

this is our HEALTH

CALL AUSTRALIAN CASUALTY EXPRESS SERVICES FOR NURSING STAFF, FIRST AID TRAINING, SUPPLIES AND MORE

AUSTRALIAN Casualty Express Services (ACES) is a locally owned and operated business run and serviced by Eric and Rebecca Cox.

ACES is proud to offer the newest nursing agency in the area. ACES nursing agency provides staff for home care as well as nursing homes, and has an online application form for nurses should they wish to apply. ACES also provides a wide range of other medical services to the Riverina.

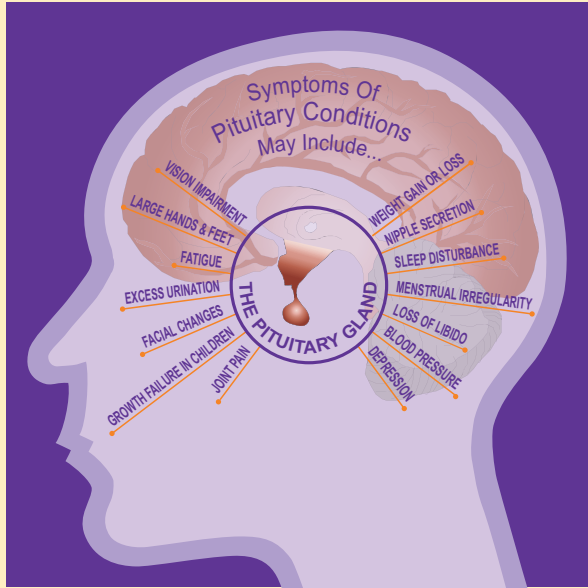
As well as supplying first aid training to groups in a variety of

formats, ACES can provide first aid and safety equipment onsite at your business or organisation with no service fees.

Browsing and ordering through ACES' online store is another option available for your convenience.

Together Eric and Rebecca look forward to providing you with the very best of health services and products.

Phone 6931 3846 or 0429 012 734, or visit the website at <http://australiancasualtyexpressservices.com.au/> for more information.



FREE PUBLIC INFORMATION SESSION ABOUT PITUITARY DISEASES TO BE HELD IN WAGGA ON SATURDAY, MAY 4 – BOOK NOW

BEING told you have a brain tumour is traumatic enough, but discovering that the health professional you entrust your wellbeing to knows little about its cause, treatment or likely outcome can be terrifying as Wagga resident Daryl Lawrence discovered first-hand in 1998.

"I went to the doctor thinking my sinus was blocked but was told after a CT scan that it wasn't my sinus that was the problem, it was actually a tumour the size of a golf ball on my pituitary gland," Daryl said. One of a lucky few people to be diagnosed quickly, and by a GP who

had knowledge of pituitary disease, Daryl was immediately referred to both a neurosurgeon and endocrinologist for further tests and treatment.

"Due to the size of the tumour and the hormones it was secreting I was advised to try drug therapy first but ended up having to have surgery, then radiation and still have to take the drugs, along with a number of other hormone replacements

now," says Daryl of a treatment program that sounds easy, but is far from it, and has left him with adrenal deficiencies that he will have to manage for the rest of his life. "I was lucky to have a GP who knew about this but when he moved away, I had another two who didn't before finding one who was willing to learn."

The Mercure at 1 Morgan Street will host free information sessions on pituitary diseases

on the first weekend of May. Run by the Australian Pituitary Foundation (APF), these highly sought-after talks are in Wagga for the first time to help educate doctors, patients and the community about these often overlooked, but potentially life-threatening conditions.

Visit www.pituitary.asn.au for more information, or phone Sue Kozij on 1300 331 807 to register.

HOW ARE YOUR HORMONES?

No...we're not just talking about sex!

If you have problems with blood pressure, stubborn weight gain, unexplained weight loss, headaches, vision disturbances, fatigue, nausea, absent periods or fertility difficulties that have yet to be explained, come along to learn more about how the pituitary gland MAY be responsible.

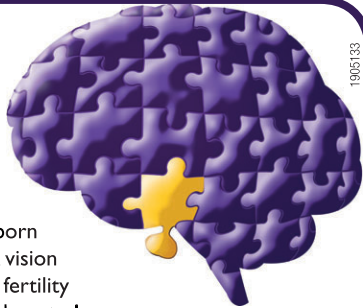
Hormones of many different types course throughout our body to keep us alive. Master controller of these systems is a tiny little pea sized gland at the base of the brain known the pituitary. Equally as important to our survival as the more commonly known organs, this gland too can cause its share of health problems.

The Australian Pituitary Foundation support patients of pituitary disease and promote awareness of the rare disorders that can occur as a result of dysfunction but may be difficult to detect as symptoms are often mistaken for those of other insignificant illnesses.

A FREE public information session with refreshments is being held on:

Saturday 4 May at 10am – Mercure Wagga Wagga

Register today via the news section of the APF website www.pituitary.asn.au Or contact Sue Kozij on 1300 331 807 or support@pituitary.asn.au



COLLEEN'S MASTECTOMY CONNECTION'S NEXT VISIT TO WAGGA SET FOR MONDAY, JUNE 3

WHEN Colleen Brandstetter had a mastectomy and chemotherapy in 2000, she realised she wanted to create a one-stop shop for ladies who were going through a similar experience, and to bring this shop and her expertise to regional areas. Colleen has been visiting Wagga regularly for the past 13 years.

Colleen has been recognised for her breast care work, receiving an OAM and an ACT Government Award for her services to the community. A professional bra and prosthetic fitter, Colleen also has qualifications in counselling.

All members of Colleen's wonderful, caring team are survivors like Colleen herself, and ensure that personalised care and attention is offered to all women visiting the shop.

Advances in breast prosthetic technology are now able to meet the real-life needs of women following breast surgery. A Medicare rebate of \$400 for each prosthetic is available every two years to women who hold a Medicare card. Colleen also stocks a wide range of lingerie and bathers reflecting the latest styles and colours, as well as wigs and head wear for ladies undergoing chemotherapy.

Book early on 6285 1311 to ensure you secure your appointment for Colleen's next visit to Wagga on Monday, June 3.



Colleen Brandstetter

Colleen's

Post Mastectomy Connection

After Breast Surgery

Enquire about Medicare Rebate for prosthetics



Next appointment is JUNE 3rd

APPOINTMENT NECESSARY FOR FITTING

- Prosthetics — extensive range
- Pocketed mastectomy bras, and swimwear
- Wigs, hats, turbans, scarves
- Support bras for shoulder or back pain
- Bras with larger cup

Tues to Frid 9.30am to 4.30pm

3/60 Dundas Court Phillip 2606 ACT
02 6285 1311 or 0408 488 463

www.colleens.com.au emaestro@grapevine.com.au



"We now provide a Nursing Agency"

- First Aid Kits
- Medical Supplies
- First Aid Training
- Safety Equipment

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WAGGA PROSTATE CANCER SUPPORT GROUP PROVIDES INFORMATION AND HELP

'DON'T put up with prostate problems' is the important message from the Wagga Wagga Prostate Cancer Support Group.

With Wagga's prostate services in the news recently, the Wagga Wagga Prostate Cancer Support Group is a forum where men, partners and families can find out more about the disease in a relaxed environment.

President of the Wagga Wagga Prostate Cancer Support Group, Kerry Geale is keen for men to realise that the group gives them valuable tools in terms of information, support and strength.

"We provide a social aspect to the group as well as endeavouring to spread the word and raise awareness about early detection of prostate cancer," Kerry said.

"Men newly diagnosed with prostate cancer often feel shocked, angry, fearful or even depressed."

"The Wagga Wagga Prostate Cancer Support Group arms men, partners and their families with information and support through the



New executive committee of the Wagga Prostate Cancer Support Group (from left) President Kerry Geale, Vice President Mark Leonard, Secretary Bronwyn Inch and Treasurer Mike Murray.

decision-making process, treatment and following treatment in partnership with their health professionals."

"Hearing about the experiences of other men who have 'walked the walk' can also give men, partners and families reassurance, strength and hope to cope with their own individual circumstances."

For more information, visit www.facebook.com/pages/Wagga-Wagga-Prostate-Cancer-Support-Group.

Advertising feature

this is our HEALTH

THE HAVEN: QUALITY CARE AND ACCOMMODATION FOR SENIORS

THE Haven is a not-for-profit facility that upholds its mission statement to provide an excellent standard of care, accommodation and other services for the aged and those in need, that aims to maintain their dignity, health and independence.

It is the only organisation in Wagga Wagga that can cater for all the care and

accommodation needs of our seniors ranging from:

■ **Community Aged Care** for people living in their own homes

■ **Self Care Independent Living Units** such as bedsits, single-bedroom cottages and two-bedroom flats

■ **Residential Aged Care** which includes the Nan

Roberts Community Hostel that cares for 67 residents, the recently redeveloped 60-bed Wendy Hucker Nursing Home and the 21-bed Fred Loudon Lodge, a dementia unit.

In a constant quest to uphold its mission statement, The Haven is always evolving.

With the recent completion of the Wendy Hucker Nursing Home redevelopment project, The Haven's Nan Roberts Community Hostel is now being redeveloped and refurbished, with rooms, treatment areas and office spaces being enlarged and improved, and a scooter parking bay being created. Longer-term, a redevelopment of the Self Care Independent Living Units is planned. Watch this space for further quality redevelopments at The Haven!

Located at 156 Bourke Street, Wagga, The Haven can be contacted by phoning 6925 5500, or visit the website at www.haven.net.au.



Friends meet in one of the beautifully refurbished living / dining areas.

SHARPS USERS BENEFIT FROM REROC'S SAFE SHARPS PROJECT

LOOKING for a place to safely dispose of your sharps? The Safe Sharps website www.safesharps.org.au is an interactive and dynamic site that allows sharps users to find the most convenient location to dispose of their sharps safely.

This innovative online facility allows users to submit a location address and then search for the locations of single needle disposal points, sharps' container disposal points or sellers of sharps' containers.

Users can also access the same information using their smart phone's mobile web capabilities or by downloading the approved iPhone application. Using the website or downloading the Smart Phone applications are free of charge.

An initiative of the Riverina Eastern Regional

Organisation of Councils (REROC), the Safe Sharps project is supported by Australian Diabetes Council and partially funded by the NSW Department of Health.

"We are passionate about ensuring that sharps are disposed of safely and properly," REROC Waste Forum Coordinator Tracey Cornell said. "We want to avoid the possibility that sharps will end up in ordinary rubbish bins, recycling bins and landfill, posing a threat to human and environmental health."

"The Safe Sharps website also links to the Australian Diabetes Council website, a valuable resource for people with diabetes as it provides the latest, evidence-based information, plus interactive elements such as videos, Facebook and Twitter."

The REROC Waste manages the Safe Sharps project, and works closely with the Australian Diabetes Council to identify locations that are safe sharps disposal sites including pharmacies, hospitals, community health and public facility locations.

Currently there are over 750 NSW safe sharps locations held on the site and this is growing as more information is made available by councils, providers and consumers.

The site also allows consumers to upload information on safe sharps locations via their smartphone, iPad or through the website. It also allows consumers to report information that is inaccurate.

Information provided by consumers is validated by REROC prior to being uploaded to the site.



Want to know where to dispose of your sharps safely?

www.safesharps.org.au

Also accessible via iPhone™, iPad™ and mobile web

FEATURES:

- Use the search feature to find your nearest Safe Sharps disposal location
- Hover over the icon to see location details
- View opening hours
- Get directions to your nearest location
- Add new locations using the web, iPhone™ iPad™ or smart phone
- Notify inaccurate locations



www.safesharps.org.au

RM1904109

WAGGA WAGGA PROSTATE CANCER SUPPORT GROUP

2nd Thursday of every month
7.00pm at Wagga Wagga RSL
Cnr Kincaid & Dobbs Streets



ALL WELCOME

For more information, please contact

- Kerry Geale 0437 590 938
- Mark Leonard 0417 480 529
- Bronwyn Inch 0409 445 587

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