

KEEPING MEN'S HEALTH ON THE RADAR THIS JULY

July is a Men's Health month and also a month in which South Africans together with the international community to mark the birth anniversary of our revered leader; former President Nelson Mandela.

In honour of Madiba, the KwaZulu Natal Department of Health will direct attention to men and heighten their awareness on preventable health problems; encourage screenings for early detection and treatment of diseases as well as good behaviour among men and boys.

Men's Health

Studies have shown that men engage in more risky behaviour than women and are less inclined to seek medical advice when they have medical concerns. Many illnesses that impact males are either preventable or medically manageable. For instance, HIV/AIDS continues to have prevalence in the lives of males due to risky behaviours coupled with their reluctance to visit healthcare facilities to seek assistance.

What every male should know

Prostate Cancer - The prostate gland is a small organ that is found only in men. The gland is located below the urinary bladder, and the urethra runs through it. The normal function of the prostate gland is to produce part of the seminal fluid or semen that is released during ejaculation.

Cancer of the prostate develops in the prostate gland and its cells and if untreated may eventually spread outside the gland to other parts of the body. Prostate cancer is generally slow growing and progressive and is one of the leading cancers in men worldwide, and is the number two cause of cancer deaths among men in South Africa.

Risk Factors

- **Age** is the major risk factor. Men over 50 years are at risk and as such should visit health facilities for regular screenings.
- **Family history / Genetic factors.** If a father or brother had prostate cancer, there is an increased risk of other male siblings developing it.
- **Unhealthy Diet.** There is a relationship between a diet high in animal fat and protein (especially red meat), and prostate cancer.

Reducing the risk of Prostate Cancer

The following guidelines should be observed:

- Annual screening from the age of 50 years. Rectal examination would confirm the presence or absence of prostate cancer.
 - If there is family history of prostate cancer, annual screening is advisable from the age of 45 years
 - Heed the health professional's advice if she/he calls for a blood test and a rectal examination. The blood test would measure the level of a protein called Prostate Specific Antigen (PSA) in the blood. If the blood test results show an increased level of PSA, you will be referred for further investigation.
 - Diet low in animal fat and protein is advisable
- Men and boys should undergo Medical Male Circumcision (MMC);
- It is **FREE**
 - MMC is safe and only a little uncomfortable in EXPERIENCED hands
- It helps to:**
- Reduce the chances of men being infected with HIV by 60%
 - Reduce the transference of the Herpes type 2 virus
 - Reduce the chance of developing cancer of the cervix in women

- Keep the penis clean & odour free

What do you have to do?

- Go to your nearest Clinic for help and support
- The Clinic staff will prepare you for MMC with screening for diabetes, hypertension, TB+HIV.

What do I do to recover quickly after MMC?

- Avoid heavy work or exercise after MMC to allow the wound to heal.
- Clean the penis twice a day with salt water
- Keep the penis clean and dry
- Do not pull or scratch the penis while it is healing.
- It is important to go back to the Clinic on the given date – usually within 1-5 days.
- Avoid sexual activity – even with a condom whilst it is healing and don't masturbate during that period

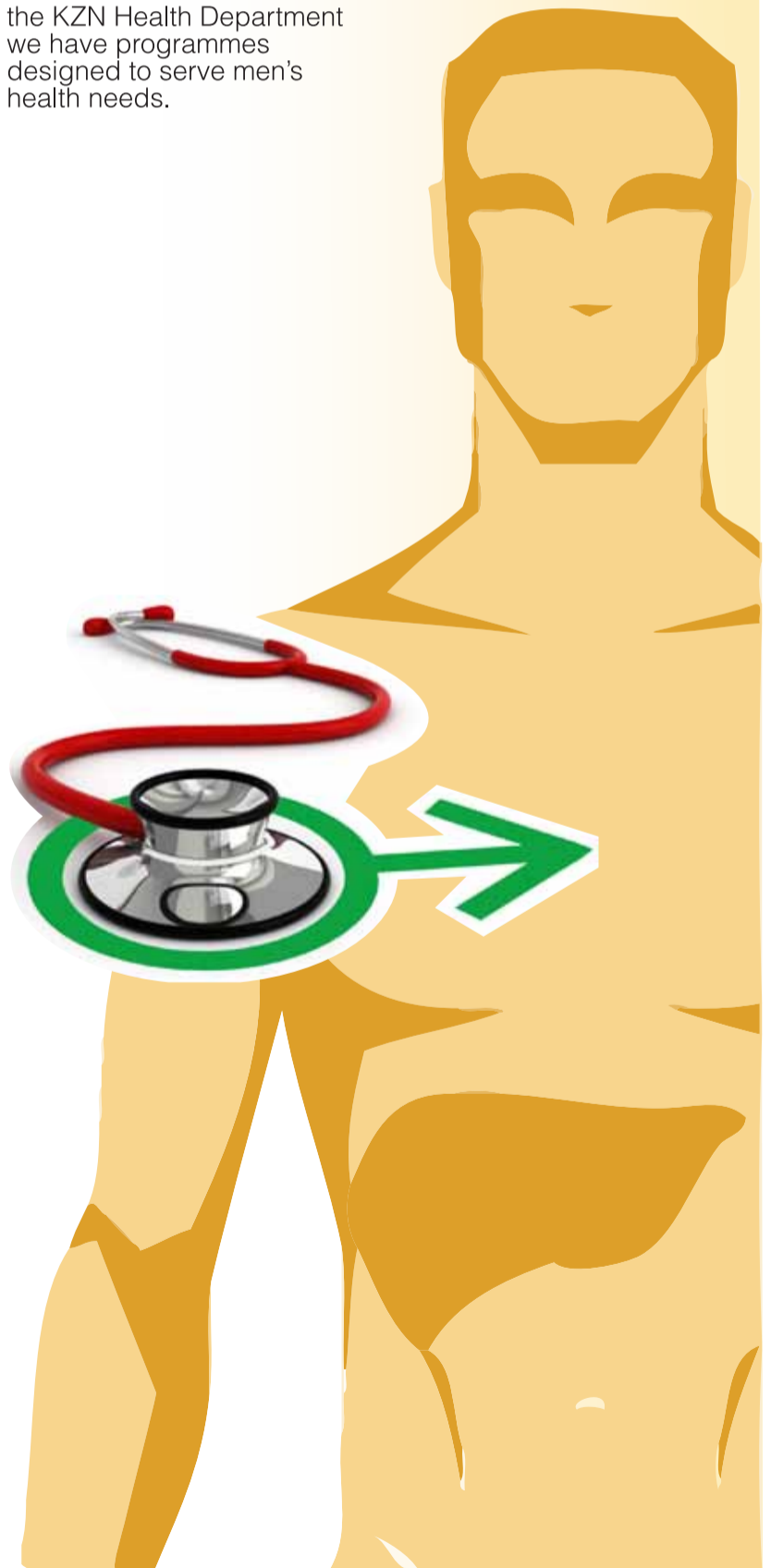
Remember that use of condoms remains the most effective method of protection against sexually transmitted infections such as HIV and unwanted pregnancy. Condoms should be used correctly and consistently.

Condom safety tips

- Store condoms in a cool, dry place. Exposure to air, heat and light increases the chance that a condom will break.
- Don't store condoms in your glove compartment for an extended period of time. Friction and heat can cause condoms to break down and become less reliable.
- Check the expiration date. Don't use a condom past its expiration date.
- Check condoms for damage. Look for brittleness, small tears or pinprick holes before using one.
- Never reuse a condom.

- Use a condom for all types of sexual activity, be it vaginal, oral or anal sex.

Remember, real men should be concerned about their health and should be free to talk to a health professional at nearest clinics for advice – do not rely on your peers or untested concoctions. As the KZN Health Department we have programmes designed to serve men's health needs.



INTERNATIONAL NELSON MANDELA DAY

On 18 July, the world will celebrate the life and the values of former president, Nelson Rolihlahla Mandela.

Mandela was highly vocal about the health rights of South African citizens, especially those of women and children, and he was revolutionary in his stand in the fight against HIV/AIDS

LIVE A HEALTHY LIFESTYLE!

'It always seems impossible until it's done'

- Nelson Mandela

TEST AND TREAT!

'Even if you have a terminal disease, you don't have to sit down and mope. Enjoy life and challenge the illness you

have.'

- Nelson Mandela

HIV/AIDS IS NOT A DEATH SENTENCE!

'Let us give publicity to HIV/AIDS and not hide it because the only way to make it appear like a normal illness like TB, like cancer, is always to come out and say somebody has died because of HIV/AIDS, and people will stop regarding it as something extraordinary.'

- Nelson Mandela

BE A HEALTH CHAMPION!

'I am confident that nobody will accuse me of selfishness if I ask to spend time, while I am still in good health, with my family, my

friends and also with myself.'

- Nelson Mandela

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE!

'There is nothing I fear more than waking up without a program that will help me bring a little happiness to those with no resources, those who are poor, illiterate, and ridden with terminal disease.'

- Nelson Mandela

KNOW YOUR HIV STATUS!

'Leaders in all spheres who are living with HIV should be encouraged, not coerced, to lead by example and disclose their HIV status.'

- Nelson Mandela



KZN'S FUTURE DOCTORS RETURN

Soon 234 students from the Cuban Medical Training Programme will be boarding flights to return home. These final year students will then complete 18 months of training in local universities.

This programme was conceived in the mid-1990's to address the serious challenges in the country's

production of medical doctors. Former president Nelson Mandela and former Cuban president Fidel Castro concluded an agreement that gave to birth the partnership between South Africa and Cuba.

This enabled South Africa to recruit and receive qualified Cuban doctors whilst sending its young aspirant

doctors from poor communities for medical training in that country.

The programme was then pioneered by the then Minister for Health Dr Nkosazana Dlamini-Zuma in 1997. In the intervening years, more than 200 have returned to the Province and are impacting positively in improving the health status of

the people especially in rural settings where they do not mind to be deployed.

Currently there are 438 students from KwaZulu-Natal Province still undergoing training in Cuba at various levels of study.



ERRATIC ADDINGTON HOSPITAL LIFTS MUST BE FIXED URGENTLY

– KZN HEALTH MEC MS NOMAGUGU SIMELANE-ZULU



Addington Hospital CEO Dr Mthetheleni Nlangisa, KZN Health MEC Ms Nomagugu Simelane-Zulu, and acting Head of Department Dr Musa Gumede



MEC Simelane-Zulu with some of the nurses from Addington Hospital. Photo byline: Themba Mngomezulu

KWAZULU-NATAL Health MEC Ms Nomagugu Simelane-Zulu has voiced her unhappiness over the erratic functioning of lifts at Durban's Addington Hospital.

The MEC wants to know why the service provider responsible for the servicing, repair and maintenance of the lifts cannot ensure that the lifts are always working – just like those at the many top hotels situated along the beachfront.

Earlier this week, scores of patients – including newborn babies and children – had to be evacuated from the 7th, 9th and 13th floors of hospital, following a fire that started from a pile of garbage next to a service lift. For quite

some time, the 140 year-old hospital has been plagued by the malfunctioning of lifts, which has at times affected the movement of patients, staff, visitors as well as the delivery of food to patients, and removal of garbage.

During a visit to the hospital, MEC Simelane-Zulu instructed senior management of the Department to act speedily to ensure and sustain the smooth functioning of the lifts.

“Following the fire, we thought it was necessary for us to come and see for ourselves what actually happened. The briefing that we received is that the fire started just outside the service lift, which was not working at the time and had not been working for a

number of days. Unfortunately, the garbage that actually comes out of the wards is kept next to the service lift if it is not working. Now, that is where the fire came from.

“Of course, we are told this was not the first time in the hospital that they've had a fire. We have requested the Head of Department and senior management to investigate what led to the fire, because it's a matter that we need to deal with.

“However, we understand that there are other underlying circumstances that are going to have to be dealt with by the Department. One of them is the fact that the lifts in this hospital are generally a problem, and there is one service provider that is giving us a shoddy

service, to say the least.

“We are going to engage with that service provider and relook into the contract and what can be done because they are providing us with a service and we are paying as we should. We think they should be giving us the level of service that we are paying for. We understand that we are at the beachfront, where there are a number of tourist attractions and hotels (whose lifts are always working), and it gives us an impression that as a Department we are not a priority to this service provider. As a result, our people are disadvantaged. So we are going to engage with them. I know that the department engaged with the same service provider last year, and they committed to change their service and do

things better, but that hasn't happened.

“We will be talking to them, and we will do what needs to be done legally to get a proper level of service because the poor people who are using this hospital deserve better. There is no-one in this world who will walk up all those flights of stairs when they are sick, and we shouldn't expect our people to undergo the same thing.”

The MEC also interacted with – and congratulated – some of the nurses who were instrumental in the safe evacuation of patients.

SURVIVOR'S GUIDE TO THE DURBAN JULY

This weekend all roads lead to the most prestigious race on the South African racing calendar, the Durban July.

As usual, people will be dressed to the nines and attending some of the hottest parties imaginable as part of this exciting socio-cultural extravaganza. Before the thrills and spills begin, it is, however, important to take on board a few tips on how to stay safe. Always remember that in the nightlife darker things come out at night. Serious injury, trauma or even deaths are all preventable

on your part. All it takes are a few precautionary measures.

Be mindful of the following:

- **Do not drink and drive. Know how you are getting home:** Have an e-hailing (Uber/Taxify/metre taxi) number in your cell phone, or ensure that you're getting a sober ride home.
- Whether you're male or female, carry condoms with you. Do not spoil your life by falling pregnant or contracting a sexually transmitted infection due to unprotected sex.

• **Beware of remote car jamming:** ensure that your vehicle is actually locked before walking away.

• Surround yourself with friends, or people that you know well.

• **Keep an eye on your drinks at all times:** Even if you run to the ladies room, have a friend hold on to your beverage for you.

• Ensure that you carry a good quality power bank for your cellphone, or carry a spare phone

• **Be careful of what you post on social media:** because it will always come back to

haunt you.

• **I-skoon siyabhayizisa: Condomise:** Play safe, and use protection at all times. A lot can happen over the weekend.

VIEWS FROM MYSTERY HIV EXPERT: WHAT HEALTHCARE PROVIDERS MUST DO TO AFFIRM YOUNG PEOPLE DEALING WITH HIV

HIV Testing campaigns aim to encourage people to get tested for HIV, know their status, and get linked to care and treatment.

However, as we continue to implement these campaigns it's not enough to simply tell people to get tested. Conversations around HIV need to become more normalised through drawing on the work of HIV activists. But more needs to be done by health care providers to ensure that young people (in particular), the Lesbian/Gay/Bisexual/Trans gender/Queer (LGBTQ) youth especially, feel empowered to get tested and have access to additional services, such as the daily HIV prevention pill known as the Pre-Exposure Prophylaxis (PrEP), the daily HIV prevention pill, after their receiving results.

We need to support LGBTQ young people and youth living with HIV in their own advocacy efforts to raise

awareness about PrEP. We must also work with young people to ensure sex education curricula are inclusive and honest and that conversations are held in areas where it is still taboo to talk about sex. This will help ensure people living with HIV are not criminalized, or discriminated against.

Discrimination in health care settings may prevent young people, especially those from the LGBTQ grouping, from engaging in care and getting tested. Last month, a friend confided in me that she wanted to begin taking contraceptives. She identifies as bisexual, but wasn't 'out' to her doctor, whom she shares with her mother, for fear of being outed.

The doctor started with inappropriate questions about her active sexual life at her tender age and sexual history. Nervous that she would be outed to her mom, she no longer felt comfortable discussing her sexual encounters with the

doctor. As a resilient young person, she fortunately has found a doctor that she is comfortable with and who has provided her with a contraceptive prescription.

While this story demonstrates a determination to get healthcare service, this is not the case for many young girls who, once denied care, rarely seek out additional health care options. Stigma, discrimination, and confidentiality concerns prevent young people, especially young LGBTQ people, from accessing crucial sexual health services. In some settings, it is not uncommon for transgender people to be refused medical attention because of their actual or perceived gender identity.

When a young person's identity and experience isn't validated in a health care setting, they lose the confidence to be their authentic selves in the presence of a healthcare

provider. This may cause a young person, like my friend, to fear disclosing important information about their identity and health, which can be life-threatening.

Health care providers can do more to support youth people's health needs, especially those who identify as part of LGBTQ. They can help create youth-friendly and LGBTQ friendly environments by providing fellow health care professional with culturally affirmative training and hosting community outreach programmes to raise awareness.

They can also support efforts that protect and expand young people's access to sexual and reproductive health services like PrEP. In addition, health providers should externally promote the LGBTQ-inclusive services offered at their health centre. By including information about LGBTQ health on their websites, health centres have an

opportunity to remind LGBTQ young people that their lives are valued and validated. All young people, including my friend who had to jump over hurdles to access contraception, deserve care from providers that is inclusive, non-stigmatizing, and promotes the benefits of HIV screening and treatment.

Health care providers have a duty to ensure that young people seeking them for care are valued, respected, and treated with dignity.

REAL MEN ARE REAL ABOUT DEPRESSION, SEEK HELP TODAY



Globally, every minute, a man dies by suicide.

In South Africa, 75% of suicide cases are men. Most of us say we'd be there for our friends if they need us. Most of us also say that we feel uncomfortable asking friends for help. **SOMETHING'S GOTTA CHANGE.**

Do you know of a man who is grumpy, irritable, and has no sense of humour? Maybe he drinks too much or abuses alcohol. Maybe he physically or verbally abuses his wife and kids. Maybe he works all the time, or compulsively seeks thrills in high-risk behaviour. Or maybe he seems isolated, withdrawn, and no longer interested in the people or activities he used to enjoy.

The South African Depression and Anxiety Group (SADAG) states that the rates of depression amongst men in South Africa are at an all-time high. The number of men calling into their helpline is climbing alarmingly – up to 97 calls a day - and reports of men not only killing themselves, but taking their families with them, litter the daily newspapers. Research suggests that men are less likely to seek treatment for depression, a serious illness which can be successfully treated. Data also shows that men die by suicide at four times the rate of women.

This is important in the South African context where jobs are scarce, and youth bear

the brunt of the lack of employment opportunities. As Statistics South Africa notes: "The youth aged 15–24 years are the most vulnerable in the South African labour market."

Also, HIV prevalence among adults aged 15 to 49 years in South Africa is 20.6%; 26.3% among females and 14.8% among males. The disparity in HIV prevalence by sex is most pronounced among young adults. HIV prevalence among 20 to 24 year olds, is three times higher among females (15.6%) than males (4.8%).

Homosexuals are twice as likely to have attempted suicide at some point in their lives, a new international study has found. The recent British study published in the international BioMed Central (BMC) Journal of Psychiatry shows that homosexuals were more prone to depression, substance abuse and suicidal behaviour than heterosexuals as a result of discrimination and rejection.

The findings supports evidence in South Africa that homosexuals - battle with depression and suicidal thoughts because they struggle to come to terms with their sexual orientation.

SADAG hopes that the new campaign – Real Men. Real Depression – will help to destigmatise depression amongst South African men and therefore help to save

the lives of husbands, sons, brothers and friends.

Every suicide leaves behind friends and family who can't understand why it happened. There are many unanswered questions facing those left behind with the pain of not having noticed the change in behaviour until it was too late. We need to make a stand for men to understand that when they are struggling there is support available.

WHERE TO TURN TO FOR HELP:

Lifeline

0861 322 322

Suicide Crisis line

0800 567 567

SADAG Mental Health line
(011) 234 4837



A HEALTHY EMPLOYEE IS A PRODUCTIVE EMPLOYEE



Long hours and constant deadlines. Homework and bedtimes. Bank notifications and bills in the mail. Life can feel like a ticking time bomb with many things demanding your attention. Although most of the pressing items on your list are important, your health is more important.

Corporate Wellness Week (1-5 July) engages employers to invest in the health of their subordinates. The KZN Department of Health is invested in the wellness of employees and provides various services for its employees to make use of.

Some of the services provided by the Head Office Employee Wellness Unit are:

- Aerobics hosted twice a week for an hour
- A resident nurse, Mrs Nonhlanhla Fihlela, who provides health screenings

such as blood pressure, blood sugar and HIV.

- Psychological counselling
- Several team sports such as netball and soccer
- A support group for employees with a high Body Mass Index
- Condom distribution

Although not all health facilities have these services available, the Department issued a circular permitting employees to participate in official internal fitness methods, provided that service delivery is not negatively affected.

The Head Office Employee Wellness Unit also regularly holds wellness days that include health screenings and the distribution of vegetable seedlings to facilitate a healthy diet. Employees are encouraged to access these free services. A healthy employee is a reproductive employee!

HEALTH INVENTIONS THAT CHANGED THE WORLD: THE DEFIBRILLATOR



We've all witnessed that life or death moment in a Hollywood movie. "Clear!" the doctor shouts as he sends another surge of electricity into the patient's body. However, although we're well familiar with that scene, did you know the name of the machine used to resuscitate the patient is called a defibrillator?

A defibrillator delivers a dose of electric current (often called a countershock) to the heart to

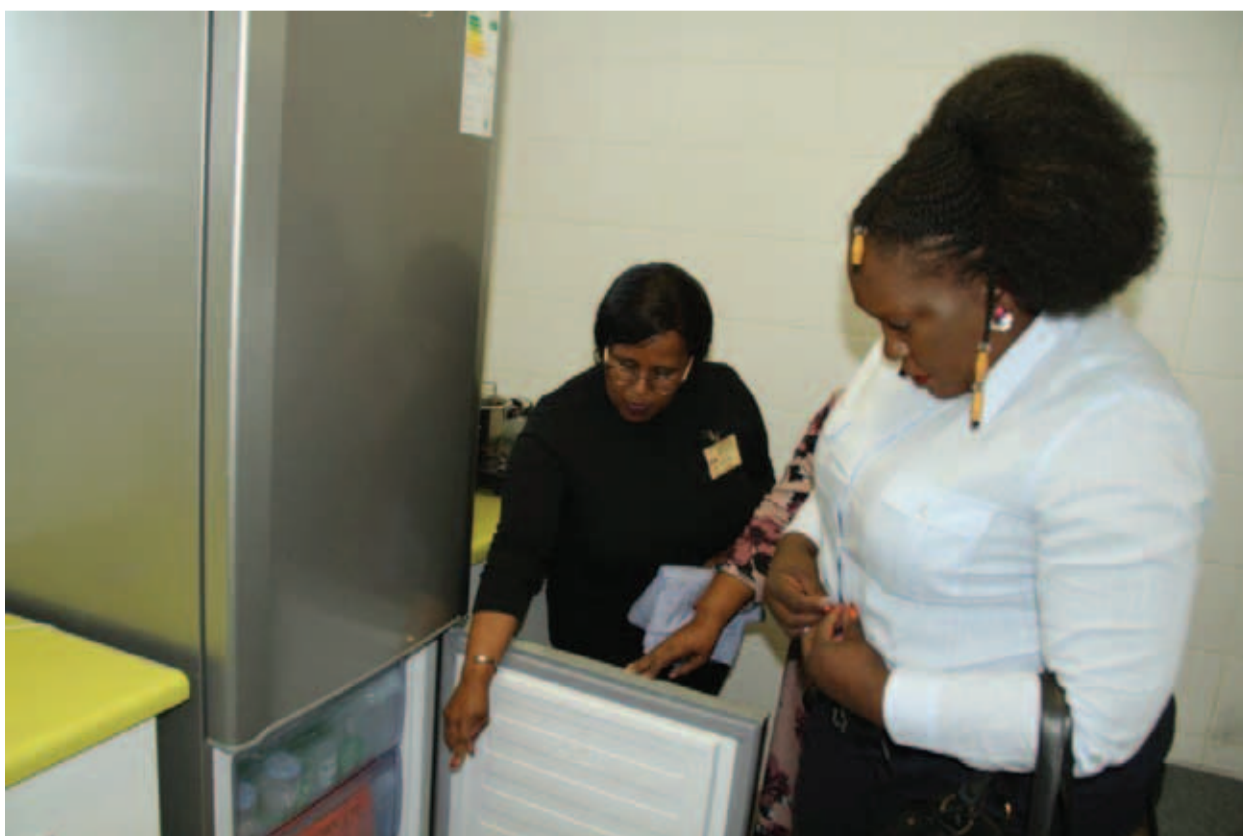
"wake it up". The external defibrillator as known today was invented by Electrical Engineer William Kouwenhoven in 1930. William studied the relation between the electric shocks and its effects on the human heart when he was a student at Johns Hopkins University School of Engineering. His studies helped him to invent a device for external jump start of the heart.

Today varying forms of the defibrillator exist; mainly the external and internal defibrillator. The first is the one we know from movies and the latter is installed inside the body of at-risk patients.

-Wikipedia

GALLERY

MEC'S VISIT AT BETHESDA HOSPITAL - UMKHANYAKUDE DISTRICT





health

Department:
Health
PROVINCE OF KWAZULU-NATAL

COMPILED BY:

CORPORATE COMMUNICATIONS
(KWAZULU-NATAL DEPARTMENT OF HEALTH)

TEL: 033 395 2547 OR 033 395 2653 | FAX: 033 342 9477

**SEND STORIES YOU WOULD LIKE TO FEATURE
ON THE KZN HEALTH CHAT BULLETIN TO:**

healthchatbulletin@kznhealth.gov.za

