

Healthy Community

An initiative of Mater Health Centre Brookwater

Mater Health
Centre
Open Day
Saturday 23 February 2013

See page 3
for details

Mater's new medical hub opening soon

Brookwater's new medical hub, Mater Health Centre Brookwater, will soon be open for business.

The centre, located within Woolworths Brookwater Village Shopping Centre, will deliver an integrated health service including Mater Pharmacy, Mater Pathology, Queensland X-Ray, Active Rehabilitation Physiotherapy, my FootDr podiatry services, Greater Springfield Orthodontics and Brookwater Dental Surgery, as well as specialist suites.

My Life Medical (general practice) will also be located within Woolworths Brookwater Village Shopping Centre.

Mater private specialists will consult with surgical and obstetric services available at Mater Private Hospital Brisbane and Mater Mothers' Private Hospital.

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Exceptional People. Exceptional Care.

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The new Mater Health Centre facility is the result of an alliance between Woolworths and Mater Health Services.

It is Mater's first foray into the western Brisbane region and its third health centre in South East Queensland, with one established at Redland and another recently opened at Hope Island on the Gold Coast.

Mater Private Hospital Executive Director Don Murray said Mater selected Brookwater for the centre after identifying the west Brisbane and Ipswich region as a community that would benefit from Mater's wide range of services.

The following specialists consult from Mater Health Centre Brookwater on a regular basis.

Baby Arrivals Telephone: 07 3846 7911
Mater Hill Gastroenterology Telephone: 07 3163 7820

A number of additional private specialists will be announced over the coming months.

Please speak to your GP about a referral to see one of our exceptional specialists.

▶ The following services are owned and operated by Mater Health Services:

Mater Pathology
pathology.mater.org.au

Mater Private Specialist Suites
mater.org.au/brookwater

Mater Pharmacy
pharmacy.mater.org.au

▶ The following services are privately owned and operated, independent of Mater Health Services:

Active Rehabilitation Physiotherapy
activerehab.com.au

Queensland X-Ray
qldxray.com.au

my FootDr Podiatry
myfootdr.com.au

Brookwater Dental Surgery
brookwaterdental.com.au

Greater Springfield Orthodontics
greaterspringfieldorthodontics.com.au

My Life Medical
(general practitioners)
mylifemedical.com.au

Mater Health Centre Brookwater
Woolworths Brookwater Village Shopping Centre
2 Tournament Drive, Brookwater
www.mater.org.au/brookwater



Fighting the 'flu'

With winter slowly approaching, people of all ages should now visit their doctor for a 'flu' vaccination.

Mater Health Services Director of Respiratory Medicine Dr Simon Bowler said the 'flu', aka Influenza, was a specific virus caused by the Influenza A or Influenza B virus.

"Influenza is an illness which affects the whole body in which aches, pain and fever and a general feeling of unwell predominates," Dr Bowler said.

"People infected with Influenza usually have a sudden onset of symptoms that may last up to 10 days and can result in up to five days of being confined to bed."

Up to 20 per cent of the general population are infected with the 'flu' each year.

"The 'flu' can affect anyone, even fit and healthy individuals, however those most at risk are the elderly, people living with illness and pregnant women," Dr Bowler said.

He recommended having the annual 'flu' vaccine as the best way to avoid catching the virus.

"People need to be vigilant about having the 'flu' vaccination annually because the virus changes a little bit year to year and the 'flu' shot accommodates this as best it can," Dr Bowler said.

"The most common side-effect of the vaccination is an uncomfortable arm for about 24 hours afterwards, so it's very minor."

He also recommended parents vaccinate their children.

"In 2010, there was one brand of vaccine causing serious side effects in children under five years of age and as a result that kind is no longer given to young children.

"Influenza can cause a significant number of illnesses in otherwise healthy children and vaccinating children is a great way to decrease spread within the community."

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

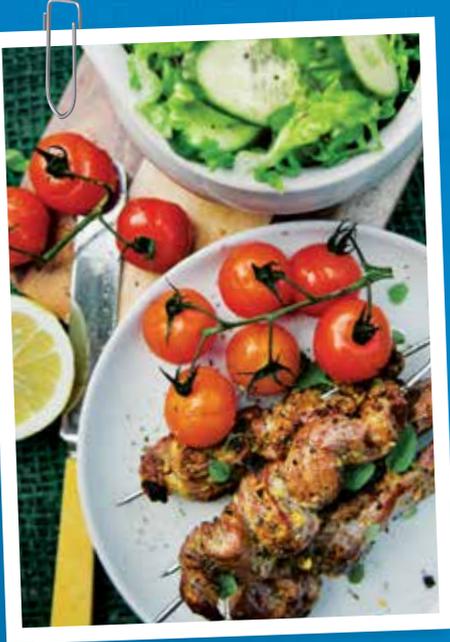


facebook.com/matermothers

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Greek lamb skewers with roasted cherry tomatoes



Serves: 4
Preparation time: 15 minutes
Cooking time: 16 minutes

Infused with flavour these lean lamb skewers are delicious cooked on the barbeque. Team with roasted tomatoes and a green salad.

Ingredients:

- 500 g lamb loin fillet, trimmed
- 1 tbs extra virgin olive oil
- 2 garlic cloves, crushed
- 2 tsp dried oregano
- 2 lemons, rind finely grated, juiced
- 375 g cherry tomatoes, on vine
- Olive oil cooking spray
- Cos lettuce leaves, shredded
- 1 Lebanese cucumber, halved, chopped

Method:

- 1 Preheat barbecue plate on medium-high and a fan-forced oven to 200°C.
- 2 Cut lamb fillets in half crossways then lengthways into thin strips. Thread onto eight skewers, concertina style. Place in a shallow ceramic dish. Combine the oil, garlic, oregano, lemon rind and half the lemon juice in a bowl, season with freshly ground black pepper. Pour over the lamb skewers and turn to coat evenly. Cover and refrigerate for 15 minutes.
- 3 Place the tomatoes onto an oven tray and spray lightly with oil, season with freshly ground black pepper. Roast 8-10 minutes or until light golden and tender.
- 4 Remove the lamb from the marinade. Barbecue 2-3 minutes, each side, basting with marinade for medium, or until cooked to your liking.
- 5 Combine lettuce, cucumber and remaining lemon juice in a bowl, toss gently to combine. Serve with lamb skewers and roasted tomatoes.

Mater Health and Wellness dietitians are available to help you reach your nutrition goals. Phone 07 3163 6000 for an appointment or visit wellness.mater.org.au.

Fun for the whole family

Come and join us for a fun day out as we help to build a healthy community at Brookwater.

Mater Health Centre, located at Woolworths Brookwater Village Shopping Centre, will host a free family open day onsite, on Saturday 23 February from 10 am to 2 pm.

The event will include something for the whole family:

- **Great prizes and giveaways**
- **A jumping castle**
- **Face painting**
- **Mini golf**
- **Live music**
- **Free health checks:**
 - Foot and lower limb checks
 - Blood pressure checks
 - Blood sugar readings
 - Physio assessments



Save the date

Women's Health Information Night

Wednesday 13 March 2013 | 6.30 pm to 8 pm
Drift Brookwater, Brookwater Golf and Country club.

Come and hear from Mater specialists and allied health care providers from the new Mater Health Centre Brookwater, presenting topics on women's health and wellness.

- **Chance to win lucky door prize**
- **Free parking**
- **Welcome drinks and canapés**

Free

BOOKINGS ESSENTIAL.

Please telephone Karen Miller on 07 3163 8623 or email karen.miller@mater.org.au to secure your tickets or register online at www.mater.org.au/brookwater/registration.

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 Brookwater

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.

- Prescriptions
- Toiletries
- Fragrance
- Giftware
- Skin care
- Cosmetics
- Jewellery

Mater Health Centre
Woolworths Brookwater Village Shopping Centre
2 Tournament Drive, Brookwater

W pharmacy.mater.org.au
P 07 3199 3200

Opening Hours
Monday to Friday 8.30 am to 7 pm
Saturday 8.30 am to 5 pm
Sunday 8.30 am to 1 pm



Mater Pharmacy and Chemmart® pharmacy partnering for a healthy community

Put your best foot forward

Australia's largest and most trusted podiatry group will soon open at Mater Health Centre Brookwater.

With more than 20 years' experience, my FootDr prides itself on its reputation for advanced technology used to assess and treat conditions of the feet and lower limbs.

Unlike other body parts, the feet are subjected to repetitive strains and pressures from unforgiving surfaces, gravity and poor footwear.

my FootDr's modern podiatry centres use advanced technology to assess and treat ingrown toenails, corns, calluses, bunions, heel pain, poor circulation and hammer toes.

Healthy Community asked podiatrist Greg Dower some of the big questions related to foot care.

Do I need to see my doctor for a referral?

Under most circumstances, you do not need to obtain a referral to see a podiatrist however, on referral from a GP, people with chronic conditions such as diabetes, arthritis, poor vision, stroke or heart disease are entitled to up to five free visits annually under a Medicare arrangement.

I have an ingrown toe nail, can a podiatrist help me?

Ingrown toenails are a common condition routinely treated by podiatrists. Treatment can range from debridement of the toenail right through to corrective nail surgery for recalcitrant ingrown toenails.

What are orthotics?

Foot orthoses, also known as orthotics, are custom foot supports that are placed into shoes to correct abnormal lower limb motion and alignment. They are used to deflect pressure from painful areas, provide appropriate cushioning and support and correct bad foot mechanics.

In what other ways can a podiatrist help me?

my FootDr podiatrists routinely assess and treat most conditions affecting the foot or leg. We also identify for patients how poor foot and leg alignment may be impacting on their knee, hip and back posture which is causing them discomfort. We work closely alongside physiotherapists and other health professionals to help provide an all-round solution.



For more information visit www.myfootdr.com.au.

Physiotherapy

can benefit everyone

Physiotherapists John Fitzgerald and Damon Voss bring years of experience to Mater Health Centre Brookwater as part of Active Rehabilitation Physiotherapy. *Healthy Community* asked John to give us a rundown on what people need to know about physiotherapy.

What should I expect from physiotherapy?

To begin, your physiotherapist will assess your condition, diagnose any problems and help you understand what is wrong.

They will work with you to develop a treatment plan that takes into account your lifestyle, goals, leisure activities and general health.

Throughout your treatment program, your physio will evaluate your progress at regular intervals and modify your treatment and goals when necessary.

Wherever possible your physio will also work with you to help you learn to manage your condition independently for the longer term.

Do I need a referral?

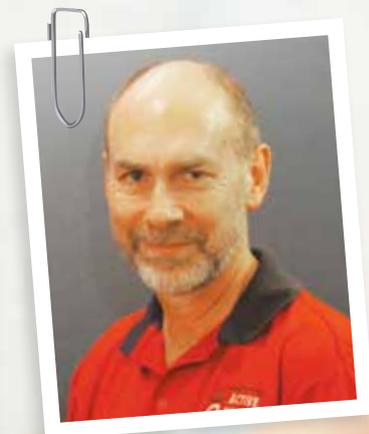
A doctor's referral is not necessary to see a physiotherapist in private practice, although we frequently work in partnership with your doctor to plan and manage treatment for a specific condition.

Do I need to be an athlete to benefit from the Active Rehabilitation approach to physiotherapy?

No, you do not.

Whether it be knee osteoarthritis, back pain, incontinence or post-operative rehabilitation, whether you're young or old, active or taking it easy, there is a good chance you could benefit from physiotherapy.

Our advice can help prevent problems from returning or even from happening in the first place.



John Fitzgerald was the physiotherapist for the Brisbane Broncos and Queensland Firebirds.



For more information visit www.activerehab.com.au.



Have a heart

Wednesday 1 May marks the beginning of Heart Week—a great time to think about looking after our hearts so that we can enjoy a happier and longer life.

Queensland Cardiovascular Group Cardiologist Dr Cleonie Jayasuriya said by combining a healthy lifestyle with the right diet and regular exercise people could reduce their likelihood of coronary heart disease.

“Ninety per cent of the Australian adult population have at least one risk factor for developing cardiovascular disease, with up to 25 per cent having three or more risk factors,” Dr Jayasuriya said.

“Diabetes, high blood pressure, high cholesterol levels, obesity and smoking are all major risk factors associated with developing coronary heart disease, which is damage to the arteries supplying blood to the heart.

“Research has proven that controlling these risk factors will have a significant effect on reducing the risk of developing coronary heart disease which can result in chest pain (angina) or heart attacks.”

The signs of a heart attack

Pain, pressure, heaviness or tightness in your:

- Chest
- Shoulder(s)
- Neck
- Arm(s)
- Jaw
- Back

You may also feel:

- Nauseous
- Dizzy
- A cold sweat
- A shortness of breath

If you experience the warning signs of a heart attack, call Triple Zero (000) immediately and ask for an ambulance.

What's on

Mater Little Miracles 5ks

For the second year running, Mater Little Miracles 5ks will be held at Robelle Domain, Springfield.

The fun family event on Saturday 16 March will feature Dora the Explorer, Mater's mascot Miracle Max, children's activities and a 5k walk or run around the parklands.

Funds raised from the event will support Mater's research programs to help sick children, mothers and babies.

Mater Foundation Executive Director Nigel Harris said the event is part of Mater's commitment to the Greater Springfield area.

“Mater is committed to meeting the growing needs of the Greater Springfield community with this month's opening of an holistic health service at Woolworths Brookwater Village Shopping Centre,” he said.

“We are excited about again hosting a Mater Little Miracles 5ks in Brisbane's west and we know the local community will show their support to help give all babies and children the best chance of a healthy future.”

Pre-registration for the event is only \$15 per person, \$25 for a family of five, or \$10 per participant for a team. Help make little miracles happen by getting a team together today.

Register at www.materfoundation.org.au or call 1800 440 155. Mater Little Miracles 5ks Springfield: Robelle Domain, Southern Cross Circuit, Springfield, 16 March 2013. Entertainment and registration from 8 am. Walk starts at 9 am.



Mater Pathology

Mater Pathology is committed to providing exceptional service to the Brookwater community with the new collection centre at:

Mater Health Centre

Woolworths Brookwater Village Shopping Centre
2 Tournament Drive, Brookwater

With more than 90 years experience, Mater Pathology is Queensland's leading not-for-profit pathology provider, reinvesting revenue back into improving health care.

All referrals accepted. Conditions apply. All enquiries telephone 07 3163 8500.

Exceptional People. Exceptional Care.



pathology.mater.org.au

