

# HEALTH MATTERS



Early diagnosis and effective treatment saves lives.

## #goblueforourboys

Every man should decide what's right for him ... thinking about a check? Visit <https://kupe.net.nz/en/about-prostate-cancer/decide-what-to-do>

The Men's Support Group meet once a month on a Monday night at the Cancer Society. The group is for any man with a cancer diagnosis. Phone Brian on **06 348 7115** or Lance on **06 345 8809** for more information.

## You GOUT to be kidding: Gout arthritis is not all about the kai!

### FREE SEMINAR

- When:** 24 September 2019 at 7pm  
**Presenters:** Rheumatology nurse Madeleine Wetzels and Arthritis NZ educator Lori Davis  
**Where:** Christ Church Community Centre, Wicksteed Street, Whanganui  
**Contact:** [lori.davis@arthritis.org.nz](mailto:lori.davis@arthritis.org.nz) or visit [www.arthritis.org.nz](http://www.arthritis.org.nz)



## Not sure what to do next?

Call **0800 654 655** for information and support... The Gambling Helpline team are there to help 24/7. Call free from your landline or mobile.

[www.choicenotchance.org.nz/](http://www.choicenotchance.org.nz/)



If you or your child has been prescribed a preventer inhaler, it is important to use this as directed every day, even if you feel well. These inhalers work by treating the inflammation in your airways and reduce the chance of you becoming short of breath or coughing.

[www.breathebetterseptember.co.nz](http://www.breathebetterseptember.co.nz)

# 1

Home (Self Care)

## UNWELL OR INJURED? Where should I be?

# 2

General Practice (GP) & After Hours

- Call Healthline 0800 611 116 – for free medical advice 24hrs/day.
- Home for rest, regular fluids and pain relief, if required.
- Talk to your pharmacist – they are a good source of information.
- Contact your general practice team first.

# 3

Emergency (ED)

- For urgent or after hours care, contact your general practice in the first instance for advice. Or visit the Whanganui Accident & Medical (WAM) service located at Whanganui Hospital. Open every day from 8am-9pm.
- Emergency Department for emergencies.

