

# Friendly Life

Steady Seniors  
PAGE 2



**Friendly Society  
Private Hospital**

Leading Healthcare for the Wide Bay

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## ADULT GROWTH HORMONE DEFICIENCY TREATMENT BEGINS AT THE FRIENDLIES

Impaired mood, emotions and physical health, that was often left undiagnosed and untreated in patients with the Growth Hormone Deficiency, may now be treatable with the help of Bundaberg Specialist Consultant Endocrinologist Dr Thomas Ulahannan.

Dr Ulahannan has commenced screening and treatment for adults diagnosed with Growth Hormone Deficiency.



While children diagnosed with the deficiency have been receiving treatment through growth hormone replacement, the same drug has not been readily accessible to adults in Australia until this year.

*"In adults diagnosed with Growth Hormone Deficiency, there is a whole syndrome of signs and symptoms including combinations of physical and emotional effects,"* Dr Ulahannan said.

Dr Ulahannan said when he moved to Australia six years ago, he was amazed the treatment wasn't available, as it has been given in America and Europe for the past 15-20 years.

*"When I came here I found that opportunity wasn't available. People could receive growth hormone therapy privately, but you are talking about thousands of dollars - it's not an easy thing for people to commit to as it is something that might be lifelong".*

That all changed in December 2018 when the drug was added to the PBS.

*"Since that time the most difficult aspect has been the examination screening because testing for the Growth Hormone Deficiency is quite*

*complicated and takes about three hours. There wasn't any guidance on how to screen or set up tests in this regional demographic area".*

Dr Ulahannan praised the efforts of Sullivan Nicolaides Pathology who had worked closely with him to ensure the test, called a Glucagon Test, would be available in Bundaberg.

Now, patients from Bundaberg, Rockhampton and Hervey Bay are able to be tested for the deficiency.

*"We have our first six patients commencing treatment soon, they will be our first trial recipients to receive the Growth Hormone".*

*"After one month another follow up blood test and questionnaire is undertaken to identify any change in the patient's condition. If there has been any change, we may continue, increase or adjust the dosage and hopefully see an improvement".*

While Dr Ulahannan said Growth Hormone Deficiency was rare in adults, it was a benefit to be able to treat patients suffering the effects, who until now, had to live with the sometimes crippling symptoms.



## Creating steady seniors with weekly falls & balance class

Classes aimed to help people stay steady on their feet have been well received by patients.

The Friendlies Physiotherapy & Allied Health Falls Prevention & Exercise Program is currently running six classes a week.

Head Physiotherapist Matt Churchill said it was great to see so many people get behind the program.

*"So many health professionals and patients had spoken to us about a need for classes like these,"* Matt said.

*"As people age, the ongoing effects of having a fall become worse, so it is really important that patients do what they can to stay steady on their feet."*

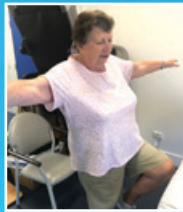
The classes are run by both a physiotherapist and personal trainer and focus on fun as well as modifiable exercises, suited to any age and ability.

*"We have patients from 60 all the way up to 90, so we make sure that each of them are getting the best out of the program,"* Matt said.

The exercises centre around strength, balance and co-ordination, which can help bring patients a sense of safety.

Classes are \$15 and are claimable on Private Health Extras and are run 9am to 10am, 10am to 11am and 11am-12pm on Tuesday's and Thursdays. Bookings are required.

*"All participants need to have a screening with a physiotherapist first, and after that we recommend 10 classes to perfect the exercises, but after that you can keep going with the program at home or with us,"* Matt said.



## Allied Health service grows with addition of Remedial Massage Therapist

Friendlies Physiotherapy & Allied Health is continuing to grow, welcoming Remedial Massage Therapist Hannah Lowien to the team last month.

Hannah works in support of the physiotherapy team but can also treat clients from outside the department to provide treatment for any muscular issue including injury, tension or simply for relaxation.

Hannah offers 30 minute or 1 hour appointments to her patients. You can schedule your appointment by calling our friendly Allied Health administration team on 4331 1888. No referral is necessary and the cost of the appointment may be claimable on Private Health Extras - please check your policy.



## New pharmacy customer experience with a FREE coffee while you wait



The Friendly Society Pharmacy is offering customers a new shopping experience having recently installed a coffee machine, free for customer use.

Pharmacist Jason Vizgoft said the Coffee Machine was intended to help customers relax while they wait.

*"When customers are placing a script, there will always be a small wait time while the pharmacist and dispense technicians complete their work,"* Jason said.

*"We wanted to make sure customers who are waiting for their scripts have the chance to relax with a hot cuppa and enjoy browsing the store!"*

The coffee machine will be serving up Lavazza Pod coffee at the Barolin Street Pharmacy.

## BIGGEST MORNING TEA

Staff joined in on Australia's Biggest Morning Tea in May, raising hundreds of dollars for the Cancer Council.





# Hospital entry now a breeze with The Friendlies Flyer golf buggy patient transport service

Patients and visitors of the Friendly Society Private Hospital now have a fun, faster and weather protected way of coming into the hospital, with the launch of The Friendlies Flyer golf buggy transport service.

The Friendlies CEO Alan Cooper said the golf cart, donated by The Friendlies Foundation, meant patients and visitors would have the option to be transported from the car parks.

*"Parking is always something we are thinking about for our patients. As a hospital, the majority of our clients are either elderly or have impaired mobility before or after surgery,"* Mr Cooper said.

*"We are planning for more car parking options, but patients won't always be able to get a park in the closest or most convenient spot".*

*"The Friendly Flyer is another way we can help increase our service offering to patients and keep their comfort in mind".*

The Friendlies Foundation public relations officer Maria Ebert said the \$15,000 cart was being well utilised and welcomed by patients.

*"The Friendly Flyer travels at regular intervals throughout the day through all the car parks to the hospital, so it is very accessible by patients,"* Mrs Ebert said.

*"We have also had a great response from volunteers wanting to be involved with the cart to ensure we can have this service when people need it most".*

There is no charge to use The Friendly Flyer, but there is a \$2 donation tap point so if users would like to make a donation to The Friendlies Foundation, by simply tapping a card, they can.



# Celebrating International Nurses Day 2019



## WIN A NEW CAR FOR JUST \$5

Win a new Mazda 2, thanks to The Friendlies Foundation and Ross Gray Mazda.

~ DRAWN ~  
Friday, September 13, 2019  
TICKETS \$5

Available for purchase at Friendly Society Private Hospital and Friendly Society Pharmacy, or call 4331 1024.



## New Thermometers purchased for Day Oncology Unit thanks to generous donation

The Friendlies Foundation public relations officer Maria Ebert gratefully accepted a \$330 donation from the Bundaberg and District Cancer Support Group for Men and Women, presented by Margaret McLucas.

The donation will be used to purchase two new Tympanic Thermometers for the Day Oncology Unit. The Friendlies would like to thank the group for their ongoing support of the unit.



## JUST LOOK AT THOSE GOLD MEDALS!

Congratulations to The Friendlies team, Friendly Fire, who competed in the Beach 365 Community Volleyball Challenge in June. Selina, Bailey, Krystelle, Stuart and Liezl did well winning all games in the community group section.

## The Friendlies Foundation Charity Golf Day



Friday, September 13, 2019

4 BALL AMBROSE  
\$55 per player or \$200 team of four

For more information or to register visit [Thefriendlies.org.au/foundationgolfdays](http://Thefriendlies.org.au/foundationgolfdays)







# Keeping You Healthy at Home



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- Raised Padded Armrests
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REG \$209.95

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- Can be used for eating, drawing or other activities
- Full height adjustable with fixing knob for security



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## KITCHEN STOOL

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- Provides greater comfort for stiff or painful hips
- SWL 175kg



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- Height adjustable
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SWL 118kg

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