

Medical Matters

Pindara Group of Hospitals Newsletter



Pindara Private Hospital
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The Southport Private Hospital
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Medical Matters

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Cover photo: Dr Martin Clark in the new Pindara Corporate Wellness Centre rooms

A word from the CEO

Trish Hogan

Dear Doctor,

Welcome to the final edition of Medical Matters for 2017. It has been another busy year for Pindara Private Hospital with many new developments rolling out across the year. These developments have made Pindara one of the most comprehensive facilities for health and medical services on the Gold Coast.

We have recently opened our beautiful new birth suites within our maternity unit. These suites provide mothers with a luxurious and tranquil environment in which to give birth, cohesively combining design and function to create a unique birthing experience for new families.

Pindara Corporate Wellness Centre, a new facility providing comprehensive health checks for the Gold Coast community is now up and running, adjacent to the Pindara Emergency Department. Gold Coast Mayor Tom Tate was one of the Centre's first patients and was alerted to a potential major health issue as a result of testing carried out at the Centre, further reiterating the importance of having regular health checks.

Expanding the reach of our services further North, Pindara has now opened The Parkwood Medical Specialist Centre at the Parkwood Village Health Precinct. The new suites adjoin QScan Radiology and the home of the Gold Coast Titans NRL team. Specialists in orthopaedics, gastroenterology, palliative care and gerontology have already begun consulting at the Centre with more specialties to be added very soon.

In line with the Ramsay Health agenda to participate in more research and clinical trials, this year Pindara has created its first Clinical Trials Unit. The Unit has assisted with establishing clinical trials to be undertaken at Pindara and will be responsible for trial administration, along with patient involvement and care.

Furthering the research theme currently happening at Pindara is Dr Brent McMonagle, lead researcher on the Olfactory Cell Transplantation Project, recently backed by the Queensland Government with a 5 million dollar research grant. Dr McMonagle has begun collecting cells to be used as part of the project from eligible consenting patients at Pindara. This important research is some of the most promising relating to a cure for spinal injury and paralysis in the world.

Lastly, but certainly not least, this year marked the 1 year anniversary of the new Pindara Emergency Department. It takes a strong team effort to keep a busy Emergency Department running smoothly while also providing the very best care to patients – something our team in the ED achieves every day.

I am so very proud of all we have accomplished at Pindara Private Hospital and The Southport Private Hospital this year and as we head into a new year I would like to thank all the people who help make Pindara and The Southport Private Hospital the places of excellence they are. I wish everyone a wonderful festive season and a safe and prosperous New Year.

Warm regards

Trish Hogan



Pindara Corporate Wellness Centre Now Open

The Pindara Corporate Wellness Centre is a brand new health risk assessment service at Pindara Private Hospital open to businesses and individuals wanting to maintain and improve their health now and into the future.

Created by a group of doctors who were concerned by the number of patients they were treating with serious illnesses, preventable with early detection; the aim of the Pindara Corporate Wellness Centre is to provide a 'one stop shop' opportunity for people to check their health and take action to preserve it into the future.

Gold Coast Mayor Tom Tate, in light of the recent passing of Dean Mercer, and the Mayor's own family experience with unexpected health issues while overseas, recently undertook a health check at the Centre in order to encourage the people of the Gold Coast to have regular health checks.

Pindara CEO Trish Hogan said that the Pindara Corporate Wellness Centre was the next piece in the puzzle for the growing number of health services now available at the hospital.

"The opening of the Pindara Corporate Wellness Centre is a wonderful new addition to the hospital. It provides a great opportunity for people to gain an insight into their health and access assistance to help preserve it in to the future," Trish said.



Dr Martin Clark - Pindara Corporate Wellness Centre

Dr Martin Clark, a doctor with over 30 years' experience in medicine including the last 25 years at Pindara Hospital is excited to offer this service to Gold Coast businesses and community.

"All the doctors involved in the Pindara Corporate Wellness Centre are passionate about and committed to educating people about their health and how they can manage and maintain it into the future," Dr Clark said.

"At Pindara Emergency we regularly see cases of serious illness that could have been prevented if the patients had a little more knowledge and understanding of their health.

"Some of the reasons people don't have regular checks are time, cost and convenience; but we believe we have addressed all these factors at the Pindara Corporate Wellness Centre," He said.

Two types of checks are available at the Centre – the comprehensive and comprehensive plus, both of which provide a clear insight into an individual's health by undertaking a range of simple health questions and physical tests that assess heart function, lung function, blood pressure, cholesterol, fitness and weight/BMI amongst others.

The results from these tests are compiled into a comprehensive health report made available to the patient, the results of which can then be discussed with the reporting doctor or with your regular GP.

"There are major benefits to undertaking health checks for individuals and businesses. Individuals are more aware of their health and how to manage it and businesses can see a snapshot of employee health and take steps to address any issues specific to the work place," Dr Clark said.

The Pindara Corporate Wellness Centre has also recently completed health checks for the senior management team at Village Roadshow Theme Parks with very positive feedback about the experience being received from all the employees involved.

The Pindara Corporate Wellness Centre is located within Pindara Private Hospital, adjacent to the new Emergency Department. There are onsite pathology and radiology services as well as experienced specialists to whom patients can be referred should any serious health issues be discovered.

Pindara Corporate Wellness Centre

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Pindara Corporate Wellness Centre – Mayor Tom Tate taking a Blood Pressure test

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Transcranial Magnetic Stimulation Treatment at The Southport Private Hospital

In any given year, more than one million Australians will suffer a crippling episode of depression, and approximately one third will have a severe depressive illness that is 'treatment resistant', meaning their illness does not improve with a trial of at least one anti-depressant medication.

While there was once only one further treatment option for these patients in the form of Electroconvulsive Therapy (ECT), there is now a new treatment available to drug resistant patients - Transcranial Magnetic Stimulation (TMS).

The Southport Private Hospital now joins a number of other Ramsay Health Care facilities offering this new treatment to patients admitted into its mental health clinic.

Patients can be referred to Dr Basem Dall, one of our onsite psychiatrists accredited to perform TMS treatment at The Southport Private Hospital.

TMS is a non-invasive medical procedure and is an approved treatment for depression in Australia. It involves the use of magnetic pulses to stimulate nerve cells in the cerebral hemisphere (frontal lobe), in turn causing brain plasticity over time resulting in recovery from depression in 37 percent of treatment-resistant patients according to the American Psychiatric Association.

The TMS procedure involves an electromagnetic coil being placed against the patients scalp creating a magnetic field that stimulates certain areas of the brain. The electromagnet painlessly delivers a magnetic pulse that stimulates nerve cells in the region of the brain affecting mood control and depression.

The treatment is performed in a specialised treatment room, with the patient being fully awake and feeling minimal discomfort, making sedation or anaesthesia unnecessary.

The treating Psychiatrist will undertake a thorough psychiatric assessment of the patient before prescribing the treatment, which is usually administered in 15 minute to 45 minute daily sessions over a five day period for two to three weeks. Generally the patient will be admitted to the clinic at The Southport Private Hospital under the care of the treating Psychiatrist and a highly skilled team of mental health nurses and other support staff.

While ECT is still the gold standard treatment for the most severe drug-resistant depression, TMS offers a safe, effective choice for treatment resistant patients who either don't want to have ECT or can't have ECT due to the possible risks involved such as anaesthetic side effects or transient memory disturbance.

TMS was developed in 1985 and has been available since the early 1990's, but only recently has its efficacy been definitively proven in patients where other treatments had failed.

In one study released in 2016 from the Monash Alfred Psychiatry Research Centre in Melbourne, around 500 out of 1100 depressed patients reported improvement in their condition after undergoing TMS, according to data pooled over 10 years.

Response rates in treatment-resistant patients were between 45% and 60% and remission rates between 30% and 40% in various studies.

While according to recent studies most patients who respond maintain

clinical improvement 12 months later, there is variability in the duration of response. The best strategies to sustain the antidepressant effect of TMS remain undefined but long term psychiatric treatment with medication and psychological therapy is advised to prevent relapses after TMS.

Repeat courses of TMS over time may be necessary in some patients in order to prevent relapse, especially if they cannot take medications due to side effects or if their other psychiatric treatment is ineffective.

Given the enormous burden of treatment-resistant depression to both patients and society, establishing effective, long term treatment strategies such as TMS are of the upmost importance. Which is why this safe and effective treatment is now an important adjunct therapy for state-of-the-art mental health facilities such as The Southport Private Hospital.

Depression treatment success rates

According to Ramsay Health's Dr Jon Steinberg, Psychiatrist, the following relates to treatments for depression:

ECT – Electroconvulsive Therapy has 80% to 90% success rates in treatment-resistant patients. ECT of the past was depicted in 1950s movies like *One Flew over the Cuckoo's Nest* as a painful and torturous process which led to misconceptions about ECT. In reality ECT in modern times is a safe and painless treatment with mainly only temporary side effects such as short term mild memory loss, jaw pain and extremely rarely, cardiovascular issues. Other extremely rare risks include those typically associated with having anaesthesia – i.e. stroke or death.

TMS – 30 to 40% of the general population who suffer with depressive illness will be treated successfully with TMS which is virtually side-effect free; but they may need to supplement with medication down the track. A good option for people who cannot tolerate medications or ECT; but follow up TMS sessions may be required if they cannot take medication.

MEDICATION – Around 40 to 60% of people notice improvement in symptoms within two months; however side effects such as nausea, dizziness and headaches can make medicine difficult to tolerate for one third of people.

EXERCISE – Has anti-depressant properties for mild depression in the general population; also a good adjunct treatment for severe depression. However exercise alone is not a successful treatment for severe depression.

NO TREATMENT – The lifetime risk of suicide from untreated depression is 2.2% to 15% and people with depression generally are 25 times more likely to commit suicide than the general population.

Enquiries regarding TMS Therapy can be made through the Southport Specialist Suites on 07 5671 8999.

The treatment is not currently covered by Medicare, but is covered by a range of health insurance companies for patients with policies that include psychiatric services. An out-of-pocket fee is generally paid per treatment. For full information about costs please contact:

The Southport Specialists Suites
Dr Basem Dall
Ph: 07 5671 8999



Pindara ENT Starts New Phase in Search for Spinal Injury Cure



Dr Brent McMonagle, ENT specialist at Pindara Private Hospital has started work on the new phase of the Olfactory Cell Transplantation Project (OCT) – a study aimed at finding a cure for spinal injury and paralysis.

The project is a joint initiative of the Griffith University Eskitis Institute for Drug Discovery and the Perry Cross Spinal Research Foundation and was recently backed by the Queensland State Government with a funding grant of \$5 million.

This funding was essential in promoting the research into the next phase of discovery and testing.

The purpose of the Olfactory Cell Transplantation Project is to further investigate the use of olfactory ensheathing cells in the treatment of spinal cord injury and to develop an effective therapy that will ultimately lead to a cure for paralysis caused by spinal injury.

Unlike other cells in different parts of the body, olfactory cells found in the nose (and which enable us to smell), are exposed to a constant barrage of bacteria and toxins that cause them to die. In order for humans to maintain their sense of smell, these olfactory cells must constantly regenerate as part of their normal function.

It is these regenerative properties of the olfactory glia that are of particular interest to the researchers in the repair of the nerve damage caused by injuries to the spinal cord, and in the restoration of sensation and motor function of patients.

The project is currently in the science optimisation phase of the trial where the processes and protocols of cell collection, purification, stimulation and growth are being refined to improve successful implantation.

Implantation will involve the use of a specifically designed 3D biodegradable scaffold to create a functional nerve bridge.

The bridge, specific to the particular patient's injury would be created and then implanted. From there it is hoped the cells would continue to grow and create nerve endings that would provide new healthy and functioning neural connections within the spinal cord, which along with a strict regime of physical therapy, would restore sensation and motor function to the patient's body below the injury site.

Part of Dr McMonagle's role as a lead investigator within the project is the collection of samples of human olfactory epithelium from consenting patients and members of the community.

The tissues retrieved by Dr McMonagle will be collected and the cells extracted before being purified and activated using natural growth factors.

The project has in fact recently had a promising discovery relating to the use of a natural product that can stimulate the growth and activity of the olfactory glia.

This is an important step in the development of the project as finding a product that will stimulate the activity of the cells improves their potential for therapeutic use in the treatment of injured spinal cord.

Curcumin – a natural product found in the spice turmeric, can potentially stimulate the activity of the olfactory glia. Curcumin's effect appears to be specific to olfactory cells, indicating they are unique and further reinforces the reasoning behind using these types of cells in the treatment of spinal cord injury.

The cells collected by Dr McMonagle will be used in numerous areas of testing and development within the project, including how to determine

the best ways to prepare the cells for transplantation, how best to structure them for transplantation and in determining the best surgical procedure for implantation.

Dr McMonagle is currently performing biopsies to extract the olfactory epithelium (which houses the olfactory glia) at the Pindara Day Procedure Centre and in his rooms in Benowa with the consent of eligible patients and volunteers.

“I have found many of my patients are happy to be involved in the research project and want to contribute to developing a cure for spinal injury. It is a condition people truly want to see cured,” Dr McMonagle said.

Dr McMonagle became involved in the Olfactory Cell Transplantation Project while completing his PhD at Griffith University under 2017 Australian of the Year – Professor Emeritus Alan Mackay-Sim, who proved that olfactory cell implantation was in fact safe in humans – an essential discovery in the advancement of the OCT Project and the basis for a 2014 trial undertaken by UK Professor Geoffrey Raisman.

Raisman implanted olfactory cells into a Polish Firefighter, Darek Fidyak who had suffered a significant spinal injury. After the implantation Fidyak showed marked improvement in his motor function and sensory function, despite numerous limitations in the therapy – including the preparation and purification of the cells used.

It is thought that improving the purification and preparation of the olfactory cells prior to transplantation will dramatically enhance their effectiveness in the outcomes achieved.

During his PhD research Dr McMonagle developed protocols for purifying and transplanting olfactory glia which he will apply and further develop throughout the Olfactory Cell Transplantation Project.

Dr McMonagle’s commitment to research into finding and developing effective treatments for spinal injury is further supported by his position as Scientific Director of the Perry Cross Spinal Research Foundation; an organisation with the mission of finding a cure for paralysis.

The Perry Cross Foundation has been instrumental in gaining support for the project and is committed to assisting its advancement through clinical trials.

Should the current phase of the research project prove successful it is hoped the team will be able to move forward into phase 1/11a of clinical trials on patients with chronic spinal cord injury. This phase of the research is expected to start in late 2018.

This phase of the project will aim to test the olfactory cell implantation therapy in patients and prove that it

improves motor and sensory function without detrimental effect, works across a range of injuries and discover what physical therapy works best.

To get involved and support this important research you can contact the Perry Cross Foundation or the Griffith University Eskitis Institute.

Dr Brent McMonagle

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REFERENCES

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Dr Brent McMonagle

MBBS, PhD, FRACS (ORL)

Dr Brent McMonagle is an ENT surgeon on the Gold Coast with sub-specialty training in otology, neurotology, sinus and skullbase surgery. He has strong research and teaching interests at Griffith and Bond Universities.

He has just commenced work on olfactory cell transplants in spinal cord repair, continuing the pioneering work of Prof Alan Mackay-Sim, Australian of the Year 2017, as well as further research in peripheral nerve repair and regeneration.



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Pindara opens Medical Specialists Centre at Parkwood Village



Gold Coast Mayor Tom Tate with Pindara CEO Trish Hogan and QScan Radiology Clinics Director Dr Hal Rice.

The Pindara Group of Hospitals recently opened the new Pindara Medical Specialists Centre in Parkwood.

Gold Coast Mayor Tom Tate officially opened the Centre at the Parkwood Village Health Precinct which incorporates both the Pindara Medical Specialist Suites and Qscan Radiology Clinic.

The Mayor thanked Pindara and Qscan for their investment in the Northern end of the Gold Coast and for providing excellent access to high quality medical and imaging services for local residents.

Parkwood Village has established itself as a well-appointed health and sports hub, and is the home of the Gold Coast Titans. The addition of the Pindara Medical Specialists Centre housing specialists with expertise in sports medicine further cements this reputation.

The Pindara Medical Specialists Centre is the latest expansion under the umbrella of the Pindara Group of Hospitals and joins Pindara Private Hospital, The Southport Private Hospital, Short Street Day Surgery and Pindara Day Procedure Centre in providing high-quality private health care to the Gold Coast Community.

Pindara Group of Hospitals CEO, Trish Hogan said she was delighted to be able to offer expert medical services to the local community and be part of the continuing development of the Parkwood Village precinct.

“Pindara is privileged to be part of the expanding infrastructure and services available in Parkwood. This development will provide central and northern Gold Coast residents with a one-stop-shop for outpatient specialist services in a convenient location,” Mrs Hogan said.

Specialities currently located at the Centre include orthopaedics, gastroenterology, palliative care and gerontology, with other specialities to follow shortly.





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Dignity, Comfort and Care in Pindara's new end of life rooms

Pindara Private Hospital has recently redesigned rooms within its Oncology Ward for patients nearing end of life.

The new rooms have been created with care and consideration in order to provide patients with a modern, spacious environment where their comfort, dignity and privacy can be preserved.

The rooms are spacious with plenty of area to accommodate large groups of visitors and guests. Comfortable furniture for loved ones and friends to utilise have been incorporated into the room design, and include an electric recliner chair, full sofa bed, armchairs and a desk; creating a space where family and friends can spend as much time with their loved one as possible, comfortably.

Patients requiring end of life care are looked after by highly trained and qualified staff, who are experienced in the

care of patients at this stage in life and who understand the needs and difficulties experienced by loved ones during this time.

Access to comfortable, peaceful surrounds and compassionate, knowledgeable support is essential to end of life care at Pindara Private Hospital.



New Birth Suites open at Pindara



Throughout the year, Pindara has been working on a special project within the Maternity Unit - the creation of two new state-of-the-art, luxurious birth suites.

The birth suites have been created with birthing mothers and their families at the centre of the design concept.

What has been created is an exact balance of features that incorporate all the familiar and comfortable elements of a luxury home like environment with the experience, security and capability of a modern hospital setting.

The birth suites are spacious, enabling mothers to utilise the space how they would like and without having to negotiate around various pieces of medical and monitoring equipment. The increased space also allows maternity staff to better care for and support the mother throughout labour as their access to equipment does not impede the mothers birth experience.

Specific pieces of art have been selected for the suites to further create a tranquil environment through subtle colour therapy, utilising various shades of blue and flecks of muted blush pinks in soft formations to help calm and soothe.



Each of the two new suites includes an inbuilt circular bath, providing deep water immersion as a natural option for the management of pain during labour. Set against the window of the private courtyard the baths take advantage of the natural light from outside and the view of the peaceful garden setting.

Mothers are able to walk down into the bath - there is no need to clamber in or out. A mobile hoist is also fitted above and can be used to assist movement in and out of the bath if required. The circular shape allows patients to comfortably wade within the bath; either moving or staying still dependent on what feels right.

Patients and their partners are able to adapt the environment of the suites to suit their individual needs with the ability to control room lighting, play their own music or utilise alternate therapies such as aromatherapy and salt lamp therapy. A number of the midwives at Pindara are hypnobirthing practitioners and can guide mothers through specific relaxation, meditation, breathing and positive affirmation exercises throughout labour.

The birth suites are also surrounded by a tranquil garden courtyard set for completion in the new year, which will offer a serene and private space for mothers to utilise throughout their labour.

In addition to creating a relaxed and calming environment the birth suites also feature the latest in medical technology, allowing for expert care where complications arise.

New to Pindara Maternity, the birth suites will now house the K2 Monitoring system which tracks foetal well-being during labour. The monitor is a high end monitoring and clinical decision making tool which tracks baby's heart rate and feeds this and other observational information on the mother through to the central monitoring system, which can be accessed in real time by the midwives and attending Obstetrician. Obstetricians can check on mother and baby's progress from wherever they are through the use of the K2 app and are able to liaise with nursing staff remotely about any concerns.



Dr Andrew Cary, Obstetrician and Gynaecologist at Pindara for close to 25 years said the K2 Monitoring system was an excellent addition to the new birth suites and added an extra level of care for mother and baby.

"The system allows me to monitor the progress of my patients at any time, day or night and from anywhere. I can see how things have been tracking and how advanced my patient's labour is even before I arrive at the hospital. If there are any concerns, I can discuss these with the midwives in real time as we both have access to the same immediate information," Dr Cary said.

The suites also feature brand new CTG and telemetry units used for tracking foetal well-being. The telemetry units are Wi-Fi enabled and send regular updates to the midwives. Birthing mothers are able to wear these monitors throughout their labour if required. The units do not hinder movement and can even be submerged in the bath. Continuous use of the monitoring equipment is usually only required if there are any concerns about mother or baby.

The suites have also been fitted with brand new Cosy Cots – a specialised infant resuscitation unit that can be used immediately upon birth should baby need help to breathe or a little extra encouragement to adjust to their new environment. Pindara's Special Care Nursery is just steps away and experienced paediatricians are on call if baby requires any specific help after birth.

continued overleaf...



In addition to the natural pain relief remedies available, the birth suites also incorporate equipment for the use of medical pain relief, including Nitrous Oxide. This pain relief option can be used together with warm water immersion, under supervision. Morphine and Epidural are also available as pain relief options and mothers can discuss these with her midwife and obstetrician throughout labour.



The birth suites also incorporate a number of physical birthing aids such as fit balls, birth stools and birthing/labour bars for use throughout labour. Within the birth suites mothers can spread out and create different spaces as they desire – the increased size (double their previous footprint) of the birth suites easily accommodate whatever is required.

“It is our goal at Pindara to provide mothers with the best and most luxurious birthing experience possible. Patient and professional feedback were at the centre of the design concept and this input has enabled us to create a beautiful balance of form and function for our mothers.” Said Pindara’s CEO, Trish Hogan.

The two new birth suites are now available to labouring mothers of the Pindara Maternity Ward.

Artemis Hits 100 Patients Milestone

Pindara Private Hospital’s one of a kind Artemis system has hit a major milestone in the fight against prostate cancer.

100 patients have now experienced the benefits of this new technology used in the diagnosis and treatment of prostate cancer.

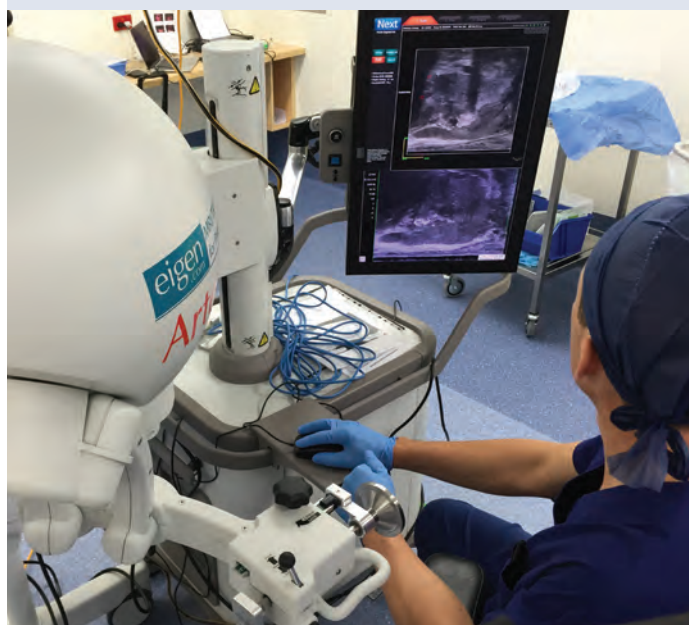
The Artemis allows Urologists to overlay a previously obtained MRI image with an intraoperative ultrasound image which provides a much more accurate picture, allowing them to be more targeted with accessing any lesions.

Leading Gold Coast Urologist Dr Charles Chabert said that the Artemis/ProFuse platform uses innovative robotic and MRI technology combined with the latest transperineal surgical approach to produce safer and more precise biopsies.

“It’s pleasing to see this world-class technology now available to benefit patients at Pindara Private Hospital,” said Dr Chabert.

The better targeted and more accurate procedure also offers patients the benefits of being less invasive while also reducing the risk of infection.

The 20 minute procedure is available at a cost of \$500 and is not currently covered by Medicare. The Artemis system is now permanently available at Pindara Private Hospital.



Leading the Way in MRSA Clearance



Pindara Private Hospital Infection Control Coordinator, Curt Werner recently published an article in Elsevier's respected medical journal – Infection, Disease and Health entitled Successfully clearing discharged patients of Methicillin-Resistant *Staphylococcus Aureus* (MRSA): Opportunities for the prevention and containment of antimicrobial resistance.

The article's origins stem from research Curt commenced while undertaking his Masters of Infection Control and extends upon his first published article - *Hospital based clearance of patients with skin and soft tissue Methicillin Resistant Staphylococcus Aureus (MRSA): A systematic review of the literature (2016)*.

The result of the initial research was the establishment of a unique outpatient MRSA clearance program that would be employed by Pindara's Infection Control Unit.

This most recent article shares the results of the implementation of this program from 2013 to 2016 at Pindara Private Hospital and demonstrates the significant benefits of the program to both active patient participants in the program and health care facilities.

Some of the suggested benefits to instituting an outpatient MRSA clearance program include:

- A cost benefit to health care facilities by not placing patients into isolation, and associated costs of contact precautions.
- Psychological benefits for patients in terms of the impact of isolation and perception of care.
- Partnering with consumers – encouraging and empowering patients to play an active role in their MRSA clearance.
- Reduced falls risk and pressure area injuries

This extended research was made possible by the support of the Ella Lowe scholarship, available as part of the Ramsay Health Care Scholarship Program. The Ella Lowe scholarship provides financial support to the recipient throughout the undertaking of their research project.

The next area of research for Curt will focus on patient experience while in isolation and extending MRSA clearance to Extended Spectrum Beta Lactamase (ESBL) and Vancomycin Resistant Enterococcus (VRE).

Successfully clearing discharged patients of Methicillin-Resistant Staphylococcus Aureus (MRSA): Opportunities for the prevention and containment of antimicrobial resistance can be read in full at <http://www.idhjournal.com.au/>



Harald Puhalla
GENERAL SURGEON

Bariatric and General Surgeon

Bariatric Services

(laparoscopic and robotic)

Gastric Sleeve

Roux-en-Y Gastric Bypass

Omega Loop Gastric Bypass

Revisional Bariatric Surgery

Assoc Prof Harald Puhalla

MD FRACS

An experienced general surgeon with a sub specialist interest in bariatric and upper gastrointestinal surgery.

Using the latest surgical techniques, including minimally invasive treatment technologies, Harald has helped thousands of people achieve the best health outcomes. Bariatric patients especially benefit from his close partnership with bariatric dieticians, exercise physiologists and psychologists. It is this dedication to holistic care, and Harald's compassionate manner, that give his patients individual solutions for long-term results.



Contact information

Ground Floor, Suite 7, 14 Hill Street, Southport 4215
F 5563 1950 E admin@generalsurgerygoldcoast.com.au
Regular operating lists at Pindara Private Hospital

"I believe that an integrated and holistic approach is needed to ensure optimal long-term results and I welcome the opportunity to collaborate with GPs in providing solutions for our patients."

PHONE 5563 1360
www.generalsurgerygoldcoast.com.au

Obesity affects genes and shortens life expectancy

Obesity is one of the biggest healthcare issues facing our nation today. It can mean a lifetime of medical problems and hardship. It hardly needs saying that obesity is considered a chronic disease, linked to everything from coronary heart disease to diabetes and cancer.

Before experiencing the long-term side effects of obesity, some of the health implications can affect people early in life, especially those who are starting their families. For these people, there is an entirely different set of health issues to think about.

Obesity can affect fertility by causing hormonal imbalances and problems with ovulation, particularly for obese women having their first baby.

Further, obesity can cause varying obstetric complications, including gestational diabetes, hypertension, miscarriage and stillbirth.

It has been proven that obesity leads to a slight alteration in the chemical structure of the DNA (methylation) without changing the DNA itself. Research has also shown that these DNA alterations can have genetic implications for the children of an obese mother. These children have a much higher risk of becoming obese when they become adults and are exposed to the same health concerns as the mother.

According to Dr Harald Puhalla, one of the Gold Coast's leading weight-loss surgeons, if the same woman has weight-loss surgery and falls pregnant again, the genetic profile which was initially altered by the messengers from the excessive fat tissue is reversed.

"Since mum has lost substantial weight, this genetic information will be handed down to the baby which gives the child a better chance of having a normal weight as an adult, with less health risks," He said.

Bariatric surgery is the most effective way to alter the obesity induced genetically predetermined body processes.

Interestingly, the father's genetic information has much less of an influence

in the offspring's risk of becoming obese.

The effect of bariatric surgery has also been assessed in women who have Poly Cystic Ovarian Syndrome (PCOS). Of women with PCOS, 50-80% of them are obese. Substantial weight reduction helps them not only regarding hirsutism and dysmenorrhoea; it also improves the frequent associated metabolic problems and self-confidence.

"Researchers have proven that obesity shortens life expectancy," Dr Puhalla said. "People with a BMI of 40 kg/m² have a 2.5 times higher mortality compared to people the same age with a normal BMI (18-25kg/m²),"

Fortunately, great strides have been made in medicine and surgery in the past few decades and people can reap the benefits today.

"For those who would benefit to gain control of their weight, bariatric surgery has become a very safe treatment option which offers a better quality of life, improvement or cure from comorbidities and longer life expectancy," Dr Puhalla said.

A significant improvement or even cure from obesity-related problems needs to be achieved by sustainable weight loss to have the best health benefits and improved life expectancy. Science has shown that dieting compared to surgery is much less successful, particularly in the long-term.

In one of the longest studies to date, with a 12-year follow up period, researchers compared bariatric surgery (gastric bypass) with conservative management in obese patients. The study showed that surgery was associated with greater weight loss and a diabetes cure rate of 51%, but only 7% per cent of patients who received usual care were in diabetes remission.

Dr Puhalla said that while diet and lifestyle measures will always be the first attempt to lose weight, bariatric surgery is an option for patients who are unable to lose sufficient weight with diet and exercise to achieve a healthier and better life.

Sleeve gastrectomy is the most common operation performed for obesity in Australia. Patients can expect to lose about 70% of excess weight (weight above

normal range) in the first year and 60% after five years.

Other procedures, such as Omega Loop gastric bypass (mini gastric bypass), achieve an excess weight loss of 85% in one year and around 72% in five years. The Roux-en-Y gastric bypass which is considered the "Gold Standard" in weight loss surgery, may lose 77% excess weight after one year and 69% after five years. Patients who undergo revisional bariatric surgery should expect less procedure specific weight loss.

"Surgery is the best option for many people," Dr Puhalla said.

"Weight-loss surgery is a safe and effective method to improve life expectancy and quality of life."

Dr Puhalla offers a holistic patient assessment to create a comprehensive health profile. This is necessary to find the most suitable procedure for the individual patient.

To make bariatric surgery more affordable and accessible, Dr Puhalla has established a streamlined process for laparoscopic sleeve gastrectomy.

It is suitable for patients who have:

- Private health insurance who participate in the known gap policy (out of pocket \$1000, which includes surgery, assistance and anaesthetic);
- Are 18 to 45 years of age
- No Gastroesophageal reflux disease
- BMI 35 - 45kg/m²
- Have no previous abdominal surgery (excluding laparoscopic cholecystectomy, appendectomy and hysterectomy)

**Associate Professor
Harald Puhalla
Bariatric and General Surgeon**

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New Faces at Pindara



DR JASON BEER

BSc(Biomed)(QLD), MBBS(QLD), FRACS(Orth), FAOrthA, CIME

Orthopaedic Surgeon

Dr Beer is a Queensland trained Orthopaedic Surgeon. Upon completing his Fellowship, Dr Beer took up a Staff Specialist position at the Gold Coast University and Robina Hospitals.

Following 18 months of specialist practice, Dr Beer undertook further sub-specialty training in all aspects of knee surgery with world renowned knee surgeon, Dr Peter Myers. His Fellowship centered on sporting injuries of the knee, knee arthroplasty, arthroscopy, osteotomy and meniscal transplantation. A significant proportion of the sporting patients

treated during this fellowship were professional and elite amateur athletes.

In addition to knee surgery, Dr Beer regularly performs hip replacement, ankle arthroscopy and reconstruction.

Further to his adult practice, Dr Beer has for three years supervised the Paediatric Orthopaedic Clinic at the Gold Coast University Hospital.

Subsequently, he has gained experience and developed a special interest in paediatric knee conditions.

Dr Beer continues to hold a public post and is actively involved in the training of Orthopaedic registrars and junior medical officers.

He holds the title of Senior Lecturer in Orthopaedics at both Bond and Griffith Universities. Dr Beer is now consulting at Pindara Specialist Suites and the new Parkwood Pindara Medical Specialists Centre.

Contact Details

Suite 205, Level 2, Pindara Specialist Suites, 29 Carrara Street Benowa, QLD, 4217

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DR SEAN HOLLAND

BSc, LLB, MBBS (UQ), Fellow ISSVD, FRANZCOG

Obstetrician and Gynaecologist

Dr Holland is a Gold Coast trained obstetrician and gynaecologist. His skill set includes the management of high risk pregnancies, office gynaecology and operative gynaecology, including minimally invasive surgery and pelvic prolapse procedures. Dr Holland has a special interest in vulvovaginal disorders and is a Fellow of the International Society for the Study of Vulvovaginal Disease (ISSVD).

Dr Holland's academic background includes a Bachelor of Medicine and Surgery from the University of Queensland, having previously completed a Bachelor of Science and Bachelor of Laws at the same institution. He is an accredited trainer for PROMPT (PRactical Obstetric Multi-Professional Training) with an interest in the interdisciplinary nature of high risk obstetric practice.

Dr Holland's philosophy in the care of patients is centred upon ensuring that patients (and their families) feel listened to, understood and that their desires for treatment and care are respected and accommodated within an evidence based framework of clinical practice.

Contact Details

Suite 5, Pindara Place, 13 Carrara Street Benowa, QLD.

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DR MICHAEL KALAMARAS

BSc (anat), BMBS, FRACS (ortho), FAOrthA

Orthopaedic Surgeon

Dr Michael Kalamaras is a specialist hand and upper limb surgeon who has established a contemporary hand and upper limb practice on the Gold Coast.

His main interests are wrist, elbow and shoulder arthroscopic (key hole) surgery and endoscopic carpal tunnel surgery, microsurgery and severe hand and wrist trauma, hand and upper limb joint replacement including standard and reverse total shoulder replacement, and hand and upper limb injuries in athletes and children.

Dr Kalamaras completed a science degree majoring in anatomy at the University of New South Wales before graduating from medicine at the Flinders University of South Australia in 2000. He undertook medical internship and residency at the Princess Alexandra Hospital in Brisbane, and later completed orthopaedic training in Queensland in 2009. He was awarded Fellowship of the Royal Australian College of Surgeons in 2010 in orthopaedic surgery.

Following his orthopaedic training, Dr Kalamaras worked as a hand and orthopaedic surgeon interstate and overseas. He has worked with hand and upper limb surgical units at The National Capparell Orthopaedic Hospital in Dublin Ireland, The Canberra Orthopaedic Group in the ACT, and with the Department of Hand and Peripheral Nerve Surgery at The Royal North Shore Hospital in Sydney.

Contact Details

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DR KENNETH LOON

MBBS; B.Pharm (Hons); FRACS

General and Colorectal Surgeon

Dr Kenneth Loon is a specialist Colorectal & General Surgeon and Fellow of the Royal Australasian College of Surgeons. Dr Loon studied Medicine at the University of Queensland before completing Advanced General Surgical Training at the Princess Alexandra and Mater Hospitals.

Dr Loon went on to complete further sub-specialist Fellowships in Colorectal Surgery as part of the CSSANZ program,

at the Alfred and Cabrini Hospitals in Melbourne, Austin Hospital in Melbourne and Westmead Hospital in Sydney.

Dr Loon currently practices as a Consultant Surgeon in Brisbane/Gold Coast and consults from specialist suites in Southport. Dr Loon serves on the Board of Directors of several healthcare companies and also maintains an interest in medical education and training. Dr Loon is a Senior Lecturer at the

University of Queensland and Griffith University, and is a Director of, and Senior Lecturer at the METC Institute. Dr Loon is a published author and is a recipient of the General Surgeons Group, Best Clinical Research Prize, and a Travelling Fellowship for studies at the Mayo Clinic, Rochester MN USA.

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A New Era in the Management of Chronic Hepatitis C Infection in Australia



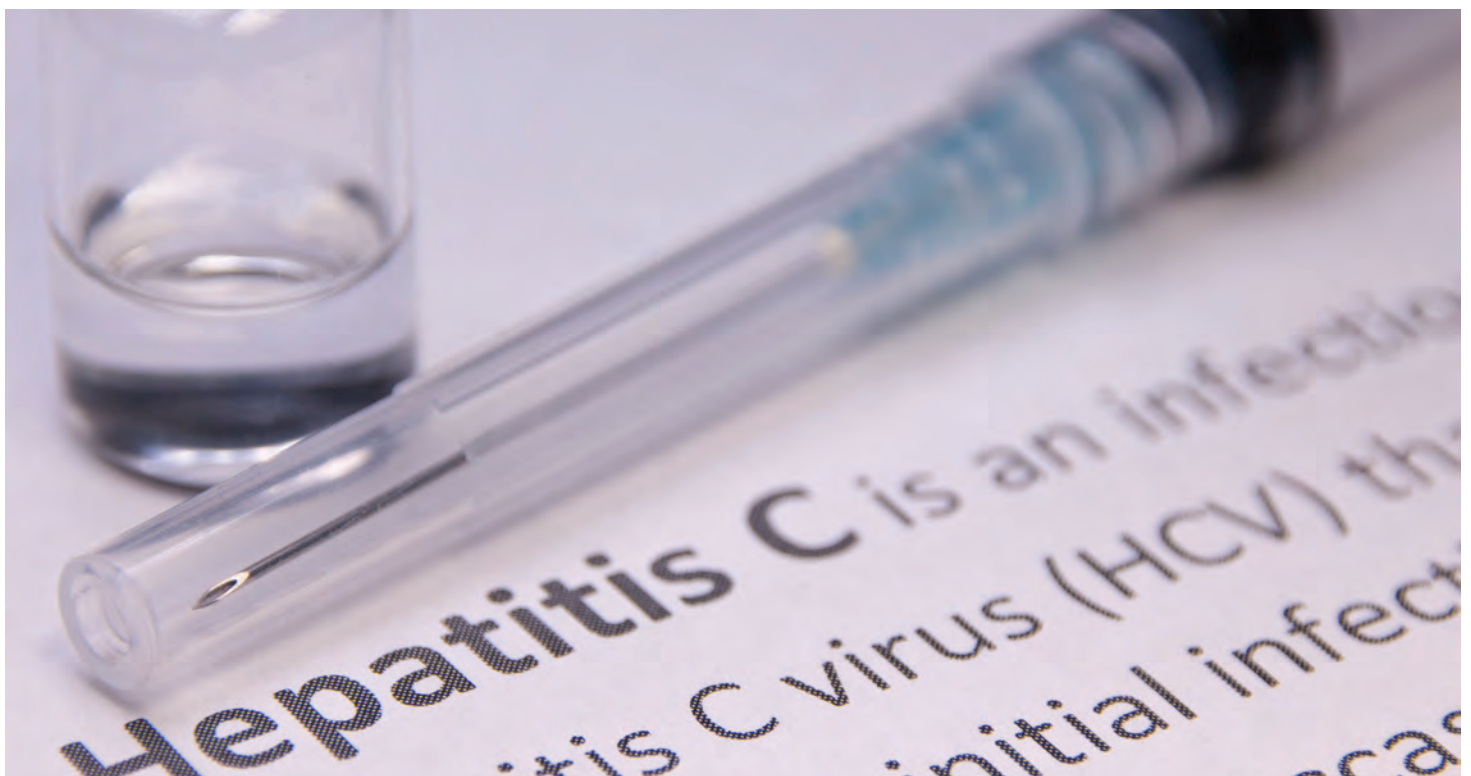
The Pharmaceutical Benefit Scheme (PBS) commenced funding for new drugs to treat patients with hepatitis C virus (HCV) infection on 1st March 2016. This is welcome news to all HCV patients and health care professionals looking after these patients. The newly approved treatment is not only highly effective but also very well tolerated with minimal side effects and a low rate of treatment withdrawal secondary to adverse effects (1.5%).

Approximately 230,000 individuals are chronically infected with HCV in Australia. The Gold Coast and northern NSW are considered areas of moderate endemicity. In Australia 55% and 37% of infected patients have genotypes 1 and 3, respectively. The main route of transmission is contaminated needles in patients using illicit intravenous drugs. Approximately 85% of patients acutely infected with HCV develop chronic infection. Once chronic infection is established for 15-25 years, progression to cirrhosis occurs in 20-25% of patients.

Fibrosis progression can be perpetuated by many factors. Patients on immunosuppressive medication and those co-infected with HBV or immune deficiency virus (HIV) are more likely to progress to cirrhosis. Alcohol abuse increases the risk of cirrhosis development by 2 to 8 fold. Although the role of alcohol in fibrosis progression may be expected, it may be surprising to many that daily marijuana use is associated with almost 7-fold increase in the risk of progression to cirrhosis.

Direct acting antivirals (DAA) without the use of interferon have shown excellent efficacy in treatment of HCV patients in clinical trials with cure rates of 90% or higher in most patients including those previously exposed to interferon and patients with cirrhosis. Factors that influence treatment duration (8-24 weeks) are viral genotype, viral load, presence of cirrhosis and previous exposure to interferon.

The backbone of the approved DAA is Sofosbuvir (Sovaldi, Gilead Sciences). It has pan-genotypic efficacy and it is used as a single daily tablet of 400mg. The second drug is Ledipasvir which is effective against genotype 1 virus and used in combination with Sofosbuvir as a single daily combination pill (Harvoni, Gilead Sciences). Sofosbuvir is contraindicated in patients with impaired renal function (eGFR < 30ml/minute). The third medication is Daclatasvir (Daklinza, Bristol-Myers Squibb) which is approved for the treatment of genotypes 1 and 3 disease in combination with Sofosbuvir. Viekira pack (abbvie) was approved



by PBS in May 2016. It is a combination of 4 tablets taken daily and composed of Ombitasvir, Paritasvir, Ritonavir; and Dasabuvir. This combination has two main advantages to the aforementioned medications. First, it can be used in patients with renal impairment and second it has 100% cure rates in patients infected with genotype 1b. The main limitation of this combination is the patient has to take four pills daily. As of the first of January 2017, PBS approved another combination in one tablet formulation, Zepatier (Merck, Sharp & Dohme). Zepatier is composed of Elbasvir and Grazoprevir. Advantages of this treatment is that it can be used in patients with renal impairment, is a single daily pill and it can be used in the minority of patients infected with genotype 4 as well as in genotype 1 patients. All these drug combinations are well tolerated with very low side effect rates.

Current and future challenges include treatment of patients with genotype 3 who have cirrhosis and previous exposure to interferon. These patients have cure rates of 60-70% only with currently available treatment. Furthermore, Patients who fail to respond to one of the currently available treatment combinations have no treatment options as yet. Cross-resistance to these combinations is a problem and we are still awaiting new products to be able to treat this group of patients.

Summary points:

- All patients with persistent abnormal liver tests should have HCV-IgG done as part of their work up.
- Document the presence of chronic infection with HCV-RNA qualitative or quantitative measurement as positive HCV-IgG indicates exposure only.
- Advise patients to preferably stop or reduce alcohol and cannabis intake
- Ensure the patient has an appropriate assessment for fibrosis. Cirrhotic patients require screening for oesophageal varices and surveillance for hepatocellular carcinoma.

At The Gastrointestinal Centre, I have assessed and treated over 100 patients since March 2016. My clinical experience with the above drug combinations confirms they are highly effective and very well tolerated medications. I would be pleased to accept referrals for patients with chronic HCV infection. All patients will be seen within 1-2 weeks of the date of referral.

Appropriate imaging and fibrosis assessment will be undertaken. All eligible patients will be offered treatment utilising one of the new PBS approved treatment combinations. All aspects of the treatment including potential side effects will be discussed with patients.

We are committed to helping eradicate this disease from the Gold Coast and Northern NSW and so reduce the rate of progression to chronic liver disease, liver cirrhosis and its complications.

All bookings can be made through

The Gastrointestinal Centre

Ph: 07 5564 6922

Please request a liver consultation with

A/Professor Mohammad Al-Freah

Written by

A/Professor Mohammad Al-Freah

References:

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Calendar Of Events – February To March 2018

PINDARA GROUP OF HOSPITALS CPD

Please look out for further information about the CPD events to be held by the Pindara Group of Hospitals throughout the year.

Some of the topics we will be covering include:

- Mental Health
- Ophthalmology
- Women's Health
- Men's Health

If you would like further information or would like to register your details to receive updates on our upcoming events, please email OReillyK@ramsayhealth.com.au or Phone 5588 9144.

More topics will be released throughout 2018.

At QML Pathology Gold Coast we offer world-class diagnostic services with a local approach.

As the preferred pathology provider to Pindara Private Hospital our specialist pathologists provide an exclusive 24/7 comprehensive pathology service.

They are experts in their field, who have undertaken advanced training at international centres of excellence, with many publications in medical journals and presentations at conferences and workshops.

Supported by a network of over 200 staff, 5 laboratories and 100 collection centres, QML Pathology Histopathologists have access to the latest diagnostic technology, ensuring results and specimens are accurately processed in a timely and efficient manner.

Dr Tony Dare, Dr Darina Vuong, Dr Sooraj Pillai, and our scientific team are available for consultation and invite you to contact them with any queries on **(07) 5668 4444**.



Dr Tony Dare FRCPA

Pathologist in Charge:
Gold Coast and Northern Rivers

Special Interests:
Skin and gynaecological pathology.



Dr Darina Vuong
MBBS(Hons), BSc, FRCPA

Consultant Histopathologist
and Cytopathologist

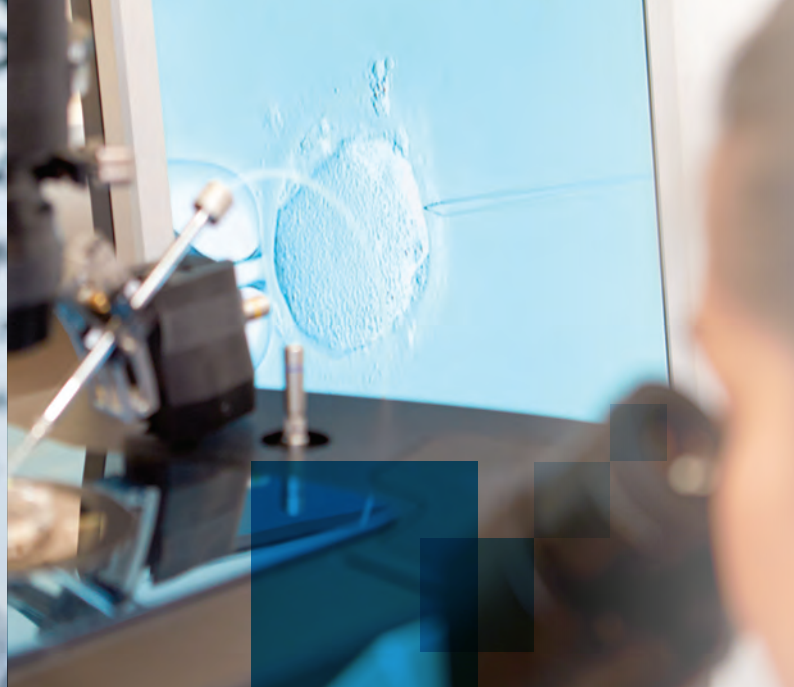
Special Interests: Skin, gynaecological
pathology and gynaecological (cervical) cytology.



Dr Sooraj R Pillai
MD, FRCPA

Consultant Histopathologist

Special Interests: Skin, gastrointestinal,
gynaecological and haematolymphoid pathology.



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Hospital Fax
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24hr Emergency &
Cardiac Care Centre
07 5588 9000

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Anaesthesia & Critical Care Services
Ph: 07 5503 0033

Anaesthesia & Pain Management Service
Ph: 07 5574 0018

Gold Coast Anaesthetic Service
Ph: 07 5562 2448

Gold Coast Tweed Anaesthesia Group
Ph: 07 5598 0900

Southport Anaesthetic Specialists
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Dr John Meulet
07 5598 0322

Dr Ross Sharpe
07 5531 1424

Dr Geoffrey Trim
07 5598 0322

Dr Mathew Williams
07 5598 0484

Dr Guy Wright-Smith
07 5598 0322

Dr Atef Mousa
Dr Malcolm Osborne
Dr Paul Pluss
Dr Anthony MacKay

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07 5539 3999

Dr Danielle Ghush
07 5598 0644

Dr Jacobus Jordaan
07 5539 3055

Dr Leigh Rutherford
07 5571 2477

Dr Gregory Nolan
07 5571 0923

Dr Harald Puhalla
07 5563 1360

Dr Leigh Rutherford
07 5571 2477

Dr Craig Sommerville
07 5503 1633

Dr Michael von Papen
07 5503 1633

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Dr Stephen Withers
07 5564 6255
Paediatric

GYNAECOLOGY

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07 5564 6886

Dr Kee Ong
07 5519 1602

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07 5597 2710

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07 5598 0744

Dr Herman Lee
07 5597 1211

Dr Gregory Seeley
07 5532 7655

Dr Hanlon Sia
07 5597 1211

Dr Steven Stylian
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Dr Patrick Tsang
07 5597 1305

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Dr George Bilios

Dr David Brock

Dr Robert Bush

Dr Martin Clark

Dr Paul Hannah

Dr Michael Heaney

Dr Adam Inglis

Dr Darren Lien

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07 5571 0380

Dr Spero Negas
07 5571 0380

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A/Prof George Ostapowicz
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Dr Penelope Isherwood
07 5597 2660

Dr Irving Korman
07 5532 3066

Dr Timothy O'Dowd
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Dr Gary Swift
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Dr Alan Parnham
07 5591 2611

Dr Siddharth Sharma
0409 892 625

Dr Robert Shaw
07 5591 2611

NEUROLOGY (ADULT)

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07 5564 8562

NEUROSURGERY

Dr Anna Chang
1300 000 151

Dr Chris Schwindack
07 5655 0430

Dr Ellison Stephenson
07 5564 8480

Dr Leong Tan
1300 000 151

Dr Teresa Withers
07 5564 6255

Dr Lee Yang
07 5530 0770

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Dr Andrew Cary
07 5597 3770

Dr Thomas Chong
07 5527 8166

Dr Alwyn Dunn
07 5564 9359

Dr Suzan Elharmeel
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Dr Michael Flynn
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Gynaecology only

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07 5531 4811

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Dr Michael Slancar
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Dr Steven Stylian
07 5597 1305

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07 5527 8025

PHYSICIAN

Dr Talib Al-Jumaily
07 5530 0770

Dr James Clark
07 5539 5566

Dr David Deller
07 5539 4676

Dr Iain Feather
07 5532 7655

Dr Brian Fredericks
07 5571 0380

Dr Andrew Jones
07 5591 2611

Dr Mohamed Khafaji
07 5527 8270

Dr Jagadeesh Kurtkoti
07 5597 5825

Dr Spero Negas
07 5571 0380

Dr Alan Parnham
07 5591 2611

Dr Shunil Sharma
07 5532 7655

Dr Robert Shaw
07 5591 2611

Dr Michael Thompson
07 5564 7775

PLASTIC & RECONSTRUCTIVE SURGERY

Dr Andrew Campbell-Lloyd
07 5503 0248

Dr Dilip Gahankari
07 5539 4611

Dr Craig Layt
07 5597 4100

Dr William Widdowson
07 5509 4488

REHABILITATION MEDICINE

Dr Benedicte Mancel
07 5598 9770

Dr Chin Wong
07 5556 6355

RESPIRATORY

Dr David Deller
07 5539 4676

Dr Iain Feather
07 5532 7655

Dr Michael Thompson
07 5564 7775

RHEUMATOLOGY

Dr Jennifer Ng
07 5591 5542

Dr Shunil Sharma
07 5532 7655

SPINAL SURGERY

Dr Matthew Scott-Young
07 5528 6477

Dr Laurence McEntee
07 5528 6477

UROGYNAECOLOGY

A/Prof Malcolm Frazer
07 5564 9300

Dr Vivien Wong
1300 848 966

UROLOGY

Dr Charles Chabert
07 5597 6293

Dr Martin Elmes
07 5575 7922

Dr Scott McClintock
07 5531 2255

Dr John Pisko
07 5532 7655

Dr Neil Smith
07 5532 4333

Dr Yang Sun
07 5532 4644

Dr Christopher Tracey
07 5532 4644

VASCULAR SURGERY

Dr Paul Dinnen
07 5597 1877

Dr Richard Ward-Harvey
07 5597 1653

24hr Emergency & Cardiac Care Centre

• 24 Hours, 7 Days

• Immediate care • Free parking

5588 9000



Pindara Private Hospital

Part of Ramsay Health Care



The Southport Private Hospital

Gold Coast's newest specialist mental health facility.

The Southport Private Hospital is a brand new healthcare facility located at Spendelove Avenue, Southport. The new hospital provides comprehensive **mental health** and **rehabilitation services** to the Gold Coast and wider community.

Southport Specialist Suites

21 Spendelove Avenue
Southport QLD 4215
T (07) 5671 8999
F (07) 5671 8990
E Psych.TSP@ramsayhealth.com.au

Opened in April, The Southport Private Hospital's 44-bed rehabilitation unit offers a range of orthopaedic, neurological and pulmonary rehabilitation inpatient and day programs. Patients have access to a full suite of services including a multi-disciplinary team of medical professional, onsite gymnasium, the Gold Coast's only hydrotherapy pool as well as dining and common areas purpose built to make the transition to a home environment as seamless as possible.

A range of mental health day programs and a 22-bed inpatient mental health unit also opened in the new hospital at the end of May. The Gold Coast Mental Health Wellness Centre will offer a comprehensive range of voluntary sub-acute inpatient mental health programs. These programs are designed by a qualified and experienced team of psychiatrists and psychologists located onsite at The Southport Specialist Suites. With dedicated group therapy rooms and inpatient facilities, patient experience and privacy has been at the forefront of all design decisions at The Southport Private Hospital.

The newly renovated and refurbished facility houses the latest technology and equipment to assist the caring team of medical professional in providing top-quality comprehensive services onsite. Patients will feel at home in a warm and comfortable environment including facilities such as spacious courtyard and balanced, gourmet meals developed by a nutritionist. An onsite café and plenty of parking will also make friends and family feel welcome.

ezifind

Visiting Medical Specialist

21 Spindelove Avenue, Southport QLD 4215
southportprivate.com.au

General Enquiries
07 5671 8000



Dr Basem Dall

MBBS; FRANZCP
 Psychiatry

Ph: 07 5671 8999
 Fax: 07 5671 8990

Areas of Expertise— Mood disorders, Psychosis, Substance misuse, Psychoeducation, Forensic mental health, Schizophrenia, Neurostimulation/ECT/TMS and other Psychotic disorders



Dr John Gavilan Arraez

MBBS; MRCPsych; FRANZCP; LLB
 (Hons) Psychiatry

Ph: 07 5671 8999
 Fax: 07 5671 8990

*Areas of Expertise — General adult psychiatry, Intellectual disability
 Commencing in August*



A/Prof Neeraj Gill

MBBS; MD; FRANZCP
 Psychiatry

Ph: 07 5671 8999
 Fax: 07 5671 8990

Areas of Expertise— Mood and anxiety disorders—Bio-psycho-social-lifestyle interventions, Transcultural psychiatry, General adult psychology



Dr Ravi Rawlley

MBBS, FRANZCP, DPM
 (Diploma in Psychological Medicine)

Ph: 07 5671 8999
 Fax: 07 5671 8990

General adult psychiatry, Biological psychiatry, Personality disorders, Occupational psychiatry, Transcultural psychiatry

HOW TO REFER TO THE SOUTHPORT PRIVATE HOSPITAL

- Patient requires specialist mental health admission
- Patient has adequate cover—either Private Health Insurance, DVA status, workers compensation or is self-insured
- Download a referral form by visiting www.southportprivate.com.au
 - [For Doctors](#) - How to refer a patient for Mental Health
- Send referral to **Fax:** (07) 5671 8990 or
Email: Psych.TSP@ramsayhealth.com.au or
 contact us on **Ph:** (07) 5671 8999

This is not a comprehensive list of specialists with visiting rights to this Hospital. Please contact the Hospital to establish if your preferred specialist is accredited here.



**The Southport
 Private Hospital**
 Part of Ramsay Health Care

SRS Improves Quality of Life and Reduces Treatment Times for Patients with Brain Lesions

Stereotactic radiosurgery (SRS) delivered in a single fraction is now available at Genesis Cancer Care on the Gold Coast.

What is Stereotactic Radiosurgery (SRS) and Stereotactic Radiotherapy (SRT)?

Stereotactic Radiosurgery (SRS) is an advanced technique which treats brain tumours with the delivery of large doses of precisely focused beams of radiation. SRS and SRT have become an increasingly attractive alternative to whole brain radiotherapy for brain metastases and frequently is a valuable additional treatment (or sometimes an alternative) to surgery for treating brain tumours. The challenge is that brain lesions are often located near critical structures, so stereotactic procedures must ensure optimum dose placement and beam precision.

How Does Stereotactic Radiosurgery Work?

SRS and SRT are non-invasive and are generally done where patients attend as an outpatient, without the need to be admitted to hospital. This accurate delivery of a highly concentrated dose of radiation does not require an anaesthetic or an incision. SRS uses high doses of radiation, administered to a precisely located area within the brain with sub millimetre accuracy.

This combined with specialised planning and treatment procedure produces rapid dose fall-off, thus larger doses of radiation can be delivered to patients with reduced impact on surrounding healthy tissue. This means patients can complete their treatment with fewer side effects, fewer risks and without the need for hospital admission.

The concentrated radiotherapy in SRS and SRT either kills the tumour cell outright or damages the DNA, reducing the ability of tumour cells to replicate and therefore the ability of the tumour to grow. As a result of this process, malignant tumours (with high cell reproduction) often shrink within two or three months, and benign tumours (such as meningioma) may stop growing or shrink more slowly (over one to two years).

SRS and SRT are generally administered by a team; members include a radiation oncologist, neurosurgeon,

radiation oncology physicist, radiation therapists, and radiation oncology nurse. The aim of treatment is to inactivate or destroy the tumour, whilst sparing and minimising impact on the surrounding normal brain tissue. This is done by utilising state-of-the art radiotherapy technology, together with advanced 3D navigation software.

State of the art technology

Genesis Cancer Care Queensland uses a non-invasive relocatable frameless head immobilisation system to treat patients. A high level of accuracy is achieved with the combination of a customised immobilisation mask, stereoscopic x-ray, image guidance and a robotic 6D couch which is capable of correcting with sub millimetre accuracy in six dimensions at any time during the treatment. This approach facilitates localisation of tumours with pin point accuracy and makes the procedure easier for the patient to tolerate, with less chance of patient movement. The relocatable immobilisation system also allows for the delivery of fractionated stereotactic radiotherapy which may be required in some situations.

Patient Selection – SRS and SRT

GCCQ's SRS and SRT programs are able to treat a variety of malignant and benign tumours of the brain. The following cancer types are eligible: brain metastases, recurrent brain tumours, meningioma, pineal tumours, pituitary adenomas, gliomas (glioblastoma multiforme), acoustic neuromas.

Patient Benefits

- Micro multileaf collimators in combination with ExacTrac® system enables treatment of lesions with sub-millimetre accuracy.
- Only the tumour is targeted, minimising dose to healthy parts of the brain.
- Multiple trials showed reduced cognitive impairment with SRS.
- Less loss of hair and other side effects such as headaches
- Treatment is painless
- Quality of life was shown to be superior with SRS when compared to whole brain radiation

Dr Natalia Mitina

MD (Hons), FRANZCR

Radiation oncologist, Dr Natalia Mitina, is leading the clinical team who will be performing this advanced technique which treats brain lesions with precise high dose radiation. Radiation has a key role in a multidisciplinary cancer care approach and Natalia is keen to work with the team to deliver care that supports the whole patient.

Natalia actively engages in clinical research and is a member of The International Stereotactic Radiosurgery Society (ISRS), Cooperative Trials Group for Neuro-Oncology (COGNO), The Trans-Tasman Radiation Oncology Group (TROG) and European Society for Radiotherapy and Oncology (ESTRO). Natalia is a senior lecturer at the University of Queensland.

If you are interested in offering your patients affordable, high quality advanced stereotactic radiosurgery treatment on the Gold Coast or would like to find out more about this world class treatment please call: **Genesis Cancer Care on 07 5552 1400** or visit **www.genescancercareqld.com.au**



Prof David
Christie



Dr Tulasi
Ramanarajah



Dr Selena
Young



Dr Sagar
Ramani



Dr Natalia
Mitina

Treatment location:

Premion Place, 39 White Street, Southport QLD 4125

Ph: 07 5552 1400

ADVANCED BRAIN CANCER TREATMENT THAT'S CLOSE TO HOME

New cutting-edge Stereotactic Radiosurgery treatment is now available at GenesisCare on the Gold Coast.

This advanced technique treats localised tumours with pin-point accuracy. Brain cancer patients can look forward to reduced treatment times and fewer side effects like headaches and hair loss.

Find out more about this world-class treatment, call 07 5552 1400 or visit genescancercareqld.com.au

Our experienced team including Dr Natalia Mitina & Dr David Schlect have delivered Stereotactic Radiation Therapy in Queensland for almost 20 years.





**Pindara
Private Hospital**

Part of Ramsay Health Care

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