



# Porirua Healthlinks Trust

“Ka piki te oranga mo nga iwi katoa kei Porirua”

To achieve better health and wellbeing for all people of Porirua

www.healthlinks.org.nz

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## From the Managers Desk

Hearing and vision are major barriers to learning. Previously we have featured the need for regular eye tests to ensure healthy eyesight. This week we focus on hearing. An early diagnose of any impairment can impact tremendously on the language and learning outcomes of children. There are many causes of hearing lose, infections, diseases and certain medications are some. If treated early permanent hearing lose can be avoided.

Public Ear Specialist Nurses run free clinics every Tuesday, Wednesday and Thursday in your area.



Liz Kelly

We remind readers of Cancer Awareness Week and Daffodil Day. It would be hard to find a family that has not been affected by loosing a loved one to Cancer. Swine Flu is continuing to attract a lot of media attention. Spring is in the air and varying sudden temperatures contribute to colds and flue. Wrap up warm; ensure your homes are ventilated, if you have coughs and colds, stay home to avoid infecting others. Please remember to check on elderly neighbours.

## HEALTHLINE

For free 24 hour health advice phone 0800 611 116

What is Healthline?

Healthline is a free telephone health information service for all the family. The service is staffed by registered nurses who will assess your health needs, and give information and advice to help you decide on the best level of care.



## Daffodil Day

This year is the 20th Anniversary of the Daffodil Day partnership between the National Bank of New Zealand and the Cancer Society. The first Daffodil Day was in Wellington. The Featherston Street branch of The National Bank supported the pilot Daffodil Day by selling fudge made by staff members. Today Daffodil Day is the Cancer Society's annual flagship event and one of the most important fundraising and awareness campaigns in the country. As well as providing an opportunity to raise awareness of cancer in New Zealand, Daffodil Day is a major funding source for the Cancer Society. The daffodil is one of the first flowers of spring, whose bright yellow blooms remind us of the joys the new season will bring. It represents the hope there is for the 1 in 3 New Zealanders affected by cancer. [www.daffodilday.org.nz](http://www.daffodilday.org.nz)



## News in brief

### HELP FOR DOZENS OF DEAF BABIES

Up to 120 babies born with permanent hearing loss are expected to be identified each year under a \$6.5 million programme to be run in all 20 District Health Boards. Health Minister Tony Ryall said the scheme is expected to identify 10 babies a month with moderate or severe hearing problems, allowing early help with language and learning development. "The earlier hearing loss is diagnosed and work with the child begins, the better the long term outcomes for children and their families."

Sourced Dominion Post

### Our Community Dietician says...

#### Toasted sandwiches

Toasted sandwiches can be a quick filling meal & are economical to prepare on a cold winters day, especially when time is limited.

Fillings for toasted sandwiches are only limited to your imagination, use what ever is in season & you can't go wrong. Left overs from the night before make delicious fillings eg pumpkin, kumara, capsicum, mushroom, spinach, tomato, or leftover chicken. Fillings can even be sweet eg stewed apple and cinnamon served with yoghurt as a treat.

Use items full of flavour like chutneys, relishes, pesto, hummus, chillies, fresh herbs & mustards to add extra flavour.

Low fat cheese such as mozzarella adds extra flavour & that yummy stringy texture just like a pizza topping. For extra crunch add a sprinkle of nuts or seeds. Try a sprinkle of sesame seeds on the outside & they will bake into the bread adding a golden glow.

Open a can of canned food to add to your filling eg baked beans or baby corn. Almost anything works; the secret is to ensure you don't have too much liquid which will spill out while cooking.

A non-stick cooking surface is ideal which means that no extra fat or oil is required and it is easier to clean too. If you don't have a non stick surface use a small amount of rice bran or canola oil in a frypan to ensure your sandwich doesn't stick.

Choose a high fibre bread full of lots of lumps & bumps with more than 4 grams of fibre per 100grams. Wholegrain bread is higher in fibre than white but also more filling. All types of breads will work well, even stale or frozen bread. • Alison Pask, Dietitian



Alison Pask,

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## Hearing Loss - what is it?

Hearing loss is a loss of the loudness and/or clarity of sounds. Most people have had temporary hearing loss at least once in their lives. If you have a cold or have been exposed to loud noise for a short while you may feel 'a little bit deaf'. Or if the air pressure around you is changing, for example while diving or flying, your ears may feel 'blocked'.

If you ever have a sudden and severe loss of hearing, see a doctor urgently. Immediate treatment may save hearing, which might otherwise be lost.

Two main types of hearing loss are **Conductive hearing loss**

This is due to problems affecting sound transmission through the outer or middle ear. It leads to a loss of loudness and can often be corrected. It's like listening to someone speaking very softly or from a distance.

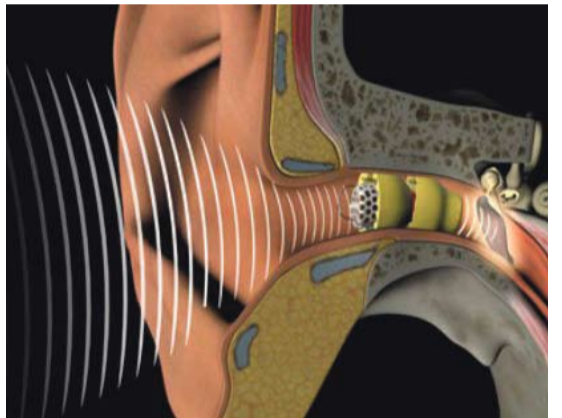
**Sensorineural hearing loss.** This arises in the inner ear or hearing nerve. It reduces loudness and clarity. As well as the sound not being loud enough, it is distorted so that it can't be understood by the listener – a bit like listening to a language you don't know.

## Treatment for hearing loss

For many people hearing aids are the only real help available. Using hearing aids is really no different to wearing glasses. There is a wide range of operations, which correct the problems

occurring in the middle ear. In many cases hearing can be almost fully restored. Unfortunately an operation can rarely help someone with sensorineural hearing loss except for cochlear implants in those with profound deafness. Drugs are often prescribed to clear up ear infection or underlying nose problems which lead to hearing loss.

Drugs may help sudden sensorineural hearing loss but rarely help other types of sensorineural deafness. Consult your doctor.



## FREE HEARING & VISION CLINICS Including B4SC Vision & Hearing Checks

Ora Toa Health Unit, 20 – 22 Ngati Toa Street. Takapuwhia • Ph: 237 0110  
1st & 3rd Tuesday of every month - 1.30pm – 3.00pm

Cannons Creek Fanau Centre, 16 Bedford Court • Ph: 237 7174  
1st & 3rd Wednesday of every month - 10.00am – 12.00

Waitangirua Health Centre, 201 Warspite Avenue • Ph: 235 9059  
1st & 3rd Wednesday of every month - 2.00pm – 4.00pm



## FREE EAR CHECKS FOR CHILDREN age 0 – 18 years old

For an ear check or tympanometry test visit the Ear Van in your area, every Tuesday, Wednesday and Thursday. No appointment necessary. Contact Jackie Dunne or Claudia Schotz, Ear Nurse Specialist on 237 9284 or 027 249 8791 for further information.



## Pacific Health Service Porirua:

Kailua Fa'afu'i is the Primary Care Nurse who practices full time from the Pacific General Practice.

She is also a qualified smear-taker who is fluent in English, Samoan, Tokelauan, Niuean, and basic Tuvaluan. As a Pacific woman,

and especially as a mother, Kailua is passionate about Pacific women's health.

### Kailua says:

**"Please organise and have a smear done with your own GP if you:**

- Have been sexually active
- Never had a cervical smear done, or
- Overdue for a smear"

Cervical screening is FREE to our enrolled women clients and provided by a Pacific Smear-Taker. Phone 04 890 3620 and make a time. We work around your availability.

Cervical cancer is one of the most preventable of all cancers "DON'T DELAY – GET YOUR SMEAR DONE TODAY!"

Kailua also encourages Pacific women to take up the challenge and also have their breast screenings up to date.

For other FREE services within Pacific Health Service Porirua, please phone:

Community Services: 04 237 9824

Pacific Smoking Cessation

Programme: 04 237 8422



## SUN SMART SCHOOLS



### Children - A Target Group for Skin Cancer Prevention

There is strong evidence that excessive exposure to UV radiation during childhood and adolescence is a risk factor for developing skin cancer later in life. It is estimated that the majority of a person's lifetime UV exposure occurs during childhood. Episodes of sunburn, particularly in childhood and adolescence, also increase the risk of melanoma. Children therefore represent an at risk group. Limiting UV exposure during school years could reduce incidence of these cancers in later life.

An emphasis on sun protection and skin cancer prevention in schools is important for two reasons:

- 1) They are places where infants and young children spend much of their time
- 2) They also provide opportunities through staff professional development and curriculum incorporation for both staff and students to learn about appropriate strategies for sun protection.

### SKIN CANCER statistics:

Between 250 and 300 New Zealanders are dying from skin cancer every year • Skin cancer is by far the most common cancer affecting New Zealanders. • Of the 3 most common skin cancers, melanoma is the most serious. • NZ has one of the highest melanoma death rates in the world.

SOURCE: [www.sunsmartschools.co.nz](http://www.sunsmartschools.co.nz)