



Greenhithe Medical Centre

This month's topics in focus



Health literacy month

October is health literacy month. If you and your whānau are looking for free, plain language health resources, the [Health Navigator NZ](#) website is the place to go.



COVID-19 and pregnancy

Being pregnant (hapū) during the COVID-19 pandemic has made many people anxious about their own health and that of their unborn or newborn baby.

[Read here](#) for information to help you through this time.



Diabetes – type 2 medications

When used with a healthy diet and exercise, **diabetes medicine** can effectively lower your blood glucose levels. If you are Māori and Pasifika, it is now easier for you to access **two new diabetes medicines**.



Do you have a fear of needles and injections?

A fear of needles and injections is quite common. Here are some [tips to help you manage your fear](#).

See more of this month's new or updated topics

Top tips for wellbeing



Do you need an annual health check-up?

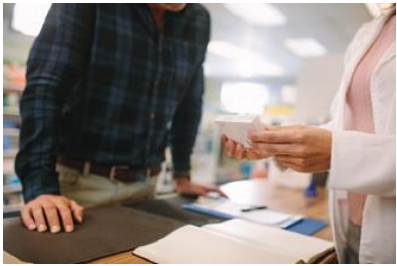
While some people have annual health check-ups, not everyone needs a check-up every year. Find out [when you should visit](#) your healthcare provider.



Suffering from maskne?

Wearing a face mask reduces the risk of catching COVID-19 and spreading it to others but wearing a mask can cause skin problems. [Here are some tips](#) on how to prevent maskne and how to avoid rash, itch and dermatitis.

Understanding medicines



Empagliflozin FAQs

Starting a new medicine can be worrying but knowing what to expect and being prepared can help. If you have been prescribed empagliflozin to treat your type 2 diabetes, read [helpful answers to common questions](#) about this medicine.



Blood pressure medicines

Treating high blood pressure reduces your risk of heart disease, stroke, kidney failure and eye damage. [Find out more](#) about blood pressure medicines, tips on how to take your medicine and common side effects.

There's an app for that



The inside guide - is it dairy free?

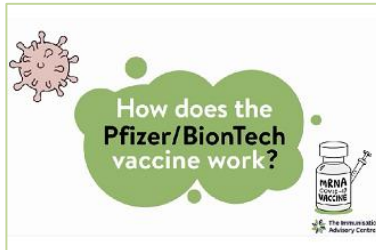
This [online course](#) helps you to identify dairy on food labels and what to consider when selecting an alternative milk or dairy-free food.

Video of the month



We bounce back series

Watch these videos to learn about the mental health challenges people have faced and **how Covid-19 has impacted them** and how they found strength within to get them through.



COVID-19 Pfizer vaccine – how does it work?

These videos from the Immunisation Advisory Centre explain how the **Pfizer/BioNTech COVID-19 mRNA vaccine** works. Videos are available in English, te reo Māori and Samoan.

Recipe corner



BEEF & VEGETABLE STEW

Beef and vegetable stew

A healthy and easy to make **one pot beef and vegetable stew** recipe that can also be cooked in the oven.

Support near you



Alcohol and mental health

An alcoholic drink can lift your mood but drinking too much or too often can have the opposite effect on your mood and mental wellbeing. **Read more about how alcohol affects your mental health** and where to go for support for problem drinking.