

Healthy Community

An initiative of Mater Private Hospital Redland

Protect your prostate

Prostate cancer is the most common cancer among Australian men after non-melanoma skin cancer with one in five men developing the disease in their lifetime.

Eight men die from prostate cancer every single day—families will lose fathers, sons, brothers and grandfathers to this terrible disease.

Urologist Dr Andrew Hadley, who consults at Mater Private Hospital Redland, said the prostate was a small male gland that sits at the base of the bladder just in front of the bowel.

"It surrounds the urethra and is part of the male reproductive system. Its function is to provide nutrients to sperm to aid in reproduction," he said.

Dr Hadley said while all men are at risk of developing prostate cancer some are at greater risk.

"According to the Prostate Cancer Foundation of Australia, a man with a first-degree relative who has been diagnosed with prostate cancer (brother or father) has at least twice the risk," he said.

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Exceptional People. Exceptional Care.



The statistics according to the Prostate Cancer Foundation of Australia (PCFA):

- Up to 1 in 5 men will be diagnosed with prostate cancer before the age of 85.
- Each day about 32 Australian men are told they have prostate cancer.
- Prostate cancer is the most common cancer among Australian men.
- Currently there are 61 000 men fighting the disease and another 19 000 will be diagnosed this year.
- Prostate cancer claims the lives of approximately 3500 men a year—similar to the number of women who die from breast cancer.

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“Unfortunately, there are no early signs of prostate cancer, which is why screening and prostate exams are important.

“Methods for screening include a simple Prostate Specific Antigen (PSA) blood test or a digital rectal examination.

“The PSA blood test is not a cancer specific diagnostic test however it will alert doctors to abnormal growth in the prostate. A combination of both a DRE and PSA blood test is recommended.”

Current advice from Australian medical bodies is that all men should be screened for prostate cancer after age 50, but those with a family history should be evaluated earlier from age 40.

In 2010, Mater Medical Research Institute (MMRI) received more than \$900 000 from the Prostate Cancer Foundation of Australia (PCFA) to continue its research into this disease.

Associate Professor John Hooper is leading the Cancer Biology team at MMRI to fight prostate cancer by developing better methods for diagnosis and treatment by focusing on how cancer starts and spreads.

“Currently MMRI is investigating how to prime a man’s immune system to fight cancer, beating cancer cells at their own game by blocking their defences and targeting cancer cells that have spread to the bone,” A/Prof Hooper said.



Mater helps children get set to enter Prep

Starting school can be an exciting but stressful time for parents and children.

To help ease this transition, Mater Health and Wellness Clinic has developed a new program—Getting Set for Prep—designed to provide parents and teachers with more information to help them determine if their child is ready to begin the Prep year in 2012.

“These sessions can identify a child’s strengths as well as highlight the areas they may be struggling in; thereby giving them a chance to develop and learn new strategies before the school year begins,” Occupational Therapist Lynda Harbison said.

Specialist paediatric occupational therapists and speech pathologists will provide a co-ordinated approach to identify your child’s readiness for the school environment.

Developmental milestones including pre-literacy skills, comprehension, language, speech, attention, motor control, pencil skills, visual perception, social and play skills are assessed.

Parents will receive a feedback pack including any necessary recommendations.

The assessment costs \$400. Mater Health and Wellness Clinic is a recognised provider with private health funds and Medicare. Rebates for services are available where applicable.

The Getting Set for Prep clinic is located on Level 3, Mater Children’s Hospital, Raymond Tce, South Brisbane.



For appointments, phone 07 3163 6000 or visit www.wellness.mater.org.au.

Contact Us

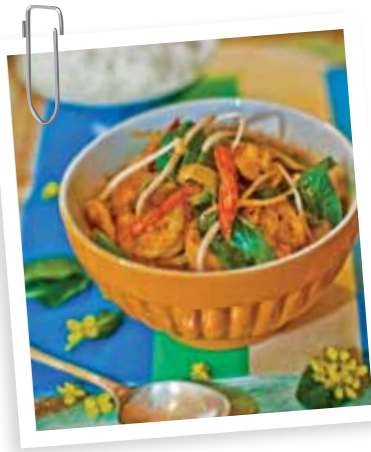
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We’d love to hear your
feedback. Please email
news@mater.org.au.

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Aromatic Prawn Curry

Serves: 4

To celebrate Healthy Bones Week 1–7 August, Dairy Australia and Masterchef

contestant Fiona Inglis have supplied us with a calcium-rich recipe for Aromatic Prawn Curry.

Ingredients:

- cooking oil spray
- 1/4 cup red curry paste
- 1 brown or red onion, cut into wedges
- 750g whole medium green prawns, shelled, deveined and tails left intact
- 375ml can reduced fat evaporated milk
- 3 baby bok choy, cut into quarters, washed
- 1 small red capsicum, cut into strips
- 1/2 cup (50g) bean sprouts
- cooked basmati rice, for serving

Method:

1 Lightly spray a frypan with cooking oil spray. Add curry paste and onions and cook on medium heat until onions are tender. Add prawns and cook for 1 minute or until fragrant.

2 Pour in evaporated milk, bok choy, capsicum and bean sprouts. Simmer until prawns are cooked through and vegetables are tender. Serve with basmati rice. For extra bite, add an extra tablespoon of red curry paste.



For more great recipes like this, visit www.healthybones.com.au

Be a part of the Breast Ever Brunch

This August get your 'breast' friends together, have brunch and help *chicks in pink* support women with breast cancer at Mater.



By hosting your own Breast Ever Brunch you can celebrate with those who have won the battle, support those whose journey has just begun, remember loved ones that have lost their fight with breast cancer and support ground-breaking research and innovative programs at Mater.

So how can you help? It's simple—have brunch with friends, sell *chicks in pink* merchandise or collect donations and have a great day with your 'breast' friends!



Register your Breast Ever Brunch event today www.materfoundation.org.au.



Mater Mothers' delivers top service for Bayside mums

Mater Mothers' Private Redland is one of Queensland's best private maternity hospitals, according to a Medibank Private nationwide survey of patient satisfaction.

As part of the Medibank Private Maternity Experience Index, Mater Mothers' Private Redland achieved a sufficiently high satisfaction score to secure the Bronze Award in Queensland.

To obtain the result, Medibank Private evaluated the experiences of over 2000 patients who recently gave birth in private hospitals across Australia, allowing parents to rate hospital performances, environment, staff and support throughout the pregnancy, birth and early parenthood.

The survey covered every stage of the hospital experience, from pre-admission care such as antenatal classes and hospital familiarisation to breastfeeding support and caring for newborn advice.

Mater Private Hospital Redland Director of Clinical Services Tracey Hutley said her team was thrilled with their achievement.

"We have a great maternity team at Mater Mothers' Private Redland who work hard to ensure our patients have an exceptional experience.

"Receiving this kind of recognition from our patients is a real accomplishment for the team," Ms Hutley said.

In 2010, Mater Private Hospital Redland ranked equal second in a Medibank Private nationwide survey of patient satisfaction to determine Australia's top private hospital.

The hospital has also consistently topped the official Press Ganey patient satisfaction survey of 274 private hospitals throughout the country.

Get mobilised to fight aching joints and arthritis

Arthritis is the leading cause of chronic pain and disability in Australia with nine out of 10 Australians over the age of 40, suffering from some form of the condition, mostly osteoarthritis.

Arthritis-related problems include pain, stiffness, inflammation and damage to joint cartilage and surrounding structures.

This can result in joint weakness, instability and deformities that can interfere with the most basic daily tasks such as walking, driving a car and preparing food.

Mater Pharmacist Cheryl Tite said while arthritis could be difficult to live with, there were many simple measures that could help people manage their symptoms

"Changes to your diet such as eating more cold water fish, like tuna and salmon; doing low-impact exercise like swimming, tai chi or even ballroom dancing; and taking good natural supplements all combine to have a considerable effect on managing symptoms and increasing mobility," Ms Tite said.

"Arthritis can also affect people of all ages and from all walks of life. Even young people, especially those involved in contact sports like football and netball, are at risk."

While many sufferers describe their symptoms as "annoying niggles", others experience excruciating pain and disfigurement which can have a profound effect on everything from a person's mobility to their mental health.

"Left untreated, osteoarthritis can become a debilitating disease so the more you do to lessen the symptoms at diagnosis, the greater your chances of keeping it manageable," Ms Tite said.

Mater Pharmacy Redland staff have made arthritis a prime focus in their pharmacy and are on hand to answer any questions about osteoarthritis and joint pain. At their specialised 'Aching Joints and Arthritis' solution kiosk instore you can find helpful tips on managing arthritis.



Arthritis

is the major cause of disability and chronic pain in Australia, with 3.85 million Australians affected, at a cost to our economy of more than \$23.9 billion each year.

According to leading researcher Access Economics, current trends suggest that by 2050, seven million Australians will suffer from some form of arthritis.

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.

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



Sickly Stomachs

This year, thousands of Queenslanders will contract a highly infectious norovirus, most commonly known as a stomach bug or viral gastroenteritis.

Healthy Community spoke to Mater's Director of Infectious Diseases Professor Joe McCormack about ways to beat the bug.

How many people are likely to develop a stomach bug this year?

"Each year in Queensland there are approximately 6500 reported cases of gastroenteritis."

Where are people most likely to catch stomach bugs?

"Outbreaks are often associated with childcare groups, families, nursing homes, hospitals and cruise ships."

What are the symptoms?

"Norovirus was once known as the winter vomiting disease. Nausea, vomiting and diarrhoea are the most common symptoms and can be severe, debilitating and usually last for up to three days. Some people may also experience a low-grade fever, chills, headache, muscle aches and a general sense of tiredness."

Is it contagious and how is it spread?

"These infections are highly contagious and the most common way to contract them is by eating food or drinking liquids that are contaminated with the virus, touching contaminated surfaces or objects or having direct contact with an infected person who is showing symptoms."

How do people avoid infection?

"Avoidance of infection depends on good general hygiene practices, particularly hand hygiene, especially when close to someone suspected of having gastroenteritis."

How long are people infectious?

"The period of infectivity is greatest at the onset of symptoms and wears off thereafter, once symptoms have been gone for two days infectivity is practically zero."

Is there a cure?

"Currently there is no antiviral medication that works against norovirus and there is no vaccine to prevent infection. This kind of infection cannot be treated with antibiotics."

What should a person do if they contract norovirus?

"See their doctor or other health professional and be careful about hand hygiene. It's also important that people who are ill with this kind of infection drink plenty of fluids to prevent dehydration. Oral rehydration fluids, juice or water is best. They should also immediately remove and wash clothing or linens that may be contaminated with virus using hot water and soap."

Wash on, wash off



Washing our hands is something most of us do many times a day. But protecting yourself from germs takes more than a quick rinse under the tap.

If you are using soap and warm water:

- ▶ Rub your hands together hard for at least 15 seconds singing a song such as "Happy Birthday" twice, which will be roughly that length.
- ▶ Make sure you wash areas that frequently get missed: the backs of the hands, between the fingers, the thumbs and the fingernails.
- ▶ If you are using waterless hand sanitiser make sure it contains at least 70 per cent alcohol and rub the soap solution into every area of your hands until they are completely dry.

Medical equipment donated to Kenya



Two shipments of medical equipment from Mater Health Services are expected to improve the health and quality of life of people in Kenya.

As part of the Sisters of Mercy mission to help the sick and needy, Mater regularly organises shipping containers filled with medical equipment and supplies to be sent to Uganda and Kenya.

The latest shipments will be donated to two hospitals—Mater Hospital in Nairobi and the Mutomo Hospital run by the Sisters of Mercy.

Included in the shipment are hospital beds, trolleys, general ward furniture, examination tables, toys and sports equipment. A complete Shimadzu X-ray room was also donated to the Mater Hospital in Nairobi.

Mater Health Services' Biomedical Engineering Manager Graham Carter said medical equipment and supplies which are no longer needed by Mater are channelled to areas where they can make a difference.

"We endeavour to build continuity into the mission by returning and supporting the same projects year after year," Mr Carter said.

"As well as medical products, we try and include general humanitarian aid items for charities and missions working in needy areas including educational supplies, nappies and baby clothes for three orphanages and mosquito nets."

Since 2005, Mater has sent containers filled with medical equipment and supplies to Papua New Guinea, Uganda, Kenya and Laos.

Susie Molloy



Meet our exceptional staff

Registered Nurse Susie Molloy works at Mater Private Hospital Redland's Day Unit.

Tell us about yourself ... I grew up in a tiny country town called Carcoar in central western New South Wales. I moved to Sydney to do my nursing training at the Royal Alexandra Hospital for Children in Camperdown. After years of travel I had my children, Georgina and Victoria.

What is your position at Mater? ... I work as a Registered Nurse in the Day Unit and also hold a monthly clinic in urodynamics with Professor Judith Goh.

What does your job entail? ... We prepare patients for their procedures as well as recovery and discharge management. We also like to bring laughter and fun into our work and I honestly believe that these elements combined ensure each person that comes in leaves feeling valued and loved.

When did you start working at Mater? ... I will celebrate 10 years at Mater in August.

What is your favourite part of working Mater Private Hospital Redland? ... I truly enjoy getting to meet so many different and interesting people through my work, both patients and staff. I love the fact that the people who work at Mater Redland are my friends and people I admire. Even though I talk a lot and am sometimes a little bit loud, I always feel loved and accepted.

Caring for the Bayside community

Exceptional People. Exceptional Care.

Mater Private Hospital Redland offers the area's only private specialised care for seniors, veterans and war widows.

The hospital offers specialist services in women's health, rehabilitation, sleep studies, orthopaedics, plastic surgery, ophthalmology, gastroenterology, urology and general medicine.

Talk to your GP about a referral to one of our exceptional specialists.



Mater Private Hospital Redland
Weippin Street, Cleveland
Telephone: 07 3163 7444
www.mater.org.au

