



The Wesley Window

First step taken in clinic expansion plan

Weight is over for City

Wesley Corporate Health's highly successful Wesley Weight Management Clinic has taken its first step in a bold expansion plan to one day open a chain of clinics across south-east Queensland.

The clinic, which is based on the Wesley Hospital's Auchenflower campus, opened an office in the Market Street Medical Practice on February 24 to keep pace with demand for its medically supervised services.

Clinic manager Natalie Purssey said the city rooms had allowed the clinic to expand its weekly appointments to 300.

Ms Purssey said the city expansion had been an outstanding success with the clinic filling almost all of its 75 weekly city appointments within just one week of opening.

"Most of our clients are from the western suburbs but many of them work in the city," she said.

"We thought opening a clinic in Market Street would allow our clients who work in the city the convenience of being able to walk down in their lunch breaks if they needed to.

"We expected to fill at least half the week with existing clients to free up the Auchenflower clinic but we never expected to fill the rest of the so quickly, which is why we're investigating other locations."

Ms Purssey said more clinics were likely to open in Brisbane later this year, based on the early success of the Market Street clinic and the long-standing success of the Auchenflower clinic.



The Wesley Weight Management Clinic team is dividing its time between offices

"In the long-term, we plan to also open clinics on the Gold and Sunshine coasts as well as in other centres such as Toowoomba," she said.

"We believe the increasing demand for our services would justify such an expansion."

Ms Purssey said the average weight loss achieved by people attending the clinic after one month was 5.3kg.

After four months it was 12kg and after 12 months it was 22kg.

She said one of the clinic's most successful clients was Triple M radio host and former Australian Test cricketer Greg Ritchie who lost a staggering 30kg in just 22 weeks on one of the clinic's medically supervised programs.

"Whether you're a busy professional constantly faced with business

pressures, or a mum at home with a family to feed, as long as you are committed and motivated, we can help you achieve your goals," she said.

"And once you've completed one of our programs you'll be able to maintain body balance for life."

Some Wesley Weight Management Clinic programs are claimable on private health insurance.

Clients referred to the clinic by a doctor may also be eligible for a Medicare rebate.

The clinic, which Greg Ritchie officially opened on Friday, March 26, opens weekdays from 8.30am to 4pm.

It is located at Level 1, Navision House, 10 Market St, and at Suite 12, Level 1, Wesley Medical Centre, 40 Chasely Street, Auchenflower.

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Fast facts on health

It is estimated that coronary heart disease will become the single leading public health problem for the world by 2020.¹

Only 58% of females and 47% of males consume two or more serves of fruit a day.²

Work-related muscle and soft tissue injuries, or sprains and strains, account for 62% of WorkCover claims and cost the community up to \$0.5billion each year – back injuries account for more than half of these.³

Men aged 25 years and over are more likely to be overweight or obese than women of the same age (67% compared with 52%)⁴

High blood pressure is more likely to develop among people who are overweight or physically inactive, or have high dietary intakes.¹

Exercise does not need to be strenuous to maximise weight loss. The key is frequency. Faster is not always better.⁵

In 2002, 12,469 Australian women died from coronary heart disease. A little known fact is that this is five times as many deaths from breast cancer.¹

1 Australian Institute of Health and Welfare. Australia's Health 2002. 2 ABS (2001) National Health Survey – Summary of results Australia. 3 Downs, A. (2001) Tough new campaign to ease strain of workplace injuries. 4 Australian Institute of Health and Welfare 2002, Epidemic of coronary heart disease and its treatment in Australia. 5. Wesley Weight Management Clinic.

Clinic expands expertise

Suzie Gibbins is one of four new staff at the Wesley Weight Management Clinic.

Suzie (right) is a dietitian/exercise physiologist who worked as a locum at Royal Brisbane Hospital's dietetics department before joining the clinic.

She graduated from the Queensland University of Technology (QUT) in 2001 with a Bachelor of Health Science in nutrition and dietetics and a Bachelor of Applied Science in human movement studies.

Kelli Edmiston (left) joined the weight management team as a dietitian/exercise physiologist a week after completing a double degree at QUT.

Like Suzie, Kelli holds a Bachelor of Health Science in nutrition and dietetics and a Bachelor of Applied Science in human movement studies.

In January she graduated with first class honours for her applied science degree and second class honours for her health science degree.

Kelli worked part-time for three years as a research assistant at the Royal Children's Hospital's Children's Nutrition Research Centre while studying. She also did work experience and part-time work at the Queensland Academy of Sport.



Amanda Pike (centre) joined the clinic as a dietitian with a Bachelor of Health Science in nutrition and dietetics from QUT. She also has studied human movement and naturopathy and has worked as a locum dietitian for private practices since graduating in 2002.

Jackie Berghofer (inset) is the newest dietitian to join the team at the Wesley Weight Management Clinic.

Jackie graduated from QUT in 2002 with a Bachelor of Health Science in nutrition and dietetics. After graduating she travelled to the UK where she spent three months working at the Princess Alexandra Hospital in Essex before returning to Australia last September to work in Prince Charles Hospital's dietetics department.

Companies take action against the 'flu

More than 4000 employees in businesses across Brisbane have signed up for Wesley Corporate Health's 2004 Influenza Vaccination Program.

Wesley Corporate Health medical director Dr Geoff Holt said the 'flu vaccine was most effective if given well before the 'flu season started.

"It takes two weeks for the average adult to build up antibodies to the virus strains and be protected for the current season," Dr Holt said. "So it's important for businesses to start now."

While the vaccine was most effective before the onset of the 'flu season Dr Holt said it was still beneficial to vaccinate during the season.

"Research shows sick leave can be reduced by 43 per cent in workplaces with vaccination programs compared with non-vaccinated workplaces."

WCH's 2004 Influenza Vaccination Program costs between \$22 and \$26 depending on the number of people being vaccinated at the one time.

All vaccines are administered on-site by a GP in line with State health regulations.



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News in brief

Beating skin cancer

Wesley Corporate Health is helping BHP Billiton Mitsubishi Alliance (BMA) to counter skin cancer among its Queensland workforce.

WCH's Sheree Richmond and Dr Jim Griffin have been organising and facilitating skin checks of BMA staff at centres throughout Queensland including Moranbah, Dysart, Blackwater, Emerald and Hay Point.

The checks pick up abnormalities which could lead to skin cancer.

Dynamic mums triumph

A trio of working mums have proven the benefits of staying fit and healthy.

WCH's Dr Katrina Robertson joined Rehab Dynamics physiotherapist Anne Walker and Defence Department social worker Kim Copple to win the Female Team Sprint Event in the 2004 St George BRW Corporate Triathlon on the Gold Coast on March 21. Twenty-four WCH staff and their relatives took part in the triathlon.

Walking the "talk" pays dividends

Hello and welcome to the second edition of *The Wesley Window* - our new quarterly newsletter.

At a recent staff meeting I realised we had grown from a small group of just 20 in 2000 to a comprehensive team of more than 40 staff from all the major health professions.

This team includes doctors, dietitians, physiotherapists, exercise physiologists and registered nurses and support staff.

Importantly, I was proud of the progress we had made in constantly improving our services and delivering them at the highest-possible standards each day in such a short period of time.

A true measure of this is the positive feedback we continue to receive from our valued corporate and individual clients.

In our last *Window* I commented on the lack of government support for individuals undertaking preventative medicine initiatives despite reputable evidence of positive returns.

Whilst policy settings could only improve in this area, I am heartened by the number of individuals we see who realise the value of investing in their personal health and making changes that will improve the quality and longevity of their lives.

As an organisation we also work hard to "walk the talk" which I believe has added to our credibility.

I hope you enjoy the success stories featured in this edition. Wishing you the very best of health.



Neil Holt,
Managing Director.

Weight-loss inspires Kokoda walk

Reaching Owers' Corner at the southern end of Papua New Guinea's infamous Kokoda Track on Saturday, August 28, will be an emotional moment in the life of Jindalee Rotarian John Williams.

A little over 12 months ago the most strenuous exercise John had done in years was jumping on and off the dreaded diet "treadmill".

The thought of traversing a 96km dirt track in the middle of the Papua New Guinean jungle never entered his mind.

At 52, John weighed 123kg despite having tried just about every diet in existence in the past 30 years.

Today, as he prepares for the walk of his life, John is a trim 91kg and a whole new man not just in body but also in mind thanks to the staff at the Wesley Weight Management Clinic (WWMC).

John was down to 85kg but the 6kg he has since put back on is all muscle.

"I'm not exactly Arnold Swarzenegger but I'm making it through being Mel Gibson on my way to being Arnold Swarzenegger!"

While his body shows the obvious result of his remarkable transformation, John said his weight-loss occurred more in his head than on his body.



John Williams

"The Wesley program brought about a transformation in my way of thinking on a number of levels," he said. "I've learned about setting goals and becoming more participative - to be a participant in life rather than just a spectator.

"Unfortunately, when you're overweight, anything becomes too hard." John soon learnt that losing weight was easy if he set his mind to it.

"It's about working out what's important to you," he said. "Losing weight has had a direct positive effect on my relationship with family and I've extended my circle

of friends by being involved in other things and doing things with other people.

"It's given me a greater sense of being helpful and not being focused on myself."

It was this change in focus that led John to turn his personal goal of walking the Kokoda Track into a fund-raiser to benefit underprivileged teens.

"Walking the Kokoda Track started out being about me," John said. "Then I realised I could turn walking the Kokoda Track from being something about myself into something about others."

John decided to challenge his fellow Rotarians to join him in the walk to raise \$20,000 for Legacy to send 20 Legacy teenagers on an Outward Bound course.

Nineteen of John's fellow Rotarians from as far away as Cairns and St George answered his call. Together, they have surpassed John's original target, raising \$30,000 - enough to fund 30 teens.

All money raised by the Kokoda walk will go to Legacy to fund the Outward Bound adventure to Kyogle in northern NSW from July 2-10.

John credits WWMC for helping him to change his life for the better and for motivating him to set rewarding goals.

"My life has personally changed like you wouldn't believe," he said.

Suncorp banks on Wesley

Suncorp Business Banking has enlisted Wesley Corporate Health to create a new staff incentive program. Open to all business banking employees with Suncorp across Australia, Better Care is unlike many other business incentive programs in that it is not directly focussed on individual performance but on individual health and wellbeing.

Suncorp Business Banking group executive Ray Reimer believes that by introducing programs like Better Care Suncorp is adding another dimension to workplace satisfaction, demonstrating to staff that their health and wellbeing is important to the company.

"We believe that this in turn will create a healthy and harmonious working environment in which our employees feel valued," Mr Reimer said.

WCH designed the program which it will administer across the Suncorp network in association with Healthwise, a division of Flight Centre, to enhance the personal health, fitness and work-life balance of all business banking staff.

WCH managing director Neil Holt introduced the program to Suncorp managers during a short launch at the Sheraton Hotel following their 2004 strategy meeting.

"Most of us would like to be fitter, leaner, healthier, less pressured and less stressed but it's not just about managing our physical and psychological health," Mr Holt said. "We also have to manage our careers, families and social lives. Better Care is designed to make a contribution to each person in achieving those goals and developing a correct balance between work and life outside of work."

WCH medical director Dr Geoff Holt then spoke briefly on the importance of companies such as SBB investing in programs like Better Care, which helped staff achieve a healthy work-life balance.

"One of the most important investments a company can make is in its people," Dr Holt said. "Through programs like Better Care, companies can help their staff achieve an increased level of health and wellbeing that will not only have a positive effect on the workplace but also has the potential to greatly enhance their private lives."

Triple M radio host and former Australian Test cricketer Greg, "Fat Cat" Ritchie also addressed the management group, extolling the virtues of WCH's preventative health approach.

Ritchie became a keen ambassador for WCH after he was referred by his father's cardiologist to the company's Wesley Weight Management Clinic six months ago. He congratulated



WCH's Sheree Richmond takes Ray Reimer's blood pressure under the watchful eyes of Dr Geoff Holt (left) and Greg Ritchie

Suncorp management on making the decision to invest in the health and wellbeing of their staff. His comments were echoed by city based lawyer Liz Lawson of McCullough Robertson. A member of elite women's cycling team, the Marcellettes, Ms Lawson told Suncorp managers of how by simply becoming more active and taking greater care of her health she had not only been able to excel in sport but also in the office.

Dr Holt said WCH would measure the benefits that the Better Care program was designed to achieve including improvements in individual health, fitness and wellbeing. These would be measured by follow-up health checks, climate surveys, staff turnover, absenteeism and productivity indicators.

Marcellettes riding wave of success

Members of Brisbane's elite women's cycling team the Marcellettes are proof it pays to strive for a healthy work-life balance.

On Sunday, March 21, the Marcellettes took out the inaugural 3000m women's pursuit and a swag of other medals in the 2004 State Track Titles at the Chandler velodrome. The historic win over the Broncos in 04:01.55 is the most recent in a string of successes for the team which is proudly sponsored by Rehab Dynamics.

The Marcellettes made history earlier this year when they beat Rockhampton's

Rockettes at the Chandler velodrome on February 7 in Australia's first-ever teams pursuit for women.

Led by coach Marcel Bengtson of MB Coaching, the Marcellettes won the 2000m event by a clear four-second margin in 2min37sec.

While the Marcellettes only started track racing last November they started 2004 on a high taking being ranked number one in the State in women's track racing.

Before venturing on to the track the Marcellettes had already created a name for themselves on the road, with a

convincing win in the 2003 State Road Team Time Trial.

The team is made up of nine professional women intent on achieving Wesley Corporate Health's mantra of a healthy work-life balance. However, each pursuit team is comprised of only four riders. The team that won the historic 2000m and 3000m events was comprised of Marcellettes captain Liz Young, Liz Lawson, Wendy Habermann and Nicole Hanssen. Other members include Kate Perkins, Genevive Rosengren, Kim Andrew, Jacinta Powell and WCH's very own Sheree Richmond.