

Healthy Community

An initiative of Mater Health Services

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.

Cardiovascular disease remains Australia's biggest killer but by following a healthy lifestyle with the right diet and regular exercise you can help keep your heart healthy throughout your life.

Mater Private Emergency Care Centre's Director of Emergency Medicine Dr Steve Costello said statistics showed cardiovascular disease kills one Australian every 11 minutes.

"It affects more than 3.4 million Australians and prevents 1.4 million people from living a full life because of disability caused by the disease," Dr Costello said.

He said the term heart disease covered a number of conditions affecting the heart.

"Any condition which damages the heart or decreases the heart's supply of oxygen makes it less efficient; it reduces the heart's ability to fill and pump, will disrupt the coordinated relationship between the heart, kidneys, and blood vessels and will harm not only the heart but the rest of the body as well," Dr Costello said.

"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—making some changes to your lifestyle can help to reduce your risk of heart disease."

Dr Costello said smoking, high cholesterol, high blood pressure, diabetes, physical inactivity and being overweight were all major risk factors associated with developing coronary heart disease.

"These risk factors can be controlled by adopting lifestyle changes and using medications to control blood pressure and cholesterol."



Exceptional People. Exceptional Care.



Signs of a heart attack

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
- Arm(s)
- Jaw
- Back

You may also feel:

- Nauseous
- Dizzy
- 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 Mater 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 first-time Mater Mum, Roslyn Sheen shares her story;

"Becoming a mum for the first time was both exciting and scary for me.

It has been the most incredible and overwhelming journey, one I could never have begun to imagine at the start of my pregnancy.

Knowing I was going to have my baby at Mater Mothers' Hospital was a constant reassurance to me.

Each visit with the midwives was informative, friendly and encouraging.

Jett was born five days overdue weighing 8 lbs 13 oz.

My labour lasted 14 hours and for the last hour I had three midwives cheering me on and encouraging me.

They were all so warm and caring and kept things as calm and relaxed as possible.

I even got a big hug and kiss from my midwife once I had finally given birth. The whole journey was a great experience."



I'm a Mater mum.



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

Mater Health and Wellness would like to offer

\$5 OFF

your next massage



Valid to Thursday 30 June 2011

Level 2 Mater Private Clinic
550 Stanley Street
South Brisbane

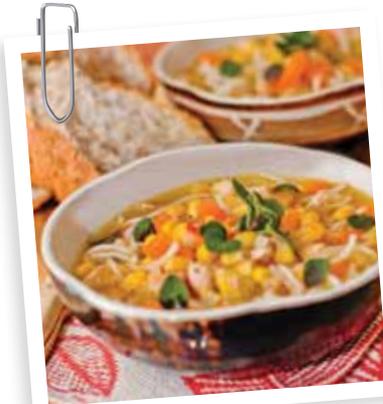
Telephone 07 3163 6000



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.

2 Add 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.

3 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.

4 Add 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 cool weather

Fast tip: Bundle up, use common sense, keep hydrated and warm up those muscles.

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!

To speak to a dietitian/nutritionist contact Mater Health and Wellness on 07 3163 6000 or visit <http://wellness.mater.org.au>

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.



Mater supports 50 Lives 50 Homes

Brisbane's 50 most vulnerable homeless people are no longer sleeping rough, having been housed in permanent long-term accommodation as part of the 50 Lives 50 Homes (50/50) campaign.

The campaign, which launched in 2010, involves community organisations, government and businesses including Mater Health Services and Mater Foundation.

As part of the campaign, volunteers and community workers including Mater pastoral carer Mary Nichols (pictured) conducted an extensive survey with Brisbane's homeless about their health.

"Each morning we met at 3 am at All Hallows, armed with surveys and torches in hand, we set out," Ms Nichols said.

"I met men and women, young and old. They were generous with their information, stories

and taking a photo which is a big ask of anyone at 4 am."

Once those most vulnerable were identified, the 50/50 team worked to find them homes and connect them to the health care services they required.

Mater nurse Ros Butler said roughly 65 per cent of Brisbane's homeless have significant chronic health conditions which have been ignored or untreated for many years.

"As a result we compiled health care plans for each individual and linked them up with health care facilities and allied health professionals," Ms Butler said.

"We have been able to get them back into the system where necessary and Mater supplied most medications and equipment for these individuals."

For more information on the 50 Lives 50 Homes campaign, visit www.micahprojects.org.au

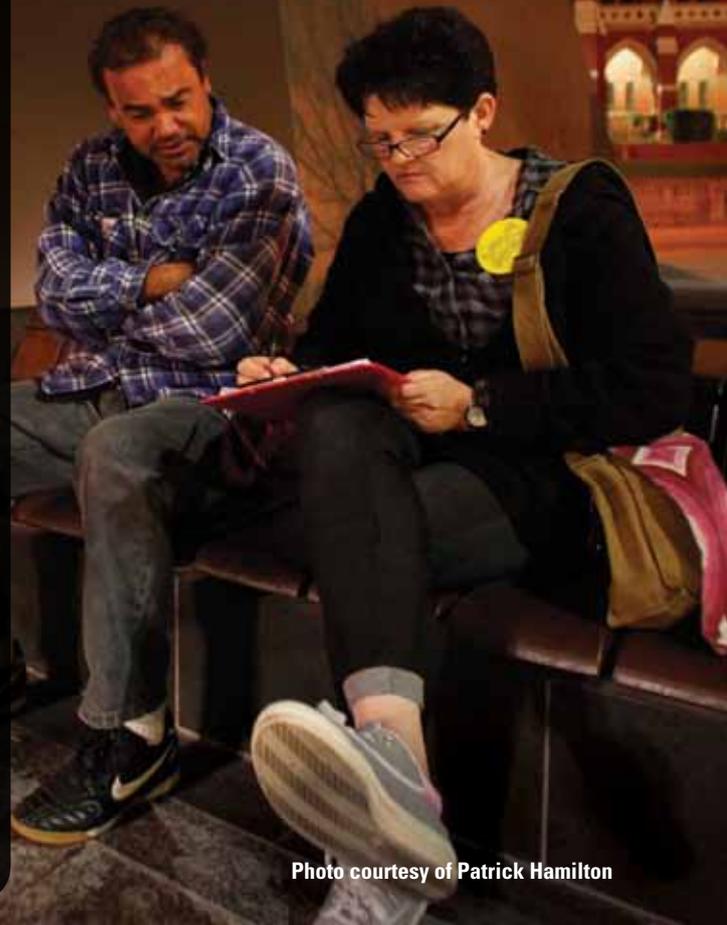


Photo courtesy of Patrick Hamilton

Meet our exceptional people

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

Midwife Shelley Edwards spoke to us about her role at Mater Mothers' Private Hospital.

Q. Why did you decide to study midwifery?

A. I have always wanted to be surrounded by women and children, so I began to study nursing then pursued midwifery. It has been a great career choice!

Q. How many babies have you helped deliver?

A. More than 60.

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

A. Midwives have the opportunity to be a part of such an intimate time in people's lives and hopefully contribute in a way that makes it a memorable and a happy experience.

Q. What kinds of things do you help soon-to-be-parents with?

A. Coping strategies in labour, adapting to the newborn, settling techniques, baby baths, breastfeeding and/or bottle feeding, what to expect and home visits for extra support for eligible women.



Midwife Shelley Edwards with baby Callum Whaites.

Q. Are there any myths/misconceptions about being a midwife that you'd like to clear up?

A. Most families ask if there are male midwives and what they are called. I always tell them there are many male midwives, who do a fantastic job and they are also called midwives as the term means 'with women'.

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 side-effect 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."



'Flu' facts:

- 1 On average, 2500 deaths, 18 000 hospitalisations and 300 000 GP visits in Australia can be attributed to Influenza each year.
- 2 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.

150
years

Sisters of Mercy

150 years ago—on 10 May 1861—six Sisters of Mercy arrived on Queensland shores and Catholic families from across Brisbane hurried to the church to welcome them.

The founding Sisters of the Brisbane Sisters of Mercy Congregation were led by Mother M Vincent Whitty and comprised Sisters M Catherine Morgan and M Benedict McDermott, Novice Sister M Cecilia McAuliffe and Postulants Emily Conlan and Jane Townsend.

Two years later the Sisters purchased their first permanent home in Queensland, which was renamed Convent of Our Lady of Mercy, All Hallows' on 1 November 1863 by Mother Vincent Whitty.

Sisters of Mercy Congregational Leader Sister Sandra Lupi RSM said the theme chosen for the sesquicentenary was 'Living Mercy'.

"This theme encompasses our past, present and future," Sr Sandra said.

"It is a time for rejoicing and celebrating the vision, courage and fidelity of the past; the passion for mercy that sustains and motivates us in the present; and a call that inspires us to look to a 'future full of hope' as the legacy of mercy continues."

For more information on events visit www.livingmercy.org.au.



Mater Little Miracles 5ks at South Bank 2009

What's On

Mater Little Miracles 5ks at South Bank

Walk to help make little miracles happen for sick babies and children at Mater Mothers' and Mater Children's Hospitals. Special guests Angelina Ballerina, Ben 10 and Dora the Explorer will make an appearance on the day.

Sunday 5 June 2011

Cultural Forecourt, The Parklands, South Bank
Registration from 9 am, walk from 10 am

Pre-registration

\$12 per individual or \$20 per family

Registration on the day

\$15 per individual or \$25 per family

Register now for a fantastic family fun day out.

www.materfoundation.org.au

Mater Little Miracles Ball

Enjoy gourmet food and fine wine, fabulous entertainment and amazing prizes and, best of all, help raise funds to assist Mater in providing exceptional care to our youngest patients.

Prizes include jewellery, accommodation packages and dining and entertainment vouchers.

Saturday 25 June 2011

Brisbane Convention and Exhibition Centre
7 pm till late

Tickets \$185 per person, \$1800 per table

Premium tables \$3000

For bookings visit www.materfoundation.org.au or phone 1800 440 155.

I'm a
Mater
Mum

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

Through research, Mater is always trying to find new and better ways to look after mums and babies so more women can experience the joyful parts of motherhood.

By sharing your story no matter how strange, funny or emotional, you will help future generations of Mater Mums and their little miracles.

Those women and their children are grateful for your support ... and so are we.

Share your story
www.mater.org.au

