



NEWSLETTER APRIL 2012

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Brain Cancer Action Week



The Queensland Cancer Council will be holding a free Brain Tumour Support and Education Forum as part of Brain Cancer Action Week on **THURSDAY MAY 10** in Brisbane.

DR DAVID WALKER will be part of the expert panel that will present on the latest research and developments in the diagnosis and treatment of brain tumours, as well as advice on how to find support.

You can [register online](#) and [submit a question](#) to the panel.

Bond University Students

In conjunction with Bond University and the Wesley Hospital, BrizBrain and Spine has recently hosted 3 medical students during their 5th year clinical rotation.

The students have been able to review patients pre and post-operatively, and attend operating theatres providing them with the opportunity to understand clinical presentations, treatment and outcomes.

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LATEST NEWS

Dr Richard Kahler & Dr David Walker attended the Spine Society of Australia's 23rd Annual Scientific Meeting in Sydney last week.

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CLINIC LOCATIONS

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- [Buderim](#)
- [Chermside](#)
- [Lismore](#)
- [North Lakes](#)
- [Rockhampton](#)
- [Spring Hill](#)

We wish the next generation of medicos the best as they complete their final year of study!

Newro Foundation Annual Golf Day - Friday May 11, 2012

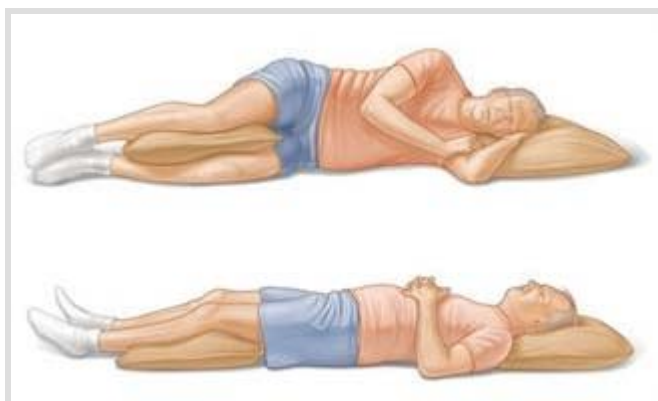


Participants from last years golf day, with Newro Foundation Ambassador, Emily Shrapnel.

The Newro Foundation is holding their annual Golf Day at the Indooroopilly Golf Day on Friday May 11, 2012.

This is a great day to support the research foundation and for more information, please check out the Newro Foundation [website](#).

Tips for a healthy spine



Unfortunately, approximately 80-90% of the population suffer from spinal pain at some point.

- [Toowoomba](#)
- [Tweed Heads](#)

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Dr Michael Bryant suggests that being conscientious of your sleeping positions can help you keep your back in good shape and help you get a good nights sleep.

- Sleeping on your back may be putting pressure on your spine. Other positions may be better.
- Placing a pillow under your knees while lying on your back cuts the pressure on your spine roughly in half.
- Lying on your side with a pillow between your knees may also reduce the pressure on your back.
- Never sleep in a position that causes a portion of your spine to hurt. Most often, your body will tell you what position is best.

BrizBrain & Spine Trivia Question - Chance to Win!

Which BrizBrain & Spine surgeon completed his fellowship at the Flinders Medical Centre in Adelaide and the Royal Adelaide Hospital Spinal Unit?

- a) Dr Frank Tomlinson
- b) Dr Terry Coyne
- c) Dr Richard Kahler
- d) Dr David Walker
- e) Dr Michael Bryant

Please email Cyndee Muller with the correct answer to info@brizbrain.com.au by close of business 15 May 2012. All correct entries will go into a draw to win a \$50 Coles Myer voucher and the winner will be named in our next newsletter.

Congratulations to KATE HUBERT who correctly answered last months trivia question!

Good luck!

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