

# WHEALTH BEAT

THIS EDITION: • HPV VACCINE FOR GIRLS AND BOYS • ORAL HEALTH • ADVANCE CARE PLANNING • GALA HEALTHCARE AWARDS • HEP C • AFTER-HOURS GP CARE • NOT COPING? • GREEN PRESCRIPTION • PUBLIC MEETING DATES

## HPV vaccine free for girls and now boys

### Gaining protection against certain types of cancer

HPV infection can cause cancer in men and women. From 1 January 2017, immunisation is free for everyone age 9 to 26 inclusive.

Medical Officer of Health Dr Daniel Williams says "this is a great opportunity for our boys as well as our girls to be protected against HPV".

For those aged 9 to 14 years, HPV vaccine is provided as two doses in the upper arm, spaced at least six months apart. This age group develops a stronger immune response than those vaccinated when they are older, which is why it is recommended for both boys and

girls at age 11 to 12. Those aged 15 and older will need three doses. The immunisation is expected to provide long-lasting protection.

"In the ten years since the HPV vaccine was introduced, international studies have shown major reductions in HPV infection, genital warts, and pre-cancerous cervical abnormalities. HPV causes cancers in men as well as women. Making sure that our young people get their HPV vaccine is one of the most effective things we can do to protect them against cancer."

**Available now through schools, or visit your GP.**



**HEALTHY BIRTHDAY TO YOU:** A birthday girl at Clandeboye Preschool told her mum she wanted healthy food at her birthday - capsicum carriages with vegie sticks, corn and homemade burgers. The Challenge for ECE settings last month was to "celebrate oral health by eating teeth-friendly fruit and vegetables," says Hacer.

## Healthy smiles

Parents and caregivers are encouraged to brush their little ones' teeth twice a day with fluoride toothpaste.

"Baby teeth are really important and necessary for good oral health – start brushing their teeth as soon as that first baby tooth comes through," says Hacer Safak, Child Nutrition and Oral Health Promoter at Wellbeing and Vitality in Education (WAVE), Community and Public Health.

Healthy eating also plays a part in good oral health. WAVE has been working with Early Childhood Education (ECE) settings in South Canterbury to improve oral health and nutrition. "This year we're doing a monthly ECE 5+ A Day challenge with spot prizes," says Debbie Johnstone, WAVE ECE Facilitator.

## Advance care planning asks "What matters to you?"

Start a conversation that counts.



**ADVANCE CARE PLANNING:** It's an important gift for your loved ones as it can relieve the burden of them having to make decisions on your behalf.

**ADVANCE CARE PLANNING ADVICE:** come talk to the South Canterbury DHB team at New World, Highfield, 9 am - noon, Monday 3 April or visit [advancercareplanning.org.nz](http://advancercareplanning.org.nz)

### YEAR 8

THE TIME TO  
PROTECT AGAINST  
MOST HPV CANCERS



Free HPV immunisation for Year 8 boys and girls.  
Available now through schools, or visit your general practice.

[health.govt.nz/hpv](http://health.govt.nz/hpv)

## Gala Healthcare Awards - 13 May

Celebrating success in health

This inaugural community event is open to all health workers, designed to celebrate and share the fantastic health services delivered in South Canterbury.

Entries and nominations are welcomed from health providers in the district. Download the Entry / Nomination Form to either submit an entry, or to nominate a person, group or organisation you know of. Entries can be for individuals, groups, departments or organisations.

Buy tickets online, and view details of the award categories and how to enter. Visit [galaawards-sc.org](http://galaawards-sc.org)

## Treatment for Hep'C

- Have you ever injected drugs?
  - Have you received a tattoo or body piercing using unsterile equipment?
  - Have you had a blood transfusion or received blood products prior to 1992?
  - Have you ever been in prison?
  - Have you ever had abnormal liver function tests?
  - Does your mother have hepatitis C?
- If you can answer ANY of the questions above with YES, get a simple screening blood test for Hepatitis C via your GP.