

AMPUTEE SUPPORT ASSOCIATION SUNSHINE COAST INC.

P.O. Box 1374, BUDERIM QLD 4556



NEWSLETTER

GENERAL MEETING

Meetings are held the 3rd TUESDAY of each month at 10
A.M. at

EDUCATION CENTRE,
HIBISCUS RETIREMENT RESORT
Lakehead Drive, Chancellor Park

For information please contact:
President: 0411 499 488

March 2017 - May 2017

EXECUTIVE COMMITTEE

<u>President:</u>	Brian Poulter	0411499488
<u>Secretary:</u>	Debbie Murr	5478 9286
<u>Treasurer:</u>	Bob McClintock	5443 4561
<u>Committee Members:</u>	Joy Laxton	5442 1860
	Graham Flatters	5477 1818

<u>Welfare/Liaison</u>	Brian Poulter	0411499488
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Newsletter Editor With thanks to the Office of Mark McArdle, Member for Caloundra

Newsletter Printing Kindly sponsored by our Patron, Fiona Simpson MP, Member for Maroochydore.

Contact Debbie Murr debbie@amputeesupport.net.au

Website www.amputeesupport.net.au

Patrons:

Fiona Simpson MP Member for Maroochydore	5443 7995
Jarrold Bleijie MP Member for Kawana	5478 1189

Clinics by Appointments Only

Nambour Clinic – 3rd Thursday of each Month
For Appointment Telephone: (07) 3636 7286

Currimundi Clinic, Coora Street, Currimundi - 1st and 3rd Thursday of each Month
For an Appointment telephone: 3266 1255

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President's Report

Hi everyone,

Well, we are already into the 3rd month of 2017. Almost 6 months into my term as president of the Amputee Support Association.

Overall it has been steady in terms of support given.

We have supplied about 6 wheelchairs to various new amputees, as well as shower chairs, bath benches and commode chairs.

Peter Williams and Grahame Flatters have done an excellent job of looking after Caloundra and Nambour hospitals as well as supporting me when required.

I would like to take this opportunity to send a big thank you to Debbie Murr, our lovely Secretary and young Bob McClintock our Treasurer for their constant work and tireless effort to make our association run smoothly.

Also a big thank you to all the members who work behind the scenes without recognition to ensure our continued support to those in need.

I want to say thanks to all the members for giving me the privilege of being your President and look forward to serving all for the next six months.

Thank you

Brian Poulter



Secretary's Report.

Welcome to our first newsletter for 2017. I hope you all had a happy and safe Christmas and New Year.

We had our Christmas lunch at Mooloolaba Bowls Club Sunday 14th December. 43 adults and 2 children attended. Our meal was very well presented and delicious. Ham, turkey and vegetables for the main meal, seem to be what everyone enjoys. The desserts were also yummy, if you left room for it! The members who ordered different meals were also very happy.

Thank you very much to Chris and the staff at Mooloolaba Bowls Club for doing such a great job. The room is always presented nicely when we arrive.

I'm looking forward to doing my best for the association this year. I've already started to get busy with planning the Easter raffle at Kawana Shoppingworld. We ended up with 7 days this year, some of our usual dates weren't available.

Thursday 30th March, Friday 31st March, Saturday 1st April, Saturday 8th April, Sunday 9th April, Monday 10th April, and Thursday 13th April.

Please let me know if you are available to sell tickets, home phone 5478 9286, mobile 0416 042 735 or email debbie@amputeesupport.net.au

This is our main fundraiser for the year, we hope you can buy or sell the tickets we have included with your newsletter. Tickets are still 6 for \$5.

1st prize is \$150 basket of Easter eggs

2nd prize is \$100 basket of Easter eggs

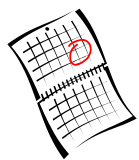
3rd prize is \$50 basket of Easter eggs

To direct deposit raffle ticket money: Account name Amputee Support Association Sunshine Coast Inc BSB: 084 756 A/C: 6311 95916

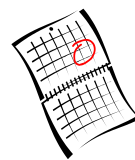
It would be great to see a few more at our monthly meetings. I do realise everyone is busy and Tuesdays aren't always suitable. We are all amazed at the quality of our fruit trays we are buying from **Howard Street Markets in Nambour** for our raffle. Please support this business if you can, they are very generous to us.

I would also like to thank our executive team for their support and input at the meetings. We are lucky to have Alex Ward join us this year, from Brisbane. My thoughts go out to our Patron, Fiona Simpson and her family, as her Dad is not well.

Regards, Debbie



Upcoming Events



- ✓ **Tuesday 21st March 2017** General Meeting - 10am
Hibiscus Retirement Resort, Education Centre,
Lakehead Drive, Sippy Downs
Morning tea and chat after the meeting

- ✓ **Easter Raffle – Thursday 30th March, Friday 31st March, Saturday 1st April, Saturday 8th April, Sunday 9th April, Monday 10th April and Thursday 13th April** at Kawana Shoppingworld. Please let Debbie know, when you are available to sell tickets. Home phone 5478 9286, mobile 0416 042 735 or email debbie@amputeesupport.net.au
Raffle will be drawn Thursday 13th April at 4pm



- ✓ **Tuesday 18th April 2017** General Meeting 10am
Hibiscus Retirement Resort, Education Centre, Lakehead Drive, Sippy Downs
 - After the meeting join us for a **free lunch 12 noon at North Shore Tavern**, 698-706 David Low Way, Pacific Paradise

- ✓ **Tuesday 16th May 2017** General Meeting 10am
Hibiscus Retirement Resort, Education Centre, Lakehead Drive, Sippy Downs
Morning tea and chat after the meeting

- ✓ For your diary, **Christmas in July 16th July 12 noon** at Mooloolaba Bowls Club
Raffle and lucky door prizes, no gifts for this day.

Amputation – an irreversible change

(Article from <https://www.myhandicap.com>)

The loss of a part of the body is one of the most invasive interventions in the body that one can experience. No matter if it is an arm or a leg to be amputated, it is never easy. But it may be a bit easier if one accepts help and advice.

"When I woke up from a coma of three days, I saw that my arm was gone. I only wanted to sleep again. I've persuaded myself that everything will be fine; I'm only dreaming," says Katharina about her first conscious thought after the accident.

Falling asleep, waking up and everything is as it was before – the wish of many freshly amputated people. But unfortunately, an amputation is an irrevocable physical change. Any minor amputation of a limb means a loss of a differentiated part of the body of the patient and, consequently the loss of his/her physical integrity. "The loss of a limb is equivalent to the loss of a close relative," says Dagmar Gail, chairman and founder of the [Amputierten-Initiative e.V](#) (Amputees Initiative) in Germany. Even the most sophisticated technology is not able to fully replace this loss with prosthesis.

Reasons for amputation

There are different causes that can lead to amputation. It is essential whether the person can prepare for years during an illness before the amputation, or whether the loss of a limb is caused by a traumatic event.

The most common reason for amputation of the lower extremities are vascular diseases. Other causes are, for example, diabetes, accidents or cancer. Amputations of the upper extremities are about 17 times rarer. The most common cause is trauma.

The number of amputations can only be estimated both in Germany and Switzerland. A register of amputations does not exist. The number of leg amputations in Germany is approximately 60,000 per year. Amputations worldwide are significantly increasing due to the increase of disorders like diabetes mellitus and arterial occlusive diseases.

"This is related to the increase in life expectancy and our eating habits," says [Thomas Böni](#), Senior Consultant at the University Hospital Balgrist, Switzerland.

Good preparation helps to heal

If someone has the chance to prepare for an amputation, this time before the operation should be used as efficiently as possible so that the healing and rehabilitation can optimally process.

It is important to take into account both the physical and the psychological aspects that arise with a medical intervention. It is important to be informed early by the attending physician about the process and the consequences of the surgery. All questions about the surgical procedure, the treatment and possible prosthesis should be answered and any uncertainties relating to business and private life clarified.

Relatives should be involved in the entire process of the amputation. They are very important and can actively support the patient both morally and practically.

As an additional source of information and support, other people with amputations and [self-help groups](#) may be consulted. Fear, anxiety and uncertainty can be reduced by the personal experiences of people with amputations. However, it must be clear that the treatment process is individual and direct comparisons with other patients are not possible.

Finding the right attitude to amputation

An important point is the personal attitude of the patient towards the amputation. The amputation should be viewed as a positive step towards improvement or stabilisation of health. The recovery and rehabilitation can only be successful if the patient is actively involved in the entire process.

If there is no preparation phase possible, Dr. Thomas Böni advises to immediately talk to other affected persons after the amputation, as early as possible. This can give a positive perspective on life. Equally important is psychological or psychiatric support and good attending staff that can inspire security and confidence without arousing unrealistic hopes.

The before and after

"Patients feel often anxious before an amputation and sometimes very depressed. Once the trust to doctor and treatment team is build up, the mood will lift," says Thomas Böni. After the surgery, the pains and questions about the "new" life are to the fore. "First of all, I had to deal with the pain. Only later it occurred to me: What I can do what not," says [Manfred M.](#) about his amputation after a car accident.

"For many patients, the imagination is worse than the reality, and they quickly learn to cope with the new situation surprisingly well. Other people need a little more time and can, for example, not yet look at the stump at the beginning during changing the dressing. With patience and affection, the patient can usually accept his condition soon. It is important that we and the relatives can accept the patient as a full person; this transfers to the patient and his/her self-esteem," says amputation surgeon Thomas Böni.

The time between surgery and prosthetic adjustment

For most affected people, the process between surgery and adjustment of prostheses is particularly exhausting and tedious.

Affected people face a variety of changes after the amputation. In addition to the physical function limitations, developments in the psychosocial field play a crucial role. Often, changes in professional and family environment have to be processed.

In this phase, many specialists are working together to ensure the most possible mobility and flexibility for the patient. In addition to these physical activities, the psychological rehabilitation and social situation also play essential roles.

The majority of amputees experiences stump pains or phantom pains during this phase. Stump pains are caused by processes that are localised in the stump itself. Phantom pains can occur after the removal or denervation of a limb. They take on different pain characteristics and are triggered by various factors. Phantom sensations are sensations in the area of the no longer existing limbs.

"If possible, patients must be informed about the risk of phantom pains even before the amputation. We expect about 10% therapy refractory phantom pains, which are a real problem. A good preoperative and postoperative pain management is important. Today, there are powerful drugs to combat phantom pains, along with those drugs, an early activity with the stump is important," explains the Senior Consultant Thomas Böni.

There is no formula for coping with an amputation

Each affected person overcomes amputation differently. Personality factors, social environment and previous life events are of great importance the processing of an amputation.

Manfred M. and Katharina S., both amputated after car accidents, answered the most important questions for you that occur after an amputation.

News

Diabetic amputee issues a warning to other sufferers

(Article from www.qt.com.au, written by Hannah Busch)



AFTER 12 surgeries in 30 days, Philip Rule will spend at least another month in Ipswich Hospital adjusting to life without his right foot.

As he recovers from one of the most extreme risks associated with diabetes, Philip is taking his story public to raise awareness for diabetes prevention.

He has lived with Type II diabetes for more than a decade and has been fighting foot ulcers for more than two years.

Diabetic Philip Rule is making his story public after having his leg amputated

Rob Williams

When he was admitted to hospital earlier this year, Philip's left foot was already missing three toes that had been amputated over the past four years to stop infection.

"About 12 months ago I got a little ulcer on the bottom of my right foot. It wasn't very severe, it was probably the less severe out of the two feet," he said.

"And then the right foot starting getting worse and worse and worse."

On changing the bandages one day in February, Philip felt increasingly unwell and noted the dramatically worsening damage to the small toe on his right foot. He phoned an ambulance that took him to Ipswich Hospital. He has yet to leave.

"They had one look at it and said I needed surgery straight away," Philip said.

"They prepped me, put me in the ward and next day I had surgery where they removed that little toe."

Over days and weeks, surgeons attempted to stop the gangrene and infection that had set in despite Philip's attempt to control it at home.

It meant scraping away infected bone and dead tissue to ensure infection did not reach further into the body.

"If you don't amputate, then it can get into the bloodstream and kill you," Ipswich Hospital's Dr Angus Moxon said.

"Often it starts with one toe or a couple of toes."

Dr Moxon, the deputy director of Ipswich Hospital's orthopaedic department, performed Philip's amputation surgery.

He said foot ulcers were a major risk for people with diabetes because of the effect sugar levels have on blood supply and nerve function in the feet.

Poor sugar control can limit blood flow at the same time that it damages the nerves.

The effect on the vascular system means it becomes harder for the body to fight off infection and the person might not be able to feel the pain that would signal an injury.

"They can't feel it (an ulcer) and if it is on the bottom of their feet, they can't see it," Dr Moxon said.

"The bacteria have a real advantage. It's a terrible cycle."

Dr Moxon said about 10 people go through an amputation at Ipswich Hospital each year as a direct result of diabetes. About one person a week will lose a toe.

He said foot ulcers were often in a bad state by the time diabetic patients got to an emergency department. It makes treatment difficult and amputation more likely.

"By the time they come to us, there is not a lot we can do except debride and take away tissue," Dr Moxon said.

In a surgery lasting little more than an hour on March 7, Philip's right foot was removed.

One of the two remaining toes on his left foot had also been amputated. Doctors are still working to control the infection to help Philip keep his left foot.

The risk of a 'BKA' - below the knee amputation - is something Phil knew he would face.

"Being a diabetic, it's obviously very challenging," he said.

"My sugar control at periods during that time (when he lost the toes on his left foot) wasn't the best it could be. After losing my big toe on my left foot, it was a wake-up call.

"I used to joke with the nurses all the time... 'We're not having a BKA this week, no BKAs here'.

"And then all of a sudden, the doctor comes in after about the eighth surgery and says to me 'we're looking at a BKA'."

Philip hopes sharing his story will shake up other diabetes sufferers.

Queensland Government statistics released in 2015 show about 4.3% of people in Ipswich have type II diabetes. That equates to more than 7500 people. Type II is also often described as a hidden disease thanks to the large number of people who go undiagnosed for years.

"I want to tell them how important it is to monitor your sugar levels three times a day," Philip said.

"It can be life or death."

Dr Moxon said a major factor in diabetes care was prevention. Unlike type I diabetes, type II diabetes can in many cases be managed or prevented completely by controlling weight and diet.

"It tends to progress because people don't manage it very well," he said.

"Glycaemic (sugar) control is the key."

Philip is also running a [GoFundMe account](#) that has already raised more than \$15,000 to pay for a set of prosthetic legs.

He aims to raise \$30,000 to pay for three different prosthetics, including one for everyday use, a waterproof one and one for sports and outdoor use.

Prosthetics are notoriously expensive. Paying for a foot joint capable of a desired range of movement can cost \$7000 - and that doesn't include the rest of the leg.



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28 ENTERPRISE STREET CALOUNDRA (JUST DOWN FROM THE POST OFFICE DELIVERY CENTRE)

PROUD SUPPORTERS OF:

THE AMPUTEE SUPPORT ASSOCIATION SUNSHINE COAST INC.

Happy Birthday!!

Birthdays March

Colin Curtis, Marcia Dorricott, John Gowland, David Keir, Kevin Mahoney, Stanley Thelander

Birthdays April

Robyn Boxsell, Maxine Curtis, Brian Fawcett, Jenny Hooper, Carol Saroglia, Russell Sommer, Carol Todd

Birthdays May

Corinne Doran, Stacey Enchelmaier, Allan McLean, Julie Smith, John Waters



JUST FOR A LAUGH

As you get older, your secrets are safe with your friends because they can't remember them either.

You can't stay young forever, but you can be immature for the rest of your life. Every time I hear the word 'exercise', I wash my mouth out with chocolate.

Would you like to speak to the man in charge or the woman who knows what's happening?

Be yourself, nobody is better qualified.

I always try to go the extra mile at work, but my boss always finds me and brings me back.

Women like silent men – they think they're listening.

If you leave me can I come too?

Support Groups and Resources

Amputee Support Association Sunshine Coast Inc.	5478 9286
Artificial Limbs & Appliances Pty. Ltd.	3266 1255
Aged & Community Hotline	1300 020 103
Aged Care Queensland	3725 5555
Brisbane Prosthetics and Orthotics	3392 8440
Caloundra Community Health Services	5436 8552
Carers Queensland – Maroochydore	5451 1882
Commonwealth Carelink	1800 052 222
Community Alternative Transport Services (Maroochydore)	5443 2644
Council on the Ageing	1300 738 348
Disability Information Service	1800 177 120
Elder Abuse Helpline	1300 651 192
Goodwill Orthopaedics	3849 8152
Home Assist Caloundra	5491 7489
Home Assist Maroochydore	5476 6130
Home Assist Noosaville	5455 8355
Lifeline Sunshine Coast	13 1114
Maroochy Home Assist Secure	5476 6130
Maroochydore Community Health Services	5459 6901
M.A.S.S. (Medical Aids Subsidy Scheme)	3136 3636
Meals on Wheels Caloundra	5491 6466
Meals on Wheels Coolum Beach	5446 1000
Meals on Wheels Maroochydore	5443 3246
Meals on Wheels Nambour	5441 3543
Meals on Wheels Tewantin-Noosa	5449 7659
Nambour Community Health Services	5450 4750
Nambour & District Care (including Transport)	5441 4441
Noosa Community Health Services	5449 5944
Queensland Amputee Limb Service (QALS)	3136 3660
Royal Brisbane Hospital for Appointments	3636 7286
St Vincent de Paul Caloundra	5491 2800
St Vincent de Paul Maroochydore	5443 1946
St Vincent de Paul Nambour	5459 5202
St Vincent de Paul Noosaville	5449 9980
Suncoast Cabs Ltd, Disabled Person Taxi	131 008
Suncoast Community Cabs	131 008
Suncoast Transport and Care (formerly H.A.C.C.)	5437 9190
Sunshine Orthopaedic Services	5441 2488
The St John's Ambulance – Silver Cord Telephone	1300 360 455
The Salvation Army Currimundi	5493 6053
The Salvation Army Maroochydore	5443 7775
The Salvation Army Community Services Nambour	5441 5538
Veteran's Home Care	1300 550 450
Veteran's Home Maintenance	1800 801 945

AMPUTEE SUPPORT ASSOCIATION SUNSHINE COAST INC.

☐ **NEW APPLICATION** Date:

YEARLY MEMBERSHIP: \$15.00 PER PERSON

- 1. Name:**
Address:
..... **Post Code:**
Phone No.: **Date of Birth:**
e-Mail Address:
Signature:

CARER/PARTNER MEMBERSHIP APPLICATION

- 2. Name:**
Address:
..... **Post Code:**
Phone No.: **Date of Birth:**
e-Mail Address:
Signature:

Date of Amputation: **Are you a Diabetic:**

Cause of Amputation:

TYPE OF AMPUTATION: Please circle the applicable items below

LEG: **Left / Right** **Above knee / Below knee**

ARM: **Left / Right** **Above elbow / Below elbow**

☐ I do not wish to become a member at this time but would like some further information

OR Direct Deposit, donations are always welcome

Account name: Amputee Support Association Sunshine Coast Inc

BSB: 084 756 A/C: 631195916

Do you wish to order Name Tags: \$10.00 each*

* Preferred name for Name Tag: (1)

(2)

Return form to: The Secretary
Amputee Support Association
Sunshine Coast Inc.
P.O. Box 1374
BUDERIM QLD 4556

Office only:

Receipt

Letter

Address List

Card Index

ADDITIONAL INFORMATION REQUIRED

MEMBER'S NAME:

In Case of Emergency contact:

Not living with you, if possible

(1) **Name**

Address

.....

Telephone No. **Home:**

Business:

Mobile:

(2) **Name**

Address

.....

Telephone No. **Home:**

Business:

Mobile:

Do you have any ongoing illness for which you are being treated?

E.g. diabetes, epilepsy, etc?

.....

If this is being managed by medication please list:

.....

.....

.....

.....

Signature:

This information is strictly confidential and will only be used by the President and Secretary.