THE FESTIVE SEASON HAS STARTED and while many of us are preparing to spend time with our loves ones, it also means more danger both on and off the roads as many people over indulge, putting both their own and others’ lives at stake. Here’s how you can play it safe this season so that you don’t end up with any regrets in the New Year…

Driving

Last year’s festive season saw 1400 South Africans lose their lives on the roads. These deaths were attributed to driving under the influence, speeding, dangerous overtaking, not wearing seatbelts and unroadworthy vehicles. Don’t become a statistic. Do the right thing this season and carry out these basic checks before you hit the road:

• Make sure that your vehicle is roadworthy.
• Check that your car licence disk, drivers licence and motor vehicle insurance policy are valid.
• Plan your route in advance.
• Always wear your seatbelt and ensure all passengers with you buckle up too.
• Schedule frequent stops to rest, refresh and change drivers if possible.
• Maintain a following distance of three to four seconds– increase this to six seconds in dark or wet conditions.
• Drive with your headlights on to promote visibility.

When using public transport:

• Go for a bus company with good reputation and safety history.
• If a minibus taxi looks unroadworthy, or if the driver appears to have been drinking, don’t get in!
• Make sure the bus is roadworthy.

Have wheels, can deliver! That’s the innovative idea behind buses that are being converted into state of the art mobile clinics which will be used to deliver crucial health services across KwaZulu-Natal. eThekwini has already become the first district to be handed the clinic on wheels, with 10 more to be rolled out within the next six months. “Every district will have a bus which will travel to mainly rural and informal areas to ensure that health services are accessible to all. These buses are able to travel to difficult terrain and are divided into three sections on the inside. The first is optometry where we will carry out eye tests and so on, the middle section deals with HIV testing, counselling and reproductive health and the third has a dentist’s chair where dentistry services will be provided. The patient walks in, gets a full medical check before exiting at the back of the bus,” explained KZN Health Head, Dr Sibongile Zungu.

Buses are also being customised to carry out health care services catering for pupils across schools in the province while another will be used to facilitate maternal and child care. “These buses are an innovative way we came up with to ensure nobody is denied access to health care because of budget or resource constraints. We were also faced with the challenge that a clinic cannot be built in every single area due to a number of reasons which includes difficult terrains, lack of land and costs involved. Through this approach, we are taking the clinic to a number of areas so are able to reach people on a much wider scale than even a fixed clinic would do in a particular area. It’s far more cost effective in the long term and demonstrates how primary health care is being implemented by taking services to the people. It’s an exciting chapter in health care delivery,” added Zungu.

Hamba kahle Tata

MORE THAN 20 ‘LODGER MATERNITY HOMES’ throughout KwaZulu-Natal have begun operating – with more to come, as part of plans by the Department of Health in KZN to reduce the number of women dying whilst giving birth.

But, says KZN Health MEC, Dr Sibongiseni Dhlomo, these efforts can only be successful if pregnant women register their pregnancies early at their health facilities. “The lodger home is a form of a residential unit within a health facility where pregnant women close to labour who live far from hospitals can stay until they are due to give birth. However we need to ensure that the health of mother and baby is monitored from an early stage to ensure labour is less complicated and that any health risk is addressed,” says Dhlomo, adding that every health facility in the province will be equipped with a maternity waiting home to ensure that pregnant women do not risk their labour due to travel or long distance issues.

With around 500 pregnant women dying during labour each year in KZN alone, Dhlomo has made maternal health a top priority in his Department and has already intensified efforts to increase the number of community health workers and midwives in rural areas to raise awareness of health care during pregnancy. Research shows that most maternal deaths are caused by non-pregnancy related infections, bleeding during pregnancy, delivery and after birth and hypertension.

The lodger homes form part of an African wide initiative launched...
Drinking
Many of us enjoy a few col-
erative drinks, but it’s important that we know our limits. Too much alcohol can not only poison our bodies but play a dangerous role in motor vehicle and other acci-
dents, inter-personal violence and rel-
ally sexual behaviour.
Never:
• Drink and drive – although a designated driver or take a taxi
• Drink until you pass out – also-

Let your newspaper sub-
scription with us 24/7 until you’re on holi-
day. Eat a salad for your re-
sult nut and let your check point box.

Drowning
It’s holiday, children and adults become victims of drowning – in the sea, in shores and in pools.

Let us help them to be safe and inform on how to

Domestic Safety
Crime activity increases during the festive season. Be aware of your surroundings. Be careful of strangers that talk to you.

Remember:
• Be aware of your environment and be vigilant
• Take away the bottle from a friend who has drunk too much and is getting out of hand.

Domestic Violence
The increase in domestic violence during the festive season is closely linked to increased alcohol and drug use. It is a time of year common with domestic violence incidents.

Let us help you to be safe and inform on how to

MATERIAL HEALTH
continued from page 1

Nelson Mandela was named Dalibanga following his 16th birthday. His tribal name, Madiba, is used as a sign of respect and affection.

IllegaL MEDIEcis

Dr Sibongiseni Dhlomo

Crack down on bogus medical claims

The Department of Health has vowed to crack down on bogus healers promising quick fixes cures to vulnerable patients who turn to them in desperation.

There is no medical or scientific evidence to support the so-called healers’ claims and if anyone claims to have a cure then they bring the evidence. This is not just someone saying they have been cured, we need to see the medical and scientific evidence of their claims. The healer is a person who practices in Piet-

LEGAL healers criticise bogus operators

Registered traditional healers have also strongly criticised bogus medical claims, saying it undermines the critical role played by legal traditional healers.

These people are going to say that there is no evidence for what they are saying saying they can cure AIDS. It is decided for us to show and present proof. We have done so many times before.

The Medicines Control Council (MCC) is responsible for approving the use of medicines in South Africa through the Medicines Act before a medicine or any other product can be sold legally. It must list the manufacturer or list of ingredients according to the Medicines and Related Substances Control Act. Without such information, so-called medical claims, the healer is not allowed to promote it. The method has been heavily brainwashed and not to pass on the cure to another.

The Department of Health has also warned at the time we are going to crack down on these healers because we are aware of the increase in the number of complaints we have received.

However, the Department of Health, the ‘healer’ asked them to keep the treatment secret and only to tell their friends about it. They did not comply.

The Department of Health has also warned that there have been claims of faith water, and we are aware of this. That is why we have warned people not to believe in these claims.

Fighting Disease, Fighting Poverty, Giving Hope

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Simple healthy lifestyle adjustments can add 10 years or more to your life!

HOW PREVENTING HEART DISEASES CAN ADD YEARS TO YOUR LIFE!

New research shows that a lack of exercise and unhealthy eating habits contribute to an unhealthy diet and lifestyle, which can lead to heart disease. Lifestyle-related heart disease is described as 'adding years to your life', but not necessarily in the way you want it to happen. To prevent this, it is important to focus on curative care and making healthy lifestyle choices. Preventive care has often been described as ‘adding years to your life and adding life to your years’. Making the right lifestyle choices will not only help you live longer – potentially adding more than 10 years to your life – but will also improve your quality of life as well. Still in doubt? Consider these proven stats on how you can increase your longevity:

- Two or three years by eating healthily
- Three to four years by exercising for thirty minutes daily
- Three years by maintaining your BMI within normal limits
- A whopping seven years by adding fruits and vegetables to your diet

What you can do now

To live a healthier lifestyle, you must lead a balanced lifestyle. This can be achieved by:

1. **Eating a balanced diet**: Include fruits, vegetables, whole grains, lean proteins, and healthy fats in your diet to ensure you get all the necessary nutrients your body needs.
2. **Regular physical activity**: Exercise for at least 150 minutes per week, divided into 30 minutes on most days of the week.
3. **Maintaining a healthy weight**: Keep your BMI within the healthy range to reduce the risk of heart disease.
4. **Reducing stress**: Learn relaxation techniques such as deep breathing, meditation, or yoga to help manage stress.
5. **Limiting alcohol intake**: Consume no more than one drink per day for women and no more than two drinks per day for men.

The Stats

Add a little of the lucky ones – he has lived to tell his story. But the tragedy is that four out of five deaths in South Africa are a result of chronic lifestyle diseases, which can be avoided. KZN Health MECC Dr Sikhosini Dhlomo has made lifestyle diseases a key focus in his health plans for the province, more especially as recent figures reveal a growing increase in heart disease particularly among the middle to young age group.

Due to the increase in heart disease, the healthcare system will rise, as the number of people of working age are set to increase on the workforce and economy. The desireable level is 200mg/dL or below.

What is heart disease?

Heart disease is a condition that affects the heart, which is the organ that pumps blood throughout the body. It can lead to a range of conditions, such as heart attack, heart failure, and stroke. The main risk factors for heart disease are high blood pressure, high cholesterol levels, diabetes, obesity, and smoking.

And it costs the country, too! Look at the biggest picture:

- It costs the state R80 billion to treat heart disease.
- Of that figure, about 41% is attributable to direct costs (surgery, hospital stays, etc.).
- About 25% of these costs is attributable to the public healthcare system after surgery, you may be forced to take unpaid leave from work if you run out of paid sick leave.
- People are a casual worker or self-employed, any time off work is money lost.
- Regardless of whether you use public or private transport, traveling to and from medical appointments and treatments session is an expensive burden.
- If you get too sick to work anymore, who will provide for you and your family?

And if you had taken a more preventive approach:

- Money: on medicine, perhaps every month for the rest of your life.
- Time: finding out you have heart disease and undergoing surgical procedures can be a traumatic event for you and your family.
- In the event of a lengthy recuperation after surgery, you may be put on long term medication.

Curative versus preventative care

Traditionally, heart disease is treated by treating or curing the symptoms – known as curative care. Depending on the precise heart condition, specific drugs can be prescribed to manage it – costing money which would need to be budgeted for over a long period, often with a lifetime, along with the major implications of any surgical interventions that may be needed. Think about these costs which you would never have in a healthy lifestyle.

Prevention is your responsibility

Preventive care has often been described as ‘adding years to your life and adding life to your years’. Making the right lifestyle choices will not only help you live longer – potentially adding more than 10 years to your life – but will also improve your quality of life as well. Still in doubt? Consider these proven stats on how you can increase your longevity:

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INNOVATION IS KEY AS CAREGIVERS BECOME NURSES

IN A FIRST FOR SOUTH AFRICA, more than 320 community caregivers have graduated as nurses in KZN and have already begun their services across public health facilities in the province.

 Welcoming the new recruits into the public sector, KZN Health MEC, Dr Sibongile Dhlomo said the graduates surpassed expectations when given the opportunity to study nursing in 2010, especially considering many had not been in a classroom environment for several years. “We expect these new nurses to continue to implement the same excellent approach and attitude that have been displayed during their time as community caregivers. I trust that they will also go on a long way in assisting us to improve processes in achieving the National Core Standards – our ‘Make Sibani Look Like a Hospital’ campaign, as we have term it in this province”, said Dhlomo, adding that the training of coming up community caregivers into nurses was aimed at building the ethos of Mother to Child Transfusion of HIV (MTCFT) in the province to less than 1.4% by 2016. There has already been a substantial reduction in transmission from 2% in 2009 to 2.8% in 2011.

Staff attitudes must change, says Dhlomo. Despite doing better than many other provinces in meeting core national health care standards, Dhlomo warned that staff attitude in public health facilities remained a growing concern. “Bad staff attitude has seen grapples with medical legal cases, poor press coverage and complaints from members of the community. It is my wish that the experience and competence that has been the nature of the Community Care Groups’ work after this situation and lead to our people to be treated with the dignity and care they deserve,” stressed Dhlomo.

Keeping Madiba’s Legacy Alive

How children with special needs benefit

The KZN Children’s Hospital provides a comprehensive trans-disciplinary assessment, counselling and teaching children with special needs, including intellectual development delays, autism, ADHD and child psycho-educational disorders. It also offers services for physical disabilities such as cerebral palsy, post-Guillain-Barre syndrome, multiple sclerosis, muscular dystrophy and other conditions. With the Centre having opened its doors just five months ago, there already 106 patients undergoing complex and challenging treatments all treated by a staff complement of medical specialists, physiotherapists, occupational therapists, psychologists, audiologists and dermatologists.

Making a difference

For mothers like Masinga, the Child- ren’s Hospital is a life saver and for KZN in particular the only hope of securing targeted treatment for children’s health care. “How would I have been able to afford a diagnosis and an occupational therapy and speech and language therapy if it was not for the help of the Madiba fund and the KZN Children’s Hospital? They have been a huge help in trying to understand what is being done,” says Masinga, 43, from Pontd铜re, KZN. Masinga was diagnosed with Guillain-Barre syndrome when she was 15, causing her to walk slowly. “I could not do anything then, I could not even walk. I lost my job, I lost all my income. I was helpless,” the mother of two, says. “I could not even look after my kids. I was helpless. And that is when the Madiba fund helped.”

Masinga travelled to Durban for the procedure and says it was life-changing. “I couldn’t get on my feet until the Madiba fund helped,” she says. “I don’t know how I could have done it without the Madiba fund. I don’t know what I could have done without the Madiba fund.”

How children’s hospital benefits the poor

The KZN Children’s Hospital is a public-private partnership between the provincial government and private partners. The hospital is situated at the University of KwaZulu-Natal’s site in Pietermaritzburg and is a fully-fledged teaching hospital. It is committed to providing specialist health care for all children in KwaZulu-Natal regardless of their socio-economic backgrounds. The hospital’s approach is to be an example of how children’s healthcare can be improved in the public sector in the province.

Meningoencephalitis

Family Health Teams numbering 10 in total are in place.

Mobile schools vehicles have been purchased. Dental Vehicles, Eye Care Vehicle and a General vehicle to be used by the 29 School Health Teams appointed across the province for annual medical and dental appointments in schools.

GP’s will be contracted to provide care closer to the patients.

CHILDREN’S HOSPITAL

FIVE-YEAR OLD LANGAMBA MEGAMA’s name will forever be etched in the history of the KZN Children’s Hospital as he is one of the first young patients to be treated by the hospital’s Neurological Assessment Centre.

He escaped to the big city after being threatened by his family with the prospect of an arranged marriage.

A “children’s hospital will be a credible demonstration of the commitment of African leaders to place the rights of children at the forefront. Nothing less will be enough.” – Nelson Mandela

links

The KZN Children’s Hospital

NOMINATING OFFER

KZN Children’s Hospital Nomination Form

www.kznchildrens-hospital.org.za

See more information, click on the following links:

Moms & Dodos

For more information, call 082 490 6200

www.clicks.co.za

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Dr Kelly Gate voted Best Public Service Leader 2013

“I am a firm believer in Madiba’s values of putting other people first” That was the response of Bethesda Hospital Medical Manager, Dr Kelly Gate two weeks ago when asked how he felt about winning the Overall Batho Pele Award and gold award for Best Public Service Leader of the Year. It is a touching reminder of how Madiba has influenced others to achieve greatness with humility. KZN Department of Health salutes you, Dr Kelly, and all staff at Bethesda Hospital for service excellence! Well done!

It is in our hands to make a difference...

REACH OUT TO 226,000 READERS

This insert is published quarterly and is partly funded through sponsorships. For just R12,000, your company can receive great brand exposure whilst raising important health awareness in the following newspapers:

- DAILY NEWS
- ISOLEZWE (in isiZulu)
- SUNDAY TRIBUNE

Total print: 226,000 copies

How much do you know about MMC?
Which of these are true about Medical Male Circumcision?

- Sex is just as good: MMC has no effect on sexual desire, performance or satisfaction;
  - TRUE

- A circumcised penis is easier to keep clean;
  - TRUE

- Medical circumcision reduces the risk of becoming HIV infected;
  - TRUE

- A woman is less likely to get the STI linked to cervical cancer if her partner is medically circumcised;
  - TRUE

If you answered TRUE for all of the above, you already know first prize is to CIRCUMCISE!

The KZN DoH and a number of PEPFAR-supported NGOs offer free MMC in KZN. The KZN DoH offers MMC in all public health facilities. To find out where else you can access MMC in KZN, send a free “please call me” to 082 371 7775.

“We need bold initiatives to prevent new infections among young people, and large-scale actions to prevent mother-to-child transmission – in the face of the grave threat posed by HIV/AIDS, we have to rise above our differences and combine our efforts to save our people. History will judge us harshly if we fail to do so now, and right now.”

– Nelson Mandela