

## Newsletter 12 July 2022

### Prevention is better than cure

In March 2022, two years after the abrupt shutdown of the Mutualpark building due to the COVID 19 pandemic, its doors reopened. Approximately 20% of staff members are back on the premises for two days per week, and the retail outlets are alive and well again. LANCET pathology laboratory has reopened on the first floor and my medical practice has seen an increase in patient numbers.

For those of you coming to see me from the surrounding area, access has reverted to the original parking in front of the west entrance to the building. Security officers should show you where to park and security at the entrance will allow you entry.

My biggest remaining concern since the announcement that the pandemic is over, has been that many people allowed their health status to deteriorate during this period. They were scared to seek medical attention during the pandemic believing they would be infected with COVID 19 and possibly die if they attended a health facility. Sadly for some, letting their own underlying conditions remain unchecked, resulted in a similar outcome.

Now is the time to do your general medical check or wellness consultation. This is an annual measure of various health parameters done for the purpose of monitoring and managing your health. Proactive preventative investigations like PAP smears, mammography, prostate checks and colonoscopy will be scheduled. Old Mutual Staff Medical Aid fund as well as many other medical aids facilitate this annual consultation by covering the cost of this consultation from your risk benefit. Likewise if you have a chronic underlying condition, your medical aid will formulate a personal treatment plan allowing you two consultations per annum for your chronic condition with your healthcare provider, as well as covering numerous necessary tests in order to evaluate your health status.

There is a wealth of information to be gleaned from a face-to-face consultation, so I am phasing out telephonic consultations except for in exceptional circumstances.

Please arrange your wellness check with reception. Our contact details are:

**Tel: 021 531 4111 (08h30-15h00)**

**or by email [reception@drwigens.co.za](mailto:reception@drwigens.co.za)**

So what has happened to COVID-19? The coronavirus still continues to infect people, however, as more people in the community have been vaccinated or have had previous infections, the less severe their symptoms will be when contracting COVID-19. We now consider COVID-19 to be endemic in our society, simply requiring you to stay home should you have flu-like symptoms, until you feel well.

Looking forward to seeing you at the practice.

Yours in health



Dr Louise Wogens