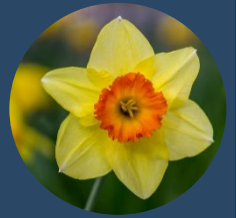


Tasman Medical Centre

Spring Newsletter 2025



Cervical Smears – did you know you have options for smear taking?

Since September 2023, our National Cervical Screening Programme has also included the option for patients to do a **self-swab** (Human Papilloma Virus or HPV swab). Many people have reservations or are put off coming in for smears as they can be uncomfortable. While there is still a place for cervical smears, most women are eligible for a HPV swab.

These easy, less invasive swabs are detecting the virus that affects cells that go on to cause cancer. You are swabbing so we can look for particular strains of the HPV virus that we know are linked to cervical cancer.

- 34% of Māori women compared with 21% of New Zealand European women do not attend regular screenings.
- Testing for HPV is more effective at detecting pre-cancer and preventing cervical cancer than cervical smears.
- 160 women are diagnosed with cervical cancer every year – 50 women will die from this disease annually.
- HPV is the most often cause of cervical cancer.
- Cervical cancer is the 4th most common cancer in the world and the 3rd most common gynaecological cancer in New Zealand.

If you have any questions or would like to book in for your HPV swab, please give us a call. Men, if you're reading this, ask your partners if they know about the new test and encourage the women in your life to get swabbed.

Staffing news at Tasman Medical Centre

We farewell and thank Dr Billy Horner for his support getting us through our busy summer months and flu season. He heads back home to England where he will continue to practice.

However, we also warmly welcome Dr Matthew Graham who will be taking over Dr Billy's patients. Dr Matthew has been working as a GP in New Zealand and in Nelson for several years, and we are grateful to have him join the Tasman Medical Team!

In our reception, we welcome Ursula, Sharyn and Gael! A big thank you from the team for your support and patience while this trio take on the enormous learning that is required for the medical receptionist role.

Our congratulations to Nurse Julia, who has successfully completed her Registered Nurse Prescribing in Community Health. Julia will now be able to assist with varied conditions including cold and flu appointments in the busy winter months.

And finally, a big welcome back to Dr Katy Roff. Dr Katy has recently returned from 4 months of overseas travels and we are very happy to have her back in the team again.

Hayfever

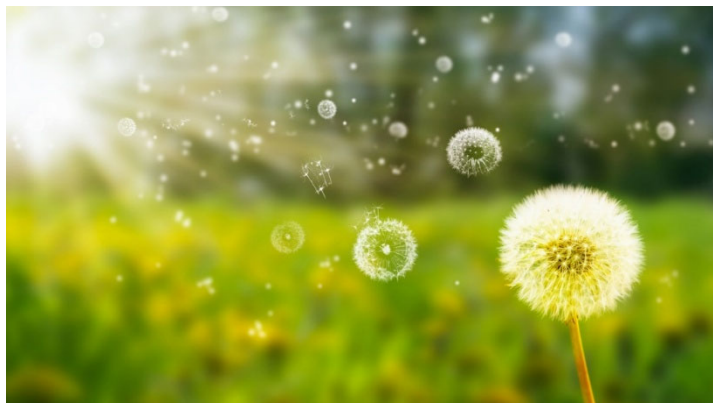
Early spring is a lovely time of year. But it does come with a lot more tree pollen which affects many people with hayfever. This is an allergy response that commonly causes sneezing, runny nose, throat clearing, watery itch eyes and itchy skin, nose, throat and ears.

When should I see my doctor?

- If your symptoms are persistent (at least 4 days a week for 4 weeks or more)
- If your symptoms are severe (affecting your sleep and ability to do your normal day to day activities)
- You're self-managing without success

How do I self-manage?

- Minimise exposure to allergens
- Nasal irrigation/rinses
- Eyedrops, nasal sprays or antihistamine tablets
- Remove any plants outside windows that may trigger your hay fever
- Avoid spending time outside on high pollen count/windy days or after thunderstorms
- Splash your eyes with cold water after doing an activity that exposes you to pollen
- See a pharmacist for advice
- Visit allergy.org.nz or www.healthify.nz for advice



Skin Checks at Tasman Medical Centre

Please contact reception for a 30-minute full body skin examination. Skin checks are the most effective management for early skin cancer detection and treatment. Please **SCAN** your body for lesions.

S-Sore -any skin lesion that is sore, scaly, itchy, bleeding or tender and doesn't heal in 6 weeks

C- Changing - in size, colour, texture or shape.

A- Abnormal- looks or feels different or stands out compared to your other spots or moles.

N- New- has appeared on your skin recently. Any new moles or spots should be checked, especially if you over 40.

Please call reception to book. A 30-minute consultation is \$220.00, further information is available on the TMC website. Keep an eye out for skin check vouchers from around October from the Nelson Cancer Society thanks to a bequest from David Blunt who wanted to improve local access to skin checks. These vouchers can be redeemed at TMC. Visit <https://cancernelson.org.nz/support/skin-checks/> if you would like to be emailed when they are available.

WE CAN HELP WITH



One-on-one support and counselling



Support groups and wellbeing workshops



Yoga and exercise classes



Gym programme



Volunteer Visitor programme



Accommodation and transport to treatment



Cancer Nurse
0800 CANCER (226 237)



Cancer prevention and research



Cancer Society
Te Kāhui Matepukupuku o Aotearoa



Cancer Society

Te Kāhui Matepukupuku o Aotearoa

Nelson

Support Groups/Workshops:

- Bimonthly Survivors and Thrivers Café Catchup
- Bimonthly Menzchat Group
- Bi-monthly Head and Neck Cancer Group
 - (Run by Nelson Hospital Speech Language Therapist).
- Monthly Breast and Gynae Support Group
- Supporting the Supporters Group
- Regular Health/Wellbeing workshops (varying topics).

Exercise through and post cancer treatment:

- Weekly Tuesday restorative yoga classes, term time.
- Monthly Movement and Mobility For Life exercise class.
- Gym Rehab Programme with 1:1 Personal Trainer and gym membership.



Want more information?

Contact our Support Coordinator
Cyndy 027 258 0075 or
cyndy@cancernelson.org.nz



Motueka | Takaka | Tapawera

Support Groups/Workshops:

- Bi-monthly Survivors and Thrivers Groups held in Motueka, Takaka and Tapawera.

Motueka:

- Weekly yoga class, term time.
- Weekly Sitting Tai Chi class, term time.
- Gym rehab programme with 1:1 Personal Trainer and gym membership.

Takaka:

- Weekly yoga class, term time
- Fitness classes available



Want more information?

Contact our Support Coordinator
Maureen 027 445 2775 or
maureen.urwin@cancernelson.org.nz



Cancer Society Nelson Tasman

Nelson | 102 Hardy St | 03 539 1137

Motueka | 218B High St | 03 528 7669

info@cancernelson.org.nz | www.cancernelson.org.nz



Hidden Disabilities Sunflower Initiative

Our own Nelson airport has now signed up to the Hidden Disabilities Sunflower Initiative.

These bright lanyards are used to indicate to airport staff that you may need extra assistance, time or care. It recognises that the wearer may be living with a hidden disability such as a visual or hearing impairments, sensory and processing disorders, neurological, cognitive or developmental disorders or chronic health conditions such as diabetes or asthma. Globally, 1 in 6 people live with a disability. The idea is to make the invisible conditions visible, so you have easier access to everyday needs and support.

The sunflower was chosen for its universal recognition as well as being a symbol of happiness, positivity and strength. Pick up your sunflower lanyard at the Customer Service Desk at Nelson Airport. You can contact them prior to pick up by emailing customerservice@nelsonairport.co.nz or phone (03) 547 3199. You may also choose to wear a sunflower pin or bracelet – staff have been trained in how to approach, support and guide individuals wearing this symbol.



Rongoā Kākāriki Green Prescription



Tane Summer Walking Sports

Free 8 Week Community Programme

Commencing Wednesday 8 October 2025
Wednesdays from 5.45pm – 6.45pm
Tahunanui Sports Field (by the BMX track)

We are promoting Men's wellbeing through sports! This FREE group activity is all about getting active, socialising and having good basic fun!

The sports will be the classics you may have played before! We will do 2 weeks of each of the following sports:

- Walking Football
- Walking Touch Rugby
- Ultimate Frisbee
- Tennis



We look forward to seeing you there!

Please feel free to ask us any questions or contact us to enrol:

Email: Ollie.Martin@nbph.org.nz or Phone: 0800 731 317

Scan the QR code or visit:

www.nbph.org.nz/services/health-services/rongoa-kakariki-green-prescription



Be aware! Diabetes scam alert!

Please be aware of a diabetes related scam that is currently circulating online. Ai-generated videos featuring Professor Rinki Murphy (a specialist in endocrinology - a medical specialist for diabetes) being interviewed by Jack Tame on Q & A and scamming people out of their money by promising diabetes cures

- ✗ Do not stop your prescribed medication
- ✗ Do not fall for quick cures or cures in "17 days"
- ✗ Don't click suspicious links



- ✓ Talk to your healthcare team before buying products online for your health
- ✓ Report scams to the New Zealand police by calling 105 24/7
- ✓ Visit [netsafe.org.nz](https://www.netsafe.org.nz)

Diabetes is an incredibly complicated disease. While it can be managed by medication, there is currently no 17-day cure. With kiwis fronting the "advertisement" it does look legitimate. However, if something sounds too good to be true, especially when it comes to your health – PLEASE check with your health practice.



The Better Endings Project

3rd October 9am – 1230pm @ Nelson Tasman Hospice. Run by Nelson Tasman Hospice to educate members of the public who find themselves supporting and caring for people who are dying. This course will help you plan for your own and your family's future, and learn practical tips to provide comfort to someone who is dying. Contact (03) 546 3950 for more details or head to [Eventbrite.co.nz](https://www.eventbrite.co.nz) to book tickets.

Cancer Education and Prevention Hauora Expo

13th September 1pm – 4pm @ Victory Community Centre. Come along to learn about types of cancer, prevention, screening and support services.

Are you trying to cut back on alcohol?

Here are 5 drinks to try instead:



Sparkling Water + Citrus

Add lemon, lime, orange slices for a zesty, fizzy pick-mup. Add mint or berries to level it up!



Herbal Tea (Chamomile, Peppermint, Ginger)

Perfect for calming your mind and body, especially at night. Bonus: better sleep!



Coconut Water

Naturally hydrating and full of electrolytes. Feels tropical without the rum.



Homemade Smoothies

Packed with nutrients and flavor. Blend favorites like banana and berries or mango and spinach



➔ Which one would you try first?

Featured Service: ACC's Live Stronger for Longer

LIVE STRONGER FOR LONGER

PREVENT FALLS & FRACTURES

Visit www.livestronger.org.nz to find yourself an enormous resource for looking after your own health. Not only will you improve your fitness and balance, but you will also meet new people who may understand what you have been going through. Examples of groups include Prost-fit – a weekly fitness class for men living with prostate or other cancers, a wide range of yoga & Pilates classes, seated classes for those with balance or mobility issues, knee focused classes, dance classes and aqua based classes. For any questions about the strength and balance classes, please contact Angela Baker on 03 539 1170 or email angela.baker@nbph.org.nz

Associated with the above website is the Nymbal App:

A free balance training app designed for 50+ year olds. Just 10 minutes a day and help improve your strength, balance and reduce your risk of falls. Look for the Nymbal Training app on Google Play for Android and Apple Store for i-phones.



Nymbal Training 12+

Training for Better Balance

[Nymbal Science, Inc.](#)

#121 in Health & Fitness

★★★★★ 4.7 • 2.7K Ratings

Free