

Healthy Community

An initiative of Mater Private Hospital Redland

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 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.



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.

Mater Health Centre Redland Christmas trading hours

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Mater Pathology

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1 January—closed



Contact Us

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Baby friendly

status within reach

For the past 12 months, the team at Mater Private Hospital Redland have been working toward their goal to be formally accredited as a 'baby friendly' hospital.

The Baby Friendly Hospital Initiative (BFHI) was developed by the World Health Organisation and UNICEF in 1991 as a global effort aimed at improving infant health by supporting mothers to breastfeed their babies.

In order to achieve accreditation, hospitals must demonstrate compliance to a number of criteria including the development of policies to help initiate and support breastfeeding, to practice rooming-in and to provide access to support groups.

While the results of the accreditation process are not expected until late December, Mater Private Hospital Redland Director of Clinical Services, Tracey Hutley, said the initial feedback was extremely positive.

"I am delighted to say that both accreditors commented on how well our facility has been set out for mothers and their babies," Mrs Hutley said.

As part of the process, more than 20 Mater Private Hospital Redland staff were interviewed ranging from midwives and nurses to obstetricians and paediatricians as well as procurement, kitchen and support services staff.

"They were extremely impressed with the calibre of answers given from staff across all areas and while we don't have a conclusive outcome as yet, the accreditors verbalised that we had completed all steps with no follow up recommendations," Mrs Hutley said.

Mater mum Rubby Wangi with son Jedidiah and daughter Nathalisa, midwife Rachel McDonald and nurse manager Ellie Grieve.



Mater nurse Anyes Wever-Angles with Sheldon College pupils Caleb Oldfield and Lucy Coates.

Sheldon students take tour of theatres

Year one pupils from Sheldon College were taken to hospital this week—but there wasn't a bump, bruise or broken bone in sight.

More than 100 children were given a two-hour tour of Mater Private Hospital Redland as part of their health studies at school.

Organised by Mater registered nurse, and Sheldon College parent, Anyes Wever-Angles, the tour was first held in 2008 and was an instant success.

"Children are able to visit most areas of the hospital including theatres and birthing suites and can ask questions of our staff and some of the patients who get involved," Mrs Wever-Angles said.

"They were treated to presentations from nurses, midwives, doctors, physiotherapists, occupational therapists, pharmacists and a radiographer.

"Who knows, we may have inspired a few children to become doctors and nurses in the future."

Mater Private Hospital Redland Director of Clinical Services Tracey Hutley said the annual tour was one of the highlights of the hospital's calendar—bringing a smile to staff and children alike.

Are you an iron woman?

The body needs iron in small amounts every day to help carry oxygen through the bloodstream to the cells; it gives us energy and is essential for the body to function properly.

Iron deficiency occurs when there is not enough iron in the body and can lead to fatigue, weakness and lowered immunity.

While it can affect anyone, those most at-risk include babies, toddlers, adolescent girls, menstruating women, pregnant women and female athletes.

Iron deficiency can have several causes, including:

Insufficient iron consumption or absorption—this occurs when a person does not eat enough iron-rich foods or their body does not absorb iron adequately. Iron found in animal products such as beef, is absorbed by the body more effectively than iron which is found in plant-based foods including spinach and lentils. Vegetarians should be especially careful about their iron intake.

Heavy or chronic blood loss—blood loss such as that caused by heavy menstruation, some chronic disorders (e.g. peptic ulcers), and frequent blood donations or medications that can cause internal bleeding (e.g. aspirin) can deplete the body of iron.

Increased iron needs—the body's iron needs fluctuate over time and iron deficiency can occur when a person does not meet his or her requirements. Times of increased need include pregnancy, breastfeeding, heavy menstruation and rapid growth (e.g. infancy, adolescence).

Vigorous exercise—high-intensity exercise, such as that performed by athletes, can contribute to iron deficiency as physical activity encourages the production of red blood cells, which need iron.

Iron deficiency develops gradually, once iron and haemoglobin (a protein that contains iron) levels have declined over time. Often, symptoms don't appear until a person's haemoglobin levels are so depleted, they have anaemia.

Symptoms can include:

- Paler than normal complexion
- Fatigue
- Weakness
- Breathlessness
- Lowered immunity

- Poor cognitive development
- Impaired growth

To test your iron levels, your General Practitioner (GP) can organise a blood test through Mater Pathology.

Although iron supplements are available without a prescription, it is important not to self-diagnose or self-treat as your symptoms may point to another problem and excessive iron intake can be fatal.



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Tugboat book

raises funds for Mater Little Miracles

In January 2011, Captain Doug Hislop and his tugboat Mavis saved Brisbane's Gateway Bridge from destruction when they maneuvered a fast-moving 300-tonne slab of concrete away from its pylons.

The event captured the imagination of Mater Volunteer and Wellington Point resident Dianne Lonergan who has just published a children's book to honour Mavis and her brave Captain—with profits going to Mater Little Miracles.

But with no previous writing experience, Dianne turned to her fellow volunteers Caroline Bauer, June Jolly and Robert Walsh for help.

"I realised that I didn't have all the skills to write a book on my own and there were three people who wanted to help me, which is why it's such a magical book. We would get together each Wednesday afternoon at my home and we'd write the book around my dining table."

Illustrator Leo Herreygers donated 13 canvas paintings to be used as illustrations for the book.

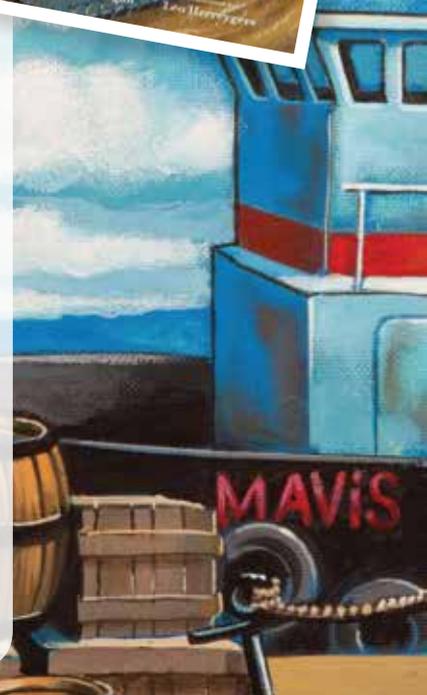
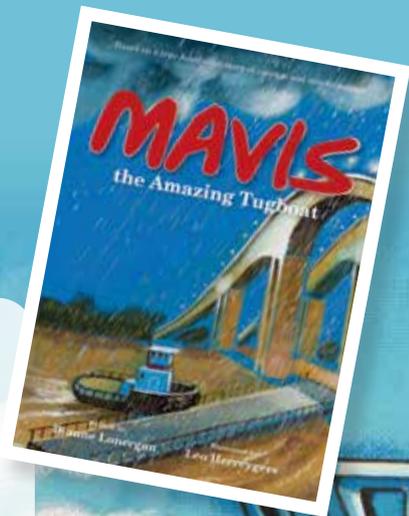
"Leo's paintings are so beautiful, they really make the book come alive," Dianne said.

Mater Private Hospital Redland Volunteer Coordinator Karen Marks said it was great to see everyone band together to help Dianne realise her dream to write a children's book.

"A great deal of research was done to ensure that the story is authentic and Doug Hislop, the skipper of Mavis has also been involved," Karen said.

Mavis the Amazing Tugboat is \$10 with all profits being donated to Mater Little Miracles to help sick and premature babies and children at Mater.

Copies are now available from Mater Private Hospital Redland, Foundation on 3 at Mater Adult Hospital in South Brisbane or online from www.materfoundation.org.au.



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The Caring Continues



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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.

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



With more than 90 years of experience, Mater Pathology is Queensland's leading not-for-profit pathology provider, reinvesting revenue back into improving health care. Mater Pathology is committed to providing exceptional service to the bayside community with the following collection centres:

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