

Issue 11
Spring
2013

Healthy Community

An initiative of Mater Private Hospital Redland

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Details inside

Maternity the best in state

Mater Mothers' Private Redland has been rated one of the best private hospitals in Queensland for maternity services in the latest report from the Queensland Centre for Mothers and Babies.

Continued on page 2



Exceptional People. Exceptional Care.

Follow us online

Mater Health Services has recently launched an online blog-version of Healthy Community at www.materhealthycommunity.org.au where you can sign up to have stories delivered straight to your inbox.

You'll also be able to use the blog to link to Mater's social media accounts on Facebook, Twitter, LinkedIn and YouTube. Come and continue the conversation at www.materhealthycommunity.org.au.



www.materhealthycommunity.org.au



Continued from page 1

Mater Mothers' Private Redland (MMPR) was recognised as the Best Private Hospital for eight out of 26 indicators in the 2012 Queensland Centre for Mothers and Babies Consumer Evaluation of Maternity Care Performance.

Around 96 per cent of mothers at MMPR who responded to the survey said they were looked after very well during labour and the birth of their babies.

The survey showed that 91 per cent of respondents received genuine care at all times throughout their labour and the delivery.

Mater Private Hospital Redland Director of Clinical Services Tracey Hutley said these positive results validate the great work of the maternity team and its commitment to maintaining high standards for pregnant women.

"Our midwives and obstetricians are dedicated to making the birthing experience for women the best it can be and this positive feedback from our patients recognises their great work.

"The management team is always looking at ways to improve and maintain high standards of care and to ensure prenatal and postnatal care is consistent for all mothers at the hospital," she said.

All women who responded to the survey said their support people were made to feel welcome during the birthing experience and post-delivery.

Win

a \$50
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For your chance to win a \$50 Chemmart Rewards card, email your name, address and phone number to

news@mater.org.au



with the subject line 'Healthy Community'*.

Entries close October 31, 2013. Winners will be notified by email.

*By entering this competition, you give permission for Mater Health Services to add your details to our Healthy Community mailing list.

Contact Us

Mater Private Hospital Redland, Weppin Street, Cleveland Qld 4163. Telephone 07 3163 7444
www.materhealthycommunity.org.au
www.mater.org.au

We'd love to hear your feedback. Please email news@mater.org.au.



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Snack attack

Healthy snacking is one way to help you get all the nutrients (vitamins and minerals) to stay healthy and full of energy.

However, often it is tempting and convenient to grab easy, pre-packaged food while on-the-go.

Mater Dietitian Martha Churchett said pre-packaged foods are often high in calories and saturated fat with minimal nutritional benefit.

“If these snack choices become a long-term practice they can contribute to the development of a range of health conditions including obesity, heart disease, Type 2 diabetes and hypertension.”

Choosing snacks that contain a balance of lean protein, healthy fat and complex carbohydrates (low GI) will provide vital nutrients and help satisfy hunger.

Snacks on the run

- Carrot, celery, capsicum sticks and cherry tomatoes with low fat dip or low fat cottage cheese
- Piece of fruit or fruit skewers
- Cob of corn
- Low fat or wholegrain crackers with peanut paste, low fat cottage/ricotta cheese, tuna or avocado
- Piece of fruit toast
- Lavish bread with mashed banana, ricotta cheese , peanut paste
- Handful of pumpkin seeds and dried fruit
- Low fat custard
- Low fat yoghurt
- Glass of low fat milk
- Fruit smoothie (low fat milk or low fat yoghurt) with fresh or frozen fruit
- Boiled egg
- Baked beans
- Air-popped popcorn



GreenLight Laser now available at Redland

Bayside patients with an enlarged prostate can now receive minimally-invasive laser treatment closer to home.

Mater Private Hospital Redland Urologists Dr Andrew Hadley, Dr Greg Malone and Dr John Preston are now using GreenLight Laser Therapy to treat Benign Prostatic Hyperplasia (BPH)—a non-cancerous enlargement of the prostate gland, affecting more than 50 per cent of men over the age of 60.

The treatment uses 180 watt laser energy from the green light band to vaporise enlarged prostate tissue that obstructs the outlet of the bladder without harming other healthy tissue.

Mater Private Hospital Redland Director of Clinical Services, Tracey Hutley said the purchase of the GreenLight Laser was part of an expansion to cancer services made possible thanks to last year's \$100 000 fundraising drive.

“Thanks to the community's generous support we are now able to offer this treatment to patients and get them back home sooner and with fewer side-effects.”

▶ More than 77 patients have benefited from the treatment since November 2012.

How to survive allergy season

For many people spring heralds a time of misery due to it being 'allergy season'.

Hayfever or allergic rhinitis is often due to a number of allergens including pollen, dust mites, mould, pet fur and grass seeds.

There are two main ways of coping with hayfever.

The first is trying to avoid exposure to your triggers. (i.e. pollen, animal fur, grass seeds, etc.).

The second is to treat the symptoms.

Home remedies that may offer some relief include:

- Splash your face and eyes with water regularly to wash away pollen.
- Gently smear some petroleum jelly on the inside of your nose to stop the pollen from touching the lining of your nose.

Some people also find that using over-the-counter products available from the pharmacy provides the best relief.

Options include:

- Nasal sprays—Can help unblock the nose and reduce inflammation. However, they should not be used for more than a few days.
- Anti-histamine medications—These work better when taken before you experience symptoms and help reduce sneezing and itching.
- Corticosteroid nasal sprays—These medications help reduce the inflammation in the nose, which can help relieve blocked and irritated noses.
- Eye drops—Provide relief for itchy, watery, red and puffy eyes.



Information provided by
www.chemmart.com.au

Common symptoms of hayfever include:

- Sneezing—not just once or twice but over and over again
- A nose that can either be runny or blocked, or both
- Red, watery, puffy and itchy eyes
- Itchy mouth, throat, nose and/or ears
- Postnasal drip
- Headaches and/or a 'fuzzy' feeling in the head
- Tiredness—sometimes caused because the sufferer has been unable to sleep.

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Mater Health Centre Redland
16 Weippin Street, Cleveland

Opening Hours

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Saturday and Sunday 8 am to 1 pm

W pharmacy.mater.org.au
P 07 3163 7411

Mater Pharmacy and Chemmart® Pharmacy partnering for a healthy community





Saving Jessie

When four-year-old Jessie Dugong tripped and cut her foot on a fishing trip, her family didn't think the mishap would almost cost the youngster her life.

But when the infection developed into an antibiotic resistant strain of sepsis, Jessie—from the Doomadgee community 514km west of Mt Isa—was rushed to intensive care at Brisbane's Mater Children's Hospital.

The hard-to-treat infection quickly spread throughout Jessie's tiny body, affecting her eyes, lungs and brain. She went into septic shock and required ventilation and weekly skin grafts.

Doctors made the difficult decision to amputate a portion of Jessie's right foot.

"Ultimately the poor blood flow to the right foot meant that Jessie needed a partial foot amputation to remove the part of her right foot that was not viable, including all her toes," Infectious Diseases Fellow Dr Josh Francis said.

Jessie's grandmother Karen said there were times when her granddaughter's life hung in the balance.

"When she was in intensive care as the infection had spread throughout her body and she had blood clots in her brain, we didn't know if it was going to pull through," Karen said.

Jessie spent 56 days—including her fifth birthday—in intensive care before being transferred to a ward for the remainder of her stay at Mater.

"Brisbane is very different from our home community so it was lovely to know Mater looked after us all so well and she received the best medical care possible," grandmother Karen said.

"The Mater doctors and nurses saved her life."

Due to the significant deterioration in Jessie's leg and foot, she is unable to remain unable to weight bear and is dependent on a customised Tilite Wheelchair and Kaye Walker which Mater Foundation provided for the family.

"Jesse was quite scared using the walker at first but she has come through in leaps and bounds and is now really confident," Karen said.

"The doctors thought she'd be at Mater a long time but thanks to the help of the daily physiotherapy she improved quickly and could climb up the stairs of the jungle gym on her bottom so she could go down the slide. She's amazing."

After nine months in Mater Children's Hospital, Jessie is now home in Doomadgee with her family.

She will eventually receive a partial prosthetic for her right foot and it is hoped that in time she will regain the ability to walk and run unaided.

Product range expands to bath time

Mater welcomes Mater Baby Wash and Mater Baby Moisturiser to its maternity and baby care product range—a first for Mater and, as Australia's largest provider of maternity care, a wonderful opportunity to continue our exceptional care from the hospital into the home.

Mater's Product range is specially developed by Mater Midwives and Mums and is backed by years of research and development.

Mater Baby Wash is a lightly foaming cleanser developed for daily use on baby's skin and scalp. The gentle tear-free formula helps to keep baby's skin soft and protected by retaining the skin's natural oils and moisture.

Mater Baby Moisturiser is an extra mild lotion to soothe and condition baby's delicate skin and provide long lasting protection from dryness to keep baby's skin smooth.

Mater Mum and Product Co-creator Olivia Wright said both her and her baby enjoyed trialing the baby wash.

"He had fun with all the bubbles and I enjoyed the lovely fragrance and the way it left his skin, soft and silky. He also really enjoyed the baby moisturiser because we used it for massage as well as a moisturiser—it lasted overnight as well as into the next day," Ms Wright said.

To hear more from Olivia visit www.matermothers.org.au.

Mater Products are available from Mater Pharmacies, Mater Florists, online via www.matermothers.org.au and selected Terry White Chemists stores.

Proceeds from Mater Products support Mater Little Miracles.



Bust A Move

Deb's story

In March 2014, you can Bust a Move for breast health and enjoy six hours of fun-filled, action-packed exercise, ambitious goals and the chance to make a huge impact on the lives of Mater patients affected by breast cancer.

Visit: www.bustamovebrisbane.org.au.



While some people shy away from the term 'survivor' when it comes to cancer, mother-of-three Deb Welch embraces the label.

"I won't say I've finished my journey because it continues to take me in directions I never imagined but I'm a survivor because I've emerged out the other side of this challenge feeling stronger, healthier and more powerful than I ever thought possible," Deb said.

Like many women in her position, Deb found the toughest part of her diagnosis was telling her family—especially her children who were aged between 8 and 15 years.

"My youngest children weren't yet old enough to understand that you don't always die from cancer."

Within a week, Deb had undergone surgery at Mater Adult Hospital to remove both the tumour and her lymph nodes, followed by six

rounds of chemotherapy.

"After each round of chemo, my tiredness would increase. By the last treatment, I could only manage walking to the lounge before I was exhausted. I would take a week off work after each chemo and then go back for two weeks before my next round," Deb said.

"The beauty of having a family is that you don't have the luxury of 'giving up'—you still need to be a mother and have that routine. It's a great distraction from the treatment and its effects."

Deb later underwent a mastectomy and breast reconstruction and was supported along her journey by Mater chicks in pink, who helped her with the purchase of a wig.

"They gave me the gift of feeling 'normal' and not looking like a cancer patient; I may have not always felt well but when I put my wig on, I at least looked it."

With more than 90 years of experience, Mater Pathology is Queensland's leading not-for-profit pathology provider, reinvesting revenue back into improving health care. Mater Pathology is committed to providing exceptional service to the bayside community with the following collection centres:

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Cleveland

108 Bloomfield Street
Phone: 07 3286 7824

Cleveland (Bayside Business Park)

16 Weippin Street
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