

# HEALTH BEAT

**THIS EDITION:** • ALL ABOUT MOVING - FOR ALL AGES • FIBROSCAN LIVER ASSESSMENT • IMPACT OF CANCER FOR MĀORI  
• BIKE CHALLENGE • RELAY FOR LIFE • AFTER-HOURS GP CARE • NOT COPING?

## All About Moving - For All Ages

### Do You Struggle with Motivation?

It's a great time of year to be reflecting and reassessing our goals. If you or someone you know has plans to improve their health and fitness in 2017, then we are can help.

Our next Be Active programme, starts 15th February. Be Active provides opportunities to try a variety of beginner level physical activities such as exercise to music, low impact sports, and Tai Chi and facilitates discussions regarding goal setting, motivation, nutrition etc.

- FREE one-on-one consultations with a Physical Health Advisor
- Individualised and realistic physical activity plans
- Resources and exercise opportunities available
- Access to the Be Active programme, which provides exercise opportunities and education.

To get started, contact Debbie on (03) 929 2501 or email [debbie.esler@sportcanterbury.org.nz](mailto:debbie.esler@sportcanterbury.org.nz)



IMPROVING THEIR HEALTH AND FITNESS: participants from a Be Active programme.

### Balance is Important at Any Age!

Exercises that improve balance can help prevent falls which is a common problem for older adults. Better body balance makes it easier to move and helps prevent injuries and should be practiced at all ages. The agility and strength from having good balance helps a person move smoothly and confidently every day.

Older adults at risk of falls (65+) should aim to do balance training 3 or more days a week. Sport Canterbury delivers a home based programme and community classes in South Canterbury. Talk to your GP or Practice Nurse about the programmes.

New classes will be starting in Timaru Wednesday 8th February, Geraldine Thursday 23rd February and Temuka class to be set.

Contact Cathie Weith at Sport Canterbury on (03) 929 2519 to reserve your place on the programme.

## FibroScan Liver Assessment Now Available in Timaru with Dr Thomas Caspritz

FibroScan, sometimes called transient elastometry (TE) is an approved non-invasive test to measure liver stiffness for certain liver diseases like chronic Hepatitis C.

It can detect advanced liver tissue changes like liver fibrosis and cirrhosis, using an ultrasound like procedure.

A Fibroscan can replace the more invasive liver biopsy for many patients.

This service will now be provided locally by SCDHB Gastroenterologist Dr Thomas Caspritz, using a mobile Fibroscanner unit that has been donated to the South Island by the Hepatitis Foundation New Zealand. It is thought that the scanner will be in Timaru every 6-8 weeks.

In the past South Canterbury patients had to travel to Christchurch, to have this 30 minute test done. This involved taking a whole day off work and arranging for transport to and from Christchurch, which was inconvenient and expensive for a number of patients.

Dr Caspritz says "It is very exciting to be able to provide this modern diagnostic procedure locally.

We are clearly improving our local service profile, and we will save costs; for patients, but also for the DHB."



## Understand the Impact of Cancer for Māori

Presentation by Dr Melissa Cragg at Arowhenua Marae

South Canterbury DHB invite Whānau, community and key partners to a presentation delivered by Dr Melissa Cragg on Understanding the Impact of Cancer for Maori.

This project was funded through the Faster Cancer Treatment (FCT) national initiative and has been undertaken in partnership with the Nelson Marlborough DHB.

The research identifies challenges and opportunities in regard to the cancer pathway and Māori. This information has guided the recommendations contained within the report, which through implementation will contribute towards improving the cancer journey for Māori.

**When: 9 February 2017 at Arowhenua Marae**

- 9am – 9.30 Pōwhiri
- 9.30 – 10.30 Kapu ti
- 10.30- 12.30 Presentation allowing for an open forum discussion
- 12.30 – 1pm Light Refreshment

For catering, please RSVP by Tuesday 31 January 2017 to: Director Māori Health, phone (03) 6872385 leave a message or email [rgarvin@scdhb.health.nz](mailto:rgarvin@scdhb.health.nz)

**Nau mai Haere Mai**



## Get On Your Bike

AOTEAROA BIKE CHALLENGE



**GEARING UP: Workplaces across New Zealand aim to get more people on bikes this February.**

Workplaces across New Zealand will be inviting their staff to join in a fun, free, team competition to see who can get the most staff to try riding a bike. Contrary to most cycling events, the Aotearoa Bike Challenge is all about encouraging people to simply hop on a bike so that they can experience the benefits of riding first hand.

People can cycle anywhere they like, anytime they like in February 2017. They only need to ride for 10 minutes to participate, which is just enough time to bring a big smile to their face after rediscovering how easy and fun riding a bike can be.

The Aotearoa Bike Challenge is being run by the New Zealand Transport Agency, Love to Ride, councils and other local partners around the country.

There are a whole host of prizes that people can win just by participating including a trip to Croatia or British Columbia. To register your workplace and for more information, go to [www.aotearoa.bike](http://www.aotearoa.bike)

## Relay For Life

Caroline Bay - 11 & 12 March 2017  
Still Time to Sign Up Your Team!

**Join our walking relay to help the Cancer Society and those they support. What is Relay for Life?**

Relay For Life is the Cancer Society's leading community event for people of all ages and fitness levels. At Relay For Life, we celebrate the lives of cancer survivors and carers, remember loved ones we have lost and fight back by raising funds and cancer awareness.

**Are you ready to take part in relay for life?**

Relay for Life 2017 is kicking up a notch and people can register on-line at [www.relayforlife.org.nz](http://www.relayforlife.org.nz), by calling us at the Cancer Society on (03) 688 0124 or calling in to see us at 32 Memorial Avenue.

The Cancer Society will then send you a team captain's kit with all the necessary information.

## News and information from the



South Canterbury District Health Board

HealthBeat is produced monthly by the South Canterbury DHB Communications Manager. Please provide feedback to: [nhoskins@scdhb.health.nz](mailto:nhoskins@scdhb.health.nz) or 03 687 2395. Website: [www.scdhb.health.nz](http://www.scdhb.health.nz). Issue: 1/2017

## After-hours GP Care

**If you get sick outside business hours and need to see a GP:**

### Timaru / Pleasant Point

If it's not an emergency phone the after-hours GP Line on 03 684 8209. A registered nurse will answer the phone and direct you to the appropriate care.

### Temuka / Geraldine / Twizel / Fairlie / Waimate

If you need to see a GP outside of normal business hours please call your own GP surgery, the call will be redirected to the after-hours service covering your GP at that time.

**In an emergency, dial 111 for an ambulance.**



## Not Coping?

**For non-urgent help:**

If you are not coping or feel depressed seek help early from a GP or practice nurse. General practitioners can refer you to a confidential early intervention service to help you get depression under control before it becomes serious. There are also many community agencies in South Canterbury who can offer you counselling and support. Ask for help.

**When things get serious:**

South Canterbury DHB has a 24 hour, seven day a week service so people who are at risk of suicide can receive immediate help. This is also the first point of contact for any member of the public with serious concerns about someone in the community.

**The 24/7 phone number is 0800 277 997.**

## Public Meetings

**27 January 2017**

**8.30 am Hospital Advisory Committee**  
**10.30 am SCDHB Board Meeting**

**21 February 2017**

**8.30 am Disability Support Advisory Committee**

**24 February 2017**

**8.30 am Community & Public Health Advisory**  
**10.30 am SCDHB Board Meeting**

All meetings are open to the public and will be held at Level 6, Gardens Block, Timaru Hospital. Agendas and reports will be available for inspection 48 hours before the meeting at [www.scdhb.health.nz](http://www.scdhb.health.nz) or in hardcopy at Gardens Block, Timaru Hospital via personal assistant to the CEO. Draft meeting minutes normally will be available for inspection on request.