

AWESOME AUTUMN ADVENTURES

Next Workshop Series

We were busily planning our next program of workshops for you all to enjoy, when fate (and the builder) intervened. As you will have already seen, HWHC is closed over March, and we are in the process of rescheduling the workshops for April/May.

Look forward to more complementary therapies, self-defence, community activism and more. The starting date for Autumn Adventures will be April 13, and all workshops will run from 1.30pm to 3.30pm, Wednesday afternoons. Call us for details after March 29, when we re-open. Workshops will also be advertised in The Mercury.



Monthly rural visits to support women who have had breast cancer. Nola, a Breast care nurse, our Encore leaders, Breastscreen and community guests are planning monthly visits to the north, south east and west of Hobart during this year. Call us if you would like us to come and visit and/or if you have a workshop or idea you could share with country women to assist in the life after breast cancer. Innovative ideas are very welcome.

Breast cancer support group

Women at or from any stage of having breast cancer are very welcome to join with others each 3rd Tuesday of the month at HWHC 11:30am – 1pm. There is time for laughs, hugs and shared tips along the journey, sometimes with a visiting speaker. Call Wendy for more info.

Stressbusting workshops

Banner has offered to join us again to discover, deal with and diminish the stress in our busy lives. She will offer a series of 4 workshops on the theme of stressbusting in April. Mondays 11:15 – 1:15pm April 4, April 11, April 18 and April 25. Book a spot at the Centre. No cost, donations welcome.

Quilt the Blues

An arts/health project for older women at the Hobart Women's Health Centre

This project has been planned by Senior Momentum, a group of older women textile artists, with a view to creating opportunity for older women to meet together to share the challenges and experiences of later life, and reduce the effects of social isolation. The project is planned to link to the national project Beyond Blue.

The proposed project involves small informal groups of older women meeting to sew and chat while making a series of blue quilts. The project *Quilt the Blues* will be launched in Seniors Week 2005 when Margaret Reynolds will open the Older Women's Art Exhibition at Women Tasmania.

HWHC and Breast Screen Tasmania will work in partnership to facilitate a *Quilt the Blues* group based at the Centre. Karen Forster from Breast Screen Tasmania will share her quilting experience, and we

welcome older women participants to help make a blue quilt *par excellence!*

Quilt the Blues at HWHC will be a weekly 2 hour sewing (quilting) group held on Tuesdays from March 15- May 10, 2005. Interested women should phone the Hobart Women's Health Center on 62 313212 for further information. (Please note that you do not have to be an experienced quilter to join this group. Enthusiasm and commitment will do!)

Yvonne Hardefeld

New research: Men and women are different in more ways than just anatomy

The following article, written by Lindsey Tanner from The Associated Press, tells how researchers have now discovered what women and their health centres have been saying for years.

CHICAGO - Beyond the tired cliches and sperm-and-egg basics taught in grade school science class, researchers are discovering that men and women are even more different than anyone realized.

It turns out that major illnesses such as heart disease and lung cancer are influenced by gender and that perhaps treatments for women ought to be slightly different from the approach used for men. These discoveries are part of a quiet but revolutionary change infiltrating U.S. medicine as a growing number of scientists realize there's more to women's health than just the anatomy that makes them female, and that the same diseases often affect men and women in different ways.

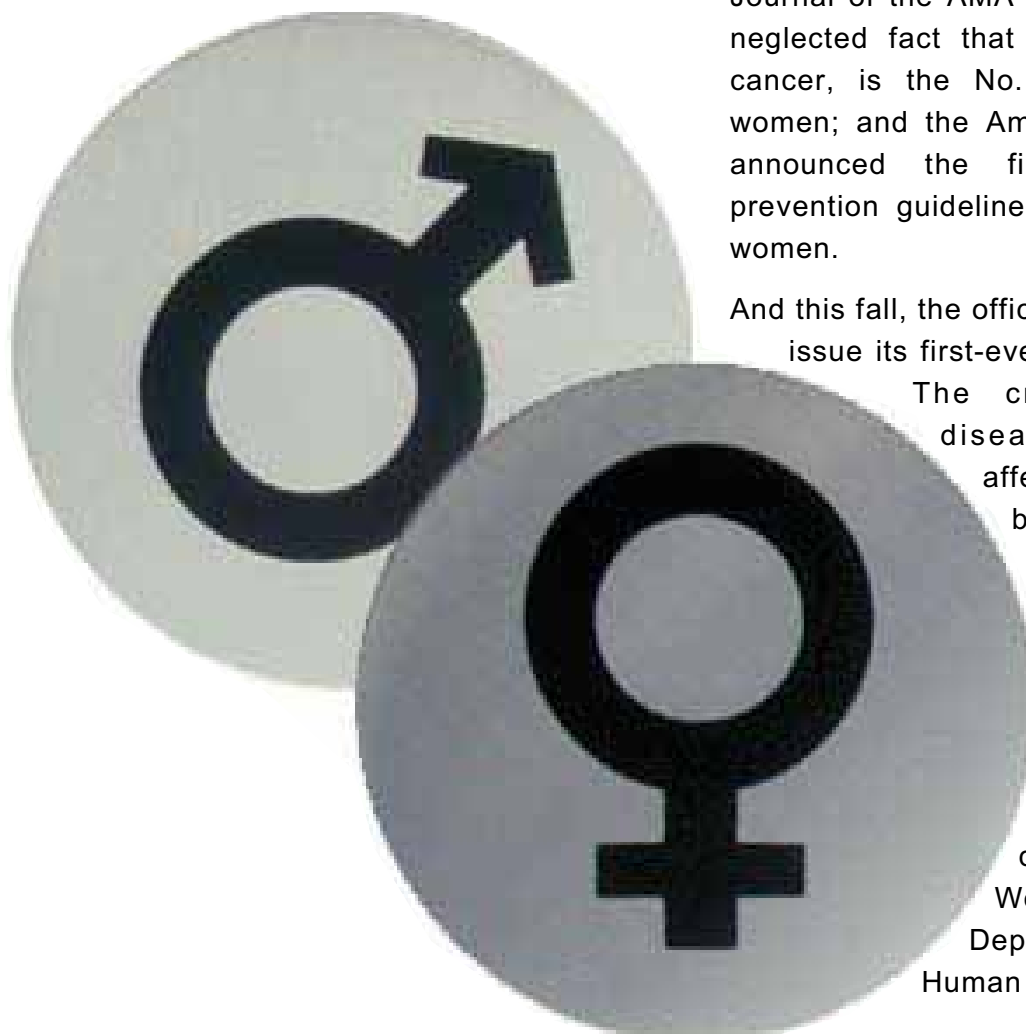
"Women are different than men, not only

psychologically [but] physiologically, and I think we need to understand those differences," says Catherine DeAngelis, editor of the Journal of the American Medical Association. DeAngelis, who became the journal's first female editor in 1999, says she has made it a mission to publish only research in which data are broken down by sex unless it involves a disease that affects just men or women.

In recent months, two medical textbooks billed as the first devoted to gender differences in all areas of medicine, not just reproductive medicine, were published; a widely cited Journal of the AMA report re-emphasized the neglected fact that lung cancer, not breast cancer, is the No. 1 cancer killer among women; and the American Heart Association announced the first-ever heart disease prevention guidelines tailored specifically for women.

And this fall, the office of Surgeon General will issue its first-ever report on osteoporosis.

The crippling bone-thinning disease disproportionately affects women, who lose the bone-protecting effects of estrogen at menopause. The report will emphasize prevention - and that it's not just a woman's disease - 20 percent of patients are men, said Wanda Jones, director of the Office on Women's Health at the U.S. Department of Health and Human Services.



The Know Zone

Health and Wellbeing Forums

27 April - 1 September 2005

Hobart, Launceston and Burnie

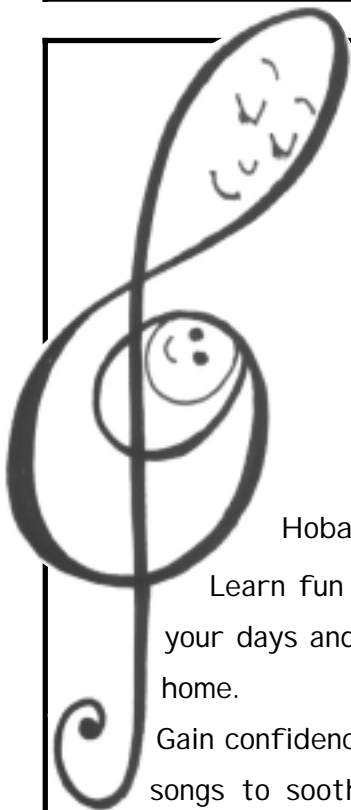
48 Forums 26 Presenters

Information, Programs and Registration

Sue Moss, Women's Health South

ph (03) 6222 7211

em: sue.moss@dhhs.tas.gov.au



Music for Mothers and Babies

8 session program

April 8 - May 20

Fridays 10.30 am

Hobart Women's Health Centre

Learn fun ways with music to lighten your days and lower the stress levels at home.

Gain confidence using rhymes, sounds and songs to soothe, distract, entertain and communicate.

No musical experience needed.

Cost: \$70 per child due 1st session.

Bookings/enquiries phone
Margi Maclaine 6267 9333

come along to a relaxed game of

Basketball

all welcome at

PCYC 300 Liverpool street

wednesdays 3:30 - 5:30pm

\$2 for adults, little kids free

for more info contact Sally: 6236 9591



Who's doing something fabulous for women?

We are so used to hearing about all the terrible, stupid and thoughtless behaviour of humans but so rarely, it seems, do we hear about the many wonderful acts of kindness and generosity that people do on an 'every-day' basis. For this reason, we would like to redress this situation in our newsletter by recognising such efforts on behalf of women.

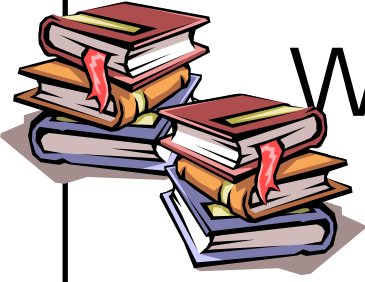
Our first commendation goes to:

The Otis Foundation Retreat Units

The Otis Foundation Retreat Units, allow women with breast cancer free accommodation near Bendigo Victoria. Friends, family and carers are also welcome. These units are set up to provide a haven away from medical treatment to assist regain perspective. Contact the Units Manager Liz on (03) 5439 3220 or see the website www.otisfoundation.org.au for the fabulous story and vision.

If anyone knows of other people or organisations whose efforts deserve recognition and thanks, please let me know so we can spread the good-news. *Ed.*

WOMEN'S WISDOM LIBRARY



New Titles & Reviews

The Politics of Medicare: who gets what, when and how

by **Gwendolyn Gray**

Anyone who has tried to understand the complex and confusing Australian health care system, and the debate surrounding it, will welcome this book. The author succeeds in setting out the issues in a logical manner, and condenses the argument into bite size chunks.

Given the recent controversial reforms to Medicare, it is a very timely book which explains the situation and reviews the issues in clear, easy to read language. The author is concerned about the direction in which our system is heading, argues her position in a cogent manner, and supports it with a large range of research.

The book outlines different types of health systems and their advantages and disadvantages; explains how our health system works; and explores the interplay of conflicting interest groups and their effect on our system.

The author views the current Australian system as an uneasy mixture of public and private funding.

With Medicare, Australia has “a national health insurance system, offering the dual prospect of universal access and public control of expenditure” (p22). This latter component is crucial in containing costs but, the book explains, has not been fully utilised as doctors

can set their own fees and yet still receive Medicare rebates.

The ability to contain health care costs is further compromised by the existence of a significant amount of private financing in the form of private insurance. Until 1996 the role of private finance in our system was contracting, but “this process has been reversed by the policies of the past eight years” (p.64), reaching 31.6% of the total in 2001-02.

The author is concerned by the increasing strength of the private component, and the fact its growth is supported by government policies and subsidies. She argues in favour of public financing of the health system: “because it is the public financing sector that gives governments leverage over expenditure, it follows that the larger the role of public insurance the more effectively governments will be able to restrain spending. Public financing is also more equitable because taxation is levied on the basis of income.” (p.24)

She sites international evidence to support her argument, showing that high levels of private finance lead to higher costs and lower accessibility.

This book forms part of the Briefings series produced by UNSW Press, which explore current social, political and cultural issues in Australia. It is a valuable addition to the series and is recommended to anyone wishing to be informed on the Australian health system.

Joan Barry

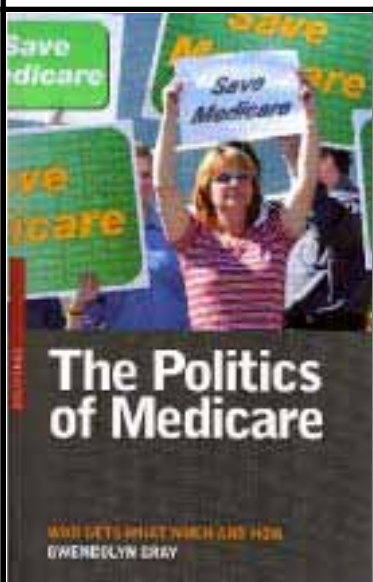


A Blessing Not A Curse: A mother-daughter guide to the transition from child to woman

by **Jane Bennett**

This book is for parents and health workers. It provides a positive and enlightened view of menarche and menstruation, with practical and sensitive suggestions about discussing these topics with young women. The message is one of affirmation of this important rite of passage, and an open attitude that encourages curiosity and further exploration of women's health issues.

Yvonne Hardefeldt





www.endometriosis.org.au

The Endometriosis Association of Victoria (EAV) is a self help organisation which provides support and information for women with endometriosis.

The aims of the Association are to:

- Provide support to women with endometriosis through the provision of lay counselling;
- Provide relevant and current information on endometriosis;
- Promote the public awareness of endometriosis;
- Conduct and support research in aspects of endometriosis.

The Association also provides a telephone information and support service for members and the community, in addition to its website.

The EAV's website is very accessible and provides an excellent range of useful information for women with endometriosis. It explains what endometriosis (pronounced end-oh-mee-tree-oh-sis) is, how and where it develops, and who is susceptible. It also lists symptoms, discusses diagnosis and treatments, has a glossary of medical terms, and provides contact details for Australian and international support groups. In addition, it lists references to other internet resources.

The site also contains a teenager specific section, which appears very useful. As I am not a teenager myself, however, I am not in a position to make an accurate assessment. (I would be very interested in hearing from anyone who is.)

I would recommend this very informative and supportive site to any woman who is concerned about, or has developed endometriosis and would like to understand more about the condition.

If you would like to speak to someone telephone (03) 9457 2933.

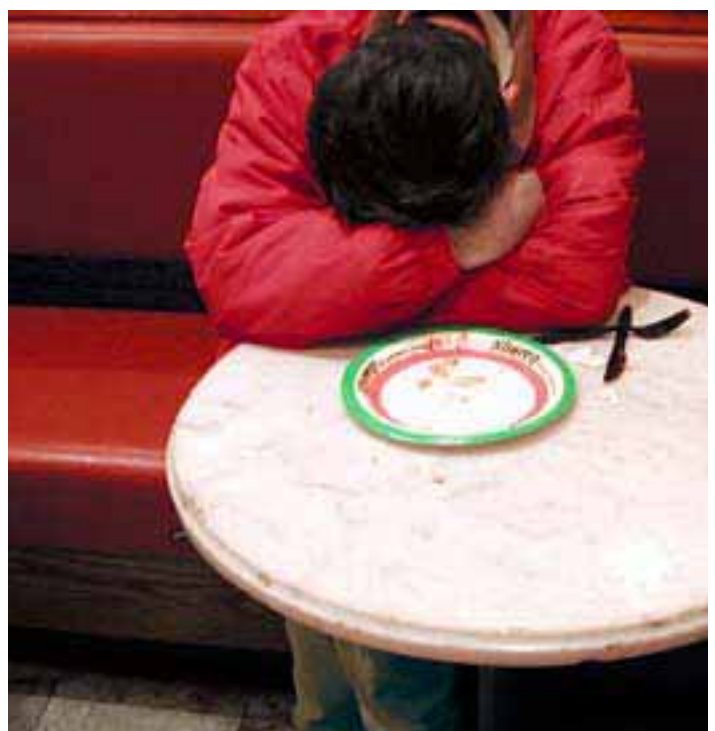
www.breasthealth.com.au/boysdocry/

A great website for male supporters of women with breast cancer from the National Breast Cancer Centre (yes it is Australian). The info looks helpful for any partner, family or friend of any loved one with cancer. It outlines the issues, problems and effects of breast cancer, from a man's perspective, and provides tools to deal with them.

Some of the topics for information are:

- What she might be feeling;
- Feeling terrible, what you are feeling is normal;
- Kids and how to deal with them;
- Knowing what to say;
- A carer's tool kit...

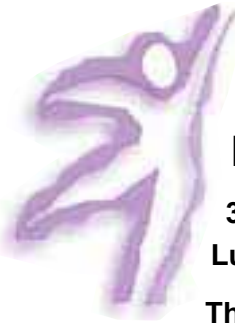
Have a look and tell others about it, and encourage men in our lives to cry too.



Digital photo by David Bryand

WELCOME BACK WENDY

Our wonderful Emotional Health Worker has recently arrived back from spending three months in Germany visiting family, with her partner Klaus and their two little girls, Grace and Anna Maria. In her article below, Wendy shares some highlights of their adventures.



Die riesig Deutsche reise | The big german trip

3 months, over 15 beds, 100+ people with dogs, horses and cats, 4 countries (Germany, Luxembourg, Austria and Switzerland), St Nikolaus and Santa Claus, WHAT A TRIP!!!

The highlights in brief:

The flight: long, but unbelievably easy with a family of four. No complaints.

The weather: switching from our spring to their autumn was easy, sunny moderately warm, easy to spend the day walking. One month of cold, but snowy, crisp and little rain.

The family: in good spirits, spent 8 hours at a 50 year wedding anniversary party with many family members, great opportunity to catch all at once. Lots of quality playing, drinking and hanging out.

The greatest moments: Speaking German and understanding it. Grace making her first joke in German! Christmas with 9 of us, dark, cold and a glowing Christmas tree. The huge mountains in Bavaria and Switzerland (3,000 – 4,000 metres high!) Lots more great moments...such as Swiss chocolate...

The downer: Feeling trapped with everything, everyone and all the rules, consequently I screamed

rather loudly on a couple of occasions.

The funniest thing: Seeing Dinner for One on TV New Years Eve.

The learnings from it all: appreciate the little things, and the biggest luxury is spending time simply playing and being with our kids. Glad we spent the time and money, it was all worth it!!!



CONTRIBUTIONS. . .

Contributions from readers are very welcome, so if you have an article, review, comment or notice that would be of relevance to our readers, please send it to the Newsletter Editor by post or email, or drop it in to reception when you visit the Centre. To be considered for inclusion, all contributions must be received by the following deadline:

Winter Edition: 21 March 2005 (newsletter distributed at the end of May)



Visit: 25 Lefroy Street North Hobart Post: PO Box 248 North Hobart Tas 7002
Tel: 03 6231 3212 Outside the 62 area, freecall 1800 353 212 Fax: 03 6236 9449
Email: hwhc@trump.net.au Website: <http://www.tased.edu.au/tasonline/hwhc/hwhc.htm>

. . .GETTING IN TOUCH

Open: Mon, Tues, Wed & Thurs 9:15am to 4pm

HWHC receives funding assistance from the Commonwealth Government, under PHOFA.