

Healthy Community

An initiative of Mater Health Centre Hope Island

One family's
little miracle

Sharon and Lyndon (pictured) were overjoyed about their third pregnancy and were hoping for a sister for their two sons, Jackson and Oliver.

Sharon was confident she was having a girl; this pregnancy felt different to her other two.

But everything changed after her 19 week scan.

Lyndon was just five minutes from the clinic when he received a worried call from his wife.

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Mater

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Follow us online

Mater Health Services has recently launched an online blog-version of Healthy Community at www.materhealthycommunity.org.au where you can sign up to have stories delivered straight to your inbox.

You'll also be able to use the blog to link to Mater's social media accounts on Facebook, Twitter, LinkedIn and YouTube. Come and continue the conversation at www.materhealthycommunity.org.au.



www.materhealthycommunity.org.au

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"I don't know what's happening but be prepared and hurry," Sharon told him.

The sonographer explained that their baby—a boy—was in heart failure with a swollen heart and lots of excess fluid around his tiny body. He also wasn't moving.

Within an hour Sharon and Lyndon were rushed to Mater Mothers' Hospital and placed under the care of Dr Glenn Gardener—Director of Maternal Fetal Medicine.

"When Sharon arrived at our unit, her baby had lots of signs that he would die in utero," Dr Gardener said.

The couple were told the damage to their son's heart was so significant his chance of survival was less than 10 per cent.

"Performing an in utero blood transfusion was our best chance, but when a baby is that sick, there is only a very small chance that the baby will survive the procedure. However, in this particular case if we didn't do the procedure we knew the baby would not survive at all," Dr Gardener said.

"We administered a very, very small and gentle transfusion the first time, just enough to keep him alive."

Sharon and the baby went through three more transfusions, each around a fortnight apart.

After each treatment, there were



signs the baby was improving but he still wasn't producing his own red blood cells.

"The doctors were saying that when he was born, his body would kick into gear and start doing the right things, but I kept thinking what happens if it doesn't?" Sharon said

But on 10 October 2011—at 37 weeks gestation—Shaun was born and his body kicked in and he started producing red blood cells.

"I'm a medical guy, so I'm not one to talk about miracles, but this case really surprised me. Shaun really did beat the odds," Dr Gardener said.

Shaun Glenn O'Neill (named after Dr Gardener) is now two years old. He is full of life, bursting with personality, the apple of his dad's eye and his mother's pride and joy.

You can help babies and children like Shaun this Christmas by purchasing a \$2 Christmas wish token from The Myer Centre, Guardian Pharmacy and selected retailers. Each token helps fund world-class medical research and equipment at Mater.

Win

a \$50
Chemmart
Rewards
Card!

For your chance to win a \$50 Chemmart Rewards card, email your name, address and phone number to

news@mater.org.au



with the subject line 'Healthy Community'*.

**Entries close December 30, 2013.
Winners will be notified by email.**

*By entering this competition, you give permission for Mater Health Services to add your details to our Healthy Community mailing list.

Contact Us

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(off Broadwater Avenue) Hope Island Qld 4212
www.materhealthycommunity.org.au
www.mater.org.au

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



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Gold Coast businessman donates \$1 million to Mater

Gold Coast businessman, Terry Jackman has presented Mater Foundation with a \$1 million donation to set up a fund in honour of Sister Angela Mary, administrator of Mater hospitals for 22 years and a figure synonymous with Mater.

Mr Jackman, a former Tourism Queensland chairman who formed Pacific Cinemas Pty Ltd in 1989 and is well-known for his role in securing investment for the original Crocodile Dundee movie, will provide the gift to Mater to set up the Sister Angela Mary fund which in turn will be used to fund a research position in Neonatal Nursing at Mater.

Mater CEO Dr John O'Donnell said Mater is a leader in the field of neonatology research and currently cares for more than 2000 seriously ill babies a year.

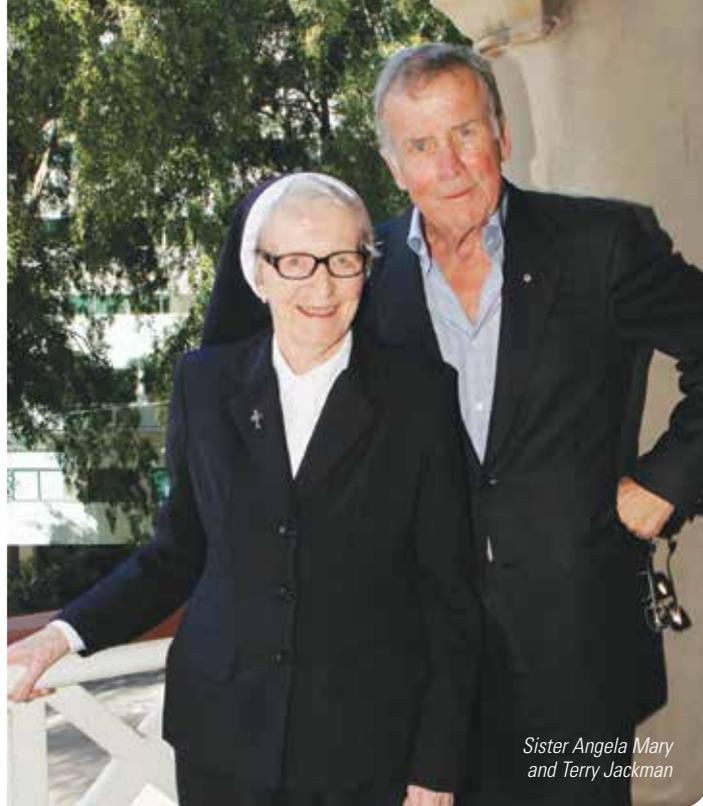
"The funding will support the role of a senior researcher in neonatal nursing, aptly named the Jackman Chair, to provide a welcome addition to the team and provide leadership and strong collaboration with other research groups both nationally and internationally," Dr O'Donnell said.

"The position will join the successful neonatal research team at Mater Research to help identify the most effective ways of managing sick and preterm infants and will also be funded by the Australian Catholic University."

After stepping down from her administrator role at Mater, Sister Angela Mary served in various executive roles and has remained closely involved with the organisation. She has known Mr Jackman throughout his life and was close friends with Mr Jackman's mother.

Aside from his roles in cinema and tourism, Mr Jackman has shown concern for teenagers on the verge of homelessness and as a result helped build up Northcliffe and Mermaid Surf Clubs to provide an alternative outlet for this age group. He received an AM in 2003 and was declared a Queensland Great in 2005.

Sister Angela Mary said she was overwhelmed at Mr Jackman's generous donation.



Sister Angela Mary and Terry Jackman

"I am humbled and deeply grateful to Terry for this incredible gift to Mater which will go towards funding research and a greater understanding of

neonatal care which has the potential to impact not just patients and families at Mater but the wider community," Sister Angela Mary said.

Executive Director of Mater Foundation Nigel Harris said the donation would make a huge difference to many lives.

"Terry's donation of \$1 million to Mater

Foundation is a remarkable gift and will be used to ensure a safer, more comfortable environment for babies and parents in our neonatal nurseries ensuring our youngest patients have the best possible start to life."

"I am humbled and deeply grateful to Terry for this incredible gift to Mater," Sister Angela Mary.

Mater Health Centre Hope Island Christmas closures

Mater Pharmacy
25 and 26 December—closed
1 January—closed

Mater Specialist Suites
24 December to 5 January—
closed

Mater Pathology
25 and 26 December—closed
1 January—closed

Active Rehabilitation
25 December to 3 January—
closed

my FootDr
25 December to 1 January—
closed

Queensland X-Ray
23 December to 5 January—
closed

**Paradise Smiles Dental
Surgery**
24 to 26 December—closed
30 December to 1 January—
closed

Merry
Christmas



Are you an iron woman?

The body needs iron in small amounts every day to help carry oxygen through the bloodstream to the cells; it gives us energy and is essential for the body to function properly.

Iron deficiency occurs when there is not enough iron in the body and can lead to fatigue, weakness and lowered immunity.

While it can affect anyone, those most at-risk include babies, toddlers, adolescent girls, menstruating women, pregnant women and female athletes. Iron deficiency can have several causes, including:

Insufficient iron consumption or absorption—this occurs when a person does not eat enough iron-rich foods or their body does not absorb iron adequately. Iron found in animal products such as beef, is absorbed by the body more effectively than iron which is found in plant-based foods including spinach and lentils. Vegetarians should be especially careful about their iron intake.

Heavy or chronic blood loss—blood loss such as that caused by heavy menstruation, some chronic disorders (e.g. peptic ulcers), and frequent blood donations or medications that can cause internal bleeding (e.g. aspirin) can deplete the body of iron.

Increased iron needs—the body's iron needs fluctuate over time and iron deficiency can occur when a person does not meet his or her requirements. Times of increased need include pregnancy, breastfeeding, heavy menstruation and rapid growth (e.g. infancy, adolescence).

Vigorous exercise—high-intensity exercise, such as that performed by athletes, can contribute to iron deficiency as physical activity encourages the production of red blood cells, which need iron.

Iron deficiency develops gradually, once iron and haemoglobin (a protein that contains iron) levels have declined over time. Often, symptoms don't appear until a person's haemoglobin levels are so depleted, they have anaemia.

Symptoms can include:

- Paler than normal complexion
- Fatigue
- Weakness
- Breathlessness
- Lowered immunity

- Poor cognitive development
- Impaired growth

To test your iron levels, your General Practitioner (GP) can organise a blood test through Mater Pathology.

Although iron supplements are available without a prescription, it is important not to self-diagnose or self-treat as your symptoms may point to another problem and excessive iron intake can be fatal.



Information provided by
www.chemmart.com.au

Mater Pharmacy Hope Island — Open 6 days

With a wide product offering, Mater Pharmacy's customer-focused staff are available to fill prescriptions, offer advice and provide a unique level of exceptional service, so visit us in store today.

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Mater Health Centre Hope Island
8 Halcyon Way, Hope Island

Opening Hours
Monday to Friday 8 am to 5 pm
Saturday 9 am to 2 pm

W pharmacy.mater.org.au
P 07 5635 4000

Mater Pharmacy and Chemmart® Pharmacy partnering for a healthy community



Eat slowly, don't gulp



The build up to Christmas is upon us heralding the time of year when many of us tend to over indulge with more food and alcohol and spend less time exercising.

Mater Pharmacy can help you with strategies to minimise your over indulgence, plan for those New Year's resolutions and help you achieve them.

Mater Pharmacist Cheryl Tite said it was amazing how significantly our digestion is affected by what, when and how we eat.

"Eat slowly, drink liquids slowly (don't gulp), have most of your liquids between meals (not with meals) and do some light activity after eating—walk it off!"

You don't have to wait for the New Year to lose a few extra kilos.

Mater Pharmacy has proven processes that can help you lose them for good.

"Of course there are times when you may stray a little but don't be discouraged—we can help you through these times," Ms Tite said.

"The main goal is to stay on course and keep your eye on the long term benefits of losing weight."

7 keys to weight loss

- Don't try to lose weight too fast—take it slowly.
- Don't set unrealistic goals—lose weight in 10% increments.
- Match the exercise you do with the calories you consume.
- Avoid untested or "fad" approaches.
- Find out what foods to eat as well as portion sizes.
- Nothing changes if nothing changes.
- Have a plan and a process.

Product range expands to bath time

Mater welcomes Mater Baby Wash and Mater Baby Moisturiser to its maternity and baby care product range—a first for Mater and, as one of Australia's largest providers of maternity care, a wonderful opportunity to continue our exceptional care from the hospital into the home.

Mater's product range is specially developed by Mater Midwives and Mums and is backed by years of research and development.

Mater Baby Wash is a lightly foaming cleanser developed for daily use on baby's skin and scalp. The gentle tear-free formula helps to keep baby's skin soft and protected by retaining the skin's natural oils and moisture.

Mater Baby Moisturiser is an extra mild lotion to soothe and condition baby's delicate skin and provide long lasting protection from dryness to keep baby's skin smooth.

Mater Mum and Product Co-creator Olivia Wright said

both her and her baby enjoyed trialing the baby wash.

"He had fun with all the bubbles and I enjoyed the lovely fragrance and the way it left his skin, soft and silky. He also really enjoyed the baby moisturiser because we used it for massage as well as a moisturiser—it lasted overnight as well as into the next day," Ms Wright said.

To hear more from Olivia visit www.matermothers.org.au.

Mater Products are available from Mater Pharmacies, Mater Florists, online via www.matermothers.org.au and selected Terry White Chemists stores.

Proceeds from Mater Products support Mater Little Miracles.



Mater breaks

new ground at Springfield



Mater Health Services recently celebrated the blessing and turning of the sod for Mater Private Hospital Springfield at Health City Springfield Central.

Earthworks on the site of the 80-bed, \$85 million hospital are underway with stage one construction scheduled for early next year with completion earmarked for the end of 2015.

More than 60 people attended the event including guests from Springfield Land Corporation, Ipswich City Council, Radiation Oncology Queensland and the Archbishop of Brisbane Mark Coleridge.

The state-of-the-art health facility will offer a combination of inpatient, day and chemotherapy beds and a cancer care centre will be partially funded by \$21.4 million from the Australian Government.

Mater Private Hospitals Executive Director Don Murray said the turning of the sod was a major milestone for Mater and the Greater Springfield community.

"The turning of the sod on the site of Mater Private Hospital

Springfield marks an exciting journey for Mater and its commitment to meeting the healthcare needs of the growing community of Greater Springfield," Mr Murray said.

"Stage one will provide a range of medical and surgical services and other specialities are being considered for the future development of the hospital."

"The framework of services provided by Mater, its partners and other third parties, will be responsive to the community's health need and will provide accountable, holistic care that promotes wellness, prevention of illness in addition to exceptional acute and sub-acute care and treatment," Mr Murray said.



Radiation Oncology Queensland Chief Executive Officer Mark Middleton, Mater Private Hospitals Executive Director Don Murray and Springfield Land Corporation Chairman Maha Sinnathamby.

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



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pathology.mater.org.au

