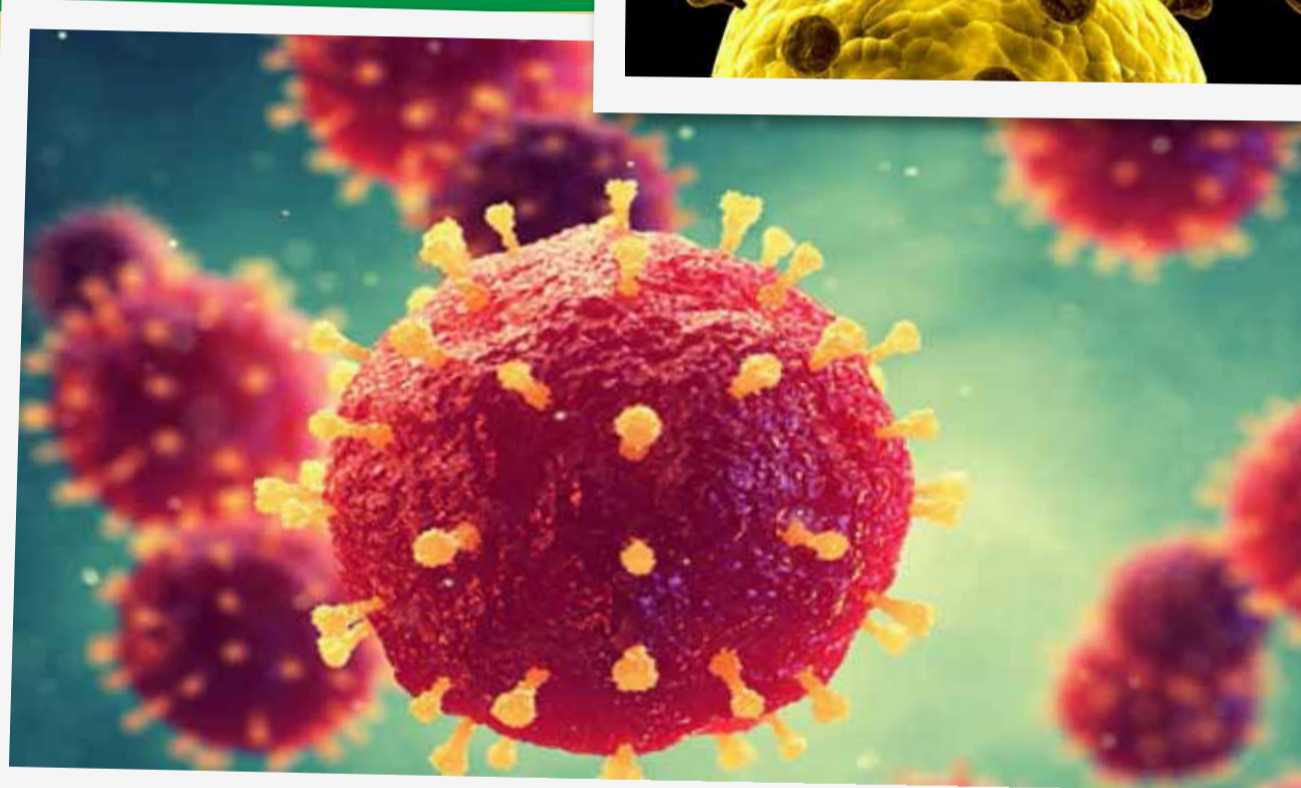
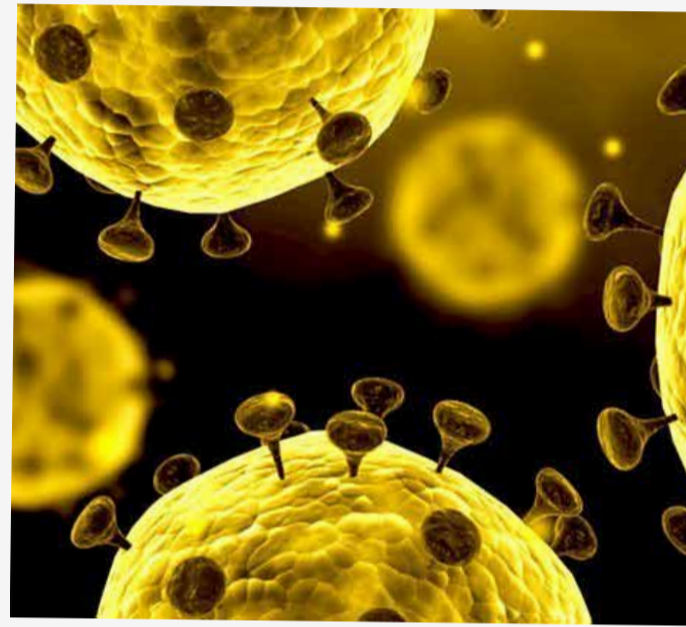


KZN HEALTH MEC REFUTES FALSE AND IRRESPONSIBLE REPORTING ON CORONAVIRUS



**KWAZULU-Natal Health MEC
 Ms Nomagugu Simelane-Zulu
 hereby wishes to refute the
 false, irresponsible, and
 sensationalist reporting by
 certain news websites, which
 has created an untruthful and
 misleading impression about
 coronavirus in KZN.**

In responding to a media enquiry this week, the Department issued a clear and unambiguous response that it is aware of two cases that exhibited symptoms that were not dissimilar to those of Coronavirus, but pointed out that these were subsequently found to have tested negative for Coronavirus.

In its response, the Department pointed out that at the moment, there is ***NO Laboratory Confirmation*** of the virus for the concerned cases.

The Department can confidently state that there are **NO confirmed cases because even in the cases in question, neither of the patients presented with symptoms after 14 days of the incubation period for coronavirus.**

SYMPTOMS MAY INCLUDE:
 Fever, cough, and shortness of breath.

Among the chief considerations when dealing with suspected cases of Coronavirus are that a patient:

- must have traveled to an exposed country;
- must have a history of having been in contact with affected people;
- must present with the indicated symptoms.

Members of the public will be duly notified of any new developments by the National Department of Health.

Until then, the Department would like to appeal to the media, and community of KwaZulu-Natal at large to remain calm and avoid being misled by false and sensational statements which are peddled on social media platforms.

continued on page 02 >>>

CORONAVIRUS

WHAT IS A CORONAVIRUS?

Coronaviruses are a large family of viruses found in both animals and humans. Some infect people and are known to cause illness ranging from the common cold to more severe

HOW DANGEROUS IS IT?

As with other respiratory illnesses, infection with 2019-nCoV can cause mild symptoms including a runny nose, sore throat, cough, and fever. It can be more severe for some persons and can lead to pneumonia or breathing difficulties. More rarely, the disease can be fatal. Older people, and people with pre-existing medical conditions (such as, diabetes and heart disease) appear to be more vulnerable to becoming severely ill with the virus.

HOW DOES THIS VIRUS SPREAD?

The new coronavirus is a respiratory virus which spreads primarily through contact with an infected person through respiratory droplets generated when a person, for example, coughs or sneezes, or through droplets of saliva or discharge from the nose. It is important that everyone practice good respiratory hygiene. For example, sneeze or cough into a flexed elbow, or use a tissue and discard it immediately into a closed bin. It is also very important for people to wash their hands regularly with either alcohol-based hand rub or soap and water.

CAN I CATCH 2019-NCOV FROM MY PET?

No, at present there is no evidence that companion animals or pets such as cats and dogs have been infected or have spread 2019-nCoV.

People of all ages can be infected by the new coronavirus (nCoV-2019).

Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus.

WHO advise people of all age to take steps to protect themselves from the virus, for example by following good hand hygiene and good respiratory hygiene.



#Coronavirus

Does the new coronavirus affect older people, or are younger people also susceptible?



To date, there is no specific medicine recommended to prevent or treat the new coronavirus (2019-nCoV).

However, those infected with the virus should receive appropriate care to relieve and treat symptoms, and those with severe illness should receive optimized supportive care.

Some specific treatments are under investigation, and will be tested through clinical trials.

WHO is helping to accelerate research and development efforts with a range of partners.

#Coronavirus

Are there any specific medicines to prevent or treat the new coronavirus?



No, antibiotics do not work against viruses, only bacteria.

The new coronavirus (2019-nCoV) is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment.

However, if you are hospitalized for the 2019-nCoV, you may receive antibiotics since bacterial co-infection is possible.

#Coronavirus

Are antibiotics effective in preventing and treating the new coronavirus?



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WORLD CANCER DAY

THE IMPORTANCE OF PREVENTION AND EARLY DETECTION

Did you know, in the world 17
people die every minute from cancer



This week, nations across the globe united in commemorating World Cancer Day on the 4th of February 2020, raising more awareness on this dreadful disease. This year's theme, "I CAN, WE CAN" acknowledges that everyone has the capacity to address the cancer burden.

This simply translates to, we can work together to:

- Reduce cancer risk factors.
- Overcome barriers to early diagnosis, treatment and palliative care.
- Improve cancer control and achieve global targets to reduce premature mortality from cancer and NCDs.

The KwaZulu-Natal Department of Health appeals to all people in the province to come forward for cancer screening.

Early screening and testing assists with:

- Early detection of cancer cells at the earliest possible stage
- Diagnosis of the type of cancer
- Timely access to a relevant treatment programmes

If diagnosed with cancer, the Department provides appropriate treatment including oncology services for patients whose cancer has advanced to stage 4. It is difficult to know why certain people get cancer and why others don't. Doctors use the term "risk factors" as things that damage the cells and cause them to grow into tumours.

Risk factors are:

- Smoking and using tobacco products
- Being sun burned often
- Unhealthy lifestyle: being overweight, limited exercise
- Inheritance, a family history of cancer
- Pollution and other toxins in the environment

Many people recover from cancer every year. Doing so is easier when cancer is diagnosed at an early stage because treatment is often simpler and more likely to be effective. It is important to remember that advances in the way cancer is diagnosed and treated have led to real improvements over the years.

Cancer is not a death sentence, book your screening today!



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YOUR HEALTH IS YOUR RESPONSIBILITY



In the month of love, we can't tell you who to love but we can definitely advise you to love yourself first! We begin the year with motivational quotes on getting better jobs, better partners and focusing on ourselves.

Social media is flooded with the trend of being healthy, exercising and losing weight. How about, we add reproductive health to the list of health topics? Let's talk more openly about the health of external reproductive organs and how to take care of them.

When we say love yourself we are imploring that you honour yourself, foster healthy relationships, take care of your body, and get the preventive care and screenings you need. Protect yourself against sexually transmitted infections (STIs) and get treatment if you've been infected.

Of course it is much easier said than done, so here are some preparatory tips going forward:

BE PROACTIVE ABOUT YOUR HEALTH - Visit your health care provider to receive regular check-ups and preventive screenings, and make sure you treat and manage any medical conditions you have.

MAINTAIN A HEALTHY RELATIONSHIP - Communication is the key to a healthy relationship. Choose partners who you feel good around and who treat you well. Your partner should respect your wishes, feelings, and the decisions you make about your body.

FIND SOMEONE YOU CAN BE TRANSPARENT WITH - Should any illness or infection occur, you may not be emotionally strong enough to handle it on your own, let alone the probable side-effects of your diagnosis. Having someone you can be open with (apart from your health practitioner) and share your concerns with makes recovery and maintaining a healthier lifestyle all the more easier.

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PRACTISE SAFER SEX - Protect yourself from sexually transmitted diseases such as HIV, gonorrhoea, chlamydia, genital warts, syphilis and genital herpes by using condoms during sex. Research has shown that condom use also helps to keep your private part's pH levels healthy. In addition, it prevents harmful bacteria from entering the body during intercourse.

TREAT INFECTIONS - There are some vaginal infections which may cause symptoms such as irritation, itching and abnormal discharges. They should be treated as soon as they are spotted. If you don't do this, you are exposing yourself to the risk of unpleasant and painful side effects, and may even be faced with more serious reproductive health problems in the long run. Speak to your doctor whenever you suspect that you have contracted an infection.

There is no need to use harsh soaps or cleaning products to keep your private part fresh and clean. All that's required is a good rinse with clear, warm water during your bath or shower. Soap and body-wash can dry out the sensitive skin around the vulva. Your private part has everything it needs to stay in good shape.

Gently wash the penis with warm water each day when you're having a shower or bath. If you have a foreskin, pull it back gently and wash underneath. If you don't wash underneath the foreskin correctly, a cheesy-looking substance called smegma may begin to gather. Smegma is a natural lubricant that keeps the penis moist. It's found on the head of the penis and under the foreskin. It's normal to have some smegma. And it usually isn't a health problem, but bacteria can grow in it and smell bad.

Don't forget to clean the base of the penis and the testicles, where sweat and hair can combine to produce a strong smell, just as unpleasant as in your armpits. These areas need frequent washing to stop sweat from accumulating, especially as they are enclosed in underwear for most of the day. Make sure the area between the base of the testicles and the anus is also clean and odour-free. Look out for any unusual lumps or swellings in your testicles that weren't there before.

Make sure that your private part stays dry and clean throughout the day by wearing comfortably fitting cotton underwear. Also keep things loose and well ventilated by not wearing tight-fitting clothes and choosing breathable fabrics instead of ones that will raise the temperature and moisture levels, like polyester.

BEWARE OF ANTIBIOTICS - Antibiotic drugs are a vital part of modern medicine, but you should only use them under advice from your doctor. Whenever you take antibiotics, be sure to eat plenty of probiotic yoghurt to help counter any negative effects.

WOMEN SHOULD CHOOSE THEIR BIRTH CONTROL WISELY - Talk to your doctor about the kind of birth control you want. The Department offers a variety of these freely available at health facilities.

WHEN HAVING SEXUAL INTERCOURSE:

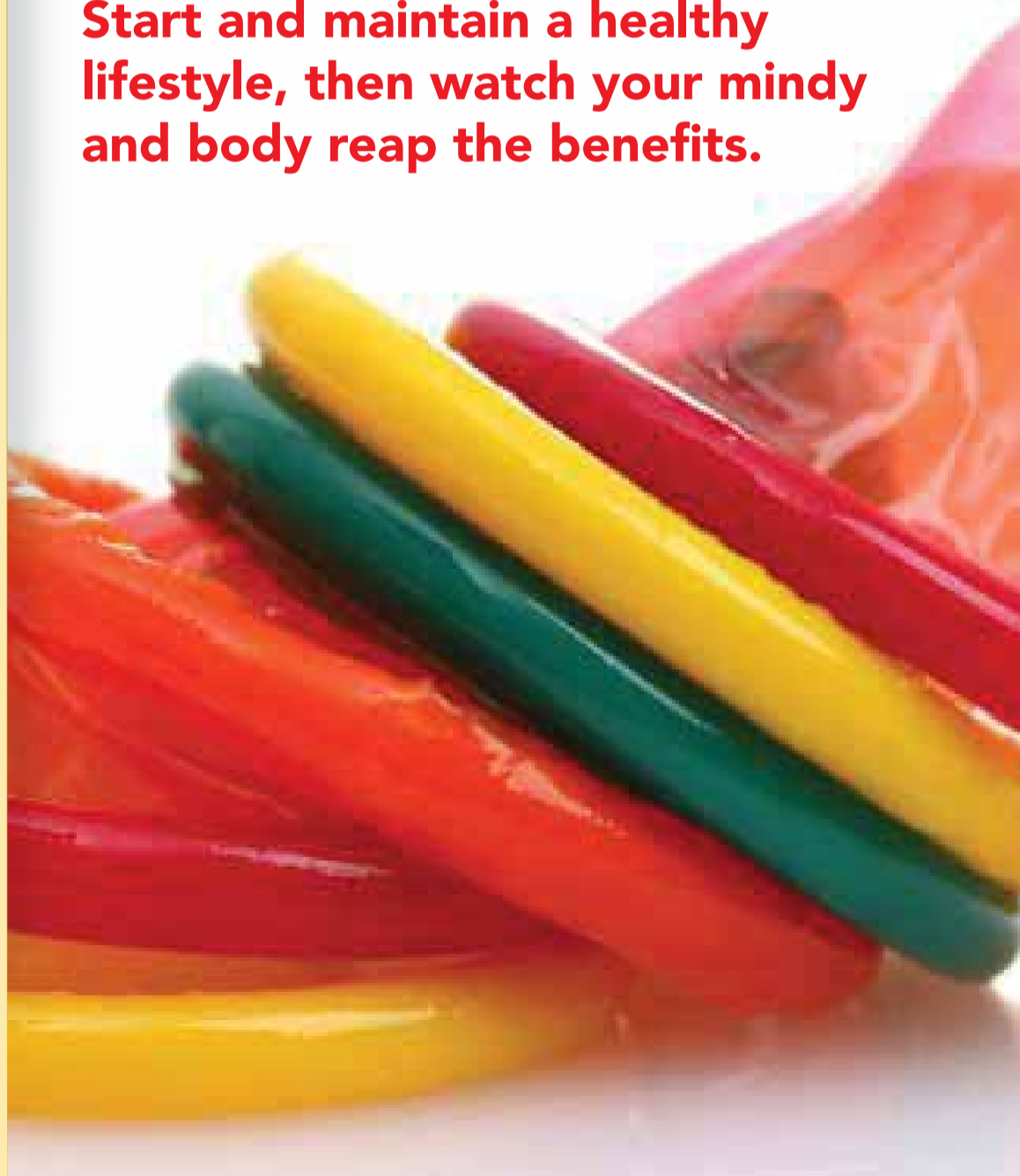
Choose the correct material for your underwear. Cotton is the best for allowing genitals to breathe. Being natural, fibre cotton is also hypoallergenic, highly absorbent, and won't irritate your most sensitive regions which are prone to heightened sensitivity and moisture after sex.

Drink a lot of water. Being adequately hydrated is key to maintaining a happy healthy reproductive system. Vaginal dryness can be caused or worsened by dehydration, which in turn leads to discomfort during sex, or increased risk of bacterial and yeast infections.

Use lubricants. Level of lubrication varies between individual women, and also case-by-case basis. It might be caused by any number of factors including stress, not being aroused enough, menopause, certain meds, etc. Not enough lubrication can cause soreness and pain during sex.

There is a whole lot more that we can discuss in depth about being proactive towards your reproductive health. Loving your partner simply starts with loving yourself and your body by taking care of it. The food we eat, the amount of sleep we get, the sexual activities we engage in and a whole lot more other contributing behaviours all sum up our overall health.

Get tested. Adhere to treatment. Start and maintain a healthy lifestyle, then watch your mindy and body reap the benefits.



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KNOW YOUR HEALTH PROFESSIONS: THE DENTIST



Sweets and lazy oral hygiene are what usually pushes us to this health professional. Although most of us were taught to floss, brush and mouthwash every day, we don't follow these basic steps.

Unfortunately we only receive one set of milk teeth and then the next set is permanent. It is the dentist's job to help us restore our teeth or even find underlying health issues that are the cause of tooth decay, yellowing and sometimes bad breath.

REQUIREMENTS

A national senior certificate is required. Institutions may differ regarding the level of achievement per subject but the most common subjects demanded for entry are Life Sciences, Physical Science and Mathematics

QUALIFICATION:

Although different tertiary institutions vary in the amount of time it takes to qualify to be a dentist, most require at least 4 years of studying towards a qualification in Bachelor of Dental Science (BDS) and an additional year(s) of community

service. Registering with the Health Professions Council of South Africa (HPCSA) is also a requirement.

Some services provided by dentists in the public health system are:

- Scaling and polishing (cleaning of teeth)
- Emergency relief of pain (extractions) and infections (Sepsis)
- Simple fillings
- Referrals to specialized health facilities



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A WORD WITH THE HEALTH OMBUDSMAN



Health Chat Bulletin interviewed Mr Mboneni Bhekiswayo, the Health Ombudsman for the KwaZulu Natal Department of Health.

On 02 February 2020, he completed 38 years of unbroken service in the public service and 16 years as a Senior Manager in the KwaZulu Natal Department Health. Join the interesting Chat we've had with the Health Ombudsman and get it from the horse's mouth.

Your record of service is highly commendable, when did you become the Health Ombudsman and what background has prepared you for this noble task?

When I took over in 2010, the office was dormant, not known and its function not clearly defined. A lot has been done since then to

position the office as responsible to advance and defend patient rights, dignity and respect. Although its independence from the Department has been questioned, it has maintained its neutrality and honesty when investigating complaints.

Over the years the office has come to be regarded by facility Public Relations Officers (PROs) and managers as a resource to advise on the proper handling of difficult complainants. The office engages with a number of organisations with an interest on patient care matters, eg SAHRC, TAC, and the Office of the Public Protector.

I believe the office has laid a firm foundation as the custodian of patient rights, dignity and respect in the 10 years of my being the Ombudsman.

ombudsman

noun

an official appointed to investigate individuals' complaints against a company or organization, especially a public authority.

I have served under 4 different MECs since the advent of our democracy and have come to appreciate the efforts of men and women that I worked and associated with. The words of JF Kennedy "Ask not what your country can do for you. Instead

, ask what you can do for your country" resonate better now that I am matured. I hope my humble contribution to the people of South Africa through the portfolio I am responsible for will be appreciated.

Over the years I tried my best not to be what Former President Thabo Mbeki once referred to as "a public service that has pen pushers, who come to work late, do nothing and go off work as early as possible". I regard public service not only as a calling but also a science where you place energy to serve the people and not to be worshipped or adulated.

It would be amiss of me if in my 16 years as senior manager I do not pay special tribute to all those who mentored, guided and advised in my public service journey, such as Prof Ronald Green-Thompson, Dr Sibongile Zungu, Dr Mandla Mhlongo, the late Mr Don Mkhwanazi, Former KZN PSC Commissioner Ms Phelele Tengen, Dr Sbu Mhlambi,

former CEO King Edward Hospital, the late baba Albert Dhlomo, Ms Makhosazane Themba, late Mr Mtholephi Mthimkhulu, former MEC for Agriculture and Rural Development and Dr Zweli Mkhize who is now the Minister of Health.

What kinds of complaints are directly handled by the office of the Health ombudsman?

The office deals with all kinds of complaints related to dissatisfaction with health care services, eg staff bad attitude, botched surgical operations, medical negligence, delayed medical treatment, physical and verbal abuse, inhumane treatment, denial of access to treatment and patient death due to negligence.

What is the process of a complaint; from the lodging of the complaint to the resolution?

The procedure to lodge a complainant should start at the facility level through the PRO. If that proves unsatisfactory, the complaint is then escalated to the district director who should endeavour to liaise with the

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head of that facility to investigate the complaint and conduct redress. That being said, nothing precludes any person lodging a complaint directly with the Ombudsman office, having the complaint investigated and given the outcome of the investigation and to be redressed.

What are the challenges of your job?

Challenges associated with lost or missing patient records for investigation, reluctance by health care personnel to

give statements, those with information not being promptly available and other cases requiring clinical expertise which the Ombudsman does not have are some of the challenges. The Ombudsman recommends with no enforcement powers.

What are the positives of your job (please include a testimonial if possible)?

- Work shopping all facility managers and PROs on the importance of patients' rights,

dignity and respect.

 • Successfully convincing the Department to look into alternative means to deal with litigations where findings are against the Department.

Consequently mediation has been accepted as an alternative to the legal route which is costly and time consuming. It is now being piloted by the Legal Service Directorate of the Department.

The office has resolved,

through redress meetings numerous complaints that would have landed in court.

What important thing do you wish healthcare users knew or did?

That patients have a right to receive quality patient care, right to complain, right to a second medical opinion and right to an INFORMED consent. I'd also ask them not to abuse health care personnel and systems.

WHO SAID WHAT THIS WEEK

"#BreastCancer impacts 2.1 MILLION women each year, and also causes the greatest number of #cancer-related deaths among women. In 2018, it is estimated that 627,000 women died from breast cancer" **World Health Organization (WHO).**

"#BreastCancer is increasing particularly in developing countries where the majority of cases are diagnosed in late stages. Early detection of #cancer greatly increases the chances for successful treatment" **World Health Organization (WHO).**

"There are no minimum requirements for #NHI which means every South African will be eligible for it #NHINow", **Dr Zweli Mkhize, Minister of Health.**

"MEC Kwazi Mshengu is at Grange Primary School, Pietermaritzburg to celebrate International Read-Aloud Day. The day seeks to encourage children to read on a daily basis so as to improve literacy. #internationalreadaloudday", **KZN Department of Education.**

"#NHI will allow every South

African to access comprehensive health care at any #NHI facility in the country #NHINow", **Dr Zweli Mkhize, Minister of Health.**



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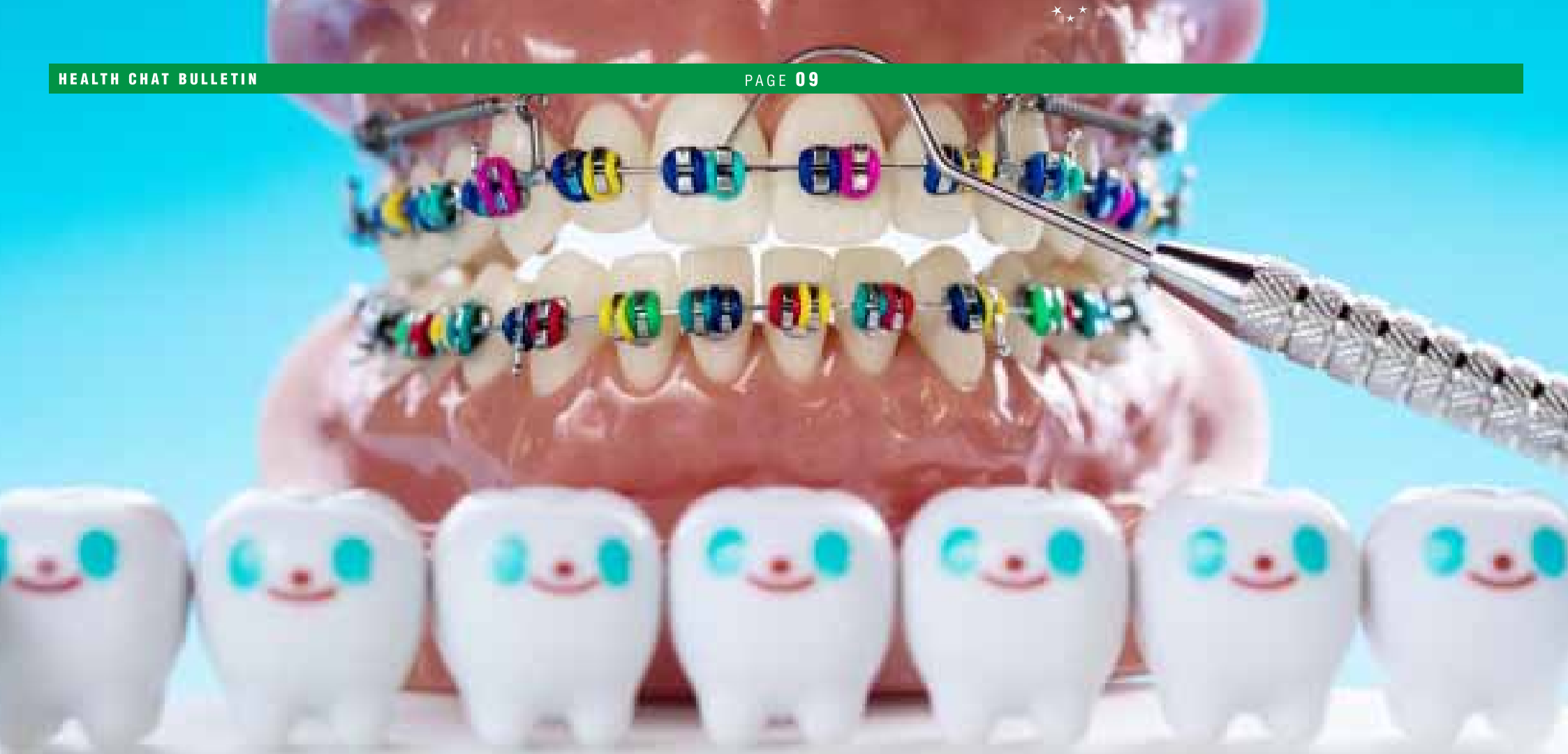
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HEALTH INVENTIONS THAT SHAPED THE WORLD: DENTAL BRACES

Dental braces (also known as braces, orthodontic cases, or cases) are devices used in orthodontics that align and straighten teeth and help position them with regard to a person's bite, while also aiming to improve dental health.

Braces also fix gaps. They are often used to correct crooked teeth, and various other flaws of the teeth and jaw.

According to the Community Dentist Network archaeological findings have revealed mummified skeletons with crudely-fashioned metal attachments on each tooth, supposed to function in a similar way to dental braces used in orthodontic practices today.

Methods to straighten teeth have been contemplated by various historical figures, including both Hippocrates and Aristotle in 400-500 BC. For example, a Roman tomb in Egypt revealed the use of gold wire as a binding for teeth, which is supposed to be the first ligature wire found in documentation.

Despite considerable evidence of experimentation in the field of orthodontics throughout history, there was no real progression or major advancements in techniques until significantly later in the 18th century.

In 1819, the first wire crib was introduced by Delabarre, which marked the beginning of the field of modern orthodontics. However, the term orthodontia was not used until 1841 when it was introduced by Joachim Lafoulon.

TYPES OF BRACES:

Traditional metal wired braces ; Gold-plated stainless steel braces ; Lingual braces ; Titanium braces ; Customized orthodontic treatment systems ; Progressive, clear removable aligners.

Online References:

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<https://www.theatlantic.com/health/archive/2015/07/braces-dentures-history/397934>



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