



The Voice

GROWING KWAZULU-NATAL TOGETHER

August to October 2023

Breast reduction Week in Commemoration of Women's Month



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Breast Week 28 August to 01 September 2023

A collaboration between the public and private sector plastic surgeons including surgeons from St Aidan's, Inkosi Albert Luthuli and Greys Hospitals embarked on a drive to help women suffering from the problem of large breasts.

St Aidan's and Inkosi Albert Luthuli were the main facilities where this initiative took place.

Effects of large breasts

Large breasts have been linked to a number of problems :

Physical

- back aches
- neck pain
- numbness in the hands and fingers.
- migraine headaches
- shortness of breath

Socially

- Difficulty exercising
- Picking up heavy objects
- Low self esteem
- Depression

Challenge

Reduction of our large surgical backlog .

During breast week our Dr Zama Khumalo and colleagues managed to reduce these numbers by 40.

Secret to our success

Team effort from the gate to the theatre table.
The Security at the gate, Admin staff at reception,

Porters, Nursing teams at the clinic, ward and theatre. Last but certainly not list our Plastic surgical team.

For efficiency

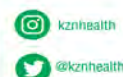
- The patients were marked the day before to avoid delays.
- On the day of the surgery the Admin team ensured prompt processing of the patients.
- The ward nursing teams ensured their readiness for theater.
- Our porters assisted in moving them to and from theatre as required.
- Our theatre teams nursing and doctors did the ultimate job. Patients were kept overnight for post op monitoring and discharged the next day.
- Management from Junior to Senior Management were fully behind and ensured full support and success of the initiative.
- The success of this drive prompted another one in October where our teams managed to do another lot in one week.



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ACKNOWLEDGEMENTS

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KwaZulu-Natal Department of Health



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