Flu Vaccinations
Our walk-in Flu Clinic finishes at the end of May. After this date you will need to make an appointment with your POD nurse. We recommend flu vaccinations for all patients even children from age 6 months and pregnant women. Some people will be eligible for a free flu vaccine. Visit www.fightflu.co.nz for more information.

International Nurses Day
May 12 was recognised internationally as a day to acknowledge nurses. We at Kauri HealthCare are very proud of our nursing team who are valued members of our health care team.
We have two Nurse Practitioners, Janice Harrington who is very experienced and has patients who are enrolled directly with her as their main health provider. Susan Bannister is our newly qualified Nurse Practitioner, originally from Namibia Susan has vast experience over a wide range of practice areas including elder health, acute care and general practice.
We also have two nurse practitioner interns who are working towards their nurse practitioner qualification, Inderpreet Kaur who has a special interest in elder health and Amanda Hume Briggs who specialty lies in acute care.
We have two Long Term Conditions nurses who are prescribers in diabetes; Tracey McNeur and Michelle MacKenzie with Bernda Moana working towards completing her qualification in this area as well.
Jan Leggett is a full time sleep consultant who has assisted many people with a variety of different sleep disorders across the life span.

Our nurses can do a lot!
Well Health Checks (men at 45 and 60, women at 50)
Routine Vaccinations
Cervical Smears
Bladder Infections
Blocked Ears
Wart Removal
Routine checks of Blood Pressure and Asthma
Dressing Changes
General Health Advice
Cardiovascular Risk Assessment
Sexual Health Checks (may be free)
Smoking Cessation - ask to see the Smoking Cessation Coordinator.

Our Long Term Conditions Nurse Team see patients with long term health problems. This is a group of highly trained Registered Nurses and they work within your health-care team.
Some of the things they do:
Annual reviews for diabetics
Comprehensive health assessments
Group sessions for pre diabetics
Winter wellness plans for people with chronic chest problems
Commence diabetic patients on insulin
.... and much more.

What is a Nurse Practitioner?
A nurse practitioner is an advanced nurse who has completed extra training including a Masters of nursing and has met the Nursing Council of New Zealand requirements to register as a nurse practitioner. They can prescribe most medications, order tests including x-rays and blood tests and refer you to specialists if required.
Our nurse practitioners can see most patients for most problems, the practice staff can advise you further about this.
Janice Harrington has a special interest in contraception, sexual and women's health.
We are fortunate at Kauri HealthCare to have such a high caliber of nurses working with us to help improve our patients health.

Manage My Health and children
We can register your children to Manage My Health. As with adults your child / children will need to have a separate email address. (ie one for each child). As the parent you can then see and manage your children's account until they are 17 years of age. Manage My Health will then email the child to see if they want to take over their own account management. The registration process is the same as for an adult, so ask one of our receptionists to help you. Remember to have their email address setup prior to coming in.

Health Eating Tips - Getting your 5+ a day ([www.healthnavigator.org.nz](http://www.healthnavigator.org.nz))
We all know eating lots of fruit and vegetables is good for our health. The 5+ A Day campaign encourages Kiwis to eat at least five servings of fruit and vegetables a day. Seems like too much of an ask? It’s easier than you think!
Here are some top tips to help you get your [5+ A Day](http://www.healthnavigator.org.nz) (2 servings of fruit and 3 or more of vegetables) each day.

*A serving is about a handful and we all use our own hands -- therefore a child’s serving is smaller than an adult's.

Small steps
If you aren’t anywhere near eating the recommended fruit and vege portions a day, don’t stress. There’s no need to boost it to 5 all in one hit. Try eating one more serving than you normally would using the tricks and tips below. Before you know it, you’ll be eating and enjoying your fill.
Buy in season
Buying fruit and veg in season is good for your health and your wallet. When you buy in season, produce is fresher, tastes better and has more nutritional value. For example, in winter many citrus fruits, like oranges and lemons, have lots of vitamin C. This helps your body fight infections. In spring, asparagus is everywhere and is a very good source of vitamins, fibre, zinc, manganese and iron. Food that has had to travel around the world in a storage container loses many of these benefits.

Food that’s in season is also cheaper because it’s more abundant and doesn’t have to travel as far to get to you.

Grow your own
What’s more satisfying than growing your own fruit and vegetables? You’ll save money and be eating fresh produce that’s packed with nutrition. Also, it’s a great way to get kids excited about fruit and vegetable as they can participate by planting, harvesting then eating food they’ve grown. It also gets them thinking about where food comes from.

Visit a Farmers Market
Not able to grow your own or need to top up? Farmers’ markets are great places to pick up locally grown fruit and veg that are cheaper, fresh and in season. It’s a fun social outing, too, that helps you connect with your community and support local growers.
Use canned / frozen fruit and vegies

While fresh is best, canned or frozen fruit and vege still provide good nutritional value. They are often convenient and can provide cheap alternatives when certain produce is out of season.

Join a community group

There are lots of local groups growing communal produce and offering affordable fruit and veges to those in need. There are also groups such as Community Fruit Harvesting that pick and preserve excess fruit from people’s gardens and donate it to charities, refugees, food banks, schools, and families in need.

Think outside the box

Get creative when it comes to thinking about how to incorporate 5+ A Day into your daily life. For example, homemade smoothies are a great way to pack in some of your daily requirements in one, yummy healthy hit. Also, homemade pizzas can be a tasty, fun way to get some of your 5+ A Day. And remember pulses (lentils or beans) of any type count and are also a good source of protein.

Take care with too much fruit

Fruit is good for you, but too much of it (more than 2 servings) can mean a lot of sugar in your diet. Try switching to veggie sticks if you find yourself reaching for the fruit bowl too often.

And watch out for dried fruits or fruit juices that have concentrated levels of fructose (sugar found in fruit) in them. Substitute with low salt veggie juices and fresh pieces of fruit.

Learn more

Fruit and vegetable facts 5+ A Day Foundation
How to get 5+ a day every day 5+ A Day Foundation
The New Zealand Food and Nutrition Guidelines Ministry of Health NZ
Check out our Facebook page!
We'll keep you updated daily with what's going on in the world of Kauri HealthCare – and give you hints, information and maybe even the odd competition to keep you in good health.

Everything you need to know at your fingertips!
Our website has all the info you need – so if you'd rather jump on the net than pick up the phone go right ahead...check it out before you need it!

www.kaurihealthcare.nz
P: 06 357 4424   F: 06 358 1836
E: admin@kaurihealthcare.nz

Our mailing address is:
619 Featherston Street | PO Box 545
Roslyn
Palmerston North, Manawatu 4414
New Zealand

You are receiving this email because you have provided KHC with your email address. If you wish to opt out of receiving our emails please use the unsubscribe button below.

Want to change how you receive these emails?
You can update your preferences or unsubscribe from this list.