

KZN HEALTH URGES WOMEN TO SCREEN FOR BREAST CANCER



Since October is designated as Breast Cancer Month, the Department is upscaling its efforts to promote breast cancer screening.

Breast Cancer awareness is important so that the general public, patients at risk, patients diagnosed and their families, healthcare workers, traditional healers, civil society and the private sector are informed. Women should be enlightened on its causes, prevention, treatment services available and support during survivorship.

It is very imperative to understand that cancer is a leading cause of death worldwide that accounts for more than 7.6 million deaths every year. Breast cancer is the most prevalent cancer and a leading cause of death among South African women.

It is crucial for women to understand that different people have different warning signs. Some people do not have any signs or symptoms at all. Screening is the best way to detect breast cancer. If you have any signs that worry you, do not hesitate to see your doctor right away. Women who are over the age of 40 who attend state Primary Health Care facilities qualify for a clinical breast examination (Provider Initiated Screening Clinical Breast Cancer Exams).

It is also advisable that women

who are breastfeeding postpone weaning to reduce their future risk of breast cancer. The total number of months a woman breastfeeds can impact lifetime risk. This is yet another reason why breastfeeding should be encouraged to be a common practice.

Some of the cancer symptoms a woman might display are:

- Swelling of all or part of a breast
- Skin irritation or dimpling
- Breast or nipple pain
- Nipple retraction (turning inward)
- Redness, scariness, or thickening of the nipple
- Nipple discharge other than milk

For those found to have symptoms, at our Regional and Tertiary Care level, the Department offers breast surgery, radiology and pathology.

Remember early detection saves lives.



RADIOLOGY DECODED:



The Role of Radiology in Breast Cancer Management with Dr Zikalala

Dr Zikalala is fresh from returning from a conference in Europe exploring the advancements in radiology that she was excited to share with her colleagues upon her return. She sat down with Health Chat Bulletin to decode radiology in the recently launched Breast Cancer Centre of Excellence at Inkosi Albert Luthuli Central Hospital.

Q: What is radiology?

A: Radiology is a specialty in medicine that uses technology to image disease in any part of the body. We use different

modalities, such as the commonly known X-Ray. We use radiation, electromagnetic waves, to capture images of the body. I will then, as a radiologist, look at that image, scrutinize it and attempt to interpret it and advise what needs to be done. There are also other modalities we use such as the ultrasound or MRI (Magnetic Resonance Imaging).

Q: What role does radiology play in breast cancer management?

A: When a woman presents to a clinic with an abnormality or lump - we see various sizes, some are the size of a pea and some a golf ball - she gets examined and then referred to

us. We then do a mammogram, which is an X-Ray of the breast. The mammogram then shows us areas of suspicion. We then do an ultrasound to retrieve more information. Sometimes if we are still not certain, we opt for an MRI scan.

We then take a small sample of the breast and transport it to pathologists who then evaluate the cells and tell us if a patient definitely has cancer or not. A multi-disciplinary team then takes over consisting of a surgeon, an oncologist, a psychologist and sometimes even a plastic surgeon to maintain the aesthetic of the breast.

Even when a patient is cancer free, we still keep in touch with a patient and regularly check on them for years because cancer

can come back. This way if we pick up cancer, we pick it up early and it is easier to treat

Q: What would you like to tell women this Breast Cancer Month?

A: Although breast cancer usually occurs in women over 40, all women should get into the habit of examining their breasts. Be familiar with your breasts so that it becomes easier to pick up something that's abnormal. Examine, examine, examine!



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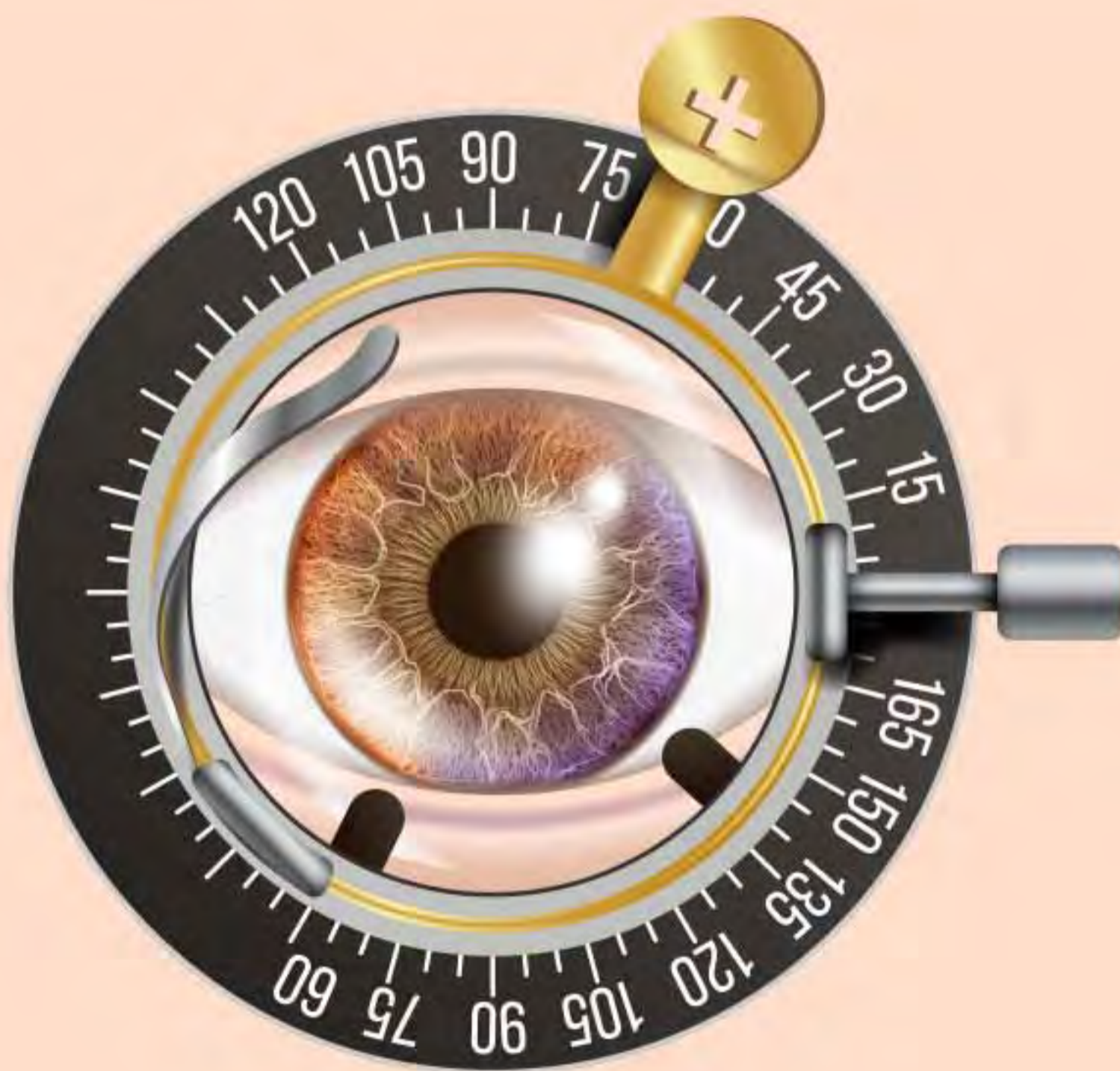


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EYE CARE AWARENESS MONTH: PUBLIC URGED TO AVOID EYE-RELATED AILMENTS



The Department of Health in KwaZulu-Natal Health is urging the people of the province to take better care of their eyes to prevent problems, and act quickly when ailments arise.

This comes as the country commemorates Eye Care Awareness Month, which started on 23 September and will run until 18 October 2019.

According to the South African National Council for the Blind (SANCB), 80% of blindness can be prevented. A significant preventative measure is ensuring that your eyes are regularly

tested, increasingly so as you age. Your eyes should be tested every 3- 5 years if you are over the age of 40 and annually once over the age of 60 since the elderly have a higher chance of attaining damages to the eyes resulting in conditions such as glaucoma and cataracts.

People with Diabetes Mellitus and Hypertension should also

have their eyes tested yearly. Every child who complains about discomfort in their eyes should be taken to the local clinic immediately and children under the age of 5 years should get a dose of Vitamin A every six months.

The Department is equipped with resources to deal with eye problems since it has its own state-of-the-art facility in McCord Hospital which was commissioned in April 2015 as an Eye Care Centre of Excellence that offers:

- High volume cataract surgery service for the whole province with 40 planned operations per day
- Tertiary ophthalmic services
- Optometry and refractive service
- Optical laboratory for in-house production of glasses and contact lens

The facility also acts as a Regional Training Centre for post graduate students, registrars in Ophthalmology, Ophthalmic nurses and Optometry students through the University KwaZulu-Natal.

Operations for the month of September 2019 are as follows:

- Cataract = 238
- Glaucoma = 8
- Other operations = 190

This brings the total number of operations that done in September alone to 436.

McCord also boasts several outreach initiatives such as in Clareville Primary School where about 100 learners received screenings.



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1

Enjoy a variety of unprocessed/minimally processed food choices



2

Eat plenty of vegetables and fruit every day



3

Eat dry beans, peas, lentils and soya regularly



4

Plan and prepare healthy home meals rather than buying ready-to-eat meals/snacks or eating out frequently



5

Always check food and beverage labels to read what is in your food and drink

Whole foods are low in added sugar, fat and salt. These foods are naturally higher in vitamins, minerals and fibre because of minimal processing. Eating mostly whole foods on a regular basis can help to prevent unwanted weight gain as well as diseases like type-2 diabetes, high blood pressure, heart disease and certain types of cancer.

For more information visit www.nutritionweek.co.za



Basic Education
Health



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Department:
Health
PROVINCE OF KWAZULU-NATAL

KWETHULWA UHLELO LOKUTSHALA E-DANNHAUSER

SIMEMA WONKE UMPHAKATHI WASEMAJUBA, OHLELWENI LOKWETHULWA KWESIKHATHI SOKUTSHALA (PHECELEZI **PLANTING SEASON**)



UNGQONGQOSHE WEZEMPILO
UNKK NOMAGUGU SIMELANE-ZULU



USUKU

15 OCTOBER 2019

NGOLWESIBILI

UHLELO LUMI KANJE

UMHLANGANO KANGQONGQOSHE NABALIMI ABAFUFUSAYO

(BAZOCEBISWA NGOKUTHI BANGAHWEBELANA
KANJANI NEMITHOLAMPILO NEZIBHEDLELA)

INDAWO : **DANNHAUSER THUSONG CENTRE**

ISIKHATHI: **09H00**

UMHLANGANO NOMPHEKATHI, WOKWETHULA LOLU HLELO:

INDAWO : **KWAMDAKANE COMMUNITY HALL**

ISIKHATHI: **11H00**

Walala wasala, igeja alingene enhlabathini, kuhlehle indlala.

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TAKE CARE OF YOUR BACK



The 7th till the 11th of October is Back-care Awareness Week. This week is about educating members of the public on back pain; common causes, risks, complications, management and prevention.

Pain in the lower back or low back pain is a common concern, affecting up to 30 – 40 % of South Africans at some point in their lifetime. Low back pain is not a specific disease but rather a symptom that may occur from a variety of different causes.

WHAT CAUSES BACK PAIN?

Back pain is usually a symptom of another problem. Pain arising from other organs may be felt in the back. This is called referred pain. Many intra-abdominal disorders-such as appendicitis, aneurysms, kidney disease, bladder infections, pelvic infections, and ovarian disorders, can cause pain to be referred to the back. Your doctor will have this in mind when evaluating your pain.

WHAT ARE THE COMMON SYMPTOMS OF BACK PAIN?

- Pain in the lumbosacral area (lower part of the back) is the primary symptom of low back pain.
- The pain may radiate down the front, side, or

back of your leg, or it may be confined to the low back.

- The pain may become worse with activity or change of posture.
- Occasionally, the pain may be worse at night or with prolonged sitting such as on a long car trip.
- You may have numbness or weakness in the part of the leg that receives its nerve supply from a compressed nerve.

Medication can reduce pain, inflammation and muscle spasm. It can also speed up recovery. Bed rest is also vital because it reduces symptoms.

TAKING CARE OF YOUR BACK PROBLEM

For a new/ new re-injury:

Stop, rest and apply ice. Immediately rest your injured back. A good rest position is to lie on your back on a hard surface such as the floor. Place your legs on a chair, so that your hips and knees are bent at right angles. Support your lower back with a rolled towel.

Place ice rather than heat for 10-15 min at a time. Pain should improve significantly in a day or two. You should start activity as soon as you can tolerate it e.g. walking, back exercises etc. Do not quit exercises when the pain goes away. You need to do preventative exercises for life, to avoid re-injury.

Back protection and recovery exercises:

Long- term recovery and protection come only from restoring strength, flexibility and endurance. These are restored only through exercises.

Flexibility is vital to the working spine. You must be able to comfortably maintain postures, move freely within those postures and move out of the postures. You also need adequate strength to stabilize and protect your spine during work activity.

There are also different stages of exercise. Exercise starts with gentle movement and stretches, progressing to more vigorous strengthening. One should not do any back exercises that cause pain. The very best overall exercise is walking. Walking brings rhythmic movements of the spine in its proper patterns of motion. This increases circulation, mobility, strength and endurance of all the structures of the spine working together.



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WATCH THIS SPACE

SCHOOL HEALTH WEEK

ACTIVITIES COMING UP



The health of school children has been made a priority by the South African Government with the Department of Health joining forces with the Department of Basic Education to roll out basic health screening to learners right at school. This is overseen by the Integrated School Health Programme (ISHP).

During the month of September 2019 the ISHP visited over 6000 primary schools across the KwaZulu-Natal province as part of the 2nd round roll out of the Human Papillomavirus Vaccine (HPV) campaign. The campaign targeted young girls between the ages of 9 – 10 years who are in grade 4. All eligible girls were expected to submit consent forms signed by parents/guardians.

The HPV vaccine was introduced

in the year 2014 as a significant public health milestone for South Africa to protect women from developing cervical cancer later in their lives and thus reduces cervical cancer associated mortality.

To commemorate School Health Week which is observed this week, The KwaZulu-Natal Department of Health will next week implement various programmes and initiatives that

will be driven by the School Health Programme Unit aimed at prioritizing the health needs of learners. This will include the screening and treating of learners of all the ailments that inhibit learners performing at their optimum such as eye issues; stuttering and difficulty hearing.



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FIRST LANDING OF HELICOPTER AT GGMH



The staff of General Gizenga Mpanza Hospital were filled with excitement recently when a mighty red helicopter from Red Cross Air Mercy Service (AMS) landed for the first time on the hospital's helipad. This helipad is located on top of the soon to be completed maternal and neonatal hospital block.

The importance of this helipad is immense for the institution and district at large as it is going to benefit patients and the local communities in many ways:

- for critical patients, especially small babies, who need to be transferred to tertiary facilities for further care.
- for emergencies where, due to the life threatening nature of the injuries or illness, paramedics need to airlift patients for prompt arrival to the institution.

Until now and due to limited landing space in the hospital, helicopters were only deployed sporadically and landed far from the hospital where an EMRS vehicle had to be waiting to then transport the patient to the

facility.

All staff members and management team are looking forward to the completion of the new block to enhance the quality of the hospital's services to the community



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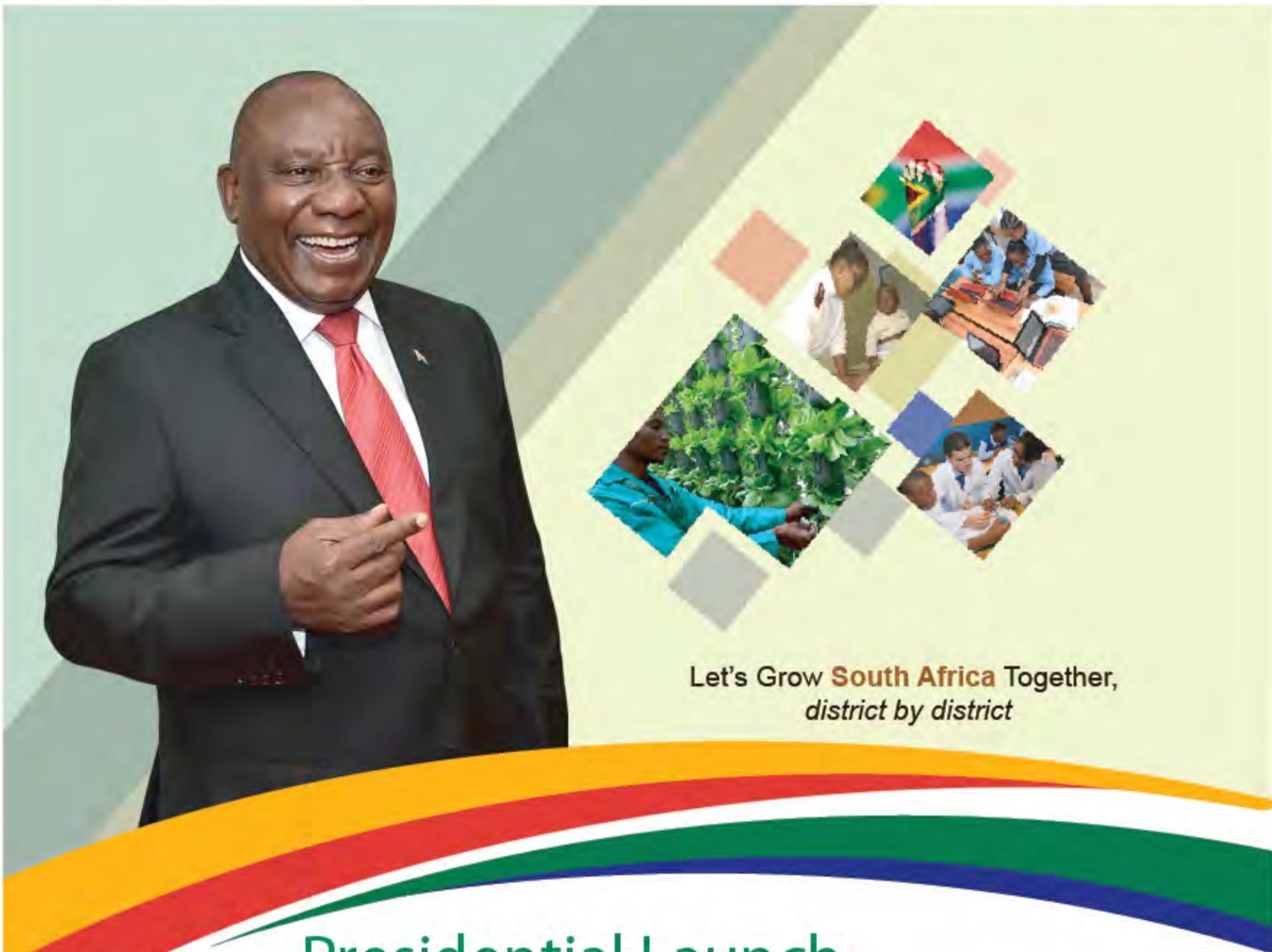
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Let's Grow **South Africa** Together,
district by district

Presidential Launch

District Development Model

Date:

Friday, 18 October 2019

Venue:

Princess Magogo Stadium,
KwaMashu

Time:

10:00

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ONE DISTRICT; ONE PLAN; ONE BUDGET; ONE APPROACH

To improve service delivery and promote coherence in the provision of quality services to citizens, government is introducing a new integrated district-based approach to development called the District Development Model.

Also known as “Khawuleza”, meaning “hurry up”, the District Development Model will be more practical, achievable, implementable, measurable and aligned to the key priorities of government. It will synchronise planning across all spheres of government and remove silos that often hinder the delivery of quality services.

Through the Khawuleza approach, service-delivery planning at district level will be refocused to strengthen cooperative governance and implement a well-coordinated and coherent national programme of action. Development will be pursued through single and integrated district plans – One District; One Plan; One Budget; One Approach.

The model will synchronise planning by all spheres of government and involve citizens and civil society in the development of South Africa’s 44 municipal districts and eight metropolitan municipalities. The plan will outline the roles of all government spheres, communities and civil-society sectors in each district.

President Cyril Ramaphosa promotes the provision of quality services and accelerated development of communities through **#Khawuleza**.



WHO SAID WHAT THIS WEEK?

"If your boy is crying, why are they crying? Find out the reasons behind their emotions before just impulsively saying they must not cry. Then you are basically saying to them, you are supporting them. It is ok to feel emotions," **Casey Chambers, South African Depression and Anxiety Group (Sadag)**

"I am grateful for the opportunity to continue to raise awareness about men's breast cancer. #mengetbreastcancertoo", **Matthew Knowles, Father of Beyonce Knowles**

"This year we are focusing on #SuicidePrevention. Join us in raising awareness of the scale of suicide around the world & play a role to help prevent it", **World Health Organisation**

"President Buhari and I both firmly believe that the prosperity and stability of our two nations — and all other countries on the continent — requires that South Africa and Nigeria have strong relations at an economic, trade, social, political, diplomatic and people-to-people level. We were both clear in our condemnation of attacks against foreign nationals in South Africa, as well as reprisal actions against South African interests in Nigeria," **Cyril Ramaphosa, President of South Africa**

INVENTIONS THAT SHAPED THE WORLD: ANTIRETROVIRAL DRUGS

Since the discovery of HIV as the causative agent of AIDS in 1983/1984, remarkable progress has been made in finding antiretroviral drugs (ARVs) that are effective against it.

A major breakthrough occurred in 1996 when it was found that triple drug therapy (HAART) could durably suppress viral replication to minimal levels.

It was then widely felt, however, that HAART was too expensive and complex for low- and middle-income countries, and so, with the exception of a few of these countries, such as Brazil, a massive scale-up did not begin until the WHO launched its '3 by

5' initiative and sizeable funding mechanisms, such as the Global Fund to Fight AIDS, TB and Malaria and the US President's Emergency Plan for AIDS Relief (PEPFAR), came into existence.

<http://apps.who.int/medicinedocs/en/m/abstract/Js21619en/>



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