

# Healthy Community

Issue 03  
Summer  
2012

An initiative of Mater Health Centre Hope Island

Keep cool  
this Christmas

**With temperatures already soaring above 30 degrees Celcius, doctors have warned residents to protect themselves—and loved ones young and old—against the heat.**

Mater Private Emergency Care Centre's Dr Steve Costello said the sick, elderly, young children and newborns are especially prone to suffer adverse reactions to the heat.

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Exceptional People. Exceptional Care.

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"The heat can cause dehydration, varying degrees of heat stress and further health complications—particularly for the sick and elderly," Dr Costello said.

**"It is important people increase their fluid intake, preferably water, on hot days, dress lightly, stay in the shade or cooler areas and maintain the airflow—don't shut themselves up in a room—and don't over exert themselves."**

Small babies should be kept in an area that allows for air circulation, preferably in a cot not a capsule, wear cloth nappies and be given cool baths to help keep their body temperatures down.

Watery ice-block treats are also recommended for fussy toddlers who may refuse to drink normally.

Dr Costello said some of the early warning signs for heat stress include irritability, fevers, lethargy, poor food and fluid intake and fewer toilet visits or wet nappies.

"If symptoms persist or become more severe, such as extreme lethargy, high temperatures or vomiting, please see a doctor immediately," Dr Costello said.

## Specialist profile

**Dr Jason Lambley**  
Breast and Endocrine Surgeon

**Dr Jason Lambley's exposure to breast surgery early in his postgraduate training, combined with encouragement from enthusiastic mentors, led to his special interest in breast and endocrine surgery.**

After completing his undergraduate training at The University of Queensland, Dr Lambley undertook postgraduate surgical training at various hospitals throughout Queensland, including breast surgery units in Cairns, Townsville and Gold Coast hospitals.

This was followed by post-fellowship training in breast and endocrine surgery at Mater Adult Hospital.

**"Women come to me after being diagnosed with breast cancer with great uncertainty in their lives. It is very satisfying being able to guide them through that and share their journey from those very early stages through to their longer term follow-up," Dr Lambley said.**

Dr Lambley is a member of the Breast Surgeons of Australia and New



Zealand, Royal Australian College of Surgeons (Section of Breast Surgery), the Australasian Society of Breast Disease, the Australian New Zealand Breast Cancer Trials Group and the Clinical Oncological Society of Australia.

He consults from rooms at Mater Private Hospital Redland, Mater Private Breast Cancer Centre, Mater Health Centre Hope Island and Mater Adult Hospital Specialist Clinics.

Dr Lambley also holds an appointment at BreastScreen Queensland.

Although he is kept quite busy with his practice and raising three sons—aged two, four and six—Dr Lambley still finds time to play and follow sports.

"We are all members of the Brisbane Lions and we try to get to most of the games as a family. I also enjoy most sports, although I'm doing more watching than playing these days. Although I do manage to play tennis fairly regularly," Dr Lambley said.

## Contact Us

Mater Health Services, Raymond Terrace,  
South Brisbane QLD 4101. Telephone 07 3163 8111

[www.mater.org.au](http://www.mater.org.au)

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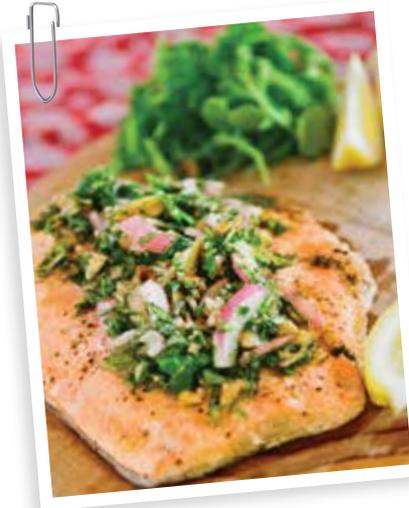
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# Salmon with walnut and herb salsa

(serves 10)

Preparation Time: 10 minutes  
Cooking Time: 20 minutes

**This festive season, get a flying start on your New Year's resolutions by enjoying a healthy feast. Try this succulent super-nutritious salmon dish which is packed full of flavour and heart-healthy nutrients.**



## Ingredients:

- 80 g pitted green olives
- 3/4 cup chopped fresh coriander
- 1/3 cup chopped fresh basil
- 60 g dry-roasted walnuts, coarsely chopped
- 1/2 red onion, finely chopped
- 1 green chilli, thinly sliced
- 1 1/2 tbs red wine vinegar
- 3 tsp extra virgin olive oil
- 1/2 tsp caster sugar
- 1.5 kg skin-on salmon fillet, pin boned
- 60 ml (1/4 cup) fresh lemon juice
- Lemon wedges, to serve

## Method:

- 1 Place the olives in a bowl and cover with cold water. Set aside for 20 minutes to soak. Drain. Halve. Return to the bowl. Add the coriander, basil, walnuts, onion and chilli and stir to combine. Use a fork to whisk together the vinegar, oil and sugar in a small jug. Add to the olive mixture and toss until well combined. Season with pepper.
- 2 Preheat oven to 200°C. Line a roasting pan or ovenproof dish with non-stick baking paper. Place the salmon in the prepared pan. Drizzle over the lemon juice and season with pepper. Cover with another piece of non-stick baking paper. Bake in oven for 20 minutes or until the salmon flakes when tested with a fork in the thickest part.
- 3 Carefully transfer the salmon to a large serving platter. Top with the herb and walnut mixture. Serve with lemon wedges.

To make an appointment to see a dietician or nutritionist contact Mater Health and Wellness on 07 3163 6000 or visit [wellness.mater.org.au](http://wellness.mater.org.au).

**Hint:** Walnut and herb salsa can be prepared up to 4 hours ahead. Cover with plastic wrap and place in fridge until needed.

Recipe by Anneka Manning, Good Taste magazine, December 2007.

# Celebrations at Hope Island



**Although the sun failed to shine, there were plenty of happy faces at the Mater Health Centre Hope Island Open Day on Sunday 28 October.**

More than 300 residents turned out to celebrate the opening of the centre, a collaboration between Mater Health Services and developer Halcyon, with one lucky resident walking away with a \$1000 Harbour Town gift voucher.

Executive Director of Mater Private Hospital Brisbane and Redland Don Murray said the event was a great opportunity for Mater to engage with the local community and share with them the breadth of services available at the Mater Health Centre.

*"Even the weather was incapable of preventing the local community from clearly demonstrating the support they have for the establishment of our centre," Mr Murray said.*

Throughout the day Mater staff and volunteers welcomed visitors, answered questions and provided guided tours of the centre.

There was a real community feel with something for everyone including live music and free health checks and the kids weren't forgotten with a jumping castle, face-painting and snow cones.



**Were you snapped on the day? To see more photos from the Mater Health Centre Hope Island Open Day, visit [www.mater.org.au/hopeisland](http://www.mater.org.au/hopeisland)**

# Ear we go again

**The swimming pool and beach are where most of us will spend time this summer. By adopting some basic hygiene rules, the risk of developing ear infections can be reduced.**

Swimmer's Ear, otherwise known as Otitis Externa, is an infection of the lining of the outer ear canal.

As the name suggests, infection commonly occurs when swimming, as water stays in the ear canal for long periods of time, providing the perfect environment for germs to grow and infect the surrounding skin.

Children are more susceptible to developing swimmer's ear because their ear canals are narrower, causing water to be more easily trapped.

## Symptoms

- Pain which may worsen with pressure or movement, such as when the ear is tugged or when chewing.
- Pus which may be coloured or odorous draining from the ear.
- The ear may become red and itchy.
- Swelling may cause the ear to become blocked and affect hearing.

## Treatment

See your doctor if you suspect that you or your child has swimmer's ear. It is important that the affected ear(s) be gently cleaned every day and dried using rolled tissue paper.

Depending on the severity and type of infection, an antibiotic in the form of ear drops or oral medication may be prescribed.

Over-the-counter pain relievers may be used to alleviate pain.

Ask a Mater pharmacist if you have any questions about how to use prescribed ear drops properly and what side effects to watch out for.

## Prevention

The most important thing to remember is to ensure the ear canal is kept as dry as possible most of the time.

Teach children to dry out their ears with a towel and get water out by turning their head from side to side. Never put objects such as cotton buds in the ear.



## Mater Pharmacy Hope Island

At Mater Pharmacy your health is our focus. We provide a full prescription service and offer a wide range of over the counter medicines and advice for the whole family.

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# Down with diabetes

**Wednesday 14 November was World Diabetes Day which aims to raise awareness of diabetes and call on residents to take urgent action to tackle the diabetes epidemic.**

There are currently almost 900 000 Australians living with diabetes and three in five people with diabetes also have cardiovascular disease.

Diabetes is responsible for 4.6 million deaths worldwide each year—that equates to one death every seven seconds—and is also one of the top causes of disability, resulting in life-threatening complications such as heart disease, stroke, lower limb amputations and blindness.

We asked the team at Queensland Diabetes Centre, based at South Brisbane, to share some of their frequently asked questions with us.

## **What is diabetes?**

Diabetes is a lifelong condition where the body does not produce enough of the hormone insulin or does not use it correctly. Cells in the body use insulin to take glucose out of the bloodstream for energy, so when insulin is deficient or not used efficiently, sugar builds up in the blood.

## **Am I at risk?**

Possibly. The most common form of diabetes, Type 2, is on the rise in Australia. This is mostly due to the rise in obesity, increasingly inactive lifestyles and an aging population—all of which are risk factors along with a genetic family history of the disease. Less is known about the causes of Type 1 diabetes but it is usually diagnosed in those under 30 years of age. Gestational diabetes occurs in pregnancy.

## **How do I know if I have diabetes?**

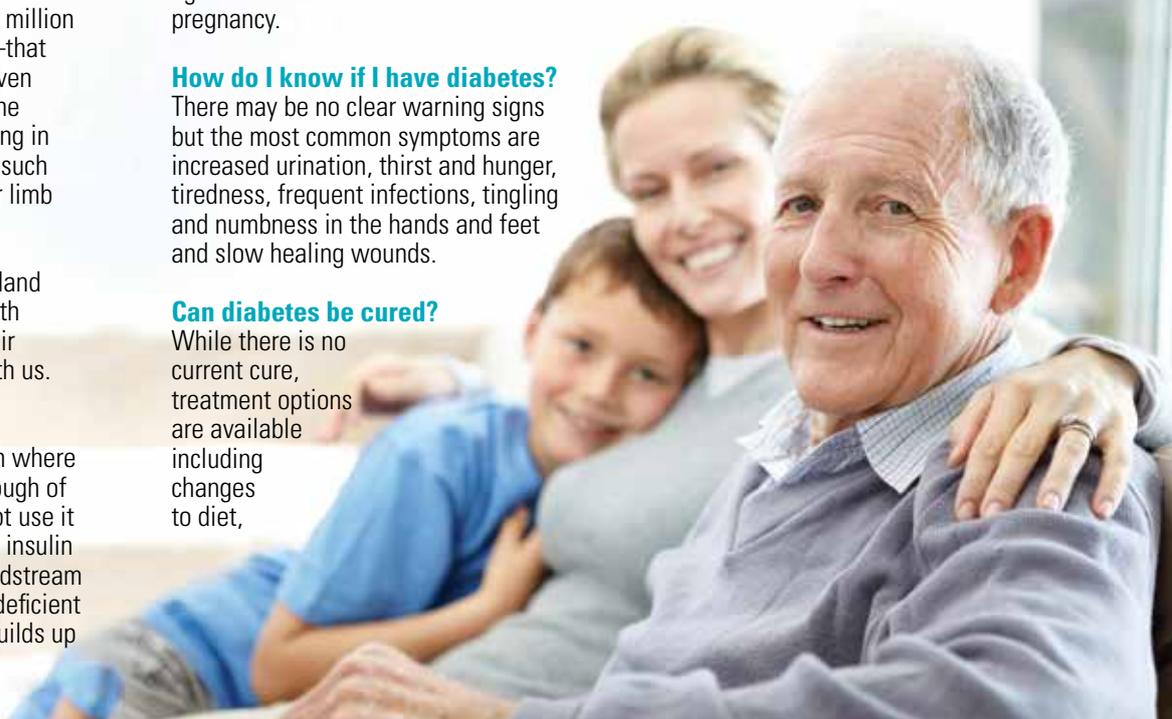
There may be no clear warning signs but the most common symptoms are increased urination, thirst and hunger, tiredness, frequent infections, tingling and numbness in the hands and feet and slow healing wounds.

## **Can diabetes be cured?**

While there is no current cure, treatment options are available including changes to diet,

medication and insulin administered by injection or pump. If left untreated, serious long-term complications can occur leading to eye, nerve, kidney and cardiovascular disease and premature death.

*If you suspect you may be at risk of developing diabetes, please visit your GP who can refer you to Mater Pathology for diabetes testing.*



## Healing broken hearts



**In October, Mater cardiothoracic surgeon Professor Tom Karl performed the world's first open-heart surgery using a new patch which mimics human tissue to fix congenital heart defects (CHD) in children.**

It was the first time the CardioCel patches, developed by Australian company Allied Healthcare, had been used outside of a clinical trial.

Prof Karl and his cardiac theatre team at Mater Children's Hospital performed three surgeries using the patch during its launch week, with all young patients now recovering well.

"The use of CardioCel is expected to add significant long term value to our existing surgical practice of repairing CHD and is expected to allow our patients to live a 'normal' life, free of implanted tissue related complications," Prof Karl said.

Allied Healthcare managing director Lee Rodney said the global medical community had been searching for tissue that would not cause the patient's own heart tissue to react negatively.

"CardioCel represents a major breakthrough in this endeavour and it has the potential to alter treatment for a range of tissue related heart repairs."

**In Australia, congenital heart defect prevalence has been recorded at around eight cases per 1000 live births.**

# Mater tackles ovarian cancer



February is Ovarian Cancer Awareness Month. To help support Mater research into this deadly disease, visit [www.materfoundation.org.au](http://www.materfoundation.org.au) or phone 07 3163 8000

**Mater is tackling ovarian cancer through a cross-campus collaborative drawing on the expertise of researchers and clinical staff to identify better diagnostics, treatments and eventually vaccines.**

The Mater Ovarian Cancer Research Collaborative is the first of its kind for Mater and includes staff who specialise in research, gynaecological oncology and surgery, anatomical pathology, oncology, palliative care, genomics and proteomics.

The ultimate goal of the collaborative is to tailor the treatment of ovarian cancer patients at Mater to ensure specific targeting of the correct cancer gene in the individual patient, resulting in more effective and less toxic treatment, making for better outcomes for patients.

"We are heading towards a more personalised offering; rather than treat everyone the same, we want to find out the characteristics of their cancer cells and treat them with the specific agents to which they are susceptible,"

Mater Director of Gynae/Oncology Associate Professor Lewis Perrin said.

Research Coordinator Claire Davies said one of the greatest concerns with ovarian cancer was that it is still often not diagnosed until it is quite late stage.

"There is still only a 40 per cent survival rate for five years post-diagnosis," she said.

**"It is our hope that our research can help to increase the rate of survival; we want to find better diagnostic tests and also identify the best treatment plan," Associate Professor Jane Armes added.**

## Young children at risk from pools

**Drowning remains a leading cause of death due to injury for children in Queensland under the age of five according to the Queensland Injury Surveillance Unit (QISU).**

QISU Director and Mater Children's Hospital emergency paediatrician Dr Ruth Barker said approximately 50 toddlers present to emergency departments across Queensland each year following an immersion in a domestic pool.

"While most of these children recover, over the past few years an average of six toddlers per year have died following an immersion event in a domestic pool.

"Many of these non-fatal immersion events occur when a parent or carer is in the pool vicinity, but not directly supervising. Most were unaware that their child had quietly entered the pool."

Dr Barker recommends people always maintain visual contact with children who are in or near the pool and that all parents and carers learn resuscitation techniques.

"Finally, evidence shows that a compliant pool barrier can make the difference between life and death," Dr Barker said.



To download a Home Pool Safety Checklist visit [www.homepoolsafety.com.au](http://www.homepoolsafety.com.au)



Top tips for pool safety – according to the Royal Life Saving Society of Australia's Keep Watch program.

- Supervise your child—always supervise your child within arms' reach.
- Restrict access to water—provide barriers to water locations.
- Be water aware—introduce your child to water.
- Learn resuscitation—resuscitation is a skill for life.

### Mater Pathology

Mater Pathology is committed to providing exceptional service to the Hope Island community with the new collection centre at:

#### Mater Pathology

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