

# Healthy Community

An initiative of Mater Health Centre Brookwater

One family's  
little miracle

**Sharon and Lyndon (pictured) were overjoyed about their third pregnancy and were hoping for a sister for their two sons, Jackson and Oliver.**

Sharon was confident she was having a girl; this pregnancy felt different to her other two.

But everything changed after her 19 week scan.

Lyndon was just five minutes from the clinic when he received a worried call from his wife.

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**Mater**

*Exceptional People. Exceptional Care.*

## Follow us online

Mater Health Services has recently launched an online blog-version of [Healthy Community.org.au](http://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](http://www.materhealthycommunity.org.au).



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

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"I don't know what's happening but be prepared and hurry," Sharon told him.

The sonographer explained that their baby—a boy—was in heart failure with a swollen heart and lots of excess fluid around his tiny body. He also wasn't moving.

Within an hour Sharon and Lyndon were rushed to Mater Mothers' Hospital and placed under the care of Dr Glenn Gardener—Director of Maternal Fetal Medicine.

"When Sharon arrived at our unit, her baby had lots of signs that he would die in utero," Dr Gardener said.

The couple were told the damage to their son's heart was so significant his chance of survival was less than 10 per cent.

"Performing an in utero blood transfusion was our best chance, but when a baby is that sick, there is only a very small chance that the baby will survive the procedure. However, in this particular case if we didn't do the procedure we knew the baby would not survive at all," Dr Gardener said.

"We administered a very, very small and gentle transfusion the first time, just enough to keep him alive."

Sharon and the baby went through three more transfusions, each around a fortnight apart.

After each treatment, there were



signs the baby was improving but he still wasn't producing his own red blood cells.

"The doctors were saying that when he was born, his body would kick into gear and start doing the right things, but I kept thinking what happens if it doesn't?" Sharon said

But on 10 October 2011—at 37 weeks gestation—Shaun was born and his body kicked in and he started producing red blood cells.

"I'm a medical guy, so I'm not one to talk about miracles, but this case really surprised me. Shaun really did beat the odds," Dr Gardener said.

Shaun Glenn O'Neill (named after Dr Gardener) is now two years old. He is full of life, bursting with personality, the apple of his dad's eye and his mother's pride and joy.

**You can help babies and children like Shaun this Christmas by purchasing a \$2 Christmas wish token from The Myer Centre, Guardian Pharmacy and selected retailers. Each token helps fund world-class medical research and equipment at Mater.**

## Win a \$50 Chemmart Rewards Card!

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

[news@mater.org.au](mailto:news@mater.org.au)



with the subject line 'Healthy Community'\*.

**Entries close December 30, 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 Health Centre Brookwater, Brookwater Village, 2 Tournament Drive, Brookwater QLD 4300.

[www.materhealthycommunity.org.au](http://www.materhealthycommunity.org.au)  
[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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# Mater breaks

new ground at Springfield



**Mater Health Services recently celebrated the blessing and turning of the sod for Mater Private Hospital Springfield at Health City Springfield Central.**



Earthworks on the site of the 80-bed, \$85 million hospital are underway with stage one construction scheduled for early next year with completion earmarked for the end of 2015.

More than 60 people attended the event including guests from Springfield Land Corporation, Ipswich City Council, Radiation Oncology Queensland and the Archbishop of Brisbane Mark Coleridge.

The state-of-the-art health facility will offer a combination of inpatient, day and chemotherapy beds and a cancer care centre will be partially funded by \$21.4 million from the Australian Government.

Mater Private Hospitals Executive Director Don Murray said the turning of the sod was a major milestone for Mater and the Greater Springfield community.

"The turning of the sod on the site of Mater Private Hospital Springfield marks an exciting journey for Mater and its commitment to meeting the healthcare needs of the growing community of Greater Springfield," Mr Murray said.

"Stage one will provide a range of medical and surgical services and other specialities are being considered for the future development of the hospital."

"The framework of services provided by Mater, its partners and other third parties, will be responsive to the community's health need and will provide accountable, holistic care that promotes wellness, prevention of illness in addition to exceptional acute and sub-acute care and treatment," Mr Murray said.



*Radiation Oncology Queensland Chief Executive Officer Mark Middleton, Mater Private Hospitals Executive Director Don Murray and Springfield Land Corporation Chairman Maha Sinnathamby.*

# Down with diabetes

**Wednesday 14 November was World Diabetes Day which aims to raise awareness of diabetes and call on residents to take urgent action to tackle the diabetes epidemic.**

There are currently almost 900 000 Australians living with diabetes and three in five people with diabetes also have cardiovascular disease.

Diabetes is responsible for 4.6 million deaths worldwide each year—that equates to one death every seven seconds—and is also one of the top causes of disability, resulting in life-threatening complications such as heart disease, stroke, lower limb amputations and blindness.

We asked the team at Queensland Diabetes Centre, based at South Brisbane, to share some of their frequently asked questions with us.

## What is diabetes?

Diabetes is a lifelong condition where the body does not produce enough of the hormone insulin or does not use it correctly. Cells in the body use insulin to take glucose out of the bloodstream for energy, so when insulin is deficient or not used efficiently, sugar builds up in the blood.

## Am I at risk?

Possibly. The most common form of diabetes, Type 2, is on the rise in Australia. This is mostly due to the rise in obesity, increasingly inactive lifestyles and an aging population—all of which are risk factors along with a genetic family history of the disease. Less is known about the causes

of Type 1 diabetes but it is usually diagnosed in those under 30 years of age. Gestational diabetes occurs in pregnancy.

## How do I know if I have diabetes?

There may be no clear warning signs but the most common symptoms are increased urination, thirst and hunger, tiredness, frequent infections, tingling and numbness in the hands and feet and slow healing wounds.

## Can diabetes be cured?

While there is no current cure, treatment options are available including changes to diet, medication and insulin administered by injection or pump. If left untreated, serious long-term complications can occur leading to eye, nerve, kidney and cardiovascular disease and premature death.

▶ **If you suspect you may be at risk of developing diabetes, please visit your GP who can refer you to Mater Pathology for diabetes testing.**

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

W [pharmacy.mater.org.au](http://pharmacy.mater.org.au)  
P 07 3199 3200

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



Mater Pharmacy and Chemmart® Pharmacy partnering for a healthy community

# Skin safety

**With temperatures already rising, now is the time to get sun smart before what promises to be a scorcher of a summer!**

Two in three Australians will develop some form of skin cancer before the age of 70.<sup>1</sup>

Exposure to ultraviolet radiation from the sun, or other sources such as solariums (sunbeds), is the most important avoidable risk factor for skin cancer.

As little as 10-15 minutes exposure can result in sunburn, but even at lower doses it causes the cumulative damage to skin which leads to premature ageing and, all too frequently, skin cancer.

Melanoma remains the most dangerous of all skin cancers, accounting for almost one-third of cancers diagnosed in Queenslanders aged 15-23.

It is the cancer that results in the most deaths in 30-40 year olds.

Plastic Surgeon Dr Scott Ingram said there were simple steps people could take to minimise their chances of developing skin cancer.

"One of the simplest measures is

to avoid exposure to the sun during the hottest part of the day—10 am to 3 pm," Dr Ingram said.

"If you do need to be outside, make sure to wear a wide-brimmed hat and long-sleeved clothing, apply a broad-spectrum sunscreen, ideally SPF30+ or more and reapply regularly.

"These steps will not only reduce your risk of developing skin cancer, but they have been proven to also prevent premature ageing."

Dr Ingram also recommends people visit their GP at least once or twice a year to arrange a proper skin check.

"People should be on the lookout for any lesion that changes in size or colour, becomes itchy or starts to bleed," he said.

"It's also a good idea to have a partner or family member check areas you can't see yourself, such as your back, and have your GP investigate anything that does not seem right."

1. Cancer Council NSW



[www.sunsafety.qld.gov.au](http://www.sunsafety.qld.gov.au)

## 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 one of Australia's largest providers 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](http://www.matermothers.org.au).

Mater Products are available from Mater Pharmacies, Mater Florists, online via [www.matermothers.org.au](http://www.matermothers.org.au) and selected Terry White Chemists stores.





Ipswich Mayor Paul Pisasale, Mater Private Hospitals Executive Director Don Murray and Springfield Land Corporation Chairman Maha Sinnathamby.

## Greater Springfield ball raises \$33 000 for Mater Foundation

**The Greater Springfield 'Swing Sensation' Ball literally swung into action at Brookwater Golf and Country Club on 11 October, marking the seventh year for the highly successful corporate charity event.**

Not only was this year's event a sell-out, with many new corporate residents to the city rallying to raise money, but it also raised more than \$33 000 for Mater Foundation.

Thank you to everyone who attended and also to the sponsors Grant Thornton, University of Southern Queensland, Ipswich City Council, pdt architects, Cardno, Hutchinson Builders, Mercedes Benz Gold Coast, Radiation Oncology and LandPartners.

## Aaliyah's a winner

Springfield Central State High School's third annual Awards Night on 30 October was bigger and better than ever with lots of performances and nearly 300 awards given out to students. Among the winners was Year 11 student Aaliyah Phomsouvanh (pictured) who won the Mater Health Services Education Award, which is awarded to the student who has achieved the highest results in Health Education throughout 2013.

Congratulations Aaliyah!



## Springfield celebrates successful season

Springfield United Football Club (SUFC) celebrated the end of their most successful soccer season yet on 21 September with an afternoon Trophy Day at Springfield Lakes.

Awards included Junior Volunteer of the Year—Tommy McQueen, Sam Oyet and Ivan Augustine (pictured with Mater Health



Service's Director of Business Development Darren Sonter); Club Team Spirit—Under 7 Power and Club Person of the Year—Jacqui Moore.

Formed four years ago with just 20 players, SUFC has since grown to more than 225 players across all ages and is sponsored by Mater Health Services.



## Mater Health Centre Brookwater Christmas trading hours

### Mater Pharmacy

25 December—closed  
26 December and 1 January—open 9 am to 1 pm

### Mater Specialist Suites

24 December to 3 January—closed

### Mater Pathology

25 December to 1 January—closed

### Active Rehabilitation

25 December to 4 January—closed

### my FootDr

25 December to 1 January—closed

### Queensland X-Ray

23 December to 5 January—closed

### Brookwater Dental Surgery

25 and 26 December—closed  
1 January—closed

### Greater Springfield Orthodontics

24 December to 4 January—closed