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The Montserrat Newsletter ^{AUG} 2015

Prevention of Diverticulitis Mesalazine, Probiotics or Vitamin D?

By Dr Cliona Maguire - Gastroenterologist



Diverticular disease is common in Australia and the incidence increases with age. It affects 50% of individuals at the age of 50 years and 70% by 70 years of age. Epidemiological studies have shown an association between low fibre intake and an increased incidence of diverticulosis.

The risk of developing and attack of diverticulitis has been estimated to be about 10-25%. Many patients who have had an attack of diverticulitis will ask what can be done to prevent further attacks.

A high fibre diet is often recommended after an episode of diverticulitis to prevent further attacks, although the evidence to support this is lacking. Patients are also commonly advised to avoid corn seeds and nuts after an attack of diverticulitis although a study of 47,000 health professionals followed over 18 years found no association between consumption of corn, seeds and nuts and the risk of attacks of diverticulitis.

There have been several studies investigating the use of the non-absorbable antibiotic Rifaximin in patients with diverticular disease and a metanalysis of 4 of these trials did show a benefit for Rifaximin and fibre in reducing symptoms as compared with fibre alone.

⁽¹⁾ However, Rifaximin is available on the PBS only for treatment of hepatic encephalopathy and there is a significant cost associated with its use.

Mesalazine has been shown to reduce the risk of recurrent diverticulitis. The DIVA trial was a placebo

controlled double blind study comparing mesalazine granules 1.6g with and without probiotics in patients with CT scan documented diverticulitis. Mesalazine was found to be effective compared to the placebo.

⁽²⁾ These results were not reproduced in a larger study using MMX mesalazine (Mezavant). As mesalazine is currently not available on the PBS for this indication which may make prescribing difficult for some patients.

Probiotics have also been studied with one study showing a benefit for Lactobacillus and mesalazine compared with mesalazine alone but more and better data is required.

There has also been a recent trial which showed that low Vitamin D levels are associated with an increased risk of diverticulitis and complications. ⁽³⁾ Vitamin D is known to be important in maintaining mucosal integrity and modulating inflammation in the gut. Therefore checking Vitamin D levels in patients who have had an attack of diverticulitis and supplementing with Vitamin D may help prevent further attacks.

In summary, in patients who have had recurrent attacks of diverticulitis, I feel it is worthwhile to advise a probiotic and a vitamin D supplement if levels are low and consider use of a 5 ASA agent such as salazopyrine or mesalazine if possible.

Dr Maguire provides services at Montserrat Gaythorne Clinic 4 days per week, and may be contacted on (07) 3833 6701

References:

1. Bianchi et al 2011. 2. Stollman et al 2010. 3. Maguire et al 2013.





Ophthalmology Services at North Lakes Day Hospitals

Northpoint Eyecare, an established state of the art Ophthalmological practice, operates from the North Lakes Day Hospital.

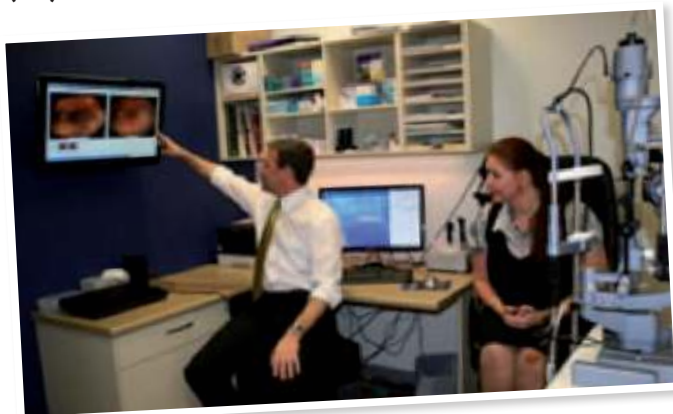
Providing comprehensive surgical and medical ophthalmic care in a modern, paperless practice with cutting edge technology and communication techniques. Experienced doctors, Dr Andrew Smith, Dr Kate Slaughter & Dr Stuart Reader are committed to the local area and welcome both routine and urgent ophthalmic referrals.

Northpoint Eyecare uses the latest in diagnostic and imaging equipment and the Doctors are able to communicate with your patients about their conditions on large screen monitors in all the consulting rooms.

They also perform minor operations, administer intravitreal injections and use the latest Argon, YAG and SLT lasers for treatment of various conditions in the rooms.

Surgery is performed in the North Lakes Day Hospital using the latest Carl Zeiss operating microscopes and Bausch + Lomb Phaco machines.

Further information can be found at www.northpointeyecare.com.au or by calling (07) 3385 0900.



Staff training at the Marriott Hotel, Brisbane

Be Our Guest



"Be Our Guest" has become our mantra. Our goal is to put the hospitality back in hospitals.

That is why in April, Montserrat reception and Call Centre staff spent a day learning from the experts in Customer service, Marriott Hotel staff.

Our team benefited hugely from getting a first hand look at how a first class hotel handles many of the same day to day challenges we face at Montserrat.

During the training there were a lot of positive suggestions from staff and outcomes that will build on our already excellent service to our patients. We also heard some great stories about recent celebrity guests, such as President Obama & family.

We don't just want to provide our patients with excellent care we want to provide our patients with exceptional care and exceed their expectations.

Some key outcomes were:

- 5/10 rule: Smile at 10 feet
Greeting at 5 feet
- Every patient is to feel like a VIP
- Being 10 steps ahead of clients - anticipate their needs & questions.



Montserrat Specialist Referrals

made easy with Medical Director.

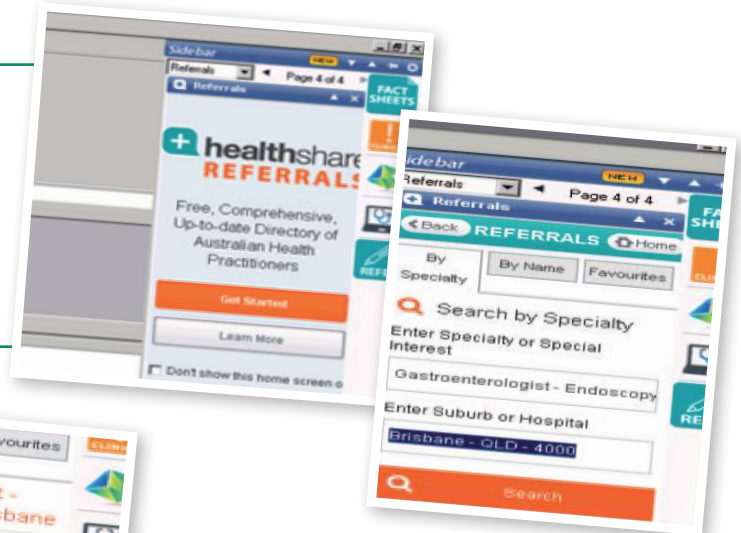


Montserrat Day Hospitals have now made it easier to find a Montserrat Specialist in your patient's area with a specialised referral option in Medical Director. You can now find our Specialists including Gastroenterologists, Haematologists, Oncologists and many others in Medical Director's new referral widget bar. See below for step-by-step of how to easily refer your patients to a Montserrat Day Hospital or specialist in your desired area.

1

From the main screen of Medical Director, on the right-hand side of the screen there is a widget bar, where you will need to select "Refer."

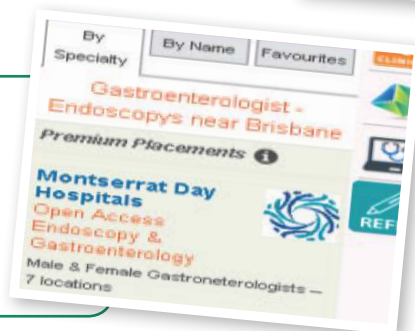
Then select "Get Started" and the next screen will show search boxes for Speciality and Suburb. Once you have selected what you are looking for in both boxes, click "Search" and the results will appear.



2

Montserrat Day Hospital is the option at the top

*Make sure you have upgraded to the current version of Medical Director for this function.



COELIAC SOCIETY MEMBERS BULK BILLING SPECIAL OFFER!

NEW

Montserrat Day Hospitals are pleased to offer a bulk-billed consultation with our selected Gastroenterologists upon presentation of their Coeliac Queensland Members card.

This means your patients won't be out of pocket for initial or ongoing consultations! We will also be offering a 20% discount on procedures for uninsured Coeliac Society patients.

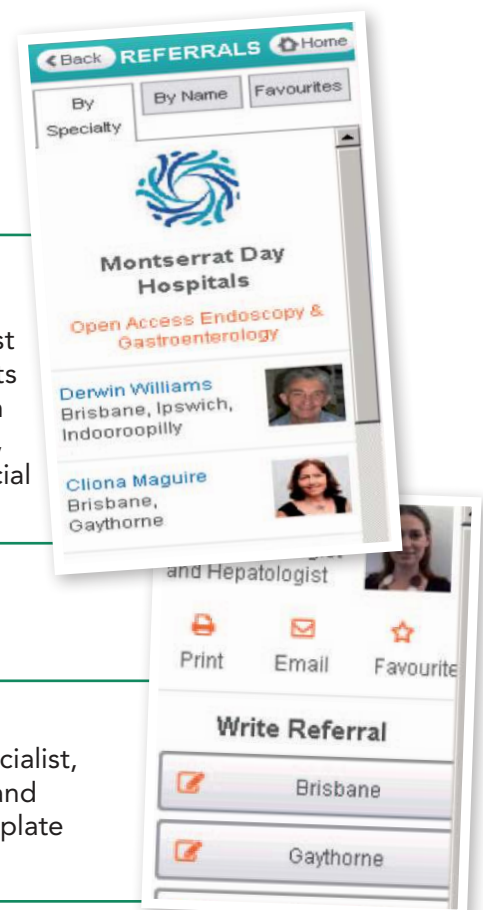
Consults will be offered from our Brisbane City, Indooroopilly & North Lakes locations.

Visit montserrat.com.au for more information or contact our bookings team on (07) 3833 6701.



3

Click on the Montserrat banner and a list of our specialists will appear with their biography, photo and special interests



4

Once you have chosen the Specialist, select "Refer" and the referral template will appear.

Open Access Endoscopy Timetable

	Mon	Tues	Wed	Thurs	Fri	Sat
Dr Cliona Maguire	GAY	GAY/CITY#	GAY	GAY		Service Rotates between Doctors at Indooroopilly
Dr Derwin Williams		IND	IND / IPS	IND	IND / IPS#	
Dr Mark Norrie		IND		IND / CITY#	IND«	
Dr Sam Islam	IND		IND	NLDH		
Dr Rebecca Ryan	IND	GAY			IND#	
Dr Hugh McGregor	GAY°	NLDH#			GAY°	
Dr Daniel Mehanna	NLDH					
Dr Terrance Tan		IND#/IPS#				
Dr Naeem Khan				NLDH		

« Unless in Emerald or Longreach # Full day list usually available

Fortnightly only

* Please note that whilst we offer an Open Access Service all our Gastroenterologists are available for consultations.

° Monthly only (Haemorrhoid Clinic)



Brisbane Haemorrhoid Clinic 07 3833 6707
Brisbane Hernia Clinic 07 3833 6786
Cardiology
 Dr Roderick Chua 07 3861 5522
ENT Surgery
 Dr David McIntosh 07 5451 0333
Endocrinology
 Dr Deepali Shirkhedkar 07 3833 6765
Fertility Treatment My IVF 1800 4 MY IVF
Gastroenterology
 Dr Agus Brotodihardjo 1300 513 255
 Dr Sam Islam 07 3833 6701
 Brisbane Gastroscopy and Colonoscopy 07 3833 6701
General Surgery
 Dr Naeem Khan 07 3833 6765
 Dr Hugh McGregor 07 3283 4200
 Dr Daniel Mehanna 07 3833 6765
 Dr Roderick Borrowdale 07 3283 4200

Gynaecology
 Dr Archana Saraswat 1300 780 138
 Dr Lata Sharma 07 3833 6765
 Dr Graham Tronc 07 3870 5602
 Dr Andy Stamatiou 07 3613 9774
Occupational Medicine
 Dr Robert McCartney drrob@omcd.com.au
Open Access Endoscopy 07 3833 7601
Ophthalmology
 Dr Andrew Smith 07 3385 0900
 Dr Stuart Reader 07 3385 0900
 Dr Kate Slaughter 07 3385 0900
Oral & Maxillofacial
 Dr Richard Harris 07 3852 4888
 Dr Mohammed Mansour 07 3832 3232
 Dr Terrence Alexander 07 3832 3232

Orthopaedics
 Dr Gaugin Gamboa (Knees) 07 3832 1652
Plastic Surgery
 Dr Phil Richardson 1300 789 240
 Dr Robert Boyle 1300 889 998
 Dr Mark Kohout 1300 551 151
Physiotherapy
 Bodyworks Physiotherapy 07 3204 6388
Queensland Vasectomy Clinic 07 3833 6766
Rheumatology
 Dr Mukhlesur Rahman 07 3833 6765
Sleep Clinic
 Northside Sleep Clinic 07 3635 8400
Urology
 Dr Joe Schoeman 07 3831 9049
Vascular Surgery
 Dr Simon Quinn 07 3188 7521

Ph: 07 3833 6755 | Fax: 07 3491 3614 | www.montserrat.com.au



Dr Rebecca Ryan 07 3550 3550
 Gastroenterology
Dr Cliona Maguire 07 3550 3550
 Gastroenterology
Dr Hugh McGregor 07 3550 3550
 General Surgeon
Dr Simon Rosenbaum 1300 020 400
 Cosmetic Surgeon

Dr Phil Richardson 1300 789 240
 Plastic Surgeon
Dr Andrew Broadhurst 07 3252 8884
 Plastic Surgeon
Dr George Mayson 1300 050 140
 Cosmetic Surgeon
Dr Jorge Lopez 1300 020 400
 Cosmetic Surgeon

Dr Muhammed Ali Hussain 1300 378 336
 Cosmetic Surgeon
Dr Karl Rodins 07 3350 3082
 Dermatologist
Dr Jason Wu 07 3871 2000
 Dermatologist
Dr Greg Butler 07 3871 2000
 Dermatologist

Ph: 07 3833 6794 | Fax: 07 3354 3296 | www.montserrat.com.au



North Lakes Haematology & Oncology Contacts

Ph: 07 3859 0690 | Fax: 07 3491 6803 | www.nlhoc.com.au

Dr Darshit Thacker 07 3859 0690 Medical Oncologist	Dr Kieran Bigby 07 3859 0690 Medical Oncologist	Dr Peter Davidson 07 3121 4605 Clinical Haematologist
Dr Bhaskar Kharki 07 3859 0690 Medical Oncologist	Dr Raluca Fleser 07 3353 9026 Clinical Haematologist	

Sunshine Coast Haematology & Oncology Contacts

Ph: 07 5479 0000 | Fax: 07 5479 5050 | www.schoc.com.au

Dr John Reardon Medical Oncology / Clinical Haematology	Dr Sorab Shavaksha Clinical Haematology	Dr Hong Shue Medical Oncology	Tania Shaw Oncology Massage Therapist
Dr Lydia Pitcher Clinical Haematology	Sarah Higgins Dietitian - Nutritionist	Dr Rosanne Middleton Clinical Health Psychologist	