



Talk About Women

418 Shakespeare Street,
MACKAY QLD 4740
PO Box 444, Mackay
Ph: 4953 1788

www.mackaywomenscentre.com.au

reception@mackaywomenscentre.com.au



The Mackay Womens Centre is dedicated to ensuring that women are able to access services and activities within the centre and within the community, prioritising the safety of women and their children. The centre also works closely with a range of organisations, to improve access to counselling, resources and practical assistance for women requiring support.

Why not drop by sometime.

Vision

Strength

Equality

Empowerment

Merry Christmas



As 2011 comes to an end, the women working at the Mackay Women's Centre would like to say a big thank you to all of you in our community who have contributed in your own way to the Centre throughout the year. Your support and generous donations of time, goods and money have contributed to our ability to help and improve the lives of women in our community. The core function of the Mackay Women's Centre is to promote the empowerment of women, whether it be by way of helping her secure household items beyond current financial means, connecting her to support networks, providing a safe place for her to find herself or group time with physical and craft activities. Your contribution, no matter how big or small, is greatly appreciated.

An Extra Special Thanks...

We would also like to take this opportunity to thank the Women of the Endeavour Foundation for all their help throughout the year. Every two months when the Newsletter is mailed out to our members, several women from the Endeavour Foundation come to the centre to fold the newsletters, slide them in the envelopes and place on the stamp. Without this service we would not have the ability to post these to our members on time.

Thank you.

Belinda, Sharon, Martha, & Kristine.

INSIDE : NATURAL SOLUTIONS FOR MENOPAUSE
THYROID 101
HIGH BLOOD PRESSURE
CALENDAR OF EVENTS
USEFUL CONTACT NUMBERS





Healthy

Natural Solutions For **MENOPAUSE**

WHAT IS MENOPAUSE

Menopause is the changes your body goes through at the end of its reproductive phase, usually between 48 & 55 years of age. The ovaries reduce their production of oestrogen and progesterone which can cause symptoms such as hot flushes, night sweats, mood swings, sleeping difficulties, vaginal dryness, low libido, heavy bleeding and weight gain. These symptoms can be experienced in perimenopause, when changes in your periods begin to occur, and after menopause, which is signified by your last period.

PHYTOESTROGENS

In the Mediteranian and Asian cultures where there is a high intake of fruit, vegetables, nuts and seeds, women don't suffer menopausal symptoms to the same degree as Australian women. Plant-based foods are high in phytoestrogens - plant hormones that have the ability to mimic oestrogen in our bodies. "Phyttestrogens balance our hormones by taking up the slack when there's not enough oestrogen being produced," says medical herbalist Jennifer Chalmers. Our body eventually adjusts to the new hormone levels, but we can reduce the impact of the change as well as improve heart health by eating these foods daily. "This is important because the drop in oestrogen around menopause increases your risk of cardiovascular disease," explains Chalmers.

HERBAL HELPERS

There are several herbs used in combination to treat menopause. They contain high levels of phytoestrogens, plus each herb helps organs such as the liver and adrenal glands, which may come under strain during menopause. Herbs supported by research and used to treat hot flushes, night sweats and disturbed sleep include red sage, black cohosh and wild yam. These also help with other symptoms such as bladder infections.

UP THE EXERCISE

Weight-bearing exercises and lifting weights strengthen the bones. "Women who continue to exercise through menopause or increase their exercise level get less sagging and flabbiness than those who do little," says Chalmers. Stelfox suggests passive forms of exercise like tai chi and yoga calm the nervous system, which is usually overstimulated during menopause. "If you're prone to hot flushes, vigorous exercise isn't the way to go as it stimulated the circulation excessively," he says. Yet exercising outdoors may offer greater benefit. A UK research review showed that compared with working out indoors, exercising in natural surrounds elicited feelings of revitalisation and positive social engagement, increased energy, and a fall in tension, confusion and anger.

START ON SUPPLEMENTS

Supplements and herbs can be helpful, but if you go by the instructions on the label you may not get much benefit. For best results, consult a qualified naturopath or herbalist. Vitamin C, bioflavonoids and evening primrose oil can be used to combat the saggy skin that occurs after menopause, says David Stelfox, senior lecturer in naturopathy at the Endeavour College of Natural Health. If your daily calcium intake is low he recommends a calcium and magnesium supplement in the lead-up to and during menopause to reduce the risk of cardiovascular disease and osteoporosis.

CALM YOUR MIND

Meditation can alleviate stress by reducing the levels of the stress hormone, cortisol, says Shushann Movsessian, a psychotherapist and mindfulness meditation teacher. "Mindfulness mediation, in particular, can be very helpful for alleviating the anxiety women have about going through this transistion," she says. In a 2006 study at the US's University of Massachusetts Medical School, women who used mindfulness techniques reported a better qaultiy of life and a 40 per cent reduction in the severity of their hot flushes. The good news is that you don't have to wait and see how it is going to effect you. These are steps you can take now to smooth the road to - and through - menopause. Goodhealth Aug 2011 Pg 166

"One of the most courageous things you can do is identify yourself, know who you are, what you believe in and where you want to go."
~ Sheila Murray Bethel



Thyroid 101

Lodged between the voice box and the collarbone, and wrapped around the windpipe, the thyroid helps control your body's energy supply. The butterfly-shaped gland pumps out thyroid hormone, a powerful chemical that regulates metabolism and body temperature. It also works with just about every system in your body to keep your brain sharp, your bowels moving, your periods regular, and your skin, nails, and hair healthy. Thyroid disorders which are often genetic and typically involve the production of too little thyroid hormone (hypothyroidism) or too much (hyperthyroidism)—can also temporarily or permanently spring up after pregnancy. And new research shows that a chemical used to make nonstick cookware and water-resistant coatings for carpets and couches can also heighten the risk for thyroid complications. Iodine, which has been closely linked to thyroid hormone production is typically added to salt and some breads, but as many women move toward gluten-free, low-sodium diets, they may end up iodine deficient.

Signs of Trouble.....

Hypo- and hyperthyroidism can often have opposing suites of symptoms. In many cases, though, hypothyroidism signs are subtler and increase in intensity over time. Unexpected or sudden weight gain may occur, but since that can be due to a variety of factors, it's not enough to indicate hypothyroidism. Some experts also look for the following symptoms: dry skin, hair loss, forgetfulness, fatigue, frequent chills, constipation, and irregular periods. Another red flag for hypothyroidism is feeling very weak during a workout you used to have no problem getting through. Much easier to identify is hyperthyroidism (Graves' disease is a common type), in which the thyroid unleashes a flood of excess hormone. This can shock your body into sudden weight loss, rapid heartbeat, insomnia, or bouts of diarrhea. Sufferers can feel constantly wired, warm, and shaky, as if they're hooked up to an IV filled with espresso. Similar to the warning signs of hypothyroidism, the symptoms of hyperthyroidism can become worse or more persistent over time—but both conditions are highly treatable with prescription meds.

www.womenshealthmag.com

High Blood Pressure Can Lead To Heart Disease

High Blood Pressure is commonly called the "Silent Killer" because it has no symptoms or warning signs. The Centers for Disease Control and Prevention reports that one in three American adults have high blood pressure. Could you be that one?

As blood travels through the body, it applies force on the artery walls; this force is blood pressure. It is normal for blood pressure to fluctuate during the course of a day, but it becomes dangerous if the level of force remains at a high level for an extended period of time, you can then be diagnosed with high blood pressure.

Hypertension damages the blood vessels, kidneys, and the heart, and can lead to stroke and heart attack. You'll see two numbers on a blood pressure reading. 115/74, for example. The first number (systolic) is the pressure as the heart beats fills the arteries with blood. The second number (diastolic) is the pressure within the arteries as the heart rests between beats. Normal blood pressure calculates at about 120/80 or less. A rate of 140/90 or higher is considered high blood pressure.

Hypertension is brought on by several factors, including: physical inactivity, obesity, smoking, poor diet, stress, family history, and more. For most people, the best treatment for high blood pressure is a healthier lifestyle. Positive behavioral choices such as following a healthy diet of fruit and vegetables, incorporating moderate exercise, and using less salt can all significantly lower the risk for developing high blood pressure. To find out if you are at risk, visit your doctor.

www.thirdage.com

When Did You Last Have A Pap Smear?

If you can't remember when you had your last Pap Smear and/or would like to know when you are due for your next one you can contact the Pap Smear Register on 1800 777 790. For more information on Pap Smears see www.healthqld.gov.au/cervicalscreening

"A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort."

Herm Albright



What's On

Zumba Gold



These 45min sessions are for the absolute beginner and the deconditioned

Mondays 11:00am
Fridays 10:00am

With Diane Smedley from Dance Factor

Mackay Women's Centre,
418 Shakespeare Street,
Call 4953 1788 to book

\$5.00
per
session

Starts again Monday January 30th

Relaxation Meditation



This is a relaxation meditation session with Liz. Bring a water bottle, use a chair or bring a mat or towel to lie on.

11am Friday Mornings

To book or for more information call 4953 1788
@ Mackay Women's Centre,
418 Shakespeare Street

Gold
Coin Donation

Pregnancy & Parenting Support Program

Pregnancy and Parenting can be a complicated yet rewarding experience! If you have any questions or need assistance with regard to your pregnancy or parenting, feel free to contact the Pregnancy and Parenting Support Programme Coordinator at Mackay Women's Centre. The centre offers the following services in a supportive, confidential, non-judgemental and welcoming environment.

- Personal Support in all areas of Pregnancy & Parenting
- Non-Clinical Counselling
- Pregnancy Options
- Pregnancy tests
- Baby Bottles & Formula
- Nappies & Baby Wipes
- Pharmacy Scripts Voucher -
(Not for on-going Medications)
- Baby Clothes
- Pre-loved Baby Clothes, Shoes and Bedding and various other items (when available)



Mackay Womens Group

The Women's Group is open to all women and is intended to be of a social and educational nature allowing women to meet their needs in a safe environment. Guest speakers will be invited and the group will be encouraged to identify any requirements they may have.

9:30am to 11:30am every second Wednesday.

at Mackay Women's Centre, 418 Shakespeare Street.
For more information please call
Margie Newport on 4944 2300
or Martha Bea on 4953 1788

Next Dates

December 14, January 11, January 25

Women's Writing Group

Check Dates on the Calendar



Would you like a little inspiration and guidance from other budding writers. Bring pen, paper and any writing you would like to share. Tea and coffee available.

1st and 3rd Tuesday of the month @ 10.00am
@ Mackay Women's Centre

Gold
Coin Donation

Self Defence For Women

Mackay Women's Centre and PCYC have teamed up to bring you this 6 week course in Self Defence.

Facilitated by current 5th in the world Kyokushin Karate champion Erin Pinkney.

Starting Thur 9th February

1:00pm - 2:00pm

Classes are restricted to 15

This is a free course.

To book or for more information call 4953 1788
@ Mackay Women's Centre, 418 Shakespeare Street

"Even if you're on the right track, you'll get run over if you just sit there."
~ Will Rogers



Would you like to meet new people in a friendly and creative atmosphere, maybe share a few ideas over coffee? Women of all ages and stages are welcome and encouraged to come together each week to get the most out of life. Hope to meet you soon.

All bookings and enquires to 4953 1788

Womens Activity Circle
Facilitated by Rosemary Payne and Wanda Bennett
Meets each Thursday 9:30am to 11:30am

@ Mackay Women's Centre
418 Shakespeare Street

Gold
Coin
Donation

Mobile Women's Health Nurse

This FREE clinic will provide

- Pap smear & sexually transmitted infection screening
- Teach breast self-examination
- Blood pressure and blood sugar readings
- Information and counselling on women's health:
Eg. reproductive health & contraception;
Menopause & hormone replacement therapy;
Domestic and family issues

Upcoming dates: Dec 19, Jan 16.

For an appointment call: 4953 1788

@ Mackay Women's Centre,
418 Shakespeare Street



Maternity Nurse Practitioner

Wednesdays 9:00am 1:00pm

This is a FREE clinic providing pregnancy, mother and baby care in a confidential, community minded centre where your own comfort is our concern.

If you are young, pregnant or indigenous, you and your baby's health will be taken care of.

For an appointment call: 4953 1788

@ Mackay Women's Centre,
418 Shakespeare Street



Meet for a coffee morning the **last Friday of each month** at the Mackay Women's Centre. Come along and listen to guest speakers, meet new friends and enjoy a relaxed atmosphere. Everyone is welcome.

For more information contact

Bron - friendsmackaybirthcentre@gmail.com

Kundalini Yoga

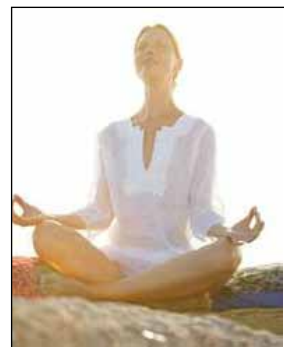
**Expressions of Interest
Starts Tue 7th February**

This course will be run by Barb Whitfield over an 8 week period.

Numbers are limited.

To register call 4953 1788

\$40 to be paid prior to start date.



Expressions of Interest

- Do you have a group you are interested in starting
- Does your group require a meeting place
- Have you ever thought about volunteering your time and talent to the Mackay Women's Centre.

call 4953 1788 for more information

Growing with my Baby

Assisting Young Mothers to Communicate with their Baby.

Parent Effectiveness Training

Raising Responsible Children

Courses run by Martha Ph 4953 1788 to book

"The hardest challenge is to be yourself in a world where everyone is trying to make you be somebody else."

- E. E. Cummings




DECEMBER 2011

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Activity Circle 9:30am Water colour sea scape	2 Zumba Gold 10:00am Relaxation Meditation 11:00am
5	6	7 <i>Maternity Nurse</i>	8 Activity Circle 9:30am Christmas Decorations	9
12	13	14 Women's Group 9.30 - 11.30am <i>Maternity Nurse</i>	15 Activity Circle 9:30am	16
19 <i>Mobile Health Nurse</i>	20	21 <i>Maternity Nurse</i>	22 Activity Circle 9:30am	23 
26 	27 Public Holiday	28	29	30
-----Closed-----				

"Life was so much easier when your clothes didn't match
and boys had cooties!"

~ Anonymous

JANUARY 2012

Monday	Tuesday	Wednesday	Thursday	Friday
2 -----Closed----- 	3	4	5	6
-----Closed-----				
9 Mackay Women's Centre Re-Opens	10	11 Women's Group 9.30 - 11.30am <i>Maternity Nurse</i>	12 Activity Circle 9:30am	13
16 <i>Mobile Health Nurse</i>	17 Writers Group 10am	18 <i>Maternity Nurse</i>	19 Activity Circle 9:30am	20
23 School Starts Back 	24	25 Women's Group 9.30 - 11.30am <i>Maternity Nurse</i>	26 -----Closed----- 	27
30 Zumba Gold 11am	31			

"We did not change as we grew older; we just became more clearly ourselves."
 ~ Lynn Hall



Community

The Good Living, Good Health Social Group

is open to seniors who would like to learn more about health and services in the local community and meet other like-minded people. Each meeting includes:

- Morning tea and a chat
- A short Tai Chi for Arthritis session run by a trained instructor.
- An information session with a local service provider.



Meeting the first and third Wednesday of each month at 10am at Blue Care Mackay, 99-101 Evan Street, in the Uniting Church Hall.
Contact Sorelle or Jane at Ozcare on 4961 8600

MOPS provides time out for mothers while their children attend the separate MOPPETS program. MOPS offers a caring, accepting atmosphere in which mums have an opportunity to develop friendships and share concerns. MOPS meets for two hours each fortnight where the program consists of teaching, discussion, creativity and refreshments within the group.



For more information contact: St Pauls Uniting Church. Phone 4957 3557 or email: ucamackay@optusnet.com.

- Personal Development Programs
- Childcare and Family Support Hub
- Senior Friendship Group
- Mackay Toy Library
- Indigenous Parenting Program
- Adult Literacy & Numeracy Program
- World Cafe Multicultural Program



George Street Neighbourhood Centre
4 George Street, South Mackay QLD 4740
Telephone: (07) 4957 2626

Mackay Writers Group Do You Like To Write?



Bring pen, paper and any writing you would like to share. Workshops, critiquing by others and tea and coffee is available.

Meets the 4th Monday of each month, 7pm at Gordon White Library
Contact Paul at - paul.vanderloos@gmail.com or Brooke at - makbro@yahoo.com for more information

Come and join a support group every Thursday afternoon from 3.30pm to 5.00pm. Held at Relationships Australia 2nd floor of Worley Parsons Building 45 Victoria Street Mackay



& Alcohol For more info call 4957 4952

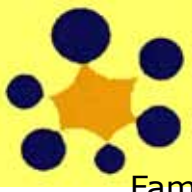
One Stop Youth Shop Inc



aims to remove the barriers young people & their families often face when accessing services relevant to their needs. YIRS offers a free, fully supported Youth Health Program in partnership with 3 local Medical Clinics, free support & advisory services for issues including employment, training, housing, legal, relationships, pregnancy, mental health, & drug & alcohol. The primary target group for YIRS is young people aged 10-25 years, their parents &/or other social supports, & children of young people accessing the service.
60 Victoria St, Mackay QLD 4740
PHONE: (07) 4957 7949

SANDS (Qld) Inc. provides mutual support, information, education and advocacy for parents and their families who experience the death of their baby to miscarriage, stillbirth, neonatal death and other reproductive losses.

SANDS (Qld) meets the last Thursday of each month 10.00am - 12 noon.
Contact Julie Thompson 4959 3781



A group which aims to provide support for families involved in the child protection system. Meetings are held at 1.00pm on the 2nd Tuesday of each month at Mackay Women's Centre

Family Inclusion Network

Enquiries: contact Berni on 0400 231 595

UnitingCare Community

287 Shakespeare Street Mackay
Phone (07) 4944 2300

Counselling for Adults, Couples & Children (5 - 16 yrs)
Financial Counselling

"Letting go doesn't mean giving up... it means moving on."
- Unknown

Services



The Mackay Older Women's Network was originally auspiced by the Mackay Women's Health and Information Centre back in 1996. The Older Women's Network in Mackay has covered some interesting topics in the last few months, speakers are invited on matters which can help women be informed and entertained. We also have a combination of workshops, speakers and demonstrations. Recent topics covered have included School Day Memories, Wildlife Carers have told us of their experiences, there was an Op Shop Fashion Parade, a representative from the Organ Donation Program addressed members, and the history of the Red Cross in Mackay was explained. Also included were Stories from South Sea Islanders, the Mackay Women's Centre News and Programs, a Tai Chi demonstration, and a fascinating tale from a woman who accompanied her son on a school excursion which took them to Africa to climb up Mt Kilimanjaro. Also we had five sessions conducted by the Brisbane CDW on topics as diverse as self-protection and assertiveness. On average we have attendance of 37 women. All women who feel that what we offer is of interest to them are welcome to come. Ages vary from forty something to ninety plus. We meet every Tuesday, from 9.30 till noon at the Iona Hall in Brooks St. Charges for members are \$3.50 and the meetings always include delicious morning teas. Visitors are free.



All enquiries to Helen on 4955 7098 or Mary on 4942 8846.

Come and Explore



- Planted
- Small Explorers
- Art in the Gardens
- 10 000 Steps
- Using Your Senses

Contact Visitor Services Officer: Maya Harrison
with your details on: (07) 4952 7300
or email: maya.harrison@mackay.qld.gov.au



Whether you're the parent of a tantrum throwing toddler or a truant teenager, Triple P is a system of easy to implement, proven parenting solutions that helps solve current parenting problems and prevents future problems before they arise. For course information
Mackay Community Health Unit 07 4968 3863
Shakespeare Child and Family Centre -
George Street Neighbourhood Centre 07 4957 2626



Mackay Children's Contact Service Inc
Are you a recently separated parent or experiencing conflict with your children's changeover arrangements?

We help children stay connected to members of their family after separation and aim to make them feel safe and comfortable.

Offering : Changeovers
: Supervised Contact Visits
For more information phone 4944 1733 or
www.mackayccs.org.au
37 Boddington Street, Mackay Qld 4740

Do you suffer from anxiety or depression ?
GROW is a personal growth program for people with anxiety, depression and other mental health problems. GROW is free to join and you don't need a referral or diagnosis. Small groups of people who have experienced depression, anxiety or other mental or emotional distress, meet together on a weekly basis to help each other deal with the challenges of life.



Meetings are held Tuesdays 7pm - 9pm
and Thursdays 9.30am - 11.30am
at the Adult Faith Library
Cnr River & McCalister Sts
For more information phone
Aileen 4942 1457 or Allan 4942 4225

"Never apologize for what you feel. It's like saying sorry for being real."
- Unknown



Did u^o Know ?

Positive Daily Affirmations

- I have the power to change myself.
- I am happy that I got the opportunity to do what I like.
- I am using the best of my abilities to improve my life.
- I like my job and give my hundred percent to it.
- I am confident and organized.
- I am open minded and use criticism for self improvement.
- I am happy in every situation, even in stressful moments.
- I deserve to be successful.
- I deserve to be happy.
- I deserve to be loved.
- I learn from my mistakes.
- I am happy to take challenges and risks in life.
- I have the knowledge and skills to make my work the best.
- I have the decision power and I make right choices.
- I think for myself and have my own choice in all aspects of life.
- I believe in goodness of life.
- I can forgive myself and others too.
- I can understand other people and their motives.
- I feel proud of myself and my loved ones

Type II Trivia

Type II Diabetes is a degenerative disease. Meaning that it comes on over a long period of time and is caused by lifestyle choices. Type II Diabetes is not a genetic disease and if you have diabetes in your family, you are not necessarily pre-destined to develop it. With people in your family who have developed this deadly disease, you do have a higher risk because you may share similar diet and exercise routines (or lack thereof).
 Type II Diabetes is also not "caused" by being overweight or obese, but on the contrary... being overweight or obese could be a warning sign that you are already Insulin Resistant or pre-diabetic. It is becoming insulin resistant that contributes to excessive weight gain and if left untreated, could eventually result in Diabetes. http://www.mindymosser.com/did_you_know

Did You Know?

You can cut your risk of developing Parkinson's disease by approximately 22% if you eat at least 2 cups of blueberries or strawberries every week.



Prevention Aug 2011 Pg 26

What's Wrong With Salt?

A high salt diet can lead to high blood pressure, which puts a strain on blood vessels and can cause damage to the heart, making high blood pressure a major risk factor for heart disease. Over 2 million or 9.4% of Australians have high blood pressure, which is responsible for more medical prescriptions than any other health condition in Australia. A high salt diet is also associated with obesity, osteoporosis, stomach cancer, kidney stones and stroke.

WHQ Health Journey Issue 3/4 - 2011

Do what You DO!

When someone asks me for career advice, I say, 'Do what you already do in your free time? Try to do that as your job.' It can be hard to identify your passion, but you can identify what you did (or wish you'd done!) last Sunday for fun. 'Do what you do' is a useful motto; it directs you to look at your behaviour rather than at your ideas, which can be a clearer guide to your preferences. It's not possible for everyone, but to have work that's play, and play that's work, is a very happy place to be.

Prevention Aug 2011 Pg 58

"Info Snippets"

Having live plants throughout your home can help to purify or filter the air and to rid the air you breathe of harmful toxins.

Some experts say that drinking green tea during pregnancy can inhibit your body's absorption of folic acid. Folic acid is the vital nutrient for a developing fetus' brain and nervous system.

Paraben-free is the recent buzz, but don't trust every product that says it is paraben-free. There has to be some type of preservative or the product will be a breeding ground for bacteria.

Did you know that our digestive juices are mainly made up of hydrochloric acid the same stuff that is used to clean brick paving and galvanize iron. This is probably where the idiom "cast-iron stomach" comes from. 3 litres of hydrochloric acid are secreted daily by more than 30 million stomach glands.

www.theotheroption.co.za

"Every moment you get is a gift. Spend it on things that matter. Don't spend it by dwelling on unhappy things."
 - Unknown



The Silent Disease

Osteoporosis is known as the silent disease because those who have it don't know they do, especially when it's in its early stages. Sometimes, the disease can be hidden until something as small as a sneeze causes a broken bone. Because of its silence, it is recommended that women 65 and older, and younger people with risk factors, should take a bone mineral density test.

- People at risk for osteoporosis are more often thin. Studies have shown that restrained eaters have shown significantly lower bone mineral content and bone mineral density than those whose eating habits were less, well, restrained. However, that does not mean eating excessively and gaining too much weight is encouraged. Moderation is best.

- Women in particular need to take care of their bones, the odds are stacked up against them. Take a look at the statistics: During the five to seven years after menopause, women can lose up to 20 percent of their bone mass. A woman's risk of hip fracture is equal to her combined risk of breast, uterine and ovarian cancers. Additionally, out of every 10 people that have osteoporosis, 8 are women.

- More women will develop osteoporosis in the not too distant future, speculates Dr. Therese Rosellini from Sutter Medical Group in Elk Grove, California. The reason she cites: today's menopausal women are increasingly anti-hormone replacement therapy, making them more vulnerable to bone loss because of decreased estrogen.

www.thirdage.com

What Is The Role Of Vitamin D

Vitamin D is a fat soluble vitamin that is a precursor to an important hormone in our bodies. It enhances our absorption of calcium and phosphate and helps maintain the balance of these minerals. Vitamin D is, therefore, crucial to the health of our bones and teeth. A growing body of research also suggests that Vitamin D plays a much broader role in our health including our immunity, central nervous system, muscle strength and risk of particular diseases. The best source of Vitamin D is sunlight and is naturally present in small amounts of some foods. However our diet generally only provides 10-25% of our requirements.

WHQ Health Journey Issue 3/4 - 2011



As parents, we strive to recognize any discomfort or irritation our children may be experiencing. This is especially true with babies, since they can't communicate their needs. Once you move into introducing more solid foods, food allergies can arise. So, what are the signs to watch for? According to *The Baby Book* by Dr. William Sears, here are some things to watch for when you introduce new foods.

With regard to respiratory passages, you may notice a runny nose, sneezing, wheezing, stuffy nose, watery eyes, bronchitis, recurring ear infections, persistent cough, congestion or rattling chest. The skin, another good indicator, may become red and sandpaperlike, have hives, swell, become dry and scaly or your child could have dark circles under the eyes, puffy eyelids, lip swelling or soreness/cracks on the tongue. The intestines are, of course, another area affected including mucousy diarrhea, constipation, bloating, gassiness, vomiting, bleeding, poor weight gain, burnlike rash around the anus and abdominal discomfort. In order to isolate foods that may have an adverse effect on your baby, introduce them one at a time and wait a couple of days before introducing something new. Keeping a food diary with the effects of each, is another good way to keep an eye on your baby's reactions.

<http://biosintos.com>

Breastfeeding and Breast Changes

Breastfeeding is often blamed for the way a woman's breasts look and feel after having a baby. It is, however, pregnancy itself that changes the breasts, rather than breastfeeding. The changes in breast composition are complete in late pregnancy so it does not matter if a woman breastfeeds or not. This has been confirmed in a study of 90 women having breast lift surgery. There was no difference between the level of breast sagging in women who breastfed and women who did not. Similarly, a study of almost 500 Italian women found that while women reported that their breasts were different after having a baby these changes did not seem to be associated with breastfeeding.

WHQ Health Journey Issue 3/4 - 2011

"The opinion which other people have of you is their problem, not yours."

- Elisabeth Kubler-Ross

Mackay Contact Numbers & Women's Health Related Links

Anglicare
(07) 4953 3444

Alcohol, Tobacco and Other Drugs Services
(07) 4968 3858

ATSI Community Health Services
(07) 4951 2833 / (07) 4951 2287

Base Hospital
(07) 4885 6000

Bowel Cancer Screening Program
(07) 4968 6407

Breastscreen Qld
(07) 4968 3813 / 132050

Breastfeeding Association
1800 686 268

CASA (Community Accomodation & Support Group)
(07) 4951 4299

Centacare
1300 523 985

Centrelink
- Family section 136150
- Unemployed 132850

Child Support Agency
131272

Child & Youth Mental Health service
(07) 4968 3893

Child Youth and family Health
(07) 4968 3863

Children By Choice
1800 177 725

Commonwealth Respite & Carelink Centre 1800 052 222

Community Health Services
(07) 4968 3800

Compassionate Friends Mackay
(07) 4955 7893

Dispute Resolution Services
(07) 4967 4404 / 1800 501 576

DV Connect
1800 811 811

Domestic Violence resource Service
(07) 4957 3888

Gambling Help
(07) 4957 4542

Gay and Lesbian Welfare assoc. (GLWA)
1800 184 527 / (07) 3017 1717

Gay Mackay - Info
gaymackay@gmail.com

George St Neighbourhood Centre
(07) 4957 2626

Good Beginnings Home Based Support
(07) 4957 7222

Legal Aid
(07) 4967 0688

Lifeline
24hr Telephone Counselling 131114

Mackay Birth Centre
(07) 4968 6404

Mackay Children's Contact Service
(07) 4944 1733

Mackay Integrated Mental Health Services
(07) 4968 3893

Mackay Regional Community Legal Centre
(07) 4953 1211

Mackay Regional Financial Counselling Service
(07) 4957 2626

Mackay Women's Centre
(07) 4953 1788

Mackay Youth Support Service
(07) 4953 2299

Medicine Line
1300 888 763

Menopause Clinic
1300 883 405

Mental Illness Fellowship NQ Inc
(07) 4951 2973

OWN - Older Women's Network
(07) 4955 7098

Parent line
1300 301 300

Playgroup Qld
1800 171 882

Poisons Information Centre
131126

Police
(07) 4968 3444

Qld. Keep Fit Association
(07) 4957 5178

Reading, Writing & Maths Support
(07) 4957 2626

Regional Council for Social Development
(07) 4957 3088

Relationships Australia
1300 364 277

Salvation Army Care Line
1300 363 622

Sexual assault & Sexual Health Services
(07) 4968 3919

Shakespeare Child & Family Centre
(07) 4957 7222

Tenant Advice Service Mackay
(07) 4957 6334

UnitingCare Community
Mackay-Whitsunday Centre
(07) 4944 2300

WHQW Women's Health Qld Wide
1800 017 676

Women's Clinic at the Base
(07) 4885 6446

Women's Info Link
1800 177 577

Women's Legal Aid
1300 651 188

YIRS One Stop Youth Shop
(07) 4957 7949

All the www....

Breast Cancer
www.nbcc.org.au
www.cancercouncil.com.au

Breastfeeding Association
www.breastfeeding.asn.au

Depression
www.beyondblue.org.au
www.blackdoginstitute.org.au

Eating Disorders
www.isis.org.au

Endometriosis
www.endometriosis.org.au
www.jeanhailes.org.au

Gay & Lesbian
www.glwa.org.au
www.gaymackay.com

Grief
www.reachout.com.au
www.nalagvic.org.au

Menopause
www.menopause.org.au
www.womhealth.org.au
www.medicineau.net.au
www.healthinsite.gov.au

Ovarian Cancer
www.ovca.org.au
www.cancercouncil.com.au

Pap Smears
www.healthinsite.gov.au
www.menstruation.com.au
www.cervicalscreen.health.gov.au

Polycystic Ovarian Syndrome Assoc
www.possaa.asn.au

Seniors
www.aboutseniors.com.au

Women's Health Qld Wide
www.womhealth.org.au

Women with Disability Aust
www.wwda.org.au

Young Women
www.zigzag.org.au