

## SCLMA President's Message .....

### Dr Roger Faint



*I read an email from Travis & Schultz and Partners last week. The Sunshine Coast Legal Society recently raised over \$40,000 at their 200 attendees wine dinner. Let's hope the Sunshine Coast Local **Medical** Association can achieve a similar result.*

*The SCLMA **Cocktail Party** is on Friday 4th August. **Dr Drago Popovic**, General, Trauma and War Surgeon will be presenting, likely titled 'Short Guide in Combat Medicine'. Funds raised will now go towards **Virtual Reality Goggles** (the ultimate distractor called Smiley Scoop) for children undergoing procedures and palliative care patients.*

*The SCLMA '**Health Report**' is on 27th July with Imaging QLD being the major sponsor of the night once again. I thank **Imaging QLD** and General Manager, **Sharon Hinchley** for their generous support.*

*The event is growing in terms of presenters and this year the SCLMA welcomes the new and very active Primary Health Network CEO **Julie Sturgess**, renamed 'Country to Coast QLD, CCQ'. The committee and I look forward to seeing you all there.*

*The scientific clinical meeting on Thursday 30th March was excellent. The Thompson Institute presentation, led by the very knowledgeable **Professor Daniel Hermens**, presented on MRI*

*functional imaging and development (and thus potential future clinical management intervention) in the 12- to 15-year old age group. His colleagues then presented various research topics including the use of low dose Ketamine for patients with PTSD or Anorexia Nervosa for example.*

*This is cutting edge research and based locally on the Sunshine Coast. Extraordinary!!*

*QLD Health has rescued Breast Screen QLD from becoming defunct at the final hour secondary to a contract dispute. I commend the QLD radiologists who continue to donate their time reporting for Breast Screen. This is an essential service and commonsense has prevailed. Well done to all.*

*The SCLMA needs quality wine for the **Doctors Wine Dozen** this year, to be auctioned on the night of the Cocktail Party. Drs Daevyd Rodda and Frank Cannon have generously donated a bottle each already. Please contact me if you would like to donate.*

*To finish off, recently I have been watching the Netflix Danish political series, Borgen. One of the inspirations of the show is a quotation at the beginning of each episode. One of my favourites from Churchill is: 'Democracy is the worst form of government, except for all the others'.*

*All keep well*

*Regards*

*Dr Roger Faint  
SCLMA President.*

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***Virtual Reality Goggles** Have a look at the Channel 7 Youtube link to get an idea of the distracting benefits of these Goggles: <https://www.youtube.com/watch?v=Pcz2eeki5xA>*

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

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## APRIL 2023 NEWSLETTER



**Deadline FRIDAY  
21st APRIL 2023**

- What would you like to see in the newsletter?
- Do you have some jokes we can publish (and not offend anyone!!).

**Our circulation via email, post and courier (Sullivan Nicolaides Pathology) reaches more than 1,500 recipients!**

**Contact Jo: Mobile: 0407 037 112**

**Email: admin@sclma.com.au**

*We welcome new content - case studies, local news and photos.*

*If you are a new member, please send in a short bio and a photo to introduce yourself.*

**NOTE: We have changed to digital only newsletter distribution**

**ALL Newsletters are posted to our website**

**<https://www.sclma.com.au>**

## ARE YOU A MEMBER?

If you are not a member please complete the application form available on the website:

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

You will need two proposers to sign your application form. If this is a problem, come along to a monthly clinical meeting to introduce yourself

**Enquiries: Jo Ph: 0407 037 112**

**Email: admin@sclma.com.au**

Are you listed on the Member Directory on our website? Are your details correct?

**Directory form available on the website.**

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



**HIGHLIGHTS in this issue:**

- P 4-7: SCHHS - Dr Marlene Pearce EDMS  
 P 8-9: SCHHS - GPLO March Update  
 P 11: BPH - March Update  
 P 12-13: SCUPH - Justin Greenwell CEO  
 P 15: UniSC Foot-PAD Trial  
 P 19: POOLE GROUP - Changes to Superannuation Tax Breaks  
 P 23: INTRO - DR ROB PARK  
 P 34-35: SCHOC - 25 YR CELEBRATION  
 P 36-37: AMA Qld - PRESIDENT'S REPORT

**Please 'like', 'share' and 'follow' our Facebook page: [sunshinecoast local medical association](https://www.sunshinecoastlocalmedicalassociation.com.au).**

**<https://www.sclma.com.au>**

**SCLMA MEMBERSHIP 2023**

***Have you renewed for 2023? We are trialling a new accounting program which makes it easy to pay your renewal or membership application with one click! Receipts available on request.***

***The committee decided last year to invite retired members to pay half membership each year - to keep in line with other local medical associations. Invoices will be sent to those members in near future.***

***Please contact Jo ph: 0407 037 112 or email [admin@sclma.com.au](mailto:admin@sclma.com.au) with any queries.***

*Are you listed on our Members' Directory?*

***Do your details need to be updated?***

*<http://www.sclma.com.au/members/>*

*Contact: Jo - [admin@sclma.com.au](mailto:admin@sclma.com.au)*

*Ph: 0407 037 112*

*Please pass this newsletter to someone who might like to become a member!*

**ALL NEWSLETTERS ARE ON OUR WEBSITE**

**<https://www.sclma.com.au>**

**DATE CLAIMERS:****THURSDAY 27 APRIL 2023**

- **Dr Joe Coory, Orthopaedic Surgeon - Shoulder pain - how to pick a winner!**
- **Physio - Simon, Fortius Health**
- **Maroochydore Surf Club 6.30-9pm**
- **Sponsor: Lima Orthopaedics Australia**

**THURSDAY 25 MAY 2023**

- **Breast Cancer Network Australia**
- **Screening participant and health service impact of population-based breast density notification in Australia: Co-designed randomised controlled trial in BreastScreen Queensland**
- **Maroochydore Surf Club 6.30-9pm**

**THURSDAY 22 or 29 JUNE 2023 (TBC)**

- **Vascular Surgeons - Dr Pankaj Jha and Dr Daniel McGlade**

**THURSDAY 27 JULY 2023**

- **Sunshine Coast Health Report 2023**

**FRIDAY 04 AUGUST 2023**

- **GALA COCKTAIL EVENT**
- **SCLMA with WISHLIST**
- **Twin Waters Convention Centre**

**DATES STILL AVAILABLE FOR 2023:**

- **31 AUGUST 2023**
- **28 SEPTEMBER 2023**
- **26 OCTOBER 2023**
- **30 NOVEMBER 2023**

**MEETINGS are held LAST Thursday of each month except December and January.**

**LOOKING FOR SPEAKERS!**

**Corporate sponsorship welcome!**

**Speakers and topics need to be approved by SCLMA Meetings Convenor.**

**Presentation time for speakers is 20 minutes plus Q&A**

**Queries: Jo Ph: 0407 037 112**

**Email: [admin@sclma.com.au](mailto:admin@sclma.com.au)**



## HEALTH SERVICE LINK – MARCH 2023

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Dear SCLMA Colleagues,

On 8 March, I was lucky enough to attend three fabulous research and education events that demonstrate a bright and exciting future for the Sunshine Coast Hospital and Health Service (SCHHS). Healthcare is pushed to be the best it can be when combined with the twin quality drivers of research and education.

First up in the morning, I attended the Queensland Emergency Medicine Foundation Grants Award Ceremony in Brisbane, where two of our clinicians-researchers in the SCHHS Emergency Department, Dr Kent Perkins and Dr Michelle Davison, were deserving grant recipients amongst a competitive pool of applicants across the state.

In the afternoon I joined staff, clinicians, Board and Executive members, academic partners, and speakers from the Department of Health to launch the new Strategic Plan for the Sunshine Coast Health Institute (SCHI), at a workshop facilitated by Dr Rod McClure, Interim Executive Director SCHI. SCHI is both an impressive physical facility and a joint venture collaborative between four partners (SCHHS, Griffith University, University of the Sunshine Coast and TAFE QLD) with the purpose of supporting the development of an effective and efficient health workforce and healthcare service, through education, training, research and healthcare.

The new SCHI Strategic Framework heralds a pivot to health systems research, particularly research focused on health workforce and novel models of care, which are critical to supporting the evolution of health service delivery as population demand and complexity grows. I introduced two of our senior clinicians, Dr James O'Beirne and Dr Ben Close, who discussed novel workforce and model of care initiatives they'd launched in their departments with great success, to get us thinking. The workshop allowed all stakeholders the opportunity to see how they can collaborate to further SCHI's new strategic priorities.

Finally, I had the pleasure of speaking to Griffith Medical Students at the annual Women in Medicine evening seminar, along with five other senior doctors, to celebrate International Women's Day and #EmbraceEquity. I am sure the other speakers agree that it was inspiring and insightful to hear such diverse paths and perspectives as we listened to each other's stories. I very much look forward to seeing these future junior colleagues join the SCHHS in the coming years.



*I enjoyed presenting on novel models of care at the SCHI strategic launch on 8 March.*



## HEALTH SERVICE LINK – MARCH 2023 /cont:

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### **Game-changing' unit opens at SCUH, means pharmaceutical formulations can now be produced on site**

The Sunshine Coast Hospital and Health Service (SCHHS) Pharmacy team opened a compounding unit at Sunshine Coast University Hospital (SCUH), so that staff have the capability to produce pharmaceutical formulations on site.

The 'Pharmacy Aseptic Production Unit' can produce intravenous infusions and/or injections of chemotherapy agents, monoclonal antibodies and investigational medicines.

Director of Pharmacy Brett Dalgliesh said it is a game-changer for both staff and patients.

"It means we can support development of tertiary level research and improve patient access to clinical trials through enabling local preparation of short expiry medication," Mr Dalgliesh said.

"It also enhances our delivery of cancer and haematological services for our patients and reduces the need to send them to another health service for treatment as we can develop specialist services on site including stem-cell transplantation.

"Local production will also support the Hospital in the Home (HITH) and ophthalmology services to enable timely treatment and discharge of patients by supplying specialised products that are not commercially available. Lack of in-house services has previously resulted in delays in patient access to these medicines."

Learn more: [www.sunshinecoast.health.qld.gov.au/about-us/news/scuh-pharmacy-aseptic-production-unit](http://www.sunshinecoast.health.qld.gov.au/about-us/news/scuh-pharmacy-aseptic-production-unit)



Executive Director, Allied Health Gemma Turato joined Director of Pharmacy Brett Dalgliesh, Pharmacy Assistant Mitchell Witney, Health Service Chief Executive Dr Peter Gillies and Pharmacist Christine Baum.

## HEALTH SERVICE LINK – MARCH 2023 / cont:

*Sunshine Coast Hospital and Health Service welcomes more than 140 graduate nurses and midwives*



More than 140 graduate nurses and midwives are ready to translate the skills they've learnt at university into excellent care for local patients, as part of the Sunshine Coast Hospital and Health Service (SCHHS) 2023 graduate program.

127 nurses and 19 midwives have been chosen to join SCHHS, after it received around 800 applications. Welcome to SCHHS. Read more: [www.sunshinecoast.health.qld.gov.au/about-us/news/sunshine-coast-hospital-and-health-service-welcomes-more-than-140-graduate-nurses-and-midwives](http://www.sunshinecoast.health.qld.gov.au/about-us/news/sunshine-coast-hospital-and-health-service-welcomes-more-than-140-graduate-nurses-and-midwives)

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### **SCHHS Medical Profile**

**Professor Rod McClure, Interim Executive Director of Sunshine Coast Health Institute (SCHI)**



*From an early age, Professor Rod McClure knew he wanted a career in medicine, but not necessarily for the reason you may think.*

*"I started medicine right out of school, not so much because I wanted to do medicine, but I wanted to do something that involved people. I wanted to do something that was at the centre of the community, and I really liked being a technician, doing things at the coal face. So those things came together well in medicine, and I've enjoyed it ever since."*

## HEALTH SERVICE LINK – MARCH 2023 / cont:

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*Professor McClure currently wears several hats in his work at Sunshine Coast Hospital and Health Service (SCHHS). He's a Public Health Physician in the Public Health Unit, Acting Clinical Director of Research, and the Interim Executive Director of the Sunshine Coast Health Institute (SCHI).*

*After years working in the academic space, Professor McClure recently returned to Public Health to assist with the COVID-19 response.*

*"I've been with the health service since September 2021, and my job is really interesting. It covers Public Health and assisting the Public Health Unit at Dalton Drive. I've previously worked at Centres for Disease Control and Prevention in Atlanta, at Harvard as a visiting scientist, and at universities and health services in Australia, United Kingdom, Malaysia and South Africa."*

*A typical day for Professor McClure sees him multitask his different roles.*

*"My day involves clinical decisions, management functions, research advice and policy analysis. At the end of the day, it's 90 per cent about working with people."*

*"Having multiple roles is a tremendously privileged way to work and it gives me great insight into the health service. I am proud of the way teams-based care is operationalised by everyone here at the Sunshine Coast."*

*Professor McClure believes good health care is distributed, patient-centred and population focused. His vision for the future of SCHHS is to embed education and research into the core business of evidence-based service delivery for SCUH.*

*A country boy at heart, Professor McClure has a family farm in Armidale and says there's no better way to de-stress than to sit in the paddock. He also enjoys oil painting in his spare time.*

*Watch our interview with Dr Rod McClure [here](#).*

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*Kind regards,*

*Dr Marlene Pearce*

*Executive Director Medical Services*





## Reducing preterm and early term births: Your help is needed

The National Preterm Birth Prevention Collaborative is a nation-wide initiative aiming to safely reduce preterm and early term births across Australia by 20%, by supporting hospitals in the adoption of evidence-based changes in clinical care. The evidence-based changes were first developed in 2014 by the Australian Preterm Birth Prevention Alliance and have since been successful in reducing rates of preterm birth in Western Australia, Tasmania, and the ACT.

### These changes are:

- No pregnancy to be ended until 39 weeks' gestation unless there obstetric or medical justification
- Measurement of the length of the cervix at all mid-pregnancy scans.
- Natural vaginal progesterone 200mg each evening if cervix <25mm (TV)
- If cervix continues to shorten, consider cerclage
- Vaginal progesterone if prior history of spontaneous preterm birth (or PPROM)
- Women who smoke should be identified and offered *Quitline* support
- Promotion of continuity of care models

### What do GPs need to know or do?

#### 1. Offer vaginal progesterone to pregnant patients with history of spontaneous labour or ruptured membranes before 34 weeks.

- Vaginal progesterone available on PBS as of July 2021
- To commence from 16 weeks, cease at 36 weeks

#### 2. Help ensure adequate assessment of the cervical length at any mid trimester ultrasound (16-24 weeks, usually morphology).

- Promote understanding of the relationship between short cervix and risk of preterm birth.
- Promote understanding of the importance of transvaginal ultrasound if the cervix is <35mm on transabdominal ultrasound.
- Note cervical length <16 weeks may be inaccurate and is not reliably associated with a risk of preterm birth, recommend perform from 16 weeks if there is an increased risk of preterm birth.



**3. Facilitate ideally same day obstetric review if short cervix is identified (<25mm on TV US or <35mm on TA US if TV declined/not appropriate).**

- Review in Maternity Day Assessment Unit (phone 5202 4144)
- Usual obstetric management will include:
  - Cervical length <25mm: vaginal progesterone from diagnosis to 36 weeks
  - Repeat cervical length 1-2 weekly until 24 weeks
  - Cervical length <10mm/shortening despite progesterone: offer cervical cerclage + continue progesterone
  - Repeat cervical length not indicated following cerclage

4. Discuss timing of birth and support families in prolonging pregnancies to 39 weeks where safe to do so.

### **Important: Patient criteria for Elective Joint Surgery**

There are certain criteria for patients who have elective joint surgery at a Queensland Health facility to reduce the risk of complications after joint replacement surgery.

- BMI needs to be less than 40. BMI > 40 increases the risk of revision for prosthetic joint infection up to 6 x fold.
- High blood sugar. HbA1c needs to be below 8.5.
- Smoking affects healing in general and patients need to stop smoking before surgery.

Patients who do not meet criteria for BMI, smoking and diabetes, as above, and who are therefore deemed unsuitable for arthroplasty surgery should be managed according to standard non-operative pathways.

### **The GP Liaison Unit wants to hear from you!**

Send us an email or give us a call: [SCHHS-GPLO@health.qld.gov.au](mailto:SCHHS-GPLO@health.qld.gov.au); Phone: 5202 3822



## Sunshine Coast's Medical Imaging Specialists

Our state-of-the-art clinics offer a comprehensive range of diagnostic imaging examinations and procedures, serving the Sunshine Coast community with compassion, integrity and precision.



### Beerwah

72 Simpson St, Beerwah QLD 4519

### Caloundra

67 Bowman Rd, Caloundra QLD 4551

### Coolum

5 Birtwill St, Coolum Beach QLD 4573

### Cooroy

46 Maple St, Cooroy QLD 4563

### Kawana

3/7 Nicklin Way, Minyama QLD 4575

### Maroochydore

49 Baden Powell St, Maroochydore QLD 4558

### Sippy Downs

9 Ochre Way, Sippy Downs QLD 4556



### We're accessible

When our waiting lists increase, so do our opening hours. Appointments for urgent cases are reserved daily and late night appointments are available at our Caloundra and Maroochydore clinics for those patients who can't get in to see us during normal opening hours.



### We're affordable

We believe that our patients should have the right to affordable healthcare, so we bulk-bill most Medicare eligible services and procedures.



### We're comprehensive

Our capability includes the availability of breast tomosynthesis, dedicated MRI, nuclear medicine sites, a fleet of low-dose CT scanners and more than 20 ultrasound rooms.



[xrayimaging.com.au](http://xrayimaging.com.au)



07 5436 0888



[bookings@xrayimaging.com.au](mailto:bookings@xrayimaging.com.au)



SHANE MITCHELL  
GENERAL MANAGER

# BUDERIM PRIVATE HOSPITAL

MARCH 2023

Dear SCLMA colleagues,

Thank you for the opportunity to update you on Buderim Private Hospital and our latest news.

## Dialectical Behavioural Therapy Skills Training Program update

The Dialectical Behavioural Therapy Skills Training Program is an outpatient day program aimed at helping people learn skills to better tolerate high levels of distress, regulate emotions and improve resilience to 'negative' emotions, and be more effective in interpersonal relationships.

The program is a group program which is held once per week for a full day from 9am – 2:30pm, for a period of 27 weeks. The next intake is planned for 4 July and we are now taking referrals.

Please visit [www.buderimprivatehospital.com.au/DBTprogram](http://www.buderimprivatehospital.com.au/DBTprogram) for more information on this program.

## CPD events

Thank you to the GPs who attended our Cardiology CPD event on Tuesday 7 March. This was a fantastic evening of quality education presented by **Dr Mike Natale** (Buderim Emergency Centre Director), **Dr Umesh Sinnya** (Cardiac Imaging Specialist), **Dr Amy Bailey** (Interventional Cardiologist) and **Dr Alana Harris** (Electrophysiologist).

The next free event in our 2023 education calendar will be on the topic of orthopaedics and will be held here at Buderim Private Hospital on Tuesday 9 May from 6pm – 8.30pm. The event will feature orthopaedic surgeons, **Dr Mark Robinson**, **Dr Ritesh Dawra** and **Dr Vasudev Navalgund**. For more information and to register, please visit [buderimprivatehospital.com.au/gpeducation](http://buderimprivatehospital.com.au/gpeducation)



## 2023 Quick Reference Guide for GPs

Our 2023 Quick Reference Guide for GPs has been released and is in the process of being distributed to your practice. This convenient resource lists all the credentialed specialists practicing at Buderim Private Hospital and contains helpful information about our range of services and how to admit and refer patients.

Please contact our GP Liaison Officer Pam Fotheringham on [pamela.fotheringham@uhealth.com.au](mailto:pamela.fotheringham@uhealth.com.au) or 0448 739 389 if you would like a copy mailed directly to you.

You can download the Quick Reference Guide on our website by simply visiting [www.buderimprivatehospital.com.au/doctorssearch](http://www.buderimprivatehospital.com.au/doctorssearch)

Kind regards,

Shane Mitchell  
General Manager

E: [shane.mitchell@uhealth.com.au](mailto:shane.mitchell@uhealth.com.au)  
P: 07 5430 3260

Acute Admissions 5430 3314

[buderimprivatehospital.com.au](http://buderimprivatehospital.com.au)

Proudly part of



Buderim Private  
Hospital

March 2023

# MONTHLY UPDATE

By CEOs Justin Greenwell and Anna Olson



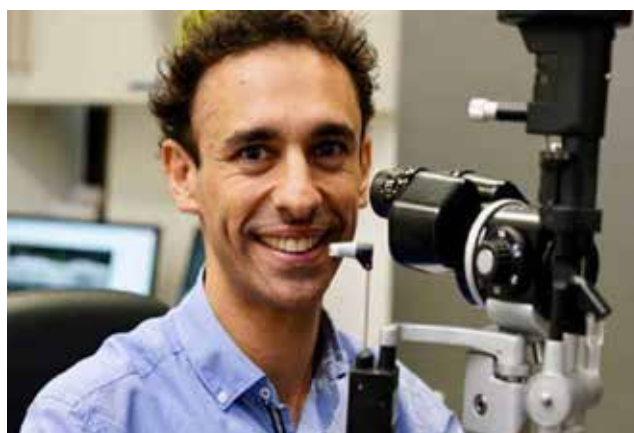
• SUNSHINE COAST UNIVERSITY PRIVATE HOSPITAL • NAMBOUR SELANGOR PRIVATE HOSPITAL  
• NOOSA HOSPITAL • RAMSAY CLINIC CALOUNDRA

## Glaucoma Awareness – with Associate Professor Kristopher Rallah-Baker

As the leading cause of preventable irreversible blindness worldwide, it is timely to put a spotlight on the disease and identify some of the most common types as [World Glaucoma Awareness Week](#) took place in **March 12-18**.

“Among the many different types of Glaucoma in the population, by far the most common type is Primary Open Angle Glaucoma. It is estimated that approximately 300, 000 Australians have Glaucoma but as many as 50% are unaware they have the disease. There are often no early signs or symptoms, meaning many people are unaware they have glaucoma until the advanced stages of the disease. Glaucoma risk increases with age and family history among other factors.” Explains [Associate Professor Kristopher Rallah-Baker](#) from [Sunshine Coast Ophthalmologists](#).

With the latest in technology and equipment, A/Prof Rallah-Baker can diagnose and treat many eye conditions, including glaucoma, macular degeneration, specialising in high end cataract surgery and prioritises finding tailored solutions to support every patient's needs.



[A/Prof Kristopher Rallah-Baker](#) operates from Noosa Hospital and has recently extended his services to Nambour Selangor Private Hospital.

Please direct referrals to [reception@sconoosa.com.au](mailto:reception@sconoosa.com.au) or via Medical Objects.

## March is Endometriosis Awareness Month

[Endometriosis Australia](#) reports that the condition affecting 1 in 9 women in Australia. Symptoms such as pain, cramping, bloating, fatigue and nausea cost endometriosis patients time, money and quality of life. It takes approximately 6.5 years to be diagnosed with endometriosis and can only be done through surgical intervention.

Gynaecologists [Dr Ben Stokes](#) and [Dr Rob North](#) from Coastal IVF in Cotton Tree offers an innovative 2mm micro laparoscopic procedure to investigate and treat endometriosis. This method offers a day surgical procedure with less risk, less analgesic requirements, and faster recovery. Advanced laparoscopic, or robot assisted procedures are offered at the [Sunshine Coast University Private Hospital](#).



[Coastal IVF](#) was established by Dr Paul Stokes in 1995 and provides personalized care in fertility, general obstetrics and gynaecology for Sunshine Coast patients.



Dr Ben Stokes (Left) and Dr Rob North (Right)

[ramsayhealth.com.au](http://ramsayhealth.com.au)

  
Ramsay  
Health Care



# Save the Date!

# Ramsay Health Care Sunshine Coast GP Conference

## Save the date more details coming soon!



Saturday 19 August 2023



Twin Waters Novotel Resort

[Register your interest here](#)



**Ramsay**  
Health Care

[noosahospital.com.au](https://noosahospital.com.au)  
[nambourselangor.com.au](https://nambourselangor.com.au)

[sunshinecoastuniversityprivate.com.au](https://sunshinecoastuniversityprivate.com.au)  
[ramsaymentalhealth.com.au/caloundra](https://ramsaymentalhealth.com.au/caloundra)

## We are excited to announce our Ramsay Health Care GP conference this August, and we want to hear from you!

Please take a moment to tell us what you would like featured at our conference in August [click here](#)

### UPCOMING EDUCATION for GPs & PRACTICE NURSES

#### NOOSA

#### GYMPIE

\*\*SAVE THE DATE\*\*

#### NOOSA

\*\*SAVE THE DATE BREAKFAST MEETING\*\*

#### BIRTINYA

\*\*SAVE THE DATE\*\*

**BREAST CANCER** – updates in diagnosis, treatment options and the care pathways available at Noosa Hospital

6:00pm-8:30pm  
Tuesday 18th April 2023  
Venue: Noosa Springs Golf and Spa Resort

#### SHOULDERS BACK

6:00pm-8:30pm  
Thursday 27th April 2023  
Venue: TBC

#### UPDATES IN DAY REHAB SERVICES; MEET OUR TEAM

Calling all Practice Managers and GP's, come and meet our team!

7:00am-8:00am  
Wednesday 10th May 2023  
Venue: Noosa Hospital, Allied Health Department

#### PAIN & NEUROSURGERY

6:00pm-8:30pm  
Thursday 11th May 2023  
Venue: Mercure Sunshine Coast – Kawana Waters

#### Speakers:

- [Dr Felicity Adams](#), Breast, Endocrine & General Surgeon
- [Dr Debra Furniss](#), Radiation Oncologist
- [Dr Michelle Morris](#), Medical Oncologist

[Register online – click here](#)

#### Speakers:

- [Dr Mark Robinson](#), Orthopaedic Surgeon (Upper Limb)
- [Professor Graeme Jones](#), Rheumatologist

[Register online – click here](#)

#### Speakers:

- Q&A with [Dr Catherine Macintosh](#), Rehabilitation
- [Dr John Endacott](#), Physician & Geriatrician
- Along with team of experts in Allied Health

[Register online – click here](#)

#### Speakers:

- [Dr Ramsey Jabbour](#), Specialist Pain Medicine Physician
- [Dr Michael Bryant](#), Neurosurgeon

[Register online – click here](#)

[ramsayhealth.com.au](https://ramsayhealth.com.au)





# RESOLVE PAIN



**Dr Paul Frank**

Pain physician and  
anaesthetist

MBBS, FANZCA,  
FFPMANZCA



**Dr Rob Park**

Pain physician

BSc, MBBS, MClInEd,  
FRACGP, FFPMANZCA



**Dr Tania Morris**

Pain physician and  
anaesthetist

MBBS, FANZCA,  
FFPMANZCA



**Dr Dan O'Dea**

Specialist  
musculoskeletal GP

MBBS, FRACGP



**Hannah Tregear**

Health psychologist

BPsych (Hons), MAppPsych



**Andree Hinckley**

Specialist clinical nurse

World-class multidisciplinary and interventional  
pain management on the Sunshine Coast,  
Australia.

**Expanded services and currently  
shorter wait times.**

*Locally based at Buderim Hospital  
Nucleus Suites*



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

**Ph: (07) 5476 9222**

*\*Check out printable patient information sheets for common pain conditions in the resources section of our new website!\**

# Does leg artery disease cause you pain when walking?



If you suffer symptoms of peripheral artery disease (PAD) you may be eligible to take part in a trial.

The Foot-PAD Trial is testing a new therapy for PAD using a footplate stimulation device.



## Location

All study appointments will be held at the University of the Sunshine Coast campus in Sippy Downs.

## Contact

Dr Mark Windsor  
Trial Coordinator

Email: [footpad@usc.edu.au](mailto:footpad@usc.edu.au)

Tel: 07 5456 5364

[usc.edu.au/footpad](http://usc.edu.au/footpad)

## The trial will involve:

- Nine study visits (60-90 min each) which include:
  - Walking Tests
  - Vascular Function Tests
  - Questionnaires
- Daily home use of a Revitive® footplate device for 12 weeks

## Participants will receive:

- Expenses to cover cost of travel to study visits
- A free Revitive® Medic Coach device to keep upon completion of the trial (RRP \$550)
- A free medical screening



UniSC HREC: A211659  
TPCH (The Prince Charles Hospital): 78962



5666/0223



# Do you have a patient suffering from Chronic pain?

## We can help.



**Dr Ramsey Jabbour**

BSc (Hons), MBBS, FAFOEM,  
FFPMANZCA

**Specialist Pain Medicine  
Physician**



**Dr Frank Thomas**

BSc (Hons), MBCHB, FANZCA,  
FFPMANZCA

**Specialist Pain Medicine  
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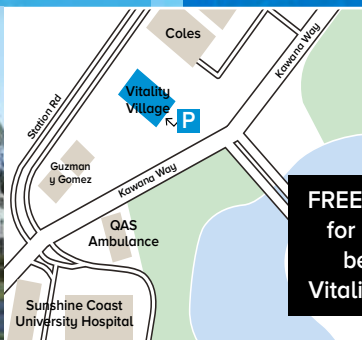
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Suite 404, Level 4, Vitality Village, 5 Discovery Court, Birtinya Qld 4575



## Proposed changes to superannuation tax breaks



On 28<sup>th</sup> February 2023, the Government announced from 1 July 2025 a 30% concessional tax rate will be applied to future earnings for superannuation balances above \$3 million. Earlier this month Treasury released a fact sheet labelled “Better Targeted Superannuation Concessions” which explains how the application of the proposed changes would apply.

Individuals with total superannuation balances (TSBs) over \$3 million would be subject to an additional tax on earnings on any balance that exceeds the \$3 million threshold. The additional tax on earnings will be corresponding to that proportion of the balance greater than \$3 million. The earnings corresponding to funds below \$3 million will continue to be taxed at 15% or less.

Earnings are calculated with reference to the difference in TSB at the start and end of the financial year, adjusting for withdrawals and contributions. This means the calculation of earnings will include all notional (unrealised) gains and losses. If the individual makes an earnings loss in a financial year, this loss can be carried forward to reduce the tax liability in future years.

From the factsheet the proposed method of calculating earnings and the additional tax as detailed below:

### Calculation method

a) The below formula will be used for calculating earnings in a financial year:

$$\text{Earnings} = \text{TSB}_{\text{Current Financial Year}} - \text{TSB}_{\text{Previous Financial Year}} + \text{Withdrawals} - \text{Net Contributions}$$

b) The proportion of earnings corresponding to funds above \$3 million is calculated as follows:

$$\text{Proportion of Earnings} = \frac{\text{TSB}_{\text{Current Financial Year}} - \$3 \text{ million}}{\text{TSB}_{\text{Current Financial Year}}}$$

c) The tax liability is calculated as follows:

$$\text{Tax Liability} = 15 \text{ per cent} \times \text{Earnings} \times \text{Proportion of Earnings}$$

An example from the factsheet:

Carlos is 69 and retired. His SMSF has a superannuation balance of \$9 million on 30 June 2025, which grows to \$10 million on 30 June 2026. He draws down \$150,000 during the year and makes no additional contributions to the fund.

This means Carlos’ calculated earnings are: \$10million - \$9million + \$150,000 = \$1.15million

His proportion of earnings corresponding to the funds above \$3million is: (\$10million - \$3million) ÷ \$10 million = 70%

Therefore, his tax liability for the 2025-26 year is: 15% x \$1.15 million x 70% = \$120,750.

The new tax is levied on the individual who will have the choice of either paying the tax out of pocket or from their superannuation fund, similar to the existing Division 293 tax.

**Paul Lewty**  
**SMSF Manager**  
**Poole Group**  
**Ph: 07 5437 9900**



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\* Available for CT scans that don't require patient preparation.



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# NEW GUIDELINES FOR MANAGEMENT OF KNEE OSTEOARTHRITIS



The AAOS ( American Academy of Orthopaedic Surgeons) have recently released new guidelines for management of knee osteoarthritis. This is now the third iteration of these evidence based guidelines. This year there is a complete re-write with recommendations being stratified according to the strength of evidence to support or not support the modality into strong, moderate or limited evidence. The following is a summary of these recommendations.

## Strong Recommendations in favour of:

- ★★★★ Supervised exercise, unsupervised exercise &/or aquatic exercise
- ★★★★ Self-managed programmes
- ★★★★ Patient education
- ★★★★ Oral NSAIDs
- ★★★★ Oral paracetamol
- ★★★★ Topical NSAIDs

## Moderate Recommendations in favour of:

- ★★★☆☆ Canes/Walking stick
- ★★★☆☆ Unloader braces
- ★★★☆☆ Neuromuscular training
- ★★★☆☆ Weight loss (evidence downgraded)
- ★★★☆☆ Intra-articular steroids
- ★★★☆☆ Arthroscopic partial meniscectomy can be used for meniscal tears in patients with mild to moderate osteoarthritis who have failed physical therapy and other nonsurgical treatments

## Limited Recommendations in favour of:

- ★★★☆☆ Oral/dietary supplements may be helpful but evidence is inconsistent/limited and additional research is needed to clarify the efficacy of;
  - Tumeric
  - Ginger extract
  - Glucosamine
  - Chondroitin
  - Vitamin D
 (evidence downgraded)
- ★★★☆☆ Manual therapy in addition to an exercise programme (evidence downgraded)
- ★★★☆☆ Massage may be used in addition to usual care (evidence downgraded)
- ★★★☆☆ FDA-approved laser treatment may be useful (evidence downgraded)

- ★★★☆☆ Acupuncture may improve pain and function (evidence downgraded)

- ★★★☆☆ TENS may be used to improve pain and or function (evidence downgraded)
  - a. Percutaneous Electrical Nerve Stimulation for pain and function
  - b. pulsed electromagnetic field therapy may improve pain (evidence downgraded)

- ★★★☆☆ Extracorporeal Shockwave therapy

- ★★★☆☆ PRP

- ★★★☆☆ Denervation therapy

- ★★★☆☆ High Tibial Osteotomy

## Strong recommendations against use of:

- ★★★★ Lateral wedge insoles
- ★★★★ Oral narcotics including Tramadol

## Moderate recommendations against use of:

- ★★★★☆ Hyaluronic acid intra-articular injections
- ★★★★☆ Arthroscopic lavage and or debridement

## Consensus Statements; ★★★★★

Dry needling and free-floating interpositional devices should not be used

These recommendations can be used in determining management strategies in primary care management of knee osteoarthritis prior to considering knee replacement surgery.

Of particular interest is the new recommendation against any narcotic use, recommendations against hyaluronic injections, and recommends for arthroscopic partial meniscectomy if not responding to non-operative treatment in mild to moderate disease.

Further information can be found on our website at [www.sunshineortho.com.au](http://www.sunshineortho.com.au)

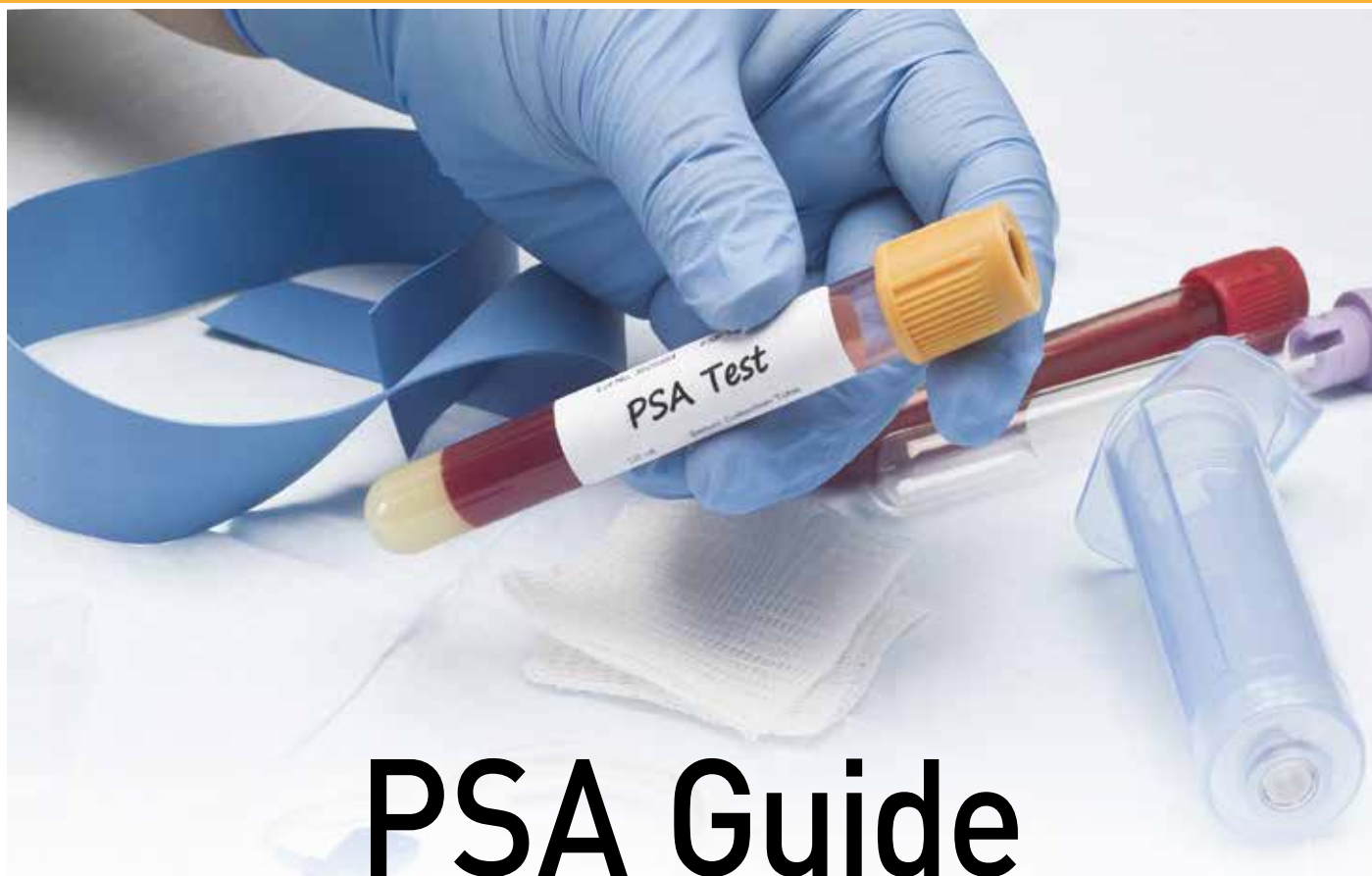
The original document can be downloaded at <https://www.aaos.org/globalassets/quality-and-practice-resources/osteoarthritis-of-the-knee/oak3cpg.pdf>

## For appointments contact

Dr Steven Lawrie  
Suite 17, Kawana Private Hospital  
5 Innovation Parkway, Birtinya QLD 4575

p: 07 5493 3994 | f: 07 5493 3897  
e: [sunshineortho@bigpond.com.au](mailto:sunshineortho@bigpond.com.au) | [sunshineortho.com.au](http://www.sunshineortho.com.au)





# PSA Guide

Early detection saves lives

**PSA >3 is a red flag**

(>2 if positive Family Hx, BRCA)

Repeat PSA in 1-3 months with free/ total ratio

**Refer if:**

Second PSA is still >3 (2)

Or anytime if there is a hard prostatic nodule  
or PSA increases while on Duodart

**Refer to:**

**Dr. Tony Gianduzzo or A/Prof. Troy Gianduzzo**



Sunshine Coast Urology Clinic

**Buderim Prostate Clinic**

**A.** Suite 2/5 Lyrebird St, Buderim QLD 4556

**P.** +61 7 5444 0672 **F.** +61 7 5444 0997

**E.** [info@buderimprostateclinic.com.au](mailto:info@buderimprostateclinic.com.au)

**W.** [buderimprostateclinic.com.au](http://buderimprostateclinic.com.au)





## A personal approach to cancer care on the Sunshine Coast

RADIATION ONCOLOGY | CANCER CARE COORDINATOR

Icon has been part of the Sunshine Coast community for more than 12 years. Led by a collegial team of cancer specialists, our centre provides state-of-the-art radiation therapy treatments and cancer care coordination service.



World-class radiation therapy technology including, Varian's HyperArc™ allowing accurate treatment of all cancer types of various size, type and location



Rapid access palliative radiation therapy



No wait list - immediate access to personalised consultation and treatment



Free on-site parking



Lymphoedema screening and early intervention service



Access to allied health services

### Commitment to affordable care

Radiation oncology is largely funded by Medicare with up to 90% of the fee covered; no private health insurance required.

### DOCTORS

Specialist and GP referrals are accepted for all cancer types. Special interests are indicated below.

#### Radiation Oncologists



**Dr Joanne Castelli**

Stereotactic radiation therapy, CNS malignancies, breast, lung, prostate and gynaecological cancers



**Dr Marcel Knesl**

Stereotactic radiation therapy, lymphoma malignancies, breast, gastrointestinal, genitourinary and skin cancers

#### Clinical Haematologist



**Dr Lydia Pitcher**

Leukaemia, obstetric and paediatric haematology, thrombosis and haemostasis

#### Cancer Care Coordinator



**Laura Hanlon**

A dedicated nurse is available to support patients and their loved ones from when they receive their diagnosis, through their treatment and beyond.

### ICON CANCER CENTRE MAROOCHYDORE

P 07 5414 3700 | F 07 5414 3701

E [admin.maroochydore@icon.team](mailto:admin.maroochydore@icon.team)

60 Wisers Road, Maroochydore QLD 4558



[iconcancercentre.com.au](http://iconcancercentre.com.au)

### HOW TO REFER



Referrals can be made via Medical Objects or [IconDoctorApp.com](http://IconDoctorApp.com)

Scan here to access Icon Doctor App or visit [IconDoctorApp.com](http://IconDoctorApp.com)

# Designing better care

## GenesisCare radiation oncology

**We provide advanced radiation therapy techniques and continuously invest in cancer treatments and technology that has less side effects, and improves quality-of-life.<sup>1</sup>**

Our experienced team of radiation oncologists on the Sunshine Coast:



**Dr Debra Furniss**  
GI, Breast, lung, SABR, SRS, benign diseases, skin and palliative



**Dr James MacKean**  
Prostate brachytherapy, urological, GI, SRS, haematology and palliative



**A/Prof Alex Tan**  
Prostate brachytherapy, urological, lung, GI, palliative and stereotactic radiotherapy



**Dr Bradley Wong**  
Wide-field skin, prostate, urological, benign conditions, breast and palliative

### GenesisCare provides:

- Radiation therapy for most cancer types
- Treatment for non melanoma skin cancer
- Rapid access palliative radiation therapy
- Treatment for benign conditions e.g Dupuytren's disease and keloid scars
- Stereotactic radiation therapy for cranial, lung, spine, bone and liver lesions
- Personalised care without a waitlist
- Patient transport service

### Treatment centres:

Buderim      Nambour  
10 King Street   10 Mapleton Road

### Get in touch:

**Tel: 5374 8100**  
receptiononcologybuderim@genesiscare.com

### Coming soon:

Noosa centre  
opening late 2023

### Consulting clinics:

Caboolture • Dr Debra Furniss  
Noosa • Dr Debra Furniss,  
• Dr Bradley Wong  
• Dr Alex Tan  
Gympie • Dr Bradley Wong

Reference: 1. Brown PD, et al. JAMA 2016; 316(4):401-409.

**Disclaimer:** Any procedure including treatments involving radiation carry risks, including skin irritation and associated pain. Before proceeding with a referral for treatment, patients should be advised to seek a second opinion from an appropriately qualified health practitioner. As in any medical procedure, patient experiences and outcomes will vary.

**genesiscare.com**

AU\_578.10\_D\_V7\_02.2024



# Dr Rob Park

## Specialist Pain Physician and GP (Dual Fellow)

Introducing Dr Rob Park, a new pain physician addition to the team with Dr Paul Frank at Resolve Pain based at the Buderim Private Hospital Nucleus suites.

Rob has a wealth of local experience, having worked as a GP on the Sunshine Coast for ten years before completing his pain medicine fellowship at SCUH and NGH. He is a senior lecturer for Griffith, a freelance writer for Australian Doctor, and formerly was the National chief examiner for the RACGP AKT examination. He is a dedicated father but a terrible gardener.

Rob brings a unique perspective to the team, having personally experienced the challenges of managing acute and chronic pain in general practice and the community.

His dual fellowships in GP and pain medicine complement each other to provide a deep understanding of the wide range of pain presentations and offer a holistic insight into treatment.

He has a Master of Clinical Education from Flinders University and values offering clear communication and education to his patients.

Completing the Procedure Endorsement Program through the Faculty of Pain Medicine allows Rob to offer high-quality, appropriate procedures for the right person at the right time. Procedures include the full suite of spinal injections, diagnostic blocks, radiofrequency ablation and ultrasound-guided procedures. He appreciates that it can be difficult to know whether a certain injection or procedure may be the correct one and subsequently completes a thorough assessment of referred patients to ensure the greatest benefit possible from any planned procedure.

In addition, further training in pharmacological pain management allows him to assist patients with medication advice to optimise benefits while minimising side effects and interactions.

Combining all these skills into a comprehensive biopsychosocial approach allows a caring and rehabilitation function-based approach to recovery. He is available for appointments with minimal waiting time to begin offering long-term supportive services to those experiencing pain on the Sunshine Coast. Referrals are welcomed through medical objects, email or fax.

Sincerely,

Dr Rob Park and The Resolve Pain team

*PS. Check out our brand-new website!*

*Expanding resources that you can print for your patients!*



**Resolve Pain**

**Suite 11 Nucleus Medical Suites**

**23 Elsa Wilson Drive**

**Buderim QLD 4556**

**admin@pfpainmedicine**

**ph 07 5476 9222**



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





## Dr Joe Coory

MBBS FRACS FAOrthA

### Orthopaedic Surgeon

---

#### Clinic location

**Sunshine Coast University Private  
Hospital Consulting Suites**  
Suite 12, 3 Doherty Street, Birtinya, 4575

#### Special interests

- Shoulder and Upper Limb Surgery
- Arthroscopic Rotator Cuff Repair
- Shoulder Stabilisation
- Total Shoulder Replacement
- Endoscopic Carpal Tunnel Release
- Complex Trauma Reconstruction

#### Contact details

Sunshine Coast University Private  
Hospital, Suite 12, 3 Doherty Street,  
Birtinya, QLD, 4575  
Phone 07 5493 8038  
Fax 07 5301 8154  
reception@scorthogroup.com.au

Dr Joe Coory is an experienced orthopaedic surgeon with subspecialty fellowship training. He has a special interest in surgery of the Shoulder and Upper Limb including Arthroscopic Rotator Cuff Repair, Shoulder Stabilisation, Total Shoulder Replacement as well as minimally invasive nerve decompressions of the upper limb such as Endoscopic Carpal Tunnel Release.

After completing his Orthopaedic surgical training in Australia, Dr Coory undertook additional subspecialty training being awarded the prestigious Bateman Orthopaedics Advanced Arthroplasty and Trauma fellowship. During this time Dr Coory developed additional skills in complex reconstruction of the shoulder, elbow and knee. This included Tendon Transfers for irreparable rotator cuff tears and managing both primary and revision joint replacement.

Dr Coory has significant research experience, with award-winning papers in both non-operative management of shoulder pain as well as operative techniques. He continues to actively contribute to research through his practice to ensure patients receive optimal outcomes and surgical techniques. He is a research partner with the University of the Sunshine Coast.

Having a personal interest in spending time in the ocean, Dr Coory has a professional desire to keep patients active and utilizes advanced recovery techniques to get patients back in action sooner.

[scorthogroup.com.au](http://scorthogroup.com.au)



Choosing the right surgeon for your patients on the Sunshine Coast isn't rocket science - it's brain surgery.

**Sunshine Coast Neurosurgery is the specialist practice of Dr Stephen Byrne, who has worked on the Sunshine Coast since 2017.**

Dr Byrne MBChB, MRCSEd, FRACS underwent his neurosurgical training in Melbourne, Adelaide & New Zealand before gaining his Fellowship of the Royal Australasian College of Surgeons.

In fact, Stephen is the only fellowship-trained spine surgeon on the coast endorsed by both the Australian Orthopaedic Association and the Neurosurgical Society of Australasia.

At Sunshine Coast Neurosurgery all patients receive one-to-one pre-operative counselling and tailored personalised care using the latest techniques to deliver world-class healthcare.

Please feel free to call Sunshine Coast Neurosurgery to discuss any neurosurgical issue and we look forward to helping your patients along the road to recovery.

### List of Services

Sunshine Coast Neurosurgery use their extensive experience to treat many common conditions such as:

- Cervical and lumbar degenerative conditions
- Brain tumours
- Spine tumours
- Pituitary tumours
- Chiari malformations.

Plus they have a specialist interest in minimally invasive brain and spine surgery.

Sunshine Coast University Private Hospital  
Suite 17, 3 Doherty Street, Birtinya QLD 4575

**T** 07 5437 7256  
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# The Sunshine Coast's only integrated Cancer Centre

## Our facility is home to:

- Highly experienced team of Medical Oncologists & Clinical Haematologists
- Day infusion unit providing the latest & cutting edge treatments (including chemotherapy, immunotherapy, targeted therapy, blood products, iron infusions & venesections)
- GenesisCare Radiation Oncology
- Cold cap therapy to prevent / minimise hair loss caused by certain chemotherapy treatments
- Allied Health including Clinical Psychology, Exercise Physiology, Dietetics & Oncology Massage Therapy
- McGrath Breast Care Nurse
- Clinical Trials



## Our Team:



**Dr Hong Shue**  
Medical Oncologist  
MBBS (Monash), FRACP



**Dr Brenton Seidl**  
Medical Oncologist  
MBBS, BSc, FRACP



**Dr Sorab Shavaksha**  
Clinical Haematologist  
MBChB (Leeds), FRACP,  
FRCPA (2013)



**Dr Joshua Richmond**  
Clinical Haematologist  
MBBS(Hons), FRACGP,  
FRACP, FRCPA



**Dr Alice Livings**  
Clinical Haematologist  
BSc(Hons), MBBS(Hons),  
FRACP, FRCPA



**Dr Manjunath Narayana**  
Clinical Haematologist  
MBBS, FRACP, FRCPA



**Samantha Clutton**  
Clinical Psychologist  
MPsychClin, FCCLP



**Sarah Bloomfield**  
Dietitian & Nutritionist  
APD, APN



**Jesse Goldfinch**  
Exercise Physiologist  
BClinExSc, ESSAM, AEP



**Tania Shaw**  
Massage Therapist  
DipRM, CLT, OMT



**SUNSHINE COAST**  
HAEMATOLOGY & ONCOLOGY CLINIC  
– Montserrat Cancer Care –

GP/Specialist Priority Line:  
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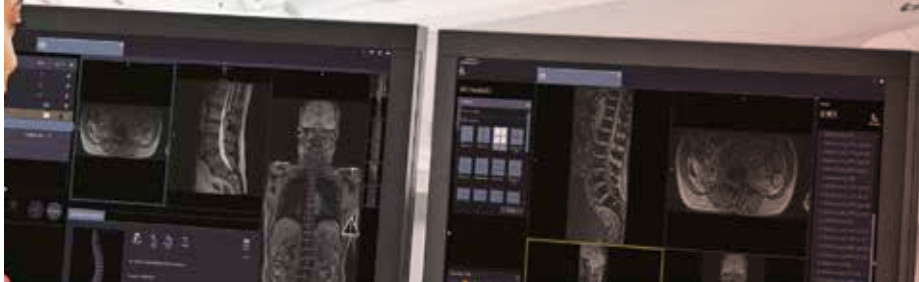
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# GenesisCare Noosaville, Coming Soon



## Local Noosa region cancer patients will soon have access to personalised oncology care, close to home

GenesisCare, a world-wide provider of integrated cancer care – is opening a new purpose-built cancer centre in Noosaville by the end of 2023. The GenesisCare team will be offering evidence-based multidisciplinary care including radiation therapy to local patients.

The GenesisCare, Noosaville centre will be situated in the Noosa Medical and Professional Centre, located at 90 Goodchap Street, Noosaville – footsteps from Noosa Hospital. The opening of the GenesisCare, Noosaville centre reinforces the company's ongoing commitment by aiming to provide modern cancer treatment services and care to the Sunshine Coast community and will complement the existing GenesisCare centres on the Sunshine Coast at Buderim and Nambour.

GenesisCare Radiation Oncologist and Regional Medical Director, Dr Debra Furniss, has been consulting in the Sunshine Coast for almost a decade, with many of her patients' residents of the Noosa region.

"The opening of the GenesisCare, Noosaville centre later this year, will help patients access both consultations and treatment locally. The new centre will offer patients access to personalised cancer treatment services, modern technology, precision medicine and clinical trials," said Dr Furniss.

"Being diagnosed and treated for cancer can be a stressful time. Knowing that a dedicated, multidisciplinary team is offering cancer care close to home, in Noosaville, will hopefully be a relief for local patients and their loved ones," Dr Furniss said.

## GenesisCare's multidisciplinary teams have experience providing:

- Radiation therapy for many adult cancer types
- Treatment for non-melanoma skin cancer
- Access to palliative radiation therapy
- Treatment for some benign conditions e.g., Dupuytren's disease, plantar fasciitis, and keloid scars
- Stereotactic radiation therapy
- Patients are seen within 5 days of referral when appropriate
- A patient transport service



## Did you know?

- GenesisCare has a rigorous clinical governance made up of MDT meetings, Clinical Reference Groups, evidence-based care plans, and mandatory peer reviews which help the team offer the best possible clinical outcomes for patients
- For patients who are eligible for Medicare, approximately 80 to 90% of treatment costs are often covered by Medicare rebates
- Private health insurance is not required to receive radiation therapy
- GenesisCare has a number of payment plans available to suit your patients individual financial situations
- Access to GenesisCare's global network of clinical trials

## For more information, please contact:

**Rebecca Kavanagh**

**Tel: 0436 340 099**

**Email: rebecca.kavanagh@genesiscare.com**



**Noosa medical and professional Centre,  
90 Goodchap Street, Noosaville 4566**



[genesiscare.com](https://genesiscare.com)



Helping the Sunshine Coast

# Move Without Pain.

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**Maroochydore | Noosa | Nambour | Caloundra | Deception Bay | Indooroopilly**



**Sunshine Coast Orthopaedic Clinic**

## The Acute Knee Clinic

The first few days can make all the difference in recovery from a sporting injury.

Dr Steve Lawrie at the Sunshine Coast Orthopaedic Clinic provides an Acute Knee Clinic each Monday and Tuesday which is specifically designed for, but not limited to, sports injuries of the knee with a view to rapid assessment, investigation and adoption of a management plan within the first few days of the initial injury.

The Acute Knee Clinic has now been running for twelve years. We have treated many professional and semi-professional athletes as well as the "weekend warriors", including a special interest in paediatric sporting injuries. Dr Lawrie has a close association with many sporting teams on the Sunshine Coast, including the Sunshine Coast Falcons, Melbourne Storm and many other local clubs.

Specific conditions that can benefit from emergent assessment include suspected ligamentous injuries, including cruciate ligaments, medial ligaments, multiple ligament injuries, acute patellar dislocation, locked knees and especially paediatric cruciate and meniscal injuries whether that be by implementing early surgical techniques

or an appropriate non-operative treatment programme.

To access the Acute Knee Clinic, a patient needs to have a current referral to Dr Steven Lawrie and plain x-rays of the knee should also be arranged before the initial consultation.

A plain x-ray is very important in the initial assessment to exclude fractures, loose bodies, and to show the alignment of the knee joint and the patellofemoral joint, which cannot be seen on other investigations, such as an MRI scan.

Splints and orthotics can be organized directly with Leonie Walton on 5473 5858. Leonie attends our clinic on a Thursday afternoon, but she is available throughout the week as needed.

The Acute Knee Clinic is intended to complement Dr Lawrie's other interests, including hip and knee replacement, revision arthroplasty, computer assisted joint replacement, cartilage surgery, as well as hip, knee and ankle arthroscopy.

Dr Lawrie is happy to take phone calls for advice, queries etc as this often helps the referral process.

### For appointments contact

Dr Steven Lawrie  
Suite 17, Kawana Private Hospital  
5 Innovation Parkway, Birtinya QLD 4575  
p: 07 5493 3994  
f: 07 5493 3897  
e: [sunshineortho@bigpond.com.au](mailto:sunshineortho@bigpond.com.au)  
[www.sunshineortho.com.au](http://www.sunshineortho.com.au)

### Examples of these injuries include:

A medial ligament injury is usually easily treated in a range of motion brace, using an MCL protocol if applied with the 1st week or so. But it can be extremely difficult to correct if there is a delay of a number of weeks.

Paediatric meniscal tears may be repairable early after an injury, but a delay typically means meniscal resection becomes necessary.

Acute patellar dislocation may respond to surgical repair if surgery is offered in the first 2 weeks after the injury.

Traumatic meniscal tears where early repair rather than delayed resection can make a dramatic difference in outcomes

Early ACL surgery in the young active patient/sportsman.



## DR TIM NATHAN

MB ChB (Edin), FRCS (Eng), FRCS (Urol), FRACS (Urol)

Suite 6  
Buderim Private Hospital  
12 Elsa Wilson Drive  
Buderim  
Ph: 07 5370 2095  
Fx: 07 5301 8120  
[www.drtnathan-urology.com.au](http://www.drtnathan-urology.com.au)

## Excellence in Prostate Cancer Diagnosis & Management

Tim graduated from the University of Edinburgh and completed advanced training in urology at teaching hospitals in London and Queensland. He has trained extensively in da Vinci Robotic Surgery at the University Hospital, Leipzig, and the Wesley Hospital.

Tim successfully introduced Robotic Prostate and Kidney Surgery to Buderim Private Hospital. He has pioneered MRI guided robotic transperineal prostate biopsy for safe and accurate diagnosis.

Specialising in:

- Mona Lisa Robotic Transperineal Prostate Biopsy
- Da Vinci Robotic Prostatectomy & Renal Surgery
- BPH - Laser Prostatectomy & Urolift
- Stone Disease
- Penile Prosthesis Surgery
- Vasectomy Reversal
- Urodynamic Studies

## From student placement to patient – Vivienne's cancer journey



*When Vivienne completed a three-week student nurse placement at Icon Cancer Centre Maroochydore in 2021, she hoped to one day return in a professional capacity.*

*She never dreamt she would return as a patient.*

*Vivienne, who has a blended family of five children with her partner, was diagnosed with cervical cancer in September 2022.*

*"Initially it was a huge shock and I had a big cry," says Vivienne.*

*"I thought the worst and wondered what would happen to my children if I died. When you hear the word cancer, you think death.*

*"But I didn't realise how far cancer treatments have come and how effective they are.*

*"Even though I was studying to become a nurse, I didn't realise the incredible advancements in cancer care. I soon realised my kids would be fine, as I was going to beat the cancer."*

*In the lead-up to Vivienne's diagnosis, she had regular pap smears.*

*"My pap smear results were normal, but I had worrying symptoms," says Vivienne.*

*"I was experiencing clear fluid discharge. At the time, I was told it could be incontinence and I went to see a pelvic floor specialist. But I knew it wasn't urine, so I begged to be sent for an ultrasound."*

*From there, a polyp was discovered, initially thought to be benign. But when Vivienne insisted the polyp be removed, it was discovered it was in fact, cancerous.*

*"I knew something wasn't right, so I'm glad I chose to have the polyp removed," says Vivienne.*

*Since September, Vivienne has undergone 25 radiation therapy sessions at Icon Cancer Centre Maroochydore under radiation oncologist, Dr Joanne Castelli. She also had brachytherapy and chemotherapy in Brisbane.*

*"The team at Icon Maroochydore are fantastic. Joanne Castelli made me feel so comfortable and put me at ease," says Vivienne.*

*"It was also wonderful to have the support of Laura, the cancer care co-ordinator. I would email her random questions and she was onto it straight away.*

*"Laura helped me to access the additional support I needed to get through my chemoradiation treatment."*

*With her treatment behind her, the 40-year-old is now looking forward to life post-cancer.*

*Vivienne, who took time away from her studies during her cancer treatment, is working towards becoming a registered nurse.*

*"I will finish my studies at the end of this year and I will be a better nurse thanks to my own experience with cancer," says Vivienne.*

*"It has also made me appreciate my children that little bit more. I've always loved and cared for them, but I appreciate them a little more now and I don't sweat the small stuff."*

*Vivienne.*





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For people who have difficulties managing their substance use. Emphasis on Cognitive Behaviour Therapy (CBT) and Acceptance and Commitment Therapy (ACT).  
8 weeks.

## Cognitive Behaviour Therapy using art therapy

For general mental health. Art therapy facilitates processing, communication and problem solving (no art experience or flair necessary).  
10 weeks.

Learn more at [ramsaymentalhealth.com.au/caloundra](https://ramsaymentalhealth.com.au/caloundra) and ask your GP for a referral. Private health insurance and self funded options.

### Ramsay Clinic Caloundra

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Ramsay  
Mental Health

# Celebrating 25 years

## SUNSHINE COAST HAEMATOLOGY & ONCOLOGY CLINIC MARKS 25-YEARS OF WORLD CLASS MULTI-SERVICE CANCER CARE

April marks an important milestone for the Sunshine Coast Haematology & Oncology Clinic (SCHOC), as it celebrates 25 years since opening as the first free standing day hospital in Queensland.

Since inception, the clinic has facilitated more than 80,000 treatments to patients and continues to be a one of a kind in the region, providing haematology, medical oncology, radiation oncology and allied health services under the one roof. With a comprehensive team of medical specialists, allied health professionals and specialist nurses, the clinic is committed to leading the way for world class cancer care.

First established in coastal surrounds of Cotton Tree by Dr John Reardon and his wife Sandra, the idea to start the clinic arose from the lack of specialised cancer care services on the Sunshine Coast. Since establishment, the clinic has offered patients a full-service holistic treatment facility outside of the traditional hospital environment which has been a big comfort for patients and their families going through cancer treatment.

After running the clinic for 15 years, Dr and Mrs Reardon sold the business to Montserrat Day Hospitals who subscribe to the same clinical approach of providing patients with comprehensive specialist medical care in a personalised and more homely setting.



L-R: Ms Tasmin Anderson, Dr Alice Livings, Dr Sorab Shavaksha, Mrs Sandra Reardon, Dr John Reardon, Dr Josh Richmond, Mrs Melissa Campbell

Recognising the need to expand on the integrated approach to cancer care, the team at Montserrat developed a purpose built \$10 million facility in Buderim. The development was completed in July 2019 and the clinic was reopened with the addition of GenesisCare radiation oncology services, clinical trials in partnership with the University of the Sunshine Coast and a range of allied health services.



The Sunshine Coast Haematology & Oncology Clinic purpose built facility in Buderim



**SUNSHINE COAST**  
HAEMATOLOGY & ONCOLOGY CLINIC  
– Montserrat Cancer Care –



Clinical Haematologist, Dr Sorab Shavaksha joined the SCHOC team in 2013 and says, "As leaders in the field of cancer care, we have our finger on the pulse, always keeping up with the latest research and advancements in oncology and haematology. We are proud to conduct a number of onsite clinical trials in partnership with the University of the Sunshine Coast."

"Committed to an integrated and holistic approach to cancer care, we provide a number of onsite support services including a McGrath breast care nurse, exercise physiology, dietetics, clinical psychology and oncology massage therapy."

Long term patient Mr Bob Hobson says, "It has been a great privilege to receive treatment at SCHOC Buderim over the past eight years."

"From the time of my initial diagnosis and throughout ongoing treatment, I have always received the very best advice and support from a dedicated and professional team of medical and support staff."

"The friendship and empathy shown by all staff has made me feel special and they have given me hope and support in a situation which had potential to be very difficult."

"I remain full of hope for the future and know that I am in great and trusted hands."



*Dr Sorab Shavaksha, long-term patient Bob Hobson & the SCHOC team*

## 25 Year Celebration

The Sunshine Coast Haematology & Oncology Clinic invites you to celebrate our 25th birthday.

When: Thursday, 20 April 2023 | 6:30pm - 8:30pm

Where: SCHOC, 10 King Street, Buderim 4556

RSVP: by Thursday 13 April 2023 to [tasmin.anderson@schoc.com.au](mailto:tasmin.anderson@schoc.com.au)





*Leading Queensland Doctors  
Creating Better Health*

## PRESIDENT AND CEO REPORT



*Dr Maria Boulton and Dr Brett Dale*

It's been another busy month. We are continuing to secure wins for members and the Queensland community, with the state government heeding our calls on drug law reform, vaping, and an "amnesty" on payroll tax for private practitioners.

The North Queensland pharmacy prescribing pilot appears to have been further delayed and we continue to call on the Queensland government for complete transparency about how this dangerous experiment will be conducted.

### DRUG LAW REFORM

The Queensland Government has acted on the recommendations of our 2021 Drug Law Reform Roundtable, introducing legislation to expand the Police Drug Diversion Program (PDDP) to first-time offenders caught with minor amounts of all drugs, not just cannabis.

Our roundtable brought together medical, legal and law enforcement professionals, academics and people with lived experience of substance use. The overwhelming consensus was that substance use should be treated as a health issue, not a criminal issue, and where possible early offenders should be diverted away from the criminal system and toward support services.

Premier Anastacia Palaszczuk has introduced legislation to expand the PDDP, in a move supported by Queensland Police, the Alcohol and Drug Foundation and the Queensland Network of Alcohol and other Drug Agencies (QNADA).

This move is too important to be politicised. We are proud to have spearheaded this change. It is predicted that 17,000 people will access the program in its first year. We hope this means 17,000 fewer people will end up in more trouble with the law or with potentially life-threatening addictions.



*Dr Maria Boulton with Queensland Police Commissioner Katarina Carroll and former commissioners at Parliament House*

### TOBACCO AND VAPING

Last year, it was our unhappy duty to accept the Dirty Ashtray Award from the AMA and the Australian Council on Smoking and Health (ACOSH) for the Queensland Government's failure to act on protecting young people from the dangers of vaping. We wrote to the Health Minister and Attorney-General at the time, and displayed the Dirty Ashtray at Parliament House.

This month, the Queensland Government announced new laws around the licensing of nicotine sales and a parliamentary inquiry into vaping.



*Leading Queensland Doctors  
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This is a great win for community health and comes as a result of strong AMA Queensland advocacy. Our requests to meet the Treasurer went unanswered from November 2021 until this month. The Premier, the Treasurer and the Health Minister repeatedly denied any changes in tax law interpretation following rulings in NSW, and the Queensland Revenue Office (QRO) refused to provide us with written advice on why GPs were being hit with retrospective bills going back five years.

## PHARMACY PRESCRIBING

Guidelines for the North Queensland pharmacy prescribing pilot have been released and it appears the first pharmacists taking part will not complete their training until late this year.

While it is unclear whether they will be able to start autonomously prescribing before passing their course, it is another welcome delay to the start of this dangerous experiment with North Queenslanders' health, which was originally due to start in mid-2022.

The number of conditions covered has also been cut from 23 to 17.

Unlike trials proposed in New South Wales and Victoria, where state governments have pledged to reimburse patients, pharmacists in the North Queensland trial will charge patients between \$20 and \$55 for consults and there are no patient subsidies from Medicare or the Pharmaceutical Benefits Scheme.

It is essential the Queensland government is transparent with the community about this scheme. When the urinary tract infection (UTI) pilot began, no information was given to doctors on how to report any adverse outcomes for patients.

We are working with our colleagues nationally to fight these proposals as they emerge in every state and territory.



## EVENTS

We held two events on the one day on Super Saturday 18 March – our second Medical Careers Expo and our inaugural Private Practice Finance, Technology and Innovation Conference.

You can see photos on our Facebook page.

Our next big event is our AGM on 26 May, which will be immediately followed by the Dinner for the Profession. Registrations are open now at [ama.com.au/qld/events/DFPAGM](https://ama.com.au/qld/events/DFPAGM)



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# 2023 Sunshine Coast Local Medical Association Bursary

Established by the Sunshine Coast Local Medical Association (SCLMA), this bursary recognises academic excellence and achievement in the Bachelor of Medical Science program at USC and encourages and rewards local students for their endeavour.

We are pleased to introduce you to the 2023 recipient of the bursary and thank you for your support and partnership in creating opportunity through education.

## SEPEHR PIRMORADI B Medical Science



*“As I am sure you are aware, it is through your generosity that I have received the Sunshine Coast Local Medical Association Bursary. I wanted to write a short letter to thank you.*

*My name is Sepehr Pirmoradi, and I moved up from Sydney to study the Bachelor of Medical Science at the University of the Sunshine Coast (UniSC). Through this degree, I have learnt how to maintain academic excellence whilst living independently. I think that part of the reason I was able to succeed is because UniSC promotes and rewards curiosity, passion for learning, and organisation, which were attributes that I was able to develop over the past three years.*

*In a few weeks, I will begin the Doctor of Medicine (MD) at Griffith University. This degree will allow me to become a doctor, something I have been striving for since I was 15. I am often asked about what specialty I would like to pursue, but I do not have a definite answer. I do not know enough about the field of medicine or various specialties to make those decisions yet. Ultimately, I think my focus will be on learning for the purpose of becoming the best doctor I can be. With this focus, I am confident that everything else will fall into place.*

*Finally, I would like to discuss what this Bursary means to me. Living on my own has been extremely rewarding, but it is not without its challenges. Although I am financially secure, there will always be a monetary pressure when living out of home. This pressure frequently reduces the amount of time and energy I can spend on academic endeavours. This Bursary alleviates this. Simply put, your generosity covers 2 months of my rent. This means that as I start my new degree, I can place greater focus on making a strong start in the Doctor of Medicine, and not have to think about putting a roof over my head. From the bottom of my heart, thank you.*

*With gratitude,*

*Sepehr*

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## Annual GP Conference

### Saturday, 10th June 2023

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***Dr Verma as well as consulting at both locations, has admitting rights to Buderim Private Hospital and Sunshine Coast University Private Hospital***

***Email: [reception@drajayverma.com.au](mailto:reception@drajayverma.com.au)***

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### **SCLMA ADVERTISING GUIDELINES:**

To comply with Section 133 of the National Law and guidelines, advertising of services must not:

Paragraph (a) "Create or be likely to create unwarranted and unrealistic expectations about the effectiveness of the health services advertised"

Paragraph (f) "Claim that the services provided by a particular regulated health profession are better, as safe as or safer than others"

Paragraph (o) "Contain any claim, statement or implication that a practitioner provides superior services to those provided by other registered health practitioners"

### **PLEASE NOTE THE FOLLOWING:**

*The anti discrimination commission of Queensland has the following statement on job advertising:*

*Discriminatory advertising is against the law. Job advertisements need to give the impression that all suitable applicants are welcome to apply. References to sex, relationship status, age, race, religion etc should be avoided, as should the use of words that may indicate a preference for particular groups or may discourage others from applying, eg foreman, tradesman, glamorous, well-built, mature, youthful, office girl etc. Publishers can be fined and be the subject of a complaint to the Commission for publishing discriminatory advertisements that show an intention to contravene the Anti-Discrimination Act 1991. Discriminatory advertisements will therefore often be refused or modified by publishers in order to avoid legal liability.*

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July 2022

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March 2023

## **PRACTITIONER (VR) - SUNSHINE COAST QUEENSLAND**

To find out more, please email your resume to [admin@nambourclinic.com.au](mailto:admin@nambourclinic.com.au) or ring Rowena for an informal chat

Ph: 0412 292 666. Continuing.

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