

OMC & Dental Clinic Albufeira at H.A.I.



On 20 October an annual event of the NCA, the H.A.I. (Holland Algarve Interactief) 2013 will take place at Krazy World, Algoz.

At this event Dr. Heino Folmer is offering you a free blood sugar test and blood pressure monitoring. If you want to know more about this event, have a look at the NCA website: www.ncaportugal.com.

Flu vaccination 2013 / 2014

The flu remains a nasty disease that comes back every year, even in Portugal. A flu vaccination can prevent the flu and therefore its complications (such as pneumonia).

The flu jab is intended for the following risk groups:

- people aged 60 and older;
- people with cardiovascular disease;
- people with lung disease (eg asthma or COPD);
- people with diabetes mellitus;
- people with kidney disease;
- people with liver disease;
- people with reduced resistance by disease or medical treatment.

It is already possible to book an appointment for the **annual influenza vaccination**.

We will make sure that the flu vaccine is ready for you at **Orange Medical Centre**.

As from Monday 14 October it is possible to get your flu jab.

The costs : € 20,00 (all-in).

Medical student at OMC



From **15 October** until **6 December**, **Mr. Robert van Unen** will be joining Dr. Heino Folmer at **Orange Medical Centre**. Robert is a medical student from Holland in the final phase before his graduation from medical school. At **OMC** he will learn more about General Practice. If you don't want Robert to sit in with your consultation, please inform our secretary.

Holiday period



The **OMC** will be closed for holidays from **26 October** until **14 November**.

Friday **15 November** our door will be open again.

For **emergencies** please contact *Hospital Particular do Algarve*
tel: **00351 707 28 28 28**

ORANGE MEDICAL CENTRE

Edifício Atlântida

Av. da Liberdade Nº 133 R/C, loja 1

8200 – 002 ALBUFEIRA

www.orangemedicalcentre.com

00351 289 50 80 55 / 00351 91 654 11 82

OMC is sponsor of "Friends of Canil de Portimão"

Below the invitation we received from Patricia, Karin & Cor of FCP:

Dear all,

Our last **charity** lunch in April was a big succes.

Our next charity lunch will be held on Wednesday 6 november 2013 at Casa da Vida Nova in Alcantarilha.

The tickets have to be pre-ordered, the price will be as usual, 25,-- euro for the meal, 50% goes straight to FCP. This time we have a Mediterranean buffet.

We ask the guests to come between 12:00 and 12:30h.

Please remember we can only take cash for the drinks.

Order your ticket with Patricia by

e-mail: friendscanilportimao@yahoo.com or

call Patricia (between 09.00-17.00h) on tel.: 00351 969 802 792. This number is only available for ordering the tickets. The tickets have to be paid in advance (cash only) and can be collected at certain places, e.g. **Orange Medical Centre.**

The proceeds of this lunch will be used for dividing the front part of the Canil. A division for small female and one division for small male dogs, divided by a corridor. We will need 2 doors and 10-12 meters of fence.

Hopefully, the proceeds of the charity lunch will be more than sufficient for this, so we can also order some medication for the winter time.

We are always short of dog walkers, the more dog walkers we have the longer the dogs can walk and we can make some time to groom the dogs, so please think about it and come join us some time on a Thursday morning from 9:30 to 12:00.



Hope to see you all at the lunch on 6th November.

Need directions? Please tell us when you order your tickets and we will send you the route to Casa da Vida Nova.

Love to see you all and have a nice time together with other animal lovers and good food.

Patricia, Karin en Cor www.friendscanilportimao.com

P.S. If you can't make it but still like to support us please leave a donation in the collecting box of FCP at the reception desk of the **OMC.**

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