

GP e-News

OCTOBER 2017

Welcome from the CEO

Dear Doctor

Welcome to the latest edition of our GP e-News. Over the past year, we've continued to work in tandem with the Faculty of Medicine and Health Sciences in the development of an overarching structure now called the Macquarie University Health Sciences Centre, and marketed as MQ Health.

The research and education activity that has been produced by the Faculty of Medicine and Health Sciences in the past year has grown at an extraordinary rate. As always our Hospital continues to provide the highest levels of clinical care. In many areas, this care is directly enhanced by the translational model of research that sees academic work from the Faculty make its way into patient care. Together our joint facilities are realising MQ Health's shared purpose – to Heal, Learn and Discover.

I'd like to take this opportunity to congratulate my colleagues at the Faculty on launching the Macquarie MD program. Commencing in 2018, the four-year graduate medical program will provide an innovative learning experience for its students, offering a comparative, global approach to learning in authentic clinical and research-active environments.

The Macquarie MD program will provide students with top-quality teaching, early patient contact, top-of-the-range facilities and exceptional clinical education and training. With a small cohort of 60, students will also benefit from small class sizes. A significant component of the program will be taught at Macquarie University Hospital. I do hope you enjoy reading about the many extraordinary developments that are taking place at the Hospital and, more broadly, at MQ Health.

Carol Bryant, CEO
Macquarie University Hospital



If you would like to receive further information about our GP education activities for 2017, please email events@muh.org.au



OPTIMISING ASSESSMENT OF PATIENTS WITH HYPERTENSION



WITH THE ADDITION OF TWO NEW DIMENSIONS TO THE STANDARD ARM CUFF MEASUREMENT FOR BLOOD PRESSURE, MUH IS NOW THE MOST COMPREHENSIVE ARTERIAL ASSESSMENT SERVICE IN THE SYDNEY AREA.

For more information or to refer a patient
CALL (02) 9812 2900

Macquarie University Hospital has added a new clinical testing service that includes the capacity to measure both central aortic pressure and arterial stiffness. This clinical service extends the standard technique of ambulatory blood pressure (BP) measurement.

“As evidence accumulates to show the link between arterial stiffness and blood pressure – with implications for both heart and brain disease – more precise measurements will enable doctors to select the best treatments for various cardiovascular conditions,” said Associate Professor Edward Barin, Co-Director of Cardiology at MQ Health and Clinical Associate Professor at Macquarie University.

“These laboratory measurements extend our understanding of blood pressure, heart failure and heart structure changes, and can then be used by treating doctors to adjust medication or consider other treatment options.”

The diagnosis of hypertension can be confirmed or refined. Ambulatory BP clarifies, for example, the diagnosis of ‘white-coat’ hypertension, masked hypertension, or nocturnal hypertension.

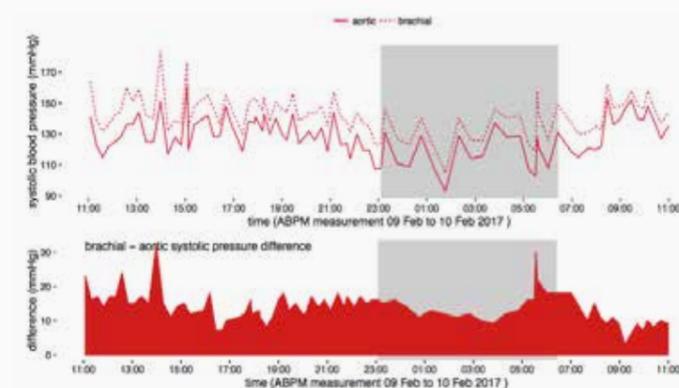
“The new service is particularly useful for ageing patients, given the link between arterial stiffness and ageing, and the non-invasive nature of the assessment,” said Associate Professor Edward Barin.

ABOUT THE ARTERY AND BP ASSESSMENT UNIT AT MQ HEALTH CARDIOLOGY

This is a weekly clinical service for patients with Hypertension and Vascular disorders. It is run by Associate Professor Edward Barin, Professor Alberto Avolio, Dr Mark Butlin and Dr Isabella Tan.

The Unit is able to see patients quickly, and can coordinate any additional diagnostic tests or treatments at Macquarie University Hospital that might be required.

Led by Professor Avolio, the Unit is involved with data collection and contributes to international collaborative clinical studies in the field of optimising blood pressure measurement.



Blood pressure recording over 24 hours showing not only elevated arm (brachial) readings but central (aortic) measurements throughout the day and night.



ABOUT ASSOCIATE PROFESSOR EDWARD BARIN

Speciality: Cardiology
Subspeciality: Cardiac Arrhythmias, Hypertension, Heart Failure

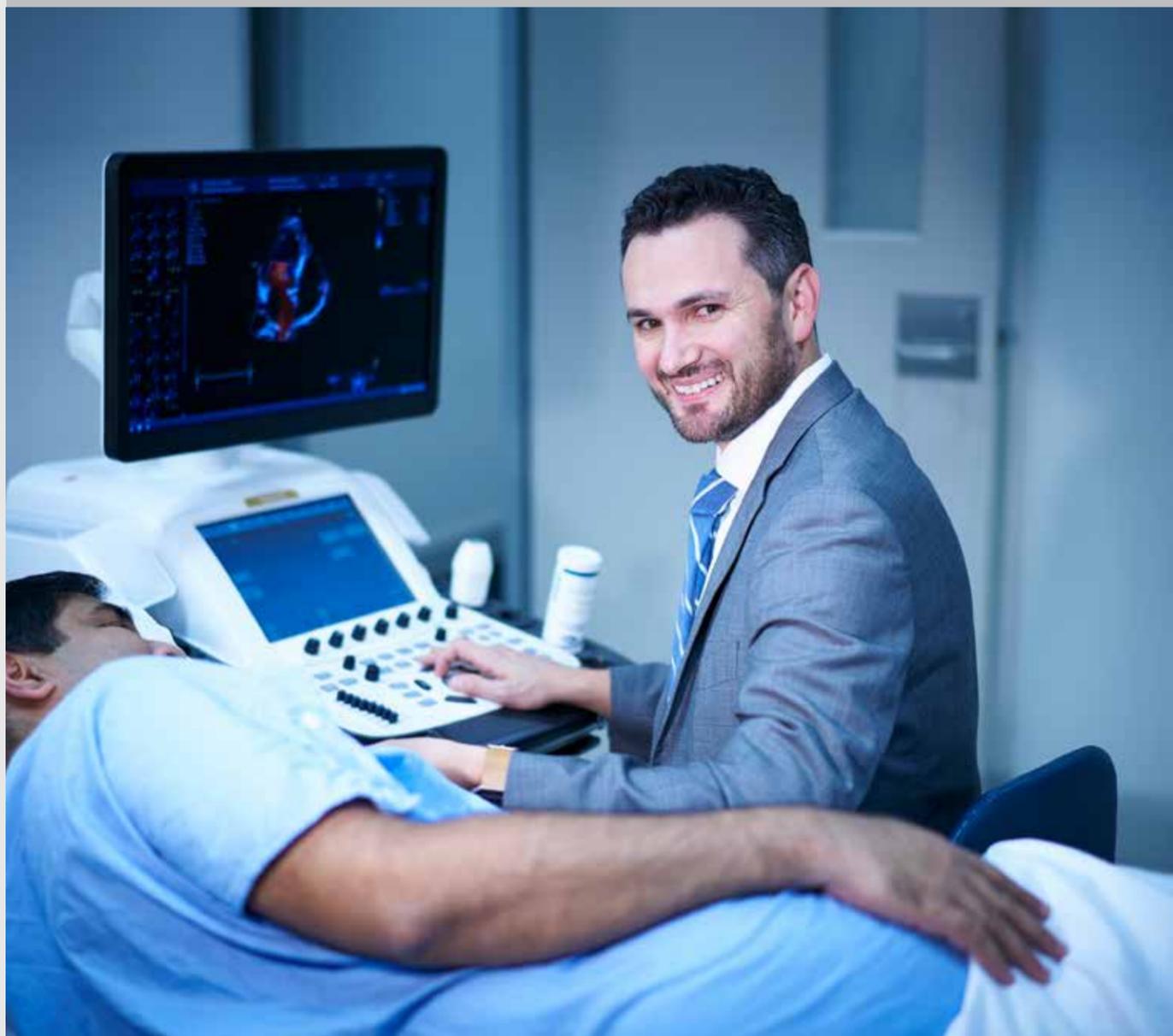
MQ Health Cardiology Clinic
Suite 203, Level 2, 2 Technology Place
Macquarie University, NSW, 2109

T: (02) 9812 2900
F: (02) 9475 1155
E: cardiology@mqhealth.org.au

DOUBLE DUTY



A COMPASSIONATE CARE CASE AT MACQUARIE UNIVERSITY HOSPITAL DELIVERS OPTIMAL, WORLD-STANDARD HEART TREATMENT TO A PATIENT IN NEED – AND RACKS UP AN AUSTRALIAN FIRST IN DOUBLE-VALVE REPLACEMENT.



Earlier this year, Macquarie University Hospital generously took on a compassionate case for a young Irish National adult man with severe congenital heart disease who was unable to access a viable treatment option elsewhere.

Interventional cardiologists Dr Philip Roberts and Associate Professor Andy Yong performed a minimally invasive procedure that included a double-valve replacement and a stent insertion for the 26-year-old man. They were assisted in the procedure by the Head of Anaesthetics Dr Bill O Regan and Dr Jason Kaplan provided imaging support.

Multiple previous open-heart surgeries for the patient had resulted in complications – including stroke, infection and right-heart failure. So when the Queensland-based patient developed a further complication, he and his family were reluctant about further traditional surgery.

“My son was declining quickly,” said his mother. “He was experiencing fatigue, and couldn’t walk up stairs. He definitely was not well enough to travel back to Ireland, where we would have had access to public health.”

Dr Jason Kaplan, Lead of the Cardiovascular Program at Macquarie University says that his case was known to cardiologists in Queensland and New South Wales.

“Queensland and New South Wales public hospitals had offered him traditional surgical options,” said Dr Kaplan. “Yet, given the fragility of his health and the previous complications he’d developed from open surgery, this was not the best option for him.

Dr Roberts and the team at Macquarie University Hospital felt that they could perform the procedure minimally invasively from the groin and provide a safe environment in which to perform the procedure and deal with any complications should they occur.

Dr Kaplan discussed the case with Macquarie University Hospital CEO Carol Bryant, who agreed to contribute the Hospital’s facilities at no charge. Dr Roberts, who performed the procedure, also offered his services pro bono. Medtronic donated the valves and Medtec the stent, also at no cost.

For more information
or to refer a patient

CALL (02) 9812 2900

“We replaced two valves: a pulmonary and tricuspid,” said Dr Roberts. “From my knowledge, this has only been done a handful of times around the world and not previously in Australia.

“This was a huge charitable contribution by a whole team, with generosity seen across the Hospital to include the fantastic work by the ICU.

“The patient received optimal, world-standard surgery at no cost, with our innovative double-valve procedure reducing the need for additional surgeries in the future. If he looks after himself, he should have good quality of life.

“Two weeks after the operation, he was able to walk with no strain and no pressure in his chest. He has his life back,” said the patient’s mother.

ABOUT DOCTOR JASON KAPLAN

Speciality: Cardiology
Subspeciality: Echocardiography

MQ Health Cardiology Clinic
Suite 203, Level 2, 2 Technology Place
Macquarie University, NSW, 2109

T: (02) 9812 2900

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GPS AND CLINICAL TRIALS



CLINICAL TRIALS BRING PATIENTS THE LATEST AND THE BEST TREATMENTS, WHILE GIVING DOCTORS THE OPPORTUNITY TO LEARN, LEAD AND ENHANCE PATIENT CARE. AS A GP, YOU CAN PARTICIPATE.

For more information
or to refer a patient
CALL (02) 9812 3553

Macquarie University Hospital currently participates in more than 60 clinical trials through the MQ Clinical Trials Unit over four major areas of health: cancer, cardiology, neurology and respiratory medicine. The Clinical Trials Unit has doubled in size over the past two years, and will double again in the next two years. It tests both medical drugs and devices, making it somewhat unique in Australia.

Macquarie University is a growing leader in making available to patients the latest and most promising medical treatments. Immunotherapy trials for treating cancer have become one of the Hospital's biggest and most important.

"What immunotherapies aim to do is switch the immune system back on at the microscopic level where cancer cells and immune cells interact," said Professor Howard Gurney, Director of Clinical Trials in the Faculty of Medicine and Health Sciences at Macquarie University.

"The big change is that this approach doesn't target the cancer. Instead, it targets the immune cells and tries to activate them to block the cancer. So far it is showing great promise. In some patients, we are seeing cancers disappear.

"We have grown so quickly in part because we have a reputable trials unit set up. We recruit well and we have good data quality, so we keep getting asked to do more. It's definitely an exciting place to be in terms of medical research."

WHY PARTICIPATE?

"Participating in a medical trial makes you an expert," said Professor Gurney. "You get access to the latest treatments eight years before others in your field. You become an expert, and you become a key opinion leader. It's a fantastic chance to learn, to lead and to serve your patients better."

While a clinical trial does bring additional work, the long-term benefits to your knowledge base and expertise, and ultimately to your patients, probably outweigh the time investment up front.

MQ Clinical Trials Unit also takes much of the administrative burden from doctors in handling some of the application, compliance and data handling work.

ADDRESSING PATIENT CONCERNS

Patients and doctors can shy away from participating in clinical trials. But they should think again, says Professor Howard Gurney of Macquarie University Hospital.

"There is a perception amongst patients that clinical trials are 'experimental' – in the sense that they carry risk because they are 'unproven,'" said Professor Gurney.

"However, the opposite is true. Participating in a clinical trial will bring you the best standard of care. Patients who participate in clinical trials undergo additional testing and monitoring, which can have positive outcomes on their long-term health.

"More importantly, patients get the latest and the best treatment – and they get it now, years ahead of the therapy coming onto the market."

In the long and convoluted process from testing a biological hypothesis in a laboratory, to getting a drug to market, clinical trials are the final hurdle. This means that they have undergone significant testing, and their probability of success is almost certainly guaranteed.

MAKING US A BETTER HOSPITAL

Macquarie University Hospital is a growing teaching hospital – the first of its kind in the private hospital sector in Australia. As a teaching hospital, we are required to have a clinical trials unit.

"Having a trial unit raises the expertise of the entire hospital," said Professor Gurney. "A strong trial unit at a hospital attracts the best staff, engages more doctors in keeping abreast of the latest medical advances, and is able to offer its patients the latest and best standard of care."

CLINICAL TRIALS AND THEIR BENEFIT TO AUSTRALIA

Clinical trials improve the health of the population, enable provision of innovative treatments and are a valuable export income for the country. An Australian Trade Commission report from 2015 estimated that clinical trials generated more than one billion dollars in income annually for Australia with the world's top 10 pharmaceutical companies alone investing around \$200 million each year in clinical trials.

(Ref: <https://www.austrade.gov.au/.../2814/Clinical-Trials-Capability-Report.pdf.aspx>). See Appendix 1 for a summary of clinical trials in Australia).



HOW TO PARTICIPATE AS A GP

GPs can directly connect with MQ Clinical Trials Unit via email, or you can call to talk to a staff member. We can provide you with a contact sheet and update you regularly regarding what trials we run.

We could also help support GP-led investigator-initiated studies or sponsored studies by proving logistical, administrative and staffing support to run trials making it a more feasible endeavour for GPs to participate in clinical research.

Clinical Trials Unit
E: clinicaltrials@mq.edu.au
T: (02) 9812 3553

TLC FOR HOSPITAL'S ART COLLECTION



THE HOSPITAL'S ART COLLECTION IS ABOUT TO GET SOME SPECIAL ATTENTION AS CURATORS FROM MACQUARIE UNIVERSITY ART GALLERY REFRESH ITS PRESENTATION FOR PATIENTS AND VISITORS.

The Hospital has a diverse art collection, with more than forty works across a broad range of periods and styles. The collection is interesting, eclectic and loved by patients, visitors and staff.

"It's a wonderful collection, varied and of relevance to the Hospital's location," said Dr Rhonda Davis, curator at the Macquarie University Art Gallery.

"For example, there are paintings by David Lever, which are extremely popular and provide a narrative about the life and times of Arthur Stace, one of Sydney's original graffiti artists active between 1932 and 1967.

"There are atmospheric and evocative landscape photographs by British artist Jeremy Welsh depicting the Lofoten Islands, and photographs by Effy Alexakis documenting her connections with the Parramatta River.

"Different forms of contemporary abstraction include works by Craig Waddell and Peter Griffen. Waddell is well known; his painting represents a local scene in the Dural region, with his vigorous use of paint and application retaining a raw and emotive energy. Aboriginal art includes spectacularly vivid works by Kudjiti Kngwarreye of the artist's connection to country."

The collection was installed with some haste when the Hospital first opened its doors seven years ago. Now, it's about to get a lift over the coming months, as Dr Davis and her team refresh how the collection is presented to the thousands of people who visit and work at the Hospital.



"One of the things we'd like to do is look at grouping the works around themes," said Dr Davis. "There are some strong nature themes, for example, and we'd like to re-consider how these are presented, to bring out a stronger narrative thread."

It's now well established that art can play a role in improving health and wellbeing, and the Hospital aims to strengthen this through its collection.

"Viewing and engaging art brings about physiological changes in the body," explained Dr Davis. "For example, it activates parts of the brain that lowers stress.

"In a hospital environment, this can be powerful. It's a stressful time for patients and their loved ones."

ENJOY THE ARTS AND CULTURAL EXPERIENCES ON CAMPUS

The Macquarie University campus is a vibrant cultural precinct. Galleries, sculptures and an arboretum make the campus a rich environment for arts engagement and contemplation.

The Australian History Museum holds over 8,000 items from pre-colonisation to the present. The Sculpture Park is a collection of over 100 modern and contemporary sculptures dotted around the University campus. Tours are also available to view the largest depth of field hologram ever produced in the world, titled *To Absent Friends*, 1988 by renowned artist Paula Dawson. The Museum of Ancient Cultures, the University Library and the Biological Sciences Museum all have different stories to tell through their diverse collections.

The Hospital is also a part of the cultural landscape of Macquarie University and its refreshed art collection will elicit new interpretations and stories from our viewers, an exciting venture to look forward to over the coming months.

All campus arts and cultural venues and activities are open to everyone, including Hospital staff, patients and families, and the general public.



DEMENTIA: ENGAGING WITH ART

The Macquarie University Art Gallery has been running a successful arts engagement program for people with dementia since 2011, when gallery curator Dr Rhonda Davis and the team trained at the National Gallery of Australia through the NGA's Art and Alzheimer's program.

The University's program has now seen hundreds of people visit the gallery participating in two-hour sessions with 6 to 12 participants and 3 to 4 carers in attendance. The session engages this audience with art in diverse ways that bring immense joy and a sense of ownership to the participants as they share their knowledge and stories. The program has proven highly successful and has expanded through a partnership with Baptist Community Care.

Participants spend time looking at art, responding and discussing it. The program has focused on abstract art, which the Macquarie University team has observed to show nuances that are particularly effective at bringing back memory.

"With their breadth of experience and relationships, elderly participants in the program bring a rich understanding to a work," commented Dr Davis. "Being able to respond and discuss this gives them a sense of agency.

"Art opens up different emotions. On an individual basis, the arts have the ability to give us clues to everyday life, and can be a significant process in making meaning of the everyday."

Working in collaboration with Jane Thogersen from the Australian History Museum, also located on campus, the team has further developed the program by integrating art with related objects from the Museum. This has formed a unique arts engagement program for people living with dementia that connects image with object. From all accounts so far, there appear to be key indicators for prompting memory and associated stories.

Currently, there are also early discussions around a staff wellness program that would include workshops and coffee mornings.

CITY 2 SURF SUNDAY 13 AUGUST



CONGRATULATIONS EVERYONE ON FINISHING THE CITY2SURF COURSE. TO DATE \$4,221,303.14 WAS RAISED TO HELP OVER 550 CHARITIES.

MUH RAISED \$3,285.90 – A VERY SPECIAL THANK YOU TO DR DEBORAH CHEUNG WHO RAISED \$1,825. PROCEEDS WILL GO TO THE MQ HEALTH CANCER PROGRAM.



Winner of the social media competition



YOU ARE INVITED TO JOIN A BRIEF DISCUSSION ABOUT BEHAVIOURAL AND ATTITUDINAL RESPONSES TO COCHLEAR IMPLANTATION



Australian Institute of Health Innovation
Faculty of Medicine and Health Sciences
MACQUARIE UNIVERSITY NSW 2109

Chief Investigator:
Professor Frances Rapport
Email: Frances.rapport@mq.edu.au
Phone: +61 (02)9850 2320

STUDY: BEHAVIOURAL AND ATTITUDINAL RESPONSES TO COCHLEAR IMPLANTATION IN AUSTRALIA AND THE UK

What is the study about?

You are invited to participate in a study that looks at people's experiences of hearing loss, and healthcare professionals' consultation approaches for people with hearing loss. This study aims to provide results that will enhance patients' quality of life and improve services for patients with a hearing loss.

To participate in this study, you must consult, as a healthcare professional, with people with marked (severe-to-profound) sensorineural hearing loss that occurred after 5 years of age.

What does the study involve?

If you decide to participate, you will be asked to:

1. Participate in a 1.5-hour focus group discussion that will be facilitated and observed, with notes and an audio-recording of the discussion. You will not be identified in any way, and none of the data used, as a result of the focus group, will include your name.
2. Complete a brief, 3-page questionnaire immediately before or after the focus group discussion, containing non-identifiable information about yourself, and your professional experiences.
3. Complete a brief survey, at a later date, about your professional experience of working with patients who may need cochlear implants.

Participants will be provided with a stipend for travel time and participation, as a gesture of appreciation for their time and involvement in the study.

Who is carrying out the study?

The study is being led by Professor Frances Rapport from, Macquarie University (T: 02 9850 2320, E: frances.rapport@mq.edu.au). This study is supported by Cochlear Ltd.

Want to be involved?

Please contact Mia Bierbaum, the study researcher, (T: 02 9850 2445, E: mia.bierbaum@mq.edu.au) to express an interest in participating in the study, or for more information about the study.



MQ HEALTH CARDIOLOGY GP EDUCATION EVENING



THIS EVENT
IS ON THIS
EVENING

MQ HEALTH CARDIOLOGY IS DELIGHTED TO PRESENT AN EDUCATIONAL EVENT FOR GENERAL PRACTITIONERS ON WEDNESDAY 11 OCTOBER 2017.

Registration commences with dinner at 6.00pm, followed by an interactive presentation with an expert panel – Cardiologists Dr Jason Kaplan, Associate Professor Hari Raju and Dr Martin Brown. The event will conclude at 9.00pm.

We would like to invite all GPs to join us at this informative event.

If you would to register please contact Danielle McCaffrey on 02 9812 2900 or danielle.mccaffrey@mqhealth.org.au

A MASTERS IN MAKING A DIFFERENCE



START A NEW CHAPTER IN YOUR CAREER IN HEALTH WITH MACQUARIE'S INNOVATIVE MASTER OF PUBLIC HEALTH.

Tailor the program to your strengths and employer needs through cross-faculty study. Make a difference in a variety of health leadership roles in diverse sectors by selecting one of three specialisations – professional practice, cross disciplinary studies and research.

- **Professional practice** – take advantage of immersive professional placements over one or two semesters.
- **Cross disciplinary studies** – specialise in key areas or take the opportunity to diversify your learning.
- **Research** – in collaboration with experienced research supervisors design a year-long research project, with the option to progress directly to PhD studies (with appropriate academic performance).

Complete in one-year depending on your professional experience and previous study. Fit the course into your busy life through online learning and face-to-face sessions delivered in blocks.

Gain a deep understanding of theoretical and practical strategies used to address environmental health issues, globalisation and population health, public health policy, and health leadership.

Join us for an information evening for this exciting course on **Thursday 9 November 2017** at Macquarie University's Art Gallery. Canapes and light refreshments will be provided.

[Click here](#) for more information

GETTING SOCIAL



TWITTER

Follow
Anand Deva
[@saferimplants](#)

COMMON TWITTER TERMINOLOGY

@mention Tag another user in your Tweet by placing the @ symbol in front of username..

@reply Reply publicly to a single user by starting your Tweet with @ username.

(DM) Send a private message directly to a user on Twitter who is already following you.

Retweet (RT) Share a Treen from another user's account.

Hashtag Using the # symbol in front of any word or phrase tags your Tweets. When someone clicks that hashtag, they see your Tweet and all the other Tweets using the same term.

GETTING STARTED AND HELPFUL GUIDELINES

Fill in your profile and biography so people will know more about you.

Start following people you know and who know you. As you start tweeting more regularly start following people you are interested in.

You can use a maximum of 140 characters in your Tweet. A good tool to shorten URL's is Bitly. So if you would like to share a link simply copy it and visit the Bitly website to shorten the link.

Be current and topical.

When you reference another Twitter user, use his/her name with a @ sign before it so the person can see that you mentioned them. It also shows others who you are talking about.

Respond to your Twitter followers if you have something valuable to add to the conversation.

Update your status regularly.

WHAT NOT TO DO ON TWITTER

Don't share information that you might regret making public.

Don't thank people for following you.

Avoid using punctuation in your username.

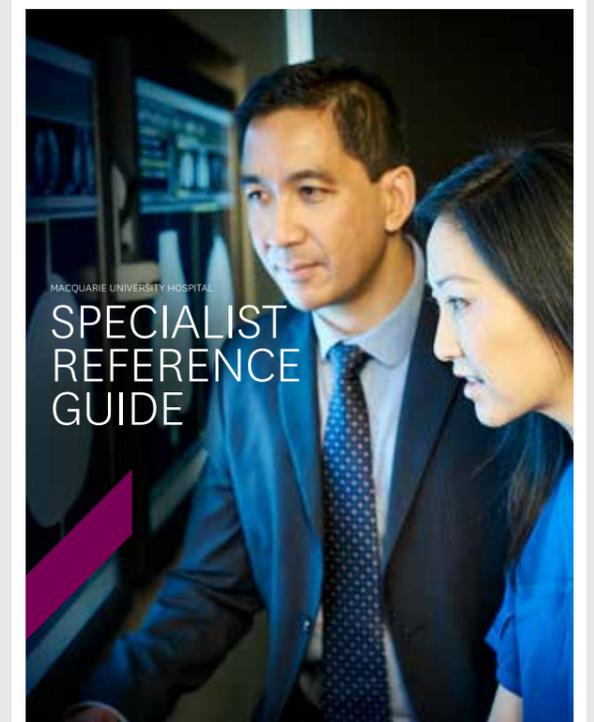
Don't send an update when a direct message is more appropriate in particular when the message is only relevant to that person.

Retweet - this shows that you find the Tweet interesting and that you think your followers would be interested.

WATCH OUR NEW CAMPAIGN VIDEO



[CLICK HERE TO WATCH](#)



Heal. Learn. Discover.



[CLICK HERE TO
VIEW OUR CURRENT
SPECIALIST DIRECTORY](#)

Prostate cancer week

SPECIALIST PRESENTATIONS | 20 - 24 NOVEMBER 2017

Professor David Gillatt, Professor of Urological Oncology and Robotic Surgery and Director of Medical Services at Macquarie University Hospital would like to invite you to attend Prostate Cancer Week presentations by representatives from the clinical discipline of urology at MQ health.

Prostate cancer is one of the most common cancers in Australian men with approximately 17,000 new cases every year. One in five men in Australia is at risk of developing prostate cancer before the age of 85. The risk of prostate cancer increases with age, with the majority of cases diagnosed in men aged 60-79 years of age. Prostate cancer week is about raising awareness about prostate cancer. The presentations by Macquarie University Hospital specialists during Prostate Cancer Week provide an update on the various treatments and care available.

TIME

2pm - 2.30pm daily

LOCATION

Conference room
Macquarie University Hospital
3 Technology Place, Macquarie University

PARKING

Free parking is available in the Hospital car park

RSVP

Places are strictly limited, so please RSVP at your earliest convenience to events@muh.org.au by Friday 17 November 2017

Program

MONDAY



PROFESSOR DAVID GILLATT

Leading UK prostate cancer surgeon Professor Gillatt is both Professor of Urological Oncology and Robotic Surgery and Director of Medical Services at Macquarie University Hospital. Professor Gillatt is recognised as one of the world's foremost robotic surgeons in the treatment of both prostate and bladder cancers, having performed more than 2000 major resections in his career. He also has expertise in the discovery and optimisation of biomarkers for early prostate cancer diagnosis and prognosis, and in the effect of ketamine abuse on bladder function.

Topic: Urine related prostate cancer

TUESDAY



DR CHI CAN HUYNH

Dr Chi Can Huynh is a Urologist with an interest in erectile restorative surgery and robotic prostate surgery and was the first in Australia to perform a robotic assisted nephro-ureterectomy. He also holds teaching positions with the Rural Medical School of the Australian National University and the Faculty of Medicine and Health Sciences (MQ Health), Macquarie University.

Topic: Erection dysfunction post radical prostatectomy and solutions

WEDNESDAY



DR VINCENT TSE

Dr Vincent Tse obtained his FRACS in Urology in 2001, and afterwards completed a Fellowship in Urodynamics, Incontinence, Female Urology and Reconstructive Surgery at the University of California Davis Medical Center in Sacramento, USA in 2002-2003. His clinical and research interests include minimally invasive slings for female stress incontinence and post-prostatectomy incontinence, female pelvic floor reconstructive surgery, botulinum toxin for overactive bladder, and urethral strictures.

Topic: Urinary incontinence and solutions post a radical prostatectomy

THURSDAY



DR JUSTIN VASS

Dr Justin Vass obtained his FRACS in Urology in 2000. He was the first Urologist in Australia to obtain a Laparoscopic Fellowship. His interest is in minimally invasive surgery of the prostate and kidney and benign and cancerous conditions of the prostate and kidney. He is a member of the Australasian, American, British and European Urological Societies. He is a lecturer at both the University of Sydney and Macquarie University Faculty of Medicine and Health Sciences.

Topic: Investigations related to prostate cancer

FRIDAY



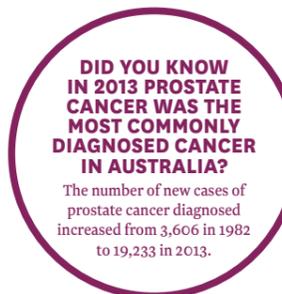
PROFESSOR HOWARD LAU

Professor Howard Lau has been a specialist in urology in Sydney for over 20 years. He is widely regarded as a key opinion leader for his expertise in minimally invasive urology having performed a number of Australian firsts in laparoscopic and robotic surgeries. He is a robotic proctor and regularly teaches and demonstrates robotic surgery to other surgeons. He specialises in kidney, adrenal and prostate diseases, offering services from diagnosis to treatments with experienced multi-disciplinary teams to provide the best care for his patients.

Topic: Radical prostatectomy operations

MOVEMBER AT MUH

Macquarie University Hospital proudly supports Men's Health and Movember



Estimated number of cases of prostate cancer diagnosed in 2017:

16,665
males

(2013 19,233 new cases diagnosed)



Estimated % of all new male cancer cases diagnosed in 2017.

Estimated number of deaths from prostate cancer in 2017:

3,452
males



Chances of surviving at least 5 years (2009-2013).

Males living with prostate cancer at the end of 2012:

94,114

(Diagnosed in the 5 year period 2008-2012)

Source - www.prostate-cancer.canceraustralia.gov.au/statistics

**Knowledge is power.
Prevention is everything.
Early detection is key.**



HEALTH TIPS

Here are a few suggestions to help you be the best Mo Bro you can...

KNOW YOUR NUMBERS

Track your key health numbers.

- Body Mass Index/Weight
- Waistline
- Blood Pressure
- HDL Cholesterol (healthy cholesterol)
- LDL Cholesterol (unhealthy cholesterol)
- Blood Glucose (sugar)

DON'T SMOKE

If you do smoke, take steps to stop.

SLEEP WELL

The quality of your sleep can dictate how much you eat, how fast your metabolism runs, how well you can fight off infections and how well you can cope with stress.

MANAGE YOUR STRESS

Stress, particularly long-term stress, can be a factor in the onset or worsening of ill health. Take some time out to reflect on what will make you feel better and do something you enjoy.

STAY MENTALLY HEALTHY

Everyone deals with problems differently so if you're not your usual self, be sure to reach out in a way that works for you. There is plenty of knowledge and tools out there to solve any problems that you may have. It's important to remember that it'll get better.

DRINK ALCOHOL IN MODERATION

Alcohol can be part of a healthy, balanced diet, but only if consumed in moderation.

KEEP SMILING

MOVE

If you are not already doing some form of exercise start small and work up to 20-30 minutes of moderate physical activity, 2-3 days a week.

TAKE ACTION EARLY

If you experience a health issue, take action, as early diagnosis is often key to living a healthy lifestyle.

WEAR SUNCREAM

Grand Rounds

WEDNESDAY 18 OCTOBER

12:45 – 2:00PM

Location

Interactive Zone, Ground Floor,
Clinic Building (F10A)

12:45pm - 1:00pm

Sandwich lunch

1:00pm – 2:00pm

Clinical cases

On the day

Held at the end of each month
MQ Health Grand Rounds are
open to all clinical staff and
researchers.

Current and interesting medical
and surgical cases will be
presented with lively discussion.

Register your interest

For more information
contact Collette Tosen on
collette.tosen@mq.edu.au
by Tuesday 17 October 2017.

Pain in cancer survivors

Professor Paul Glare
Pain management
and supportive care



When proteins go bad - why the devil is in the detail

Dr Robin Gasiorowski
Senior Lecturer,
Haematology

