

Spring 2017

New procedure and clinical trial underway for enlarged prostate

A new procedure and clinical trial is underway for male patients suffering from benign prostate enlargement and the troublesome symptoms of difficulty urinating, slow urine flow and night time urination.



A first for the Sunshine Coast, the prostate artery embolisation procedure involves guiding microcatheters through the arteries into the prostate and injecting microscopic particles to block the blood supply to the enlarged prostate gland. This causes the prostate to shrink and soften making the passage of urine from the bladder easier.

Lead researcher, Interventional Radiologist Dr Jonathan Robertson, said that other studies on the procedure overseas have shown great improvement in the symptoms of prostate gland enlargement in almost 80% of men and this improvement was sustained over five years.

"The introduction of prostate artery embolisation will offer men suffering from enlarged prostates an alternative to medication and surgery and it is anticipated that the clinical trial results will further demonstrate its effectiveness," Dr Robertson said.

"This procedure is one of a number of new minimally invasive treatments for enlarged prostates that has been expanding significantly overseas," he said.

"The Sunshine Coast Private Hospital's excellence in prostate care and the state-of-the-art cardiac catheter laboratories have enabled us to initiate this study and put this very promising treatment within reach of patients right here on the Sunshine Coast."

"The procedure is performed under light sedation as a day procedure. It is an extremely low risk, minimally invasive treatment and no unwanted side effects like erectile dysfunction, urinary incontinence or dry ejaculation that can be caused by other procedures have been reported."

Click here for more information about the procedure. Dr Robertson can be contacted on 07 5444 6003 or by visiting www.scendovascular.com.au.

Book now for the Women's Health CPD Conference

RSVP Date: 13 Oct 2017

Our annual Women's Health CPD Conference will take place at the Mantra Mooloolaba from 8am - 5pm on Saturday 28 October.

To review the program and speakers and register your interest to attend this free event, please visit www.sunshinecoasthospital.com.au/gpeducation or call Melinda Steyn on 07 5430 3305.

**40 category 1 QI&CPD points applied for*



New Lymphoedema Clinic

The Sunshine Coast Private Hospital recently launched a new Lymphoedema Clinic.

The treatment of lymphoedema at the clinic is individualised for each patient and may include the prescription of compression garments, lymphatic drainage massage, compression bandaging, targeted exercises, and education and skin care advice.

All patients are cared for by a multi-disciplinary team including qualified lymphoedema specialists using best-practice treatments.

The Lymphoedema Clinic aims to reduce the risk of lymphoedema forming, increase mobility and range of motion, decrease the risk of cellulitis and, ultimately, to improve quality of life.

Visit www.sunshinecoasthospital.com.au/lymphoedema for more information and to access the referral form.



Specialist Spotlight - Dr Stephen Byrne

Dr Stephen Byrne is a neurosurgeon and complex spine surgeon who hails from Scotland originally but completed his neurosurgical training in Melbourne, Adelaide and New Zealand.



Dr Byrne is proficient in applying the full range of both minimally invasive and open techniques to treat degenerative, traumatic, neoplastic and infectious problems that can affect the spine. In addition to spinal surgery, Dr Byrne has a broad range of experience with managing patients with brain tumours, pituitary tumours, hydrocephalus, Chiari Malformations and peripheral nerve compression and continues to be actively involved in these areas.

Read more about Dr Byrne and view his contact details by visiting <http://sunshinecoasthospital.com.au/doctors/Stephen-Byrne>.

Older Persons Mental Health Day Program

The Older Persons Program is designed to meet the needs of those over 65 who are experiencing a mental health issue and is a first for the Sunshine Coast region.

The program is delivered from the hospital's Cooinda Mental Health Service and aims to help people in late adulthood better cope with stressful life events such as retirement, re-location, financial constraints, physical illnesses, and changing relationships. These challenges can become overwhelming and can lead to common mental health problems such as depression or anxiety.

Dr Jennifer Moss, a psychiatrist who specialises in older persons psychiatry, said the program will help participants gain a deeper understanding of the challenges associated with late adulthood, learn specific strategies to help manage these challenges, and help build a support network.

Australia is in the midst of an unprecedented increase in the population aged 65 years and older. The fastest rate of growth is in people over 80. Data indicates the steepest period of growth in the number and proportion of people aged over 65 will take place during the next 10 years.

For more information and to refer a patient, visit www.sunshinecoasthospital.com.au/olderpersons.

Cooinda Mental Health Service

Older Persons Program



Latest Care to Share videos

The latest videos in our innovative Care to Share video series which features relevant medical education from the hospital's highly experienced doctors and clinicians have been released.



Fun-knee bone - benefits of early intervention for arthritis of the knee

The beat goes on – exercising after a heart attack

Upcoming community education sessions

The hospital regularly holds FREE education sessions for members of the community to help them gain access to information and support about a range of medical conditions.

You may wish to make your patients aware of the following education sessions:

Date and time	Topic	RSVP
5.30pm Wednesday 4 October	Supporting loved ones with depression	P:1300 780 413
5.30pm Wednesday 25 October	What you need to know about breast screening and the early detection of breast cancer	P: 1300 557 710

Path to Wellness Art Exhibition

RSVP Date: 06 Oct 2017

If you know of anyone who would like to submit their artwork for display at this year's 'Path to Wellness' Art Exhibition on

Thursday 12 October, please visit www.sunshinecoasthospital.com.au/artexhibition

We also invite you to attend the exhibition. The evening will be a combination of art and music - enjoy light refreshments while being entertained by musicians and the work of local artists. Click here for more information and to RSVP.



PINKUp for PINKTOBER

We are calling on the community to support its local breast cancer appeal this October and help Sunshine Coast families affected by breast cancer. Visit www.pinktober.com.au to donate, attend an event or register to get your own PINKUp pack in support of our Cindy Mackenzie Breast Cancer Program.



Quick info

Acute Admissions - 07 5430 3314	Breast Clinic referrals - 07 5452 0500
Buderim Heart Centre - 1300 675 897	Acute Mental Health referrals - 1300 780 413

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<https://unitingcareqld.schoolzineplus.com/subscribe-to-nexus>

Did you know?

In an Australian-first, late last year the hospital installed 4k imaging equipment in its theatres which provides surgeons with the world's highest levels of detail and contrast for a greatly enhanced surgical experience.



Thousands of procedures have already been conducted using this new equipment.

[CLICK HERE](#) to find out more about this new technology.