

Healthy Community

An initiative of Mater Private Hospital Redland

Keep healthy this Christmas

With temperatures already soaring above 30 degrees Celcius, doctors have warned residents to protect themselves—and loved ones young and old—against the heat.

Mater Private Emergency Care Centre's Dr Steve Costello said the sick, elderly, young children and newborns are especially prone to suffer adverse reactions to the heat.

"The heat can cause dehydration, varying degrees of heat stress and further health complications—particularly for the sick and elderly," Dr Costello said.

"It is important people increase their fluid intake, preferably water, on hot days, dress lightly, stay in the shade or cooler areas and maintain the airflow—don't shut themselves up in a room—and don't over exert themselves."

Dr Costello said some of the early warning signs for heat stress include irritability, fevers, lethargy, poor food and fluid intake and fewer toilet visits or wet nappies.

"If symptoms persist or become more severe, such as extreme lethargy, high temperatures or vomiting, please see a doctor immediately," Dr Costello said.

The 'silly' season is also a common stumbling block on the way to weight loss and healthy eating with many letting go of all dietary restraint in a bid to enjoy themselves.

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Exceptional People. Exceptional Care.

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Mater Health and Wellness Dietitian Dr Shelley Wilkinson urged people not to think of the holidays as a chance to 'break out' or abandon healthy eating and exercise.

"People also need to be realistic and perhaps aim to maintain their weight—after all, the holidays are a time for enjoyment, a time to treat yourself and a time to share with friends and family," she said.

Dr Wilkinson said people should have an idea of how much they are going to eat or drink before they indulge. Ask yourself:

- How many alcoholic or high calorie drinks am I going to have? Fill up on water or low calorie drinks.
- How many nibbles will I have? Eat breakfast before you go so as not to be ravenous when you arrive and consequently eat large amounts of nibbles.
- How much dessert will I have and what will I have served with it? Remember to savour what you're eating.

"Another great tip to remember is to move away from the table after your meals to avoid overeating and to keep moving; play sport in the back yard, go for a swim or go for a walk and say 'Merry Christmas' to neighbours," Dr Wilkinson said.

Dr Wilkinson's healthy tips for Christmas treats ...

- Opt for a small portion of pudding or trifle.
- Supply a fruit platter or fresh fruit salad alongside Christmas treats.
- Instead of a bowl of lollies or chocolates for guests, why not have a bowl of cherries or grapes?
- Bake some pita bread to use with dips instead of chips.
- Be mindful and savour the sweet foods.
- Remember, the first bite is always the best.

Saving Lauren

Brad and Surah Small's daughter Lauren was five weeks old when a heart attack nearly took her life last September.

Lauren was spending the day with her grandparents, Shirley and Jim, when she suddenly began vomiting and convulsing. Shortly after, she stopped breathing.

"She was like a rag doll in my arms and I knew she'd died," Shirley said.

Brad arrived at the house to find his daughter lifeless and his mother on the phone to paramedics. He immediately started CPR on his daughter.

More than five minutes later—just before the first ambulance arrived—Brad noticed signs of life. Lauren was rushed to Mater Children's Hospital where she underwent emergency cardiac surgery.

Over the next 10 days Lauren's lungs collapsed repeatedly and her heart stopped twice—once for 42 minutes.

Doctors worked tirelessly to keep Lauren alive. She was placed on a machine that takes over the role of oxygenating the blood—so that her heart and lungs could rest—and placed in a medically-induced coma to give her tiny body the best chance of survival.

Brad and Surah never lost hope for their daughter, often sitting by her bedside for up to 22 hours per day.

"We just knew that we needed to only bring positive energy to Lauren's bedside and hoped that if she could hear us that she'd have a reason to wake up and a desire to be with us," Brad said.

After almost three months in hospital, Lauren was discharged just before Christmas last year.

"Lauren would not have come through all of this without the care of the staff at Mater Children's Hospital," Brad said.

Through research and medical breakthroughs we can ensure that more children like Lauren overcome the odds and are able to go home.



To help other young children like Lauren, donate to the Mater Little Miracles Christmas Appeal. Call 1800 440 155 or visit www.materfoundation.org.au to make a difference.

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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Prawn, mango and caramelised walnut salad



Mater Health and Wellness Dietitian Dr Shelley Wilkinson said the summer holidays—Christmas in particular—were a common stumbling block on the way to weight loss and healthy eating.

Here's a healthy summer salad recipe to get you through the 'silly season'.

Ingredients:

- 1 cup (100 g) walnuts
- 2 tbsp brown sugar
- 2 avocados
- 2 mangoes
- 1 kg cooked prawns, peeled (tails intact), deveined
- 1 bunch watercress leaves
- 3 baby cos lettuces, leaves separated
- 2 tbsp lemon juice
- 1/4 cup (64 mls) extra virgin olive oil
- 3 tsp cold water

Method:

- 1 Preheat oven to 170 degrees Celcius. Spread the walnuts on a baking tray and roast for five minutes.
- 2 Combine the brown sugar with three teaspoons of cold water in a bowl.
- 3 Add the roasted nuts to the sugar and water mixture and toss to coat.
- 4 Return nuts to the baking tray and roast for a further eight minutes or until crisp and caramelised. Set aside to cool.
- 5 Peel and dice the avocados and mangoes. Place in a large salad bowl with prawns, watercress, cos leaves and nuts.
- 6 Whisk together the lemon juice and oil in a small bowl, then season to taste.
- 7 Just before serving, drizzle the salad with the dressing and gently toss to combine.

Young children still at risk from pools

Drowning remains a leading cause of death due to injury for children in Queensland under the age of five according to the Queensland Injury Surveillance Unit (QISU).



QISU Director and Mater Children's Hospital Emergency Paediatrician Dr Ruth Barker said approximately 50 toddlers present to emergency departments across Queensland each year following an immersion in a domestic pool.

"While most of these children recovered, an average of six toddlers per year have died following an immersion event in a domestic pool," Dr Barker said.

"Many of these non-fatal immersion events occur when a parent or carer is in the pool vicinity, but not directly supervising. Most were unaware that their child had quietly entered the pool."

Sadly, there are still fatal immersion events where the child gains unsupervised access to the pool and rescue comes too late.

"Drowning is silent; therefore supervision requires continual visual contact. For children who cannot swim, this means being within an arm's reach at all times," Dr Barker said.

"Have a designated adult pool supervisor, with a clear process for passing the responsibility from one adult to the next.

"Parents and carers should also learn resuscitation techniques and display a resuscitation notice by the pool.

"Data collected over many years proves that a compliant pool barrier can make the difference between life and death.

"So ensure your pool fence and gate are up to the task of protecting your toddler by using the pool safety checklist, or contacting a pool safety inspector for a review."

Top tips for pool safety

According to the Royal Life Saving Society of Australia's Keep Watch program.

- Supervise your child—always supervise your child within arms' reach.
- Restrict access to water—provide barriers to water locations.
- Learn resuscitation—resuscitation is a skill for life.



To download a Home Pool Safety Checklist visit www.homepoolsafety.com.au

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 less time for 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."

Also make this New Year your time to quit smoking—for the last time! Smoking is a highly addictive habit.

"From the very first inhalation changes begin to take place in your brain that create a pattern of behaviour and addiction that can be extremely difficult to break," Ms Tite said.

"When you quit smoking the level of carbon monoxide (a toxic gas produced from smoking) in your blood will start to decrease with immediate benefits to your body."

Mater Pharmacy staff can help you monitor your progress with weekly measurements of your carbon monoxide levels.

"Research shows that support is fundamental to success in making significant life changes so come and see the staff at Mater Pharmacy for their support in your journey," Ms Tite said.

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Keys to losing weight

- 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.

Mater Pharmacy Redland

Open 7 days from 8 am

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 after surgery, safe medications while breastfeeding 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 8 am to 8 pm

Saturday and Sunday 8 am to 3 pm



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

 **Mater**
Pharmacy

Sleep soundly this summer

Mater Private Hospital Redland now offers sleep study assessments following the opening of the Queensland Sleep Disorders Unit (QSDU).

QSDU's Sleep Physician Dr Geoff Eather said a polysomnograph (PSG), or a sleep study, is a comprehensive test that records the changes that occur during sleep and is often used in the diagnosis of sleep disorders including sleep apnoea, periodic limb movements, narcolepsy, REM behaviour disorder, sleep walking and many more.

One of the most common sleep disorders is obstructive sleep apnoea (OSA) which is often associated with snoring and is characterised by numerous and sometimes prolonged interruptions of breathing during sleep.

This occurs when there are repetitive episodes of little or no airflow, due to obstruction of the airway during sleep.

"Obstructive sleep apnoea syndrome occurs in at least four per cent of males and two per cent of females, although the prevalence is probably increasing," Dr Eather said.

He said one of the most common treatments for sleep apnoea is nasal continuous positive airway pressure (CPAP).

"CPAP involves wearing a fitted mask over the nose and/or mouth during sleep, through which a continuous

pressure is delivered to the upper airway. This prevents the throat and associated structures from collapsing and obstructing the airway.

"Controlling obstructive sleep apnoea has the potential to significantly improve associated symptoms such as tiredness and fatigue and we believe that this treatment also has long-term health benefits with regards to reducing future risk of cardiovascular and other diseases."

Speak to your GP about a referral to Queensland Sleep Disorder Unit (QSDU) at Mater Private Hospital Redland.

Facts about sleeping ...

Source - www.abc.net.au

- The record for the longest period without sleep is 18 days, 21 hours and 40 minutes during a rocking chair marathon. The record holder reported hallucinations, paranoia, blurred vision, slurred speech and memory and concentration lapses.
- A new baby typically results in 400-750 hours lost sleep for parents in the first year.
- Elephants sleep standing up during non-REM sleep, but lie down for REM sleep.
- Teenagers and children need about 10 hours sleep, while those over 65 about six hours. For the average adult, eight hours is considered optimal.

Alexandra Hills collection centre

Address: 71 Cambridge Drive
Phone: 07 3820 2618

Open: Monday to Friday 7 am to 5 pm
(closed 12.20 pm to 1 pm)
Saturday 7.30 am to 11.30 am

Mater Pathology opens new collection centre

Queensland's leading not-for-profit pathology provider Mater Pathology continues to expand throughout the greater Brisbane region, with the opening of a new collection centre in Alexandra Hills.

The new collection centre is staffed by trained phlebotomists who are experienced in the collection of adult, maternity, paediatric and neonatal tests.

Mater Pathology was established in 1919 and reinvests revenue back into improving health care.

All Mater Pathology collection centres are complemented by Mater Pathology's fully bulk-billed home collection service.

Sharon's nursing for the next generation



The first intake of students will soon graduate from Mater's Diploma of Nursing, marking a significant milestone in the history of nursing at Mater.

The 18-month Diploma of Nursing qualification is a unique, tailored education program delivered by contemporary clinical experts within Mater's tertiary health care facilities.

Among the graduates will be Victoria Point's Sharon Harris (pictured above), who spent 18 years working as an assistant-in-nursing in aged care before enrolling at Mater.

"I jumped at the opportunity to train at Mater as the hospitals' excellent reputation and Mission and Values were instrumental in my decision. I was also able to study and attend clinical practice at the one campus," Mrs Harris said.

"Getting back into study at a mature age was challenging but the teaching staff were very supportive and giving of their time to answer any questions."

Mrs Harris has since been offered a position as an enrolled nurse at Mater Private Hospital Brisbane from February 2012.

Mater Health Services People and Learning Executive Director Caroline Hudson said students receive exposure to all clinical environments including acute surgical and medical, maternity, paediatrics and perioperative services placements.

Upon graduation, students are also eligible for national registration with the Nursing and Midwifery Board of Australia.



For more information about Mater's Diploma of Nursing, including enrolment dates for 2012, please visit www.matereducation.com.au/diploma.

Volunteers needed

Volunteers are an integral part of Mater, enabling our hospitals to maintain a wide range of services and support for staff, patients and relatives.

Leading a team of almost 40 volunteers at Mater Private Hospital Redland is Volunteer Coordinator Karen Marks.

Q. What does your role at Mater entail?

As the Volunteer Coordinator, my role is to coordinate and support our volunteers and to develop and grow the program here.

Q. What is your favourite part of the job?

So far, the favourite part of my job has been getting to know the volunteers; they are an exceptionally dedicated group of people.

Q. What kind of duties do the volunteers carry out?

Our volunteers help with arranging and caring for patients' flowers, menus, restocking medical supplies, massage, concierge desk, assist in day surgery, make up charts and general administration tasks. In the New Year, I will be exploring ways to further enhance the Volunteer Program by developing some new volunteers roles.

Q. What qualities do you look for in Mater volunteers?

I look for people with a broad range of skills and talents who are willing to share these with our team and also learn new skills along the way. I particularly look for people who are friendly, adaptable, willing to take on new roles and have a willingness to give back to the community.



Become a Mater volunteer, call Karen Marks on 07 3163 7331.

With more than 90 years of experience, Mater Pathology is Queensland's leading not-for-profit pathology provider, reinvesting revenue back into improving health care. Mater Pathology is committed to providing exceptional service to the bayside community with the following collection centres:

Alexandra Hills

71 Cambridge Drive
Phone: 07 3820 2618

Cleveland

108 Bloomfield Street
Phone: 07 3286 7824

Cleveland (Bayside Business Park)

16 Weippin Street
Phone: 07 3163 7350

Macleay Island

32-40 High Central Road
Phone: 07 4409 4318

Russell Island

Alison Crescent
Phone: 07 3409 2946

All Referrals Accepted.
Conditions Apply.
All enquiries.
All hours.
Phone: 07 3163 8500



Exceptional People. Exceptional Care.



www.mater.org.au/pathology

