

Healthy Community

Issue 08
Summer
2012

An initiative of Mater Private Hospital Redland



Healing

broken hearts

In October, Mater Children's Hospital's cardiothoracic surgeon Professor Tom Karl performed the world's first open-heart surgery using a new patch which mimics human tissue to fix congenital heart defects (CHD) in children.

It was the first time the CardioCel patches, developed by Australian company Allied Healthcare, had been used outside of a clinical trial.

Prof Karl and his cardiac theatre team performed three surgeries using the patch during its launch week, with all young patients now recovering well.

Continued on page 2



Mater

Exceptional People. Exceptional Care.

Continued from page 1



"The use of CardioCel is expected to add significant long term value to our existing surgical practice of repairing CHD and is expected to allow our patients to live a 'normal' life, free of implanted tissue related complications," Prof Karl said.

Allied Healthcare managing director Lee Rodney said the global medical community had been searching for tissue that would not cause the patient's own heart tissue to react negatively.

"Ten years of pre-clinical and clinical studies have shown CardioCel patches have no evidence of toxic cell damage or build-up of hard tissue at the site for one to three years post-surgery," he said.

"CardioCel represents a major breakthrough in this endeavour and it has the potential to alter treatment for a range of tissue related heart repairs."

In Australia, congenital heart defect prevalence has been recorded at around eight cases per 1000 live births.

More CHD patients are now living into adulthood, requiring lifelong solutions for their congenital heart defects.

Mater tackles ovarian cancer



February is Ovarian Cancer Awareness Month. To help support Mater research into this deadly disease, visit www.materfoundation.org.au or phone 07 3163 8000

Mater is tackling ovarian cancer through a cross-campus collaborative drawing on the expertise of researchers and clinical staff to identify better diagnostics, treatments and eventually vaccines.

The Mater Ovarian Cancer Research Collaborative is the first of its kind for Mater and includes staff who specialise in research, gynaecological oncology and surgery, anatomical pathology, oncology, palliative care, genomics and proteomics.

The ultimate goal of the collaborative is to tailor the treatment of ovarian cancer patients at Mater to ensure specific targeting of the correct cancer gene in the individual patient, resulting in more effective and less toxic treatment, making for better outcomes for patients.

"We are heading towards a more personalised offering; rather than treat everyone the same, we want to find out the characteristics of their cancer cells and treat them with the specific agents to which they are susceptible," Mater Director of Gynae/Oncology Associate Professor Lewis Perrin said.

Research Coordinator Claire Davies said one of the greatest concerns with ovarian cancer is that it was still often not diagnosed until it is quite late stage.

"There is still only a 40 per cent survival rate for five years post-diagnosis," she said.

"It is our hope that our research can help to increase the rate of survival; we want to find better diagnostic tests and also identify the best treatment plan," Associate Professor Jane Armes added.

- ▶ 1200 Australian women are diagnosed with ovarian cancer every year.
- ▶ One Australian woman dies every ten hours from ovarian cancer.
- ▶ The four most common symptoms of ovarian cancer include abdominal or pelvic pain, increased abdominal size or persistent abdominal bloating, needing to urinate often or urgently and difficulty eating or feeling full quickly.

Contact Us

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

www.mater.org.au

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

 @MaterNews

 [facebook.com/matermothers](https://www.facebook.com/matermothers)

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

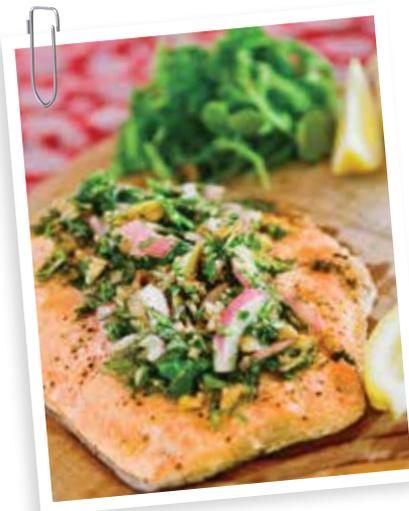


Salmon with walnut and herb salsa

(serves 10)

Preparation Time: 10 minutes
Cooking Time: 20 minutes

This festive season, get a flying start on your New Year's resolutions by enjoying a healthy feast. Try this succulent super-nutritious salmon dish which is packed full of flavour and heart-healthy nutrients.



Ingredients:

- 80 g pitted green olives
- 3/4 cup chopped fresh coriander
- 1/3 cup chopped fresh basil
- 60 g dry-roasted walnuts, coarsely chopped
- 1/2 red onion, finely chopped
- 1 green chilli, thinly sliced
- 1 1/2 tbs red wine vinegar
- 3 tsp extra virgin olive oil
- 1/2 tsp caster sugar
- 1.5 kg skin-on salmon fillet, pin boned
- 60 ml (1/4 cup) fresh lemon juice
- Lemon wedges, to serve

Method:

- 1 Place the olives in a bowl and cover with cold water. Set aside for 20 minutes to soak. Drain. Halve. Return to the bowl. Add the coriander, basil, walnuts, onion and chilli and stir to combine. Use a fork to whisk together the vinegar, oil and sugar in a small jug. Add to the olive mixture and toss until well combined. Season with pepper.
- 2 Preheat oven to 200°C. Line a roasting pan or ovenproof dish with non-stick baking paper. Place the salmon in the prepared pan. Drizzle over the lemon juice and season with pepper. Cover with another piece of non-stick baking paper. Bake in oven for 20 minutes or until the salmon flakes when tested with a fork in the thickest part.
- 3 Carefully transfer the salmon to a large serving platter. Top with the herb and walnut mixture. Serve with lemon wedges.

To make an appointment to see a dietician or nutritionist contact Mater Health and Wellness on 07 3163 6000 or visit wellness.mater.org.au.

Hint: Walnut and herb salsa can be prepared up to 4 hours ahead. Cover with plastic wrap and place in fridge until needed.

Recipe by Anneka Manning, Good Taste magazine, December 2007.

Christmas carnival to help sick kids

Redland Showgrounds will be transformed into a Christmas wonderland for the Mater Little Miracles Christmas Carnival.

The carnival, held from Friday 14 December to Sunday 16 December, will include rides, sideshow alley games and a nightly visit from the big man himself—Santa Claus.

Mater Foundation Fundraising Director Lesley Ray said the three-day event would be a chance for families to celebrate the upcoming holidays while helping those less fortunate.

“Mater Little Miracles Christmas Carnival is a wonderful way for families to get into the holiday spirit and help make little miracles happen for sick children and babies at Mater,” Ms Ray said.

“We will have rides for all ages, including three ‘big’ rides and 10 children’s rides as well as sideshow alley games, a petting zoo, sample bags, face painting and food and drink vendors.

“People will also be able to try their hand at winning some great prizes through the Mater Little Miracles lucky envelopes or buy tickets for our upcoming Mater Prize Home on the Gold Coast.”

There will also be a chance for children to have their photo taken with Santa from 6 pm to 8 pm nightly.

Entry is a gold coin donation and proceeds will be donated to the Mater Little Miracles Christmas Appeal.

What: Mater Little Miracles Christmas Carnival

**When: Friday 14 December—Sunday 16 December
4 pm to 8.30 pm Friday and 10 am to 8.30 pm
Saturday and Sunday**

Where: Redland Showgrounds, Long Street, Cleveland



Ear we go again

The swimming pool and beach are where most of us will spend time this summer. By adopting some basic hygiene rules, the risk of developing ear infections can be reduced.

Swimmer's Ear, otherwise known as Otitis Externa, is an infection of the lining of the outer ear canal.

As the name suggests, infection commonly occurs when swimming, as water stays in the ear canal for long periods of time, providing the perfect environment for germs to grow and infect the surrounding skin.

Children are more susceptible to developing swimmer's ear because their ear canals are narrower, causing water to be more easily trapped.

Symptoms

- Pain which may worsen with pressure or movement, such as when the ear is tugged or when chewing.
- Pus which may be coloured or odorous draining from the ear.
- The ear may become red and itchy.
- Swelling may cause the ear to become blocked and affect hearing.

Treatment

See your doctor if you suspect that you or your child has swimmer's ear. It is important that the affected ear(s) be gently cleaned every day and dried using rolled tissue paper.

Depending on the severity and type of infection, an antibiotic in the form of ear drops or oral medication may be prescribed.

Over-the-counter pain relievers may be used to alleviate pain.

Ask a Mater pharmacist if you have any questions about how to use prescribed ear drops properly and what side effects to watch out for.

Prevention

The most important thing to remember is to ensure the ear canal is kept as dry as possible most of the time.

Teach children to dry out their ears with a towel and get water out by turning their head from side to side. Never put objects such as cotton buds in the ear.



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.

Mater Pharmacy Redland
16 Weippin Street, Cleveland 4163
E pharmacy.redland@mater.org.au
W pharmacy.mater.org.au
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.

 **Mater**
Pharmacy

Down with diabetes

Wednesday 14 November was World Diabetes Day which aims to raise awareness of diabetes and call on residents to take urgent action to tackle the diabetes epidemic.

There are currently almost 900 000 Australians living with diabetes and three in five people with diabetes also have cardiovascular disease.

Diabetes is responsible for 4.6 million deaths worldwide each year—that equates to one death every seven seconds—and is also one of the top causes of disability, resulting in life-threatening complications such as heart disease, stroke, lower limb amputations and blindness.

We asked the team at Queensland Diabetes Centre, based at South Brisbane, to share some of their frequently asked questions with us.

What is diabetes?

Diabetes is a lifelong condition where the body does not produce enough of the hormone insulin or does not use it correctly. Cells in the body use insulin to take glucose out of the bloodstream for energy, so when insulin is deficient or not used efficiently, sugar builds up in the blood.

Am I at risk?

Possibly. The most common form of diabetes, Type 2, is on the rise in Australia. This is mostly due to the rise in obesity, increasingly inactive lifestyles and an aging population—all of which are risk factors along with a genetic family history of the disease. Less is known about the causes of Type 1 diabetes but it is usually diagnosed in those under 30 years of age. Gestational diabetes occurs in pregnancy.

How do I know if I have diabetes?

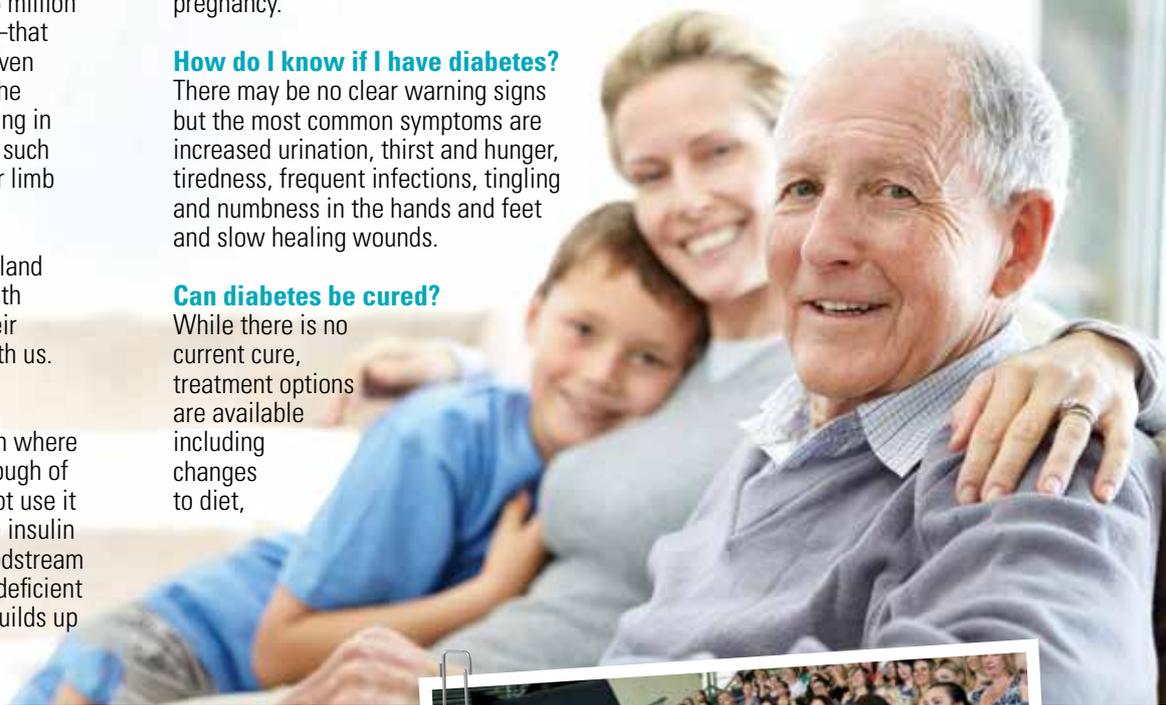
There may be no clear warning signs but the most common symptoms are increased urination, thirst and hunger, tiredness, frequent infections, tingling and numbness in the hands and feet and slow healing wounds.

Can diabetes be cured?

While there is no current cure, treatment options are available including changes to diet,

medication and insulin administered by injection or pump. If left untreated, serious long-term complications can occur leading to eye, nerve, kidney and cardiovascular disease and premature death.

If you suspect you may be at risk of developing diabetes, please visit your GP who can refer you to Mater Pathology for diabetes testing.



Mater Mothers sets an Australian record

Mater Mothers' Hospitals wrote its way into the record books on Sunday 4 November for hosting Australia's largest gathering of expectant mothers.

The event, held at South Bank piazza, featured a day of activities for mums-to-be including physiotherapy tips, games and prizes, interviews by celebrity host Heather Foord and entertainment by Brisbane band Rush.

Partners and families weren't forgotten in the excitement with face-painters, magicians and balloon twisters to keep them entertained.

Mater's Director of Women's Health Services Maree Reynolds said the event provided a unique opportunity for expectant mums to celebrate the joy of pregnancy and to be a part of a world record attempt.

"Although we fell short of the world record, we have set an



Australian record which is something everyone should be very proud of," Ms Reynolds said.

"We hope our participants enjoyed being part of such a unique event and they will certainly have an interesting story to tell their children when they're a bit older."

Among the participants was Jessica Hay who is 13 weeks pregnant with her 12th child and thought taking part in the world record attempt would be 'fun'.

"I love being pregnant and I love being a mum," she said, adding that she already has six girls and five boys aged between 14 months and 21 years.



Vossy to face his fear and jump for cancer

In mid-January, Brisbane Lions coach Michael Voss will face the ultimate fear and jump out of a plane at 14 000 feet—and you could be there beside him!

Vossy has signed up for Mater's 'Jump for Cancer' and will be one of 50 brave fundraisers to skydive at Redcliffe—all with the goal of raising \$100 000 for prostate cancer research.

The first six people to register and raise \$1700 will jump from the same plane as Vossy on Saturday 19 January 2013.

Other fundraisers will be able to jump on the same day, meet the Lions coach and, if needed, get a pep talk on bravery.

Vossy has long been a supporter of Mater Foundation and encourages all Lions supporters to 'jump' on board and face their fear.

"I'm a little nervous about the skydive but it's something I've always wanted to do," he said.

"I'm looking forward to helping other people face their fear of heights and raise awareness for this great cause and I hope everyone will support the Mater in the great work that they do."

Talking about prostate cancer saves lives. If you are male and aged over 40, Face Your Fear and talk to your GP about regular checks. Like most cancers, prostate cancer is more likely to be successfully treated if it is diagnosed in the early stages.

For more information about the 'Jump for Cancer' or to register to jump with Vossy visit www.talkingpc.org.au or call 1800 440 155.



Meet our exceptional staff

Troy Hazel recently joined the Food Services team at Mater Private Hospital Redland where he has been working hard to ensure the hospital's menus meet the needs of patients.

What is your role at Mater? I am the Food Services Supervisor and Cook.

What is your favourite part of the job? Facing new challenges and each day is different; I can go from writing the roster to washing up dishes. I enjoy the diversity.

What is your favourite book? Holding the Man which is the best-selling memoir by the Australian writer, actor and activist Timothy Conigrave.

Tell us an interesting fact about yourself? I am secretly a rev head for cars and my dream car is an Aston Martin because it can do 0—100 km in under five seconds and who can say no to heated leather seats!

If you could live anywhere, where would it be? San Francisco in the USA because of the architecture, old buildings and the Golden Gate Bridge.

What is your ideal weekend? A weekend spent enjoying good food and good wine with good friends.

What is your favourite holiday destination? Thailand—it's cheap and cheerful.

Saturday, 16 February
BRISBANE CONVENTION & EXHIBITION CENTRE

Join us somewhere over the rainbow for a truly magical night full of courage, hope and heart and help make little miracles happen.

\$175 per person, \$1700 per table of ten
Premium tables \$2600 per table of ten

For more information
www.materfoundation.org.au
materlittlemiracles@mater.org.au

Follow the yellow brick road ...

Mater
Exceptional People. Exceptional Care.