



'supporting people in finding their own solutions to improve well being'

Queensland Self Help & Support Group Sector

News & Information
Bi-monthly

Issue 5
Sept/Oct
2017



Self Help Queensland Office
Located at Sunnybank, Brisbane



Index

- 1 President's Message
- 1 Invitation to AGM
- 2 SHQ Contact details etc.
- 3 FSG - Challenging Yourself
- 4 Genetic Matters
- 5 Raise Concern About a Charity
- 6 New Depression /Anxiety Group
- 6 New Gaucher Facebook Group
- 7 Professionals and Self Help Groups Working Together
- 8 Therapeutic Blood Donations
- 8 Mates in Mining
- 9 Where to donate
- 9 ACNC Toolkit
- 9 Share Shed
- 10 Dr Harmony
- 11 Vertigo and Dizziness
- 11 Unicorn Foundation
- 12 Hyperbaric Therapy
- 15 Head to Health
- 15 Online Mental Health Tests
- 16 Dangerous Decibels



From the President

Joseph Soda

In our last Newsletter I mentioned that we should have a plan for our future. The festive season is almost upon us, and is the time to reflect briefly on the past, but more importantly to decide and plan our goals for the New Year.

We at Self Help Queensland plan to be able to continue our work within the Community. However we can only achieve our aims by having good management of our finances and the personnel to manage the heavy workload that comes with being a major Community support organisation.

While we have managed to date with the current funding provided through Queensland Health, we need to augment that with additional funding or donations, to cope with the increased workload we expect in the New Year.

We are a well established organisation working diligently and effectively with a wide range of self help and support groups, and must have your support to continue our work.

In my previous Newsletter I stated the importance of assisting groups in becoming self sufficient, so that they do not need to rely totally on Government assistance.

We look forward to meeting you at our AGM on 28th November.
Regards
Joe Soda

Self Help Queensland reserves the right to edit submitted articles or information to this newsletter.



Freedom • Social Justice • Growth

The SHQ Newsletter is kindly sponsored by FSG Australia
fsg.org.au

AGM Invitation

Members and Friends of Self Help Queensland are warmly invited to attend our AGM on

Tuesday 28th November 2017, 9.30am to 11am

Sunnybank Community Hall
121 Lister Street (Cnr Gager Street) Sunnybank

Nominations will also be accepted from the floor
Refreshments and networking following the meeting.

To receive This Newsletter in Hardcopy

Self Help Queensland can no longer afford to distribute a free hardcopy newsletter. The cost of paper, printing, postage and handling has forced us to charge a fee of \$20 per year for 6 issues.

We appreciate that some professionals like to leave them in their waiting rooms, or facilitators take them to group meetings, and we apologise that we are no longer in a financial position to provide this service free.

Please contact Trish if you would like to opt for a hardcopy by post. Ph 07 3344 6919 or Email info@selfhelpqld.org.au

Looking for a Self Help or Support Group in Queensland?

The Self Help Queensland Directory of Self Help and Support Groups is now online and free. To search for a self help or support group follow this link <http://www.selfhelpqld.org.au/> On the Home Page click on 'Search the Directory' and follow the prompts.

Please Register Your Group in the Free SHQ Online Directory

We are aiming to feature all of the Self Help and Support Groups in Queensland under the one roof so they can be found more easily.

Please go to <http://www.selfhelpqld.org.au/> and click on 'Register a Support Group' or call Trish at the SHQ office on 33446 919 or email info@selfhelpqld.org.au for a registration form.

Disclaimer

The views expressed in this publication are those of the individual authors and not necessarily those of Self Help Qld.

The material supplied is for information purposes only, and is not to be used for diagnosis/treatment, or as legal, tax, accounting or any other



Queensland Government

Thanks to Queensland Health for providing funding to Self Help Queensland to help carry out its activities.



Please Like Us! We're Just Getting Started on Facebook.

<https://www.facebook.com/SelfHelpQueensland/>

Who We Are

President	Joseph Soda
Secretary	Kathy Thomas
Treasurer	Christopher Spriggs
Committee Members	Val McNamara Rosa Prah Elizabeth Carrigan Melody Edwardson
Co-ordinator	Trish Fallon
Bookkeeper	Janette Evans
IT Volunteer:	Roy Hanfling

How to Contact Us

Phone:	07 3344 6919
Email:	info@selfhelpqld.org.au
Website:	www.selfhelpqld.org.au
Postal:	PO Box 353 SUNNYBANK QLD 4109
Street:	Sunnybank Community Hall 121 Lister Street SUNNYBANK QLD 410
Office Hours :	Tues - Friday 9am - 4.30pm

Please Help Us by Becoming a Member of SHQ

After 33 years, Self Help Queensland has been forced to introduce a membership fee to help sustain our work. There are three tiers of membership which we have kept to an absolute minimum cost.

Concession: Students, pensioners	(\$10)
Support groups and individuals:	(\$20)
Professionals and organisations:	(\$30)

To become a member please click the link below <http://www.selfhelpqld.org.au/membership>

What We Do

Self Help Queensland (SHQ) supports self help and support groups in Queensland across a broad range of health conditions and related issues. We do this by:

Providing a free, online Directory of self help and support groups in Queensland.

Assisting people to start new self help and support groups where no groups exist.

Working individually with existing groups to build their capacity to improve the wellbeing of their members.

Providing Sector information to individuals, groups, organisations and professionals in Queensland.

Making referrals, providing low cost training, assisting groups with funding applications.

Promoting the benefits of self help and support groups.

Bi-monthly newsletter, website, facebook.

Have you considered challenging yourself to something **NEW** in **YOUR** life?

The Queensland Government's Certificate III Guarantee Program provides eligible Queenslanders access to subsidised training. If you have not completed a Certificate III or higher qualification and live in Queensland you may be eligible.

This entry level qualification is hands on and targeted to the learning needs of each student. With flexible workshops and work experience to suit each individual, FSG staff and mentors provide ongoing assistance during study and through transition into employment.

STUDY

a CHC33015 Certificate III in Individual Support. Specialise in Ageing Care, Home and Community Care or Disability.



“ At 68 years old, retirement does not come into the equation for me. 18 months ago I felt I needed to help people in need, so I was going to do volunteer work. This course has fulfilled my life immensely. I am ready to take on many challenges as this has been stimulating and positive. I am now employed and I am very grateful.

JOHN

Contact us today:

☎ (07) 5500 7811 ✉ courses@fsg.org.au



NDIS REGISTERED PROVIDER

fsg.org.au   

RTO 31296

Genetic Matters

by Professor Kim Summers PhD FRSB

Publish or perish

Trish Fallon and I had our first face-to-face catch up for several years the other day. We were talking about the responsibilities I have as a research scientist and how we try to prevent fraud and misconduct in research. I thought it would be interesting to show how this works.

One of my major professional duties is to review research papers and grant applications that are submitted for consideration to journals and granting bodies. We get many requests each year for these reviews, not always appropriate for our expertise, but where possible research scientists will try to complete the assessment.

For a research grant, we try to evaluate whether the science has a solid background, whether the research team has suitable expertise to do the project, whether the budget is realistic (not over- or under-costed), whether the use of animals is appropriate, whether the project is likely to have an impact on the disease or process to be studied.

That makes it sound as though you won't get funding unless you already know what the answer is and have all the skills needed. But that's not the case. If a group wants to develop a new technique we would look at whether they have done similar work in the past, whether they have demonstrated their ability to be innovative and implement different strategies in the work. If animal work is involved we would look at whether there are enough animals in the study to give statistical significance – using too few animals means the whole study is invalid and so those animals were wasted. At the same time we need to minimise the number of animals used in research and both in Australia and the UK this is tightly regulated. Some researchers apply for more money than is required to do the project (for example asking for a more senior position than is necessary, or for equipment that could be obtained from another source), but others feel they will have more success with a minimal budget and so they don't ask for enough funds to complete the project. Finally there is the question of impact. I have written in the past (see SHQ Newsletter, May 2016) about the need to make research relevant and translational, that is to have an obvious and rapid effect on the lives of humans and animals. It is not always easy to judge what the impact of a discovery might be or whether the applicants are overstating the potential outcomes, but we try to assess the feasibility of both the research and the impact.

For a paper, the process of review is much the same. We need to establish that the science is well-founded, that the experiments were properly controlled and the results interpreted correctly. We are expected to look at the data and any figures and assess whether they are authentic. We will usually be asked about the quality of the English, statistical analysis and figure content. A common problem (similar to research grant applications) is that the study was too small: not enough people or animals or repeats of the experiment to be sure that the outcome is right. Another problem is lack of understanding of the results. Often researchers will see what they want to see to support a hypothesis without fully grasping the significance and the possible complications.

Occasionally we may detect evidence of misconduct. Examples include figures that have been photoshopped to look better than they are; the same figure being used for two different experiments, perhaps with some minor changes to make it look different; copying of text from other authors - colleagues have detected large chunks of text that came from one of their own papers. Ironically, failing to recognise the work or others could also be considered misconduct, for example where another group has published contradictory findings and the new paper or grant application completely ignores their work.

For both grant applications and paper reviews we submit a confidential report to the organisation who requested the review. The authors will see the report but generally not the name of the reviewer. They may be given a second chance, to correct the issues detected by reviewers and (Continued on Page 5)

(Continued from Page 4)

resubmit the application or paper; sometimes it will be rejected and the author will have to submit to a different granting body or journal.

As an author or grant applicant it can be very frustrating to receive the reviewers' comments and believe that they are wrong, have failed to understand the explanations or simply did not read the work thoroughly. There is usually a chance for rebuttal, to explain why they are wrong or more often to acknowledge that they have a point and show how you will alter the paper or project to take this into account.

It is hoped that this process of peer review will weed out dodgy science from funded grants and papers. But sometimes it does get through, and there are increasing cases of papers being retracted from journals well after publication. It seems that the more prestigious the journal, the more likely it is to have to withdrawn papers, which suggests that the peer review may not be as thorough as it should be. There are some famous examples of papers that were withdrawn, including the study by a PhD student that contained copied text, falsified results and incorrect interpretation. That student has now lost both PhD and job.

The incidence of bad science being published has also increased due to the activities of "predatory publishers". These take advantage of the current move to "open access" publication. Here the author rather than the subscribers pay for the publication. Hence these publishers offer rapid acceptance of papers, often with minimal or no peer review, in return for payment of a (often substantial) fee. There are over 1000 of these publishers, many of them with a contact address that is a suburban home, a parcel service or an empty block. Most of us receive several requests a day to submit papers to their journals. I ignore anything that starts "Dear Dr Summers KM" as it has clearly come from a list generated by web-crawling. These requests hope to deceive young postdocs keen to increase their publication record and unaware of the predatory practices of these organisations. Tests have shown that papers composed entirely of swear words, with obvious flaws, containing copied material from very different disciplines, or coming from a fake institution have been accepted by these journals within days of submission. The bona fide peer review process can take months. In addition, these journals bombard us with requests to join their editorial board. A sting operation showed that the majority would accept an application from an unknown scientist with a career history that was anything but appropriate and without any checks or review of suitability. Most of us will not review for predatory publishers (if they bother to seek reviews of a paper), but the requests and offers still come to the email inbox daily.

Even though it is sometimes ineffective, the process of peer review for reputable journals and granting organisations is an important part of the professional life of a research scientist. We don't get paid for doing it, but we do it as one of our responsibilities to the scientific community and society as a whole. We try to be conscientious and understanding and make the comments constructive and helpful. Besides, we know that someone out there is reviewing our own work, we hope with the same responsible approach.

"Kim is a Professorial Research Fellow at the Mater Research Institute - University of Queensland, and Professor of Comparative Genetics, The Roslin Institute, University of Edinburgh. Kim is also a valued past Committee Member of Self Help Queensland Inc. The views expressed are her own and not necessarily those of her employer"

How to Raise Concern About a Charity & Recent ACNC Compliance Action

On 16 October 2017 The ACNC revoked the charity status of Guardian Youth Care Limited and Guardian Disability Services Limited following investigations into their respective activities and operations.

Revocation of charity status is reserved for the most serious of cases, as losing registration as a charity strips an organisation of its entitlement to access generous Commonwealth charity tax concessions.

If you have concerns about a particular charity that is registered with the ACNC, then please raise this matter with the ACNC at http://www.acnc.gov.au/ACNC/Contact_us/Raise_Concern/ACNC/Adv/Raise_Concern.aspx

New Support Group Formed!

Depression & Anxiety Support Group



The Sherwood Neighbourhood Centre, in partnership with Self Help Queensland, is facilitating a Depression and Anxiety Support Group. Meetings will be held at The Sherwood Neighbourhood Centre 38 Thallon Street, Sherwood between 1:00- 2:30pm. They will be held every two weeks. The next meeting will take place on **Monday the 6th of November 2017**.

To cover the cost of tea and coffee, a \$2 donation to the Centre would be appreciated. We encourage those who experience depression and anxiety to attend.

For enquiries please contact Sherwood Neighborhood Centre

Ph: (07) 3379 6963 or Email: admin@sherwoodnc.org

38 Thallon Street, SHERWOOD 4075

www.sherwoodnc.org.au

New Facebook Group Formed – Gaucher Australia

All Australian Gaucher patients and carers are invited to join the newly formed Facebook Group '[Gaucher Australia](#)'. This moderated, closed Facebook group is a welcoming place for the Australian Gaucher community to share information, provide support – and most importantly, connect with each other. What an easy and accessible way to stay connected to friends (old and new) in the Gaucher community!

This group is developed and moderated by Rare Voice Australia, in collaboration with Gaucher Australia Association. RVA looks forward to seeing the Gaucher community further develop its presence and connections. As this group is brand new we would love for you all to help spread the word!



Self Help Queensland welcomes feedback on any aspect of our service, including this newsletter. Please tell us what you think!

Contact Trish at the SHQ office on 3344 6919 or email info@selfhelpqld.org.au Tues - Fri 9am to 4.30pm



Professionals and Self Help Groups Working Together

Introduction

Some self help groups value and want professional involvement in their group.

Many professionals have been slow to accept self help groups as an effective adjunct to main stream care. There is considerable evidence to suggest self help groups are a valid means of allowing individuals to take responsibility for their own health issues and that involvement in them often produces better health outcomes.

Self help groups' commitment to democratic processes often casts them as a threat to established power structures such as health professionals and policy makers.

The experience of self help groups shows that professionals can play a positive role in the activities of the group, developing skills and encouraging partnership in decision making.

Groups often see professionals as 'expert', and therefore not equal to members. This power imbalance requires the careful development of a good working relationship between professionals and groups so that they can complement each other and gain mutual benefits.

Professionals can build capacity without dependency by sharing their range of skills with the group from the sideline, acting as a kind of 'consultant'. This allows the group to grow, develop and ultimately take charge of its own affairs.

Professionals playing an indirect, non-authoritarian role provide the most assistance to self help groups. This role and the principles by which it will be managed need to be discussed and agreed early in any partnership. This is much better than trying to change the role or level of involvement of a professional once group norms have been established.¹

There are considerable mutual benefits to be gained when self help groups invite professional assistance. The group remains free to conduct its own affairs and make its own decisions without interference – the supportive professional standing to the side, providing their expertise when called upon. In this context, 'professionals' refers to people who become involved with the group because they may have an interest or experience in the issue that is particular to the group. They become involved because of their profession, and do not generally share the issue common to other members. Sometimes it is their workplace that sees value in their supporting the group, thereby providing the opportunity for the professional to lend their support.

The capacity of self help groups to develop and grow can be enhanced by utilising the skills of professionals. Professionals, in turn, benefit from their contact with groups. The expertise of people with a living experience, their feedback on service delivery, knowledge of barriers to accessing services etc is vital information for professionals seeking to be responsive to community needs.

Forms of support that self help groups might seek from Professionals:

- Provide resources eg meeting rooms, help with photocopying, transport
- Use networks for connecting the group to other organisations, resources
- Help group members develop skills such as facilitating meetings, keeping records, producing flyers/newsletters on computer, debriefing, conflict resolution
- Assist with group promotion

(Continued on Page 8)

(Continued from Page 7)

- Act as a guest speaker
- Provide information that may be hard to access – professional journals etc
- Act as a sounding board for group ideas
- Help plan strategies
- Act as an advocate for the group
- Help with applying for grants – writing funding submissions
- Write letters of support for the group
- Act as a mediator if conflict arises
- Share tips for meeting activities – icebreakers, energisers etc
- Provide advice on how to use the media

As in all relationships, partnerships between self help groups and professionals need to be supported by transparent, respectful and timely communication.

References

¹ Derived from a presentation to the 11th International Congress of Human Genetics, Brisbane, Australia, August 2006. Text by KM Summers and S Smyllie, Self Help Queensland. Updated 2009.



Therapeutic Blood Donations

There are many misconceptions about eligibility and what happens to the blood that is collected.

The Australian Red Cross Blood Service provides a service to patients requiring venesection for medical reasons, including haemochromatosis. It is evident from calls to the Haemochromatosis InfoLine 1300 019 028 that the existence of the program, the eligibility guidelines and referral processes are not universally known and understood by everyone with haemochromatosis or their medical practitioners. There are many misconceptions about eligibility and what happens to the blood that is collected.

Australia is fortunate to have this service available. The Blood Services in many other countries with a high proportion of people at risk of iron overload do not offer such a universal service.

To learn more read the article based on a presentation to the 2016 Australasian Haemochromatosis Conference in Brisbane by Dr Barbara Bell, Donor Vigilance and Clinical Research Manager, Australian Red Cross Blood Service. We also acknowledge the assistance of Dr Helen Ingham, Lead Medical Officer (SA/NT), Australian Red Cross Blood Service.

<https://haemochromatosis.org.au/wordpress/wp-content/uploads/2017/10/Iron-age-news-98-October-2017-for-web.pdf>

‘Mates In Mining’ Launches Fight Against Depression and Suicide

The Mates in Mining Program is based on the ‘MATES in Construction’ (MIC) program that has seen a reduction in suicide rates in the Queensland construction industry and aims to establish a similar model within the coal mining industry.

If you know a mining or resources site that may be interested in the MATES model, contact Andrew McMahan (amcmahan@matesinmining.org.au), visit www.matesinmining.org.au or like and share the MATES in Mining Facebook page.

Andrew says that the program is based on the simple idea that suicide is everyone’s business.

Need help or you are looking to help a Mate – then call the MATES in Mining 24/7 helpline 1300 642 111

Do You Have Something Useful You No Longer Need? Don't know where to Donate it?

Below is a list of items with links to Charities that will distribute them to people in need. The list was primarily constructed by GiveNow, and we added a few of our own.

Give Bikes	Give Electricals	Give Medical Supplies
Give Blankets	Give Food	Give Mobile Phones
Give Blood	Give Foster Care	Give Organs
Give Books	Give Furniture	Give Sanitary Items
Give Boots	Give Hair	Give Shares
Give Cars	Give Hearing Aids	Give Spectacles
Give Clothes	Give a home to a pet	Give Stamps
Give Corks	Give Land	



<https://www.givenow.com.au/>

New ACNC Toolkit to Help Connect MPs and Charities

A new online toolkit to help charities and their local Members of Parliament (MPs) connect and discuss important sector issues has been launched.

The MP Charity Toolkit comprises new Charity Register functionality, which allows searches by federal electorate, and a series of 20 factsheets that cover topical charity sector issues, including fundraising, tax concessions and safe giving.

See the [MP Charity Toolkit](#)

***Editor's note: Although designed to help MPs to connect with Charities, it is also a great way for not for profits to network with each other in the same region, and for citizens to know what organisations are in their area if they are looking to volunteer.**

(Source:) http://www.acnc.gov.au/ACNC/OnlineProcessors/Online_register/MP_Charity_Register.aspx



Share Shed Encourages Brisbane Community to Borrow, Not Buy, What They Need



Share Shed is a not for profit community organisation run by volunteers. A shed filled with everyday items you can borrow aims to reduce the amount of waste in one Brisbane community.

The Share Shed, located in Salisbury, offers a treasure trove of things people can come and borrow when they need it. Co-founder Nicole Bray said Share Shed wanted to help reduce waste and create a community with the mantra "do more, own less".

Location: 1/8 Textile Cres, SALISBURY, Brisbane (Inside Food Connect) <https://www.shareshed.org.au/>
View Share Shed Catalogue: <http://shareshed.lend-engine-app.com/products?show=all>

Opening hours are Monday 8am - 10am, Friday 4pm - 6pm and Saturday morning 9am - 12pm
 Share Shed is closed on Public Holidays

Volunteers and donations welcome!



I Fret and Can't Switch My Head Off...Is that Abnormal?

- By Doctor Harmony, Psychiatrist (www.doctorharmony.com)

Do you ever find it hard to switch off or to relax?
 Is your mind racing or do you over-think things?
 Do people tell you that you worry too much?
 Do your thoughts race when you are trying to fall asleep?
 Do you over-react to events that happen in life?
 Do you frequently grind your teeth, get tension headaches or get sore muscles from tension?

When Is It Normal "Stress" or an Anxiety Condition?

Being under too much pressure can lead to feeling overwhelmed, not being able to sleep, being cranky and constantly thinking about the issues, feeling tired, not being able to relax and worries. If it is prolonged stress, it can lead to ill effects on your physical health and mental health, such as leading to anxiety conditions. If the stress is significantly affecting the harmony of relationships, ability to study or work, quality of life, leading to distress or causing health problems, it is worthwhile talking to your local doctor for assessment.

Some of the options that may be discussed, depending on your situation are:

- Can anything be done to limit the stress in your life?
- If it is the mental stress that is placed on yourself, such as high expectations, you may be referred to see a psychologist or counsellor. Counselling can also help to learn strategies to deal with the stress in your life, such as being assertive, building communication skills and relationship counselling.
- In some cases, antidepressant medication may be offered if the issues appear to be distressing enough or disabling. Research suggests that anxiety conditions are associated with a chemical imbalance, which can be inherited or triggered by life stress. Antidepressant medication helps to reinstate the chemical balance.

What May Help In the Meantime

1. Limit any unnecessary responsibilities and commitments that may be adding to the stress.
2. Asking yourself, "Is what I am worrying about currently worthwhile worrying about? Will I still be worrying about this when I'm 90 years old? Would anyone in my situation worry about this?"
3. If it is a realistic worry, can I do anything to help the situation? Procrastination and avoidance only worsens the anxiety and worry, as no solution is found. It may be helpful to talk with others to brainstorm solutions. Often it is helplessness and uncertainty which stirs the angst. Finding ways to potentially resolve a worrying situation is likely to give you some peace.
4. If it is a worry that is not worthwhile worrying about (such as a thought that is being blown out of proportion) or if you cannot help the situation in any other way, try distracting yourself. This could mean going to the gym, going for a walk, watching a movie, meeting with friends and family. It may also help to find as many positives and advantages of the situation as you can. This may mean looking at the situation as a chance to learn about yourself, to learn to tolerate uncertainty or to develop patience.

If you like the tips, check out series one of my Building Resilience books series www.doctorharmony.com. Although it is marketed as children's picture books, it has great tips for children and adults alike.



"Being a husband is for me as big a priority as being a father"
Roger Federer
Champion in every respect!
Born 8th August 1981





“Vertigo and Dizziness are the Second Most Common Complaint after Headache”

You are not alone in your struggle with dizziness, vertigo, balance problems, vision problems, brain fog, and the other debilitating symptoms of a vestibular disorder.

One in twenty doctor visits are for complaints of dizziness or vertigo. Dizziness and vertigo are not a diagnosis of their own, they are symptoms of something going on in your body that isn't quite right. There are a range of things that can cause dizziness.

It is estimated that 5% of the population will experience a vestibular (balance) disorder episode. That's ONE million Australians.

Vestibular disorders are notoriously difficult to diagnose and can affect people of all ages but are predominant in adults of working age and older persons, with more females than males affected.

Inner ear Vestibular symptoms are distressing for individuals, life changing and often chronic in nature. Balance awareness week focusses on raising community awareness of the symptoms of balance disorders and the work of Whirled Foundation.

Together with the UK Meniere's Society and the Vestibular Disorders Association USA (VEDA) Whirled Foundation invites you to participate in Balance Awareness Week, to help raise awareness of vestibular disorders across the globe 18th - 24th September 2017.

<http://www.whirledfoundation.org/get-involved/balanceawarenessweek/>

Whirled Foundation invites you to watch their awareness video [“Talking Meniere's”](#) which includes short interviews with specialists as well as Meniere's sufferers who talk candidly about living with a hearing and balance disorder.



WHIRLED FOUNDATION
support for chronic imbalance sufferers

Source info@whirledfoundation.org 1300 368 818



Unicorn Foundation and Self help Queensland Working Together

Self Help Queensland (SHQ) works to help build the capacity of self help and support groups whenever our resources allow. We recently assisted the Unicorn Foundation by videotaping the Unicorn Foundation's Free Forum and Webcast on Monday 4 September 2017.

The Unicorn Foundation is the only Australian not-for-profit medical charity focused on Neuroendocrine Tumours (NET) Net Nurse, Kate Wakelin said ***“Thanks so much for all your efforts on Monday – I know there are many patients who were not able to come, who will be so pleased to be able to view your videos...”***

...Many thanks once again, so generous of Self Help QLD to help us in this”

For more information about the Unicorn Foundation contact:

Net Nurse Kate Wakelin on [1300 CURE NETS \(1300 287 363\)](tel:1300287363) or email netnurse@unicornfoundation.org.au or see <http://www.unicornfoundation.org.au/>

For information about how SHQ can help your group with videotaping needs contact:

Roy Hanfling 3344 6919

Have You Heard of, or Wondered About Hyperbaric Therapy? What It Is, What It Treats And How Effective It Is?

Self Help Queensland recently asked this information of Karen Simpson, Liaison Officer and Registered Nurse at the Wesley Centre for Hyperbaric Medicine. Karen and the team kindly put this information together for Self Help Queensland so we could deliver accurate information to our member groups.

What is Hyperbaric Therapy?

Hyperbaric Oxygen Therapy (HBOT) is a proven and accepted medical treatment for certain conditions. The treatment increases the amount of oxygen in overall body tissue which promotes healing of diseased or damaged tissue. 100% oxygen is inhaled via a hood, inside a treatment chamber at a controlled pressure of 2.4 – 2.8 atmospheres.

The combination of increased pressure and 100% oxygen, results in elevated amounts of oxygen being dissolved in the blood stream. The elevated oxygen in the tissue accelerates wound healing throughout the body.

Primarily high oxygen levels stimulate new blood vessel growth which supports healing of soft tissue and bone. It also reduces swelling and is toxic to many bacteria. This helps to control and treat infections which delay healing.



Wesley Hyperbaric Chamber

Some of us traditionally think of hyperbaric chambers as being places where deep sea divers recover from “the bends.” Interestingly, people undergoing treatment in the chamber for wound healing are referred to as “going diving”. There are portholes for staff to observe from outside. Those using the chamber are supplied with cotton clothing and socks, and a modern take on the old “diver like” helmets. Half way through their “dry dive” staff provide participants with tea or coffee and biscuits!

(Continued from Page 12)

Non- Healing wounds

Hyperbaric Therapy has been proven to accelerate healing for non-healing venous and diabetic wounds. A wound is considered non-healing if there is no improvement after 4 weeks and is not completely healed after 8 weeks.

The Wesley Centre for Hyperbaric Medicine combines Hyperbaric Oxygen Therapy with the latest wound care technology. High oxygen levels stimulate blood vessel growth in wounds therefore promoting healing. High oxygen levels also help reduce bacterial infections and swelling in the affected area further enhancing healing.

Diabetics are susceptible to non-healing wounds of their feet and lower legs as a complication of their diabetes. Loss of sensation, low oxygen levels and possible infections of lower limbs can result in difficult to heal wounds. Long term or chronic non-healing wounds may cause on-going suffering or even amputations of toes, feet or lower legs. Treatment with Hyperbaric Oxygen Therapy has been proven to be very effective in healing difficult wounds and reducing the rate of amputations among people with diabetes.

Non-healing venous ulcers can be very slow to heal due to consistently low oxygen levels in the skin/area around the wound. Hyperbaric Oxygen Therapy combined with advanced wound care can be used for these wounds with good results.

What can it treat?

Radiation injuries such as:

Soft Tissue Radiation Injuries (STRI)

Osteoradionecrosis (ORN)

Non-healing wounds such as diabetic non-healing wounds.

Gas Gangrene

Necrotising Soft Tissue Infections

Compromised grafts and flaps

Decompression Illness (The Bends)

Arterial Gas embolism



Before Hyperbaric Therapy



After Hyperbaric Therapy

Soft Tissue Radiation Injuries (STRI).

Radiation therapy is often a lifesaving treatment for many types of cancers. Unfortunately a small number of people will develop complications caused by damage to the blood vessels from the radiation therapy. If radiation injuries occur it may reduce oxygen supply to the affected soft tissue and bone causing long-term complications. If healing does not occur 3 months after radiation therapy this may be classified as a Radiation Injury.

The damage occurring after radiation therapy to skin, muscle or internal organs is known as Soft Tissue Radiation Injury (STRI) and damage to the bone is known as Osteoradionecrosis (ORN). Some symptoms

(Continued on Page 14)

(Continued from Page 13)

may include- pain, bleeding, incontinence, permanent dry mouth and non-healing wounds.

These complications may be treated with a prescribed amount of Hyperbaric Therapy. Symptoms may even arise years after radiation therapy and are still able to be treated with Hyperbaric Oxygen Therapy with good success.

Hyperbaric Oxygen Therapy stimulates new blood vessel growth which improves oxygen supply to injured tissue and bone enabling healing. It may also be requested by surgeons before and after certain surgery to reduce the risk of complications and accelerate/support recovery.

Treatments

Treatments are daily Monday to Friday lasting for approximately 2 hours. Usually 30-40 treatments are required for most conditions.

What does it cost?

There is an initial assessment fee which is partially rebated by Medicare. Hyperbaric treatments are covered by most Private Health Care Funds, Medicare and Department of Veteran Affairs. There may be some out of pocket expenses associated with treatments. Please contact our staff for more details in regards to this.

Advanced Wound Clinic

We also have an Advanced Wound Clinic available to anyone who requires wound care without Hyperbaric Oxygen Therapy. Specialist Wound Care Nurses are available to attend to wounds using the latest evidence and technology in wound care. Please contact our staff for more details in regards to the Advance Wound Clinic.

Location

The Wesley Centre for Hyperbaric Medicine is located on the grounds of the Wesley Hospital in the Sandford Jackson Building, Brisbane, Queensland. There is a multistorey carpark or metered street parking located nearby. Alternatively Auchenflower train station is a short walk away.

Accommodation

There are many accommodation options available within walking distance of the Hospital. Travel and Accommodation allowances are available for people living further than 50km from the Wesley Hospital. Please contact our staff for more details in regards to this.

Referral Process

Please ask your G.P. or Specialist for a referral prior to your first appointment. If you have any difficulties please contact us so we can assist with this process.

For further information please refer to our website on www.wesleyhyperbaric.com.au or contact our friendly staff at reception@wesleyhyperbaric.com.au or phone (07) 33716033.

*There are also Hyperbaric Chambers located at the Royal Brisbane and Women's Hospital and the Townsville Public Hospital.

"We could learn a lot from crayons; some are sharp, some are pretty, some are dull, while others bright, some have weird names, but they all have learned to live together in the same box."

Robert Fulghum
American author, primarily of short essays.
Born 4th June, 1937



Head To Health - Free Online Mental Health Resources

“Wherever you are on your mental health journey, Head to Health is here to help you find the information, resources, and services that most suit your needs. Whether you want to improve your overall sense of wellbeing, or you need help with something that is concerning you, or you are helping someone you care about - Head to Health can point you to great online mental health resources.”

6 Ways Head to Health can Help You

- | | |
|---|-----------------------------------|
| 1 Find Australian Mental Health Resources | 4 Get immediate support |
| 2 Discover 4 types of digital resources | 5 Help yourself help someone else |
| 3 Not sure what you're looking for? | 6 See the bigger picture |

Head to Health is for everyone

Also on the home page there are excellent links with information relevant to specific groups of people:

- | | |
|--|---------------------------------|
| Aboriginal and Torres Strait Islander people | Transgender and intersex people |
| Culturally and linguistically diverse people | Veterans |
| Lesbian, gay and bi-sexual people | Women |
| Men | Young People |
| Rural and Remote people | |



<https://headtohealth.gov.au/>



Do Online Mental Health Tests Actually Work?

Facing mental health challenges is confusing. Many websites offer tests to help you sort out your mental health symptoms. They're often free, confidential, and come with the promise of answers. **But do online mental health tests work? Consider these guidelines:**

- **Use a credible source.** Online Psychological Test should always be based on reliable sources such as the *DSM-5* and actual psychological tests, such as the [Goldberg Depression Questionnaire](#). On the other end of the spectrum, Facebook quizzes such as “How Sensitive is Your OCD Radar?” are inaccurate and misleading.
- **Analyse your results.** Don't rely on what the test tells you. Instead, write down your symptoms and how they are interfering in your life. Match your list to your test results and see if they line up.
- **Take more than one** and compare results for consistency. But...
- **Limit your test taking.** Don't spend lots of time taking many different tests. Take a few, gather your information, and use it to go forward.

One of the most important things to remember about online mental health tests is that **no online test is designed to diagnose**. Online tests can help you organize your symptoms and act as a tool for talking to loved ones, doctors, therapists, and more. When used properly, online mental health tests can provide valuable insight that can lead to healing.

(Source: Healthy Place Newsletter <https://www.healthyplace.com/other-info/mental-health-newsletter/do-online-mental-health-tests-actually-work/>)

Editors Note: Always consult your medical practitioner before acting on health advice via the internet.

Dangerous Decibels at Fitness Centres May Lead to Hearing Loss

The music at fitness classes often reaches unsafe levels blaring anywhere from 100 to 115 dB with spinning classes among the worst offenders. Studies show that participants as well as instructors in such classes are a serious risk of damaging their hearing.

With the rising popularity of fitness programs like spinning, Zumba and Body Pump loud, pounding music goes hand in hand with the seat and rising heart rates. When working out, music is a great motivator but prolonged exposure to loud music can also damage hearing and lead to noise-induced hearing loss.

Fitness centres fail to follow industry guidelines PIX11, Tribune Broadcasting's flagship New York station, conducted undercover noise level tests at four studios in the US and the results set alarm bells ringing. All four studios played at near constant 100 dB or more during classes all the studios spiked to levels of 115 dB, exceeding the known safety levels from industry fitness groups and OSHA, the Occupational Safety and Health Administration.

These results confirmed previous research from George Mason University in Virginia in the US showing that noise levels during spinning classes in a number of fitness centres often reached 100-110 dB higher than the recommended maximum levels.

Instructors are most at risk

The high noise levels are putting fitness class participants at serious risk of damaging their hearing, but it is the instructors, who spend most of their workday in loud music, who are most at risk.

"It's the industry joke that we're all deaf by the time we're 35," Teri Bothwell, group fitness director of Sport and Health (a chain of fitness centres in Virginia, US), previously said in a Washington Post article.

One time exposure won't leave a participant or instructor with a hearing loss, but prolonged and consistent exposure to decibels greater than 90 dB could lead to permanent hearing loss because of the damage done to the hair cells in the inner ear.

"When we see it at 99 dB or above for more than an hour on a regular basis, there's a very high risk of hearing loss. Once it's gone, you're not getting it back," said Dr. Leslie Stengart, a health professor of Indiana University in Pittsburgh in the US, and part of the American College of Sports Medicine.

(Sources: <http://www.pix.com> , <http://www.healthhearing.com> and <http://www.washingtonpost.com>
<http://www.hear-it.org/dangerous-decibels-fitness-centres-may...>
 Newsletter of Better Hearing Australia Brisbane Inc August 2017)

Did you know The Princess Alexandra Hospital runs a Hearing Aid Bank?

The Hearing Aid Bank is for people who can't afford to buy their own. If you have any behind the ear hearing aids which are no longer used or are not wanted, please let us have them so we can pass them onto the hospital. Give someone a chance of hearing better.

To donate please phone **Better Hearing** on 3844 5065 or email info@bhabrisbane.org.au



The SHQ Newsletter is kindly sponsored by FSG Australia



What doesn't kill you makes you stronger