

Healthy Community

An initiative of Mater Health Centre Hope Island

Mater opens new medical hub

Hope Island's new multidisciplinary medical hub, Mater Health Centre Hope Island, has opened for business.

The centre offers Mater Pharmacy, Mater Pathology, physiotherapy and podiatry services, as well as specialist suites. Medical imaging is planned to open in coming months.

Local consultations will be offered by Mater specialists (following referral by a GP) with surgical services available at Mater private hospitals in South Brisbane and Redland providing a convenient alternative to travelling to the Gold Coast.

The new facility is the result of an alliance between Halcyon—the developer of Halcyon Waters—and Mater Health Services.

Mater Health Centre Hope Island occupies a parcel of land next to Halcyon Waters and opposite the proposed Marina Quays town centre.

It is Mater's first foray into the Gold Coast area and its second health centre in South East Queensland, with one established at Redland and another under construction at Brookwater.

Mater Private Hospital Executive Director Don Murray said Mater selected Hope Island for the centre after identifying the northern Gold Coast region as a community that would benefit from Mater's wide range of services.

For details on what services are available at Mater Health Centre Hope Island, see page 2.



Exceptional People. Exceptional Care.



From page 1

The following Mater private specialists consult from Mater Health Centre Hope Island on a regular basis. Please speak to your GP about a referral to see one of our exceptional specialists.

Mater Specialist Suites

Telephone: 07 5635 4040

Queensland

Cardiovascular Group	Cardiology
Dr Mazhar Haque	Gastroenterology and Hepatology
Dr Jason Lambley	General Surgery (breast and endocrine surgery)
Dr Matthew Macbeth	Gynaecology and Obstetrics
Dr Micheal Mastry	Gynaecology and Obstetrics
Dr Robert Campbell	Neurosurgery
Dr Benjamin Erzetic	Oral and Maxillofacial Surgery
Dr Ivan Astori	Orthopaedic Surgery (lower limb surgery and paediatric orthopaedics)
Dr Cameron Cooke	Orthopaedic Surgery (hip, knee, lower limb trauma and paediatric orthopaedics)
Dr Benjamin Hope	Orthopaedic Surgery (hand and upper limb)
Dr John Radovanovic	Orthopaedic Surgery (hip, knee, lower limb trauma)
Dr Raymond Goh	Plastic and Reconstructive Surgery

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

Mater Pathology

Telephone: 07 5635 4050

Mater Pharmacy

Telephone: 07 5635 4000

Mater Private Specialist Suites

Telephone: 07 5635 4040

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

Active Rehabilitation Physiotherapy

Telephone: 07 5635 4045

My FootDr Podiatry

Telephone: 07 5636 4045

Paradise Smiles Dental Surgery

Telephone: 07 5510 9999

Q Medical General Practice

Telephone: 07 5514 1616

Queensland X-Ray *Opening September 2012*

 For general enquiries, please contact Mater Specialist Suites on 07 5635 4040.
Mater.org.au/hopeisland



Save the date!

book your seat now

Mater is hosting two free health information nights open to all members of the Hope Island community. Come and hear seasonally-relevant information from Mater specialists and allied health care professionals.

Spring - Monday 10 September 2012, 7 pm to 8 pm
Summer - Monday 26 November 2012, 7 pm to 8 pm

Both sessions will be held at the Links Hope Island Golf Course. Light refreshments will be provided.

Bookings are essential, please telephone Karen Miller on 07 3163 8623 or email karen.miller@mater.org.au.

Wash on, wash off

Washing our hands is something most of us do many times a day. But protecting yourself from germs takes more than a quick rinse under the tap.



If you are using soap and warm water:

-  Rub your hands together hard for at least 15 seconds. Sing a song such as "Happy Birthday" twice, which will be roughly that amount of time.
-  Make sure you wash areas that frequently get missed: the backs of the hands, between the fingers, the thumbs and the fingernails.
-  If you are using waterless hand sanitiser make sure it contains at least 70 per cent alcohol and rub the soap solution into every area of your hands until they are completely dry.

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.



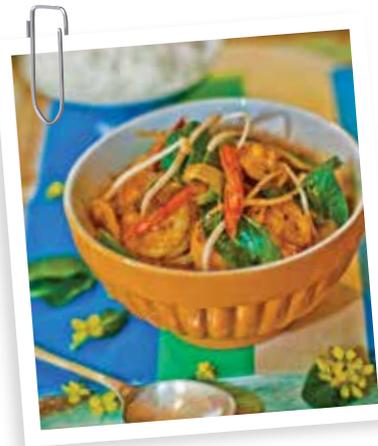
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[facebook.com/matermothers](https://www.facebook.com/matermothers)



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Aromatic Prawn Curry

Serves: 4

To celebrate Healthy Bones Week 19–25 August, Dairy Australia and former Masterchef

contestant Fiona Inglis have supplied us with a calcium-rich recipe for Aromatic Prawn Curry.

Ingredients:

- cooking oil spray
- 1/4 cup red curry paste
- 1 brown or red onion, cut into wedges
- 750 g whole medium green prawns, shelled, deveined and tails left intact
- 375 ml reduced fat evaporated milk
- 3 baby bok choy, cut into quarters, washed
- 1 small red capsicum, cut into strips
- 1/2 cup (50 g) bean sprouts
- cooked basmati rice, for serving

Method:

- 1 Lightly spray a frypan with cooking oil spray. Add curry paste and onions and cook on medium heat until onions are tender. Add prawns and cook for 1 minute or until fragrant.
- 2 Pour in evaporated milk, bok choy, capsicum and bean sprouts. Simmer until prawns are cooked through and vegetables are tender. Serve with basmati rice. For extra bite, add an extra tablespoon of red curry paste.



For more great recipes like this, visit www.healthybones.com.au



Osteoporosis is a major cause of disability in Australia. It is a serious disease that currently affects 2.2 million Australians, with that number expected to increase to three million by 2021. More than half of women over the age of 60 will have an osteoporotic fracture and currently, someone is admitted to hospital every five to six minutes with an osteoporotic fracture.

Just three serves of dairy every day provides most people with a large proportion of the recommended daily intake for calcium—a serve is equal to 250 ml milk, a 200 g tub of yoghurt or 40 g of cheese.

Specialist Profile

Dr Raymond Goh
MB BS (Hons) FRACS (Plast.)



Dr Raymond Goh is a fully qualified Australian-trained specialist Plastic Surgeon who performs both reconstructive and cosmetic plastic surgery.

After completing his general plastic surgery and hand surgery training in Brisbane and Melbourne, Dr Goh travelled overseas to undertake fellowships in craniomaxillofacial surgery and cosmetic surgery in Asia and Canada.

His time abroad allowed Dr Goh to attain valuable experience in cleft lip and palate surgery, orthognathic surgery, facial rejuvenation, breast enhancement and body contouring surgery.

His approach to rejuvenating and enhancing the human form aims to produce natural, pleasing and lasting results.

“Every patient is unique and each procedure is tailored to produce the best possible outcome for that individual,” Dr Goh said.

Dr Goh practices at the specialist suites at Mater Health Centre Hope Island and at Mater Private Clinic, South Brisbane. He is also a visiting specialist and clinical lecturer at the Royal Children’s Hospital and the Royal Brisbane and Women’s Hospital.

He said treating children with complex craniofacial deformities was one of the most challenging aspects of his practice as the operations were often complex and risky, but the rewards of a smiling kid and appreciative parents were priceless.



Did you know?

Dr Goh is passionate about maintaining an active lifestyle and enjoys cycling, photography and climbing mountains. His most recent high adventures include Everest Base Camp in Nepal in 2010, and the Matterhorn in the Swiss Alps in 2012.

Get mobilised to fight aching joints and arthritis

Arthritis is the leading cause of chronic pain and disability in Australia with nine out of 10 Australians over the age of 40 suffering from some form of the condition.

Arthritis-related problems include pain, stiffness, inflammation and damage to joint cartilage and surrounding structures.

This can result in joint weakness, instability and deformities that can interfere with the most basic daily tasks such as walking, driving a car and preparing food.

Mater Pharmacist Kate Ross said while arthritis could be difficult to live with, there were many simple measures that could help people manage their symptoms.

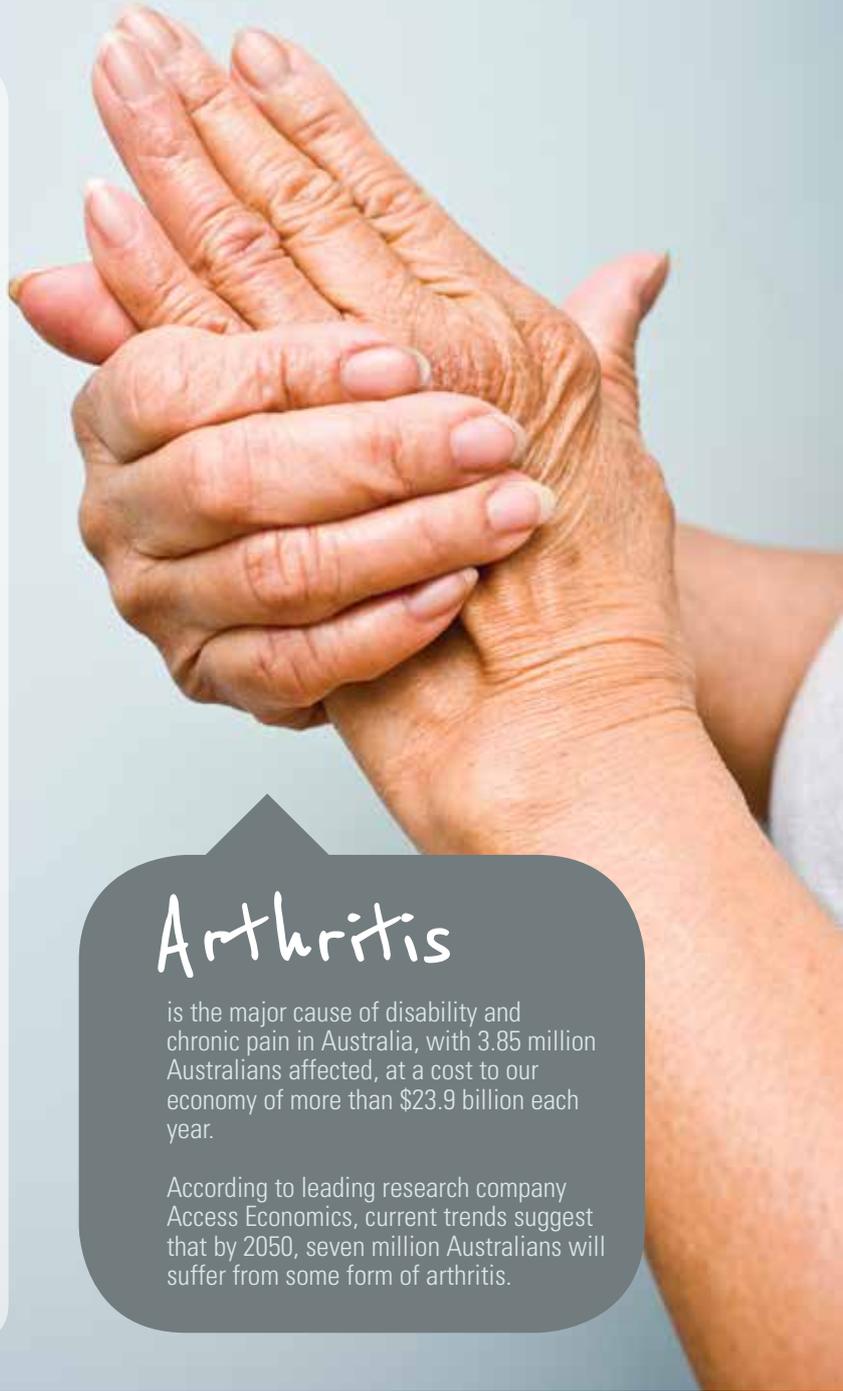
"Changes to your diet such as eating more cold water fish, like tuna and salmon, doing low-impact exercise like swimming, tai chi or even ballroom dancing, and taking good natural supplements all combine to have a considerable effect on managing symptoms and increasing mobility," Ms Ross said.

"Arthritis can also affect people of all ages and from all walks of life. Even young people, especially those involved in contact sports like football and netball, are at risk."

While many sufferers describe their symptoms as "annoying niggles", others experience excruciating pain and disfigurement which can have a profound effect on everything from a person's mobility to their mental health.

"Left untreated, osteoarthritis can become a debilitating disease so the more you do to lessen the symptoms at diagnosis, the greater your chances of keeping it manageable," Ms Ross said.

Mater Pharmacy Hope Island staff have made arthritis a prime focus in their pharmacy and are on hand to answer any questions about osteoarthritis and joint pain.



Arthritis

is the major cause of disability and chronic pain in Australia, with 3.85 million Australians affected, at a cost to our economy of more than \$23.9 billion each year.

According to leading research company Access Economics, current trends suggest that by 2050, seven million Australians will suffer from some form of arthritis.

Mater Pharmacy Hope Island

At Mater Pharmacy your health is our focus. We provide a full prescription service and offer a wide range of over the counter medicines and advice for the whole family.

Committed to achieving a healthy community, Mater Pharmacy's specialised and experienced team of pharmacists and health advisors can help you obtain the right results.

Come and see us in store.

Mater Pharmacy

Mater Health Centre Hope Island
8 Halcyon Way, off Broadwater Avenue

Telephone 07 5635 4000

pharmacy.mater.org.au

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



Put your best foot forward

Australia's largest and most trusted podiatry group is now open at Mater Health Centre Hope Island.

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 my FootDr Chief Executive Officer Scott Osborne 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 toe nails 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 Mark Brown bring years of experience to Mater Health Centre Hope Island 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?

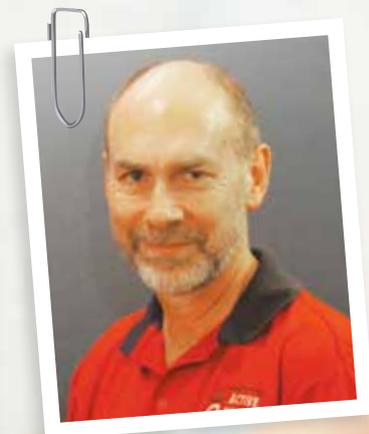
A doctor's referral is not necessary to see a physiotherapist in private practice, although we frequently work in partnership with your doctor to plan and manage treatment for a specific condition.

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

Fighting the 'flu'

With winter now here, people of all ages should 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 unwellness 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," Dr Bowler said.

"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."



'Flu' facts:

- 1 On average, 2500 deaths, 18 000 hospitalisations and 300 000 GP visits in Australia can be attributed to Influenza each year.
- 2 The average annual (direct and indirect) cost associated with Influenza in Australia is estimated to be between \$828 million and \$884 million.

Mater Pathology

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

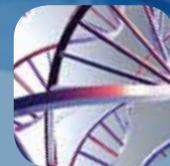
Mater Pathology

Mater Health Centre Hope Island
8 Halcyon Way, off Broadwater Avenue

Telephone 07 5635 4050

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. All hours. Phone 07 3163 8500



Exceptional People. Exceptional Care.



pathology.mater.org.au

**Mater**
Pathology