



***Cancer Awareness***  
***Supporting all those impacted by cancer***

# PEGASUS 2025

Kia atawhai ki te tangata





## CONTENTS

New Canterbury cancer facility	4
Cancer risk prompts difficult decisions	4
Pegasus Health signs OraTaiao Climate Change and Health Call for Action	6
Taking care of a loved one with terminal cancer	7
Home screening for bowel cancer rolls out in Waitaha, Canterbury	8
Pegasus Health signs the Sale & Supply of Alcohol Amendment Bill	9
The right care for you	9
Partnership aims to improve cervical screening rates	10
Stomach Cancer survivor urges people to trust their gut	11
Sharing education and support with the Chinese Community	12
Scholarship Recipients	13
New strategic plan launched to strengthen suicide prevention action in Canterbury	14
GP Profile - Kim Lawson ProMed Doctors	15
What's on	16
Mask Matter	17



## A MESSAGE FROM OUR CEO

**Te toto o te tangata,  
he kai; te oranga o te  
tangata, he whenua.**

*While food provides  
the blood in our veins,  
our health is drawn  
from the land.*

Tēnā koutou katoa,

I want to begin by saying that I appreciate all the work our general practice teams are putting in during a challenging winter. It looks as though we are heading over the peak of COVID cases from the recent wave and improving weather should assist this.

I am pleased to announce that Pegasus Health continues our commitment to the environment by signing the OraTaiao Health Professional's Joint Call for Action on Climate Change and Health. The impact of climate change in the health sector is undeniable. My family in the UK are currently experiencing record temperatures and Europe is dealing with fires and a rising death toll directly related to the current heat wave. Organisations and individuals are encouraged to take action to mitigate the health threat posed by climate change.

In this month's issue, we share the journey of cancer survivors and the people who have supported their journey and we take a look at bowel cancer as the National Bowel Cancer Screening programme begins in Waitaha, Canterbury.

We also are highlighting some memorable moments that have happened over the past month. This includes the launch of the Living Well Waitaha, the Canterbury Suicide Prevention Strategic Action Plan 2022-2025 and the signing of a Memorandum of Understanding between Pegasus Health and ScreenSouth Ltd to better support general practice with cervical screening.

**MARK LIDDLE**

MANUKURA | CHIEF EXECUTIVE OFFICER



# NEW CANTERBURY CANCER FACILITY OPENING IN 2023



A new building to house the Cancer Society's Christchurch-based patient accommodation and support services is due to be completed in early 2023.

Chief Executive of the Cancer Society Canterbury – West Coast, Nicola Coom, says the facility is planned to cater for those with all cancers. It will have 50 accommodation rooms and be available for people with cancer from around the South Island who need to come to Christchurch Hospital for treatment.

"It's very exciting to be involved in this project as it is our aim for it to become a centre of innovation for cancer support for the people of Canterbury and the South Island," she says.

Nicola and the team aim to expand the services offered from the new centre to include therapeutic cancer services such as lymphatic drainage massage, counselling and more.

The facility in Langdons Rd, Papanui will replace its facilities destroyed by the Christchurch earthquakes.

## CANCER RISK PROMPTS DIFFICULT DECISIONS

Testing positive for a high-risk cancer gene forced some tough decisions on Nicola Coom, but also ignited a passion for improving the lives of those impacted by cancer.

Nicola was in her early 30s when her mother was diagnosed with ovarian cancer. Two other close female relatives had already died of the disease. Nicola got tested for the BRCA (breast cancer) genetic mutation, which is passed down through families and associated with a greatly increased risk of developing breast and ovarian cancer.

Nicola says having the mutant gene threw up plenty of difficult decisions, such as whether to have her health closely monitored or undergo preventative measures such as having her breasts or ovaries removed.

At the time, Nicola's mother was having treatment for late-stage ovarian cancer.

"I made the decision pretty quickly to have a double mastectomy and breast reconstruction using tissue from my abdomen. Mum was right



there in front of me going through chemo so if I could take steps to avoid that, why not?"

Very soon after getting the news she had a BRCA mutation, Nicola began researching the subject and travelled overseas to hear from international experts. She discovered a lack of easily-digestible information in New Zealand for those impacted by a genetic predisposition to cancer, so started a peer-support group and foundation, Gift of Knowledge.

Just months before her scheduled mastectomy, Nicola met her now husband. The possibility she might in future choose to have her ovaries removed fast-tracked the fledgling couple's family plans. The pair now have three sons, born within a year of each other. In 2015, following the birth of her third son Nicola had her ovaries removed.

"Your body is forced into menopause before it is ready and it is not pleasant, but for me, the positives outweighed the negatives. I wanted to be around for my family."

Since then, Nicola has fostered the growth of Gift of Knowledge Foundation and worked as the Executive Director of a national mental health trust.

In July, she took on her 'dream job' as Chief Executive of the Cancer Society Canterbury – West Coast.

"When I got the job it was a 'pinch me' moment. It's an opportunity to use all my professional skills and my passion for working towards better outcomes for cancer patients."

Within weeks of starting the Cancer Society role, Nicola's father was diagnosed with Prostate Cancer and she was diagnosed with a basal cell carcinoma on her face which she has just had removed.

"It is not ideal, but I know that we are just one of many families receiving this kind of news. It is also a good reminder that people can live well with cancer. That's why I am so passionate about the work the Cancer Society does in supporting people impacted by cancer."



### The BRCA gene

- All cancer is caused by changes in our genes, but many occur by chance or with age. Some people, however, develop cancer or are at a high risk of developing it because of a genetic susceptibility they have inherited.
- The BRCA gene is an inherited mutation that significantly increases the chance of developing breast or ovarian cancer
- 1 out of every 400-800 people carry a BRCA gene mutation
- If you have a strong history of breast or ovarian cancer, it may be appropriate for your general practitioner to refer you to the Genetic Service.
- A strong family history may include two or more close blood relatives on the same side of the family with breast or ovarian cancer.
- If you are referred to genetic services, they will discuss and calculate the risk of developing cancer and may arrange testing for you and your family.

Source: Gift of Knowledge.



# PEGASUS HEALTH SIGNS ORATAIAO CLIMATE CHANGE AND HEALTH CALL FOR ACTION

Pegasus Health is pleased to announce that we have signed the OraTaiao Health Professional's Joint Call for Action on Climate Change and Health.

OraTaiao is a climate response group, who advocate for a health-focused Te Tiriti o Waitangi-based climate response that will achieve international and ethical obligations to keep global heating to less than 1.5 degrees celcius above pre-industrial levels. They recognise that climate change is the biggest public health threat of the 21st century.

Pegasus Health signing the OraTaiao Climate Change and Health Call for Action is a significant milestone.

"Having Pegasus Health as the first Primary Health Organisation (PHO) to sign, is a major step in strengthening our collective voice, and in bringing to the fore the central importance of Primary Care in both advocacy and climate response itself," says Dermot Coffey, Co-convenor of OraTaiao: NZ Climate & Health Council.

Pegasus Health has joined 18 national bodies and 1,000 individual members, calling for more action to address the threat to health and equity posed by climate change.

"Primary care needs to be mindful of environmental harms, as we will be at the forefront of efforts in Waitaha, Canterbury with the increasing risk to health from global warming," says Anna Thorpe, Population Health Specialist at Pegasus Health.

OraTaiao is encouraging all health bodies and individuals to join OraTaiao and support the Joint Call for Action.

"Our voice is what gives us strength, and we should use our privileged position as health workers to advocate for a healthier world," says Dermot.

Anna says being a big PHO it is important that we set a positive path for primary health and do what we can to reduce our carbon footprint and be proactive in this area.

While healthcare is responsible for only 4% of Aotearoa, New Zealand's overall climate emissions, OraTaiao strongly believe in addressing areas where the most rapid gains can be made.

"Switching from metered-dose inhalers to dry-powder inhalers is an example of something that is often overlooked, it minimises the use of gases like nitrous oxide. Most of the emissions in primary care are generated indirectly through service use," says Dermot.

Some actions Pegasus Health has planned to lower carbon emissions include: reducing energy use, reducing heating and cooling for business hours, reducing paper use by implementing recycling trays, reforming The Pegasus Health Environmental Network, Te Ohu Tautiaiao, and continuing initiatives such as battery collection tins, bottle top collection, Plant Lovers of Pegasus (where people can trade plants) and Book Lovers of Pegasus (book trading for staff).

"It's about together making modest changes, integrating these changes to become normal, then moving on to the next small change you can make together until this too becomes a part of our lives," says Anna.

For more information on the joint call to action, click [here](#).





## TAKING CARE OF A LOVED ONE WITH TERMINAL CANCER

Ada Beaumont feels grateful that she was able to celebrate her husband Gary's 80th birthday before he passed away from a stage 4 brain tumour in late 2021.

The celebration was a high point in what had been a tough four and a half years for the Redcliff couple. Gary was diagnosed and treated for a cancerous growth in his neck. Two years later, they were told that Gary had a fast-growing stage four brain tumour.

Radiation therapy, chemotherapy and finally hospital-level care followed as his condition deteriorated as he lost his mobility, sight, and speech.

"It was tough going. Before he went into hospital care, he was falling at home and it began to be too hard for me to look after him," says Ada.

During Gary's last six months, Ada was advised by health professionals to take care of her health and wellbeing. However, her focus was on visiting her husband every day to spend quality time together.

Supporting them through this journey was their family GP, hospital

specialists, and the Cancer Society who support them with counselling and 'check-in' calls.

The physical and emotional pain of caring for someone with terminal cancer and losing a life-long partner took its toll on Ada, especially when he died just months before their 50th wedding anniversary.

"After Gary passed away, I was not coping. I could not sleep or eat and found it hard to do anything. I knew I needed help," she says.

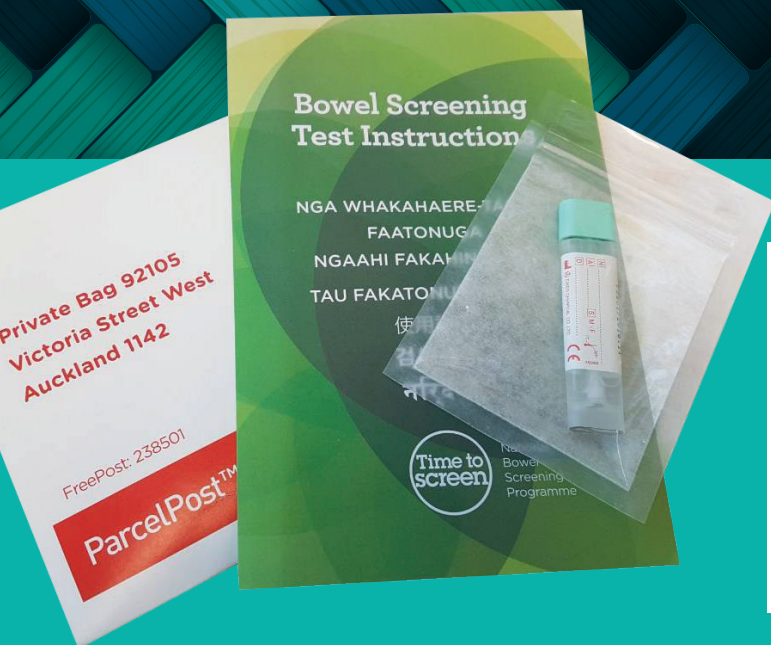
Ada went and visited her GP for medication and advice, and months later she says she is doing better.

"I am slowly adjusting to being on my own. My daughter lives in Sydney but my son lives in Christchurch, however, I do not want to put too much on them. Sometimes having someone to talk with who understands the journey I went through is great; I have really valued the phone calls from Jenny who works at the Cancer Society," Ada says.

She says if she had a piece of advice for those supporting a loved one through a cancer journey would be to ask a lot of questions.

"It feels good to be able to understand what is likely to happen. Try to take care of yourself and access counselling or healthcare for yourself to make sure you are in the best position to care for others," says Ada.





# HOME SCREENING FOR BOWEL CANCER ROLLS OUT IN WAITAHA, CANTERBURY

The National Bowel Screening programme started to roll out in Waitaha, Canterbury from October 2022, which was part of a staged roll out across all regions of Aotearoa that began in 2017.

Bowel cancer screening is done through a faecal immunochemical test (FIT) that is distributed to those eligible in the mail. The test is completed at home by collecting a small sample from a bowel motion which is then sent to a laboratory to test for blood in the sample. Everything required, including a prepaid envelope is included in the kit.

Shelley Jackson, the Project Manager for the Bowel Screening programme at Te Whatu Ora Waitaha Canterbury says despite challenges of launching during the pandemic, she is impressed with the initial result.

“We have found 126 cancers in Canterbury since the programme started, most of those have been Stage I or II and quite easy to treat,” says Shelley.

Around 90,000 tests have been processed, with a total population participation rate of 62.6% exceeding the Ministry of Health target of 60%. Participation rates for Māori are currently sitting at 55.9% and 42.2% for Pasifika.

“We have found that Māori and Pasifika are quite avoidant when it comes to discussing or engaging with bowel and stool sample subjects. It is a very tapu topic,” says Shelley.

However, she reports there has been success reaching these priority groups by engaging with young whānau members who can influence and support their parents and grandparents to complete the at home test.

Although it is too early to see a reduction in the number of bowel cancer deaths nationally, Waitemata, the first region to roll out the screening programme in 2017, is seeing a positive trend in their figures.

“This little kit could save your life,” says Shelley.

## HOW TO LOWER THE RISK OF BOWEL CANCER:

- Aim to be a healthy weight. Weight gain, especially around the waist, is linked to bowel cancer
- Choose wholemeal and whole grain breads and cereals
- Get 30 minutes or more of physical activity each day
- Eat mostly plant foods.
- Eat smaller and fewer servings of red and processed meats.

## COMMON SYMPTOMS OF BOWEL CANCER:

- Tiredness
- Low iron
- Weight loss
- A change in your normal bowel habit that continues for several weeks
- Blood in your bowel motion.



# PEGASUS HEALTH SIGNS THE SALE & SUPPLY OF ALCOHOL AMENDMENT BILL

Pegasus Health is pleased to announce the signing of the Sale and Supply of Alcohol (Harm Minimisation) Amendment Bill.

Katie Brown, Population Health Specialist, signed the open letter on behalf of Pegasus Health.

Pass the Bill is a new campaign, in partnership with Hāpai te Hauora.

“Our Māori, Pasifika and low income communities continue to bear the greatest burden of alcohol harm. Pegasus supports the measures in the Bill to reduce harmful drinking in all our communities,” says Katie.

The Bill will remove the special appeals process from local alcohol policy development, so that communities, not alcohol retailers, have a greater say when it comes to local decisions around where, when and how alcohol can be sold.

The Bill will also end alcohol advertising and sponsorship of broadcast sport.

## 63%

of New Zealanders believe that the Government should take stronger action on alcohol

## 2 OUT OF 3

New Zealanders believe that children should be protected from alcohol advertising

Reducing alcohol harm means better mental health, improved child wellbeing, reduced family harm, and less pressure on our health system.

The bill is due to be debated in parliament. You can help by signing the bill as an individual or as a representative of an organisation at [passthebill.org.nz](https://passthebill.org.nz).

## Choose Well this winter

If you're unwell choose the option that's best for you and your whānau

Self Care	Healthline	Pharmacy	Family Doctor	Urgent Care	Hospital
					
You can treat colds & fevers at home.	Call 0800 611 116 24/7 for FREE health advice.	See your local pharmacy for advice on medication and minor health concerns.	See your family doctor for all non-urgent health concerns.	If it's urgent & needs attention today go to an Urgent Care Clinic.	If it's a life threatening emergency call 111.





# PARTNERSHIP AIMS TO IMPROVE CERVICAL SCREENING RATES

Pegasus Health and ScreenSouth recently cemented their commitment to supporting general practice with their cervical screening work. A Memorandum of Understanding was signed by Keiran Horne, the ScreenSouth Board Chairperson, and Mark Liddle, CEO of Pegasus Health.

“This partnership just makes so much sense. ScreenSouth is founded on partnership and the relationship between Pegasus Health and Pacific Radiology Group,” says Keiran.

Over the past couple of years, cervical screening rates have fallen as the COVID-19 pandemic saw a shift in priorities for both GPs and patients. In the last eight months, cervical screening rates in Canterbury have dropped from 68% to 66%, far below Ministry of Health targets of 80%.

ScreenSouth General Manager, Louise McCarthy, notes that it is a steady downward trend.

“With the impact of COVID, we have seen the equity gap is widening

but we have also seen numbers come down for women in the total population as well. And that is not just Waitaha, Canterbury, but across the country,” she says.

A pilot group of seven Pegasus Health practices has been selected to receive targeted help from a kaimahi and support worker to help improve their screening rates. They were chosen based on the number of priority group women, cervical screening rates and the rates for claiming funded screens. These practices were seen as those that could benefit the most from a targeted approach.

“It is about our teams working collectively and using the resources we have, to achieve the best outcomes. Pegasus Health is providing the kaimahi, ScreenSouth will provide the support worker and then we have got data and health promotion teams that can reach in and provide support,” says Louise.

Director of Hauora Maori and Equity, Irihapeti Mahuika shared a whakatauki at the signing that reflects the importance of this partnership.

Ehara tāku toa i te toa takitahi, engari he toa takitini

My strength is not as an individual, but as a collective.



# STOMACH CANCER SURVIVOR URGES PEOPLE TO TRUST THEIR GUT

Stomach cancer survivor Chris Parata urges people to trust their gut and visit their GP if they have any ongoing pain or reflux.

Initially, Chris was put on anti-reflux medication followed by a gastroscopy (where a video camera is inserted into the digestive tract) and a biopsy (tissue sample) taken from his stomach in January of 2020. The results showed he had a small ulcer at the base of his stomach; however, no cancer was deemed present.

His stomach pain became so severe that he had another gastroscopy in May 2020 which showed the ulcer had grown twice in size, a computer tomography scan (CAT) confirmed he had a rare form of cancer growing on the outside of his stomach close to his pancreas in late August 2020.

“Being told that I had cancer was hard to take in, my head was spinning, I was in denial. I rang my daughter and her partner, and they came down to support me,” he says.

A month later in September 2020 Chris had surgery to remove the tumour and most of his stomach, followed by both chemotherapy and radiation treatment.

Chris’s advice to anyone experiencing stomach pain is to reach out to their GP and ask what tests are available to get to the bottom of the pain as soon as possible.

“I look back to see what more I could have done, not knowing what was available to me,” says Chris.

Two years on from his cancer diagnosis Chris still struggles with fatigue and finds it difficult to keep weight on.

“Every day is a roller coaster. Every day is a challenge. But the experience has taught me to appreciate every minute, appreciate what you have got, and have a smile on your face,” he says.



# SHARING EDUCATION AND SUPPORT WITH THE CHINESE COMMUNITY

Connecting with all communities is key to ensuring Pegasus Health's purpose that all people living in Canterbury lead healthy lives. Recently Edith Yi, Administrator for the General Practice and Community Service team, delivered a presentation to key members of Canterbury's Chinese community. Edith was invited by Ardour Charitable Trust to provide attendees with a better understanding of the New Zealand Health System.

Edith delivered the presentation in Mandarin and tailored it to cover issues specific to the Chinese Community.

"In China, when we have a health problem, we go to the hospital. There is no GP service like we have here. My main message was to make sure they develop a relationship with their GP," she says.



## Edith covered topics including:

- An overview of the New Zealand Health System
- Healthline
- How to select and maintain a relationship with a GP
- What Pegasus Services are available and how to access them
- How to look after your physical, mental and social wellbeing.

She also ran a Q&A session that was well received. Attendee, Peter, shared his feedback and thanks after the event.

"She answered all kinds of questions on the spot and gave effective suggestions. It also led everyone to share their experiences and feelings with each other. I sincerely appreciate Edith for her professionalism and patience," says Peter.

Edith is passionate about sharing the services Pegasus Health offer, particularly in the mental health and wellbeing spaces.

"In Chinese culture, we do not talk about mental health. There is a focus on physical health. I brought them both together so I could create an open environment and make sure they felt safe and able to talk about their concerns," Edith says.

Working with both the Population Health and Suicide Prevention Teams, Edith hopes to be able to continue delivering information, support and safe spaces to the Christchurch Chinese and Asian communities.



**"Most importantly, your presentation has certainly encouraged people to have a healthy living life, including physical, mental and social wellbeing and balance. Stop, timeout, exercise, reflect and appreciate what is around you, be open minded, living daily life with a positive attitude and status."**

*Wendy Higgins, Ardour Charitable Trust*



## SAM CAMERON-DUNN



Sam Cameron-Dunn (Ngāi Tahu) is about to begin his career in Aotearoa's health workforce.

Currently in his fifth year studying a Bachelor of Medicine and Surgery at the University of Otago, Sam grew up in Blenheim, before he was offered a boarding scholarship at Christ's College.

Over his high school tenure, Sam used his passion for the sciences to steer him in the medicine direction. Inspired by his house officer who he saw as an older brother, Sam has followed in his footsteps the best

way he knows how.

The spectrum of careers in medicine is extremely broad and as early on as Sam is in his career, he would like to keep an open mind.

"What I do know, is that no matter the field or specialty, I would like to practise medicine holistically. There is so much more to the patient and the practice than the disease," says Sam.

Outside of his study, Sam loves to immerse himself in the outdoors. He does as much mountain biking, tramping, skiing, and hunting as his time will allow and often returns home to spend time with his family in Blenheim.



## TIANA MIHAERE

*Mai i Aoraki mauka, kā rere ōna roimata, hai Waitaki ki te tai o Araiteuru.  
He mokopuna o Raikaihautu, Hotua Māmoē, Tahupōtiki, Kahungunu, Rangitāne.*

Tiana Mihaere is inspired by the moemoeā [dream] of creating a Whare Hauora that puts Rongoā and Mātauraka Māori at the centre of wellbeing and healthcare within Māori communities. Tiana is currently in her fourth year studying a Bachelor of Medicine and Surgery, but also completed her Diploma in Rongoā Māori (Māori Holistic Wellbeing) through Te Wānanga o Raukawa.

"There is no middle ground, between Rongoā Māori and being a doctor currently, so I will create my own path. I am really passionate about what that looks like," Tiana says.

Together with her partner, Jess, who is also a Rongoā practitioner, Tiana has established a charitable trust called Te Pahī o Āio Nuku. The kaupapa of the trust is centred firmly on building up the capability of Tiana's marae in Moeraki.

"Mana Rakatahi ki Moeraki is a kaupapa that addresses the intergenerational disconnect

between our people and their whenua. It is for our young people to provide them with a space to exist and learn the pūrākau [history] of our tīpuna [ancestors]."

"I have a lot of aspirations for the tamariki who are to come, that they will grow up always loving who they are," says Tiana.

Part of this kaupapa, and a concept that Tiana plans to embrace as she develops the Whare Hauora, is maramataka. Maramataka is the connection between the moon and our wellbeing and Tiana plans to spend this summer learning more about this traditional way of measuring time.

"I want to look at how the different mata [faces] of the marama can inform the way that we practice within the Whare Hauora. There are different times of the marama where people can be really unsettled and there are certain types of work that you can do in that time and certain types of work that you probably should not. It is about us un-aligning from the Western calendar and spending solid time understanding how maramataka informs how we feel," says Tiana.

***Mō tātou, ā, mō kā uri ā muri ake nei – For us and our children after us.***

# NEW STRATEGIC PLAN LAUNCHED TO STRENGTHEN SUICIDE PREVENTION ACTION IN CANTERBURY

Te Oranga Tonutanga o Waitaha, Living Well Waitaha, the Canterbury Suicide Prevention Strategic Action Plan 2022-2025, was officially launched at Tūranga in early July. Living Well Waitaha aims to reduce deaths by suicide, suicide attempts and associated impacts in Canterbury. It reflects the voices, experiences and needs of the people of Waitaha.

Living Well Waitaha is the result of a cross-agency collaboration led by the Canterbury Suicide Prevention Governance Committee and includes mana whenua, cultural leaders, Pegasus Health (Charitable) Ltd, Te Whatu Ora Waitaha Canterbury, key government stakeholders, including the Ministry of Health, Ministry of Education and Ministry of Social Development, social services groups, Christchurch City Council and many other community groups and organisations.

“Suicide is the darkness that swallows our loved ones. Hope is our greatest ally in the fight against this darkness. The Living Well Action Plan and website are essential tools for strengthening hope-based action,” says keynote speaker, Dr Chris Bowden.

“There is a strong emphasis in this plan on empowerment, respect, safety, connection, aroha and offering a compassionate and trauma-informed response to suicide,” Chris says.

In 2020, 74 people in Canterbury died by suicide. Across Aotearoa, 591 people died by suicide that year. Māori, and particularly Māori males, are over-represented in New Zealand’s suicide rates. The most recent data for Māori shows that 21.0 Māori died by suicide in 2019 per 100,000 as compared to 10.9 per 100,000 for non-Māori.

Kaitohutohu Haumanu (Clinical

Advisor Hauora Māori) at Hatu Hone St John and Chair of Hakatere Marae in Ashburton, Aroha Brett, spoke about the importance of autonomy for Māori in developing suicide prevention strategies.

“One of the biggest things within the Strategy is mana motuhake – giving Māori the choice to make the decisions that are right for them and asking whānau what we can do for them,” she says.

Pegasus Health’s Suicide Prevention and Postvention Team has played a key role in creating this action plan providing knowledge and resources to ensure the plan accurately reflects and supports the specific wellbeing needs of people in Canterbury.

“I’m proud of the collaboration between our Suicide Prevention and Postvention Team and the numerous other inter-agency groups



and services including the Canterbury Suicide Prevention Governance Committee. This Action Plan honours the mahi we and many others have been doing in Canterbury to reduce deaths by suicide. It will continue to guide our collective work as we explore creative and innovative ways to implement prevention initiatives that are responsive to the needs of the community and are culturally safe,” says Pegasus Health Service Manager for Primary Mental Health, Karl Belcher.

Living Well Waitaha, the Canterbury Suicide Prevention Strategic Action Plan is available at [www.suicidepreventioncanterbury.org.nz](http://www.suicidepreventioncanterbury.org.nz).

Te Oranga tonutanga o Waitaha  
**Living Well Waitaha**

Watch a short video  
of the launch



## GP PROFILE

# KIM LAWSON

## PROMED DOCTORS

A general practice in Christchurch has seen an increase in transgender patients in their practice, that find providing gender affirming care extremely rewarding.

Kim Lawson, who works as a GP at ProMed Doctors in Christchurch City, says she enjoys seeing people of all ages and stages in their life.

“Every practice is unique, we are beginning to see an increase in patients who are after gender affirming care, which has been a fulfilling and rewarding experience,” she says.

ProMed is seeing patients who are stressed and unwell trying to adapt to the ever-changing rules and restriction from COVID-19. While the last few years has been challenging, Kim says she is proud of her team and their ‘keep going’ approach.

“You can only do what you can do, staff at ProMed have worked extra hours, we often have doctors and nurses away due to illness. It has meant more work for staff, who are also dealing with patients who are often stressed and upset,” says Kim.

Kim established the practice with her business partner, Mark Rogers in 1998, after working predominantly as a paediatrician in Invercargill and Christchurch Hospitals.

“I had reached the stage where I was looking for a change, I’d always intended to go down the general practice route,” she says.

When Kim is not working, she plays hockey, is a regular at her local gym and owns some harness race horses with her husband.





# WHAT'S ON IN AUGUST & SEPTEMBER

**1 - 7 AUGUST**

**World Breastfeeding Week**



**CHINESE  
COMMUNITY  
BOOSTER  
SHOT DAY**

**SATURDAY 13 AUGUST, 9.30AM - 3.30AM**

**Chinese Community Booster shot day**

Booster for adults, COVID-19 for adults and kids. Havard Community Lounge, Wigram Village Green, Corsair Drive. Get your booster or COVID-19 vaccine & receive a \$20 New World voucher.

**FRIDAY 26 AUGUST**

**Daffodil Day**

Cancer doesn't stop, so we won't either.



**THURSDAY 1 SEPTEMBER**

**rak.day**

*Random Acts of Kindness Day*



**WEDNESDAY 7 SEPTEMBER**

**Wig Wednesday**

Support Kiwi kids with cancer.



A woman with long brown hair, wearing a blue face mask, a black t-shirt, and light blue jeans, stands in a cafe. She is holding a white coffee cup with a black lid in her right hand and a red jacket in her left. The background shows a cafe interior with shelves of pastries and other items.

# Masks matter

Wearing a mask to protect  
others is an intentional  
act of kindness.

[Covid19.govt.nz](https://www.covid19.govt.nz)

Te Kāwanatanga o Aotearoa  
New Zealand Government

Unite  
against  
COVID-19



Pegasus Health 2025 is produced by the Communications Team at Pegasus Health (Charitable) Ltd. Content within Pegasus Health 2025 newsletters has been included with the approval of content providers therefore please contact us if you wish to reproduce or alter and transmit any of the information or images contained within. Contact [communication@pegasus.org.nz](mailto:communication@pegasus.org.nz)