

## Newsletter 22 August 2023

### Dr Louise Wigans – Take a break

It's wonderful to be back at the practice after my sabbatical!

Taking a step out from one's day to day life routines offers an opportunity to reflect on one's personal choices, present situation and future vision. Whilst I am not advocating that we all take long periods of time away from the office, which is usually not possible anyway, I do encourage you to plan your annual leave. We all need down time; time to switch off; time to recharge; time to reset; time to plan. I encourage those with large amounts of leave accumulated to take a break, spend time understanding yourself better and take the opportunity to visualize personal goals.

I return energized and am loving being back at my practice and connecting again with you, my patients. This week has been especially fulfilling for me to see so many of you whom I know so well. A reminder to me that it is indeed a privilege to be your healthcare provider and that I value our unique relationships.

I am grateful to Fouziyah and Kathy for holding the fort in my absence, as well as the doctors who covered for me. Moving forward, I will be at the rooms Mon- Thurs 09h00 – 16h30 and Dr Juanita Makan will be available Friday mornings.

A new pharmacy has opened in the West End Mall called The Local Choice, Mutualpark. This ensures ease of access to medication which can be started immediately after your consultation. The dentist now has a separate entrance. Sadly, the Lancet Lab is no longer offering a service at Mutualpark.

PathCare has a 45% discounted rate for women's PAP LBC TESTS during August for non-medical aid patients. It is R175 for cash patients, until 31 August. Please book your consultation with Fouziyah should you wish to benefit from this additional offer.

Covid 19 remains prevalent amongst our communities. The latest variant is EG.5 which seems to be easily transmissible, however there is no evidence of increased severity.

Our contact and location details remain the same. However you will find that we have downsized the premises to make the practice more space efficient, and solely for my patients. Please note also that there is a new parking area for my patients, shown in the map below (red arrow) - the first parking spaces on the left as you enter the Old Mutual main entrance.

Yours in health



Dr Louise Wigans