

HEALTHY LIVING

IPSWICH



www.ihfoundation.org.au

Prostate Cancer

IHF FUNDS CANCER DETECTION EQUIPMENT



EDITOR'S NOTE

Happy Spring, readers! For lots of us this is a time to resurrect gardens and lawns, our healthy habits and life as we know it in the great outdoors!

This edition of HLI will touch on the humble apple and some great healthy programs and fundraising events upcoming.

We've also gone straight to the source and asked our resident contributor Sabra exactly what is on her plate each day!

Check out the new Fit4Life fitness activity calendar which will take us through to the end of Summer.

As always we'd love to hear

from you about what you'd like to read in Healthy Living.

Chelsea Rees

HEALTHY LIVING IPSWICH TEAM

Editor: Chelsea Rees
Photographer: Talitha Rice

CONTACT US

Phone: 07 3466 5002
E: healthyliving@ihfoundation.org.au
W: www.ihfoundation.org.au
PO Box 878, Ipswich 4305
Like us: facebook.com/ipswichhospitalfoundation
Instagram: @ipswichhospitalfoundation
Twitter: @_ihf



IHF KID'S KITCHEN RETURNS

HANDS-ON COOKING AND NUTRITION CLASSES IN TERM 4

The eagerly awaited IHF Kids Kitchen classes will soon be back, starting in October.

Ipswich Hospital Foundation's Kid's Kitchen team would like to welcome your children to the Term 4 program release, from 16th October to 11 December 2018.

The IHF Kid's Kitchen program is a hands-on cooking class which teaches the basics of a healthy lifestyle and how to make healthy choices.

Program Coordinator Kayley Taaffe said Kid's Kitchen covers food tasting, cooking skills and nutrition education.

"Our Kid's Kitchen is in good hands with Nutritionist Deidree Taylor who I work with each week to present new, exciting recipes."

"Children go home each week armed with the healthy food they've prepared and a newsletter with recipe ideas and healthy tips for the family."

Details of the program:

When: 16 October - 11 December
Time: 4pm - 5:30pm
Cost: \$5 per week
Location: TAFE Southwest Bundamba Campus
To book: Fill out the booking form on www.ihfoundation.org.au and email to info@ihfoundation.org.au



SOPHIE'S STORY OF COURAGE

BRAVE SIX YEAR OLD FACING UP TO LIFE-THREATENING HEALTH CHALLENGES



Sophie is battling neuroblastoma and has endured challenging times in her short years but that hasn't stopped the tiny six year old becoming one of 19 ambassadors for the Woolworths Regional Wall Tokens campaign.

Sophie is asking for your help. By purchasing a \$2 wall token from now until the end of September, you are helping fund equipment and programs in your local hospital, which help families like Sophie's through an emotional, stressful, and at times uncertain journey.

Sophie was diagnosed on 10 May 2014; the disease had spread through every bone and had essentially taken over her bone marrow," Sophie's Mum Kimberley explained.

Sophie has just a 40 to 50 per cent chance of survival. Her little body has endured six cycles of chemotherapy, scans, pain medication, several central lines and nasal gastric tubes inserted, plus a biopsy to find out more about her cancer.

"This biopsy was examined locally and sent to the Tumour Bank to access worldwide information about her particular cancer," Kimberley recalled.

During the initial chemotherapy, Sophie's weight dropped to 14kg and Sophie stopped talking. Doctors and nurses assured Sophie's parents that she just needed time to process what was happening to her.

"One of the turning points at this time was meeting music therapist Dave. Sophie responded really well to music therapy and through Dave's care through music, Sophie finally started to talk.

The months following Sophie's diagnosis involved major surgeries, the removal of tumours near her kidney, around her lower spine, and all around her adrenal gland. She also had her right kidney removed.

"By the time these operations were undertaken the tumours were pushing out of her bone marrow trying to escape and they were everywhere," Simon said.

"Thankfully, the tumours had not spread into her spinal cord. This was important as it allowed her to then have a bone marrow transplant."

Sophie's bone marrow transplant coincided with the opening of the new Lady Cilento Children's Hospital.

Sophie was the first ever patient of Lady Cilento Children's Hospital and was captured by media leaving the old hospital by ambulance and arriving at the new one.

Close to eight months after Sophie was first admitted to hospital - and following chemotherapy, radiation, a bone marrow transplant, and immunotherapy - she was able to return home, just in time for Christmas.

Sophie has suffered side effects from the treatments including hearing loss, anxiety and intellectual development delays, but is a happy six-year-old attending school and visiting Lady Cilento Children's Hospital every four months for ongoing check-ups.

The courage and determination of Sophie and young people like her put the world we live in and the life we enjoy in sharp contrast.



WOOLWORTHS WALL TOKENS BACK IN IPSWICH STORES

Think of Ipswich Hospital's Sunshine Children's Ward the next time you are shopping at a Woolworths store in the Ipswich region.

By simply adding a \$2 Wall Token to your grocery purchases you will contribute to vital fundraising for Ipswich Hospital's Children's Ward.

Ipswich Hospital Foundation CEO Phillip Bell said the Wall Token campaign each year represents a significant positive contribution to our smallest patients.

"Our partners, Woolworths and the Children's Hospital Foundation, ensure 100 per cent of the proceeds raised through the campaign will go to purchase much needed equipment or fund programs for sick kids in West Moreton.

Tokens can be purchased and displayed at Booval, Brassall, Springfield, Fernvale, Ipswich Riverlink, Karalee, Yamanto, Brookwater, Collingwood Park, Goodna and Redbank Plains stores.

"I urge everyone to help continue to enhance quality health care for the Ipswich Community. Ipswich kids deserve the best hospital and health outcomes our community can provide," he said.

"Ipswich Hospital Foundation is committed to ensuring the Children's Ward is bright and child-friendly, affording the kids in the community who attend for treatment, the best possible experience at an often distressing time."

In previous years contributions of Ipswich & West Moreton Woolworths shoppers have helped build a purpose built playground and funded the purchase of medical equipment for the treatment of sick kids.



SAVE THE DATE: SWICH ON RACE DAY 14 DECEMBER

Ipswich's Swich On Inc extends a warm invitation to supporters and the Ipswich community to one of their favourite events of the year, the Annual Christmas Race Day.

Join in the festive occasion, with great food, beverages and entertainment including live

music and racing. Proceeds from the event will go to the Ipswich Hospital Foundation.

This is a great day out, and it raises money for IHF initiatives. For more information and a link to buy tickets go to facebook.com/swichoninc/events/.

SWICH ON INC
INSPIRE COMMUNITY MAINTAIN

Christmas Race Day
SAVE THE DATE: Friday 14th December 2018

Major sponsor: **ALLACCESSHIRE**

Beneficiaries: Ipswich Hospital Foundation and Swich On mental health initiatives



Ipswich Hospital has benefited from Items purchased through fundraising by the 2017 Woolworths Wall Token Campaign.

Photos from left: 12 overnight chairs for Children's Sunshine Circle Ward.

Two breast milk fridges for Special Care Nursery.

Blanket warmer for Maternity Ward.



IHF FUNDS PROSTATE CANCER DETECTION

Ipswich Hospital Foundation is proud to commit funding to Prostate Cancer detection for West Moreton men. IHF CEO Phillip Bell said the IHF Board and Foundation focus on the clinical needs of staff so they can deliver great outcomes for the West Moreton community.

Ipswich Hospital Urology Registrar Simon Harley said the IHF funded Trans-rectal Ultrasound and Transducer has already enabled an improved service for patients.

“The biopsy procedure enabled by the ultrasound equipment allows a diagnosis to be made,” he said. “Although this procedure is at times joked about among men, it is a very well tolerated under anaesthetic and patients can go home within a few hours of the procedure.

“The biopsy is where small samples of tissue are taken from your prostate gland, using an ultrasound device. This investment enables earlier detection, treatment and survival of prostate cancer. “It is important to remember that after the age of 45, testing for prostate cancer is recommended as part of a routine examination by your primary care doctor. Eligible patients can now seek an MRI for prostate cancer diagnosis, as Medicare rebates cover scans.”

Local man and friend of the Ipswich Hospital Foundation Peter Reeves knows better than most about the importance of a local investment in prostate health. Peter Reeves has lived in Ipswich since 1991 and this year is celebrating two milestones: 50 years a runner and 20 years without a day off, despite a Prostate Cancer diagnosis. He says even when he's injured he won't miss a day.

“You can work around injuries with running and I didn't miss a beat when I was enduring treatment for Prostate Cancer. During treatment I ensured I kept active as I knew research showed it would benefit my recovery. If I could say anything to men it would be to be more aware of your health risks as you get older. I ignored the requests by my doctor to get a blood test when I was 62, and when he insisted at a check-up the following year, my PSA levels (Prostate-specific antigen) were at dangerously high levels. I received a biopsy at Ipswich Hospital, which confirmed that I had Prostate Cancer and would need radiation treatment to get it under control. To hear that IHF is funding new, additional equipment is fantastic.

AN APPLE A DAY IS TRULY NUTRITIOUS

❖ with Dee Taylor, Nutritionist

THERE'S MORE TO EATING APPLES THAN MEETS THE EYE. KNOWN AS A BASIC BUT HEALTHY SNACK, APPLES PACK A CRUNCH IN NUTRITIONAL BENEFITS

Apples are sure to be found in the fruit bowl in most homes, eaten with little thought as to their health effects. Apples have an extremely high water content to quench your thirst, contain Vitamin C, are rich in phytochemicals and assist in lowering the risk of developing chronic health conditions such as cancer, cardiovascular disease and diabetes. With a Glycemic Rating of between 28-44 they are categorized as a low GI fruit (<55), are fat-free and contain very little cholesterol or sodium making them a healthy, satisfying energy-boosting snack. Rich in phytochemicals and antioxidants, the humble apple is one fruit that should be consumed on a regular basis for increased health benefits. Apples are bursting with pectin, a soluble fibre that helps lower cholesterol and slow glucose absorption with the added benefit of keeping you fuller for longer. The insoluble fibre, found in the skin is a great benefit to our gastro-intestinal tract, helping to prevent constipation and increasing bowel health. They contain potassium necessary for healthy cell function, the nervous system as well as assisting in the regulation of blood pressure. The trace mineral boron is also found in apples, which aids our bone health by helping in the prevention of calcium loss that can lead to osteoporosis.

THINK BEFORE YOU PEEL

Whether you eat them whole, slice them or dice them, it is really important that to maximise the nutritional benefits of apples



the skins must be eaten - don't be tempted to peel. Antioxidants called polyphenols, which are beneficial to reducing our cholesterol, are mostly found in the skin, therefore discarding them before eating will dramatically reduce the antioxidant potential to benefit the body. Children particularly may not like the skins but encouraging them to eat the skin as well as the flesh can help develop lifelong healthier eating practices. More exposure will help with acceptance and often filter into other fruits and vegetables such as carrots, when the skin is often removed before eating.

RED VERSUS GREEN

So now you know that apples are a great nutritional booster to your dietary intake, you may now be questioning which colour to eat! Both red and green apples have slightly different qualities that benefit the body. The green tend to be lower in calories while the red have the antioxidant quercetin in the skin, which is great for boosting the immune system. The best way to get the maximum health benefits is to include both colours in your diet.

Apples are a quick and convenient snack to increase energy levels and support nutritional health throughout the day. Next time you bite into one be sure to take a moment to reflect that there is more to them than meets the eye.

A DAY OF MEALS ON SABRA'S PLATE

❖ with Nutritionist, Sabra Manttan

MOST PEOPLE WANT TO EAT HEALTHY MEALS THROUGH THE DAY BUT IT MAY BE A CHALLENGE TO PLAN OUT THE MENU, SO HERE'S ONE DAY'S MEALS ON MY PLATE.



BREAKFAST

Rolled Oats with Almond Milk topped with cinnamon and blueberries.

Breakfast is the most important meal of the day. It starts your day off on the right foot fuelling you for the day ahead. For me, a quick, easy and super nutritious option for my early morning starts is rolled oats (made on almond milk) with vanilla protein mixed in, topped with cinnamon and blueberries. Protein plays such a huge role in ensuring your blood sugar and therefore energy levels are sustained so you should definitely include it in your breakfast.



MORNING TEA

Boiled Egg with 2 Vita-Weat crackers

Considering the role protein has in keeping us fuelled, protein rich sources like boiled eggs are a great snack to avoid pangs of hunger throughout the day. Vita Weats also serve as a great source of fibre, stabilising blood sugar levels and help to normalise bowel motions.



LUNCH

Leftovers or pre-prepared snacks

Normally, lunch is left overs or something I have meal prepped over the weekend.

This is an example of typical lunch option for me, a healthier take on nachos.

I cook the mince with whatever herbs and spices I feel like (for this I used paprika, turmeric and cumin) and cut up heaps of veggies to add in to make sure I'm getting just as much veg, if not more so than meat. For the chips I cut up rye wraps and crisp them in the oven for 10-15mins.



AFTERNOON TEA

Greek Yogurt with Granola

Another quick, easy, protein rich option. Greek yogurt is high in probiotics, live cultures that help support a healthy digestive system. Granola is another source of wholegrains, and you can jazz it up by adding in your favourite toppings like pumpkin and chia seeds.



DINNER

Crispy Skin Salmon with Salad

Without a doubt this would be the most repeated meal in my diet and one of my firm favourites for lots of reasons.

Not only is salmon super delicious but it has so many health benefits. Full of Omega 3 fatty acids, both DHA and EPA, eating salmon weekly can help increase your brain function.

Salmon is also a great source of high quality protein, potassium, selenium and B12, so it should be a firm favourite in any diet based on health and nutrition.



EVENING MUNCHIES

An apple with peanut butter

If you absolutely need some post-dinner snack food, why not make it a healthy choice?

Aside from being plain delicious, the fibre and protein from this combination will fill you up without leaving you too full, and the apple delivers a satisfying crunch.

FIT4LIFE SUMMER TIMETABLE

Summer Schedule	MON	TUES	WED	THURS	FRI	SAT
Queens Park Playground across from cafe				Mums & Bubs 9.00am		
Lobley Park, Churchill	SS Circuit 5.30pm		SS Boxercise 5.30pm			
Bundamba Swim Centre			SS Aqua Fitness 6.00pm		SS Aqua Fitness 9.30am	
Bundamba State Primary School		SS Zumba 5.30pm		SS Full Body Fitness 5.30pm		
Ecco Ripley Brooking Parklands, Ripley	SS Low Impact 5.30pm					SS Circuit 7.00am
Bill Paterson Oval Limestone Park	SS Running 5.30pm		SS Running 5.30am	SS Running 5.30pm	SS Running 5.30am	SS Park Run 7.00am
Robelle Domain stage Springfield Lakes					SS Mums & Bubs 9.00am	
Amberley District State School	SS Energiser 5.30pm			SS Energiser 5.30pm		
Riverlink Shopping Centre		S2 Walking 7.00am		S2 Walking 7.00am		
Redbank Plaza Shopping Centre	S2 Walking 7.00am				S2 Walking 7.00am	
Glebe Road Uniting Church		SS Pilates 6.00pm	SS metafit™ 6.00pm			



Join our Facebook group, search **IHF Fit4Life Fitness Activities**
Maximum class cost \$5! No bookings required.

For detailed information please visit:

www.ihfoundation.org.au or **1300 736 428**

September 2018



FIT4LIFE SUMMER TIMETABLE IS HERE

SPRING INTO SUMMER FUN AND FITNESS

Spring has sprung and so has the Ipswich Hospital Foundation Fit4Life Summer Timetable!

Starting Monday 24th September, the Summer timetable will be available for your enjoyment!

SUMMER TIMETABLE

The Summer timetable moves Monday Circuit back outside to the Park (Lobley Park Churchill) as well as Boxercise. An additional Aqua Fitness session will begin at Bundamba Swim Centre.

With 24 sessions across six days per week – there really is something for everyone! As always the maximum cost is \$5 per session plus our amazing \$15 per fortnight membership. Keeping fit has never been so cheap!

Check out the great activities in the table at left.

AQUA FITNESS

Aqua Fitness is back at Bundamba Swim Centre for Spring/Summer. The Ipswich Hospital Foundation's much loved Aqua Fitness is now back at Bundamba Swim Centre for the duration of the Fit4Life Summer Timetable.

An additional Aqua Fitness session has been added to the timetable for all you diehard fans! They are Wednesdays at 6.00pm and Fridays at 9.30am.

If you are new to Aqua Fitness the basics are: low impact, high value, fun fitness in the water. Aqua fitness is very accessible for all ages and fitness levels.



60 and Better promotes healthy activities for older people 55 years and over and encourages positive attitudes to ageing.

	MON	TUES	WED	THURS	FRI
Square Dancing <small>Arms, Humanities Building \$5/\$5 call cost</small>	12.00-1.00pm 1.00-3.00pm				
Boccia <small>Arms, Humanities Building \$2 donation</small>		9am-12.00pm			
Table Tennis <small>Arms, Humanities Building \$2 donation</small>		1.00-4.30pm			1.00-4.30pm
Tai Chi for Diabetes <small>Columbia, Humanities Building \$2 donation</small>			2.00-3.00pm		

For further information on 60 And Better programs, please contact the Ipswich Coordinator on 3282 8644.

You can't turn back the clock, but you can wind it up again!



MEMBERSHIP

Do you go to two or more Fit4Life classes a week?

Sign up to the IHF Membership and save! Visit: www.ihfoundation.org.au

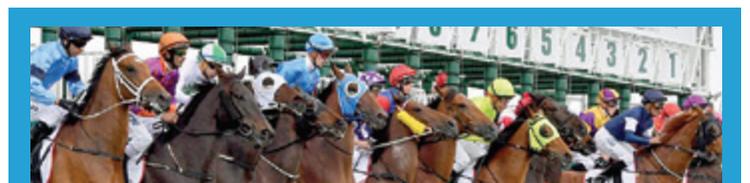


Membership cost is \$15 per fortnight for UNLIMITED Fit4Life classes.

Plus:

- Discounts on Healthy Events
- Discounts on IHF merchandise
- Member's prize draws
- Your own membership card
- Be part of a bigger group striving to Become the Healthiest Community in Australia

Futher info: 1300 736 428 | info@ihfoundation.org.au



MELBOURNE CUP AT CASA MIA

Ipswich's Casa Mia Restaurant is staging a Melbourne Cup Lunch on Tuesday, 6 November - with all proceeds from the raffles to go to the Ipswich Hospital Foundation.

For just \$25 per person racegoers can enjoy a buffet lunch, a glass of bubbles plus \$10 in sweepstakes tickets

Casa Mia is located at 43 - 47 Ipswich Road, with ample off-street parking. To book, please phone 07 3202 4766.