

# Healthy Community

An initiative of Mater Health Centre Hope Island

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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### 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," Dr John O'Donnell said.

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

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

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

We'd love to hear your feedback.  
Please email [news@mater.org.au](mailto:news@mater.org.au).



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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](http://wellness.mater.org.au).

# Win a house and help sick babies



**For as little as \$2, you could win a \$1.6 million Hope Island house and boat package while giving sick babies and children a chance to go home sooner.**

The Mater Prize Home, on Cova Boulevard, is now open daily for inspection with tickets on sale until 26 June 2013.

The canal-front home comes fully furnished with four bedrooms, outdoor entertainment area with pool and water feature plus a media room. A bonus Sea Ray 280 Sundeck sport boat brings the prize value to more than \$1.6 million.

Mater Foundation Executive Director Nigel Harris said that by purchasing a ticket in the Mater Prize Home for as little as \$2, supporters could help make little miracles happen for sick babies and children at Mater.

**More than 300 000 mothers, babies and children are treated at Mater each year.**

"Some of these children have severe or complicated medical conditions, which often require specialised life-saving care that only health care facilities like Mater can provide," Mr Harris said.

The Mater Prize Home at 51 Cova Boulevard, Hope Island, is open for display daily 9 am to 5 pm until Wednesday 26 June 2013.



**Tickets are available to purchase from the home or online at [materprizehome.com.au](http://materprizehome.com.au).**

*The winner will be drawn on Friday 28 June 2013.*

# 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 Hope Island pharmacist Anita Wong said symptoms could range from mild to severe and, for some people, could be life-long.

"Abdominal pain or cramps, fullness, gas and bloating are the main symptoms of IBS. These symptoms will often be reduced or disappear after a bowel movement. Often one symptom will recur more than others—either pain, constipation or chronic diarrhoea," Anita said.

Regular exercise, relaxation techniques and dietary changes such as regular meals can help significantly.

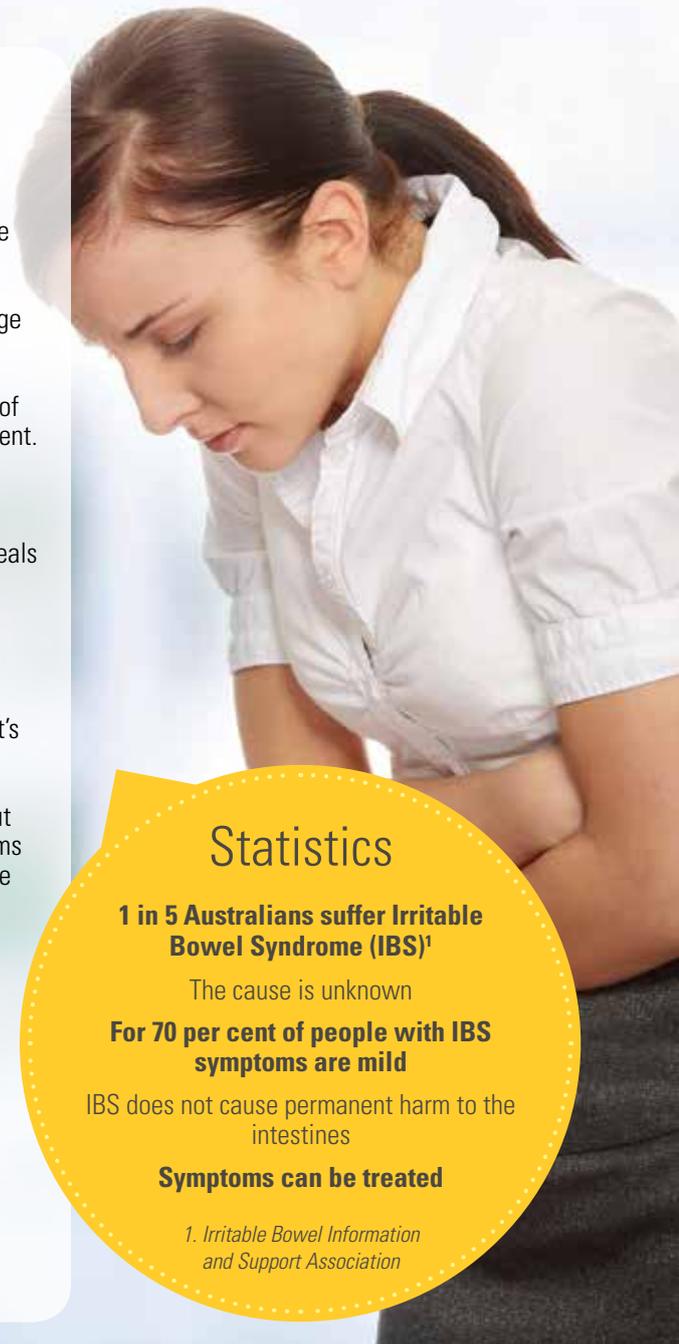
"IBS sufferers should identify and avoid certain triggers that can aggravate or worsen their symptoms. These triggers include certain foods and drinks like caffeine, tea, alcohol, fatty foods as well as stress and some medications. Increasing fibre intake may improve constipation but make bloating worse,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

"Your GP may also prescribe medications to help ease the pain of symptoms but you can also come in to Mater Pharmacy Hope Island 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
- mucous present in the stools
- nausea



## Statistics

**1 in 5 Australians suffer Irritable Bowel Syndrome (IBS)<sup>1</sup>**

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

## Mater Pharmacy Hope Island — Open 6 days

With a wide product offering, Mater Pharmacy's customer-focused staff are available to fill prescriptions, offer advice and provide a unique level of exceptional service, so visit us in store today.

- Prescriptions
- Toiletries
- Fragrance
- Giftware
- Skin care
- Cosmetics
- Jewellery

Mater Health Centre Hope Island  
8 Halcyon Way, Hope Island

Opening Hours  
Monday to Friday 8 am to 5 pm  
Saturday 9 am to 2 pm

W [pharmacy.mater.org.au](http://pharmacy.mater.org.au)  
P 07 5635 4000

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](http://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. I 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*

## MATER HEALTH CENTRE TURNS ONE

*Mater Health Centre Hope Island celebrates its first anniversary of opening to the public in May and continues to meet the growing needs of the community with a range of patient services including:*

- Mater specialists
- Active Rehabilitation Physiotherapy
- Mater Pharmacy
- my FootDr podiatry
- Mater Pathology
- Queensland XRay

To complete the offering, the centre also includes an independent GP practice and a dentist.

### Mater Health Centre Hope Island

8 Halcyon Way,  
off Broadwater Avenue



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



Dr Peter Hewitt

## Specialist Profile

### Orthopaedic Surgeon

**Dr Peter Hewitt received his medical degree at The University of Queensland in 1981 before undertaking post-graduate training in orthopaedics and receiving his Fellowship in Orthopaedics in 1988.**

In 1989, Dr Hewitt undertook further general orthopaedic training at the Royal Berkshire Hospital in Reading, England, before practising as a consultant orthopaedic surgeon in Coffs Harbour from 1989 to 2000.

During this time he developed and maintained an interest in arthroplasty (or joint replacement) surgery of the hip and knee joints using computer navigation.

“From the beginning of my medical studies I have always had a leaning towards surgery,” Dr Hewitt said.

“The mechanical nature of orthopaedic arthroplasty surgery appeals to me as it lends itself to precise navigation and reliable improvements in a patient’s quality of life.

“It is very gratifying to hear from patients that you have provided relief of the pain they may have suffered for years.

“The primary symptom associated with joint damage is pain; when a patient’s pain impacts significantly on their quality of life, there is a good chance that some relief at least can be offered by orthopaedic intervention,” he said.

### Did you know?

Dr Hewitt considers himself a creature of the sea with a strong love of boating, fishing, diving, sailing and surfing. When he’s not on the water, he enjoys watching his son play rugby.

# Laundry pods poisoning children

**Parents have been reminded to keep household chemicals out of children’s reach after a number of cases of children ingesting new single-dose detergent pods.**

Queensland Injury Surveillance Unit (QISU) Director and Emergency Paediatrician Dr Ruth Barker said the bright colours and bite-size packaging of single-dose packets of laundry detergent could be highly attractive to young children.



“These pods dissolve in water but that also makes them easy for children to chew. We have seen symptoms including eye irritation/burns and significant sedation,” Dr Barker said.

QISU data estimates:

- ▶ About 1400 people present to emergency departments each year following an unintentional injury associated with household chemicals.
- ▶ Children aged under four years make up almost half of all cases—with laundry products involved in 20 per cent of cases.
- ▶ Many more children are exposed, but are safely managed at home following advice from Queensland Poisons Information Centre.
- ▶ In the United States, there have been multiple reports of toddlers who, within minutes of swallowing or biting into one of the packets, developed vomiting, wheezing and gasping.

## Mater Pathology

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

### Mater Pathology

Mater Health Centre Hope Island  
8 Halcyon Way, off Broadwater Avenue

Telephone 07 5635 4050

All Referrals Accepted. Conditions Apply.  
All enquiries. All hours. Phone 07 3163 8500

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

