



# SCLMA

SUNSHINE COAST LOCAL MEDICAL ASSOCIATION

## Newsletter

December 2011

*SCLMA Christmas function - Headland Park Golf Club - 3 December 11  
Excellent venue, delicious food, and entertainment by 'Chardonnay Sippers'  
(with Fabio joining in) all combined for a memorable social occasion.*



Left: SCLMA  
President, Dr  
Wayne Herdy with  
Monique



Right: Dr Peter  
Nash with Dr Fran  
Johnson



Dr James Dick with  
Dr Chris Dawkins



Santa hearing Christmas  
requests from Dr Trish Pease



Dr Raewyn James with  
Dr Scott Phipps

*The Sunshine Coast Local Medical Association  
sincerely thanks Sullivan Nicolaides Pathology  
for the distribution of the monthly newsletter.*



**Sullivan  
Nicolaides**  
PATHOLOGY

*On behalf of the  
committee, I would like to wish SCLMA  
members, their families and friends a restful,  
safe and Happy Christmas.  
We look forward to meeting again  
in the New Year,  
Best Regards, Wayne Herdy.*

## CONTACTS:

President and AMA Councillor	Dr Wayne Herdy Ph: 5476 0111
Vice President:	Dr Mason Stevenson Ph: 5442 4922
Secretary:	Dr John Eckersley
Treasurer:	Dr Peter Ruscoe Ph: 5446 1466
Hospital Liaison:	Dr Jeremy Long Ph: 5470 5651
Newsletter Editor:	Dr Marcel Knesl Ph: 5479 0444
SCDGP Rep:	Dr Scott Phipps Ph: 5494 2131
Meetings Convenor:	Dr Rob Ingham Ph: 5443 3768
Committee:	Dr Andrew Foster Dr Geoff Hawson Dr Denise Ladwig Dr Kirsten Hoyle Dr Di Minuskin Dr Debbie Pfeiffer Dr Nigel Sommerfeld

For general enquiries and all editorial or advertising contributions and costs, please contact:

**Jo Bourke (Secretariat)**

**Ph: 5479 3979**

**Mob: 0407 037 112**

**Fax: 5479 3995**

The Sunshine Coast Local Medical Association welcomes contributions from members, especially *'Letters to the Editor'*.

**Please address all correspondence to:**

**SCLMA PO Box 549 Cotton Tree 4558**

**Email: [jobo@squirrel.com.au](mailto:jobo@squirrel.com.au)**

**Fax: 5479 3995**

**Newsletter Editor:**

**Email: Dr Marcel Knesl  
[valmolives@gmail.com](mailto:valmolives@gmail.com)**

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# ***NO NEWSLETTER IN JANUARY 2012***

**NEXT NEWSLETTER ....**

**FEBRUARY 2012**

**The deadline for ALL  
contributions, advertisements  
and classifieds is:**

**FRIDAY 03 FEBRUARY 2012**

**Contact Jo: 5479 3979**

**Email: [jobo@squirrel.com.au](mailto:jobo@squirrel.com.au)**

**Fax: 5479 3995**

*(Please note deadline dates for  
2012 will be the Friday of the first  
week of the newsletter month.)*



## **ARE YOU A MEMBER?**

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## Letters to the Editor

*2011 has been another busy year for the medical community of the Sunshine Coast.*

*The soil has been turned on the new Ramsay Kawana private hospital; the Sunshine Coast Private Hospital has completed major infrastructure additions; several new gastroenterologists and cardiologists joined the staff of Nambour General Hospital and Oceania Oncology commenced public/private radiotherapy services for residents of the Sunshine Coast.*

*We still await announcements for the new GP super clinic as well the main contractor for the Sunshine Coast University Hospital.*

*The academic programme run this year by the LMA has been exemplary ending two weeks ago with a very informative cardiology presentation by the NGH cardiologists.*

*From me, your editor, I wish you a safe and enjoyable Christmas holiday.*

*Marcel Knesl.*



## A New Generation of Health carers for the Sunshine Coast

The health of the regional economy on the Sunshine Coast is showing great promise when it comes to healthcare jobs.

It is still two years before the doors open on the new private hospital under construction at Kawana but Ramsay Health Care has already received nearly 400 applications for employment.

As well as interest from existing Sunshine Coast healthcare nurses and specialists more than 150 applications have been received from outside the region – attracting interest interstate from places such as Sydney, Melbourne and Perth and internationally as far afield as Canada, India, Ireland and the United Kingdom.

Ramsay Health Care's Queensland State Operations Manager Lloyd Hill said he was extremely pleased with the level of interest from both staff and doctors.

"We knew that there would be a lot of interest but even we have been astounded by the number and quality of applications that have been received in a short period of time and with limited advertising," he said.

"When it opens in December 2013 the hospital will employ over 700 staff from a range of disciplines and generate nearly \$90 Million in new economic activity for the area," he said.

Mr Hill said the hospital workforce would serve as a springboard to enliven the local economy beyond the realm

of healthcare, with the large number of doctors, nurses, allied health, support staff and their families providing a multiplier effect on nearby housing, restaurants and retail businesses.

"The economic activity of the hospital will extend well beyond the hospital walls; with a trickle-down effect spreading outward to hospital manufacturers, suppliers, local florists, linen companies and other firms that serve as the lifeblood of Ramsay private hospitals," he said.

Site preparation work began on the new hospital in September with full construction work on target to commence in the New Year.

The \$150 million private hospital will have an initial capacity of 200 beds, six operating theatres, a day surgery centre, a day chemotherapy unit and an 8 bed intensive care unit.

The four story facility will be collocated with the \$2.03 billion Sunshine Coast University Hospital and also include medical consulting suites, pathology and radiology services.



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**Dr Dana Moisuc**

Suite 1, 3 Lyrebird Street  
Buderim QLD 4556  
P: (07) 5478 3533



**Dr Petra Ladwig**

Ground floor  
5 Innovation Parkway  
Birtinya QLD 4575  
P: (07) 5437 7244



**Dr Bogdan Benga**

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# DISTRICT LINK - DECEMBER 2011

*with Kevin Hegarty*



The District's Inaugural Research Day was held this month. It provided demonstration of the quality of the work being conducted within the District and evidence of the maturation of our focus on research.

Dr Nick Gray as Chair of the Research Board has been at the forefront of promoting research. This will obviously become an increasingly significant focus for the District as we progress to tertiary service status.

The future of research and education in the District is assured with the specific investment in the Skills and Academic Research Centre at the Sunshine Coast University Hospital. This initiative which brings together in partnership the District, the University of Queensland, University of the Sunshine Coast, and the Sunshine Coast Institute of TAFE.

The Research Board has already established strong links with Wishlist (Sunshine Coast Health Service Foundation), which provides research funding support for projects undertaken by District researchers. This year, Wishlist have contributed more than \$120,000 to support local research.

I was particularly pleased to have the opportunity to attend the SCLMA's November meeting at which Doctors Larsen, Challen, Johnson and Maskiell presented on a range of topics which demonstrated the advances in treatment at Nambour Hospital through the interface of its radiology and cardiology services. Whilst there was significant focus throughout the presentation on the new technology which helps facilitate these services, it was obvious to all in attendance that it was the professional skills and ability of the four presenters that was the real showpiece.

As this year concludes we look forward to 2012 as the year in which a number of our milestone developments will be achieved. The end of February will see the submission of Binding Bids by the three shortlisted consortia seeking to build the Sunshine Coast University Hospital. This process will produce an outcome by the end of September with the announcement of the successful consortia.

April will see the District's Cardiac Catheter Lab become operational.

I would like to take this opportunity to extend on behalf of the District's Leadership Team and staff of the District, best wishes for the Festive Season and look forward to your continuing support in 2012.

Kevin Hegarty, District CEO  
Sunshine Coast Health Service District  
[kevin\\_hegarty@health.qld.gov.au](mailto:kevin_hegarty@health.qld.gov.au)

## ***Food for Thought – Iodine for Intelligence***

### ***The Childrens Nutrition Research Centre, The University of Queensland***

The world's leading cause of preventable brain damage threatens Australian children. The Childrens Nutrition Research Centre, The University of Queensland are currently seeking volunteers living in South East Queensland to be involved in a vital study in order to determine whether Queensland children are eating enough iodine for their brain function.

Original concerns about the prevalence of iodine deficiency in Australia were initially expressed in 2006. For this reason, mandatory fortification of iodine into bread was introduced in late 2009 by Food Standards Australia and New Zealand. The effectiveness of this public health intervention remains unknown and the risks associated with iodine fortification need to be monitored.

The Children's Nutrition Research Centre is the first organisation to conduct an investigation into the effects of iodine fortification on the iodine status and thyroid health of Queensland children. Researchers will be evaluating the urinary levels, thyroid hormones and dietary intake of children residing in areas of iodine deficiency, iodine sufficiency and iodine excess.

***Children aged 8-10 years and 2-3 years living in South East Queensland are eligible to take part in this study.***

For further information on how you can be involved, please contact Anna Walsh:

**Ph: 07 3636 9294 or [kidsnutrition@uq.edu.au](mailto:kidsnutrition@uq.edu.au)**

# AMA QUEENSLAND - PRESIDENT'S REPORT

*Dr Richard Kidd*

## SUICIDE WATCH CAMPAIGN LAUNCHED ...



Sadly, almost 500 Queenslanders will take their life in the next 12 months and on average, seven Australians die by suicide each day. It's the leading cause of death for men and women under the age of 34.

As a result of these latest statistics AMA Queensland launched its latest campaign, Suicide Watch which urges anyone having trouble seeing a way forward to visit or phone their GP for urgent help.

The campaign is in response to concerns for the mental health of Queenslanders following last summer's floods and Cyclone Yasi.

As it marks the one year anniversary of both natural disasters fast approaching it was important to reinforce the message to people across the state that help was at hand.

As part of the campaign AMA Queensland enlisted members to develop an emotive television clip, featuring GPs and other medical professionals, encouraging Queenslanders in need to make contact with their Family Doctor.

This video clip is currently posted on You Tube and has received around 2,000 views already. This clip is also being televised over the Christmas period to reach out to those in need.

A recent survey of AMA Queensland members found just over half (51%) of doctors believed the main reason people with a mental health issue didn't seek assistance was because they were reluctant to admit they had a problem.

Anyone who needs to talk about a problem should feel they can visit their local GP who can provide a personal, private and confidential service with follow up. Our Queensland GPs care about their local communities and want to help.

I encourage everyone to visit [youtu.be/MkGmo6C9xSo](https://youtu.be/MkGmo6C9xSo) to watch the clip and also pass it on to friends, family and colleagues.

Doctors are not isolated from this message and if you or your colleagues are having a tough time remember there is assistance by way of the Doctors Health Advisory Service Queensland. A dedicated phone service is available 24 hours a day, seven days a week for medical and health practitioners in need. This number is (07) 3833 4352.

Further to this for support and information about mental health and suicide prevention, contact Lifeline on 13 11 14 or [lifeline.org.au](http://lifeline.org.au)

This AMA Queensland initiative not only highlights the value of the Family Doctor in our community, it also is an important step in enabling discussion about suicide and encouraging people to seek help when they are struggling. I am proud of our organisation providing this leadership.

As an election looms, AMA Queensland continues to push for health to be front and centre of the debate. Our Time for Answers campaign continues to ask candidates to answer questions about health services in their region.

On that note I wish you all a happy and safe Christmas and look forward to tackling the many challenges facing our health system as we move forward into a State Election in 2012.








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# Does Solar Power Make \$ense?

*"The solar energy falling onto Australia during an average day is enough to meet our entire energy needs for 25 years."*

## It's Clean...

Solar energy is a clean, renewable energy source that is easily accessible, readily available and, thanks to a generous rebate subsidy program, affordable.

This means you can do your 'bit' for the environment for a relatively modest outlay.

Good for the environment is nice, but the focus of this article is of a more fiscal nature.

## It's Green and yellow and red and blue and mauve too...

Solar power generation not only saves you money on power bills, but, by installing the right system, it can *make* you money too...



Any solar power generated in excess of your daytime consumption can be fed back into the grid and turned into CASH, as an additional source of income.

The main factors influencing how much cash include...

- Generating capacity of the system - size & efficiency,
- Property orientation ie exposure to direct sunlight,
- Your daytime usage - during production hours, and
- The feed-in tariff you get paid.

## Size is everything... Simply put, the bigger the system, the greater the output.

The maximum allowed on a QLD residential property is 5kw, generating  $\pm 27$ kw-hrs/day or  $\pm 10,000$ kw-hrs/year.

Cost and footprint are the main considerations for a system of this size, but it will maximize your potential for additional income and pay for itself in no-time.

## Feed-In Tariffs...

The QLD State Government has legislated a feed-in tariff of 44c/kw fed back into the grid until 2028. This means that for the next 16 years, every kilo-watt you supply, ie in excess of your daytime usage, you receive twice what

electricity users are charged – at today's rates.

This subsidy is, in turn, paid for by increased usage charges and as supply rates inevitably increase, the true value of your solar power is realized. In 10 years time, you'll be laughing.

Some Retailers top-up the Govt feed-in tariff, such as AGL will pay 52c/kw. (*It's also relatively easy to get a 10% discount on your power bill.*)

Be aware though, independent businesses can review their offers, so best do your cash-flows on the Government-guaranteed 44c tariff.

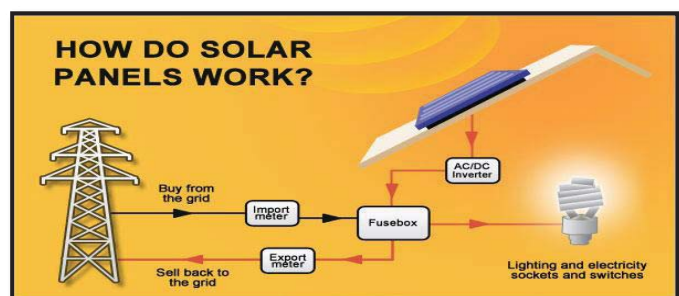
*"The real power of solar energy lies in the opportunity to create a positive cash-flow investment property. It's brilliant!"*

**Wes Stephen**  
SEQ Property Planners

## So, what's it r-e-a-l-l-y worth...?

A 'piece-of-string' question perhaps, but an efficient 5kw system could fetch you an extra \$3,500 - \$4,000 per year, which certainly helps with the cash-flow of any household or can create an attractive investment option – a positive cash-flow property venture... for years to come.

## Does that shed any more light on the subject?



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# MEDICAL MOTORING

*with Doctor Clive Fraser*

## VW Polo GTI



### ***“Can I check your oil?”***

For most of us that new car smell is more memorable than just about anything else associated with the purchase of a vehicle.

Long after we have forgotten the salesman's name and how much that new car cost we can all still remember what the car smelt like when we first climbed inside.



At 6.1 L/100 km that one litre of oil usage is fairly close to a 60:1 mix which would keep most two-stroke motors running for a while.

And at \$20 per litre for the special VW oil he might find himself spending \$300 per year on oil if the consumption continues at its current rate.

And whilst we all know about the hazards of glue-sniffing, we are all strangely addicted to those volatile organic compounds leaching out of our car's interior.

With so many connections between the olfactory bulb and the limbic system we were probably programmed to remember those smells and perhaps there might even be some survival value for human beings to experience the purchase of a new car.

A much less palatable smell though is anything that emanates from the exhaust pipe and burning oil might top that list.

But an anaesthetist colleague of mine has become a little obsessed with the contents of his exhaust gases as he has discovered that his brand new VW Polo GTI is using one litre of oil every 1,000 kilometres.

Whilst he hasn't actually seen any smoke coming out of the exhaust one can only assume that the oil is being combusted as he drives along as it certainly isn't dripping onto his garage floor.

The VW owner manual reassuringly says that, “oil consumption can be up to 0.5 litre / 1,000 km” and that “engine oil consumption is likely to be higher in the first 5,000 km”.

Higher oil consumption can become an issue as car-makers strive for engines that have lower friction and use less fuel and of course the running-in of the vehicle is also a factor at play.

VW recommends that in the first 1,000 kilometres:

- Do not drive faster than three quarters of top speed
- Do not use full throttle
- Avoid high engine speeds
- Do not tow a trailer.

To that list I'd add don't let the engine labour in too high a gear.

There are also those who advise in the first few kilometres brief applications of full throttle in a high gear to force the rings against the bore walls.





# MEDICAL MOTORING /cont:

This seems to be a technique preferred in demo vehicles at dealerships which are always flogged mercilessly on test drives.

So my colleague is paying very close attention to the Polo's dip-stick and the oil warning light and he has promised to keep us posted about his Polo's thirst for oil.

*To be continued....*

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## DAN EVERSON

P O D I A T R Y

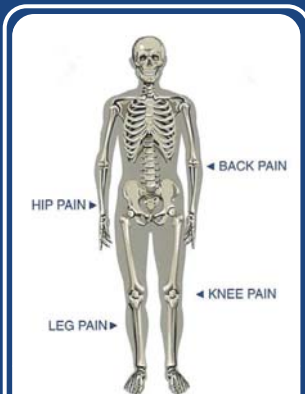
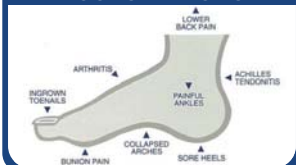
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# INCOME PROTECTION FOR MEDICAL PROFESSIONALS

As a medical professional you have specific risks that are not associated with other professions. Due to these specific risks you require an income protection policy that is designed to meet your particular needs. No two income protection policies are the same due to different definitions, features and how you will be assessed at time of claim.

Having a risk specialist evaluate your situation is very important to ensure the right policy matches your needs. This in turn will ensure you receive your entitled benefit in the event you are unable to work due to a disability.

## ***The “must haves” in an income protection policy for medical professionals are:***

### **Blood Borne Disease (HIV, Hepatitis B & C etc)**

**Policy Wording:** The policy must have a provision where in the event your governing body does not allow you to practice due to the risk of exposure, but you are still physically/mentally able to work, you can still receive your entitled benefit and would be classed as totally or partially disabled. An example is where a surgeon contracts a blood borne disease and is advised they are unable to practice due to the risk of exposure. Under some income protection policies the client may not receive any benefit because they can still physically/mentally work. Having a specific medical policy would deem the client to be totally disabled and allow them to receive their full benefit.

### **Being assessed on your ability to perform your occupation and specific skills, at claim time:**

Let's take the example of a General Practitioner that earns 50% of their income from removing skin lesions/sunspots and the other 50% from general consultations. If they suffer a disability that stops them from removing skin lesions/sun spots, e.g. a hand injury, their income would reduce by 50%. Hence a specific policy is required that recognises the related skills to provide a replacement benefit for the reduced income.

**Day 1 Partial Disability Benefit:** The majority of income protection claims are black and white from the point that at time of disability, the client normally stops work straight away. However, in some situations e.g. mental illness, the client may only need to cut back their work time from 5 days a week to 2 days a week to assist with the associated illness. In this situation only some income protection policies would allow the client to claim beyond the waiting period as others would not pay due to the fact that the client has not stopped work yet. Even though, work hours/duties have been reduced, if the client is still working, some policies will not provide a benefit until the client has stopped work all together. Ensuring you have flexibility to still work during the waiting period can mean the difference between receiving a replacement income and not receiving one.

### **Newly Qualified Medical Professionals Package:**

If you are a graduate and are registered with the appropriate Medical Board, you are able to have an automatic level of income protection, without any proof of income and even if you have been working for less than 12 months. Again this benefit is only available through specific medical policies and more importantly, the benefit is locked in under an agreed value contract, so at time of claim the monthly benefit cannot be reduced.

### **Understand ongoing income from a medical practice:**

If you are self employed and in a situation where the practice will keep running even if you are unable to work, e.g. you are in partnership with other doctors and/or you have other employee doctors that will keep the practice running. There may be ongoing income/revenue from the practice that you could still receive (be it a reduced amount) or you are legally entitled to receive it, e.g. profit distribution from the company. If this is the case some income protection policies will offset the ongoing income/revenue against the entitled income protection benefit. An example would be where a self employed client is insured for \$250,000 p.a.; they suffer a disability and are entitled to a claim. The practice still continues operating with a profit of \$150,000. Although, the profit may not be received, e.g. is put back into the practice to cover next years costs, because it is still entitled income, the \$150,000 would offset the \$250,000, resulting in the client only receiving \$100,000. Therefore having a policy and the underwriting flexibility to not include an offset clause on the contract is another key definition that must be included.

From our research, there are less than a handful of income protection policies available in the market that have all of the listed requirements and are specifically designed for medical professionals.

You do not want to be paying premiums for a policy where you could have an issue at time of claim because the policy does not meet your particular needs.

It is therefore imperative to seek advice from a risk specialist that can review your existing and ongoing insurance requirements.

Article written by Hayden White DFP, Risk Specialist, November 2011. Representative of Poole & Partners Investment Services Pty Ltd.

Ph: 5467 9900  
[www.poolepartners.com.au](http://www.poolepartners.com.au)



# “Christmas Day - - Drinks Menu?”



dr. plonk

Christmas can be a bizarre time for buying booze. Every year the drink catalogues seem to outdo each other with obscure products ranging from Latvian Liqueurs to absurdly flavoured beers from Mozambique. You get the picture. Let alone the packaging of items like Champagne in neoprene coolers and obtusely shaped ice buckets. Things that will just clutter up the cupboard and develop its own micro biological world of dust and mould.



Yet it is so hard to resist. It's akin to the fisherman who goes into the tackle shop and is immediately drawn into the seductive world of lures, supposedly designed to catch fish not humans, and completely ignores his wife and child in his zombie like state. Yes I am guilty to the max.

The Dan Murphys Christmas catalogue is so well laid out and the photography so alluring that I want to buy one of everything and try it that day. Cocktail recipes featuring exotic vodkas and on line recipes of great classics like rumballs made with Jamaican Appleton XV Rum decorate the pages. It's a work of art.

With the silly season in full swing, the antacids and PPI's stolen from the sample cupboard get a good work out. Not that I should be endorsing hangover remedies, but a PPI, maxolon, Berocca, and a Gatorade go a long way to making one feel human again. Sausage rolls or Bacon and egg roll are optional extras.

I often get asked what's on the drinks menu for Christmas day. I just can't get away from Champagne to kick start the day. Whether it is breakfast or brunch, Laurent Perrier NV is your 24 hour drink.

For a more subtle start, Santa Margherita Prosecco di Valdobbiadene is a lively Italian fizz that has pears and melon notes with a light dry yeasty finish and lower alcohol content.

The lunch always begins with the best oysters I can find, often shucked by myself on demand to ensure freshness. The Cape Mentelle Sauvignon Blanc Semillon 2011 is a classic from Margaret River that has zesty citrus and melon notes with good acidity for those creamy oysters. Schloss Vollrads Spatlese Riesling is on the sweeter side but has lemon acidity that balances the wine. Again lower alcohol at 8% and sentimentally sealed with a glass cork.

The gaggle of meats can be confusing and I have always enjoyed lighter style reds or a big woody chardonnay to match. Savatere Chardonnay Beechworth 2009 exudes a tight minerally white peach bouquet with a long acidic and well oaked palate that cooks the goose. A real treat is Pio Cesare Barolo 2006 from Italy. The nose has rich berry fruit with tarry liquorice notes and a hint of spice and rose petals. The tannin structure is mild but the flavour lingers long that suits sweeter meats liked baked ham and goes well with complex meats such as duck and other game.

Bring on Mum's plum pudding with all that rum drenched fruit and exotic spices, smothered in homemade custard and clotted cream. Chilled Baileys of Glenrowan Liqueur Tokay rounds this off nicely. Let another notch out of the belt and get some Bombay Sapphire Gin and mix with Blood Orange soft drink and nectarine pieces to punctuate the afternoon.

***Now that's Christmas!***

***/cont next page***



# NGH LIAISON COLUMN .... BACK to the FUTURE

## Dr Jeremy Long

The Sunshine Coast Health Service District (SCHSD) will soon be governed by a local Board..... So called health reform.

Clinicians around the world who remain the constant in the health system will no doubt sit back with an air of cynicism as the old reform roles out in its new form – the 'Matrix' redesigning itself.

Luckily the clinical constant has a great relationship with the SCHSD executive team and this is now more evident than ever in the formation of the Clinical Leadership Group (CLG). The CLG has representation from all clinical walks of life and from all around the district.

The Chair of the CLG has direct representation on the District Leadership Team allowing for instant communication between the 2 groups.

'Wow, So What, Whatever' - may be the thoughts that spring to the readers mind, but this truly represents a small and significant renaissance for health and puts clinicians back in the co-pilot seat.

To extend the flying metaphor, we will now navigate the way for the district so that the focus will be more on clinical quality, clinical stewardship and improved care.

All committees are potential victims of rigid agendas and stagnation, so the CLG is running quite differently; focusing on single important issues and then driving the consensus decisions to action through the existing district structures.

The first four months have started well and with input from GP liaison on the group, we hope to ensure the relevance of the CLG to the broader primary care community.

Presently the chair of CLG is the SCLMA hospital liaison – good for business, yes?

Jeremy Long



## Newsletter Updates

*Over the past few months your newsletter Editor, Dr Marcel Knesl has introduced a number of new feature articles....*

- *Dr Plonk's Wine Review*
- *Marcel's Restaurant Review*
- *Property Feature*
- *Financial Reviews*

*The column above - NGH Liaison with Dr Jeremy Long is the latest addition and will be a regular feature to complement Kevin Hegarty's District Link.*

*We thank our regular contributors, especially Dr Clive Fraser with his inimitable motoring column and the reports from our President, Dr Wayne Herdy and AMA Queensland President, Dr Richard Kidd.*

*Your Editor enjoys receiving special interest articles especially of a medical nature and as usual your letters are always welcomed.*

*Let Editor Marcel know your thoughts and suggestions via the survey which will accompany your 2012 membership renewal.*

15

## Dr Plonk's Christmas drinks / cont:

Ironically this year I will be in Adelaide and having a catered lunch at the Heritage.  
There's no place like home!

### Dr Plonk's Wines of the year:

- Sparkling- Pelorus Sparkling Marlborough 2006
- Champagne- Ruinart Blanc de Blanc NV
- Sauvignon Blanc -Craggy Range Te muna rd Martinborough 2011
- Riesling- Grosset Polish Hill Care Valley 2010
- Chardonnay- Leeuwin Estate Art Series Margaret River 2008
- Semillon- Pooles Rock Hunter Valley 2006
- Pinot Noir- Valli Wataikai North Otago 2008
- Cabernet Sauvignon – Dalwhinnie Moonambel 2005
- Shiraz- Paul Osicka Heathcote 2009



## ***Local scientists discuss IVF treatment on a world stage***

Recently two Sunshine Coast IVF embryologists experienced the opportunity of a lifetime, delivering their findings on a global scale at the 14th World Congress on Human Reproduction in Melbourne.

Speaking at the annual event, which is not usually held in Australia, was a huge honour for the local scientists, acknowledging their skills as among the best in the world.

The pair included Laboratory Manager of IVF Sunshine Coast, Jacinta Luermans, as well as Laboratory Supervisor of IVF Caboolture, Christine Lucas.

The annual congress attracts over eight hundred professionals, practitioners and specialists from around the globe meeting to exchange ideas on the latest advancements in fertility, obstetrics, gynaecology and human reproduction.

The pair both agreed the opportunity to share their findings with health professionals from around the world was one of the highlights of their careers. "We are dealing with such amazing technology and are seeing successful outcomes which continue to improve each day," Jacinta said.

"It was such an incredible opportunity to be able to share these successes with the world and hopefully our results will give others the chance to take advantage of these advances both on a local and international level," she added.

Jacinta delivered her presentation on a very early embryo marker, which has been introduced at IVF Sunshine Coast to try and measure embryo quality in a way that helps to deliver consistently high pregnancy rates.

Christine discussed her research on a comparison of the current ovulation induction drug against a newer, lesser used drug, and says her findings will help improve pregnancy rates.

"What we've found at IVF Caboolture is that the newer drug actually maintains the high pregnancy rate of the most commonly used drug currently available but decreases the risks to women that are associated with multiple births" she says.

"It was exciting to present these findings as I think it's a huge step in the right direction for the industry," Christine said.

For more information please contact:  
Courtney Aspland Ph: 0431 123 470



Jacinta Luermans, Laboratory Manager of IVF Sunshine Coast.



Christine Lucas, Laboratory Supervisor of IVF Caboolture



# RESTAURANT REVIEW

## *The Tamarind Restaurant*

**88 Obi Lane South**

**Maleny 4560**

**Ph: 1300 311 429**



The Tamarind Restaurant is part of the Spicers Retreats, Hotels and Lodges.

Winner of numerous 2011 awards including the Sunshine Coast 2011 HOSTPLUS Restaurant and Catering Awards plus Queensland 2011 Tourism Awards.

Headed by Daniel Jarrett Executive Chef, The Tamarind has a simple goal: Embrace flavours, philosophies and the unique culinary cultures of Asia, while using locally raised ingredients whenever possible and supporting sustainability here in the Sunshine Coast Hinterland.

Simplified, this means Thai style food prepared by experienced chefs using local ingredients.

Tamarind is a big tree which makes Tamarind fruit in large dark brown pods. There are 2 varieties of tamarind. Sweet and sour. The sour tamarind is the one used exclusively in cooking.

Thai cuisine evokes tastes and smells of basil, galangal, garlic, ginger, chilli pepper, cardamom, cumin, coriander, star anise, fish sauce, dark sweet soy, curry pastes of namya and masaman. The taste buds scream for more and so we start our culinary journey.

Complexity is the key ingredient. The Tamarind has mastered this to perfection.

The Tamarind offers a choice of three culinary options:

2 course - \$65,

3 course - \$75 and

5 course Banquet - \$85.

To start we had the "Char grilled octopus salad with Thai lemongrass, fried garlic & roasted peanuts" and the "Salad of spicy char grilled wagyu beef with Asian herbs, soy & chilli. The description speaks for itself. The flavours were so complex and so well balanced that all conversation stopped while we delicately savoured the flavours.

To follow we had the "Massaman curry of slow braised beef with sweet potato, white radish, peanuts, pickled ginger & crispy shallots" and the "Yellow curry of seafood with snake beans, roasted shallots, bamboo & cherry tomatoes." Need I say more.

The Tamarind signature dish is the "Whole crispy fried fish with a three flavoured sauce, crispy fried basil & ground roasted rice." \$15 supplement applies. With this goes the saying "Give a man a fish and he eats for a day. Teach a man to fish and he eats for a lifetime."

Dessert menu included the "Spiced Valhrona chocolate torte with pistachio sponge, chocolate oil, and jasmine ice cream." Presentation 10/10 and taste a close 9/10.

The Tamarind is fully licensed with drinks a bit on the steep side. Simple 4X at \$7 with most imported beers \$8 to \$9.

Wines kick off with a beautiful Margaret River Shiraz for \$40.

In October I reviewed Spice Temple, Neil Perry's restaurant in the Crown Casino Complex, Melbourne. The Age very quickly awarded Spice Temple its first hat.

***To the Age I say, its time you paid Maleny a visit!***

Bon Appetite.

Marcel Knesl



# ***Volunteering in India or Just taking an Exotic Adventure***



If you have ever considered the idea of volunteering to work overseas then you may be interested in the current opportunity to work in northern India.

Dr Michael Ryan and wife Cheryl have been involved in a project in India since around 2005 and have just returned from their last journey taking along a private tour of guests with them.

Their tour took in 10 days of sightseeing plus a visit to the Delek hospital in Dharamsala where they donated \$10,000 (Aus).

Delek hospital is situated in the far north of India in the state of Himachal Pradesh. A small village situated at the base of the Himalayas that is home to His Holiness the Dalai Lama. Cheryl and Michael are two people lucky enough to have had two private audiences with His Holiness over the last few years.

The Delek hospital is a well established hospital but basic in comparison to Western standards. Michael and Cheryl met with Dr. Tsetan Dorji Sadutshang, the chief medical officer, who is also the current doctor to his holiness the Dalai Lama and with Mr Dawa Phunkyi, Chief Administrator and Health Minister, who welcomed them with a full tour of the hospital and discussed current needs.

The hospital has 20 beds allocated to their TB clinic and another 25 allocated to the general hospital. The hospital has its own pathology, birthing area and local staff. However currently they are very much in need of some volunteer staff at the hospital in the New Year.

The hospital caters to the general population of both Indians and Tibetans. Everyone is welcome and no one is turned away. There is a charge to those who can afford to pay however it is free to those who cannot.

Cheryl talks about India very passionately and to take the opportunity to travel with her and the family will mean having your hand held whilst being taken to somewhere exotic and exciting.

They travel in their own private vehicles and stay in 5 star accommodation or boutique guest houses.

Each September they take a tour over 10 days that takes in riding rickshaws through the streets of old Delhi, hiking in small villages around Dharamsala and a private tour of their project, riding elephants to the top of the Amber Fort in Jaipur and of course no visit to India would be complete without a visit to the Taj Mahal in Agra.

Cheryl will happily discuss details should you wish to come along on tour.

Almost everyone has concerns firstly about their safety followed closely in second place by food poisoning.

Wining and Dining plays an important role in the Ryan household and apart from sightseeing the next important factor of travelling in India is the food.

Both Michael and Cheryl seek out some of the wonderful food experiences whilst travelling including dining in old palaces to buffets set up outside in gardens. Michael and Cheryl will both vouch that the food has been wonderful on tour and the sightseeing equally as good. Cheryl does the itinerary herself and hand picks side tours that take you off the tourist trail along the way. This will include heritage walks in small villages and often a musical in the evening.

If you are interested in volunteering your services to the Delek Hospital then please contact Cheryl directly via their web site:

[www.maggiesdreamcatcher.org.au](http://www.maggiesdreamcatcher.org.au)



Feel free to call Cheryl on **0438 003 759** and make a time to discuss this directly with her.

There is a volunteer pack with all details available upon request.

Cheryl and Michael will be happy to offer extra supplement support where they can in the form of airfares/accommodation and of course offer their personal advice on the area.



Three children from a village slum on the other side of the river beside the Taj Mahal



Long dining table at the Taj Palace in Jaipur where the group had lunch.



Tony and Yvonne were 85 years old and had been married for sixty years. Though they were far from rich, they managed to get by because they carefully watched their pennies.

Though not young, they were both in very good health, largely due to Yvonne's insistence on healthy foods and exercise for the last decade. One day, their good health didn't help when they went on yet another holiday vacation and their plane crashed, sending them off to Heaven. They reached the pearly gates, and St. Peter escorted them inside. He took them to a beautiful mansion, furnished in gold and fine silks, with a fully stocked kitchen and a waterfall in the master bath. A maid could be seen hanging their favorite clothes in the closet. They gasped in astonishment when he said, 'Welcome to Heaven. This will be your home now.'

Tony asked Peter how much all this was going to cost. 'Why, nothing,' Peter replied, 'remember, this is your reward in Heaven.' Tony looked out the window and right there he saw a championship golf course, finer and more beautiful than any ever built on Earth.. 'What are the greens fees?,' grumbled Tony.. 'This is heaven,' St. Peter replied. 'You can play for free, every day.'

Next they went to the clubhouse and saw the lavish buffet lunch. 'Don't even ask,' said St. Peter to Tony. This is Heaven, it is all free for you to enjoy.' Tony looked around and nervously asked Yvonne 'Well, where are the low fat and low cholesterol foods and the decaffeinated tea?' 'That's the best part,' St. Peter replied. 'You can eat and drink as much as you like and you will never get fat or sick. This is Heaven!' 'No gym to work out at?' said Tony 'Not unless you want to,' was the answer. 'No testing my sugar or blood pressure or...' 'Never again'

Tony glared at Yvonne and said, 'You and your Bran Flakes. We could have been here ten years ago!'



Paddy was waiting at the bus stop with his mate when a lorry went by loaded up with rolls of turf.

Paddy said, 'I'm gonna do that when I win the lottery'. 'What's dat?', says his mate.

'Send me lawn away to be cut', says Paddy.

**SUNSHINE COAST LOCAL MEDICAL ASSOCIATION  
MANAGEMENT COMMITTEE MEETING  
THURSDAY 27 OCTOBER 2011  
MAROOCHYDORE SURF CLUB FUNCTION ROOM  
MINUTES (confirmed Committee Meeting, 24 November 2011)**

Meeting commenced 6.10 pm.

**Present:** Drs Wayne Herdy, Debbie Pfeiffer, Andrew Foster, Denise Ladwig, Rob Ingham, Nigel Somerfeld, Marcel Knesl and Kirsten Hoyle. (Observer Jo Bourke).

**Apologies:** Drs Mason Stevenson, Jeremy Long, John Eckersley, Peter Ruscoe, Scott Phipps and Di Minuskin.

**Minutes of last meeting:**

Not currently available, due to illness of John Eckersley, Secretary.

**President's Report** (including recap of 22 September meeting):

- **Dove Cottage** Palliative Unit, Caloundra Hospital - \$200 donation to be made on behalf of Jo Bourke's son, Greg (in lieu of flowers);
- **Cittamani Hospice** – Offer of a donation for a syringe driver. Preference is for a hospital bed, \$2,500. Presentation to be publicised in the SC Daily;
- **Logo Competition:** Open to schools and public, to be used on stationery and gift items. Nigel Somerfeld suggested design brief to be two colours, medical theme and reflecting Sunshine Coast spirit. Nigel to draw up brief; Suggestions of \$250, \$500 or \$1,000 prize to winner; consensus favoured \$500. To be confirmed at next meeting. contest details to schools via art teachers (J Bourke); to be advertised in SCD and free papers; Contest to close end of Term 1; selection process to be determined.
- **Name badges** – to be made available to members. Suggestion to have two lines with name and SCLMA plus special designation for Patron, Life Member etc. Debbie Pfeiffer to find out cost of BSQ badges.
- **Hospitals** - Possible rumour of NGH to be downgraded to something else, might have referred to Nambour Selangor Private Hospital, and not NGH. Selangor has closed its HDU. O&Gs at Selangor reportedly not happy, may shift to TSCPH Ramsay may downgrade some of its private hospitals due to downturn of economic performance, possibly in anticipation of Kawana. Wayne to call Lloyd Hill to confirm rumours Suggestion to invite Private Hospitals to submit information articles for newsletter, as well as paid advertising e.g. one a month. Marcel Knesl to follow up.

**AMA Councillor's Report:**

**GP Super Clinics**

- Redcliffe – Division of General Practice pulled out;
- Two x \$5M grants – building incomplete, no GPs signed up;
- Two other GP Super Clinics abandoned in Victoria and Northern Territory;
- Of 30 – only 17 operational, none with GPs;
- Mental Health Funding – shifted from GPs to social services – housing, unemployment
- Pharmacy Guild – deal with Blackmores off
- Tax Summit – no health related topics admitted, e.g. volumetric alcohol content, "fat tax"
- Federal AMA has spoken critically of the mental health funding changes proposed in the Budget.

**Vice President's Report, Mason Stevenson:** Apology.

**Secretary's Report, Dr John Eckersley:** Apology

**Correspondence In:**

- Fred Bittar re membership, wanting to re-join. Jo Bourke to send application via email with advice that payment is applicable for part-time doctors.

**Correspondence Out:** Nil

**a) Financial Report, Treasurer, Dr Peter Ruscoe:** Apology  
Accounts to be paid:

- Australia Post – September 2011 account
- Jo Bourke – September 2011 secretariat
- Snap Printing – October 2011 Invitations
- Snap Printing - October 2011 newsletter
- Jo Bourke – October 2011 newsletter
- ATO – BAS payment

**b) Membership Report.**

- Dr Emily Hales (NGH)
- Dr Jonathan Last (NGH)
- Dr Gerard Olive (NGH)
- Dr Melissa Yeoh (NGH)

Wayne Herdy moved that the new members be accepted.  
Seconded: Denise Ladwig. Carried.

**Meetings Convenor Report, Dr Rob Ingham:**

- Sponsors needed for the November meeting, Jo Bourke to canvas
- Sponsors being approached for Christmas Function
- Motion: Wayne Herdy moved that Di Minuskin be allotted \$1,000 for prizes at Christmas Function.  
Seconded: Debbie Pfeiffer. Carried.

**SCDGP Report, Dr Scott Phipps:** Apology

- Information from Scott that membership of the new Medicare Local will be open to Allied Health; Corporations preferred.

**Sunshine Coast Public Hospitals Report, Dr Jeremy Long:**  
Apology.

**General Business:**

- Dr John Eckersley, Secretary – will miss the next few meetings due to illness. Debbie Pfeiffer to assist with help from Jo Bourke
- Copies of SCLMA newsletter to go to all GP Practice Managers and Specialists' Practices;
- Permanent membership application to be in every newsletter
- Twelve copies of newsletter to go to NGH, one each to Private Hospital Staff rooms.

Meeting Closed 7.10pm

Next Meeting: Thursday 24 November 2011, 6.00pm

Dr Debbie Pfeiffer, Acting Secretary.





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<b>Maroochydore</b>	<b>Corner Horton and Plaza Parades</b>	<b>Ph: 07 5443 8660</b>
<b>Noosa</b>	<b>Noosa Private Hospital, Pavillion A, 111 Goodchap St</b>	<b>Ph: 07 5430 5200</b>

HIS2011/113

[www.qdi.com.au](http://www.qdi.com.au)

## IT'S THE LAW ....

- Law of Mechanical Repair - After your hands become coated with grease, your nose will begin to itch and you'll have to pee.
- Law of Gravity - Any tool, nut, bolt, screw, when dropped, will roll to the least accessible corner.
- Law of Probability - The probability of being watched is directly proportional to the stupidity of your act.
- Law of Random Numbers - If you dial a wrong number, you never get a busy signal and someone always answers.
- Variation Law - If you change lines (or traffic lanes), the one you were in will always move faster than the one you are in now (works every time).
- Law of the Bath - When the body is fully immersed in water, the telephone rings.
- Law of Close Encounters - The probability of meeting someone you know increases dramatically when you are with someone you don't want to be seen with.
- Law of the Result - When you try to prove to someone that a machine won't work, it will.
- Law of Biomechanics - The severity of the itch is inversely proportional to the reach.
- Law of the Theatre & Hockey Arena - At any event, the people whose seats are furthest from the aisle, always arrive last. They are the ones who will leave their seats several times to go for food, beer, or the toilet and who leave early before the end of the performance or the game is over. The folks in the aisle seats come early, never move once, have long gangly legs or big bellies and stay to the bitter end of the performance. The aisle people also are very surly folk.
- The Coffee Law - As soon as you sit down to a cup of hot coffee, your boss will ask you to do something which will last until the coffee is cold.
- Murphy's Law of Lockers - If there are only 2 people in a locker room, they will have adjacent lockers.
- Law of Physical Surfaces - The chances of an open-faced jelly sandwich landing face down on a floor, are directly correlated to the newness and cost of the carpet or rug.
- Law of Logical Argument - Anything is possible if you don't know what you are talking about.
- Brown's Law of Physical Appearance - If the clothes fit, they're ugly.
- Oliver's Law of Public Speaking - A closed mouth gathers no feet.
- Wilson's Law of Commercial Marketing Strategy - As soon as you find a product that you really like, they will stop making it.
- Doctors' Law - If you don't feel well, make an appointment to go to the doctor, by the time you get there you'll feel better.. But don't make an appointment, and you'll stay sick.



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**SUNSHINE COAST LOCAL MEDICAL ASSOCIATION  
MANAGEMENT COMMITTEE MEETING  
THURSDAY 24 NOVEMBER 2011  
MAROOCHYDORE SURF CLUB FUNCTION ROOM  
DRAFT MINUTES (To be confirmed meeting 23 February 2012)**

Meeting commenced 6.10 pm.

**Present:** Drs Wayne Herdy, Mason Stevenson, Jeremy Long, Peter Ruscoe, Scott Phipps, Di Minuskin, Debbie Pfeiffer, Andrew Foster, Rob Ingham, Nigel Somerfeld, Marcel Knesl and Kirsten Hoyle. (Observer Jo Bourke).

**Apology:** Dr John Eckersley.

**Minutes of last meeting:**

- The draft minutes of 27 October 2011 were accepted with minor corrections. To be published in the SCLMA December 2011 newsletter.

Moved: Wayne Herdy. Seconded: Andrew Foster. Carried.

**Business arising from Minutes:**

- Cittimani – \$2,500 donation to cover cost of new hospital bed. Wayne to present cheque when bed ready in a week's time.
- Logo competition – Brief from Nigel Somerfeld. Committee members' families may submit entries but relevant members may not vote on winner. Brief to be finalised tonight and distributed to schools and design agencies at start of Term 1, 2012 with closing date 30 March 2012. Entries to be circulated prior to the April meeting with decision announced at that meeting. \$500 prize confirmed.
- Name badges – Debbie Pfeiffer to find out cost of magnetic name badges.
- Member Awards – Jo to bring samples of plaques to next meeting.

**Vice President's Report, Mason Stevenson:**

- Mason advised that AMAQ is assisting LMA in Rockhampton to re-establish; it is noted that LMAs are not entities of AMA;
- SCLMA to offer our Constitution as a draft for Rockhampton LMA
- Do we want to offer more assistance? e.g. secretariat/ advertising for newsletter;
- RHLMA have no funds – we would have to provide assistance up front and recoup later;
- Members expressed reservation about committing any financial resources, only a mentorship role;
- Jo Bourke may offer her expertise as an independent contractor.

**Secretary's Report, Dr John Eckersley: Apology**

**Correspondence In:** Nil.

**Correspondence Out:** Nil

**Financial Report, Treasurer, Dr Peter Ruscoe:**

Accounts to be paid:

- Australia Post – October 2011 account
- Office National – October 2011 account
- Jo Bourke – October 2011 secretariat
- Snap Printing – November & Christmas Invitations
- Snap Printing – November 2011 newsletter
- Jo Bourke – November 2011 newsletter
- Carol Hawkins - Assistant Secretariat

Peter Ruscoe moved that his financial report be accepted.

Seconded: Jeremy Long. Carried.

**Membership Report.**

- Dr Sagar Ramani (Radiation Oncologist, Premion)
- Dr Todd Malone (Radiologist, Noosa Radiology)
- Dr Melissa Yeoh (NGH)

The new members were accepted.

- 22 It was noted that membership renewals for 2012 will be half price. Payment from recent new members will cover 2012 and 2013.

**Meetings Convenor Report, Dr Rob Ingham:**

- Christmas function report (Di and Jo) – very poor response due to conflicting dates – need to think about changing the date of 2012 function e.g. mid July, perhaps a different venue also.
- Wayne Herdy – at the September changeover meeting to have a conjoint meeting with the Sunshine Coast Law Society. Rob Ingham to follow up. Also a conjoint meeting with local pharmacists – contact person Tim Logan, Nambour Pharmacist..

**SCDGP Report, Dr Scott Phipps:**

- The Sunshine Coast Division has had its proposal accepted to create a Medicare Local for our region from 01 July 2012. Our model is to create an independent company that will be a purchaser / commissioner of services. It will not be involved in direct service delivery. Work is already underway to build this company, but there is a lot of negotiation needed with DoHA to facilitate a smooth process, since this is a huge task. The Division will remain as a company that will bid for programs that are deemed to be acceptable to the members and plans to be the pre-eminent provider of service in Primary Care in our Region;
- Division members voted overwhelmingly to open full membership to Allied Health;
- The Division's psychology service – Focus – and another entity that was created by The Centre for Healthy Minds – were both finalists in the recent Queensland Mental Health Awards. The Division's Board is proud of the work undertaken by its staff in these areas;
- The Division's involvement in education programs is expanding rapidly and is a significant growth area for the future;
- We have been approached by the Queensland Police to extend our Youth underage binge drinking counselling service to several areas in South East Queensland. This service is funded by the QPS.

**Sunshine Coast Public Hospitals Report, Dr Jeremy Long:**

- Clinical engagement good - Clinician Leadership Meetings chaired by Jeremy.
- focus on clinical records and improvement in communications and coding for funding
- roles and responsibilities of MOs at different levels
- Activity based funding (ABF) model – funding hasn't commenced for new bed, staff etc. Not advertised - LMA to have a role? Draft letter to Minister?
- Ramping up services to Tertiary Level – QH have not upgraded NGH's status/weighting accordingly. Will be underfunded if status is not upgraded.

**General Business:**

**Secretary:**

- Discussion regarding backfill of the Secretary's absence due to illness. Vice President, Mason Stevenson to contact Secretary to ascertain likelihood of returning to position in February. In the interim the meeting agreed to Jo Bourke continuing to open mail and distribute as indicated to Wayne Herdy, Mason Stevenson and committee members as required.

**Newsletter:**

- Editor Marcel Knesl noted that Private Hospitals have expressed interest in submitting information for monthly newsletter
- Printing of newsletter – to stay with local printer with change of production.

Meeting Closed 7.10pm

Next Meeting: Thursday 23 February 2012, 6.00pm

Dr Debbie Pfeiffer, Acting Secretary.



# CLASSIFIEDS

## FOR LEASE

- 69 sqm King Street, Buderim in medical precinct.
- Opposite QML and Sunshine Coast Radiology.
- Close to other medical offices.
- Two doors from a 7 day pharmacy.
- High exposure, street front location.
- Large facias for signage.

**Phone Peter: 0422 772 877.**

*December 2011*

## CONSULTING ROOMS AT ALEXANDRA HEADLAND

- Fully refurbished, available for lease or sale.
- For full details please contact:

**Dr Peter Lee Ph: 5444 5933 (all hours)**

*November 2011*

## VR GP - COOLUM BEACH

- Young Doctors Wanted:
- VR GPs required for Family Medical Centre, established 1978.
- Flexible hours, days, no week-end work or after hours.
- View to partnership or business purchase option, doctor looking to retire.
- Centrally located surgery ideal for two young doctors wanting to start up their own business, with all systems set up.

**Contact Practice Manager, Sharon:**

**Ph: 0402 807 559**

**Email: sharon.richards21@bigpond.com**

*October 2011*

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*Classifieds remain FREE  
for current SCLMA members.  
\$110 for non-members Ph: 5479 3979.  
Mobile: 0407 037 112.  
Email: jobo@squirrel.com.au  
Classifieds will remain on the list  
for three months unless  
you request a longer placement.*

## SCLMA CHRISTMAS FUNCTION 2011

Excellent night - many accolades -  
including Santa with a 'difference'



We thank our generous Sponsors  
Sullivan Nicolaides Pathology  
National Australia Bank (nabhealth)  
Pacific Radiology  
Noosa Hospital  
Caloundra Private Hospital  
The Sunshine Coast Private Hospital  
Sports & Spinal Physiotherapy Centres  
and Medfin

We tried to find the perfect date based on the survey after the 2010 Christmas function but there were many apologies due to conflicting functions.

**What do you suggest?  
Mid July perhaps or mid November?  
Please let us know.**

Huge thanks to Dr Di Minuskin who worked tirelessly to make the night a success especially with that challenging Trivia Quiz with excellent prizes per table.

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## 2012 SCLMA MEMBERSHIP

Your membership renewals will be sent to you in January 2012.

The good news is that the Management Committee has moved to reduce the payment to half price for the year.



**Have you checked out our website?**

**[www.sclma.com.au](http://www.sclma.com.au)**

*Application form available  
Are you listed on the Members' Directory?  
Click on the Member's Form and complete  
Option to send a query also available.*

SCLMA Christmas Function - Headland Park Golf Club - 3rd December 2011

## MORE PHOTOS



Dr Di Minuskin, SCLMA  
Committee member and  
Christmas Function Organiser  
with husband Stuart.

