

Healthy Community

An initiative of Mater Private Hospital Redland

Hearing
Awareness
Week

25-31 August

Healthy hearing

One-in-six Australians have hearing loss; for some the loss may be temporary while for others the loss may be permanent. But help is available.

Mater Audiologist Kathryn Diprose said that if someone suspects they—or a loved one—are suffering from hearing loss, it is best to arrange a hearing test early.

“Most people will develop a gradual permanent hearing loss as they age, but early detection may identify hearing losses that aren’t permanent and may be improved with early intervention,” she said.

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Exceptional People. Exceptional Care.

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What is hearing loss?

Hearing loss occurs when one or more parts of the ear structure—outer ear, middle ear, inner ear, and auditory nerve—are not functioning normally.

What types of noises are harmful?

All noises can be harmful when you are exposed at extremely loud levels. Typically, noise induced hearing loss occurs when you are exposed to loud sounds again and again over many years causing permanent damage to the inner ear.

Can I prevent hearing loss?

You can reduce your chances of developing or accelerating a hearing loss by avoiding or limiting your exposure to extreme noise levels; using hearing protection devices; never putting cotton buds or hair pins into your ear canal; and contacting your GP or pharmacist if you experience hearing loss, tinnitus, or balance problems when taking prescription or over the counter medications.

How is hearing loss diagnosed?

An audiologist can diagnose the presence of hearing loss through tests which determine which part of the auditory system is not functioning normally. For example, adults respond when they hear a sound through headphones.

How is hearing loss treated?

Hearing loss may be temporary and improve on its own (e.g. decreased hearing during a head cold) or surgical intervention may assist to improve hearing ability. People with permanent hearing loss are usually fitted with an amplification device such as a hearing aid or cochlear implant. These amplification devices do not bring hearing back to 'normal', but they do significantly improve a person's quality of life and ability to communicate.

Signs that you may be suffering a hearing loss include:

- Difficulty understanding or following conversation.
- You think people are mumbling.
- You are regularly asking people to repeat themselves.
- You turn the TV volume up louder to the point that others complain.
- You are withdrawing from social activities because it is difficult to hear.

New hospital for Springfield

Mater Health Services has unveiled plans to build an 80-bed, \$85 million private hospital in Springfield, with work due to start in August 2013.

Mater Private Hospital Springfield will offer a combination of inpatient, day and chemotherapy beds and will be supported by \$21.4 million in Australian Government funding for the cancer care centre.

The seven level, 10 000 m2 facility will include theatre space, inpatient wards, a day surgery unit and a cancer care centre, initially with 15 medical oncology treatment bays, to be further developed in a partnership between Mater and Radiation Oncology Queensland.

Stage one works are due to start in August this year and be completed by the end of 2015 with further stages planned for future roll out.

Mater Health Services Chief Executive Officer Dr John O'Donnell said the new hospital would provide a range of medical and surgical services that are relevant to the Springfield community.

"The hospital will be a truly innovative, unique and contemporary model including the latest use of digital technologies for providing health care needs to the growing region."

Mater will work closely with Springfield Land Corporation in relation to the master planning and governance of Health City Springfield Central.

Springfield Land Corporation chairman Maha Sinnathambay said Mater Private Hospital Springfield would mark the start of a 52 hectare master planned health and wellness precinct.

"Unique to the country, the precinct will provide all forms of coordinated health facilities and services such as research and development, education and training, allied health, retirement and aged care with appropriate hotel and visitor's accommodation," Mr Sinnathambay said.



Contact Us

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www.mater.org.au

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



@MaterNews



[facebook.com/matermothers](https://www.facebook.com/matermothers)

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Asian Noodle Soup

(serves 4 to 6)

Preparation Time: 20 minutes
Cooking Time: 10 minutes

Try this nourishing and flavoursome soup to warm you from the inside out on a cool winter's day.

It's full of vitamins and minerals to help keep the immune system firing to fight off any winter colds and keep you feeling fit and healthy.



Ingredients:

- Spray canola or olive oil
- 1 onion, finely chopped
- 1 teaspoon minced garlic
- 1 teaspoon minced ginger
- 1 teaspoon chopped red chilli
- ¼ teaspoon turmeric
- 375 ml can Carnation Light and Creamy Coconut Flavoured Evaporated Milk
- 250 ml (1 cup) chicken stock
- 250 g firm tofu, cut into cubes
- 300 g green (raw) prawns, peeled and deveined
- 200 g thin egg noodles
- 100 g snow peas, sliced
- 125 g bean sprouts
- ¼ cup fresh coriander leaves

Method:

- 1 Spray a large pan with oil and heat. Add the onion and cook over medium heat for three minutes or until soft.
- 2 Add the garlic, ginger, chilli and turmeric and stir fry for 30 seconds.
- 3 Gradually add milk and stock to the pan, stirring to scrape the onion and spices from the bottom.
- 4 Bring to the boil, reduce the heat slightly then add the tofu and prawns.
- 5 Simmer for two to three minutes or until the prawns are opaque. Meanwhile, cook the noodles following the packet instructions and divide between bowls.
- 6 Pour the soup over, dividing the tofu and prawns evenly. Top with snow peas, sprouts and coriander. Serve with a multigrain bread roll.

Recipe from 'Survival for the Fittest' Australian Institute of Sport cookbook which is available for purchase from Mater Health and Wellness.

To make an appointment to see a dietitian or nutritionist contact Mater Health and Wellness on 07 3163 6000 or visit wellness.mater.org.au.



Giving back for Ella

The family of Isabella Wallace had a special reason for taking part in the Mater Little Miracles 5ks walk at Capalaba Regional Park on Sunday 28 April—to show their support for staff who cared for their little girl.

Born with a rare genetic condition that causes severe intellectual disability and abnormalities of the brain, Isabella spent her first six months of life at Mater.

She required both emergency bowel surgery and open heart surgery and suffered brain damage after being deprived of oxygen due to sepsis.

"We were told Ella would have severe Cerebral Palsy due to bleeding on the brain at two days old, as well as brain damage caused during severe sepsis and oxygen deprivation," mum Louise said.

Despite Ella's disabilities, she can now eat and drink independently; bottom shuffles to get around and can walk with assistance. She also signs some words and understands the majority of what her parents say to her.

"Ella is our little miracle and we wouldn't have her without the Mater. They saved her life so many times I have lost count," Louise said.

Isabella's family were among 500 people who walked and ran to raise money for Mater Little Miracles.

"We couldn't wait to raise money so other babies like Ella can be helped. It was such a great opportunity to give back a tiny bit of what Mater has given us," Louise said.

Hosted by Channel 9 news presenter Aislin O'Connor, money raised from the event will be used towards Mater's research programs to help sick children, mothers and babies.



To see more photos from the day, visit [facebook.com/MaterLittleMiracles](https://www.facebook.com/MaterLittleMiracles).

What is eczema?

Eczema (or dermatitis) refers to a group of skin disorders characterised by rashes that include inflammation, itching, and scaling or flaking of the skin.

Pharmacist Cheryl Tite said eczema affects roughly 10 per cent of infants and three to five per cent of adults.

"It is usually irritating rather than serious however the skin may become infected by bacteria and antibiotic treatment may be needed," she said.

"The most common form is atopic eczema, which is an allergic condition, commonly associated with asthma, hay fever, and a family history of allergies."

While the exact cause of eczema is unknown, there are links to some factors:

- a family history of eczema, asthma or hay fever
- some food and alcohol (dairy and wheat, citrus fruits, eggs, nuts, seafood, chemical food additives, preservatives and colourings)
- stress
- irritants such as tobacco smoke, chemicals, weather (i.e. hot and humid or cold and dry conditions), air conditioning and overheating
- allergens (e.g. pollens, moulds, dust mites, pets, soaps, shampoos, washing powders, cosmetics and toiletry products).

Eczema can vary in severity and symptoms on a daily basis but some common tips on managing eczema include:

- avoid long, hot showers or baths

- avoid soap and other skin irritants
- keep the skin moist by lubricating with creams or lotions. Avoid those which contain alcohol, scents, dyes, fragrances, or other chemicals
- keep skin cool — avoid overheating
- avoid wearing synthetic fabrics
- avoid scratching the rash or skin by keeping your or your child's fingernails cut short
- relieve the itch by using a moisturiser or by taking antihistamines for relief.

"The goal of treating eczema is to heal the skin, and prevent and minimise flare-ups of the condition," Ms Tite said.

Mater Pharmacy stocks many products designed to help treat and control eczema and our pharmacists can provide you with advice on what products may suit you.



Information from www.chemmart.com.au

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Opening Hours

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Saturday and Sunday 8 am to 1 pm

W pharmacy.mater.org.au
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Mater launches

maternity products

Mater Mothers' Hospitals last month launched Mater Body Balm for pregnancy—the first of its new range of maternity and baby care products—at a pre-Mother's Day brunch at the Gallery of Modern Art (GOMA).

More than 3000 mums and midwives were involved in the development of the maternity and baby care range, which continues the exceptional care Mater Mothers provides to mothers, from the hospital into their homes.

Mater Body Balm for pregnancy has been developed to promote softness and elasticity and help reduce the appearance of stretch marks.

A sample of Mater Body Balm for pregnancy is now being offered to mothers at Mater Mothers' Private Brisbane and Mater Mothers' Private Redland

in the lead up to the retail release of the product at this year's Brisbane Pregnancy Babies and Children's Expo on Friday 21 June 2013.

The Mater product range will also include baby wash, baby moisturiser, nappies, baby wipes, nappy balm, maternity pads and nursing pads, all of which will be launched throughout 2013.

Following their launch, products will be available online at www.matermothers.org.au and at selected pharmacies, with proceeds supporting Mater Little Miracles.



What mums said ...

"The balm was easy to apply. It went a long way. It smelt nice. Didn't have to rub it in, it just nicely covered my tummy." - *Liz, mother-of-two, soon to be three, Taigum*

"It leaves your skin smooth and soft." - *Olivia, mother-of-one, Riverhills*

"Probably one of the most important things is the smell of products, which during pregnancy can be overwhelming—this product is just perfect." - *Ingrid, mother-of-one, Annerley*

Patients to benefit from day therapy

Rehabilitation patients in Redland can now benefit from a new day therapy service available at Mater Private Hospital Redland.



The service is suitable for patients with:

- neurological conditions, including stroke, Parkinson's Disease, multiple sclerosis, traumatic brain injury, cerebral palsy, or following neurosurgery;
- orthopaedic conditions of the upper and lower body such as hip or knee replacement surgery, spinal surgery, lower limb amputation or recovery from fractures;
- general reconditioning following prolonged illness, multiple injuries or respiratory conditions; or
- for the management of a range of chronic pain conditions.

Mater Private Hospital Redland Director of Clinical Services Tracey Hutley said the service would give patients who can travel from their homes to the unit a new option for rehabilitation.

"Our specialised team includes a rehabilitation doctor, physiotherapist, occupational therapist, speech pathologist, rehabilitation assistant, dietician, rehabilitation nurse, psychologist and other allied health professionals as required," Mrs Hutley said.

Rehabilitation goals may include things such as improving balance and confidence while walking, improving the strength and movement of arms and legs, regaining independence in everyday tasks, such as dressing and cooking, and improving memory and thinking skills.



Specialist Profile

Geriatric Physician

Dr John trained at the University of Bristol in the United Kingdom and qualified in 1988, before moving to Australia where he worked at the Gold Coast and QE2 hospitals.

He obtained permanent residency in 1993 and commenced registrar training in general medicine and geriatrics at the Princess Alexandra Hospital before moving to New Zealand in 1996 where he worked as a rheumatology registrar at the Queen Elizabeth Hospital in Rotorua.

During this time he became a Fellow of the Royal Australasian College of Physicians before returning to the United Kingdom where he qualified as a Member of the Royal College of Physicians (UK) and worked both in a clinical setting and as a senior lecturer at the Universities of Bath and Bristol.

Dr John returned to Australia in March 2011 and is now seeing patients at Mater Private Hospital Redland and in outpatient settings including care homes and, in some cases, home visits.

Dr John's areas of expertise include dementia diagnosis and management, multiple co-morbidities, medication reviews, falls and poor mobility, dizziness in the elderly, general medicine for the elderly, perioperative care of elderly patients and long term care needs, capacity assessments and telemedicine.

Breastfeeding top tips



▶ Feeding cues

Early feeding cues that your baby displays to indicate they are ready to feed include:

- rapid eye movement
- clicking or tongue sucking
- rooting—opening their mouth and searching to suck on contact
- hand movements to their mouth and sucking on hands
- general increased alertness or activity.

▶ Signs that your baby is getting enough breast milk

Look for five to eight wet nappies per day and urine pale in colour. You can also expect two to three loose bowel movements per day that are yellow or mustard in colour. After six weeks of age your baby's bowel motions may decrease, but this is not a concern if weight gain and the number of wet nappies are adequate.

▶ Growth spurts

Growth spurts or periods of increased breastfeeds commonly occur at around three and six weeks and three months of age. More frequent feeding is your baby's way of building your milk supply to meet their growing needs. Feeding patterns should return to normal after two to three days.

Mater's Breastfeeding Support Centre is available to inpatients as well as a fee-for-service 'drop in' centre for women who are breastfeeding at home. For more information, phone 07 3163 8200.



QUEENSLAND'S PREMIER WINE EVENT

Supporting medical innovation through research at Mater.

Tempt your palate with three courses of fine food, beautifully matched with Robert Oatley signature wines. Expert wine makers will provide intriguing insights into the fine art of wine matching, while Australia's leading researchers will take us to the cutting edge of medical innovation.

Saturday 10 August 2013

Grandview Room, Hillstone St Lucia.

Tickets: \$175 per person or \$1,700 for a table ten

Available online www.materfoundation.org.au

phone 07 3163 8000 or

email: foundation@mater.org.au

*Tickets strictly limited

