

UPPER HUTT HEALTH CENTRE Newsletter



AUGUST 2026

Welcome to our August newsletter - with spring just around the corner, we're looking forward to warmer days and shaking off those nasty winter bugs.

This year, Upper Hutt Health Centre will be at the Upper Hutt Spring Festival, so come along and say hello to the team. We will be offering free blood pressure checks and answering any general health related questions!

Welcoming Back Dr Laia Silva

We are pleased to announce that Dr Laia Silva will be returning from maternity leave and resuming patient consultations starting Thursday, 13 August 2026.

Dr Laia Silva will be working Thursdays and Fridays in August increasing back to four days in October.



Menopause Support at Upper Hutt Health Centre

Menopause is something every woman will experience, yet it's often not talked about enough. For many women, the changes of perimenopause and menopause can feel confusing, frustrating and sometimes overwhelming – but you don't have to navigate them alone.

Most women reach menopause between the ages of 45 - 55, although symptoms can begin earlier. Changes in hormone levels can cause a wide range of symptoms, including hot flushes and night sweats, mood changes and brain fog. For some women symptoms are mild; for others, they can have a significant impact on everyday life.

The important thing to know is that there is support and effective treatment options available. Menopausal Hormone Therapy (MHT/HRT) can be a safe and effective treatment for many women and can significantly improve menopausal symptoms. There are also non-hormonal treatment options, and lifestyle measures such as regular exercise, good sleep habits, reducing alcohol and looking after your overall wellbeing can play an important role.

At our Women's Health Clinic we take the time to listen and understand your individual experience. There is no one-size-fits-all approach to menopause care.

Traveling soon?

Stay healthy while you travel.
Book your travel vaccination
assessment with us today!



Woman's Health Clinic

Get personalised care across a range of women's health services including; menopause support and procedures such as pessary reviews and pipelle biopsies.

Give us a call on 04 920 1800 or email inquiries@uhhc.co.nz

A dedicated menopause consultation gives you the opportunity to discuss your symptoms and concerns, understand what is happening in your body and explore the options that are appropriate for you. Together, we can develop a personalised plan that may include education, lifestyle support, MHT/HRT or non-hormonal treatment that is safe and effective for you.

If symptoms are affecting your quality of life, you don't simply have to put up with them. We're here to listen, provide evidence-based advice and help you find an approach that works for you.

To book a Women's Health or Menopause consultation, contact our reception team on 04 920 1800.

Cervical Screening Month Promotion

September is Cervical Screening Month!

To celebrate and support women's health, every patient who comes in for a cervical screening this September, will go in the draw to win a \$100 supermarket voucher.

We are also holding a out of hours Saturday Screening Clinic to make it easier for you to attend.

Date: Saturday, 5th September - Time: 9:00 AM – 12:00 PM

Bonus: Ladies who attend this Saturday clinic will also go in the draw to win an extra \$100 Farmers voucher!

Don't put it off—come in, take care of your health, and put yourself in to win!

Clinical Trials at UHHC - Could You Help Advance Research?

Upper Hutt Health Centre's Clinical Trials team is currently recruiting participants for a number of important research studies.

Eczema Studies

We are running two clinical trials for adults with difficult-to-control eczema. These studies are focused on people with persistent symptoms, and early participants have already experienced encouraging improvements.

COPD Studies

We are also recruiting for three clinical trials for people living with COPD who continue to experience symptoms despite using their regular inhalers. These studies are investigating new medications that target the underlying inflammation responsible for flare-ups. Similar approaches have shown promising results in asthma, and researchers are now assessing their potential benefits for COPD.

Why take part?

Participating in a clinical trial can provide access to new treatments and contribute to improving care for others in the future.

Interested in learning more?

Please email clinicaltrials@uhhc.co.nz with the subject line "Eczema" or "COPD" and include: Your full name, date of birth and contact number.

Vensa Patient Portal

Manage your health online including - booking appointments, requesting scripts and viewing results.

Contact our team or visit our website and we can help get you started.



Minor Procedures

We offer a range of procedures from; removal of skin lesions, in-grown toenails, contraceptive devices and steroid joint injections.

Give us a call on 04 920 1800 or email inquiries@uhhc.co.nz