

Healthy Community

An initiative of Mater Private Hospital Redland

Calling all expectant mums

Mater Mothers' Hospitals are attempting a record breaking Beautiful Moment on Sunday 4 November by hosting a Guinness World Record Attempt to assemble the largest number of expectant mothers in one location.

Mater Mothers' Hospital's Director of Women's Health Services Maree Reynolds said participants do not need to be birthing at Mater, however they do need to be a minimum of 12 weeks' pregnant on the day of the event, as requested by Guinness World Records.

"Participants will need to provide proof that they are at least 12 weeks pregnant, in the form of a letter from their doctor or nurse or a scan, which they can upload when registering online at www.mater.org.au or bring along on the day," Ms Reynolds said.

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Beautiful
moments

Guinness World Record Attempt

Sunday 4 November 2012
South Bank Piazza,
Brisbane
11 am



Mater

Exceptional People. Exceptional Care.

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This exciting event, which will be held at South Bank Piazza, will enable mums-to-be to get together for an hour of activities and giveaways.

Fathers and families are welcome too with a range of activities to keep them entertained as we set about breaking the record.

"We'll also have a medical team on standby and, of course, we're just minutes away from Mater Mothers' Hospitals at South Brisbane should there be any early arrivals!"



 For more information and to register online, visit www.mater.org.au or email beautifulmoments@mater.org.au.

Books for babies

A handful of babies born at Mater Mothers' Hospitals on Saturday 8 September were treated to an extra surprise—a brand new picture book.

The books were donated by the Brisbane Meanjin Local Council of the Australian Literacy Educators' Association (ALEA) as part International Literacy Day celebrations.

Director of Women's Health Services Maree Reynolds said the donation was a wonderful gesture that was welcomed by families.

Skin safety

Hot tips for sun safety

- Find ways to make sun protection part of your everyday life.
- Apply sunscreen before leaving home.
- Wear a longer sleeved and collared shirt.
- Grab your sunglasses and hat before you walk out the door.
- Moisturisers and make up with built-in SPF are an easy way to include sun protection into your daily routine.



As well as having some of the most beautiful beaches and holiday spots in the world, Australia also has one of the highest incidences of skin cancer or melanoma.

In fact, according to the Cancer Council NSW, two in three people living in Australia will develop some form of skin cancer, before the age of 70.

Unprotected exposure to ultraviolet (UV) radiation, from the sun or other sources such as in solarium's (sunbeds), is the most important risk factor for skin cancer.

While UV radiation cannot be seen or felt it can cause sunburn, early ageing of the skin, damage to the skin that builds up over time and can lead to skin cancer and damage to the eyes.

Melanoma is the most dangerous of all skin cancers and in 2007 almost one-third of Queenslanders aged 15-24 diagnosed with cancer had melanoma.

Mater surgeon Dr Chris Allan, who has a special interest in melanoma, said there were some simple steps people could take

to minimise their chances of developing skin cancer.

"Naturally, the number one tip is to avoid being out in the sun during the hottest hours of the day—10 am to 3 pm," he said.

"If it can't be avoided, then make sure you stay covered up with a long sleeve shirt, hat and sunscreen, ideally SPF30+, and if you're going swimming wear a 'rashy'."

On top of taking daily precautions to minimise the impact of the sun on your skin, Dr Allan also recommends people visit their GP at least once or twice a year for a skin check-up.

"People should also be on the lookout for any lesion that is changing in size or colour or may be itchy or bleeding," he said.

"It's a good idea to have a partner or family member check your back for it. If they spot any of these symptoms, have your GP investigate and possibly remove them."

 www.sunsafety.qld.gov.au

Contact Us

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www.mater.org.au

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

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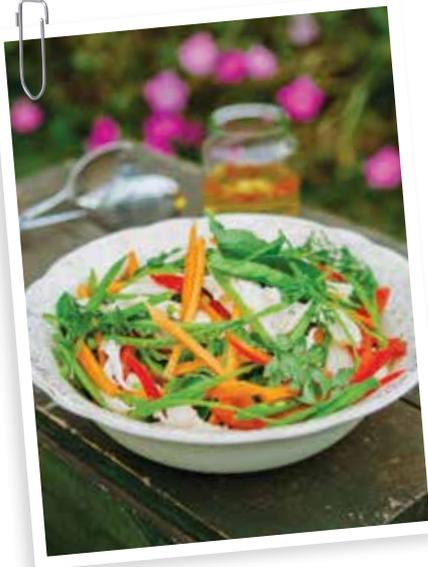
Asian-style

chicken salad

(serves 4)

Preparation Time: 15 minutes
Cooking Time: 10 minutes

With the warmer weather of spring upon us, it's a good time to spring clean your diet with salads and lighter dishes.



Make the following salad for lunch and it will give your body all the nutrients it needs to have a productive afternoon and feel great!

Ingredients:

- 1 litre (four cups) water
- 1 brown onion, halved
- 2 single chicken breast fillets
- 1 carrot, peeled and cut into matchsticks
- 150 g snow peas, trimmed, thinly sliced
- 1 red capsicum, deseeded, thinly sliced
- 1/2 wombok (Chinese cabbage), hard core removed, finely shredded
- 3 green shallots, ends trimmed, thinly sliced diagonally
- 1/2 cup fresh coriander leaves
- 2 tbs fresh lime juice
- 1 tbs fish sauce
- 2 tsp brown sugar
- 1 fresh red chilli, deseeded, chopped

Method:

- 1 Place water, onion and chicken in a saucepan over medium heat. Bring to the boil. Reduce heat to low and cook, covered, for 10 minutes or until cooked. Drain chicken and discard onion.
- 2 Place carrot and snow peas in a bowl. Cover with boiling water. Set aside for 1 minute or until bright green and tender crisp. Refresh under cold running water.
- 3 Shred chicken. Place chicken, carrot, snow peas, capsicum, wombok, shallot and coriander in a bowl. Combine lime juice, fish sauce, sugar and chilli in a jar. Pour over salad and combine. Divide among serving bowls to serve.
- 4 Serve with a small amount of steamed rice e.g. basmati if desired.

Recipe from: www.taste.com.au

What are you doing this Christmas?



Last Christmas, Manly couple Ellen and Phil, were desperately clinging to hope that their unborn baby Sam might survive.

A few weeks earlier, at a routine 19 week scan, Sam was diagnosed with congenital cystic adenomatoid malformation, essentially a huge lesion where his lungs were supposed to be.

"We were referred to Mater's Centre for Maternal Fetal Medicine and the doctor told us that they wouldn't expect a baby like this to live past another week," Ellen said.

There was nothing Ellen and Phil could do but wait for the inevitable.

Then at 24 weeks gestation, before Christmas, Mater's Dr Glenn Gardener gave the couple a glimmer of hope that their baby might survive.

"It was a Christmas where I was holding onto hope that a miracle could happen for us, but that made the stakes so much higher."

At the 30 week scan, doctors could see a small amount of normal lung tissue. Then at 36 weeks the lesion had shrunk and there was a good amount of normal lung tissue. It was now likely that he would be born alive.

Then at 40 weeks, Ellen had an induced labour.

"We still didn't know for sure that Sam would have enough lung function to survive. It was all happening so fast. And then I heard him crying and I knew what that meant: he was breathing!"

This year, Ellen and Phil will be enjoying Christmas with Sam and his older siblings, Eve and Tommy.

"This Christmas will be so special because we have Sam. I will say a silent thank you for our miracle and my thoughts go out to all those families who will be in hospital over Christmas."



If you would like to help make little miracles happen for families like Ellen and Phil's this Christmas visit www.materfoundation.org.au

Don't stress if you can't sleep

How did you feel when you woke up this morning? Did you leap out of bed energetically ready to greet the day? Or did you roll over craving just a few more minutes sleep?

Each and every one of us needs different amounts of sleep.

Mater Pharmacist Cheryl Tite said adults should ideally be getting eight hours of sleep each night, however one in five Australians admit to sleeping less than six hours per night.

"But more important than the quantity is the quality of our sleep which affects our energy levels, our mood, our capacity to work and play and the way we deal with stress," Ms Tite said.

"Your GP can help you identify if there is a physical cause that requires medical treatment. But for most of us, poor sleep is not caused by a medical condition.

"Our poor quality sleep, tiredness and resultant lack of energy can be caused by our level of stress (especially with the silly season in our sights!), or our intake of alcohol or caffeine, or exercise late at night."

Smoking and nicotine will also affect the quality of sleep, as will being overweight and having issues with chronic pain.

The friendly and helpful pharmacists and staff at Mater Pharmacy Redland can assist you by offering realistic and practical solutions for your sleep problems.

Ask for advice on weight loss, quitting smoking, reducing stress and boosting energy.

If you or someone you know is having trouble sleeping you can try to change or include some of the things on this list and see if it helps.

- No TV/computer games 1 hour before bed. No TVs in the bedroom.
- Monitor mobile phone use in bed.
- No caffeine, high sugar or highly spiced food 3-4 hours before bed.
- Ensure relaxing and regular bed time routine.
- No vigorous exercise one hour before bed as it raises the body temperature.
- Finish eating 2-3 hours before bed although having a hot milk is okay.



**For more tips for a restful slumber visit:
www.sleepeducation.net.au**

Mater Pharmacy Redland

Open 7 days

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, information about your medications or free blood pressure checks.

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P 07 3163 7411
Monday to Friday 7 am to 8 pm
Saturday and Sunday 8 am to 1 pm



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

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Pharmacy**

Finding hope



Five-year-old George Mukisa with Mater Private Hospital urological surgeon Dr David Winkle.

The smiling face of five-year-old George Mukisa hides a painful past.

In 2009, the three-year-old was playing with his brothers near their home in Uganda when a neighbour, a 'witch doctor', lured him to a nearby banana plantation and mutilated his genitalia.

George's guardian, Pastor Peter Sewakiryanga, said the young boy's recovery had been stalled by limited resources available in Uganda.

"Since the attack, George has spent almost half of his life in hospital with a lot of pain, continuous infections and skin grafting processes for the surgeries," Pastor Sewakiryanga said.

When several attempts to reconstruct George's urinary function using an artificial penis made from the skin of his forearm failed, plastic surgeons in Uganda were left little choice but to give the child a urethral catheter.

"For two years he had to carry the catheter, so he stopped playing with children and going to school," Pastor Sewakiryanga said.

On a visit to Brisbane, Pastor Sewakiryanga was introduced to urological surgeon Dr David Winkle who offered to perform George's reconstructive surgery at Mater Children's Hospital pro-bono.

Dr Winkle re-routed George's urethra to enable normal urinary output. He was joined by plastic surgeon Dr Scott Ingram who revised the phalloplasty that had been performed in Uganda.

"Ultimately George's cosmetic appearance was excellent," Dr Winkle said.

Along with Dr Winkle and Dr Ingram, anaesthetist Dr Greg Moloney also donated his time as did theatre staff at Mater Children's Hospital. Within weeks of the surgery, George was catheter-free and able to play with other children his age.

"He will not have children and will require another surgery when he is 14 years old, but he will have a better life. He can now do everything independently unlike before like going to the toilet and moving freely," Pastor Sewakiryanga said.



Quit smoking with Mater

Quitting smoking can be one of the most difficult, yet rewarding things a person can do.

While some people are successful the first time they try to quit, many others try a number of times before they finally give up for good.

Specially-trained Mater pharmacists can now provide those looking to kick their habit with the necessary support, resources and skills to help them make a positive change towards a healthier lifestyle by commencing their QUIT smoking journey.

The QUIT Smoking Program is one way that Mater is helping people to improve their health and reduce the risks of future health problems related to smoking.

Mater's Director of Respiratory Medicine Dr Simon Bowler said smoking kills 16 000 Australians each year.

"Smoking takes away years of active healthy life—it doesn't just kill, it cripples," Dr Bowler said.

"Smoking affects every organ in the body; bladder cancer, for example, is caused by smoking because the inhaled tar products are concentrated in urine.

"In the lung it causes increased susceptibility to infections, increased mucus production, inhibits asthma therapy from working, narrows bronchial tubes and dissolves healthy lung tissue in causing emphysema.

"It is virtually the only preventable cause of lung cancer. But kicking the habit can reverse some of the damage.

"It's never too late to stop smoking—the benefits are immediate and will continue although the risk of cancer will hang around for decades."

For more information on how Mater pharmacists can help you kick the habit, visit Mater Pharmacy Redland, 16 Weippin St, Cleveland.

According to the World Health Organisation, tobacco use is one of the leading preventable causes of death and kills nearly six million people each year—more than 600 000 of whom are people exposed to second-hand smoke.



Helping hand

OT Week, 23-29 October, is a chance to highlight the role Occupational Therapists (OTs) play in helping people regain their independence following illness or injury.

Occupational Therapists can assist in a range of situations from helping children with their fine motor skills and hand-eye coordination to helping clients regain or enhance their daily lives after specific events such as hip replacement or stroke.

They can also help with various health conditions including post-surgery, burns, HIV and acute mental health.

As part of OT Week, the team at Mater Health and Wellness have put together helpful tips for anyone with a hand injury or limited use in one of their arms as a result of a stroke.

Buttering bread: Use a buttering board with non-slip mat underneath to hold the bread steady. If you have trouble gripping onto your knife because you cannot make a fist to grip the handle, try a foam or rubber built up handle. There is also a variety of adaptive equipment available that can be of assistance for kitchen tasks.

Hanging up the washing: Lower the washing line or use a clothes horse, place an item over the washing line and then attach pegs. Alternatively, put the pegs on to the clothes first and then place over the washing line. Finally, raise the line.

Putting toothpaste on a toothbrush: Put toothbrush on a hard surface with the bristles pointing up, and then put toothpaste on it. Alternatively, hold the toothbrush handle in the mouth then put toothpaste on it with the unaffected hand. Flip top lids or pump action toothpaste dispensers may be easier than screw tops.

Writing: Use a paper weight or heavy object to hold the paper in place or use a tear off lecture pad. Place non slip matting underneath to stabilise the note pad.



If you find these suggestions useful and are interested in finding out more about how an Occupational Therapist can help you, phone Mater Health and Wellness on 07 3163 6000.



Specialist Profile

Dr Micheal Mastry is a specialist obstetrician and gynaecologist at Mater Health Centre Hope Island and Mater Health Centre Redland, operating at Mater Private Hospital Redland and Mater Mothers' Hospitals, South Brisbane.

He has been in private practice since 1991 and has delivered more than 5000 babies.

"I knew I was destined to be an obstetrician/gynaecologist after delivering my first baby as a medical student on my 25th birthday."

Born in Belize in the heart of the Caribbean basin and later moving to Florida in the United States of America, where he was educated, Dr Mastry worked in his family's business in the boating industry before pursuing a career in medicine.

When Dr Mastry and his Australian wife moved to Australia, South East Queensland seemed a logical place to settle so he could both continue his medical practice and enjoy his leisure time on the water.

Dr Mastry has a special interest in gynaecological ultrasound and was a founding board member of the Celma Mastry Ovarian Cancer Foundation after his mother died from the disease in 2004.

Dr Mastry is a Fellow of both the Royal Australian and New Zealand College of Obstetrics and Gynaecology and the American College of Obstetrics and Gynaecology.



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Sunday 4 November 2012,
South Bank Piazza, Brisbane

Be part of history and help Mater Mothers break the world record for the largest gathering of expectant mothers.

For more information and to register: www.mater.org.au

