

Connection

YOUR MAGAZINE FROM PENINSULA HEALTH • ISSUE 9 • AUTUMN 2018

A new world
of cancer care

Making hearts
grow stronger

Fitter, healthier
and home sooner



Ordinary people doing
extraordinary things –
saving lives on the Peninsula

INSIDE: YOUR FIRST LOOK — NEW WORLD-CLASS HOSPITAL



1 in 4 people on the Mornington Peninsula will be affected by cancer. Chances are, it will be you or someone you love.

Take a Break for Cancer and help raise vital funds for your local cancer service so everyone has access to fast diagnosis, fast treatment and the care and support they need, close to home.



It's easy to get involved:

- Host a fundraiser
- Make a donation
- Join events across the Peninsula

Take a Break for Cancer this June to support your local cancer service.



CANCER SERVICES

takeabreakforcancer.org.au



This Issue

Welcome to the Autumn edition of *Connection*, my first as Chief Executive of Peninsula Health.

I am delighted to join your health service, and I look forward to many years working side-by-side with you and our wonderful staff and volunteers to deliver world-class healthcare for the Peninsula.

In this issue, we want to report back to you, our wonderful community, about how your generous support makes a real difference to the lives of local people in Frankston and the Mornington Peninsula.

Local residents like Greg, who is now recovering from a life-threatening pancreatic condition. And Andreas, whose life was saved by our world-class cardiology team.

I am also pleased to bring you an update on the proposed redevelopment of Frankston Hospital and how this exciting project will deliver a world-class teaching hospital to rival the best in Melbourne.

Please do continue to give generously and be involved in Peninsula Health. With your support, we can deliver even better care to patients and families, close to home.

I hope you enjoy this issue of *Connection*.

Felicity Topp
CEO, Peninsula Health

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Connection is a community publication from Peninsula Health. This magazine is distributed across our facilities at Frankston, Hastings, Mornington and Rosebud, and sent to our volunteers and supporters. You can also download it from our website. To subscribe or be removed from the mailing list please contact us.



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Peninsula Health is child safe.



We are proudly inclusive.

Bigger & better

A WORLD-CLASS HOSPITAL FOR FRANKSTON AND THE MORNINGTON PENINSULA

110
new beds

1,000
new jobs

Expanded
Maternity and
Paediatrics

Health and
Education
precinct

Integrated
Cancer
Centre

2
new Operating
theatres

New teaching and
research spaces

The doctors, nurses and allied health staff at Peninsula Health are proud to deliver world class care to the local community. But after more than 75 years of service, Frankston Hospital is too cramped to cope with the demands and health challenges of the next decade and beyond.

The population of Frankston and the Mornington Peninsula is projected to increase by 10% by 2036, which is a staggering 32 thousand extra people needing local healthcare. If you combine this figure with the rapidly ageing population on the Peninsula, you can see why there is a need to dramatically expand to create a bigger and better Frankston Hospital.

“As our population grows, it is vital we grow with it,” says Brendon Gardner, Chief Operating Officer of Frankston Hospital.

“To continue delivering world-class care to the local community, we need updated facilities to match the expertise of our talented doctors, nurses and allied health professionals.”

Peninsula Health has released plans for a major redevelopment, which would transform Frankston Hospital into a vibrant teaching hospital, to rival the best in Melbourne.

The project would also be a significant step towards a proposed Health and Education

precinct in Frankston, alongside our long-term partner Monash University.

“By attracting the best and brightest minds to the Mornington Peninsula, we are future proofing world-class healthcare delivery,” says Dr Tim Williams, Peninsula Health’s Executive Director of Medical Services.

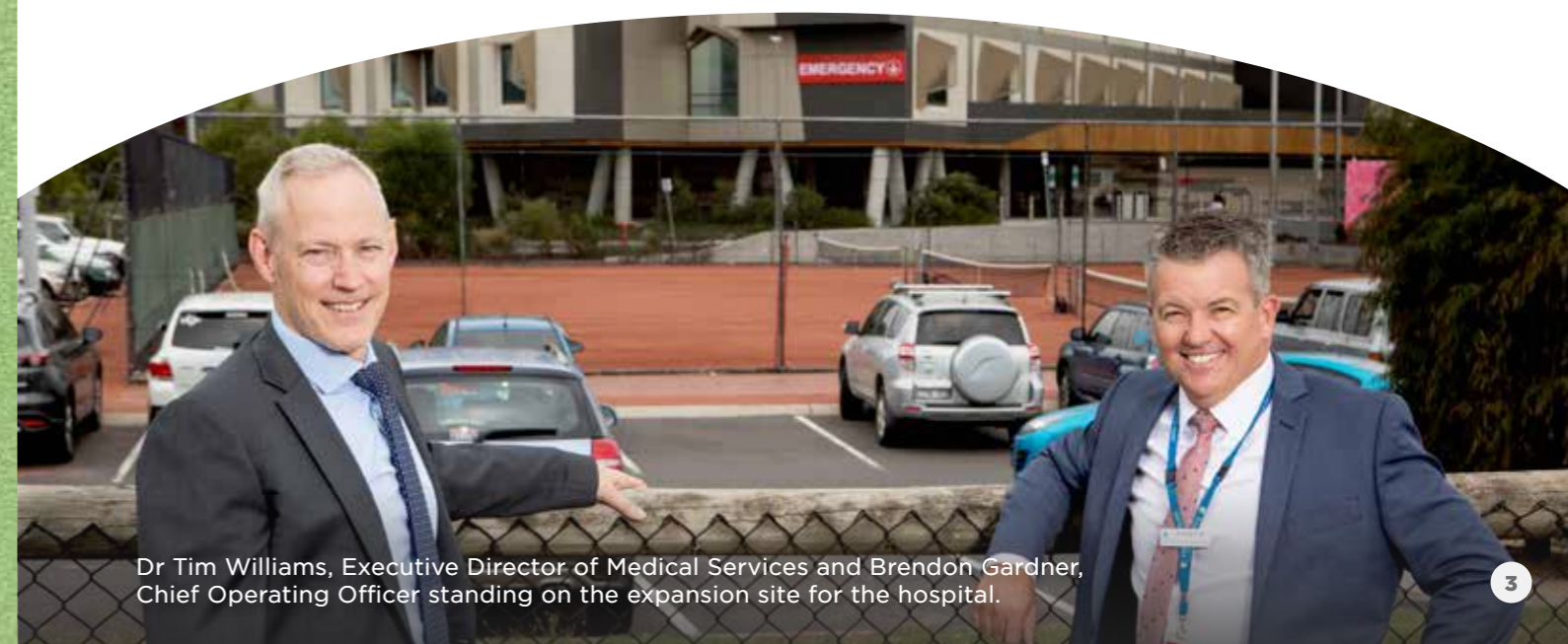
“Working alongside Monash University will allow us to meet the future health challenges for people in this area directly, to ensure everyone has access to world-class care when they need it.”

The Health and Education precinct would include dedicated clinical teaching and research spaces, including the new Research and Education Centre, which is set to open at Frankston Hospital next year.

“This crucial redevelopment project has the support of many in the local community who understand the importance of having access to the best of care, close to home,” adds Mr Gardner.

It is estimated the expansion of Frankston Hospital would also generate 1,000 new jobs in the local area.

To view the plans and find out more, visit www.peninsulahealth.org.au/boldnewvision



Dr Tim Williams, Executive Director of Medical Services and Brendon Gardner, Chief Operating Officer standing on the expansion site for the hospital.

Making hearts grow stronger

Time is critical in cardiac care. The sooner a patient can come in to see us, the quicker we are able to diagnose and start the right course of therapy or treatment.

59 year old Carrum Downs local, Andreas Moller, knows this all too well. Last winter he was enjoying some down time, unaware he had a serious health problem.

“I was at a friend’s place and we were playing playstation, and I got a little bit excited. All of a sudden I had really bad heart palpitations,” says Andreas.

“A few weeks later I started to get pains again, and then one day I was out shopping and I got shocking neck pains, I couldn’t lift my neck, and I was getting dizzy, it was hard to breathe and very scary!”

“I drove myself into Frankston Hospital, went into Emergency and they saw me straight away.”

“Andreas hadn’t had a heart attack,” says Dr Manuja Premaratne, Andreas’ Cardiologist. “But we needed to do some further investigation, so we gave Andreas a CT scan and put some dye in his blood to investigate. The results were startling.”

Andreas urgently needed a stent to unblock his arteries and restore normal blood flow to his body.

“I was put on blood thinners for a week to prepare me for the stents, which they put in almost immediately as I had two blockages.”

“I was extremely lucky to have the treatment before I had a heart attack,” adds Andreas. “I got a very lucky early warning, because Dr Premaratne was so savvy in finding the blockage.”

“Andreas came to see us at just the right time,” says Dr Premaratne. “With the advances we have made in the area of CT

scans, we were able to diagnose his serious blockages quickly.”

“If there had been further delays to Andreas’ treatment, the outcome could have been considerably worse.”

Andreas is now far more active than he was before his heart problems, but he is careful to keep his new-found health and energy in check.

“I go the gym now four days a week, but I’m careful not to do too much!”

Andreas’ treatment and that of the many thousands of Peninsula locals who are seen by our Heart Service each year was made possible because of the generous support of our local community.

“We are constantly amazed at the generosity of local people.”

“The many thousands of dollars raised each year make an enormous difference, and allow us to treat each patient faster and more efficiently,” adds Dr Premaratne. “In the case of heart disease, every minute saved or lost can mean the difference between life and death, which is why our Heart Appeal is so vital.”

“We are constantly amazed at the generosity of local people.”

Dr Manuja Premaratne with patient Andreas Moller



HELP MAKE HEARTS ON THE PENINSULA GROW STRONGER

Support our Heart Appeal today so more patients like Andreas have access to lifesaving care, close to home.

peninsulahealth.org.au/help-hearts-grow-stronger



Bringing a new world of Cancer care to the Peninsula

IN PROFILE:
DR ZEE WAN WONG, OUR
NEW HEAD OF ONCOLOGY

By Jessica Mills

Having worked in Singapore, the United States and regional Victoria, Dr Zee Wan Wong brings a world of experience in cancer care to Peninsula Health.

Her plans to expand the Oncology service at Peninsula Health will improve access to specialist oncology services, the latest treatments and clinical trials so patients no longer have to travel to the city.

“Our plan is to build an Integrated Oncology Service with diagnostics and treatment under one roof, as part of the redevelopment of Frankston Hospital,” explains Dr Wong.

“New treatments are approved all the time and we want to offer our patients the most appropriate treatment available, so they can have the best possible outcome, with minimal side effects.”

Dr Wong intends to expand the number of Oncology clinics run at Frankston Hospital from three to five each week, so there is a specialist service for each tumour stream.

“Eventually we want to have dedicated clinics for patients with the various cancers including breast, prostate, lung, gastro-intestinal (bowel), and melanoma.”

A SPECIAL BOND WITH PATIENTS

The mother of two says her job is gratifying and fulfilling.

“We are able to keep patients in remission or free from symptoms for a considerable period of time, so they can maintain a good quality of life. It’s important to realise that there’s a lot we can do, even for patients with advanced disease,” says Dr Wong.

“The majority of our patients at Peninsula Health are diagnosed with early stage cancer so they can be cured and lead a normal life after their cancer treatments.”

“We build very close relationships with our patients and their families. It is very

special to be able to make a difference for those diagnosed with a serious condition such as cancer,” says Dr Wong.

TAKE A BREAK FOR CANCER

Dr Wong says community support is vital to help expand and innovate the Oncology service.

“It’s wonderful to see everyone getting behind Take a Break for Cancer, which raises money each year for Oncology services at Frankston and Rosebud Hospitals.”

“This helps us to continue to improve the cancer services we can offer to the local community, meaning local residents can access the best of cancer care, close to home.”

“It's wonderful to see everyone getting behind *Take a Break for Cancer*, which raises money each year for Oncology services at Frankston and Rosebud Hospitals.



Dr Zee Wan Wong with patient Liz Yates

Take a BREAK for Cancer

Help local people affected by cancer — **Take a Break for Cancer this June** to help raise vital funds for your local cancer service.

Host your own fundraiser or join one of the many events across the Peninsula.

www.takeabreakforcancer.org.au

A Giving Mind

EVERY YEAR, THOUSANDS OF PEOPLE GIVE GENEROUSLY TO PENINSULA HEALTH BECAUSE THEY WANT TO ENSURE EVERYONE ACROSS THE PENINSULA HAS ACCESS TO WORLD-CLASS CARE, CLOSE TO HOME.

Melinda King is a wonderful local resident, who gives regularly, and who typifies the generosity and commitment of so many people in our local community.

“I have been a Peninsula resident for over 30 years,” says Melinda. “I feel it’s part and parcel of living here to support our hospitals in Rosebud and Frankston, which we have used for many members of our family.”

Melinda lives in Mt Martha and has brought up two children in the area. Both of her now adult children were treated at Frankston Hospital when they were much younger. Liam spent a few days there when he had gastro as a baby, and Nick needed urgent treatment on a number of occasions when he had croup.

“It was fantastic, as a parent, to have the hospitals in emergency situations,” says Melinda. “I’ve also had two operations at Frankston and both my father and mother who live in Rosebud were in Emergency there, so all three generations of my family have benefitted.”

Melinda’s strong family and community connection with Peninsula Health helps to explain why she is happy to give.

“I know I can’t give a huge amount of money, but I feel if everyone could give a little, as many times as they can, it all adds up,” explains Melinda.

“They always tell us exactly what they are raising money for, and I give what I can.”

“I think it’s altruistic, it makes you feel good to give because of what we have gone through, knowing that your donation can make a difference to so many others,” adds Melinda.

Giving runs in Melinda’s family as her mother June spent many years helping Rosebud Hospital, and she still gives to Peninsula Health’s appeals today, despite being in her 90s.

“Mum was involved in fundraising through the Rosebud Hospital Opportunity Shop for over 10 years, so she actually got her lifetime pin, and a certificate for her work at the Op Shop and absolutely loved doing it,” says Melinda.

“Mum still gives regularly, and in fact she’ll often say did you get a letter from Peninsula Health today? I did!”

WAYS TO SUPPORT YOUR LOCAL HOSPITAL

- Make a thank-you gift
- Become a regular donor
- Leave a Gift in your Will
- Volunteer or host your own fundraising event

“If everyone could give a little, as many times as they can, it all adds up.”

Melinda King in her garden in Mt Martha

The very best in Emergency care for your family

LAST YEAR MORE THAN 95,000 PEOPLE PRESENTED TO OUR EMERGENCY DEPARTMENTS AT ROSEBUD AND FRANKSTON – ENOUGH PEOPLE TO FILL THE MCG.

Two weeks to the day from his retirement, father of three, Bill Ryan, never expected to be one of these thousands of people needing lifesaving care at Frankston Hospital.

He was enjoying a morning cup of tea in bed but he soon realised something was wrong.

“I walked into the wardrobe to get some clothes but I couldn’t see what I was looking for and when I found it, I couldn’t seem to get a hold of it,” recalls Bill.

His wife knew something was wrong and quickly called an ambulance.

“The ambos turned up and asked me to repeat the phrase to them, *you can’t teach an old dog new tricks*,” explains Bill.

“For the life of me I could not say that simple phrase.”

“It was like when you’ve seen a movie and people ask what the name of it was and it’s just not there. For the life of me I could not say that simple phrase.”

Though he didn’t know it at the time, Bill was having a stroke.

Patients can only be given a clot breaker, which helps to prevent brain cell death, within four and a half hours of having a stroke, so every second counts.

“Every minute we delay emergency treatment after a stroke, 1.9 million neurons are lost,” explains Dr Shyaman Menon, Clinical Director of Emergency Medicine.

“However if we can thrombolyse patients (by administering the clot breaker) then we can potentially limit the damage.”

Bill received the clot breaker two hours after having the stroke and steadily improved.



“I’ve made a full recovery thanks to the expertise of the doctors and nurses,” says Bill, who is now back to enjoying his retirement.

In the past year, the Peninsula Health Emergency Appeal raised over \$100,000 for Frankston and Rosebud Emergency Departments.

“It is vital our Emergency Team has access to the very best equipment, so we can provide urgent medical care to people like Bill, fast,” says Dr Menon.

“We are overwhelmed by the community’s generous donations which help us offer world-class care for seriously ill and injured patients. Thank you for supporting us so we can support you and your loved ones, when you need it.”



We treated 95,275 people in our Emergency Departments last year. Frankston Hospital is the busiest ED in Victoria for ambulance arrivals.

A life saved

By Jessica Mills

YOUR DONATIONS
SAVING LIVES ON
THE PENINSULA

Greg Fisher had just returned home from a trip overseas when he noticed his skin had turned a yellowish tone and he started to feel unwell.

“I thought I’d been bitten by a mosquito and had malaria – but I was wrong,” says Greg.

Luckily for the retiree, doctors at Frankston Hospital were able to diagnose what was making him sick fast, using a special piece of equipment recently purchased through the support of the local community.

The Endoscopic Ultrasound (EUS) and Endo Bronchial Ultrasound (EBUS) finds the cause of symptoms such as abdominal or chest pains quickly, diagnosing conditions like cancer so doctors can start treatment as soon as possible.

“We didn’t have any equipment like this before”

Head of Endoscopy, Dr Leon Fisher, says many people benefit each year from using the lifesaving machine.

“We didn’t have any equipment like this before. Previously, patients had to travel to the city and spend months on a waiting list”.

“Now when people are suspected of having cancer in their lung or pancreas we can take a biopsy and examine it quickly,” explains Dr Fisher.

“The procedure is fast, simple and low-risk. A diagnosis can then be determined within hours.”

Dr Fisher used the EUS machine to find out why Greg was so unwell.

“He did the investigation and found a 28mm cancerous tumour on the end of my pancreas

Endoscopy Nurse Kelly Saliba
and Dr Leon Fisher in theatre



“The five-year survival rate for pancreatic cancer is only 5%, so early detection is vital.”

that was blocking off the bile duct,” says Greg.

“During the same procedure he inserted a stent to open up the bile duct to alleviate the condition temporarily.”

Arrangements were then made for Greg to have another operation to remove the cancer.

The five-year survival rate for pancreatic cancer is only 5%, so early detection is vital.

“The reason pancreatic cancer is so deadly is because most tumours aren’t detected until they are at an advanced stage – when treatment is unlikely to be effective,” explains Dr Fisher.

Greg is now feeling much better.

“I’m 63 and now I’m going to make it to 64 – I’m very grateful to everyone who helped save my life.”



Thank you for making a difference

“Community support is very, very important – without it we wouldn’t have the EUS/EBUS machine,” says Dr Fisher.

“Thank you for helping us to provide our community with the best of care, close to home.”



Radiology advances apace at Rosebud

THE RYE OP SHOP IS ICONIC IN THE LOCAL COMMUNITY FOR ITS UNWAVERING AND GENEROUS SUPPORT OF ROSEBUD HOSPITAL.

In the coming months, the community will have access to yet another piece of world-class medical equipment, when an OPG machine or *Orthopantomogram* is added to Rosebud Hospital's suite of Medical Imaging tools, thanks to a large donation from the Rye Op Shop.

"This machine is a huge boost for the community"

says Damien Barbour, Head of Radiology at Rosebud Hospital. "It means no more trips to Frankston Hospital or inconvenient drives to private providers on the Peninsula."

“Rosebud Hospital is a much loved institution on the southern Peninsula, and I can't think of a more worthy recipient of these funds.”



Head of Radiology Damien Barbour with David Wills, President of the Rye Op Shop

"An OPG takes a panoramic view of the jawbone and teeth," explains Damien. "It is used to show the positioning of your teeth to diagnose dental conditions, as well as jaw fractures often seen through the Emergency Department."

"The new machine will help considerably in speeding up treatment times in the Emergency Department," adds Damien.

The history of the Rye Op Shop's generosity is legendary in the area. Established in 1976, it has made donations to more than 200 local organisations, just short of \$4 million, including more than \$1 million to Rosebud Hospital.

In the last year alone, this has included \$100,000 to Rosebud Hospital to house a new telemedicine device (*eyeConnect*) in the

Emergency Department, and now the new OPG machine.

"We are thrilled to be able to raise such significant funds for our local hospital" says David Wills, President of the Rye Op Shop.

"Rosebud Hospital is a much loved institution on the southern Peninsula, and I can't think of a more worthy recipient of these funds."

"Our dedicated team in the Op Shop give up their time every day to raise money for the community, and to fund such an important project to improve the health of local people makes all our work truly worthwhile," adds David.

It is expected that around 500 southern Peninsula residents will benefit from the new OPG service each year.

For more information on the Rye Op Shop, visit www.ryeopportunityshop.org.au



Speeding home

MARGARET GARRET WATCHED RICHMOND WIN ITS FIRST AFL PREMIERSHIP IN 37 YEARS FROM HER BED AT FRANKSTON HOSPITAL, AFTER A FALL LED TO A BROKEN HIP.

It was an eventful Grand Final weekend for the Frankston local, who after falling in the middle of the night, was taken by ambulance to a local private hospital.

But when she arrived there, the private hospital was not able to help her as it did not provide the surgery she needed on the weekend.

Fortunately for Margaret, the doctors and nurses at Frankston Hospital are always here when you need them, and she was taken immediately to Frankston Hospital.

After surgery to repair her hip and a quick recovery on the in-patient ward, Margaret completed her rehabilitation at The Mornington Centre – our purpose-built rehab centre for patients recovering from illness or injury.

Thanks to an innovative new program called SPEED, Margaret sped through her rehab program and was back home again before she knew it.

“The SPEED (Supported Patient Centred Early

Discharge) program gives patients more intensive therapy, so they can return home sooner,” explains Clinical Director, Professor Velandai Srikanth. “In comparison to other rehab programs, patients spend 2-3 fewer days in hospital, meaning they can return to their normal life much faster.”

“The program works because we involve the patient and their family in the program, which makes the discharge process quicker and smoother,” adds Professor Srikanth.

And Margaret agrees: “the program was really good and definitely helped me get home sooner.”

“I did some intensive exercises in the gym room and they even did practical things like checking I could get in and out of the car.”

The funds raised from last year’s appeal for our rehab services are now helping other patients like Margaret get the very best in rehabilitation care and support, close to home. ●

Thank you

We are so grateful to our many wonderful donors and supporters. Your extraordinary generosity helps give patients and families the best of care, close to home.

We recently received the following donations over \$1,000:

- ♥ Andy’s Place Op Shop
- ♥ Australian Arrow Pty Ltd
- ♥ Australian Croatian Social Club
- ♥ Bauer Media Group
- ♥ Bendigo Bank Balnarring & District
- ♥ Bunnings Rosebud
- ♥ Collier Charitable Fund
- ♥ Color Your Blues
- ♥ Daniel Trust Fund
- ♥ Dromana Lodge No 511
- ♥ Esso Australia Resources Pty Ltd
- ♥ Eve Cains-Hope
- ♥ Frankston Hospital Kids Auxiliary
- ♥ Frankston Hospital Pink Ladies Auxiliary
- ♥ Giving Hope ATF The Pearson Charitable Trust
- ♥ Igniting Change
- ♥ Lifestyle Communities
- ♥ Lifestyle Hastings Social Club
- ♥ Lions Club Flinders District
- ♥ Mornington Peninsula News Group
- ♥ Mr Andrew Collins

- ♥ Mr & Mrs Byron & Verene Woods
- ♥ Mr Geoffrey Alan Ward
- ♥ Mrs Christine Andrews
- ♥ Mrs Fay Kitching
- ♥ Mrs Stephanie Johnston
- ♥ Nepean Invitational Masters Group
- ♥ Peninsula Boys Car Enthusiasts
- ♥ Rosebud Hospital Auxiliary
- ♥ Rosebud Hospital Pink Lady Group
- ♥ RSL Rosebud Sub Branch Womens Auxiliary
- ♥ Rye Opportunity Shop
- ♥ Senior Citizens Club Flinders Italian & Ethnic
- ♥ Sorrento Golf Club Women's Division
- ♥ Sorrento Women’s Action Team
- ♥ Staff from Peninsula Health Dialysis Unit
- ♥ The Mason Foundation, managed by Equity Trustees

Donations given in memory of:

- ♥ Mr John Andrews
- ♥ Mr David Bruce
- ♥ Mr Patrick James Coffey
- ♥ Ms Carolyn Ellis
- ♥ Ms Carol Farrell
- ♥ Mrs Maureen Farrell
- ♥ Mr Thomas Faulkner
- ♥ Mr Maurice Mario Giurini
- ♥ Mrs Mavis Hopkins
- ♥ Mr Grevis John Howe
- ♥ Mr Gerold Krenzer
- ♥ Mr Malcolm Macaffer
- ♥ Mrs Susan McCarthy
- ♥ Mr Spiros Metallinos
- ♥ Mr Simon Mirtschin
- ♥ Mr Carl Morgan
- ♥ Mrs Audrey Doreen Morris
- ♥ Mr Stephen Muir
- ♥ Mr Walter James Ranford
- ♥ Mr Don Rogers
- ♥ Mr Raymond Smith
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- ♥ Mr Carl Van Saden

We would like to thank and acknowledge all our donors for their generous support.

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peninsulahealth.org.au/donatenow



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