

# Healthy Community

An initiative of Mater Health Services

## Be 'breast aware'

### **"You have breast cancer."**

Each year, four simple words change the lives of 13 000 Australian women.

October is Breast Cancer Awareness Month, which makes it an ideal time to remind women of the importance of being 'breast aware'.

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

Breast care nurses Sally Graham and Lindy Cook have been caring for breast cancer patients at Mater Private Breast Cancer Centre for years.

"As breast care nurses our role is to support women through their breast cancer diagnosis and experience, providing emotional and practical support as well as relevant information," Ms Graham said.

Breast care nurses can also refer patients to appropriate resources and programs.

*Continued on page 2*



**Exceptional People. Exceptional Care.**

Continued from page 1

"We are in contact with our patients prior to admission, during their hospital stay and remain available to be contacted during all phases of treatment and beyond," Ms Graham said.

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

Regular screening programs are available to women after the age of 40 but it is important for women of all ages to be 'breast aware'.

"Clinical examination by your GP, in conjunction with a regular screening program is an important part of your breast care," Ms Cook said.

"Women need to get to know the 'normal' look and feel of their breasts and should see their doctor if they notice any changes."

Changes to be aware of include:

- 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.
- Unusual pain.

"Women need to see their GP to discuss any change, as this may need to be investigated further," Ms Cook said.



#### How to be 'breast aware'—courtesy of Queensland Cancer Council.

- View your breasts in the mirror and feel them from time to time. It should only take a few minutes and can be done while in the shower or bath, while dressing or while lying down.
- Remember to feel all the breast tissue, from the collarbone to below the bra line and under the armpit.
- Use the flat of your fingers and the finger pads to feel near the surface and deeper in the breast.

(The above suggestions are not based on evidence that they will reduce breast cancer risk or mortality.)

# Building a

## future for sick babies



**It's on again! The fourth Plantation Homes *House for Life* is under construction and will be auctioned on 26 November 2011 at 10 am.**

Don't miss your opportunity to purchase a stunning 374.8m<sup>2</sup> two-storey, four-bedroom house located at 7 Lytham Court, North Lakes and help save the lives of Queensland's sickest and tiniest babies.

This is a brand new design from Plantation Homes, which is yet to be released to the Queensland market. It features a large outdoor entertaining area, Quartz benchtops, stainless steel appliances, ducted, reverse cycle air-conditioning and is fully fenced and landscaped.

Local suppliers and subcontractors volunteer their time and resources to build an extra special home that is then auctioned with all proceeds supporting seriously ill and premature babies at Mater Mothers' Hospitals.

The buyer is guaranteed a superbly finished, quality family home with luxury features. And, because it is a charity auction, there is a high possibility the new owners will get a great bargain.

If you are in the market for a new house, or know someone that is, consider the *House for Life*.

The *House for life* will be open for inspection 1 pm - 2 pm every Saturday, starting 22 October 2011.



For more information, contact Jessica Osborne on 0418 873 430 or visit [www.house4life.org.au](http://www.house4life.org.au).

## 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.



# Chicken and Kaffir Lime Salad

Serves: 4  
Preparation time: 20 minutes  
Cooking time: 15 minutes

**To celebrate National Nutrition Week 2011 (16-22 October), try this delicious Asian-style chicken noodle salad, courtesy of the Heart Foundation. To boost the vegetable content, try adding julienne snow peas and carrots.**



## Ingredients:

- 2-3 (about 400g) skinless chicken breast fillets
- 4 kaffir lime leaves, finely shredded
- 1 lime, sliced
- 100 g Chinese (mung bean) vermicelli noodles
- 250 g green beans, halved
- 1 cup fresh coriander leaves
- 1 cup fresh Thai basil leaves, shredded
- 4 spring onions, thinly sliced
- 2 tablespoons fried shallots

## Dressing:

- 2 tablespoons fish sauce
- 2 tablespoons lime juice
- 2 tablespoons brown sugar

## Method:

1 Put chicken breast fillets in a large deep frying pan, add the kaffir lime leaves and lime slices and cover with water. Bring to the boil, reduce the heat to a very slow simmer and poach the chicken for 15 minutes or until tender. Drain the chicken, reserving 60 ml of the liquid. Allow chicken to cool slightly then shred finely using your fingers.

2 While the chicken is cooking put the vermicelli noodles in a bowl and cover with boiling water. Allow to stand for 5-10 minutes or until tender then drain well. Cook the beans until tender then drain.

3 Put the chicken, vermicelli noodles, coriander, basil leaves, green beans, spring onions and shallots into a bowl and toss to combine.

4 To make the dressing pour the reserved cooking liquid, fish sauce, lime juice and sugar in a jug and whisk well. Pour over the salad and toss to combine.



Mater Health and Wellness have a dedicated team of Nutrition and Dietetics specialists who can help with issues including nutrition coaching, sports nutrition and weight management. For more information call 07 3163 6000 or visit [wellness.mater.org.au](http://wellness.mater.org.au)

# Mater goes green



**Throughout 2011, the Mater Sustainability Committee has been working towards educating staff on sustainable behaviour while reducing carbon emissions.**

One of the committee's main projects was the 'Turn it Off' campaign, aimed at encouraging staff in non-clinical areas to turn off their lights, computers, air-conditioners and to unplug phone chargers while not in use.

Sustainability Manager Chris Hill said the effectiveness of the campaign had already been felt across the campus.

"Energy audits showed an increase in the number of lights and computers (hard drives and monitors) being turned off overnight," he said.

## Other initiatives include:

- The use of 100 per cent recycled paper.
- An upgrade of bike cages to encourage staff to cycle to work.
- Replacing traditional desktop computers with lower power consumption virtual terminals.
- A new waste contract to increase recycling.

Mater is also an industry partner in a Federal Government-funded research project to investigate the impact of climate change on public and private institutions and the community as a whole.

Mater will be part of a study titled 'Factors affecting individual adaptive coping capacity across different population groups' working with investigators from Griffith University, The University of Queensland and The University of Western Australia.

"The first joint project will be in the development and measurement of a sustainability pledge of environmental behaviours, which is due to commence in October 2011," Mr Hill said.

## Fast facts about sustainability ...

- By recycling one tonne of paper, Mater saves almost 13 trees, 2.5 barrels of oil, 4100 kW of electricity, four cubic metres of landfill and 31 780 litres of water.
- The average household throws away 13 000 separate pieces of paper each year. Most are packaging and junk mail.
- Australians use approximately four times more energy per person than the world average.
- A computer and monitor left on for a year generates the same amount of greenhouse gas as a car travelling from Sydney to Perth.
- Many office and household devices consume energy even when they are switched off. Switching off devices at the power point when not in use will typically save two to five per cent of energy consumption.



# KOALA helping families find a healthier life journey

**Mater Children's Hospital is tackling the problem of childhood obesity using one of Australia's most loved animals—the koala—as a symbol to motivate lifestyle change in affected families.**

Associate Professor Gary Leong, a paediatric endocrinologist and researcher who divides his time between Mater Children's Hospital and the Institute for Molecular Bioscience (IMB) at The University of Queensland, leads the KOALA Healthy Life Clinic for management of overweight children and families.

"Obesity in children and adolescents has reached alarming levels, with almost a quarter of Australian children now overweight or obese," he said.

"If current obesity trends continue, in less than 25 years, up to 50 per cent of all Australian children will be overweight. This will lead to an explosion of type 2 diabetes in adolescents and young adults."

Dr Leong said studies have shown that once children become obese they are more likely to stay obese into adulthood.

"Children who are obese at age five have a 25 per cent risk of remaining obese as an adult which increases to 75 per cent for children who are obese at age 13.

"Obese children are also at increased risk of developing sleep apnoea, high cholesterol, high blood pressure, fatty liver disease, cardiovascular disease, depression and anxiety."

He said changes to family lifestyle was a major component of why children become overweight and obese, though there are many societal drivers that exist preventing families from staying healthy.

"Children and families are eating more foods that are high in fat and sugars and spending less time on physical activity.

"Children should have at least one hour of vigorous physical activity a day," Dr Leong said.

"We are not a weight loss clinic; our aim is to help identify barriers that may be keeping children and their families from maintaining a healthy weight and living a healthy life."



For more information on the KOALA Clinic, phone 07 3163 2500.

## Ten top tips:

1. Changes must be made to the whole family's lifestyle—one for all and all for one!
2. A parent must be a healthy role model for their children—so get active as a family.
3. Make your home a 'healthy zone', with fresh food and water instead of pre-packaged, processed food and high-sugar drinks.
4. Start the day with a healthy breakfast.
5. Eat at least 1-2 pieces of fruit and 3-5 serves of vegetables a day.
6. Stick to cold water as the main drink at home.
7. Have healthy snacks available and low fat calcium-fortified milk as a source of calcium.
8. Limit portion sizes to appropriate childhood sizes.
9. Turn the TV off during dinner. Talk to each other about your exciting day!
10. Meet once a week as a family to discuss plans for the following week's activities and healthy achievements.

## Mater named as latest eHealth site

**Mater Health Services has been awarded funding by the Department of Health and Ageing (DOHA) to implement an eHealth site under the new national Personally Controlled Electronic Health Record (PCEHR) program.**

The funding of \$7 106 000 for the next 12 months will enable Mater Mothers' Hospitals to create a new Shared Electronic Health Record (EHR) for expectant mothers.

Once developed, a patient's record can be contributed to and accessed by Mater clinicians, general practitioners, private obstetricians and the patients themselves.

Mater Health Services Chief Information Officer Malcolm Thatcher said a paper-based Pregnancy Health Record was currently used to support the care of a woman during her pregnancy.

"The aim of this program is to replace the paper-based Pregnancy Health Record with an electronic version," he said.

"While many specialists already use electronic systems for storing and viewing patient data, the new system will allow data to be securely shared between health providers.

"By sharing information, patients will no longer need to repeat their medical history to each provider they visit."

Mr Thatcher said Mater's maternity-focused electronic health record would store key information such as health history, previous pregnancy history, birth preferences, breastfeeding preferences, an obstetric management plan, alcohol and drug screening information and allergies and adverse reactions.



# Mater delivers best private hospitals in Australia

**Mater has topped a list of Australia's best private hospitals, taking out the top two positions in the nation's largest survey of patient satisfaction conducted by Medibank Private.**

Mater Private Hospital Redland was named Australia's best private hospital and—for the second year running—the best hospital in the state followed by Mater Mothers' Private Hospital, which received the National Silver Award and also the State Silver Award.

Mater Director of Nursing and Midwifery Services Maree Reynolds said she was proud to accept the Silver Award on behalf of Mater Mothers' Private Hospital.

"My thanks and congratulations to all the staff at Mater Mothers' Private Hospital who work tirelessly to ensure the delivery of exceptional care for new mothers, babies and their families.



Director of Nursing and Midwifery Services (Adult, Women's and Children's Health Services) Mish Hill, Medibank Group Executive Provider Relations Cindy Shay and Director of Women's and Newborn Services Maree Reynolds.

"Receiving the Silver Award is a tribute to the amazing staff, specialists and midwives, nurses and support staff. Without them and their commitment to patient care this award would not have been possible," she said.

Medibank Group Executive, Provider Relations, Cindy Shay said the survey results were a very positive reflection of the service delivery at Queensland's private hospitals.

Medibank Private's Hospital Experience Survey analysed 22 600 responses covering 140 private hospitals in the largest and most authoritative survey undertaken by a health fund in Australia.

The survey covers every stage of the hospital experience, from preadmission to discharge and follow-up. Respondents were asked to share their thoughts on everything from the standard of medical treatment provided to privacy levels, cleanliness and food quality.

## About Mater Mothers' Private Hospital:

Mater Mothers' Private Hospital offers three dedicated accommodation floors for new mothers and their babies. It comprises single rooms with ensuites, access to external views, natural light and personal baby bathing facilities.

Experienced in providing specialised services since 1961, Mater Mothers' Private Hospital provides contemporary, leading-edge care that delivers real health care benefits to women, in a family-friendly environment.

Happy Mater Mum Kirsten Kelland with baby Finley born in August.





Cassandra West

# chicks in pink

morning tea tickets now on sale

**Sweet treats will be the order of the day when the annual Queensland X-Ray *chicks in pink* Morning Tea is held at Victoria Park Golf Club on Friday 21 October.**

Held as part of Breast Cancer Awareness Month, the morning tea is an opportunity for women (and a few brave men) to show their support for patients affected by breast cancer and raise much needed funds to support breast cancer services and research at Mater.

The event will be hosted by Channel Nine's Today reporter Alison Ariotti and former paralympic swimmer Karni Liddell will speak about overcoming adversity.

**Help support the hundreds of women treated at Mater each year by purchasing your ticket today. Group bookings are welcome.**

## Queensland X-Ray *chicks in pink* Morning Tea

**When:** Friday 21 October 2011  
**Time:** 9.30 am for a 10 am start  
**Where:** The Marquee, Victoria Park Golf Club, Herston Rd, Herston  
**Cost:** \$55 includes high tea and a glass of bubbly on arrival  
**RSVP:** [www.chicksinpink.com](http://www.chicksinpink.com) or call 07 3163 8000



## Meet our exceptional staff

**Mater Florist's Cassandra West recently won second prize at the Interflora Florist of the Year competition.**

Cassandra entered the 'Bridal Design' category with a modern, textured bouquet which featured orchids, berries, vine, wire and feathers.

**How long have you been a florist? ...** I have been working in the floral industry for nine years. My mum was a florist so it is something I have always been surrounded by and been interested in.

**How did you get started? ...** After I left school, I did on-the-job training at a local florist in New Zealand and from there further developed my skills.

**What are your tips for brides trying to choose a wedding bouquet? ...** Choose flowers which are in season and flowers that you love. I would also ask the florist for their advice, as they will know what colours and flower combinations work well together.

**What are the best flowers to send in Spring? ...** Spring is a beautiful season for flowers; there are freesias, tulips, rhododendrons, hyacinths, sweet peas and lily of the valley. They all look great in a posy, bouquet or arrangement.

**How can people prolong the life of their bouquet of flowers? ...** I would recommend cutting the stems and changing the water every two or three days.

All proceeds raised by Mater Florist are used to support patient care at Mater.

## 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

