



# PATIENT NEWSLETTER

JUNE 2025 | EDITION THREE

## STAFF UPDATES

### MEET LEWIN

Our Health Improvement Practitioner (HIP)

Hear from Lewin Raven, our Health Improvement Practitioner who works closely with our Health Coach (HC) Lucinda, GP's, Pharmacist and Nurses about what he does & how he works with you in this fully funded service (yes, your appointment with our HIPs & HCs are at no cost to you)!

**CLICK HERE FOR YOU TUBE INTRO**

[https://www.youtube.com/shorts/\\_KPXuPJ\\_20M](https://www.youtube.com/shorts/_KPXuPJ_20M)

## MEDICAL UPDATES



### BOWEL CANCER AWARENESS MONTH

June is Bowel Cancer Awareness Month in New Zealand, a time dedicated to raising awareness about bowel cancer, promoting early detection and supporting those affected by the disease.

More than 3,000 people are diagnosed with bowel cancer each year in Aotearoa. Approximately 2,000 of these cases are for people 60 and older, although the rate of bowel cancer for those under 50 is rising fast (more than 26% over the last ten years)! Early detection remains the best strategy to deal with bowel cancer. If you note any of these symptoms, make an appointment to see your doctor.

- Bleeding from the bottom
- Noticed change in bowel habits over that come & go over several weeks
- Have persistent or sporadic abdominal pain
- Notice a lump or mass in my stomach
- Have lost weight for no obvious reason and/or feel tired and weak

### CHANGES IN ASTHMA INHALERS

AOTEAROA IS CHANGING ITS ASTHMA INHALER FOCUS TO CFC-FREE INHALERS. THIS IS WHY!

Traditionally pressurised Asthma inhalers have used CFC's and more recently HFC's which are both potent greenhouse gases shown to negatively impact climate change. New Zealand committed to the Montreal Protocol to reduce greenhouse gas emissions and as a part of this, Te Whatu Ora supports shifting to lower-emission medical products including inhalers.

We understand living with Asthma means fully relying on your old (blue perhaps) inhaler and that change can be frightening. Things for you to be aware of:

- The new inhalers are as effective, and the CFC-free formulation is safer for you and the environment.
- Many of the new dry powder inhalers are breath activated making them easier to use. Changing over represents a good time to organise an inhaler technique check
- You may have heard that some people report a mild throat irritation with the new inhalers, however proper technique and rinsing help to minimise this

### FUNDRAISING JAMMIES FOR JUNE

With chilly winter nights upon us, thousands of our Tamariki are at risk because they're cold! Kidz First Hospital sees up to four children a day in ICU with respiratory illnesses made worse by cold, damp homes. Here at Tamatea Medical Centre our team have been backing Dame Valerie Adams rallying the Jammie Army in 2025! This year's challenge is 20,000 pairs of Jammies for 20,000 kids!

To find out how you can help go to  
**[WWW.JAMMIESFORJUNE.ORG.NZ](http://WWW.JAMMIESFORJUNE.ORG.NZ)**

