

# Healthy Community

An initiative of Mater Health Services

## 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 during their lifetime.

Urologist Dr Roger Watson, who consults at Mater Private Hospital Brisbane and Mater Adult Hospital, said prostate cancer is a malignant growth of the gland known as the prostate, located in the pelvis of men, at the base of the bladder.

It is responsible for semen fluid production.

"Prostate cancer can vary enormously from a low risk condition in older men, which may not require any treatment, to potentially a highly dangerous tumour with the risk of spread to other body parts," Dr Watson said.

"The cause of prostate cancer remains unknown, although a history of prostate cancer in the family does increase a man's risk of developing the disease himself."

Early prostate cancer typically doesn't cause any symptoms, so 'screening' or testing for the disease, is an important way to detect it in its early stages, while it is still curable.

"This involves a specific blood test (called PSA) and a physical examination (called a digital examination) by a doctor," Dr Watson said.

"If these tests suggest there is a suspicion of the disease, a further evaluation involving analysis of a sample of prostate tissue (a biopsy) is performed using special ultrasound guided technology.

*Continued on page 2*



**Mater**

*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.

*Continued from page 1*

"From there, there are many treatment options depending on the nature of the disease (aggressiveness) and whether it has spread outside the prostate. These can include surgery, radiation and hormone treatments."

Developments in both surgery (such as robotic and laparoscopic) and radiation are improving outcome (cancer cure), and reducing the risk of side-effects, such as sexual, urinary or bowel problems.

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. Discuss this with your GP.

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.



## Meet our exceptional staff

**Urologist Dr Stuart Philip made headlines in February when he and two colleagues were forced to amputate a man's legs after an earthquake struck Christchurch.**

In town for a urological conference, Dr Philip was called upon to help the man, who was trapped in rubble. As a result of the quick-thinking of Dr Philip and his colleagues, the man survived.

**Tell us about yourself ...** I have been a full-time consultant Urologist at Mater for four years. After completing my medical and surgical training in New Zealand, My wife and I moved to Brisbane moved to Brisbane for what was planned to be one year. Like most New Zealanders, we never left! My wife is now a General Practitioner, my children have Australian accents and I support the Queensland Reds so I think we're planning to stay! In seriousness though, Mater is a great place to work with an amazing group of staff and I couldn't imagine working anywhere else.

**My favourite Mater memory is ...** the birth of my daughter Hannah at Mater Mothers' Hospital just over three years ago. Although we only made it to the hospital with 15 minutes to spare the midwives were fantastic. There just happened to be an obstetrician in the room next door but we had no concerns that the staff wouldn't have coped admirably without him. As we didn't have much in the way of family or friends in Brisbane at that time, the Mater community was very supportive.

**If I could do anything for Mater it would be ...** to continue to contribute to the growth of Mater as a hospital and a community. I think Mater "bats well above the average" in terms of clinical care and research; we are big enough to produce world class results but small enough to still show care and compassion. Hopefully I can help continue that into the future.

## Contact Us

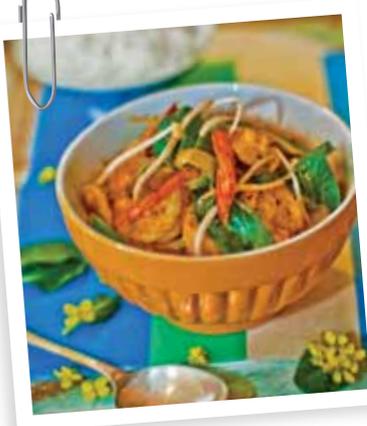
Mater Health Services, Raymond Terrace,  
South Brisbane QLD 4101. Phone 07 3163 8111

[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).

Healthy Community is proudly printed on recycled stock by a  
ISO 14001 accredited printer.





## 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](http://www.healthybones.com.au)

## Mater Children's Hospital celebrates 80 years



Queensland Reds player Beau Robinson with patient Bryden Fraser at Mater Children's Hospital's 80th birthday party.

Thursday 6 July marked the 80th birthday of Mater Children's Hospital and a children's birthday party was held with the Sisters of Mercy, staff, patients and their families sharing in the celebrations.

Mater Mothers', Children's and Adult Hospitals Executive Director Dr Mark Waters thanked staff and patients for their contribution and support.

"We are very proud of what we have accomplished over the past 80 years," Dr Waters said.

"When Mater Children's Hospital officially opened its doors in July 1931, its 80 beds were occupied immediately and in its first year of operation, the hospital admitted 1266 patients and saw over 7000 outpatients," he said.

Mater Children's Hospitals now treat more than 100 000 children a year including more than 42 000 Emergency presentations and 58 000 outpatient visits.

## Did you know?

**According to the Queensland Injury Surveillance Unit (QISU):**

- + Each year, approximately 180 emergency presentations of children under 5 years of age are the result of furniture and appliance related injuries.
- + Most of these injuries occur when children push or pull items over, climb and fall off furniture, or climb and tip the item over.
- + Children under 2 years of age tend to injure themselves by pulling items over onto themselves.
- + Children over 2 years of age are more likely to be injured after climbing the item and either falling off or tipping the item over onto themselves.
- + The item most commonly associated with a tip over injury is a television.



Osteoporosis is a major cause of disability in Australia. It is a serious disease that currently affects 2.2 million Australians, with that number expected to increase to three million by 2021. More than half of women over the age of 60 will have an osteoporotic fracture and currently, someone is admitted to hospital every 5-6 minutes with an osteoporotic fracture.

Just three serves of dairy every day provides most people with a large proportion of the recommended daily intake for calcium – a serve is equal to 250ml milk, a 200g tub of yoghurt or 40g of cheese.

# Medical equipment donated to Kenya

## Two shipments of medical equipment from Mater Health Services are expected to improve the health and quality of life for the people of 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, expected to reach Kenya in August and September, 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, who has been a part of previous mission projects, 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.

## Be a part of the Breast Ever Brunch

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

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.

Mater wants to help women with breast cancer do what they do best; be a woman—a mother, wife, daughter, sister, girlfriend. We want to help them laugh, cry, and feel feminine, even though for some it may feel like the very essence of their femininity has been taken away from them.

With your help, the Breast Ever Brunch aims to raise \$50 000 to help *chicks in pink* continue to support women with breast cancer both during and after their treatment and to fund vital research at Mater.

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

And we want you to help—help us celebrate with those who have



Register your Breast Ever Brunch event online at [www.materfoundation.org.au](http://www.materfoundation.org.au)

# 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.



## 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](http://www.wellness.mater.org.au).**

## What's on

MMRI brings the Barossa to Brisbane



The Red, White and Sparkling Dinner is Brisbane’s premiere boutique wine event, bringing the Barossa to Brisbane to raise vital funds for the Mater Medical Research Institute (MMRI).

Tickets include a pre dinner wine tasting, a sumptuous three course meal, a selection of unique wines from premium boutique Barossa wineries and an opportunity to meet the wine makers.

Established in 1998, MMRI aims to discover, develop, translate, and commercialise medical research that integrates with relevant areas of excellence within clinical practice.

**Date:** Saturday, 10 September 2011

**Time:** Pre-dinner drinks from 6 pm, dinner 7.30 pm until midnight

**Venue:** Pre dinner wine tasting at The Riverside Centre Lobby, 123 Eagle Street Brisbane

Dinner at The Strand @ Rugby Quay, Plaza Level, Rugby Quay, 123 Eagle Street Brisbane

**Dress:** Dinner or Lounge Suit

**RSVP:** Wednesday, 24 August 2011

**Tickets:** \$175 per person, tables of 10 available

**For bookings phone 07 3163 8000 or visit [www.materfoundation.org.au](http://www.materfoundation.org.au)**

### Mater Private Emergency Care Centre

*Exceptional People. Exceptional Care.*

**Mater Private Emergency Care Centre provides high quality health care 24 hours a day, 7 days a week.**

The services provided complement, but do not replace, the care provided by general practitioners (GP) or specialists. There is no need for a referral and 95 per cent of patients receive treatment within 30 minutes of arrival at the centre.

Mater Private Emergency Care Centre has direct access to specialists, X-ray, Mater Private Cardiovascular Unit, pathology and admission to Mater Private Hospital Brisbane.

**For more information including fees, please visit our website: [www.mater.org.au/emergency](http://www.mater.org.au/emergency)**

**24 hours a day, 7 days a week**

**Mater Private Hospital Brisbane**  
301 Vulture Street, South Brisbane  
Telephone: 07 3163 1000

