

info matters



A newsletter to Medical Specialists and GPs throughout the Northland, Auckland, Waikato, Lakes and BoP regions October 2019

HEALTHPOINT NEWS

www.healthpoint.co.nz



Healthpoint FHIR API

www.healthpointapi.com

Healthpoint's new FHIR API

Healthpoint is New Zealand's national health services directory, with over 450,000 visitors each month.

Healthpoint enables people to find relevant providers near them and understand who they are, what they do, the services they provide and how to access them.

Providers and services change constantly. Staff, locations, contact details, contracts, programmes and eligibility criteria for access change. Healthpoint's world class quality systems ensure service information stays up-to-date, with approximately 1,200 providers changing their service information on Healthpoint every month.

Reducing duplication of effort and resource, providing system-wide consistency

The Healthpoint API enables unlimited users and applications to continuously stream up-to-date Healthpoint content, rather than investing considerable resource developing and maintaining their own directory.

This system reduces duplication of effort and cost for services and developers while also ensuring that end users are accessing consistent, accurate and up-to-date information in all places.

Supporting the future state of NZ's interoperable health system

The Healthpoint API infrastructure is built on Amazon API Gateway according to FHIR (Fast Healthcare Interoperability Resources) guidelines for API development and authentication. The FHIR set of data standards enables seamless, on-demand information exchange, improving the ability for systems to share data.

Healthpoint has used the FHIR standard to provide a true reflection of the NZ healthcare service landscape.

The Healthpoint API Gateway provides a free UAT/Sandbox, with supporting documentation and open API tool.

For further information phone (09) 630 0828 or go to www.healthpointapi.com



Use of Medinz during the Auckland measles outbreak

Medinz has been the platform that Auckland Regional Public Health, DHBs and PHOs have used to communicate important measles information directly to health providers in the Auckland-metro region.

Since February (2019), there have been **31 measles related messages published via Medinz**, including:

- 18 urgent messages published by Auckland Regional Public Health Service
- 5 urgent messages published by Auckland, Counties and Waitematā DHBs

Messages have included updates on new confirmed measles cases, guidance on outbreak management processes, availability of community vaccination clinics and directives around changes to the immunisation process.

MMR vaccine shortage

Communication for the September 2019 measles outbreak, particularly regarding the MMR vaccine shortage, was successfully supported via Medinz.

DHBs and PHOs were able to publish urgent and critical messages to practices, first to understand current practice MMR stock levels and then to provide directives on new vaccination protocols aimed at getting vaccines to target populations.

The two-way messaging system enabled practices to respond directly to messages.

"Within a day, Waitematā, Auckland and Counties Manukau DHB practices all had received the message and responded, playing their part in getting MMR vaccines to targeted populations."
(NZ Doctor, October 2019).

Medinz is available to all staff working at Auckland-metro general practices, urgent care clinics and community pharmacies. To activate your account, contact Medinz on info@medinz.co.nz or (09) 630 0828.

Dr Ai Ling Tan – Gynaecological Oncologist



Ai Ling Tan is a firm believer in taking a multidisciplinary approach to cancer care and is an advocate for personalised patient care. She has now moved solely into private practise at Ascot Central Women's Clinic.

She has been a gynaecological oncologist in public and private for nearly 20 years and specialises in the surgical treatment of gynaecological cancers, precancers of the lower genital tract, cancer genetics and risk reducing surgery, and some benign gynaecological conditions.

Ai Ling initially trained in Australia, then completed her obstetrics and gynaecology specialist training at the National Women's Hospital in Auckland and Brighton Hospital in the United Kingdom. She underwent formal subspecialty training in Gynaecological Oncology in Sydney and Melbourne to obtain a certificate in gynaecological oncology (CGO).

She operates at Ascot Hospital and is also accredited to operate in Southern Cross hospitals.

Ai Ling is committed to increasing awareness and prevention of gynaecological cancers by communicating and educating both the public and her colleagues. She is also passionate about cancer prevention in the Pacific by advocating for HPV vaccination and screening through her work with the Pacific Cervical Cancer Control Group as well as providing mentorship for colleagues.

Qualifications

- MBBS (1984 Adelaide)
- Dip Obst (1987 Auckland)
- MRCOG (1990)
- FRANZCOG (1993)
- CGO (2002)

Interests

Cancer genetics
Complex surgery
Laparoscopic surgery
Hysterectomy
Gynaecological cancers
Lower genital tract precancers and vulva diseases (colposcopy and vulvoscopy)



For appointments at Ascot Central Women's Clinic

Ph: 09 5209361

Fax: 09 5209362

Healthlink EDI: awclinic

Email: info@ascotwomensclinic.co.nz

Website: www.drta.co.nz



Dr Ai Ling Tan
Gynaecological Oncologist

New people, new services

HUMAN SKIN REGENERATES EVERY 27 DAYS. WE'RE NOT QUITE THAT FAST.

Changes are happening, with two new specialists and Nick now *also* at Albany.



Dr Junie Wong

MBChB, MSc MRCP
General and complex skin surgery.
Ascot clinic.



Dr Harriet Cheng

MBChB, FRACP, FNZDS
General dermatology, specialist in contact dermatitis and patch testing.
Ascot clinic.



Dr Nick Turnbull

MB ChB, FRACP
General dermatology.
Albany and Ascot clinics.



AUCKLAND DERMATOLOGY

Medical, Surgical & Cosmetic

UNIT GD, ASCOT OFFICE PARK

95 ASCOT AVENUE

REMUEA, AUCKLAND 1051

4 ANTARES PLACE, ALBANY

T: +64 9 524 9915

E: APPT@DERMATOLOGY.CO.NZ

DERMATOLOGY.CO.NZ

Dr Nathan Atkinson – Endoscopist and Gastroenterologist

Dr Nathan Atkinson is an experienced gastroenterologist and endoscopist. He joined North Shore Hospital and Shakespeare Gastroenterology in 2018 from Oxford's John Radcliffe Hospital.

Dr Atkinson grew up on the North Shore and brings a wealth of knowledge in IBD care and gut related conditions. He is a skilled endoscopist and combines expertise with his caring and empathic nature.

Nathan joins Shakespeare Gastroenterology to work with colleagues Dr Dominic Ray Chaudhuri and Dr Zoe Raos. Nathan provides private consultations for patients at Shakespeare Gastroenterology and carries out endoscopic procedures, including gastroscopy and colonoscopy, at Shore Surgery - both are located at 181 Shakespeare Rd, across the road from North Shore Hospital.

"Having a procedure is always a little bit stressful for me, but made so much easier under Dr Atkinson's positive, cheerful, empathetic care" 6 Nov 2018

Appointments available at 181 Shakespeare Road, Milford
Ph: (09) 489 2384, Fax (09) 486 0189
Email: team@shakespearegastro.co.nz



Mr John Chaplin – Head and Neck Surgeon

John works at the Auckland Regional Head and Neck Service at Auckland City Hospital and also in private practice at his Neck Lump Clinic at Mauranui Clinic, Epsom.

- 20+ Years' Experience – High Volume Thyroid and Head & Neck Surgeon
- Access to NZ's largest Head & Neck MDM
- On-site Ultrasound
- Immediate Assessment with Endoscopy
- FNA Biopsy – Urgent Reporting
- CT Scanning
- Access to DaVinci Surgical Robot

Appointments available at Mauranui Clinic, 86 Great South Road
Ph: (09) 631 1948, Fax: (09) 630 8167
Healthlink EDI: headneck
Email: john@thyroid.co.nz
www.thyroid.co.nz



Beginnings – Specialist Pregnancy & Birth Care

Beginnings is a specialist pregnancy and birth care service that serves both the North Shore and Rodney districts. The experienced specialists and midwives have been practicing on the Shore for many years, supporting mothers through pregnancies and delivering an abundance of happy, healthy babies.

Paul is a highly experienced obstetrician, having worked on the North Shore for the past 20 years.

He has delivered thousands of babies and while originally working as an LMC, his later work has focused on working with midwives. Paul believes that the ideal choice for a pregnant woman is a midwife and specialist working in partnership.

Ammar emigrated to New Zealand in 1994 and completed his obstetric and gynaecological training in Auckland. Like Paul, Ammar has been working with Kate Sheppard midwives for the past 10 years and has developed an excellent working relationship with the midwives on the Shore.

Ammar values the need of patients to freely discuss their hopes and fears for childbirth. Beginnings for Ammar allows him to further his interests in fetal medicine.

Appointments available at Unit 2A, 331 Rosedale Rd, Albany
Ph: (09) 489 1437
Email: hello@beginnings.co.nz
www.beginnings.co.nz



Eyes and Eyelids

Eyes and Eyelids is a boutique ophthalmology practice, founded by

Dr Paul Rosser and Dr Jo Sims, committed to providing the highest standard of individualised eye care and surgery.

Special interests include oculoplastics, lacrimal and orbital disease, medical retina, uveitis, cataract surgery as well as general ophthalmology. Dr Paul Rosser has been an expert in the field of oculoplastic surgery for over 25 years, performing an array of 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 10 years.

Our clinic and operating theatre have the latest technology and we are supported by a friendly and enthusiastic team committed to offering a patient-focused service.

For appointments and enquiries:
Ph: (09) 222 1828
Email: admin@eyesandeyelids.co.nz
Healthlink EDI: eeyelids
www.eyesandeyelids.co.nz



EYES &
EYELIDS



Dr Katarzyna Mackenzie - Visage Plastic Surgery

Dr Katarzyna Mackenzie is a New Zealand trained plastic, reconstructive and hand surgeon with specialist interest in facial, breast and hand surgery. Dr Mackenzie provides an exceptional and personalised service; informing patients so they can make the right decision and giving them a realistic idea of what is possible.

Procedures offered include:

- facial surgery
- breast surgery
- body surgery
- hand surgery
- skin cancer surgery
- non surgical procedures

**Appointments available at One Health,
122 Remuera Road**

Ph: (09) 522 0652, Fax: (09) 522 0435

Healthlink EDI: plassurg

Email: info@visageplasticsurgery.co.nz

www.visageplasticsurgery.co.nz



Mr Martin Rees FRACS Plastic & Reconstructive, Hand and Cosmetic Surgeon Marina Plastic Surgery

Martin has now 'semi-retired' working 3 days per week from his Half Moon Bay Marina practice where he has a modern outpatient operating theatre for treating skin cancers, minor hand surgery such as carpal tunnel syndrome, ganglions and Dupuytren's contracture. Cosmetic surgery such as mini face-lifts, neck-lifts, blepharoplasty and otoplasty and facial contour augmentation with fat grafting is also available.

Patients requiring breast augmentation, reduction, reconstruction and abdominoplasty with liposuction have their general anaesthesia surgery at Remuera Surgical Care.

Southern Cross Affiliated Provider for skin lesions and carpal tunnel syndrome and ACC contract work done.

**Phone (09) 534 4040 for appointments at Marina Plastic Surgery
Top Floor, Compass Building (above Pharmacy),**

Half Moon Bay Marina, Ara Tai Road

Bucklands Beach

Healthlink EDI: marinasp

www.marinaplasticsurgery.co.nz



Mr Jonathan Masters – Urologist

Jonathan graduated from Oxford University in 1989 before completing his urology training in both Newcastle (UK) and Auckland. He has worked in public and private practice in Auckland for 17 years before moving to Northland in October 2017 with wife Mandy, who works as a rural medicine specialist.

Jonathan Masters provides both public and private urology services for the people of Northland, working part-time as an urologist at the Whangarei Hospital, and practicing privately at Cardinal Points Specialist Centre in Kensington.

Jonathan performs radical prostatectomies for prostate cancer and major pelvic and reconstructive surgery for bladder cancer, open and endoscopic laser surgery for kidney and ureteric stones, shock wave lithotripsy, transurethral resection of prostate for benign prostate disease. His outpatient and day case procedures include flexible cystoscopy, prostate biopsies, scrotal surgery and urodynamics.

Operating privately from Kensington Hospital, Jonathan is an affiliated provider with Southern Cross Insurance.

Contact details:

**Cardinal Points Specialist Centre, 8 Percy St, Kensington, Whangarei
PO Box 8153, Kensington, Whangarei**

Ph: (09) 437 4091, Fax: (09) 437 4081

Email: admin@cardinalpoints.co.nz

Healthlink EDI: mrnixson



Dr Nick Mclvor – Head and Neck Surgeon

Dr Nick Mclvor is an otolaryngologist/head & neck surgeon based at Auckland City Hospital. For the last 26 years his particular interests have been thyroid and parathyroid surgery and septorhinoplasty. He has been the Clinical Lead for the Head and Neck Tumour Stream for the National Standards.

Dr Mclvor performs his own ultrasound examinations and biopsies according to the risk profile of individual nodules. He is on the faculty of the biennial Thyroid & Parathyroid Workshop in Brisbane.

His surgical experience encompasses well over 1000 thyroidectomies and over 2000 septorhinoplasties, the latter including a lot of experience in rib grafts.

Appointments available in Epsom and Takapuna

Ph: (09) 488 7349, Fax: (09) 489 4383

Healthlink EDI: npmcivor

Email: nick@nickmclvor.co.nz or rebecca@nickmclvor.co.nz

www.neck.co.nz

www.nose.co.nz



www.healthpoint.co.nz



Dr Tien-Ming Lim - Dermatologist

Dr Tien-Ming Lim graduated from Otago Medical School. Her advanced training in dermatology was at Chelsea and Westminster Hospital, London. Tien-Ming is a consultant dermatologist at Waitematā District Health Board. Her private practice is at 106 Remuera Road and at Ascot Office Park.

Tien-Ming has experience in a wide variety of dermatological conditions including:

- skin cancer diagnosis, excision and surveillance
- acne
- psoriasis and eczema
- general dermatology

Tien-Ming is an affiliated provider with Southern Cross Health Society.

Tien-Ming is originally from Malaysia, grew up in NZ and speaks Mandarin, Hokkien and Teochew.

Appointments available at 106 Remuera Road

Ph: (09) 522 2144, Fax: (09) 520 4224

Healthlink EDI: omnicare

Email: tml@medico.co.nz



North Shore Surgical Centre

An exciting new joint venture partnership between Southern Cross Hospitals and a group of leading orthopaedic surgeons has now opened a new state-of-the-art day stay hospital in Takapuna, on Auckland's North Shore. The new facility aims to meet rising demand for high quality care within the area. Their vision: "To be New Zealand's leading day stay surgical centre, providing excellence through experience, quality and inclusiveness."

North Shore Surgical Centre, located opposite North Shore Hospital, opened with two operating theatres - offering short stay orthopaedic operations including knee, foot and ankle, hand, elbow and shoulder procedures - and will be further expanded in future to offer a third operating room.

The North Shore has one of the fastest growing populations in New Zealand and it is also ageing, so this will be a welcome addition to healthcare options for GPs and their patients within the region.

For referral information and more details contact North Shore Surgical Centre (09) 953 9300 or enquiries@nssurgical.co.nz

Andrew Moot – General & Colorectal Surgeon

Andrew Moot is a New Zealand trained general and colorectal surgeon. He moved to the North Shore from the Hawkes Bay in 2014 to take up a post at the Waitematā DHB as a general and colorectal surgeon. In addition to his heavy clinical workload for Waitematā DHB, he was president of the New Zealand Association of General Surgeons (NZAGS) from 2016-2018. Still on the executive of NZAGS, he is helping develop a practice visit programme for NZAGS, and is also representing NZAGS on the RACS continuing professional development committee.

He has been involved with the establishment of the NZ Endoscopy Guidance Group which has been instrumental in helping the Ministry of Health create quality standards for the bowel screening programme, amongst other endoscopy quality initiatives.

He is passionate about quality in surgery and endoscopy, and now that he is no longer president of NZAGS he has time to work in private practice and is now available for consultations at the Waitematā Specialist Centre, and for endoscopy at Waitematā Endoscopy.

Appointments available at Waitematā Specialists,

15 Shea Terrace, Takapuna

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

Email: consult@wsurg.co.nz

Healthlink EDI: waitemas

Waitematā Endoscopy, Northern Clinic

Tel: (09) 925 4449, Fax: (09) 925 4450

Healthlink EDI: sxhospwe



Mr Tony Nixon - Urologist

Tony Nixon is a well-known and experienced Northland urologist who has provided both public and private services to the Northland community for many years and continues to be passionate about his field of medicine.

Currently head of the Urology Department, Tony continues to practice in public healthcare at Whangarei Hospital, while offering private services at Cardinal Points Specialist Centre. Tony also runs a private clinic in Kerikeri twice a month.

Operating privately from Kensington Hospital, Tony offers a comprehensive range of urological services which include radical prostatectomies, reconstructive surgery for bladder cancer, open and endoscopic surgery for kidney and ureteric stones, shock wave lithotripsy, vasectomy reversals, and scrotal surgery. Clinic based procedures include flexible cystoscopy, prostate biopsies, vasectomies and urodynamics.

Tony is an affiliated provider for insurers Southern Cross and NIB.

Contact details:

Cardinal Points Specialist Centre,

8 Percy St, Kensington Whangarei

PO Box 8153, Kensington, Whangarei

Ph (09) 437 4091, Fax (09) 437 4081

Email: admin@cardinalpoints.co.nz

Healthlink EDI: mrnixon





WAITEMATA ENDOSCOPY

A partnership with Southern Cross Hospitals

We're expanding!

Having served the Waitemata and North Harbour community for over 12 years, Waitemata Endoscopy is expanding its private endoscopy services into a new development located in the growing health precinct of West Auckland; better servicing the needs of the local community.

WE are a group of experienced colorectal, upper-gastrointestinal laparoscopic surgeons and physicians. WE offer diagnostic and therapeutic gastroscopy/colonoscopy and accept direct GP referrals, either to the group, or to an individual specialist.

WE // North Harbour

212 Wairau Road, Glenfield

WE // West

53 Lincoln Road, Henderson



For selected services only

For more information, contact us on:

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

Sexualhealth Specialists

Dr Min Karen Lo and Dr Nicky Perkins

Private specialist medical care in sexual health and genital conditions for men and women.

We are located in Remuera, Auckland, and we have extensive experience in managing sexually transmitted infections and other genital conditions.

- Sexually Transmitted Infections
- HPV and HSV
- Balanitis
- Vulval and Vaginal Disease
- Lichen Sclerosus and Lichen Planus
- Recurrent Candidiasis & Bacterial Vaginosis
- Difficult Vaginal Discharge
- Vulval Pain Conditions

We are committed to making patient visits as comfortable and stress-free as possible. We allow plenty of time for a full assessment and to work out a treatment plan together.

For appointments at Sexualhealth Specialists, 106 Remuera Road

Ph: (09) 522 0227, Fax: (09) 520 4224

Email: reception@omnicare.co.nz

Healthlink EDI: omnicare

www.sexualhealth.co.nz



Dr Benjamin Speedy – Sport & Exercise Physician

Dr Benjamin Speedy is a sport and exercise physician with clinics in Greenlane, Papakura and Manukau.

Ben offers sport and exercise medicine services for active individuals, ranging from those who just enjoy an active lifestyle, through to recreational athletes and elite athletes.

He is a Southern Cross affiliated provider and has a Clinical Services Contract with ACC such that patients referred under ACC can be seen at no charge.

Ben is a fellow of the Australasian College of Sport and Exercise Physicians and is published in the area of ultradistance exercise and performing arts medicine.

Appointments available in Papakura, Ascot & Manukau

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

Healthlink EDI: drspeedy

Email: reception@sportscare.co.nz

www.sportscare.co.nz



Graeme van der Meer – Auckland Children's ENT

Auckland Children's ENT is New Zealand's only dedicated paediatric ENT practice, providing state-of-the-art care to children in a relaxed and friendly environment.

Hailing from South Africa, Graeme trained at the University of Stellenbosch, obtaining his MBChB degree in 2002 and his Specialist ENT qualification cum laude at the same institution in 2010. From 2014 – 2016 he pursued a paediatric ENT fellowship at Starship Children's Health.

Graeme is a consultant ENT surgeon at Starship Hospital, with special interests in paediatric airway compromise, sleep disordered breathing, sinus disease and congenital neck disorders.

Appointments available at Gillies in consulting suites and Mairangi Medical Centre on the North Shore

Ph: (09) 925 4071, Fax: (09) 925 4075

Email: reception@aucklandchildrensent.co.nz

www.aucklandchildrensent.co.nz



Zen Detox

We are a private residential drug and alcohol treatment centre, located in Kumeu, Auckland.

Our rural location offers a private, home-style setting that is ideal to start the journey of recovery.

At Zen, our treatment philosophy represents a fusion of contemporary addiction medicine and clinical sciences with an immersion in the 12-step recovery programme to treat all aspects of the person (holistically).

Holistic treatment attempts to heal the whole person (mind, body and spirit), and to do so, it focuses on treating the person rather than just the addiction.

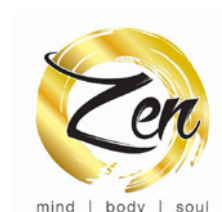
At Zen we understand the devastating effects addiction has on an individual's life and on the people around them. By focusing on all aspects of a person's life, we provide treatment that is tailored to fit each client's needs.

Call Zen today to organise a free assessment

Ph: 0800 936 4357

Email: enquiries@zendetox.co.nz

www.zendetox.co.nz



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

TRG IMAGING - LINCOLN ROAD, HENDERSON

NEW and IMPROVED Orthopaedic Surgeon and Specialist rooms

Purpose built **TRG Specialist Centre** linked
to the established **TRG Imaging Clinic**

FULLY OPERATIONAL FROM

Monday 21 October

together with **X-ray** and **Ultrasound**
offers complete and convenient services linked
to the White Cross Clinic

BRAND NEW

Vida 3T
Magnet MRI

www.trgimaging.co.nz | 09 487 2555 | 131 Lincoln Rd, Henderson 0610



Ngati Kahu Social & Health Services

Ngati Kahu Social & Health Services aim to achieve overall wellbeing for our people by providing whanau with services to empower their growth and stability in our community. We do this by providing and encouraging strong leadership, enabling innovation and cultivating capability for our team, our whanau and all those within the region of Ngati Kahu.

We are an agile, high-quality matauranga Māori provider of social services that assist whanau with an aim to live more successfully in their communities. Needs assessments and individual plans are completed with support and advocacy is provided to create positive pathways to quality of life.

These services include:

- Community Social Work
- Whanau Ora Support
- Kaimahi Kura
- Kaimahi Rangatahi
- Day Programmes

Our services assist with the enhancement of the lives of all tamariki and whanau working to reduce any social barriers they may be experiencing i.e. one on one, provide group programmes which assist tamariki and helping whanau to access community supports and networks. We focus on working with any issues identified at an early stage and building on whanau strengths.

Our kaimahi can offer you professional support for all ages.

For more information, please contact:
reception@ngatikahu.co.nz



A partnership between MercyAscot and Southern Cross Hospitals

Driving Excellence

**“Fantastic caring people
providing world-class service.”***



At ARO, patient care is the priority. The team strive to provide the X factor to drive excellence.

Our radiation oncologists regularly participate in public and private Multidisciplinary Meetings. We understand how to work with other specialists so treatment is absolutely aligned.

ARO are the first to implement many world-class technologies into New Zealand, providing access to some of the most advanced treatment and patient care internationally.

“ARO is fabulous!! I am treated like a person and not a cancer number. The staff are super friendly and professional.”

ARO Patient Survey 2019



* ARO patient survey

To receive a copy of the ARO Patient Pathway email: info@aro.co.nz

www.aro.co.nz

Cardiology Comment

Dr Guy Armstrong BSc [Auckland], MB ChB [Auckland], FRACP, FACC, FESC, FCSANZ



"I've had one bout of AF and didn't like it. What can I do to prevent it happening again?"

Lifestyle factors are important promoters and precipitants of AF:

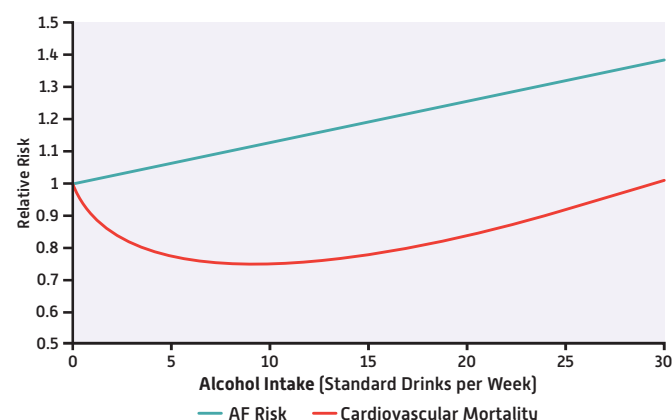
High blood pressure

Being overweight

Sleep apnoea

Acid reflux, uncommonly

Alcohol – any amount increases the risk of AF. This is different to ischaemic heart disease, where light drinking may be protective:



Less recognised precipitants of heart attacks. Did you know that:

You remain at increased risk of MI for three months following a bout of 'flu'

The risk of a heart attack is 4-7 times greater after a heavy meal?

Air pollution can trigger a heart attack and that Europe could save 19,000 lives each year and increase life expectancy by 2 years if they curbed pollution to WHO standards?

"My cholesterol is OK but my mother had CABG age 60 and my older brother just had a stent age 51"

Lipoprotein(a) is a pro-atherogenic, pro-coagulant & pro-inflammatory LDL particle with an Apo(a) moiety bound to ApoB.

Assays have come of age; it can now be measured reliably.

It is 90% inherited, so only needs to be measured once.

Extremely high Lp(a) levels, > 180 mg/dL or 430 nmol/L convey a risk of MI as high as that of heterozygous familial hypercholesterolaemia.

Lesser elevations of Lp(a) help reclassify patients, especially from moderate to high risk.

Meaningful reductions in Lp(a) are difficult to achieve but PCSK9 inhibitors reduce by 30-40%.

Until we can reduce Lp(a), the best approach is to reduce overall risk by addressing other risk factors, including use of statins.

"My heart erratically skips beats or beats forcefully. I'm scared."

Ectopic beats can generally be diagnosed on history alone.

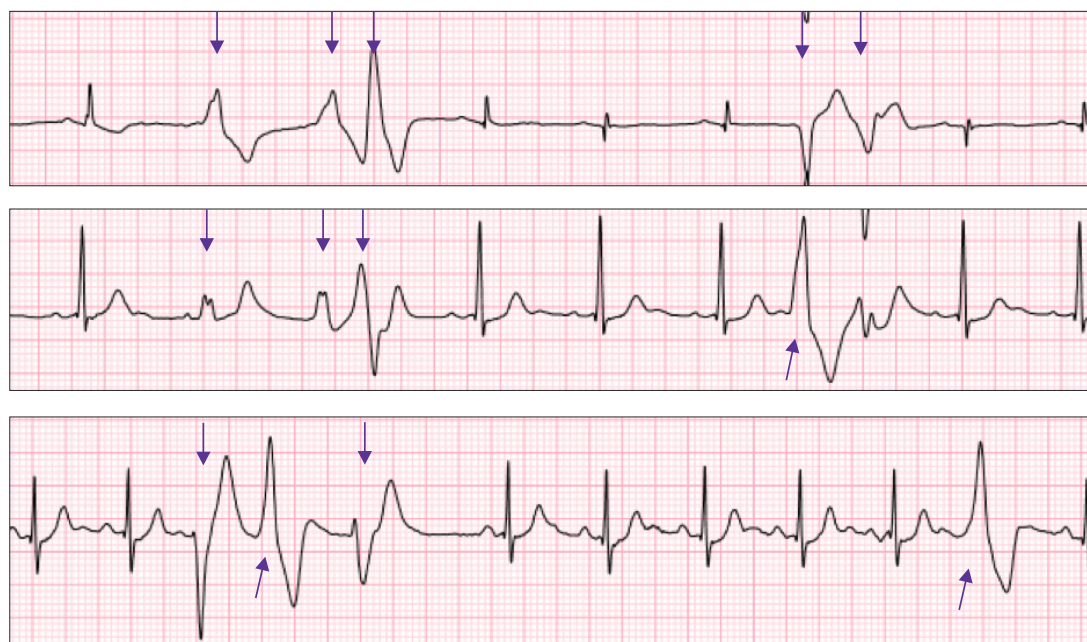
When they have no accompanying features (other than apprehension), then reassurance can be given immediately, and further investigations are unnecessary.

Reassurance is paramount; patients need to be told that their ectopy will not lead to a heart attack or sudden death. Psychosocial stress and sleep disturbance are common and exacerbate the symptoms.

Usually, restriction of alcohol or coffee, and occasionally tea or chocolate, will improve symptoms.

Beta blockers or Diltiazem may be considered for short - or long-term relief, but most patients decline pills once they have been reassured as to the benign nature of their symptoms.

When to refer a patient with symptoms of ectopy? When the patient has prolonged rapid palpitations, or when their palpitations are accompanied by syncope or presyncope.



Ventricular ectopics of varying morphology (multifocal), indicating differing anatomic sites of origin. Ectopic beats marked with arrows.

181 Shakespeare Rd, Milford, Auckland and also at 11 Alnwick St, Warkworth, ph 09 918 1666

www.wcardio.co.nz

Introducing MercyAscot Prostate Clinic



- a streamlined fast-track diagnostic service for patients with prostate related symptoms

Epsom

Why refer to our clinic?



Fast-tracked comprehensive diagnostic service

- ✦ Access to Urologist; high-tech MRI and biopsy
- ✦ Diagnosis in one week
- ✦ Reduce need for multiple appointments



Access to a dedicated multidisciplinary specialist service

- ✦ Seamless approach in patient assessment and management
- ✦ Patient-centric treatment planning
- ✦ Exceptional patient support services

Delivered in partnership with Mercy Radiology and the Urology Institute

To refer directly to us
Eprostate@onesixone.co.nz
EDI tk161uro P 09 623 0161
F 09 623 4161

For more information visit
mercyascot.co.nz



Auckland Gastroenterology Associates



Auckland Gastroenterology Associates is one of New Zealand's most established Gastroenterology and Hepatology group practices. Our experienced staff offer comprehensive consultative and endoscopy services.

We are a diverse group of consultant gastroenterologists with extensive subspecialty expertise in the diagnosis and treatment of gastrointestinal and liver disorders.



- Dr Rachael Bergman
- Dr Maggie Chapman-Ow
- Assoc Prof Alan Fraser
- Dr Tim King
- Assoc Prof Mark Lane
- Dr Helen Myint
- Dr Philip Wong

We individually hold appointments within public hospitals, and academic posts at the University of Auckland. Many of us are actively involved in organisations from the wider medical community, and play a significant role in the development of, and provision of, gastroenterology and hepatology services within New Zealand.

Introducing Dr Helen Myint

Helen is our newest team member. She joins us to further broaden the experienced team here at Auckland Gastroenterology Associates.

She has extensive experience in diagnostic and therapeutic upper GI endoscopy (gastrosocopy), lower GI endoscopy (colonoscopy), ERCP and capsule endoscopy (Pillcam).

Helen has added value to the Gastroenterology Department at Auckland City Hospital since her appointment in 2017 with her special interest in therapeutic endoscopy combined with a refreshing positivity.

Helen, and all the team at Auckland Gastroenterology Associates, are Southern Cross Affiliated Providers.

Appointments available at Mercy Specialist Centre, Epsom

Ph: (09) 630 1838, Fax: (09) 630 8589

Healthlink EDI: akgaastro

Email: admin@aucklandgastro.co.nz

www.aucklandgastro.co.nz

Endoscopy performed at Endoscopy
Auckland (09) 623 2020 and
Mercy Endoscopy (09) 623 5725.



ARG HIGH-TECH IS HERE!

NEW CLINIC

53 Lincoln Road
West Auckland

NOW
HERE

GLENFIELD

REMUERA

HENDERSON

ARG now offers four MRI locations.

Your patients can access high-tech radiology in North, South, East or West Auckland – at Glenfield, Takanini, Remuera and Henderson.

Our new Henderson clinic is equipped with Siemens Magnetom Vida 3T MRI, Siemens Somatom go.All 64 slice CT, X-ray and three ultrasound rooms. Our new Siemens Magnetom Vida 3T MRI machine with BioMatrix technology adapts scanning protocols to each patient's anatomy and physiology; for more efficient scanning.

Count on ARG for a no-fuss referral.

No need to worry about where your patients are based. Simply refer them to us, and we'll connect them with the ARG clinic most convenient to them. We have 17 clinics across the city.



**AUCKLAND
RADIOLOGY
GROUP**

**ARG.CO.NZ
(09) 529 4850**



TAKANINI

