

# Healthy Community

Issue 02  
Spring  
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An initiative of Mater Health Centre Hope Island

## Be breast aware

**Each year, four simple words—you have breast cancer—change the lives of 13 000 Australian women.**

October is Breast Cancer Awareness Month, which makes it the perfect time for women to become 'breast aware' and begin a monthly self-examination for any noticeable changes.

Breast cancer occurs when cells in the breast tissue become abnormal and grow in an uncontrolled way.

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*Exceptional People. Exceptional Care.*



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Mater breast care nurse Jenny Jones has been caring for Mater patients and their families for more than three years.

She works closely with Breast Surgeon Dr Jason Lambley and the nursing staff at Mater Private Hospital Redland to care for women being treated for breast cancer.

"My role is to be with patients at all key points in their journey; I am with them on the day of surgery, I'll go with them to theatre and be there when they wake up afterwards," Ms Jones said.

Each year, more than 800 breast cancer patients are treated at Mater.

Breast cancer remains the most common cancer in Queensland women with approximately 2500 women diagnosed each year.

**"Half of all breast cancers are found by a woman or her doctor after noticing a change in the breast which is why it's so important for women of all ages to be 'breast aware'," Ms Jones said.**

There is no 'right' way of checking your breasts, however if you notice any of the following changes, you should see your doctor immediately:

- A lump, lumpiness or thickening in the breast or armpit.
- Changes to the nipple—discharge or drawing in of the nipple.
- Changes in the skin—dimpling, puckering or redness.
- Any change in the shape, feel and size of the breast that is not usual.
- An area that feels different from the rest.
- Unusual pain.

Increased age remains the strongest risk factor for breast cancer—with more than 75 per cent of cases occurring in women over 50 years of age.

"Other risk factors include having one or more close relatives who have had breast cancer, particularly before the age of 50, or if you've had breast cancer in the past," Ms Jones said.

Women aged between 50 and 60 years can take advantage of free mammogram screening at BreastScreen Queensland every two years.

# What are you doing this Christmas?

**Last Christmas, Manly couple Ellen and Phil, were desperately clinging to hope that their unborn baby Sam might survive.**

A few weeks earlier, at a routine 19 week scan, Sam was diagnosed with congenital cystic adenomatoid malformation, essentially a huge lesion where his lungs were supposed to be.

"We were referred to Mater's Centre for Maternal Fetal Medicine and the doctor told us that they wouldn't expect a baby like this to live past another week," Ellen said.

There was nothing Ellen and Phil could do but wait for the inevitable.

Then at 24 weeks gestation, before Christmas, Mater's Dr Glenn Gardener gave the couple a glimmer of hope that their baby might survive.

"It was a Christmas where I was holding onto hope that a miracle could happen for us, but that made the stakes so much higher."

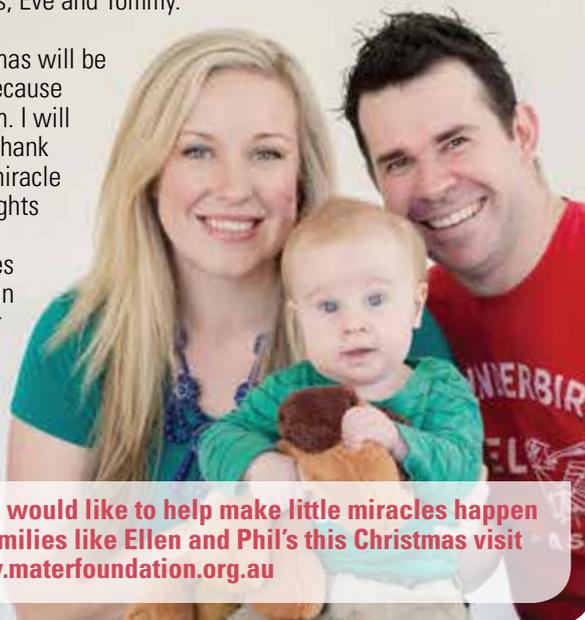
At the 30 week scan, doctors could see a small amount of normal lung tissue. Then at 36 weeks the lesion had shrunk and there was a good amount of normal lung tissue. It was now likely that he would be born alive.

Then at 40 weeks, Ellen had an induced labour.

"We still didn't know for sure that Sam would have enough lung function to survive. It was all happening so fast. And then I heard him crying and I knew what that meant: he was breathing!"

This year, Ellen and Phil will be enjoying Christmas with Sam and his older siblings, Eve and Tommy.

"This Christmas will be so special because we have Sam. I will say a silent thank you for our miracle and my thoughts go out to all those families who will be in hospital over Christmas."



**If you would like to help make little miracles happen for families like Ellen and Phil's this Christmas visit [www.materfoundation.org.au](http://www.materfoundation.org.au)**

## Contact Us

Mater Health Services, Raymond Terrace,  
South Brisbane QLD 4101. Telephone 07 3163 8111

[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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[facebook.com/matermothers](https://www.facebook.com/matermothers)

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# Asian-style chicken salad

Preparation Time: 15 minutes  
Cooking Time: 10 minutes

(serves 4)

**With the warmer weather of spring upon us, it's a good time to spring clean your diet with salads and lighter dishes.**

Make the following salad for lunch and it will give your body all the nutrients it needs to have a productive afternoon and feel great!

## Ingredients:

- 1 litre (four cups) water
- 1 brown onion, halved
- 2 single chicken breast fillets
- 1 carrot, peeled and cut into matchsticks
- 150 g snow peas, trimmed, thinly sliced
- 1 red capsicum, deseeded, thinly sliced
- 1/2 wombok (Chinese cabbage), hard core removed, finely shredded
- 3 green shallots, ends trimmed, thinly sliced diagonally
- 1/2 cup fresh coriander leaves
- 2 tbs fresh lime juice
- 1 tbs fish sauce
- 2 tsp brown sugar
- 1 fresh red chilli, deseeded, chopped

## Method:

- 1 Place water, onion and chicken in a saucepan over medium heat. Bring to the boil. Reduce heat to low and cook, covered, for 10 minutes or until cooked. Drain chicken and discard onion.
- 2 Place carrot and snow peas in a bowl. Cover with boiling water. Set aside for 1 minute or until bright green and tender crisp. Refresh under cold running water.
- 3 Shred chicken. Place chicken, carrot, snow peas, capsicum, wombok, shallot and coriander in a bowl. Combine lime juice, fish sauce, sugar and chilli in a jar. Pour over salad and combine. Divide among serving bowls to serve.
- 4 Serve with a small amount of steamed rice e.g. basmati if desired.



Recipe from: [www.taste.com.au](http://www.taste.com.au)

## MATER HEALTH CENTRE HOPE ISLAND OPEN DAY

*Sunday 28 October 2012  
11 am to 1 pm*

Come and join us for a fun day out as we help to build a healthy community at Hope Island.

The open day will include something for the whole family.

- Delicious food
- Great prizes and giveaways
- A jumping castle
- Face painting
- Live music
- CPR demonstration
- Free health checks including:
  - » blood sugar readings
  - » blood pressure checks
  - » zinc and fish oil testing
  - » foot and lower limb checks
  - » vascular and neurological check ups

Brought to you by Mater and Halcyon Waters, the health centre provides a range of services including Mater specialists, Mater Pharmacy, Mater Pathology, Active Rehab Physiotherapy, MyFoot Dr Podiatry, Queensland X-Ray, Q-Medical Hope Island (GP) and Paradise Smiles Dental Surgery.

Mater Health Centre 8 Halcyon Way,  
Hope Island

## Win a \$1,000 Harbour Town gift voucher!

## Drawn at 12.30 pm\*

\*One entry per person, entries open 11 am.  
Drawn at 12.30 pm. Must be present to win.



# Don't stress if you can't sleep

**How did you feel when you woke up this morning? Did you leap out of bed energetically ready to greet the day? Or did you roll over craving just a few more minutes sleep?**

Each and every one of us needs different amounts of sleep.

Ideally adults should be getting eight hours of sleep each night, however one in five Australians admit to sleeping less than six hours per night.

But more important than the quantity is the quality of our sleep which affects our energy levels, our mood, our capacity to work and play and the way we deal with stress.

Your GP can help you identify if there is a physical cause that requires medical treatment. But for most of us poor sleep is not caused by a medical condition.

Our poor quality sleep, tiredness and resultant lack of energy can be caused by our level of stress (especially with the silly season in our sights!), or our intake of alcohol and caffeine or exercise late at night.

Smoking and nicotine will also affect the quality of sleep, as will being overweight or having issues with chronic pain.

The friendly and helpful pharmacists and staff at Mater Pharmacy Hope Island can assist you by offering realistic and practical solutions for your sleep problems.

Ask for advice on weight loss, quitting smoking, reducing stress and boosting energy.

## Facts about sleeping ...

Source - [www.abc.net.au](http://www.abc.net.au)

- The record for the longest period without sleep is 18 days, 21 hours and 40 minutes during a rocking chair marathon. The record holder reportedly suffered hallucinations, paranoia, blurred vision, slurred speech and memory and concentration lapses.
- A new baby typically results in 400-750 hours of lost sleep for parents in the first year.
- Elephants sleep standing up during non-REM sleep, but lie down for REM sleep.
- Teenagers and children need about 10 hours sleep, while those over 65 about six hours. For the average adult, eight hours is considered optimal.
- Experts say one of the most alluring sleep distractions is the 24-hour accessibility of the internet.

## Mater Pharmacy Hope Island

At Mater Pharmacy your health is our focus. We provide a full prescription service and offer a wide range of over the counter medicines and advice for the whole family.

Committed to achieving a healthy community, Mater Pharmacy's specialised and experienced team of pharmacists and health advisors can help you obtain the right results.

Come and see us in store.

### Mater Pharmacy

Mater Health Centre Hope Island  
8 Halcyon Way, off Broadwater Avenue

Telephone 07 5635 4000

[pharmacy.mater.org.au](http://pharmacy.mater.org.au)

Individualised care—because everybody is different.  
Comprehensive care—because your health is our focus.  
Exceptional care—because we're Mater.





## Free Health Information Night Summer Session

**Monday 26 November 2012  
7 pm to 8 pm**

Links Hope Island Golf Course, Club House.

Come and hear from Mater specialists and allied health care professionals who have your health and wellness in mind.

Booking are essential.

Please register online at [www.mater.org.au/hopeisland/registration](http://www.mater.org.au/hopeisland/registration) or telephone Karen Miller on 07 3163 8623 or email [karen.miller@mater.org.au](mailto:karen.miller@mater.org.au).

## Heart Attack

### The Facts

- ♥ **More than 48 000 Australians were admitted to hospital with heart attacks in 2007/2008.**
- ♥ **That is 131 reported heart attacks per day or one heart attack every 11 minutes.**
- ♥ **From the ABS National Health Survey, more than 350 000 Australians have had a heart attack.**
- ♥ **Risk factors you can change include smoking, high blood pressure, high cholesterol, being physically inactive and being overweight.**

**For more information visit [www.heartattackfacts.org.au](http://www.heartattackfacts.org.au).**

### Hot tips for sun safety

- Find ways to make sun protection part of your everyday life.
- Apply sunscreen before leaving home.
- Wear a longer sleeved and collared shirt.
- Grab your sunglasses and hat before you walk out the door.
- Moisturisers and make up with built-in SPF are an easy way to include sun protection into your daily routine.



## Skin safety

images supplied courtesy of Queensland Health 2010

**As well as having some of the most beautiful beaches and holiday spots in the world, Australia also has one of the highest incidences of skin cancer or melanoma.**

In fact, according to the Cancer Council NSW, two in three people living in Australia will develop some form of skin cancer before the age of 70.

Unprotected exposure to ultraviolet (UV) radiation from the sun or other sources such as solarium's (sunbeds), is the most important risk factor for skin cancer.

While UV radiation cannot be seen or felt it can cause sunburn, early ageing of the skin, damage to the skin that builds up over time and can also lead to skin cancer and damage to the eyes.

Melanoma is the most dangerous of all skin cancers and in 2007, almost one-third of Queenslanders aged 15-24 diagnosed with cancer had melanoma.

Mater Plastic and Reconstructive Surgeon Dr Ray Goh said there were simple steps people could take to minimise their chances of developing skin cancer, with precautionary measures needing to be instituted early in life.

"One of the simplest measures people can take is to limit their time out in the sun during the hottest hours of the day, between 10 am to 3 pm," he said.

"If you do need to be outside, make sure to wear a protective long-sleeve shirt, broad-brimmed hat and apply SPF30+ sunscreen regularly."

On top of taking daily precautions to minimise the impact of the sun on your skin, Dr Goh also recommends people visit their GP at least once or twice a year for a skin check-up.

"People should also be on the lookout for any lesion that is changing in size or colour or may be itchy or bleeding," he said.

"If they notice any of these signs and symptoms, they should have them checked by their GP who may possibly remove or take a biopsy of the lesion."



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

# Calling all expectant mums



**Mater Mothers' Hospitals are attempting a record breaking Beautiful Moment on Sunday 4 November by hosting a Guinness World Record Attempt to assemble the largest number of expectant mothers in one location.**

Mater Mothers' Hospital's Director of Women's Health Services Maree Reynolds said participants do not need to be birthing at Mater, however they do need to be a minimum of 12 weeks' pregnant on the day of the event, as requested by Guinness World Records.

"Participants will need to provide proof that they are at least 12 weeks pregnant, in the form of a letter from their doctor or nurse or a scan, which they can upload when registering online at [www.mater.org.au](http://www.mater.org.au) or bring along on the day," Ms Reynolds said.

This exciting event, which will be held at South Bank Piazza, will enable mums-to-be to get together for an hour of activities and giveaways.

Fathers and families are welcome too with a range of activities to keep them entertained as we set about breaking the record.

"We'll also have a medical team on standby and, of course, we're just minutes away from Mater Mothers' Hospitals at South Brisbane should there be any early arrivals!"



**For more information and to register online, visit [www.mater.org.au](http://www.mater.org.au) or email [beautifulmoments@mater.org.au](mailto:beautifulmoments@mater.org.au).**



## Specialist Profile

**Dr Micheal Mastry is a specialist obstetrician and gynaecologist at Mater Health Centre Hope Island and Mater Health Centre Redland, operating at Mater Private Hospital Redland and Mater Mothers' Hospitals, South Brisbane.**

He has been in private practice since 1991 and has delivered more than 5000 babies.

*"I knew I was destined to be an obstetrician/ gynaecologist after delivering my first baby as a medical student on my 25th birthday."*

Born in Belize in the heart of the Caribbean basin and later moving to Florida in the United States of America, where he was educated, Dr Mastry worked in his family's business in the boating industry before pursuing a career in medicine.

When Dr Mastry and his Australian wife moved to Australia, South East Queensland seemed a logical place to settle so he could both continue his medical practice and enjoy his leisure time on the water.

Dr Mastry has a special interest in gynaecological ultrasound and was a founding board member of the Celma Mastry Ovarian Cancer Foundation after his mother died from the disease in 2004.

Dr Mastry is a Fellow of both the Royal Australian and New Zealand College of Obstetrics and Gynaecology and the American College of Obstetrics and Gynaecology.

## Mater Pathology

Mater Pathology is committed to providing exceptional service to the Hope Island community with the new collection centre at:

### Mater Pathology

Mater Health Centre Hope Island  
8 Halcyon Way, off Broadwater Avenue

Telephone 07 5635 4050

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

*Exceptional People. Exceptional Care.*



[pathology.mater.org.au](http://pathology.mater.org.au)

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