

Our People



Welcome!

Welcome to the first edition of "Our People"! This is a bulletin created to share the success stories of our patients, nurses, health coaches, health improvement practitioners and everyone in between. As well as this we are taking the opportunity to interview some of our newest or more experienced staff members to get a better feel for who they are. The bulletin will be released quarterly to coincide with the seasons. If you have any success stories to share please contact us at keeganh@easthealth.co.nz or pierre@bjdocs.co.nz so we can share your story with the world!

Shaun's Health & Wellbeing Journey



In May 2021, I started to notice myself suffering excessive body bloating and struggling with day to day activities such as tying up my shoes or walking up the stairs. My weight was at a point that I had never experienced before. I was becoming very anxious, and along with my existing cholesterol levels, I decided it was time to consult my GP. Dr Carlos Lam Yang advised me to reach out to Botany Junction Medical Centre Health Coach, Pierre Du Sart, to see what lifestyle changes we could make.

To learn more about Shaun's health & wellbeing journey, please [click here](#).

Breast Cancer Foundation Celebrations at Pakuranga Medical Centre

We would like to pass on our congratulations to Pakuranga Medical Centre for their efforts in spreading awareness for Breast Cancer Foundation Month. Not only did they create the awesome displays as shown below, but they have also raised \$340 and counting, towards the Breast Cancer Foundation! Thanks Pakuranga, you guys rock!



Claire's Advice on Work-Life Balance

Claire had been referred a 42 year old, married man with two teenage children who immigrated to New Zealand 4 years ago. He was feeling the pressure of work and was bringing that stress into his home life, often causing friction with his kids. He had no intentions of upsetting his family, yet prior to meeting with Claire, he did not have the tools to deal with his stress in a healthy manner. After many years of working long hours and "giving ear to a lot of nonsense" it was time enough to start focusing on himself and the things he enjoyed, whilst still performing at work.

To learn more about how Claire helped her patient overcome his work-life balancing act, please [click here](#).

Tips to stay Fit and Healthy this Winter!

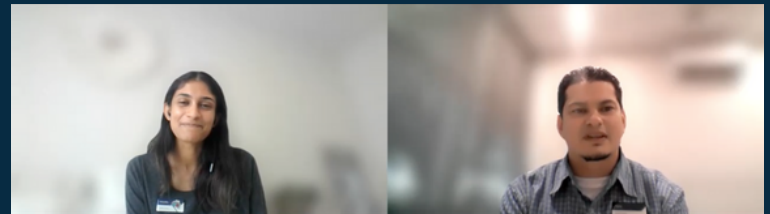
- Get 8 hours of sleep! Did you know that consistently getting less than 7 hours of sleep can weaken your immune system, increase your risk of diabetes & cancer, as well as lead to weight gain.
- Drink lots of water! Drinking 3 litres of water a day can help with weight loss, increase your energy levels, and improve your physical and mental performance.
- Exercise Regularly! Exercising on a regular basis can boost your mood, reduce your risk of chronic disease. and improve your skin health!

Winter Edition – 3rd June 2022

Meet Chamilka & Belinda

We had the pleasure of having a quick sit down and chat with Chamilka from Beachlands Medical Centre and Belinda from Pukekohe Family Health Centre, to find out a little bit more about who they are and how they ended up with us. Click on the images below to watch the interviews.

Chamilka Interview:



Belinda Interview:



Move Your Butt Challenge!

Talking about Bowel Cancer can be tricky, however this June is Bowel Cancer Awareness month. As part of this month we encourage you to get involved in the Move Your Butt challenge. Move your butt is an initiative setup by ex Silver Fern Jenny-May Clarkson to encourage people to get active throughout the month of June. This could be anything from going on a 20 minute walk or bike ride each day, doing star jumps in the living room with your family or even just taking the stairs instead of waiting for an elevator. If you wish to participate sign up through moveyourbutt.org.nz and start fundraising now!

Why you should have Preventative Bowel & Prostate Cancer Screening

Pierre du Sart, a Men's Health expert and healthy lifestyle advisor, makes a point of talking about Bowel Cancer and encouraging the men in your life to get screened. The reality is, early screening of these Cancers could save your life – or the life of men, whether it is your whānau, employees or people who are special to you.

For more information on why you (or your man) should have preventative bowel screening click on the image;



Upcoming Health Holidays:

- Bowel Cancer Awareness Month – June
- Men's Health Month – June
- World Cancer Survivors Day – 5th June
- Celiac Awareness Week 6-12th June
- World Blood Donor Day – 14th June
- World Elder Abuse Awareness Day – 15th June
- World Refugee Day – 20th June
- Matariki – 24th June