



Porirua Healthlinks Trust

“Ka piki te oranga mo nga iwi katoa kei Porirua”
To achieve better health and wellbeing for all people of Porirua

From the Managers Desk

This week's page we look at gastric reflux quite a common issue but not readily understood. It is hoped this information and reference to further assistance will be of help. We introduce Alison Pask our local dietician who will inform us each week with tips to healthy living.

Community voices have raised an interesting suggestion and we would be interested on feedback whether smoking should be banned outdoors in public areas and will run a poll on our website, check it out to vote. There has been talk that with the amalgamation of PHO's our A&M service at Kenepuru Community Hospital may be at risk. We have been assured this is not the case but watch this space for a public forum Healthlinks will host on this subject this month and also charging for under six year olds. This issue highlighted “third world” health care disgrace in Porirua.

Take a look at our website www.poriruahealthlinks.org.nz.

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.



New Community Dietitian for Porirua

Alison Pask has been working as the new community dietitian for the Porirua region since the beginning of the year. She has over 20 years of experience and has worked as a community dietitian before as well as working for organizations such as Diabetes New Zealand and the National Heart Foundation. You may recognize her from her weekly show talking about nutrition on the TV1 “Good Morning” television programme.

Alison will be working across all PHO's in Porirua and she encourages family members to attend appointments as support. Her long term focus is on working with people who require help to manage Type 2 diabetes or who are at high risk of cardiovascular disease (heart attacks and strokes).

People requiring advice and support for other nutrition issues will continue to be seen at Kenepuru hospital by the dietitian services.

Workplace Training

Staff training in nutrition is also available, if you would like Alison to come along to your workplace to talk about managing diabetes and healthy food choices this can be arranged. These sessions are fun, interactive and full of practical tips.



Alison Pask,
local dietitian
for the Porirua region

Phone: 237 1026

Email:
alison.pask@poriruahealthplus.org.nz

Community Voices

HOMEWORK CENTRE IN THE CREEK

Hi, my name is Leilani Daymond. I am writing to all the Youth out there in Cannons Creek and to the wider community of Porirua. There is a Homework Centre starting up at the Opportunity Centre here in Cannons Creek on the 31st of May 2010. It is open to ALL colleges in the wider community of Porirua. So come on all you Youth! It's a good time to catch up on work you may be falling behind in. You will be hearing again from me soon.

Leilani Daymond

Youth Report

Porirua East / Cannons Creek

Homework Centre

Mondays & Tuesdays

4.00pm – 6.00pm

PADC Alcohol Project

June 2nd 4.00pm Healthlinks
Level 3 City Fitness Bldg

A REMINDER:

There will be a briefing and DVD viewing for all those who participated in this project over the school holidays.

NO SMOKING OUT DOORS

It is great that we celebrated international quit smoking day this week.

I would like to put a suggestion out there.

Well I applaud legislation that has now made it possible to enjoy a smoke free in door environment it really is frustrating to enter a building where you need to pass through a huge smoke barrier first. We are now being told that passive smoking can cause cancer so instead of making outdoors the place for smokers to congregate why not make a specific room available for smokers. They can fill there room with as much smoke as they like and it is only those who choose to smoke will be contaminated.

Smoking is anti social and causes a huge drain on our health system lets not encourage this habit in any form – smokers choose to smoke the rest of us should be able to choose to have a smoke free environment whether in doors or out.

By the way I applaud Porirua City Council for the initiative they have taken to make the city parks smoke free. Let's hope this catch's on with other Councils.

K. Filo

Titahi Bay

350 New Zealanders die every year because of exposure to other people's tobacco smoke. This makes second hand smoke, the leading environmental cause of death in this country.



Crying Over Spilt Milk

GASTRIC REFLUX SUPPORT NETWORK NZ
FOR PARENTS OF INFANTS & CHILDREN CHARITABLE TRUST

Gastric Reflux Support Network NZ

CHARITABLE TRUST FOR PARENTS OF
INFANTS & CHILDREN

IS COMMITTED TO:

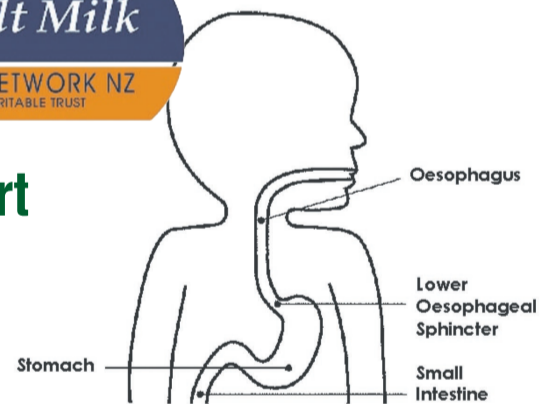
Providing support and information to parents/guardians of Infants and children with Gastric Reflux Disease throughout NZ.

Actively facilitate community education in New Zealand Offering moral support, coping techniques, provision of up to date information.

Hand back confidence to parents and guardians and highlight the great work they do at home and give them skills to help cope with Infant Gastric Reflux Disease and the effects it has on their families and lives

WHAT IS 'GASTRIC REFLUX?'

There is a ring of muscle [valve] at the top of the stomach which should close when feeding has finished. When a baby has gastric reflux this valve doesn't close properly. The contents of the baby's stomach (food and digestive acids) are brought up/regurgitated. These contents come up the oesophagus and may be vomited or spill out through the baby's mouth. The acid can burn and may cause the baby great discomfort and/or pain.



© Gastric Reflux Support Network NZ for Parents of Infants and Children Charitable Trust

SYMPTOMS OF GASTRIC REFLUX:

- Chronic coughing
- Sore Ears
- Distressed during feeding
- Gagging
- Can be happy when distracted
- Frequent Hiccups
- Irritability and restlessness
- Over sensitivity to noise
- Not sleeping much
- Spilling or vomiting
- Difficulty swallowing
- Frequent upper respiratory infections
- Change in voice
- Chronic wheezing

Some may hold their head to one side in an unusual position to ease their discomfort – Sandifer Syndrome

Always seek medical help if you are concerned about your child or yourself.

**Infant Gastric Awareness Week -
31st May – 6th June 2010
www.cryingoverspiltmilk.co.nz
Ph 0800 380 517**