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Quality is in our DNA

# Doctors' Newsletter

Issue 4 2018

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[www.hobartpath.com.au](http://www.hobartpath.com.au)

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## Welcome



This is the fourth and final Doctors' Newsletter for 2018. In the current newsletter, we farewell our current Head of Client Services, Lynda Lonergan, who will begin her well earned retirement prior to Christmas after working at Hobart Pathology for 34 years. Lynda will be missed and I personally wish her well.

Dr Alistair McGregor details faecal antigen and breath testing for Helicobacter Pylori detection.

Dr Daniel Owens talks about iron deficiency in pregnancy and the National Bowel Cancer Screening Program.

I would also like to highlight how medical leadership is the driving principle behind everything we do at Diagnostic Services. Medical leadership implies that our jobs, our services and our business practices are appropriate to the medical profession. We employ large numbers of highly trained pathologists and medical scientists to achieve these goals. Medical leadership insists that we make decisions that give priority to quality, outstanding service and optimal clinical care. I hope you enjoy the final Newsletter for 2018. Thankyou for your continued support.

This year we have directed our Christmas charitable donations to The Cancer Council of Tasmania and Cystic Fibrosis Tasmania. These organisations were chosen by our staff.

I wish everyone an enjoyable and safe festive season and the very best for 2019.

Dr Shaun Donovan  
BMedSci, MBBS (Hons), FRCPA, GAICD  
CEO Diagnostic Services Pty Ltd (DSPL) Hobart,  
Launceston and North West Pathology

## Farewell



Lynda has decided to retire from her role as Client Services Manager with Diagnostic Services. Lynda has had a long and illustrious career with Hobart Pathology and has worked tirelessly across the State in her current role. Lynda joined Hobart Pathology in January 1980 as a Cytotechnologist leaving in July 1990. She returned to Hobart Pathology in May 1994 and commenced her current role as Client Services Manager in October 2001. Lynda has seen many and varied changes in the landscape of pathology over the years and has been at the forefront of promoting Hobart, Launceston and North West Pathology to all our clients including doctors and patients. We wish Lynda well in her retirement and I'm sure you will join me in congratulating her on her achievements.

## Christmas Hours

For a complete listing of our Christmas hours please visit our website:

[www.hobartpath.com.au](http://www.hobartpath.com.au)

[www.launcestonpath.com.au](http://www.launcestonpath.com.au)

[www.northwestpath.com.au](http://www.northwestpath.com.au)



# Helicobacter Testing

Helicobacter pylori infection has been associated with several conditions.

Testing for H.pylori may be indicated in patients with:

- active peptic ulcer disease
- a history of documented peptic ulcer
- atrophic gastritis
- gastric MALT lymphoma
- unexplained iron deficiency anaemia.

As a rule, testing is not recommended in asymptomatic patients, except where there is a strong history of gastric cancer or before long-term treatment with NSAIDs.

Hobart, Launceston and North West Pathology offer a range of non-invasive tests to diagnose H. pylori infection. Details of these are summarised below.

Test	Indication	Sensitivity*	Specificity*	Requirements	Availability / Comments
Serology for <i>H. Pylori</i> Ab	Reasonable negative predictive value i.e. possible "rule out" test.  Not reliable in diagnosing infection or in monitoring response to treatment	85%	79%	# Blood test	Any collection centre  No booking required
Faecal antigen test	Primary diagnosis  Monitoring of response to treatment	94%	97%	# Formed stool - test within 72 hours  # Abstain from the following prior to testing: • Antibiotics and bismuth containing preparations - for 4 weeks. • Proton pump inhibitors - for 2 weeks.	Any collection centre  No booking required  Next day result
Breath Test	Primary diagnosis  Monitoring of response to treatment	95%	98%	# <b>Collected breath (requires specialised collection equipment)</b>  # <b>Requires 6 hour fast prior</b>  # <b>No smoking for 2 hours prior</b>  # Abstain from the following prior to testing: • Antibiotics and bismuth containing preparations - for 4 weeks. • Proton pump inhibitors <b>and cytoprotective agents</b> - for 2 weeks.  # <b>Not recommended in children due to complex collection instructions</b>	<b>Performed at limited collection centres - prior booking required</b>  <b>Thirty-minute attendance required</b>  <b>Send away test - slower turnaround time</b>  <b>There is an out of pocket fee for this test. Please contact the laboratory for costing</b>

\*Dr Jenny Robson, Syzygy : October 2015

# National Bowel Cancer Screening Program

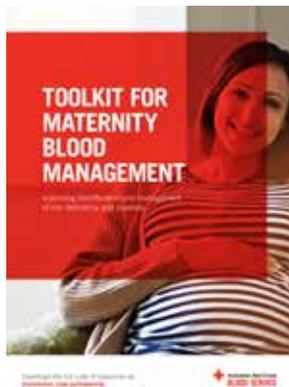
This program commenced in 2006 in Australia. By 2020, all Australians aged between 50-74 years will receive a testing kit in the email every 2 years. Only 40% of eligible Australians do the test! In an attempt to improve return rates, there has been a local push in Tasmania. You may have seen or heard the 'Poo Poke Post' message in local media throughout this year. If you see a patient in the appropriate age for screening please consider taking the opportunity to ask if they are participating in this program. Bowel cancer screening does save lives.



## Toolkit for Maternity Blood Management

Iron deficiency is common in pregnancy. In some studies the rates are as high as **60-70\*** and has been associated with increased risks to the mother and baby. The identification and management is a particular focus for the Australian Red Cross Blood Service. The 'Toolkit for Maternity Blood Management' can be found at [transfusion.com.au](http://transfusion.com.au) along with other useful resources.

\* Flores et al *BMJ Open Quality* 2017



# The 2018 New York Marathon for Freedom from Cancer Campaign



What an amazing experience to run the New York Marathon on November 4 2018 and to help raise funds for Cancer Council Tasmania.

New York is the world's largest marathon with over 53 000 competitors and over 1000 participants from Australia. The 42.2 km course passes through 5 boroughs beginning on Staten Island and then traveling through Brooklyn, Queens, The Bronx then finishing in Central Park, Manhattan. I was fortunate to gain an entry to the race through the 2017 Point to Pinnacle and Adventure Abroad.

Sunday November 4 was a beautiful Fall day. Frank Sinatra's 'New York New York' got us over the start line. The crowd participation along the whole course was truly awesome and probably the most memorable part of the day.

I harnessed the lead up to the marathon to raise funds for Cancer Council Tasmania's Transport 2 Treatment program. I had great support from local transport related companies as well as from friends and family through an active social media campaign. The campaign mainly featured pictures of me wearing my \$3 K-mart noodles re-modelled Statue of Liberty hat! Over \$13 000 was raised during October. I took Cancer Council's Daffodil to the Statue of Liberty which is a symbol of freedom to people around the world. This image inspired the enduring motto of my campaign - Freedom from Cancer.



Donations to the campaign can be made at <http://bit.ly/2Pp5piO>



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