

Healthy Community

An initiative of Mater Health Centre Brookwater

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.

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.

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Mater
Private Hospital Springfield



Mater

Exceptional People. Exceptional Care.

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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 latest use of digital technologies for providing health care needs to the growing region."

Mater will work closely with Springfield Land Corporation (SLC) in relation to the Master Planning and governance of Health City Springfield Central.



Springfield Land Corporation Chairman Maha Sinnathamby said he was excited the company's five year relationship with Mater Health Services had resulted in the private hospital project.

"Mater Private Hospital Springfield

will mark the start of a 52 hectare master health and wellness precinct that will be unique to the country providing 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 Sinnathamby said.

"Approximately 8.7 hectares of Health City Springfield Central is earmarked for primary health and acute hospital type development with pre-planning approval obtained for up to 1200 hospital beds."

Funding for the hospital will be supported by Australian Government funding of \$21.4 million towards the cancer care centre.



Save The Date

Free health information night

Wednesday 24 July 2013
6.30 pm to 8 pm

Come and hear from Mater specialists and allied health care providers from Mater Health Centre Brookwater presenting topics on health and wellbeing.

Chance to win a lucky door prize on the night
Welcome drinks and canapés
Free parking
Booking essential.

To register, please visit: www.mater.org.au/brookwater/registration.



For more information please telephone Mater Marketing on 07 3163 8623 or email karen.miller@mater.org.au.



Mater 5ks a great success!

The second annual Mater Little Miracles 5ks Springfield was a great success with more than 500 mums, dads, friends and children turning out for the event at Robelle Domain on Sunday 16 March. Money raised from the event will be used towards Mater's research programs to help sick children, mothers and babies.

Contact Us

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

www.mater.org.au

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



@MaterNews



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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 tumeric
- 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 tumeric 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.

Brookwater open day a great success



The local Brookwater community came out in force to celebrate the opening of Mater Health Centre Brookwater on Saturday 23 February 2013.

The day included something for the whole family with free health checks including blood sugar readings, physio assessments, foot and lower limb checks and blood pressure checks.

Children were also catered for with a jumping castle, face painting, a climbing wall and live music.

Mater Private Hospital Executive Director Don Murray said Mater was thrilled to open the new Mater Health Centre Brookwater to deliver a diverse range of health services to the local community.

"The open day was a great success and provided an excellent opportunity for the local community to check out the services available at Mater Health Centre Brookwater, whilst having fun and being entertained along the way," Mr Murray said.



To see more photos from the open day, visit www.mater.org.au/brookwater.

Is stomach pain cramping your style?

Irritable bowel syndrome (IBS) is a disorder that causes abdominal pain, bloating and cramping, changes in bowel movements and other symptoms.

The cause is unknown, but factors such as emotional stress, infection and some foods can aggravate the condition.

Mater Pharmacy Brookwater pharmacist Andy Nguyen said symptoms could range from mild to severe and, for some people, could be life-long.

"IBS involves abdominal pain with changes to bowel habits causing constipation, diarrhoea, or both. Other symptoms may include cramps, bloating and gas which are often relieved or reduced after bowel movements.

"For some sufferers, the symptoms can be disabling, reducing their quality of life due to a reduced ability to work, travel and attend social events," Mr Nguyen said.

Treatment for irritable bowel is mostly designed around relieving symptoms and lifestyle and dietary changes can help significantly.

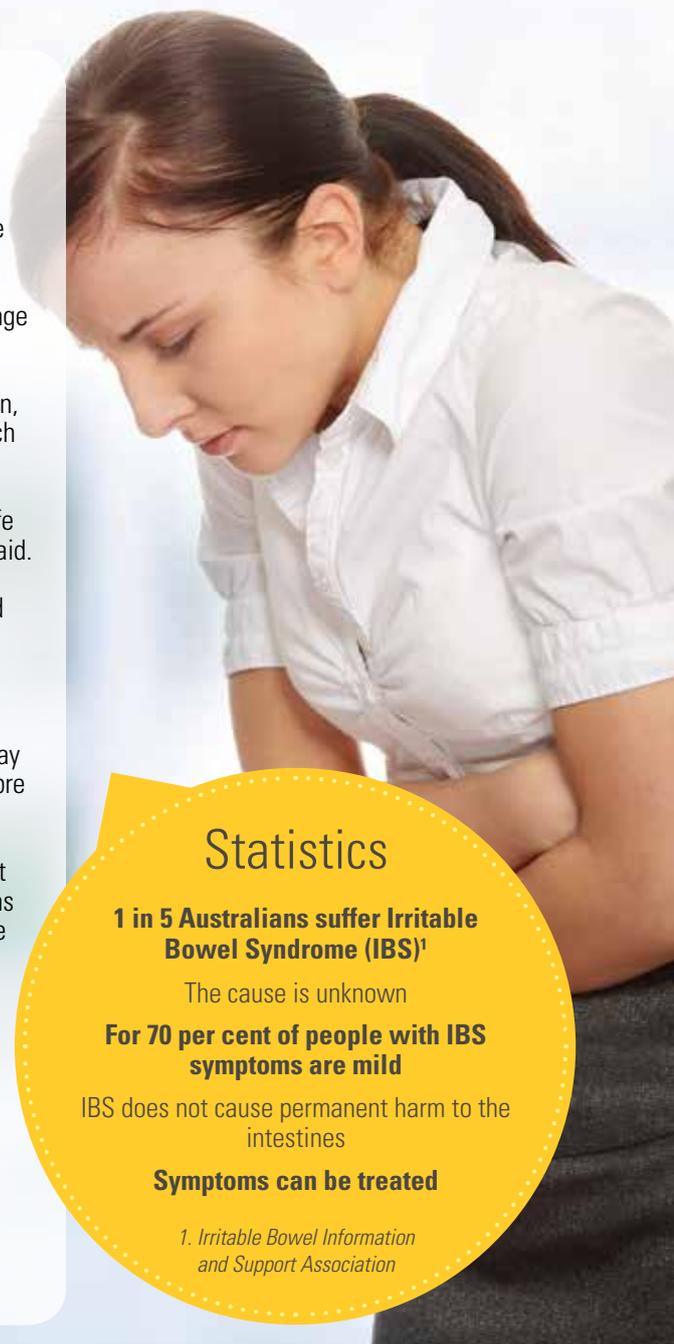
"IBS sufferers should identify and avoid certain triggers that can aggravate or worsen their symptoms. These triggers include stress, certain foods and drinks like caffeine, tea and alcohol, and some medications. Increasing fibre intake may improve constipation but make bloating worse, so it's important to ask which fibre is appropriate for you.

"Your GP may also prescribe medications to help ease the pain of symptoms but you can also come in to Mater Pharmacy Brookwater and discuss your symptoms with our highly trained pharmacists and begin your path to an IBS symptom-free future."

Symptoms of IBS

The more common signs of irritable bowel syndrome include:

- abdominal pain or cramping that is often relieved by passing wind or faeces
- alternating diarrhoea and constipation
- a sensation that the bowels are not fully emptied after passing a motion
- abdominal bloating
- mucus present in the stools
- nausea.



Statistics

1 in 5 Australians suffer Irritable Bowel Syndrome (IBS)¹

The cause is unknown

For 70 per cent of people with IBS symptoms are mild

IBS does not cause permanent harm to the intestines

Symptoms can be treated

1. Irritable Bowel Information and Support Association

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Mater Health Centre
Woolworths Brookwater Village Shopping Centre
2 Tournament Drive, Brookwater

Opening Hours
Monday to Friday 8.30 am to 7 pm
Saturday 8.30 am to 5 pm
Sunday 8.30 am to 1 pm

W pharmacy.mater.org.au
P 07 3199 3200

Mater Pharmacy and Chemmart® Pharmacy partnering for a healthy community



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.



"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*

Dry nights for happy days

Waking up to wet sheets on a child's bed is something every parent knows—it's a stage of development that children usually outgrow by the time they start school.

But for some children bedwetting continues and can lead to feelings of sadness, anxiety and embarrassment.

Mater Health and Wellness has launched a new support program, Wake up Dry, for children six years and above who are affected by bedwetting.

As part of the program, qualified physiotherapists with experience in paediatric continence can provide assistance and advice to families to help conquer this problem.

Mater Health and Wellness is located on Level 2, Mater Private Clinic, 550 Stanley Street, South Brisbane. For more information or to make an appointment phone 07 3163 6000.

In order to gain the maximum benefit from the Wake up Dry program, children should meet the following criteria:

- ▶ **six years or older**
- ▶ **the child must be motivated to get dry**
- ▶ **no associated bowel problems**
- ▶ **no daytime accidents (wet or soiled underwear).**



Mater Developmental Paediatrician Dr Tara Marsh said bedwetting was a common occurrence in younger children, with about 20 per cent of five-year-olds and five per cent of 10-year-olds affected.

"Not all of the causes of bedwetting are fully understood but many children who wet the bed seem to sleep deeply and have trouble waking up to go to the toilet when their bladder is full," Dr Marsh said.

Bedwetting can also be caused by a hormone deficiency.

"Some children produce less of a hormone which usually controls the amount of urine produced during sleep causing them to produce more urine at night than other children," Dr Marsh said.



Specialist Profile

Gastroenterologist and Hepatologist

Dr Sylvia Vigh is locally trained and completed her Bachelor of Medicine, Bachelor of Surgery at The University of Queensland in 1999.

She undertook her physician training at the Royal Brisbane and Women's Hospital and her gastroenterology training was completed at various locations around Brisbane including the Royal Brisbane and Women's Hospital and Redcliffe Hospital.

During her training period Dr Vigh was exposed to all aspects of clinical, procedural and interventional gastroenterology and hepatology.

Her particular interests include all aspects of hepatology, women's digestive health, inflammatory bowel disease and diagnostic and interventional endoscopic procedures.

Dr Vigh consults at Mater Health Centre Brookwater and performs endoscopic procedures at Mater Private Hospital Brisbane.

She also holds the teaching title of Associate Lecturer in the School Of Medicine at The University of Queensland.

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.

Mater Pathology

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

Mater Health Centre Brookwater

Brookwater Village
2 Tournament Drive, Brookwater

Telephone 07 3139 3250

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pathology.mater.org.au

