy (HIPEC) in both private and public hospitals. He has introduced PIPAC procedures for those with peritoneal cancers that no longer respond to intravenous chemotherapy. The PIPAC procedure is currently available at Braemar Hospital only.

Services Provided:

- Colon and rectal conditions
- Perianal conditions
- Hernias, cholecystectomy
- Inflammatory bowel disease
- Colonoscopy and endoscopy
- Pelvic floor
- HIPEC and PIPAC

He currently practices from Surgeons on Clarence, 107 Clarence Street, Hamilton. He does regular clinics at Pohlen Hospital, Matamata and Morrinsville Medical Centre. He operates from Braemar and Anglesea hospitals.

Appointments at Surgeons On Clarence:

Ph: (07) 858 0771, Fax: (07) 858 0773

Healthlink EDI: thesurge

Email: info@surgery.co.nz

www.surgeonsonclarence.co.nz



Dr Bianca Sava – Consultant Psychiatrist

Dr Sava has over 10 years of experience in infant mental health (pregnancy to 5 years old), and a particular interest in psychotherapeutic interventions for families with young children.

She welcomes referrals for bonding and attachment difficulties, parent-child relationship problems, child and youth behavioural difficulties, and adult insight-oriented psychotherapy.

She can also offer assessments for autism spectrum disorder (ASD) for all ages, including administering the Autism Diagnostic Observation Schedule (ADOS).

Appointments at Practice 92 in Auckland:

Ph: (09) 638 9804

Email: admin@practice92.co.nz

www.drSava.nz



Mr Francis Hall, Otolaryngologist, Head and Neck Surgeon

Francis has 20 years of experience in managing patients with head and neck tumours. He works with some great colleagues at Auckland City Hospital, Middlemore Hospital and Gillies Hospital. After working as a head and neck cancer specialist at Henry Ford Hospital in America for five years, he was the first to perform transoral robotic surgery in New Zealand.

Clinical Interests:

- Thyroid and parathyroid surgery - extensive experience and multiple publications
- Flexible nasendoscopy
- Sialoendoscopy: endoscopy of the salivary glands. NZ first 2007
- TORS (transoral robotic surgery). NZ first 2016
- Neck lumps - rapid ultrasound and FNA assessment
- Head and neck multidisciplinary meeting at Auckland City Hospital
- General ENT including endoscopic sinus surgery (ESS), septoplasty, grommets, tonsillectomy

Appointments at Gillies Clinic, 160 Gillies Avenue, Auckland:

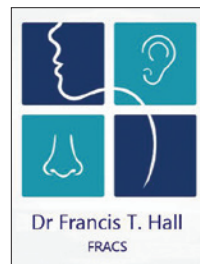
Appointments in Whangarei are also available.

Ph: (09) 281 2963, Fax: (09) 281 2969

Healthlink EDI: fhallent

Email: drhall@entdoc.co.nz

www.entdoc.co.nz



Mr Joe Baker – Orthopaedic Spine Surgeon

Joe Baker is a specialist spine surgeon based in Hamilton. He has completed specialist training in spine surgery at the New York University Hospital for Joint Diseases and Auckland City Hospital. He started practice at Waikato Hospital in 2017 and now splits his time between public, private and academic commitments.

He treats all spinal condition with a special interest in:

- Spinal deformity including scoliosis, kyphosis, spondylolisthesis, post-traumatic
- Cervical spine surgery including disc replacement, cervical myelopathy

Joe is actively involved in academia and is involved both as an investigator and supervisor in a number of projects in orthopaedic and spinal surgery.

Joe is a Southern Cross Affiliated Provider for consultations and an NIB First Choice provider.

Urgent appointments available.

Appointments in Hamilton and Cambridge:

Ph: (07) 834 9159

Email: info@sportandspine.co.nz

www.jbSpine.nz





Growing our cardiology team

Dr Jonathon White, FRACP Interventional Cardiologist
joins **Intra** and **The Heart Group**



Jonathan specialises in Transcatheter Aortic Valve Implantation (TAVI) to treat symptomatic aortic stenosis. His other specialty areas include coronary angiography and stenting to treat coronary artery stenosis.

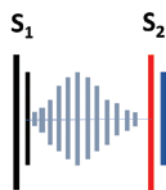
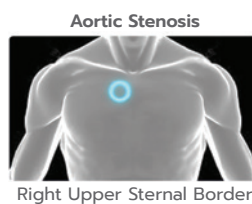
- Trained at Auckland City Hospital then at Columbia University, NYC
- Staff cardiologist at the Cleveland Clinic
- Returned to Auckland City Hospital in 2018

Jonathan now joins Intra's TAVI and Interventional Cardiology teams. This TAVI team performed the first TAVI in Asia Pacific 12 years ago.

- Dr Jim Stewart
- Mr Indran Ramanathan
- Professor John Ormiston

Treating Symptomatic Aortic Stenosis

Symptomatic aortic stenosis is a serious condition with a 50% two-year mortality without valve replacement. The aortic valve can now be replaced percutaneously (TAVI) under conscious sedation at a lower risk of death and stroke and much faster recovery than after conventional surgical replacement in most people.



Listen to the chest and if there is a systolic murmur refer to a cardiologist

If appropriate, the cardiologist may refer the patient to the Intra Heart Team for TAVI consideration, or if unsuitable, potentially for cardiac surgery. Most insurance companies now reimburse TAVI.

To learn more visit www.intracare.co.nz

Intra

P: +64 9 630 1961

E: admin@intracare.co.nz

The Heart Group

P: +64 9 623 1020

W: heartgroup.co.nz

The Vein Centre

After almost 30 years, the Vein Centre is one of the most experienced Auckland clinics solely specialised in the treatment of varicose and spider veins. Led by phlebologist, Dr Jerzy Nowacki, The Vein Centre offers comprehensive assessment and treatment of venous problems, with modern non-surgical, walk in, walk out methods. All treatment options are tailored individually to the patient's needs.

Procedures offered:

- Initial assessment with duplex examination
- Detailed vein mapping in the Clinic
- Endovenous Laser Ablation (EVLA) with radial laser fibre
- Ultrasound guided and direct sclerotherapy
- Venaseal® endovenous glue occlusion
- Microsclerotherapy of spider veins
- VeinGogh® radiofrequency ablation for facial telangiectasia

Dr Jerzy Nowacki is a Southern Cross and NIB affiliated provider for varicose vein treatment, and recognised by other major insurers.

Appointments in Auckland North Shore Clinic:

Phone: (09) 444 5858, Fax: (09) 444 2880

Healthlink EDI: veincent

Email: info@theveincentre.co.nz

www.theveincentre.co.nz



Universe Leung - General Surgeon

Universe is a New Zealand trained general surgeon. He graduated from University of Otago in 2003 and completed his training in general surgery in 2012. He underwent further post-fellowship training in upper gastrointestinal and hepatopancreatobiliary surgery in Auckland, New York, Sydney, Brisbane, and Paris before returning as a consultant in 2017. He has a public appointment at North Shore Hospital and consults in private in the North Shore and West Auckland.

Universe is particularly skilled in laparoscopic surgery, ranging from cholecystectomy and hernia repair to complex cancer resections of the stomach, pancreas, and liver.

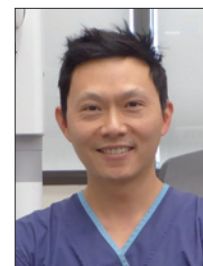
Universe strives to deliver a complete package of care through clinical excellence, compassion, and patient education and empowerment. He is fluent in Cantonese and proficient in Mandarin.

Universe is a Southern Cross Affiliated Provider.

Appointments on the North Shore and New Lynn:

Ph: 021 206 4828

Email: uleung.surgeon@gmail.com

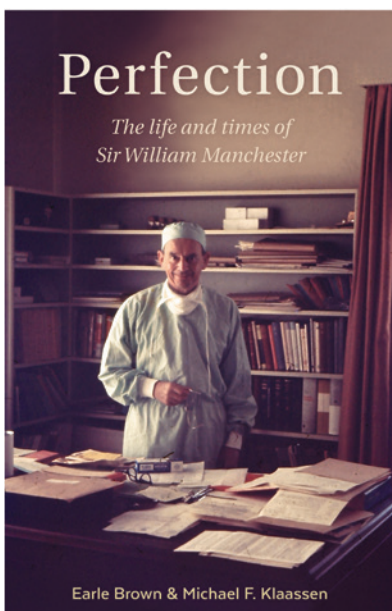


www.healthpoint.co.nz



Perfection

*The life and times of
Sir William Manchester*



Earle Brown & Michael F. Klaassen



Dr Michael F. Klaassen FRACS has had over 30 years' experience as a plastic surgeon. The multiple distractions of 2020 have not slowed him down in his pursuit of excellence in plastic & reconstructive surgery. By the year's end he will have completed 18 Labbe Cervicofacial lifts and the satisfaction from patients has been very high. He has with co-author and Middlemore Hospital mentor,

Dr Earle Brown FRACS, completed the biography of Sir William Manchester, which will be published in early 2021. His other major special interest is extreme facial cancer, for which he has reconstructed many cases and is currently the senior co-author for an Atlas of Extreme Facial Cancer. Moulding of ear deformations in babies and toddlers is also a special interest developed over the last decade and intralesional cryotherapy for the difficult and recalcitrant keloid scar.

Karen his personal assistant can be contacted for a clinic appointment on 0800 444 054.

His Auckland rooms are at 80 Bassett Road, Remuera and he also has clinics in Hamilton and Whakatane, every month.

For appointments in Remuera, Hamilton and Whakatane:

Ph: 0800 444 054

Healthlink EDI: anglepro

Email: mklaassen@xtra.co.nz





Southern Cross Heart Institute

Southern Cross' hospital in Hamilton is the home of **Southern Cross Heart Institute**, offering a range of cardiology services delivered in a state-of-the-art, purpose built interventional cardiology suite.

The Azurion system installed at the centre is one of the most advanced of its kind available in the world and boasts fusion of digital X-Ray technology, CT scan and 3D ultrasound (echocardiography) of the heart in real time.

Southern Cross Heart Institute brings together a highly skilled team of independent medical specialists at Southern Cross' Hamilton hospital, offering a full range of diagnostic and interventional cardiology services under one roof.

A wide range of diagnostic and interventional cardiology treatments offered includes:

- Consultations, ECGs, holter monitors, ETT, CTCA and TAVI CT
- Echocardiography (cardiac ultrasound) TTE / TOE
- Cardioversions
- Management and treatment of hypertension, atrial fibrillation and other cardiovascular conditions
- Diagnostic coronary angiography and coronary angioplasty, IFR / FFR / IVUS
- Treatment of adult congenital heart disease – atrial septal defect (ASD), patent foramen ovale (PFO), ventricular septal defect (VSD), coarctation of aorta

- HOCM – treatment of hypertrophic obstructive cardiomyopathy. TESA – transcatheter ethanol septal ablation
- TAVI (Trans catheter Aortic Valve Implantation) – minimally invasive treatment of aortic stenosis
- Mitral Clip – minimally invasive treatment of mitral regurgitation
- LAA (Left Atrial Appendage closure) for prevention of stroke in patients with atrial fibrillation



Southern Cross Hospitals Limited, Level 10, AMP Centre, 29 Customs Street West, Auckland

Southern Cross Heart Institute's specialist team includes:



Dr Sanjeevan Pasupati
MBCHB, FRACP

Cardiologist – Coronary Intervention, Structural Intervention.



Dr Pranesh Jogia
MBCHB, FRACP, FCICM, FCSANZ

Cardiologist, Intensive Care Specialist & Cardiac Imaging.



Dr Rajesh K Nair
MBBS, FRCP, FRACP

Cardiologist – Coronary Intervention, Structural Intervention & Cardiac Imaging.



Dr Dilesh Jogia
MBCHB (Auckland), FRACP, PhD (Sydney)
General Cardiology & Cardiac Imaging.

Southern Cross Heart Institute

21 Von Tempsky Street, Hamilton 3216

P: (07) 959 5651 F: (07) 959 5702



EDI: schheart

Referrals: referrals@sch.co.nz

Website: southerncrosshospitals.co.nz



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with
Southern Cross
Hospitals

WE

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Having served the Waitemata and North Harbour community for over 13 years, we bring access to Private Endoscopy and Specialist Consulting with our experienced team located at our Northern Clinic and now, in the growing health precinct of Lincoln Road, Henderson. We accept direct GP referrals, either to the group, or to an individual specialist.

WE // West

53 Lincoln Road,
Henderson, Auckland

WE // North Harbour

212 Wairau Road, Entrance A,
Glenfield, Auckland

// P (09) 925 4449

// F (09) 925 4450

// E admin@waitemataendoscopy.co.nz

waitemataendoscopy.co.nz



WAITEMATA
ENDOSCOPY

Dr Ratna Pandey ●●
Gastroenterologist /
Endoscopist

David Morgan Jones - Plastic, Reconstructive and Hand Surgeon

Consultant plastic surgeon Mr David Morgan Jones brings expertise in plastic, reconstructive and hand surgery to Ormiston Hospital. Mr Morgan Jones undertook his specialist plastic surgery training on the prestigious Cambridge rotation in the UK before moving to New Zealand in 2018. He works as a consultant plastic, reconstructive and hand surgeon at Middlemore Hospital, Auckland.



Mr David Morgan Jones is passionate about bringing the most advanced procedures to Ormiston Hospital through his international experience in world-leading hospitals. Expanding his practice into private brings a much needed support to Ormiston's growing list of plastic surgery patients. Among his specialties are:

- Skin cancer surgery
- Hand surgery
- Micro surgery
- Cosmetic surgery

For appointments please contact Ormiston Specialist Centre on:
Ph: (09) 271 3305
Email: reception@ormstionspecialists.co.nz

DR Michael Wynn-Williams

Gynaecologist, Advanced Laparoscopic Surgeon
MBChB (Otago), FRANZCOG

Dr Michael Wynn-Williams is a Gynaecologist and expert Advanced Laparoscopic Surgeon, who has returned home to New Zealand after being based in Brisbane, Australia for 14 years. He brings with him extensive experience in managing women with complex benign gynaecological conditions.

SERVICES AND SURGICAL PROCEDURES OFFERED:

Medical and Surgical Management of Endometriosis and Persistent Pelvic Pain
Persistent Pelvic Pain Management - Pelvic Floor Botox
Transvaginal Ultrasound of Deep Infiltrating Endometriosis (DIE)
Laparoscopic Resection of Moderate and Severe Pelvic, Bladder, and Bowel Endometriosis
Total Laparoscopic Hysterectomy - including large fibroid uterus
Medical and Surgical Management of Menstrual Disorders
Operative Hysteroscopy - Fibroids, Polyps, and Asherman's Syndrome
Laparoscopic Myomectomy - In-Bag Morcellation
Laparoscopic Management of Pelvic Mass - Ovarian Cysts, Ovaries
Laparoscopic tubal re-anastomosis (day case)
Novasure Endometrial Ablation

Rooms

Suite 2, Level 2
Ascot Hospital
90 Green Lane East
Remuera, Auckland 1051

e info@drmw.co.nz
m (0) 212 363 654
p (09) 883 1390
e michael@drmw.co.nz
www.drmw.co.nz
EDI drmwltid



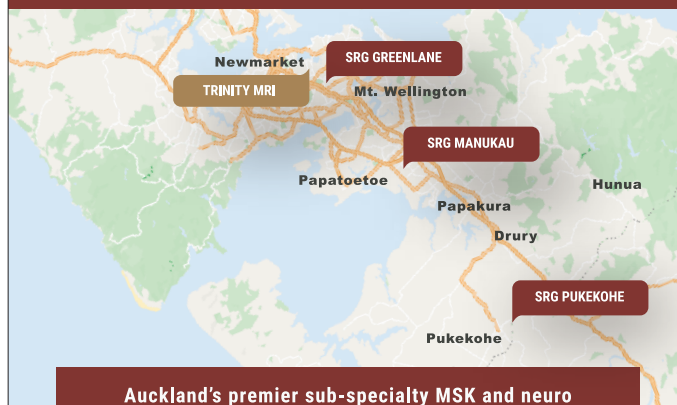
www.healthpoint.co.nz

DR. QUENTIN REEVES | DR. ANDREW CLARKE | DR. ADAM WORTHINGTON | DR. LUCINDA BOYER | DR. RICHARD GEE
DR. DAVID CRANFIELD | DR. FRANCESCA WILSON | DR. ALEX DAVIES | DR. KEVIN CHAN | DR. LORNA QUE
DR. ALISTAIR EASON | DR. MAURICE MORIARTY | DR. AYTON HOPE | DR. BEN MCGUINNESS | DR. JAMES CALDWELL

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IANZ  

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for complete breast care



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- Breast Examination • Ultrasound • Family History Clinic
- Breast Pain • Lactational Problems

BREAST SURGEONS

Mr Wayne Jones FRACS
Mr Alexander Ng FRACS
Mr Michael Puttick FRACS
Ms Eletha Taylor FRACS
Mrs Rachael Flanagan FRACS

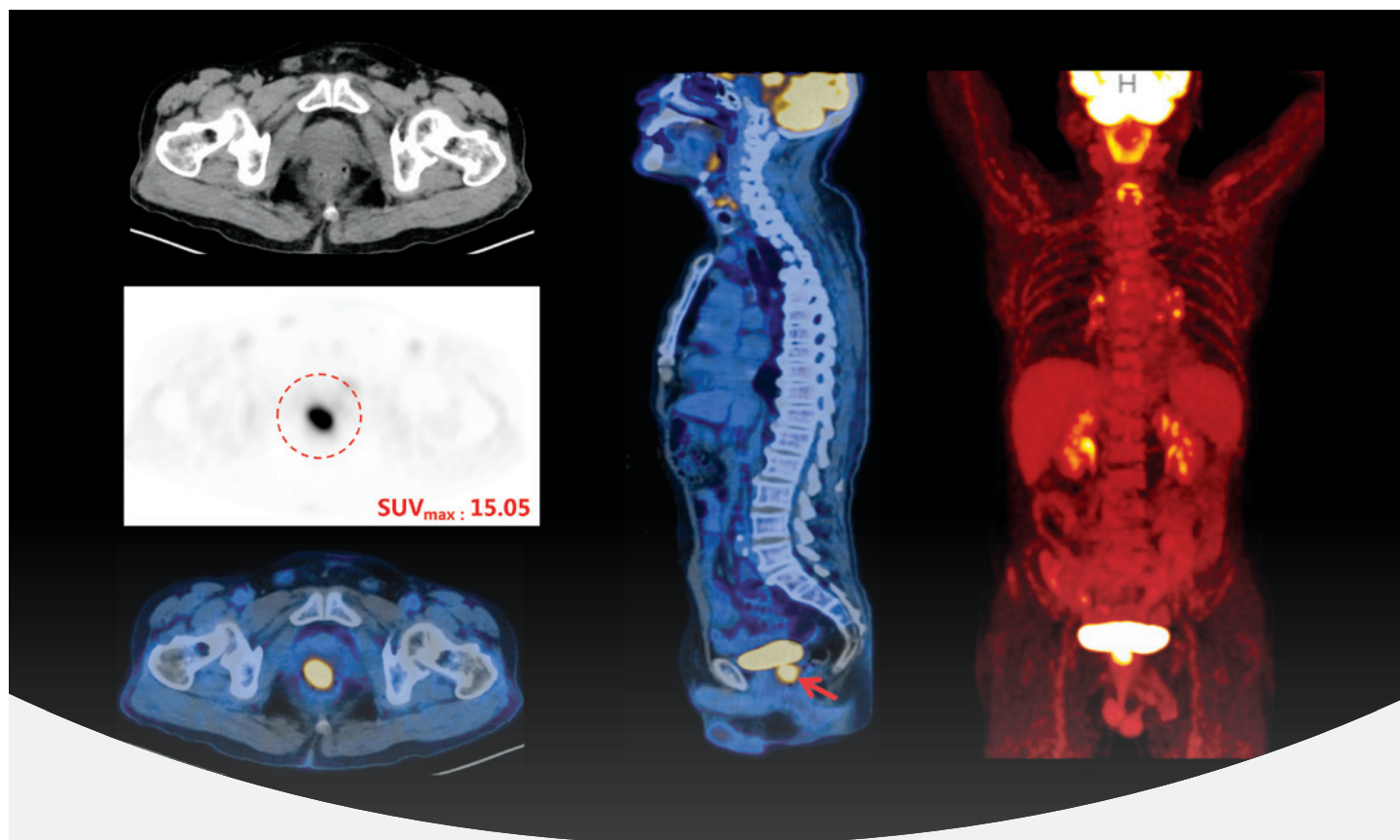
BREAST PHYSICIANS

Dr Caroline Gray MBChB FASBP
Dr Marli Gregory MBChB FASBP
Dr Beverley Sweeten-Smith MBBS FASBP

PHONE (09) 522 1346
FAX (09) 522 1343

info@breastassociates.co.nz
www.breastassociates.co.nz

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7 Ellerslie Racecourse Drive
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Dan Ford - Behavioural Sleep Psychologist, Insomnia Treatment Specialist



Dan is an NZ-trained registered psychologist providing behavioural/psychological treatments for insomnia in Auckland, and throughout NZ via secure telehealth.



Dan completed specialist training in Cognitive Behaviour Therapy for insomnia (CBTi) with both Dr Gregg Jacobs & Dr Colleen Carney, world authorities on behavioural treatments for insomnia. Dan also has generalist training in CBT & other therapeutic modalities, ensuring patients receive comprehensive treatment for co-morbid mental health issues.

Dan provides close guidance & empathetic care throughout treatment. This ensures patients feel supported & confident every step of the way, resolve their insomnia, and learn the key skills to manage their sleep for the future. Check out the clinic's 5-star Google reviews to hear what patients say.

Services Include:

- Insomnia (adult & paediatric)
- Insomnia with co-morbid anxiety disorders
- Insomnia with co-morbid depression
- Circadian rhythm sleep-wake disorders (delayed, advanced, shift-work)
- Nocturnal panic attacks
- Nightmare disorder
- Stress-related sleeping difficulties
- ADHD-related sleep difficulties
- Chronic pain-related sleep difficulties
- CPAP phobias.

Appointments at 3 locations in Auckland (Central, West, North Shore) & online
Ph: 0800 40 ZZZs (409997)
Email: admin@thebettersleepclinic.com
www.thebettersleepclinic.com

Dr Dominic Ray-Chaudhuri - Gastroenterologist, Hepatologist and Endoscopist

Dr Dominic Ray-Chaudhuri is a Gastroenterologist, Hepatologist and Endoscopist with over 20 years' experience.

First qualified in London, Dominic came to New Zealand in 2005 where he was appointed as consultant Gastroenterologist at Waitemata DHB.

In April 2015 Dominic moved from Waitemata DHB to Auckland DHB where he is a consultant in the New Zealand Liver Transplant Unit and also carries out endoscopy at Auckland Hospital.

Since 2006 Dominic has provided private consultations for patients with Gastroenterological and Hepatological disorders at Shakespeare Specialist Group and also carries out endoscopic procedures, including gastroscopy and colonoscopy, at Shore Surgery.

Dominic is a Southern Cross Affiliated Provider
Urgent appointments available.

Appointments Shakespeare Specialist Centre:
Ph: (09) 489 2384, Fax: (09) 486 0189
Healthlink EDI: Shgastro



Anand Segar - Auckland Spine Institute

Dr Anand Segar is a New Zealand and internationally trained spinal surgeon focused on delivering patient-centred care. His approach is personable, balanced, and individualised with a holistic view of spinal conditions. He only recommends surgery when necessary and this is always through a shared-decision making process.

Anand splits his time between his public position as a paediatric spinal surgeon at Starship Childrens Hospital and adult and paediatric spinal surgeon in private practice with clinics in all 5 Auckland regions: Central, North, East, West and South. Private surgery is performed at MercyAscot hospitals, Southern Cross hospitals and Ormiston Hospital.

Anand specialises in all aspects of adult and paediatric spinal surgery. This ranges from spinal injections to outpatient minimally invasive procedures to complex adult and paediatric spinal deformity and scoliosis surgery.

Common diagnoses treated:

- Degenerative disc disease (lumbar and cervical)
- Disc herniation (lumbar and cervical)
- Sciatica and radiculopathy
- Spinal instability
- Spinal stenosis (lumbar and cervical)
- Myelopathy
- Spondylolisthesis
- Adult spinal deformity
- Paediatric spinal deformity
- Scoliosis
- Kyphosis
- Flat back

Appointments at locations through Auckland.

Urgent appointments are available:

Ph: (09) 553 8162, Fax: (09) 553 8163

Healthlink EDI: aklspine

Email: office@spine.co.nz

www.spine.co.nz



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

Fertility Associate's North Island Fertility Specialists

Auckland



Dr Simon Kelly
Medical Director



Dr Phill McChesney



Dr Mary Birdsall
Group Medical Director



Dr Sunil Pillay



Dr Olivia Stuart



Dr Anna Bashford



Dr Liz Curr



Dr Michael Wynn-Williams



Dr VP Singh
Medical Director



Dr Lakshmi Ravikanti



Dr Rachel Potae



Dr Brad Chittenden



Dr Laura Miller



Dr Helen Wemyss

Our team includes Fertility
Specialists & Gynaecologists

Wellington



Dr Andrew Murray
Medical Director



Dr Simon McDowell



Dr Leigh Searle



Dr Mark Stegmann



Dr Daisy Wildash



FERTILITY
associates

Clinics & Locations

Auckland

Ascot Central - Level 3, 7 Ellerslie Racecourse Drive, Remuera

Consulting Clinics Auckland

Auckland - East
Auckland - Karaka
Auckland - West
Auckland - Albany

Hamilton

Level 2, 62 Tristram Street,
Hamilton, 3204

Consulting Clinics

Tauranga
New Plymouth

Wellington

Radio NZ House, Level 11, 155 The Terrace, Wellington,

Consulting Clinics Auckland

Hawkes Bay
Lower Hutt
Whanganui
Gisborne
Palmerston North



Salve



Fertility Associates introduces a new fertility app for their patients.

What is Salve?

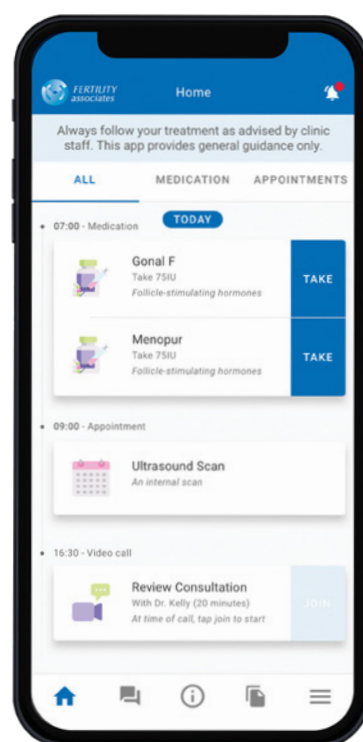
Salve is a mobile fertility app that provides up-to-date information and reminders to help patients navigate their treatment.

Salve provides:

- Appointment and treatment info and reminders
- Medication info and reminders
- Direct chat messaging
- Secure document transfer – where letters and documentation is sent and stored.

“I really liked the medication notifications to make sure I took the injections at the right time & didn’t forget them. It has ended up being our go to place for when we have a question. It’s a great addition to patient communications.”

-Patient feedback, Sept 2020



For more information visit
www.fertilityassociates.co.nz/salve



Webinars & Live Q&A's



Your patients can access educational webinars hosted by our Fertility Specialists and Gynaecologist. Topics that have been covered so far include; egg freezing, endometriosis, accessing a sperm donor in NZ, and more.

Check out our library & events here:

www.fertilityassociates.co.nz/understanding-your-fertility/webinar-series-2020/



Free Early Pregnancy Clinic

at Birthcare, Level 3, 20 Titoki Street, Parnell, Auckland.

Early pregnancy care is important and will:

- Help support health and wellness in your pregnancy
- Monitor the growth of the baby
- Provide information
- Help you to understand the normal physical and emotional changes associated with pregnancy

“This free clinic will help you with the choices that need to be made in early pregnancy and provide you with information to assist your decision making.”

At this clinic you will learn about:

- The maternity care system in Aotearoa, New Zealand
- Finding a midwife LMC
- Options on where to birth your baby
- Early pregnancy screening options including ultrasound
- Healthy eating, food safety and healthy lifestyle choices
- Pregnancy, parenting education and more!

You will also be offered a full pregnancy clinical assessment.

This clinic is held by a Registered Midwife.

Initial bloods tests, ultrasound requests, prescriptions for dietary supplements and any other screening tests you may need/choose can also be provided.

To book an appointment contact Birthcare.

(09) 374 0800 | www.birthcare.co.nz

