

Cromwell Medical Centre Spring News

A Teaching Practice for student Doctors and Nurses - Every year the Cromwell Medical Centre is asked to open its doors to both Medical students from the University of Otago and Nursing students from Otago Polytechnic. Our role is to educate, support and increase the level of professionalism in our students.

Medical students may be either 5th or 6th year students and are usually in our practice from 1-4 weeks. They always enjoy their time in a rural practice and some have returned later on in their training. Nursing students in their senior year spend three weeks at a time working alongside our two trained nursing preceptors who supervise their overall training while they are here.

Our students are encouraged to help run clinics and gain as much practical experience as they can. Patients are always asked if it is ok for a medical student to be included in their consultation.



**12Yrs
and
under
Go
Free**

Cromwell Medical Centre is making visits to the doctor easier for our youngest patients with FREE 12 years and under visits. This special rate is for registered patients only during week day hours (8am – 6pm).

Local Radio Cromwell – Weekly Medical News - Tune in to Local Radio Cromwell every Thursday morning at 9.07am and listen to one of our medical team update you on current medical topics. Starts Thursday 11th September.



PHONE 111 IN EMERGENCIES
Ph/Fax 03 445 1119 (24 Hours)
On Call Doctor 027 645 9992

192 Waenga Drive
Cromwell, Central Otago

www.crommed.co.nz



Cromwell Medical Centre GP Scan Clinic

Better Care Using Ultra Sound Technology

Cromwell Medical Centre is leading innovation in general practice by introducing a new Ultrasound Service.

The GP Scan Clinic, which is part of the Centre, is being used to help diagnose and identify a multitude of conditions

including detection of foreign bodies, fractures and ligament tears. It can also be used to monitor heart conditions, pregnancy and chest complaints.

Dr. Pragati Gautama and Dr. Mary Holden have been busy training and developing the Centre's new Ultrasound capability. Already there have been significant benefits to registered patients with faster and more definite diagnosis for certain conditions, fewer X-rays and faster referrals to surgeons.



Not to be ignored! Melanoma is the third most common life threatening cancer in both men and women overall. The three main types of skin cancer are:

BCC (Basal Cell Cancer)

The most common, usually pink and may bleed or itch, Grow locally (potentially more dangerous on the face).

SCC (Squamous Cell Cancer)

More serious as they can sometimes spread to the lymph glands. Often arise from sunspots, are usually scaly and may be tender.

Melanoma

The most serious as they can spread via the blood stream throughout the body. Can arise anywhere on the body, including the face, scalp, lips, ears, under fingernails or toe nails (brown stripes), on the soles of feet, and in areas that have never seen the sun! Can be raised or flat, fast or slow growing and can rarely be pink (especially in fair skinned people).

Full Skin Checks enable early detection of skin cancers. For an appointment with the Lakes Skin Cancer Clinic please phone 03 445 1119. No referral needed. No waiting lists or hospital visits.

Tetanus Booster - Cromwell Medical Centre patients aged 45-65yrs are entitled to a FREE Tetanus Booster. Please make an appointment to see one of our nurses.