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www.pegasusmedicalcentre.co.nz

HAPPY NEW YEAR to you and your whanau! We hope you had a joyful festive season and wonderful moments with those you love. We are refreshed and looking forward to a healthy and happy new year ahead – Health is wealth ☺

🌸 **TEAM UPDATES AND WELCOMES**

We are delighted to welcome **Dr Sophie Dyhrberg** back to the team on a permanent basis, following her successful completion of her GP Registrar training in 2025. Sophie will be offering appointments Tuesdays, Wednesday mornings, Thursdays and Fridays, and we are thrilled to have her return in this new chapter of her career.



We also extend a warm welcome to **Dr Alistair Dunbar**, who joins us as our GP Registrar for the first six months of the year. We look forward to having him as part of our team.

Our team continues to grow and we are pleased to introduce several new members. **Receptionist Jane** who joined us in 2025, **Receptionist Sandra** is starting in January. **Nurse Tessa** is settling in well and is quickly become a valued member of the team, whilst **Nurse Iwitea** is a wonderful addition providing casual support as needed.

🔒 **VASECTOMY** – We run a specialist clinic at PMC for ‘No Scalpel Vasectomies’. Book an initial consultation with reception for this specialist male procedure. Medical insurance may cover the procedure.

🔍 **MOLE CHECKS** – Being SunSmart (using sunscreen, hats, covering up when in the sun) lowers the risk of skin cancer. More info at www.sunsmart.org.nz. Full and single mole checks are offered to anyone (you don’t need to be enrolled). For one or few moles to check, please book a single appointment. For a full mole check allow up to 30 minutes, which varies with everyone. Cost is advertised on our website. You can book this service with either Dr John Dehn or Dr Roger Dehn. Health insurance may subsidise this specialist appointment. We are Southern Cross Affiliated Provider for Skin Cancer. 🌞

❤️ **SEXUAL HEALTH HELP** – if you are 14-17 years old, you can see a doctor or nurse are free. We respect your privacy, and everything you talk about stays confidential.

🕒 **APPOINTMENT SLOTS** – Each **doctor’s appointment** is **15 minutes**, allowing enough time for one or possibly two issues if brief. If you have multiple concerns, please **book two appointments** (additional fees apply)

💡 We can be **booked up to two weeks in advance at times** for routine appointments – please **plan ahead** and book early. You can book appointments and request repeat scripts through our **patient portal “Manage My Health”** (link through our website).

🌙 **PRACTICE PLUS (afterhours extended care)** – Available for you & your whanau afterhours virtual GP consultations; weekdays 5pm-10pm and weekends/public holidays 8am – 8pm. This service is provided by Practice Plus not Pegasus Medical Centre doctors.

👉 More information is on our website.