



MEC DHLOMO'S MANDELA DAY PLEA: BUY SOME BRICKS AND HELP BUILD KZN CHILDREN'S HOSPITAL

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KwaZulu-Natal Department of Health

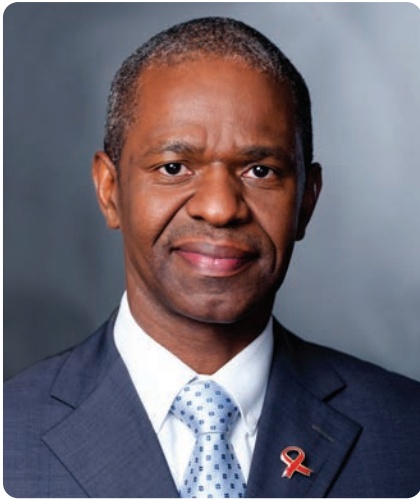


kznhealth



KZN Department of Health





MESSAGE FROM THE KZN HEALTH MEC

Dr SM Dhlomo



In July, we commemorated Men's Month, which is an important period to reflect on the role that men ought to play in our society.

This is also always a good opportunity to highlight the challenges and dangers faced by women and children, and the need for positive change. Unfortunately, by and large, it is men who commit some of the most heinous crimes against humanity, such as murder, rape and other acts of trauma and violence. Usually, the victims are women and young children.

In addition to numerous other efforts, our province, under the leadership of uBhambano Mkhulu, has embarked on a programme of praying for divine intervention in this regard. We will be continuing with this. In my responsibility as chairperson of the KZN Men's Forum, I would like to continue requesting men out there to join this movement. It is time for them to stand up and be counted.

You don't need a million men to effect this positive change. The few that are there can be the salt that brings the much-needed flavor in the big pot. We need men to get together, in small villages, in our townships and suburbs and have clusters of meetings, and help us create awareness about these social ills – because they know no race, culture, creed or social standing. We need open and robust dialogue underpinned by a message that says: "We are protectors of society... And these atrocities will not happen in our name."

As we enter the month of August, which is Women's Month, we will also be accelerating programmes that are tailor-made for women's health. There's a saying that, 'If you want to save the nation, save women. Women not only look after themselves, but also children.' Not so long ago, we were able to screen 1950 women for cervical cancer in one day. We want to continue with that. We have already put together a programme where we're going to go to all districts, doing mammograms, and pap smears because we now know that if you see women early

enough, when the cancer is just starting, and you treat them during the pre-cancerous phase, you are guaranteed cure. Because of other epidemiological changes in the world, including HIV, we are seeing very young women now getting cancer, especially of the cervix, which was not the case 20 or 30 years ago.

Because of that, therefore, we have created a slogan to say "Phila Ma", where we want to save women early. In the past, women mostly got cancer during their post-menopausal age, which was 60 and above. But now women as young as 30 years are getting cancer. Those are young mothers. We can't lose mothers at the age of 30 or 32. We will work hard to strengthen campaigns such as "Save Mothers, Save Babies" during the month of August and beyond.

We wish all the women in KwaZulu-Natal a happy and safe Women's Month. I thank you.

Dr Sthembiso Dhlomo



PATIENT RIGHTS

1

IT IS YOUR RIGHT TO BE RESPECTED EVERY PATIENT HAS THE RIGHT TO:

A healthy and safe environment

Participation in decision-making regarding his/ her treatment

Access to health care

Knowledge of one's health insurance / medical aid scheme

A choice of health services

Be treated by a named and qualified health care provider

Confidentiality and privacy

Informed consent to assist in their decision making

Refusal of treatment

Be referred for a second opinion

Continuity of care

Complain about health services

2

PATIENT AND FAMILY RESPONSIBILITIES

To provide accurate information pertaining the health of the patient

To ensure the patient follows the medical recommendations given

To respect other patients, visitors and health employees

To understand that other patients and their families might need more attention than them

To inform the health facility on a patient's information such as their address and contact details

To ensure payment is made for the services

3

The Department of Health urges patients and their families who have visited public health facilities and have not been serviced in a satisfactory manner to return to that health facility and file a complaint with the public relations officer (PRO), the CEO or operations manager.

If you are still not satisfied, contact the KZN Health ombudsman, Mboneni Bhekiswayo, by writing to him at: 330 Langalibalele Street, Pietermaritzburg 3201 or email him on; mboneni.bhekiswayo@kznhealth.gov.za

or call him on 033 395 3275.

IT'S **FREE**
from Telkom.

4

If calling from a cellphone, you can call the number and ask to be called back.

5

THE DEPARTMENT OF HEALTH ALSO HAS A 24 HOUR CALL CENTER. DIAL 0800 005 133



MEC DHLOMO'S MANDELA DAY PLEA: BUY SOME BRICKS AND HELP BUILD KZN CHILDREN'S HOSPITAL

KwaZulu-Natal Health MEC Dr Sibongiseni Dhlomo has pleaded with South Africans and philanthropists at large to dig into their pockets and help fund construction of the KZN Children's Hospital.

Established in 1931, the facility was the first dedicated children's hospital in Africa. It is currently a referral hospital for children with physical and mental disabilities, and takes them from birth up to the age of 18. However, some of its buildings are in a state of disrepair and need urgent revamping. According to Dr Arthi Ramkissoo of the KZN Children Hospital Trust, a sum of R240 million is required for the construction of a six-storey building for this purpose.

In a bid to achieve this, the Trust needs at least 1 million bricks, and is urging Good Samaritans to help buy them by donating R100 for each brick.

During a recent visit to the hospital, where he got involved in cleaning and painting activities at the facility, as part of the commemoration of International Nelson Mandela Day today, MEC Dhlomo bought 50 bricks to the tune of R5000. Urging others to follow suit, he said: "Because of the love that Madiba had for children, we are sure that he would have loved for this project to materialise. This hospital was built in 1931 and dedicated to white children. When some of our doctors and nurses opened it up to Black people, the apartheid government stopped funding it and it fell into a state of disrepair. In 2011, when some people approached me, I put it on the programme of the Department. We are not contributing alone as

a Department. We are opening it up to all other philanthropists... South Africans who love children and to internationalists, to make a contribution towards a six storey tower that we want to build. We are told by architects and the construction people that we need a million bricks. There's no contribution big or small that cannot assist us. This morning, a pensioner bought two bricks, which we really welcome and appreciate. We'd like them to support us so that we can realise the dream of our father, Dr Nelson Mandela, to take care of the health needs of children through this hospital. Here, we'll have all the specialists. Children will still be treated at all our hospitals, but this will be a centre of excellence."

Dr Ramkissoo echoed the MEC's sentiments, and urged South Africans to come to the party and help fund the project, saying that it will make a big difference in improving access to – and the quality of – healthcare services to children. Once complete, the facility will have rehabilitation facilities for children, a swimming pool, full occupational physiotherapy gyms, acute rehabilitation wards, a growth and nutrition centre and a radiology theatre. "Once we have that up and running it will help the rest of the complex to function properly. We want this to be up and running as quickly as possible. If we had the money, we would press the button and be up and running in 18 months' time. We need about R100 million to press the button. We'll need about R240 million and we've raised quite a bit of money... So, if we are able to sell a million bricks we'll be able to raise the money to start the building and finish it," said Dr Ramkissoo.

Those who wish to make donations towards the building of the hospital may visit www.kznchildrenshospital.org.za

MEC Dhlomo with actor Melusi Yeni



TEARS OF JOY AND JUBILATION AS CUBA-TRAINED MEDICAL STUDENTS RETURN HOME

Six years ago, Zazi Zulu left home as a starry-eyed 17 year-old matriculant to pursue his dream of becoming a doctor.

Coming from a poor home at Umgungundlovu District, the odds of realising his dream had been stacked heavily against him. But, being an academically-gifted student, he made an application and was awarded a bursary by the KwaZulu-Natal Department of Health to study medicine in Cuba, thousands of kilometres away from home.

Zulu, now a confident young man aged 23, was reunited with 10 family members at the King Shaka International Airport. Each one of them wore a specially-designed black T-shirt written "Dr Zazi Zulu" and they carried a big banner with the message: "**Welcome Back, Mageba.**" Now Zulu just can't wait to get down to the business of helping his community.

Zulu was part of the first of three groups from a total of 260 students who are returning from Cuba. He will spend the next 18 months of his studies at a South African university, and then be dispatched to his district of origin to start working as a doctor.

"I've spent six years in Cuba, and was very pleased with the warm reception that we have received upon our return. I am looking forward to applying all the knowledge that I have gained in Cuba. I want to use my skills and expertise and work with diligence for the benefit of my fellow compatriots.

"My success up to this point has not been due to my wisdom, but rather the Grace of God. There have been many challenges along the way. And it's not just been academically, but being away from home, in another country... everything is different. The ability to adapt varies from person to person. But I attribute my progress and success to God. He has been graceful to me, and I'm very grateful. I'm looking forward to starting to work in local hospitals and interacting with the patients, and to work alongside local doctors," he says.

Zulu is extremely grateful to the Government of South Africa, "because, truth be told, if it wasn't for this programme, we would never have been able to study medicine. As we know, there are too few places to study medicine at local universities and many of us are from poor backgrounds. We are grateful, and hope that they will be able to help uplift others as well."

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At a homecoming ceremony to the Cuba-trained students earlier this month, KZN Health MEC Dr Sibongiseni Dhlomo was held aloft by some of the jubilant parents of the students. He says this is a historic and profoundly significant moment in the country's history, as the return of these students will increase the Province's capacity to deliver healthcare to the public, including in far-flung rural areas where the global shortage of doctors is felt acutely.

He says the students' homecoming carries even more significance as it coincides with the celebration of the centenary year of Struggle hero Nelson Mandela and Mama Albertina Sisulu, who was a nurse and later became a prominent anti-Apartheid activist.

The returning students were part of the 2885 South African medical students in Cuba at various levels of study. No fewer than 590 doctors have already qualified from the training programme since it started in 1996, while 98 students are doing their final year at South African medical schools.

MEC Dhlomo says: "The return of the students is very exciting. It is humbling. You could see the parents crying tears of joy. They remember how they've navigated this journey of six years in a foreign country. We are extremely thankful to the

pioneers of this programme, President Fidel Castro and President Nelson Mandela. And our very own Dr Nkosazana Dlamini-Zuma, who was the first democratically-elected health minister when this programme was started. We thank the current minister, Dr Aaron Motsoaledi, who has been championing this programme. We now are vindicated that we were correct to send these students to Cuba. More than that, we are implementing National Health Insurance, which focuses on primary healthcare.

These students, coming back as doctors trained in Cuba, are driven by that as a way of life: primary healthcare, health promotion, health education, prevention of diseases, all of which is exciting for us as South Africa. We are hoping that we are going to turn the corner, thanks to them. "They are going to be the champions to break the chain of poverty in their families. The children of these students will also not need to receive bursaries anymore because their parents will now be able to afford their education. And that is extremely important."

Acting Head of Department Dr Musa Gumede congratulated the students on their return, but warned them to "celebrate, but not overdo it," as they will be resuming their studies at universities around the country on 01 August 2018.



MEN'S MONTH CALL: KZN HEALTH MEC VISITS HOME OF SLAIN EMPLOYEE AND URGES ALL MEN TO BE AGENTS OF POSITIVE CHANGE AND PROTECT WOMEN AND CHILDREN



“We are trying to reinvigorate the spirit of men of integrity, and are calling upon all of them to step forward and help us plant the seed of restoring people’s consciences in our communities, especially among men. This will help create a spirit of peace and love in our communities, at home, and wherever men are.”

This was the heartfelt message from KZN Health MEC Dr Sibongiseni Dhlomo, as he visited the family of the murdered Ms Cacisile Gumede, who was a data capturer at Msunduzi Clinic at KwaXimba, Cato Ridge recently.

Ms Gumede, 34, was a former ANC Youth Leader branch chairperson and had been involved in the local ANC structures. She was shot and killed by a person believed to be her builder on Saturday night. The man, believed to be a Mozambican national, was filmed on video as he shot himself in the head and died on the spot on the next day.

MEC Dhlomo, who is chairperson of the KZN Men’s Forum, also led a prayer at the Department’s provincial headquarters Natalia Building, where he once again urged men to take up the cudgels, lead by example, and say NO! to the abuse and murder of defenseless women and children. The prayer meeting was also attended by the Acting Head of Department Dr Musa Gumede, other senior leaders and about 300 staff members. It is in line with a cabinet resolution for the province to ask for divine intervention in fighting social ills.

There were emotional scenes as MEC Dhlomo read out the names of 44 employees of the Department who have lost their lives due to sudden and

unexpected death in the past 18 months. Earlier in the day, MEC Dhlomo had said: “We are deeply pained that once again one of our employees, a woman, has lost her life at the hands of a man, at a time when we should be celebrating men of integrity, who respect women. This has been a double-blow for us. Firstly, this was one of our children, who worked at our clinic, and was a hard worker... She has also been a youth league leader, and also grew into the mother body. This is painful, the ANC has lost a very prominent and active member. We are here to commiserate with the family, and also call for an increase in men who will not commit such callous acts and put pressure on our communities.”

MEC Dhlomo called for the empowerment of women through education, and described Ms Gumede as an exemplary person, who was building a home despite not earning much as a data capturer. “We hope that this will be a teaching... to show that when you educate a woman you are taking the country forward. We need to bring to an end the notion that only boy children must be educated. Girl children deserve and are entitled to the same opportunities as their male counterparts. In many cases, girl children are the ones who end up being pillars of families. They contribute significantly to the economy.”

MEC DHLOMO CONGRATULATES KZN HEALTH'S I.T. BOFFIN FOR HIS INNOVATIVE COMPUTER SOFTWARE THAT SAVES MONEY; MAKES PATIENTS' LIVES EASIER



AWARD-winning IT specialist Xolani Phakathi has been quietly designing a range of innovative computer programmes that are helping the KZN Department of Health save money, while significantly enhancing its ability to deliver services smoothly and efficiently to the people.

These include:

- A revolutionary web-based application that prevents patients from obtaining multiple devices such as wheelchairs, walking and hearing aids; and
- A computer programme that enables the Department to consolidate and monitor procurement plans for health facilities – making it unnecessary for employees to drive to head office from all over the province to submit dense documents and data, which are impossible to email.

Now these computer programmes are being showcased nationally by the Centre for Public Service Innovation (CPSI), with the possibility of being replicated in other Government departments around the country. The CPSI is a Government Component within the Ministry of Public Service and Administration, reporting directly to the Minister. It co-ordinates the Public Sector Innovation Awards Programme with the aim of entrenching a culture of innovation in the public sector, to contribute to the enhancement of service delivery.

Inanda-born Xolani, 34, who is due to give a talk on Innovation as a guest of the Public Service and Administration Minister Dr Chana Pilane-Majake in Cape Town on the 29-30 August 2018, has also

designed a system that manages the application process for nursing training at the KZN College of Nursing (the Department gets up to 60 000 applications each year). He was recently nominated by the National Youth Development Agency among the country's top young achievers; and was recognised by President Cyril Ramaphosa during this year's National Youth Day Commemoration event.

On Friday, Xolani was congratulated by KZN Health MEC Dr Sibongiseni Dhlomo, acting Head of Department Dr Musa Gumede and other senior leaders of the departments. "We are extremely proud to have in our midst a person of Xolani's calibre," said MEC Dhlomo. "He is one of our most hard working and valued employees whose skill and expertise is saving the Department a lot of money, while also helping us serve the people of this province better and more efficiently. His work and the contribution that he is making in the field of IT becomes even more special when you consider his humble beginnings. He is just a young man from Inanda, north of Durban. It shows once again that anything is possible if you work hard, remain focused and dedicated." As a youngster, Xolani taught Mathematics and IsiZulu at Ziphembeleni College, from where he matriculated. He would go to the Eastern Cape on weekends to sell shoes and curtains, which he had bought from factories in Durban. However, he realised that his true calling lay elsewhere, away from the classroom. Fortunately, he had saved up enough money to travel to England in 2004, to study Information Technology, at the UK College of Business and Computing and later at City

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College Coventry.

Today he holds a Diploma for IT Practitioner (Systems Support); an Advanced Diploma for IT Professionals (ICT Systems Support); a B.Tech: Higher National Diploma in Computer Science; and a Postgraduate Diploma in Strategic Business Information Technology. When you enter Xolani's office in Pietermaritzburg, you are greeted by an impressive array of awards, trophies and certificates plastered across the wall, and on top of cabinets.

Among them are two recent ones; a Special Recognition award from the KZN Health MEC's Service Excellence Awards; and another for "Best Public Service Innovation/ Creativity of the Year", which he bagged at the recent KZN Premier's Service Excellence Awards Ceremony. They all bear testimony to his high work ethic, knack for innovation and hunger for achievement. Although he has been involved in the planning, conceptualizing and implementation of a number of IT-related innovative solutions for the Department, he singles out the Assistive Devices Electronic Management System (ADEMS) as one of those that he is proudest of. "Basically, the system regulates the issuing of assistive devices. It manages information on who has these devices, when they were issued, and who is still waiting to receive them. Our mandate as a Department is to provide accessible services to our citizens by bringing about efficiency and effectiveness. I believe that this is what the ADEMS system does, as well as the many others that I have been involved in."

He believes that continuous self-improvement is key to staying relevant in the ever-changing field of IT. "You stay relevant by learning new and relevant skills. On-going engagement with other developers in the industry and stakeholders is also important. Employers would also be well-advised to encourage innovation and reward excellence," he said.

Xolani is looking forward to helping to implement a number of web based applications in the Department, such as the Condom Distribution tracking system; Laboratory Order Entry System (LOES) and as well as the Staff Satisfaction Survey.

One of his important goals is to help steer the Department towards an electronic patient record management system. His advice to young people wishing to follow in his footsteps is: "Never give up, pursue your dreams and always strive for excellence. Always keep yourself relevant by keeping abreast of the latest developments in information technology. Be passionate about what you do. Stay focused and determined to succeed. Deliver more than what is expected of you. Understand your industry and keep your vision clear at all times."



MEN'S HEALTH



July is Men's Health Month, the perfect time for men to focus on self-care, adopting a healthy lifestyle and visiting a healthcare professional. The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. Men suffer unnecessarily complications due to a reluctance to seek regular medical advice.

Awareness periods like Men's Health Month are crucial in helping to educate men on health issues impacting men.

- Diabetes is a disease that is more prevalent in men than women and can develop complications in male bodies at a higher rate than in females. This means men are more likely to have to have amputations and in the worst cases, die in higher numbers than women. Engaging in regular physical activities and following a healthy diet can exponentially decrease the risk of developing diabetes.
- Prostate cancer is the most common cancer among men. It is also one of the leading causes of cancer death among men of all races. Symptoms can include the inability to urinate, painful urination, blood in urine or semen, and frequent pain in the lower back, however sometimes there are no symptoms at all. If you have any of the symptoms please visit a nearby health facility. Men over 50 years old should be tested annually.
- Blood pressure is the rate at which your heart pumps blood into the arteries, which is then carried to the rest of the body. When these arteries are constricted due to various reasons, the heart has to work much harder to effectively supply blood to all parts of the body. This increases the blood pressure. A sedentary lifestyle and unhealthy eating habits make men vulnerable to the risk of hypertension.

It is time to not only acknowledge the benefits of such action to men, but also to recognize and measure its potential benefits to women, children and society as a whole. Men's physical illness, for example, can impair the psychological health of their female partners; when men are sick, injured or die, households and female partners suffer a loss of income.²³ Closing the men's health gap can benefit men, women and their children.

-who.int

WORLD HEPATITIS DAY

World Hepatitis Day, observed on July 28 every year, aims to raise global awareness of hepatitis, encourage prevention, diagnosis and treatment. Hepatitis affects hundreds of millions of people worldwide, causing acute and chronic disease and killing close to 1.4 million people every year. World Hepatitis Day is one of eight official global public health campaigns marked by the World Health Organization (WHO). This year's theme is **ELIMINATE HEPATITIS**

What is Hepatitis?

Hepatitis is an inflammation of the liver. The condition can be self-limiting or can progress to fibrosis (scarring), cirrhosis or liver cancer. Hepatitis viruses are the most common cause of hepatitis in the world but other infections, toxic substances (e.g. alcohol, certain drugs), and autoimmune diseases can also cause hepatitis.

There are 5 main hepatitis viruses, referred to as types A, B, C, D and E. These 5 types are of greatest concern because of the burden of illness and death they cause and the potential for outbreaks and epidemic spread. In particular, types B and C lead to chronic disease in hundreds of millions of people and, together, are the most common cause of liver cirrhosis and cancer.

How can you contract it?

Hepatitis A and **hepatitis E** virus are primarily transmitted via the fecal-oral route (i.e. from the anus to the mouth - for example when hands are not washed after a bowel movement), by human contact, by uncooked foods (shellfish, fruits and vegetables) and by contaminated water. This is one of the reasons why the risk for hepatitis A and E is greater in developing countries since the water is often contaminated with fecal matter or effluent, thereby contaminating everything it comes in contact with. Hepatitis A is frequently responsible for outbreaks in homosexual communities or in men having sex with men.

Hepatitis B and **D** virus are primarily transmitted via unprotected sexual relations (including oral sex and penetration, whether vaginal or anal), the sharing of contaminated syringes, blood and infected biological liquids. Please note, your sexual partner may not be aware of their hepatitis status (they may not feel sick and not know they have the virus). This is where STI testing becomes important, and vaccination is effective at prevention. Hepatitis B may be picked up from your infected mother during birth. **Hepatitis C** virus is transmitted via blood-borne contacts (the sharing of contaminated syringes, blood transfusions, infected re-usable tattoo needles and non-sterilized body piercing instruments). At birth, infected mothers may pass on hepatitis C to their new-born a pproximately 5 % of the time. This risk increases to 25 - 30 % if the pregnant woman is co-infected with HIV-Hepatitis C. Water, food or casual contact (work/social gatherings) does not transmit Hepatitis B and C.

Viral hepatitis has many ways of invading the body, but you can take steps to reduce your risk of infection.

- **Good sanitation systems**
- **Clean tap water**
- **Safe preparation of food**
- **Implementing basic hygiene, such as washing one's hands after using the toilet, after changing a nappy and before preparing food.**
- **Not preparing food if you have hepatitis A**
- **Notifying staff and parents if your child has hepatitis A and attends a crèche or school, so that preventive steps can be taken**

YOU ARE NOT ALONE: MEN AND DEPRESSION

July is Mental Illness Awareness Month, and the Department has used this opportunity to focus on Depression in men. Men are known to not confide in others when experiencing an issue pertaining to their health or otherwise. Since depression is unfortunately regarded by some as a weakness, men in particular have difficulty seeking treatment.

However, not seeking treatment can have disastrous results. Author, Terrance Real, who has been a family therapist for two decades, warns that men who do not seek treatment may “develop coping styles that lean towards narcissism and grandiosity, which, if left unchecked, can be harmful.” With the news being infested with appalling accounts of women killed at the hand of their significant others, treatment cannot be ignored. Femicide has become rife in South Africa. The Department itself has suffered loss of its employees, the latest victim being Cacisile Gumede, who was a data capturer at Msunduzi Clinic at KwaXimba, Cato Ridge.

WHAT ARE THE SIGNS I MAY HAVE DEPRESSION?

Recurrent depressive disorder:

This disorder involves repeated depressive episodes. During these episodes, the person experiences a depressed mood, loss of interest and enjoyment, and reduced energy leading to diminished activity for at least two weeks. Many people with depression also suffer from anxiety symptoms, disturbed sleep and appetite and may have feelings of guilt or low self-worth, poor concentration and even medically unexplained symptoms.

Depending on the number and severity of symptoms, a depressive episode can be categorized as mild, moderate, or severe. An individual with a mild depressive episode will have some difficulty in continuing with ordinary work and social activities, but will probably not cease to function completely. During a severe depressive episode, it is very unlikely that the sufferer will be able to continue with social, work, or domestic activities, except to a very limited extent.

Bipolar affective disorder:

This type of depression typically consists of both manic and depressive episodes separated by periods of normal mood. Manic episodes involve elevated or irritable mood, over-activity, pressure of speech, inflated self-esteem and a decreased need for sleep.

- WHO.int

WHAT TO DO

If the symptoms above apply to you then you may be depressed. Fortunately, with more than 300 million people of all ages suffering from depression globally, you are not alone. The Department offers psychiatric care in certain facilities and specialised mental care in facilities such as Ekuhlangeni, Townhill and Fort Napier Hospital.

Other various organisations are available at your disposal:

- **The South African Depression and Anxiety Group**
To find a **Support Group** in your area please phone **SADAG** on **0800 21 22 23**
- **Adcock Ingram Depression and Anxiety Helpline** **0800 70 80 90**
- **Suicide Crisis Line** **0800 567 567**
- **Akeso Psychiatric Response Unit 24 Hour** **0861 435 787**

WHAT'S NEW

a

DISCARD VEGGIE PELLER-STALKS, SKINS HEALTHIEST

To give your health an extra boost, put the vegetable peeler back in the drawer- those skins, stalks and scrappy bits we chop or pare off fruit and vegetables are often the healthiest bits of all. "Some nutrients, such as vitamin C and fibre, are more concentrated on or just under the skin, so you can dilute the benefits by removing it," says dietician Helen Bond. The harder, redder outsides of onions or the darker outside bits of leafy greens that we often discard tend to be higher in compounds such as flavonoids and carotenoids, which have reputed anti-inflammatory and antioxidant effects.

-The Independent 14 July 2018

b

SPREAD OF HIV FALLS BUT RISKY CONDUCT PERSISTS

The South African National HIV Prevalence, Incidence and Communication Survey has found that the spread of HIV has slowed in SA in the past five years, with HIV incidence falling by almost half. However, there are concerns regarding new HIV infections.

-Business Day, 18 July 2018

c

YOUR BRAIN REALLY IS ONLY AS OLD AS YOU FEEL

A study by a team of neuroscientists has proved that those who feel younger than they are show fewer signs of brain ageing. Those who felt their age or older had changes such as mild memory loss.

-The Independent on Saturday, 14 July 2018

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