Healthy
Community
An initiative of Mater Private Hospital Redland

Have a heart

Sunday 1 May marked the beginning of Heart Week—making May a great month to think about looking after our hearts so that we can enjoy a happier and longer life.

Queensland Cardiovascular Group Cardiologist Dr Cleonie Jayasuriya said cardiovascular disease remains one of Australia's leading causes of death, but by following a healthy lifestyle with the right diet and regular exercise residents could reduce their likelihood of coronary heart disease.

"Cardiovascular disease includes coronary heart disease, stroke and other vascular disease," Dr Jayasuriya said.

"Ninety per cent of the Australian adult population have at least one risk factor for developing cardiovascular disease, with up to 25 per cent having three or more risk factors.

"There are some risk factors for heart disease which you can't affect, such as your age—as you get older your arteries naturally become less elastic, increasing the risk of high blood pressure.

"However, there are numerous risk factors that you can control.

"Diabetes, high blood pressure, high cholesterol levels, obesity and smoking are all major risk factors associated with developing coronary heart disease, which is damage to the arteries supplying blood to the heart."

There is also a high association with chronic kidney disease.

"Research has proven that controlling these risk factors will have a significant effect of reducing the risk of developing coronary heart disease which can result in chest pain (angina) or heart attacks," Dr Jayasuriya said.

Dr Jayasuriya and Dr Bruno Jesuthasan from the Queensland Cardiovascular Group now consult from Mater Private Clinic Cleveland.





Cardiovascular disease remains Australia's biggest killer. Would you recognise the signs of a heart attack?

Heart attack symptoms vary and they may not always be severe but what everyone has in common is that the sooner you get treatment, the less damage is done.

Symptoms include:

Pain, pressure, heaviness or tightness in your:

- Chest
- Shoulder(s)
- Neck
- Jaw
- Back

You may also feel:

- Nauseous
- Dizzv
- A cold sweat
- A shortness of breath

If you experience the warning signs of a heart attack, call Triple Zero (000) immediately and ask for an ambulance.

Mater Private Emergency Care Centre's Director of Emergency Medicine Dr Steve Costello said it was important to act quickly if you suspect you, or a loved one, is having a heart attack.

"According to the Heart Foundation, more than half of all people who have a heart attack die before reaching hospital." Dr Costello said.

Mater Private Emergency Care Centre is located at 301 Vulture St. South Brisbane.

Are you a Master Mum?

Every person who has a child has a story; a story of sleep deprivation or of pride or happiness, fear, love and sometimes of sadness.

A second-time Mater Mum, Emily Eldridge-Bush shares her story;

"I was induced at Mater Mothers' Private Redland on 21 December 2010.

It was quite weird checking in to the hospital without any symptoms of labour. I put my bags away and the midwife said to me, "Alright-let's go have a baby!".

My first baby came early so I had no time to feel nervous.

but this time I felt very anxious as I didn't know what to expect.

After I was induced my contractions started within an hour and I had plenty of support from my midwife, my sister, my sister in law and, of course, my husband.

My husband's meal arrived at midday and it was quite funny because he sat down and enjoyed his meal while I was having intense contractions. Luckily he had finished before it was time for me to push!

When Logan was born his umbilical cord was wrapped around his neck but the paediatrician quickly went to work to get him breathing.

The staff were wonderful—from our obstetrician, midwives and paediatrician right down to the catering staff.

They were serious when they had to be but otherwise were great at making me feel very comfortable and at ease with jokes and conversation."



Share your story of being a Mater Mum and make a donation to help future generations of Mater Mums and their little miracles. Visit: www.mater.org.au



By sharing your story no matter how strange, funny or emotional, you will help future

merations of Mater Mums and their little miracles

ise women and their children are grateful your support ... and so are we.

> Share your story www.mater.org.au



Contact Us

Mater Health Services www.mater.org.au Raymond Terrace South Brisbane QLD 4101 Phone 07 3163 8111

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





Chicken Noodle Soup

Serves: 4 Cooking time: 20 minutes

To celebrate Heart Week, Mater Health and Wellness have supplied a recipe for Chicken Noodle Soup which is low in salt and which can also help you fight colds and 'flu'.

Ingredients:

- 1½ tablespoons canola cooking oil
- 400 g chicken breast fillets, trimmed, cut into thin strips
- 2 brown onions, finely diced
- · 2 sticks celery, finely diced
- · 2 carrots, peeled, finely diced
- 1 litre (4 cups) salt-reduced chicken liquid stock
- 2 cups frozen corn kernels
- 100 g egg noodles
- wholegrain bread rolls, to serve

Method:

1 Heat 2 teaspoons of oil in a large, heavy-based saucepan over medium heat. Add half the chicken and cook, stirring occasionally for 1 to 2 minutes or until golden. Remove to a plate with a slotted spoon. Cover to keep warm. Repeat with oil and remaining chicken.

2Add remaining 2 teaspoons of oil to the pan. Add onion and cook, stirring, for 1 minute. Add celery and carrots and cook for 3 minutes. Add stock. Increase heat to high and bring to the boil. Cover and reduce heat to medium. Simmer for 5 minutes.

Meanwhile, place noodles in a heatproof bowl. Cover with boiling water. Stand for 4 minutes or until tender. Use a fork to separate noodles. Drain.

4Add corn and chicken to soup. Simmer for 2 to 3 minutes or until hot. Place noodles into bowls. Ladle over soup. Serve with bread rolls.

For a spicier version, add chopped chilli. *Recipe courtesy of the Heart Foundation.*

Exercising



In order to remain fit and healthy throughout the cold winter months, and to keep off those unwanted winter kilos, it's important to keep moving—and remain injury free.

Mater Adult Hospital physiotherapists said evidence showed a proper warm-up is crucial in all sports/exercises.

In winter, it is especially important to keep your body warm during and after your work out. Dress with layers to insulate your body and gradually remove the layers as you warm up.

Physiotherapists recommend:

 Your warm up should gradually increase in intensity and should include general exercises and sport-specific exercises.

- Your warm up does not need to last for a specific length of time but you should develop a mild sweat, you should be able to continue talking and not be fatigued.
- It's important to keep hydrated so remember to drink lots of water even though you may not be as hot and thirsty as you are during the summer months.

For those who still aren't keen to venture outside, the physiotherapists suggest looking at different options for exercising indoors such as swimming indoors or taking the stairs.

By staying fit during the winter months you'll be able to avoid gaining weight or losing strength and stamina caused from inactivity and have a head start on the summer swimsuit season!



Did you know?

According to the Queensland Injury Surveillance Unit (QISU):

- Each year at least 4000 people present to Queensland Emergency Departments for alcohol related injuries.
- Injuries due to assault make up nearly 40 per cent of presentations.
- Injuries in the 18 to 23 year age group account for approximately 30 per cent of all presentations.
- 39 per cent of injuries were said to have occurred in the home.



Free stroke and diabetes health checks

Mater Pharmacy Redland has joined forces with the National Stroke Foundation to help bayside residents reduce their risk of stroke and type 2 diabetes by getting a free health check.

Stroke is Australia's second single greatest killer after coronary heart disease and a leading cause of disability.

In 2011, Australians will suffer around 60,000 new and recurrent strokes—that's one stroke every 10 minutes.

Nearly four million Australians aged over 25 have high blood pressure, the most significant risk factor for stroke, but many do not know their blood pressure numbers.

While almost one million Australians have been diagnosed with diabetes, it is estimated that for every person diagnosed another goes undiagnosed.

The National Stroke Foundation's *Know your numbers* program promotes the importance of regular blood pressure checks and awareness of modifiable risk factors to help prevent stroke.

From now until July, Mater Pharmacy Redland will be offering a free diabetes check to help identify locals at risk of both stroke and diabetes. They will also continue to offer free blood pressure testing.

By checking blood pressure, completing a simple questionnaire and a 'finger prick' blood glucose test, pharmacists can identify which customers are more at risk of stroke, cardiovascular disease or diabetes and refer them to their doctor for advice on how to lower their risk and stay healthy.

Stroke Symptoms may include:

FAST is an easy way for everyone to recognise the signs of stroke:

Facial weakness—check their face. Has their mouth drooped?

Arm weakness—can they lift both arms?

Speech difficulty—is their speech slurred? Do they understand you?

Time is critical.

If you see any of these signs call 000 immediately!

Type z Diabetes:

In type 2 diabetes, many people have no symptoms at all, while other signs are dismissed as a part of 'getting older'.

Symptoms may include:

- being excessively thirsty
- passing more urine
- feeling tired and lethargic
- always feeling hungry
- having cuts that heal slowly
- itching, skin infections
- blurred vision
- gradually putting on weight
- mood swings
- headaches
- feeling dizzy
- leg cramps.



Mater Pharmacy Redland

Open 7 days - 8 am to 10 pm

Mater Pharmacy Redland's specialised and experienced team of pharmacists and health advisors will work with you, whether you are seeking information about managing your health after surgery, safe medications while breastfeeding or free blood pressure checks.

Mater Pharmacy Redland 16 Weippin Street, Cleveland 4163 E pharmacy.redland@mater.org.au W pharmacy.mater.org.au P 07 3163 7411



Fighting the 'flu'

With winter creeping over the horizon, people of all ages should now visit their doctor for a 'flu' vaccination.

Mater Health Services' Director of Respiratory Medicine Dr Simon Bowler said `the flu', aka Influenza, was a specific virus caused by the Influenza A or Influenza B virus.

"Influenza is an illness which affects the whole body in which aches, pain and fever and a general feeling of unwell predominates," Dr Bowler said.

"People infected with Influenza usually have a sudden onset of symptoms that may last up to 10 days and can result in up to five days of being confined to bed."

Up to 20 per cent of the general population are infected with the 'flu' each year.

"The 'flu' can affect anyone, even fit and healthy individuals however those most at risk are the elderly, people living with illness and pregnant women," Dr Bowler said.

He recommended having the annual 'flu' vaccine as the best way to avoid catching the virus.

"People need to be vigilant about having the 'flu' vaccination annually because the virus changes a little bit year to year and the 'flu' shot accommodates this as best it can," Dr Bowler said.

"The most common sideeffect of the vaccination is an uncomfortable arm for about 24 hours afterwards, so it's very minor."

He also recommended parents vaccinate their children.

"In 2010, there was one brand of vaccine causing serious side effects in children under five years of age and as a result that kind is no longer given to young children.

"Influenza can cause a significant number of illnesses in otherwise healthy children and vaccinating children is a great way to decrease spread within the community."



On average, 2500 deaths, 18 000 hospitalisations and 300 000 GP visits in Australia can be attributed to Influenza each year.

The average annual (direct and indirect) cost associated with Influenza in Australia is estimated to be between \$828 million and \$884 million.

The 'flu' jab ...

The `flu' vaccination continues the H1N1 and Influenza A and B virus strains for 2011.

If you have previously had the 2010 'flu' vaccination you still need to have the Influenza vaccine in 2011.

This is not a `live' vaccine so it is not possible to contract the `flu' from the vaccination. The vaccine allows the body to develop a resistance to the virus should you come in contact with it.

The vaccination is considered to be between 70 per cent and 90 per cent effective in healthy people under the age of 65.

Influenza is spread from person to person by coughing and sneezing or via contact with surfaces/items contaminated with respiratory droplets.

How can I protect myself against Influenza?

- Diligent hand washing and personal hygiene.
- Covering your mouth when you cough and sneeze.
- Disposal of tissues into a bin immediately after use.
- Keeping your hands away from your mouth and nose.
- Avoiding crowds when Influenza is prevalent.
- Staying home from work if you're feeling unwell.

What to do if you contract Influenza:

- See your general practitioner (GP) for treatment options.
- Stay home from work while you are ill.
- Get plenty of rest.
- Drink plenty of fluids.

Meet our exceptional people

Midwife Heather Robinson with baby Oliver Laszlo Marta, who was born at Mater Mothers' Private Redland.



Mater Mothers' Private Redland's midwife Heather Robinson.

Wednesday 5 May was International Midwives Day and midwives at Mater Mothers' Private Redland celebrated their occupation.

Q. How long have you been a midwife?

A. I've been a midwife for about 16 years. I had a break when I had my sons. Prior to moving to Australia, I worked as a midwife in the United Kingdom, United Arab Emirates, United States of America and Saudi Arabia.

O. How did midwife practices vary in those countries?A. The cultural differences were evident from Saudi princesses

accompanied by their entourage to Bedouin women covered head to toe in black. Husbands also weren't allowed into the birthing suites in some of the hospitals in Saudi and the United Arab Emirates.

Q. How many babies have you helped deliver?

A. I have no idea although it would have to be more than 100 at least since I started with Mater six years ago.

Q. Why is being a midwife so special to you?

A. To see a newborn emerge into the world is one of life's greatest events; seeing the love, joy and wonder on the parents' faces is amazing—it's a mixture of smiles and tears, excitement and relief.

Q. What do you enjoy about working at Mater?

A. Mater Mothers' Private Redland provides a welcoming and calming environment for both staff and patients and the friendliness of the staff make it a pleasure to come to work; we've become like family members.

Mater Rehab

A new rehabilitation service at Mater Private Hospital Redland provides a comprehensive multidisciplinary inpatient rehabilitation service for local residents following injury or illness.

"We now offer inpatient rehabilitation for lower limb orthopaedics, upper limb orthopaedics, reconditioning and chronic pain management," Rehabilitation Director Dr Victor Voerman (pictured below) said.

"This service is particularly beneficial for patients who require a rapid transfer to an acute care environment and access to specialist consultations in the areas of orthopaedics, urology, geriatric medicine, oncology and other specialties."

Dr Voerman is supported by nursing staff, physiotherapists, occupational therapists, patient care assistants, dietitians, speech pathologists, orthotics/prosthetics, podiatrists and psychologists, as required.

For more information about the Rehabilitation services at Mater Private Hospital Redland, phone 07 3163 7444.



Rehab patient Susan Harris with Dr Victor Voerman and registered nurse, Diana Stevenson.

With 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:

Capalaba

86 Old Cleveland Road Phone: 07 3390 2539

Cleveland

108 Bloomfield Street Phone: 07 3286 7824

Cleveland (Bayside Business Park) 16 Weippin Street Phone: 07 3163 7350

MacCleay Island

32-40 High Central Rd Phone: 07-4409-4318

Russell Island

Alison Crescent Phone: 07 3409 2946

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





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