

# Cromwell Medical Centre Summer News



Cromwell Medical Centre  
GP Scan Clinic

Better Care Using Ultra Sound Technology

The Cromwell Medical Centre GP Scan Clinic is now fully operational. Dr. Pragati Gautama and Dr. Mary Holden have been busy training and developing the Centre's new Ultrasound capability.



In September a special opening was held at Cromwell Medical Centre to introduce the new Ultrasound capability to special guests and professionals in the health industries. Dr. Pragati gave a very interesting talk about how Cromwell Medical Centre is leading innovation in general practice by introducing Ultrasound. She then gave a "hands on" demonstration of the machine and how it can help diagnose and identify a multitude of conditions.



Ultrasound improves the placement and accuracy of PRP, and other injections. Often there are few options left when someone needs a joint replaced, but is too young or surgery is unlikely to help. Ultrasound helps guide the injection into place and the high-resolution images help us to make quick clinical decisions with confidence to assist in your health care.

Dr Mary Holden has attended a conference in Europe presenting the uses of Platelet Rich Plasma injections for the treatment of osteoarthritis and ligament injuries.

It was also being discussed in the treatment of non-healing skin ulcers and serious Orthopedic trauma. The PRP comes from a sample of your own blood that is centrifuged to concentrate growth factors and then these healing factors are reinjected into the affected area. PRP injections are not currently funded by health insurers in NZ.

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

192 Waenga Drive  
Cromwell, Central Otago

We would like to welcome two new Doctors to our team!

**Dr David Scharapow** will be joining our team of doctors on the 1st of December. Originally from Australia, David spent the first seven years of his career in emergency medicine before working as a GP. David enjoys all aspects of general practice having worked in Australia, New Zealand, the UK and the Solomon Islands. An outdoors man, Dr. Scharapow loves spending time in the mountains and is an avid fly fisherman.

**Dr. Elina Kiuru** is a registrar who will be working alongside our team of Doctors under the General Practice Education Programme. Both Dr. Brendon Pauley and Dr. Isla Gilmore will be mentoring Elina during her time here with us at the Cromwell Medical Centre.

**24/7  
365  
DAYS**

**Emergency?** - As the main provider of "after hours" Accident & Emergency Care we have a commitment to provide medical care 24 hours per day, every day of the year. In an emergency always dial 111 for an ambulance or phone us on 445 1119 (24 hours). If we are not in at the surgery there will be a doctor on call.

### Are You Due For Your Cervical SMEAR?

Have your smear between November 1st and December 15th 2014 and you will be eligible to go into a draw for one of two \$200 gift vouchers

To check if you are up to date or to make an appointment please contact your practice nurse on 03 4451119



### Are You at Risk of Skin Cancer?

Summer is on its way and now is the ideal time to get your skin checked. If you have been worrying about a spot or mole for some time, the best thing you can do is have it checked by a trained professional.

Full skin checks enable early detection and treatment of skin cancers. The Lakes skin cancer clinic is a GP based clinic providing a full service including:

- Full skin checks
- Digital imaging to assess, diagnose and record lesions and moles
- Surgical procedures
- Follow up after care

For an appointment with Dr. Greg Harmsworth at the Lakes Skin Cancer Clinic phone 03 445 111.