

Healthy Community

An initiative of Mater Health Services

Delinda's courageous journey

Two-year-old Delinda Brown is a little girl with an amazing spirit for survival.

Her parents Sharyn and Glenn Brown were travelling around Australia when they found out they were expecting twin girls. While visiting Port Macquarie, Sharyn went into premature labour—four months before her due date.

"After Rachael was born the doctors told me I had to lay perfectly still; they were going to try to keep her twin sister, Delinda, in-utero for a few more weeks," Sharyn said.

But the couple's youngest daughter had plans of her own and was delivered one hour and one minute after her sister.

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Exceptional People. Exceptional Care.



First family photo... Glenn, Sharyn and Delinda Brown

Within hours, Sharyn and her daughters were en route to the Neonatal Critical Care Unit (NCCU) at Mater Mothers' Hospital in Brisbane.

"By the time we arrived, Rachael was quite unwell," Sharyn said. The

infection that had caused the twins' premature birth had taken hold.

Eighteen hours later, Sharyn and Glenn made the heartbreaking decision to turn Rachael's life support off.

Following the loss of her sister, Delinda's weight plummeted to 550 grams and she remained in NCCU for four and a half months—spending 12 weeks in intensive care.

"She was a tiny person in a big world," Sharyn said.

"It took 19 days for us to get our first hold of her and she was tiny. It was a five minute cuddle and we got our first official family photo but those five minutes were worth everything, to actually hold her."

Eventually the day came when Glenn and Sharyn could take their precious girl home.

But despite the good news, Delinda's fight was far from over; she remained on oxygen for 18 months and was also diagnosed profoundly deaf.

She has since started learning sign language and in February underwent cochlear implant surgery.

"She's as happy as Larry. She doesn't stop smiling and it doesn't matter what kind of day it is, she's always happy which makes you happy as well," Glenn said.

"You go through a lot but when you see her smile, it doesn't matter what kind of day you've had, it's great."

Sharyn and Glenn are thankful for Mater's unwavering support and care shown during Rachael and Delinda's time in hospital.

"I couldn't do their job in a million years; they are amazing at what they do," Sharyn said.

If you would like to help make little miracles happen for children like Delinda visit, www.materfoundation.org.au



Mater pioneers

use of probiotics on neonates

Mater Mothers' Hospital is now the single largest neonatal unit in Australia to offer routine probiotic supplementation to all preterm babies born less than 32 weeks gestation.

Neonatology Staff Specialist Dr Luke Jardine said the probiotic Infloran was now being offered to babies at risk of developing necrotising enterocolitis (NEC), a severe bowel condition which affects approximately one-in-35 preterm babies.

"Approximately one-in-four babies weighing under 1500g and almost one-in-two babies weighing under 1000 grams who develop NEC will die," Dr Jardine said.

"Probiotics protect the gut from bad bacteria and boost the immune system. Unfortunately they do not inhabit the gut prior to birth but are transferred from mum to baby during birth and from breast milk," Dr Jardine said.

"Due to a number of factors, preterm babies do not get as many of these good bacteria as they need."

Studies of preterm babies show that probiotics halve the risk of a baby developing NEC and dying. They have also been shown to improve feed tolerance and reduce the time it takes to get to full feeds in preterm babies.

"As part of the treatment, Infloran is mixed into a small amount of expressed breast milk or formula and provided to babies via their feeding tubes once a day until a baby reaches 36 weeks gestational age," Dr Jardine 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



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Carrot, zucchini and date cake

You can have your cake and eat it too with this healthy and delicious recipe which contains seven serves of vegetables!



 Recipe from: www.gofor2and5.com.au

Ingredients: (serves 12)

- 2 cups dates, pitted and chopped
- ½ cup low-fat natural yoghurt
- ½ cup bran cereal (ie. Allbran)
- 1 egg, beaten
- ½ cup untoasted muesli
- 1 cup zucchini, grated
- 1 ½ cups low-fat milk
- 1 cup carrot, grated
- ½ cup brown sugar
- 2 cups self-raising flour
- 1 teaspoon cinnamon
- 1 cup wholemeal self-raising flour

Method:

- 1 Combine dates, bran cereal, muesli, milk, sugar and cinnamon and allow to stand for four hours or overnight.
- 2 Preheat oven to 180 °C and line a 23 cm square cake tin with baking paper.
- 3 Add yoghurt, egg, zucchini and carrot to the date mixture and mix well. Add the flour and mix to combine.
- 4 Pour mixture into tin and bake for 1—1 ¼ hours until firm and browned. Cool on a wire rack.

Hint: Keep the cake in an airtight container for a ready to eat snack at any time of the day. This cake can be frozen (individually wrap slices for a healthy lunch box treat).

To make an appointment with a Mater Health and Wellness dietitian, phone 07 3163 6000.

Share
your
beautiful
moments
with
Mater Mothers

When you're a parent, life is full of beautiful moments; from the first cry of a newborn, to cuddles with mum or dad or baby's first bath.

We're calling all Mater Mums, dads, grandmas, grandpas, uncles and aunties ... as many people as possible ... to share their beautiful moments with us.

We're after real moments; anything that makes you smile, laugh or even brings a tear to your eye.



First birthday



Caring touch

We love seeing the beautiful moments that you share with us and we want to keep them coming.

By submitting your photos or videos you'll also go into the draw to win some great prizes.

Please share your beautiful moments with Mater Mothers at [facebook.com/matermothers](https://www.facebook.com/matermothers).

30 years

volunteering as a Mater Parent Aide

Annerley resident Carol Keates has been helping families for more than 30 years as a Mater Parent Aide Unit volunteer.

After answering a small ad in 1979, Carol started working in the Parent Aide Unit office before undertaking Parent Aide training to assist families and parents who need support.

Parent Aides offer a range of home visits and phone support services for new parents in the Brisbane south region to help build positive relationships with their newborns.

Parent Aides also help parents get to appointments, playgroups or other community parenting services; provide encouragement; and help parents understand their child's developmental needs.

"Parents of a newborn often wish they could speak with someone else who has experience with babies and children, maybe just to talk, regain their confidence or ask questions," Carol said.

"One of the most important skills of a

Parent Aide is to be a good listener, sensitive to the family's ways and to gently help through encouragement and parenting tips."

Program Leader Neil Alcorn said the Parent Aide service had an early intervention and prevention focus.

"The service is coordinated by experienced health workers and adds to the services provided by workers in maternity, paediatrics or mental health services," he said.

Carol encouraged parents or adults with experience, who can offer a few hours a week to support families, to contact the Parent Aide Unit as she did more than 30 years ago.

The Parent Aide Unit is now recruiting new volunteers. For more information phone the Parent Aide Unit on 07 3163 2234.



Help is at hand

Mater Health and Wellness is now running a 10-week course designed to help children with Asperger's syndrome and high functioning autism 'solve the mystery of social encounters'.

The Secret Agent Society (SAS) program is an evidence based program that helps children with difficulty understanding and managing social skills in ways that are meaningful for them.

"We consider the child's difficulties at home and at school and we have direct contact with the school to ensure that the child is practising and improving in all settings," occupational therapist and SAS facilitator Amy Oxbrough said.

"We teach children how to have a conversation—starting, continuing and ending appropriately—and also how to recognise and cope with emotions in themselves and the people around them.

"We also help them manage complex emotions such as anger and anxiety, particularly in social situations and to work out the difference between a friendly joke and being teased."

The program also includes parent education sessions to support parents to promote their child's social skill development," Ms Oxbrough said.

The SAS program has been designed for children from eight to 12 years of age, but children of other ages may be suitable.

"The program uses fun concepts and language that appeals to children with Asperger's syndrome and autism and involves the use of a computer game, which kids definitely enjoy."

The cost of the program is \$2499.25.



For further information on the SAS program, phone Mater Health and Wellness on 07 3163 6000.





Spotlight on diabetes

With 1.2 million Australians suffering from Type 2 Diabetes, Associate Professor Josephine Forbes' research into the disease has never been more crucial.

Her work looks at modern food processing and how that impacts diabetes.

"It's actually food processing, that isn't labelled on the packaging, rather than fat content that causes devastating health impacts," A/Prof Forbes said.

"Here at Mater we're testing the role of food processing on body cells in people of all ages, including children.

"We're trying to find out if eating certain processed food affects your chances of developing diabetes."

"For instance, if there are 500 different types of milk available, but only three are nutritionally sufficient at the molecular level—how does this impact people's bodies?"

While Type 1 diabetes is an auto immune condition where the body cannot process insulin, Type 2 diabetes occurs because the body stops being able to process insulin and this is largely affected by diet and lifestyle considerations.

"If we can provide evidence that food processing causes people harm, it opens food authorities up to being lobbied to change how things are processed and thus reduce the extremely high number of Australians suffering from diabetes," A/Prof Forbes said.

Luckily, Mater's unique environment helps A/Prof Forbes make significant progress.

"My work accesses four hospitals onsite, so we're able to study diabetes at so many levels; such as mothers, children and babies."

Live Well with Asthma

Latest reports show that asthma affects more than two million Australians and poor asthma control is a common problem for both adults and children.

During an asthma attack, muscles around the airways constrict and become inflamed which causes the airways to narrow, more mucus is also produced which fills the already narrowed airways.

Mater Pharmacist and Asthma Educator Cheryl Tite said such changes make it difficult for someone suffering from an Asthma attack to breathe, causing episodes of wheezing, breathlessness and chest tightness.

"This can be a frightening experience unless you are prepared and have medication on hand to treat the symptoms," Ms Tite said.

"The most important thing with Asthma is to understand your condition, what triggers an attack and have a plan in place which will enable you to cope if an attack occurs and for long term prevention."

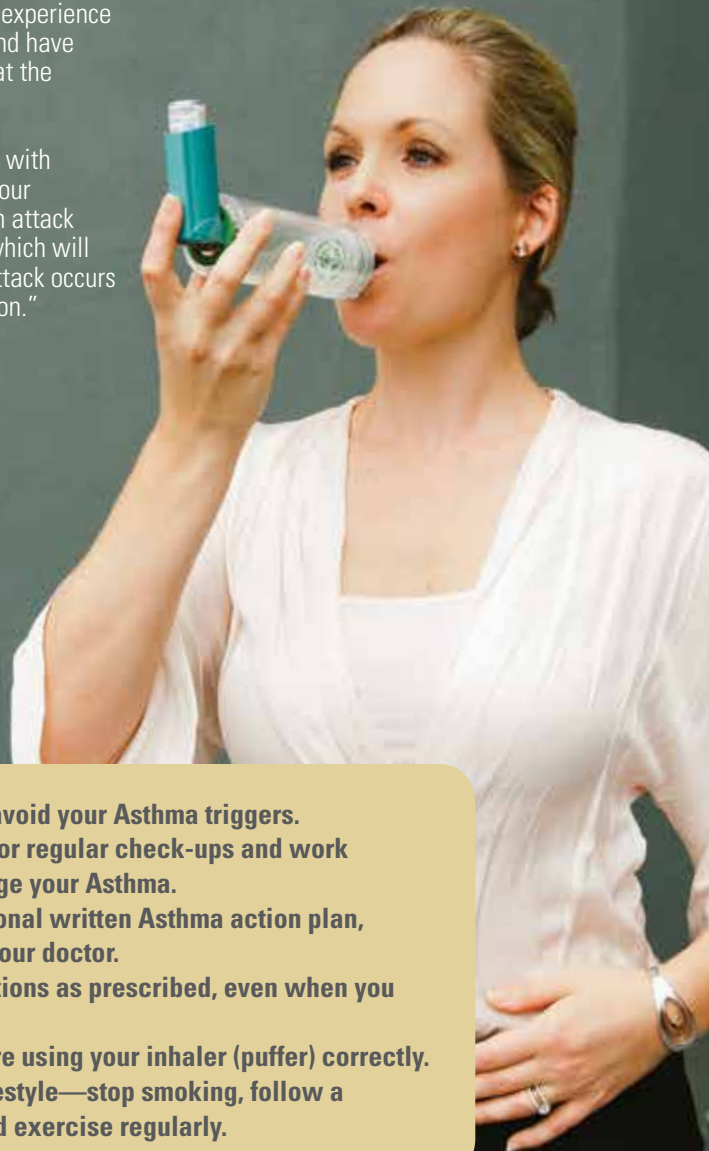
Early action can help prevent or reduce the severity of an asthma attack.

"When using asthma inhalers it is essential that the maximum amount of medication reaches the lungs where it will go to work reducing your symptoms and help you breathe easier," Ms Tite said.

"Familiarity with your inhalers and the correct technique for use is the best way to achieve this."

Taking control of your asthma

- **Understand and avoid your Asthma triggers.**
- **See your doctor for regular check-ups and work together to manage your Asthma.**
- **Follow your personal written Asthma action plan, developed with your doctor.**
- **Use your medications as prescribed, even when you feel well.**
- **Make sure you are using your inhaler (puffer) correctly.**
- **Live a healthy lifestyle—stop smoking, follow a balanced diet and exercise regularly.**



What's on

Mater Little Miracles 5ks



Mater Little Miracles 5ks is back in 2013 and making its mark on the Brisbane calendar. This year's event is expected to attract more than 3000 people.

The fun family event, at Southbank on 2 June, will feature a live stage show from Peppa Pig, appearances from Dora the Explorer, Mater's mascot Miracle Max, children's activities and a 5k walk or run.

Funds raised from the event will support Mater's research programs to help sick children, mothers and babies.

Mater Foundation Executive Director Nigel Harris said the annual event was part of Mater's commitment to giving the state's babies and children the best possible start to life.

"Over the next three years Mater aims to raise \$11 million to fund more than 25 important research projects to benefit babies, children, mothers and their families," Mr Harris said.

"We encourage the local community to join us and show their support to help give all babies and children the best chance of a healthy future."

Pre-registration for the event is only \$15 per person, \$25 for a family of five, or \$10 per participant for a team.

Help make little miracles happen by getting a team together today.

Register at www.materfoundation.org.au or call 1800 440 155.



Mater Little Miracles 5ks Southbank:

Cultural Forecourt, Southbank

Sunday 2 June 2013

Entertainment and registration from 9 am.

Walk starts at 10 am.



Deirdre
Cooke



Meet our exceptional staff

Mater Private Hospital Rehabilitation Coordinator Deirdre Cooke has been awarded a prestigious Churchill Fellowship to review implementation of evidence-based practice to maximise recovery following stroke.

As part of the Fellowship, Ms Cooke will spend seven weeks visiting rehabilitation centres in the United States, Canada, United Kingdom and Sweden.

"It is an incredible honour to be awarded a Churchill Fellowship and to have this rare and tremendous opportunity to observe and learn about stroke rehabilitation from some of the lead clinicians, researchers and facilities overseas," Ms Cooke said.

As part of her tour Ms Cooke hopes to gain insights into the practical implementation of therapy services, organisation of rehabilitation services and models of care for maximising recovery following stroke.

"Advances in knowledge of brain recovery have changed enormously in the past 10 to 15 years and the methods of providing therapy and engaging patients in their own recovery process, as well as measuring the effectiveness of therapy following stroke are rapidly evolving," Ms Cooke said.

"I hope to experience how new treatment practices and research evidence is being used in a range of practical clinical settings to help stroke recovery and be able to bring that back to incorporate into our therapy practices at Mater."

Mater Private Emergency Care Centre

Exceptional People. Exceptional Care.

Mater Private Emergency Care Centre provides high quality health care 24 hours a day, 7 days a week.

The services provided complement, but do not replace, the care provided by general practitioners (GP) or specialists. There is no need for a referral and 95 per cent of patients receive treatment within 30 minutes of arrival at the centre.

Mater Private Emergency Care Centre has direct access to specialists, X-ray, Mater Private Cardiovascular Unit, pathology and admission to Mater Private Hospital Brisbane.

For more information including fees, please visit our website: www.mater.org.au/emergency

24 hours a day, 7 days a week

Mater Private Hospital Brisbane
301 Vulture Street, South Brisbane
Telephone: 07 3163 1000

