

# Healthy Community

An initiative of Mater Private Hospital Redland

## 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 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.

The majority of breast cancers develop in the milk ducts, while a small number start in the milk sacs or lobules.

Mater Private Hospital Redland breast care nurse Jenny Jones has been caring for Mater patients and their families for more than two years.

She works closely with Breast Surgeon Dr Jason Lambley, physiotherapist Jane Buzolic, and the women's health nursing staff to

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*Exceptional People. Exceptional Care.*

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develop the most supportive care path possible 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.

While 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—young women are also at risk.

“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.”

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

### 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 could 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.)

# Yoga classes

## for breast cancer patients

Free weekly yoga classes especially designed to support patients after breast cancer surgery are now available at Mater Private Hospital Redland.

Breast care nurse Jenny Jones said recent studies had shown that patients who practice yoga experience lower stress, improved arm mobility and strength and greater flexibility.

According to a study by the University of Texas MD Anderson Cancer Center of 163 breast cancer patients undergoing radiation therapy, women who participated in yoga reported, “greater benefits to physical functioning and general health ... (and) were more likely to perceive positive life changes from their cancer experience”.

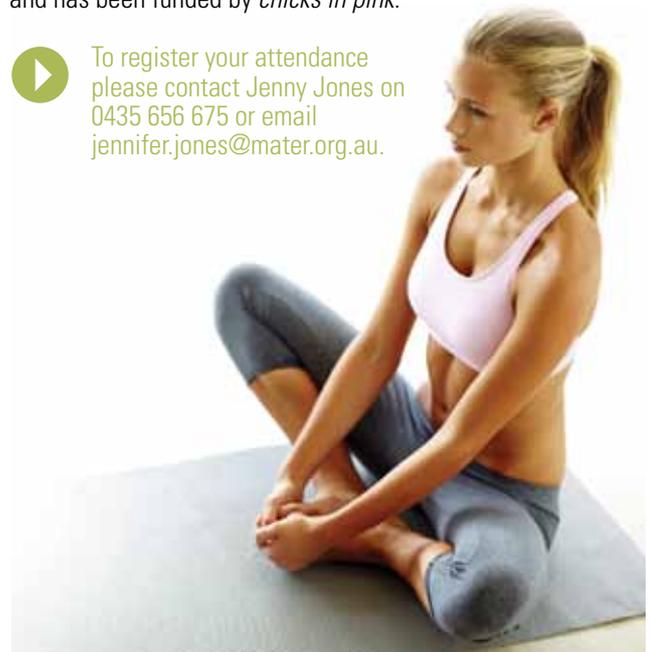
The yoga group also saw the “steepest decline in their cortisol across the day, indicating that yoga had the ability to regulate this stress hormone,” the study said.

Classes are held each Wednesday, 6.30 pm to 7.30 pm, in Mater Private Clinic Conference Room, Level 1, 16 Weippin Street, Cleveland (above Mater Pharmacy) and are run by a qualified and experienced yoga instructor.

Participants should take a yoga mat if they have one, otherwise a towel or blanket and wear comfortable clothes.

This program is available to all breast cancer patients, irrespective of where they were treated, and has been funded by *chicks in pink*.

 To register your attendance please contact Jenny Jones on 0435 656 675 or email [jennifer.jones@mater.org.au](mailto:jennifer.jones@mater.org.au).



## Contact Us

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We’d love to hear your  
feedback. Please email  
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# Chicken and Kaffir Lime Salad

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



## 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)



## Generous support leads to greater patient transport

**The generous support of the Bayside community has enabled Mater Private Hospital Redland to purchase a new vehicle to be used for patient transport.**

Mater Private Hospital Redland Clinical Services Director Tracey Hutley said the purchase was made possible thanks to generous donations from Mater Foundation, Redlands Sporting Club, Mater Private Hospital Redland Ladies' Auxiliary and Oldmac Toyota.

"The car, a Toyota Corolla Seca, will be used to transport patients around our campus," Ms Hutley said.

"In the future, it will also be used by our occupational therapists to visit the homes of our rehabilitation patients in order to check they have all the necessary equipment in place to ensure they are safe to go home.

"We are very grateful for the support of our donors and also to Peter Cunningham at Oldmac Toyota Cleveland for his help in getting us the right car for our needs."

Redlands Sporting Club President Don Seccombe said the club had been a long-time supporter of Mater Private Hospital Redland.

"Sr Marcia told me there was an urgent need for a vehicle to transport patients around the campus and to enable staff to make home visits when required so I contacted Oldmac Toyota and they were only too happy to support us with this request," Mr Seccombe said.

"Redlands Sporting Club was also delighted to provide financial support because this means a lot to patients in need of care in our community."



(L-R) Peter Cunningham, Rick Veale, Don Seccombe, Nigel Harris, Sr Marcia Maranta, Wendy Seccombe, Mark Young and Tracey Hutley.

# Women—managing the stages of your life

## The female body is very complex.

At particular stages in our lives, hormone levels will change in response to natural cycles in our lives—adolescence, pregnancy and menopause.

It's a complex relationship and one that Mater Pharmacy has chosen to address as part of its commitment to community health.

Throughout October, Mater Pharmacy will focus on Women's Health and supporting women in managing these stages of their life.

Mater Pharmacist Cheryl Tite said staff would offer practical advice on coping mechanisms and ways to help women take control.

"Come visit us throughout October and take the one-minute osteoporosis test and our highly qualified team at Mater Pharmacy will advise you on how to reduce your risk."

Ms Tite said specialist speakers would also appear in-store to offer knowledge, advice and practical tips to help address issues specific to women.

"The role of exercise, diet, supplements and mental attitude are just some of the issues that will be covered," she said.

## Speakers include:

- Dietician Kellie Hale will discuss ways for women to reach their weight management goals—Wednesday 5 October, 7 pm.
- Obstetrician and Gynaecologist Dr Gill Van Iddekinge—Wednesday 12 October, 7 pm.
- Clinical Psychologist Gaby Hill—Monday 17 October, 7 pm.
- Physiotherapist Melissa Lowe—Wednesday 26 October, 7 pm.

Throughout 2011, Mater Pharmacy held a series of free community health information sessions to help residents better manage their health.

Residents are invited to register in-store to receive their personal invitation to these and future events.

## 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.

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



# Mater delivers best private hospital in Australia



Mater Private Hospital Director of Nursing and Midwifery Cheryl Clayton, Mater Private Hospital Redland's Director of Clinical Services Tracey Hutley, Medibank Group Executive Provider Relations Cindy Shay, and Mater Private Hospital Brisbane and Redland Executive Director Don Murray.

**Mater Private Hospital Redland is Australia's best private hospital and—for the second year running—the best hospital in the state, according to a survey of patient satisfaction conducted by Medibank Private.**

Mater Private Hospital Brisbane and Redland Executive Director Don Murray said receiving this kind of recognition from patients was a great accomplishment for the Mater team.

"These awards are testament to the hard work and dedication of our team of staff at Mater Private Hospital Redland," Mr Murray said.

"From specialists and nurses to midwives and support staff, everyone works with one goal in mind—the delivery of exceptional care.

"We survey our patients every week of every year; from there we try to learn and grow to ensure we provide the highest level of care and service for our patients."

Mater Mothers' Private Hospital was also amongst the country's best, receiving the National Silver Award and also the State Silver Award, recognition by patients that both Mater hospitals are delivering top-quality health services.

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 and showed the experience of most private hospital patients was a positive one.

"The survey results indicate that, overall, Australians are very satisfied with the standard of care provided in the private health system," Ms Shay said.

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 pre-admission 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 Private Hospital Redland

**Building on Mater's reputation for clinical excellence, Mater Private Hospital Redland provides a range of specialised surgical and medical services to support the needs of the Redland community.**

**The hospital was opened in September 2000 as an extension of the mission of the Sisters of Mercy to provide the highest quality health care services for the people of the Bayside region.**

In 2010, Mater Private Hospital Redland had:

- 6 654 patient discharges
- 12 111 patient days
- 3 530 theatre patients
- 431 births



# Knitting for a cause

## Staff at Mater Private Hospital Redland have initiated what they are calling a 'blanket project'.

A basket of wool and knitting needles have been placed in the day procedure waiting room area with an open invitation to staff, patients and family members to take part and knit a square to create a 'waiting room' blanket!

The idea of the 'waiting room' blanket came from nurse Bette Muntz.

"We've found that the basket is a fantastic ice breaker for waiting room conversations and also a welcome distraction for anxious patients and relatives," Ms Muntz said.

Clinical Coordinator Allison Peatey said staff were looking forward to seeing the final product.

"Once we have enough squares to construct a blanket, we plan to send them to the outreach teams at South Brisbane to have them put to use as needed," Ms Peatey said.

"I am incredibly proud of the selflessness and consideration that our small part of the Mater family has demonstrated in this activity."



Paediatrician Dr Julie Beak consults at Mater Private Hospital Redland and is a staff paediatrician at Mater Children's Hospital.

### Q. Can the first immunisation for babies now be given at six weeks of age?

**A.** Yes. The combination vaccine protecting against whooping cough (pertussis) can be given from six weeks of age.

Whooping cough is most serious in babies less than six months of age. Most babies with whooping cough catch it from a parent or other close family member.

The best protection for babies less than six months of age is for any adults who care for your baby to get a whooping cough booster vaccine.

Currently this is free for parents and grandparents of babies under six months of age. This free vaccination can be obtained from your GP or immunisation provider.

### Q. How do I know if my baby is gaining enough weight?

**A.** Babies normally lose up to 10 per cent of their birth weight in the first few days after they are born.

Then they start gaining weight and by 2 weeks should be back at birth weight. After that babies usually gain 15 to 30 grams a day.

Most babies double their birth weight by six months and triple it by one year.



Ask your GP for a referral to see Dr Beak at Moreton Bay Obstetrics and Gynaecology.

## 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  
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Telephone: 07 3163 7444  
[www.mater.org.au](http://www.mater.org.au)

