

Please distribute to all health professionals and staff

Ph: 07 3390 2466 | Fax: 07 3823 1408  
Website: [www.gmsbml.org.au](http://www.gmsbml.org.au)  
ABN: 53 151 707 765



GREATER METRO SOUTH BRISBANE MEDICARE LOCAL

Connecting health to meet local needs

Wednesday 11 January 2012

# Weekly FaxFlyer

## **Coming Events 2012**

To view all events go to

[www.seagp.org.au/comingEvents.html](http://www.seagp.org.au/comingEvents.html)

### **21 & 28 February**

**Mater Mothers' Hospital GP Maternity Shared Care ADVANCED Alignment Program Part 1 and Part 2** will be held at Mater Medical Centre Conference Room, 293 Vulture St, South Brisbane. 40 Category 1 Points. For more information please contact Sara McDonald on 3163 1036 or email: [sara.mcdonald@mater.org.au](mailto:sara.mcdonald@mater.org.au). Presented by Mater Health Services.

### **8 March**

**Palliative Care Queensland Breakfast Seminar : Spiritual Care of the Dying** will be held at Cancer Council Queensland. For more information please contact 3211 2299 or email: [enquiries@palliativecareqld.org.au](mailto:enquiries@palliativecareqld.org.au). Presented by Centre for Palliative Care Research and Education.

### **8 & 9 March**

**Coaching for Health and Wellbeing** will be held at Niche Event Spaces, 433 Logan Road, Stones Corner from 9:00am to 4:30pm. For more information please contact 1300 855 568. Presented by Benchmark Group.

### **24 March**

**Mater Mothers' Hospital GP Maternity Shared Care Alignment Program Part 1 and 2** will be held at Mater Medical Centre Conference Room, 293 Vulture Street, South Brisbane. 40 Category 1 Points. For more information please contact Sara McDonald on 3163 1036 or email: [sara.mcdonald@mater.org.au](mailto:sara.mcdonald@mater.org.au). Presented by Mater Health Services.



## **Free Chronic Disease Healthy Living Program**

Have you been diagnosed with osteoporosis, diabetes, lung disorders, arthritis, stroke, heart disease or depression then Jump Up and Join in, in Blue Care Eastside Community Care's active program events. Their Healthy Living Program includes: Tai Chi for Health, Healthy Cooking Program and Nutritional Shopping Challenges, Gentle walking group in collaboration with the Heart Foundation, and Lighten Up Program in collaboration with Queensland Health. Eligibility: you must have at least one chronic disease and this disease must impact on your daily living and be over the age of 55. Transport: for onsite classes transport is available by bus or LANDS transport service may be able to assist. Activities are flexible with weeknight sessions and weekends as per enrolment numbers. They are able to come to you for any community group of 8 people or more with the exception of the healthy cooking/shopping challenges. At all events you have access to qualified Blue Care staff. For further information or to register your interest contact Blue Care Eastside Community Care, Community Nurse Sonia Kennett – 0416 082 158/ 3308 5861.

## **The Obesity Epidemic – Why aren't we making a difference?**

Sixty per cent of adults are reported to be overweight. None of the public health measures seem to be making any difference. We are said to be living on an obesogenic environment with vested interests making it difficult to introduce any effective measures (e.g. food traffic lights which alert the consumer to the salt, fat and calorie content of foods). An interesting podcast to listen to with Dr Rosemary Korda (Research Fellow National Centre for Epidemiology and Population Health ANU), Professor Julio Licinio (Director John Curtin School of Medical Research ANU), Professor Caroline McMillan (Deputy Vice-Chancellor Research University of South Australia) and Garry Egger (Professor in Lifestyle Medicine and Applied Health Promotion Southern Cross University) on "Do fat children become fat adults?" can be found at <http://www.abc.net.au/radionational/programs/lifematters/do-fat-children-become-fat-adults/2922858>.

## **Mater's GP Education Conference – 11 and 12 February 2012 – Surfers Paradise Marriott Resort & Spa**

Mater Health Services invites you to join your colleagues on a tropical escape to the well renowned and newly renovated five star Surfers Paradise Marriott Resort & Spa where you will relax, unwind and reenergise. The setting will be stunning but more importantly the weekend will provide first class education delivered by leading Mater Specialists for you to improve patient care and gain valuable RACGP points. Topics to be covered are advanced life support, basic life support, cancer, cardiology and radiology, dermatology, endocrinology, gastroenterology, general surgery, geriatrics, infectious diseases, rehabilitation and pain management, respiratory and sleep medicine, urology and vascular. To register please visit the [conference website](#), or contact Sara McDonald on email [sara.mcdonald@mater.org.au](mailto:sara.mcdonald@mater.org.au) or telephone 3163 1036.

## **Treasure Chest – Weight Loss – Common Myths**

The New Year is a time for resolutions about weight loss. There are many myths about on weight reduction. The following sites are useful in helping with setting realistic goals and providing advice based on evidence.

National Institute of Diabetes and Digestive and Kidney Diseases <http://win.niddk.nih.gov/publications/myths.htm>

Better Health Channel – Victorian Government Department of Health

[http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/weight\\_loss\\_common\\_misconceptions?open](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/weight_loss_common_misconceptions?open)

<http://www.abc.net.au/radionational/programs/lifematters/do-fat-children-become-fat-adults/2922858>