DEPARTMENT TO PARTNER WITH BONGI NGEMA-ZUMA FOUNDATION IN COMMENORATING WORLD DIABETES DAY

The KZN Department of Health, in partnership with the Bongi Ngema-Zulu Foundation and Mvoti Local Municipality, will commemorate World Diabetes Day under the theme “Diabetes and Family” at Kranskop Primary School, Mzinyathi District, on 16 December 2019.

The event aims to raise awareness on this illness that is the second deadliest disease in South Africa after Tuberculosis (TB). According to a report from Statistics SA, no fewer than 3.5 million people, or 6% of the population, suffer from diabetes in South Africa.

The Department will be bringing a myriad of healthcare services under its #Isibhedelela Kubantu initiative. These services include immunizations, disease screenings, blood pressure testing, first aid classes and family planning counselling, diabetes, high blood pressure, hypertension, cancer of the cervix, breast and prostate, family planning, voluntary counselling and testing for HIV/AIDS and TB, while also providing dental care services, and screening for eye-related ailments, to treating those who are seriously ill with complex conditions.

To promote physical activity, a key preventative and control measure for diabetes and other chronic diseases, a 3.5km has been planned and 500 people are expected to participate in the walk.

Through this initiative the MEC has virtually picked up the hospital, and brought it right to the people’s doorstep to encourage, support and empower residents to be healthy, providing a wide range of care to improve the health and well-being of the community.

DIABETES FACTS

• Diabetes is the second deadliest disease in South Africa after Tuberculosis (TB).


• According to a report from Statistics SA, no fewer than 3.5 million people, or 6% of the population, suffer from diabetes in South Africa.

• A further 5 million are said to have pre-diabetes, while many others are yet to be diagnosed.

• There are two types of diabetes.

• Eating a balanced diet that restricts sugar, oil and salt as well as being physically active is considered the best way of preventing Type II Diabetes.
**The Family and Diabetes**

The SA Demographic and Health Survey found that 13.5% of adult women and 6.8% of adult men were diagnosed with diabetes. South Africans, morbidity, and causes of death report 2014 that 40% of adult women and 3.7% of adult men were diagnosed with diabetes. The diabetes prevalence is higher in women than men.

According to Diabetes, South Africa, there were 4,400,000 cases of diabetes in 2018 in South Africa. The diabetes prevalence in adult women was 5.4% and the prevalence of diabetes in adult men was 3.8%. These include people with Type 1 and Type 2 diabetes.

Optimal management practices are dependent on recognizing early warning signs, early diagnosis, and treatment. Family and friends are encouraged to be aware of the warning signs of diabetes, especially if they are over 40 years old, have a family history of diabetes, and are overweight.

**1. Discover Diabetes early involves the family too:**
- One in every two people with diabetes is undiagnosed. Early diagnosis and treatment is key to helping prevent or delay the development of complications.
- Type 2 diabetes is not detected early. It can lead to serious disability or death. Know the signs and symptoms to protect yourself and your family.

The family’s support of a family member, especially children and adolescents, with diabetes is critical for good health outcomes. Often this support is provided within the family, which can include grandparents, parents, siblings, and close friends.

**2. Prevent Preventing type 2 diabetes involves the family too:**
- Many cases of type 2 diabetes can be prevented by adopting a healthy lifestyle. Reducing your family’s risk starts at home.
- When a family eats healthy meals and exercises together, all family members benefit and encourage behaviors that could help prevent type 3 diabetes in the family.
- If you have diabetes in your family, learn about the risks, the warning signs, and what you can do to prevent type 2 diabetes and complications of diabetes.

Families need to live in an environment that supports healthy lifestyles and helps them to prevent type 3 diabetes.

- Brief questionnaires are simply practical and inexpensive ways to quickly identify people who may be at a higher risk for type 2 diabetes and should consult a health professional.

**3. Manage Caring for my diabetes involves the family too:**
- Managing diabetes requires daily treatment, regular monitoring, a healthy lifestyle, and ongoing education. Family support is key.
- All health professionals should have the knowledge and skills to help individuals and families manage diabetes.
- Education and ongoing support should be accessible to all individuals and families who help manage diabetes.
- Essential diabetes medicines and care must be accessible and affordable to every family.

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**Fact sheet: Type 1 Diabetes**

- Type 1 diabetes, also known as insulin-dependent diabetes or insulin-dependent diabetes mellitus, is a chronic condition in which the pancreas produces little or no insulin. Insulin is needed to control how much sugar (glucose) enters the bloodstream to produce energy.
- Other names: Insulin-dependent diabetes, type 1 diabetes, IDDM
- In children, type 1 diabetes is the most common form.
- Type 1 diabetes usually contributes to type 2 diabetes. Although type 1 diabetes usually occurs during childhood or adolescence, it can develop in adults.
- Despite research, type 1 diabetes has no cure. Treatment focuses on controlling blood sugar levels with insulin and lifestyle to prevent complications.

**Products and Services**

- Insulin: To control blood sugar levels.
- Monitors: To check blood sugar levels regularly.
- Diaphragms: To help prevent complications.

**Symptoms**

- Type 1 diabetes signs and symptoms can appear gradually and may vary:
  - Frequent urination
  - Extreme thirst
  - Extreme hunger, especially if you've recently eaten or ate during the day
  - Fatigue
  - Unusual weight loss
  - Unusual irritability
- Fever and weight loss
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- When to see a doctor: Consult your doctor if you notice any of the following symptoms:
- The cause of type 1 diabetes is unknown. Usually, the body attacks the immune system, destroying the insulin-producing cells in the pancreas. It is not contagious. Other causes may include:
  - Genetics
  - Exposure to viruses and other environmental factors

**Risk factors**

- The risk of developing type 1 diabetes is higher in certain groups, especially if other family members and children have been diagnosed with type 1 diabetes.
- Family history: Anyone with a parent or sibling with type 1 diabetes is at an increased risk of developing the condition.
- Age: The risk of developing type 1 diabetes increases as you age. It can affect people of any age. People under 20 years old are at higher risk.
- Type 1 diabetes can affect people of any age. People under 20 years old are at higher risk.

**Complications**

- Type 1 diabetes complications can affect major organs in your body, including heart, blood vessels, kidneys, eyes, and bones. Maintaining a healthy weight and blood sugar level can dramatically reduce the risk of many complications.

- Diabetes education and prevention programs can help prevent diabetes.

**Prevention**

- There is no known way to prevent type 1 diabetes. But researchers are working on preventing the disease or delaying the onset of symptoms in adults who may be at risk.

**Who’s at Risk?**

- 45 years or older
- Family history of type 2 diabetes
- High blood pressure
- History of gestational diabetes

**If you have any of the risk factors, ask your doctor about getting your blood sugar tested.**
UNGQONGQOSHE WEZEMPIO KUZWE LONKE
UDKT. ZWELI MKHIZE
EHAMBISANA NOMPHATHISWA WEZEMPIO KWAZULU-NATALI
UNKK NOMAGUGU SIMELANE-ZULU,

BAMEMA UMPHAKATHI
WASE XOPO NAZOZONKE
IZAKHAMUZI

ZESIFUNDA SASE-HARRY GWALA UKUBA
BAPHUME NGOBUNINGI BABO EMCIMBINI
OSE-MORNINGSIDE SPORTS GROUND

Usuku : 17 NOVEMBER 2019 (NGESONTO)
Indawo : MORNINGSIDE SPORTS GROUND
Isikhathi : 10:00 (EKUSENI)

Kulomcimbi kuzochazwa kabanzi ngokuthi umphakathi uzosizakala kanjani ngohlelo lwelHL, kubekhona nabahlengikazi abazohlola izifo azahlukene
On 14 November 2019 the world recognizes World Diabetes Day. This day was initiated by the International Diabetes Federation (IDF) and WHO to mark the birthday of Frederick Banting who, along with Charles Best, was instrumental in the discovery of insulin in 1922, a life-saving treatment for diabetes patients.

Health Chat Bulletin sat down with one of the Department’s own employees, Lerato Molefe (53) who has been diabetic for the past 8 years.

Q: Who’s Lerato Molefe?
I’ve been working for the KwaZulu-Natal Department of Health from 1988, January 01; it was New Year when I started working for the Department. At the time I was working under the security component back then. I’ve now been working for the Department for the past 32 years.

Q: When were you diagnosed as diabetic?
I was diagnosed in 2011, I was diagnosed by Gems when they came here to screen us. Although the signs and symptoms had been there, I was skeptical to go for screening.

Q: Which were those signs?
- The first sign I noticed, I was always exhausted even here at work I was always tired. When I was working at Capital Towers, I ended-up having a sleeping sponge and a pillow at work. Whenever I felt exhausted I would just sleep at work, then wake-up when I felt better.
- The second sign is that I was hungry each and every hour and would feel dizzy when hungry. I would have to always carry biscuits in order to eat in case I...
felt hungry.
• I also lost weight, initially my weight was 83kg but I ended up
weighing 61kg and less. I had to
change my wardrobe.
• My private parts also developed
sores.

Q: When you first heard the
news that you have diabetes
how did you feel?
I was not surprised because my
mother was diabetic. My mother
was diagnosed with diabetes
when I was 2yrs old. When I was
diagnosed I was 45 years old.
However because I used to hear
about diabetes on the radio, I was
not surprised.

Q: After being told that you
have diabetes, how do you
live?
Dieticians advised the food I
should eat. I was advised not to
eat salty food, sugar and oil. I
must avoid all that kind of food. I
don’t eat in restaurants, because
it is not proper for my health.
Fortunately my wife loves
cooking, so I prefer a home
cooked meal.

Q: What would you say to the
public about the importance of
screening?
I am the kind of a person who
likes young people. I always
encourage youth to go and
screen, because that is very
important for their health. Most
people don’t like screening,
especially men. Men only go to
the clinic when they are too ill. I
would like to encourage men to
go for screenings which will assist
them to know if there is any
ailment in their body. When
diseases are detected early, they
are easier to cure.

Q: On 14 November 2019
(Thurday) is World Diabetes
Day, what is your message to
the public at large?
It’s important for people to go for
screenings. Whenever someone
is diagnosed with diabetes, it is
important to eat healthy and to
take the advice of the dieticians.

I also urge families who are living
with people with diabetes to bear
with them, because sometimes
diabetic people are short
tempered. We have to make sure
that we obey the instructions
of our dieticians in order to live
longer.

MURCHISON
HOSPITAL
RECEIVES
LAND

Last week Inkosi Sizwe
Ndwalane from Nsimiti Tribal
Authority graced Murchison
Hospital with his presence for
the official hand over of land
to Murchison District Hospital.

The land will be used for the
construction of the Kulu
Complex Building which is
proposed to include the new out
patients department, casualty,
xray and radiography services,
pharmaceutical services and
parking lots.

PORT
SHEPSTONE
HOSPITAL
COMMEMORATES
FORENSIC NURSE
WEEK

The International Forensic
Nursing Week is celebrated
worldwide from 11 - 15
November every year. The
aim of this week is to
recognize the work of
forensic nurses and to equip
them in dealing with issues
impacting patients’ health
and well-being when
treating crime and violence
victims.

Port Shepstone Hospital is proud
to have one of the best Forensic
Nurses who deals with sexual
assault cases, Professional Nurse
Duduzile Ndlovu.

The role that she plays
includes a number of activities
including the following:-
• Taking DNA samples from the
victims if they reported their
cases within 72 hours.
• Sealing the evidence pack and
filling in the legal forms for
handing over to the investigating
officer.
• Taking DNA samples from the
alleged perpetrators if they are
approached within 72 hours
after committing the crime.
• Performing HIV tests for
the alleged perpetrators as per
victims’ request if it is submitted
within 90 days of opening a case.
• Facilitating Termination of
Pregnancy (TOP) as a result of
rape and taking the products of
conception to the laboratory for

continued on page 02-05
Forensic Science

Any science that is applied to forensic work becomes a forensic science. For example, using medicine (or pathology) to solve forensic issues is forensic medicine (or pathology). The study of the life cycles of insects (entomology) to help determine the time of death of a person found dead is forensic entomology. Ballistic knowledge used to solve issues regarding the use of a firearm in a case of shooting is forensic ballistics. Using psychology to help in the unmasking of a perpetrator of cases of serial killings is forensic psychology. Knowledge of chemistry used in a laboratory to detect traces of poisons or drugs in the body or in samples from crime and death scenes is forensic analytical chemistry or forensic toxicology.

Accountants who investigate “paper trails” to trace commercial crimes such as corruption use forensic auditing. The use of X-rays to forensic work such as the detection of bony injuries, bullets and for human identification is the field of forensic radiography. - Ukzn.ac.za

INCUBATORS: A PREMATURE BABY’S FIRST HOME

This day gives an opportunity to call attention to the impact of premature birth. It is also a chance to talk about solutions.

According to the World Health Organization approximately 15 million babies are born prematurely each year, accounting for about one in 10 of all babies born worldwide. These children do not die from complicated medical conditions or because expensive medical treatments are not available but rather from illnesses that are preventable and easy to treat.

There are programmes that have been developed by the Department that are specifically targeted to cater for mothers and premature babies. The Department has made great progress in reducing Under-5 mortality over the past years because of these programmes. A great percentage of deliveries within the province happen at District Hospitals. These facilities have a great responsibility in terms of new-born care. There are specialized incubators in paediatric wards for premature babies which ensure an ideal environment and also protect the premature baby from infection, allergens, or excessive noise or light levels that can cause harm. They regulate air humidity to maintain the integrity of the skin and are equipped with special lights to treat neonatal jaundice common in new-borns. The Department has also taken a step to install state of the art incubators in all its ambulances to ensure the well-being of new-borns in the case of emergencies.

World Prematurity Day is observed on 17 November each year to raise awareness on premature births. The theme of the year 2019 is: “Born Too Soon: Providing the right care, at the right time, in the right place.”
PUBLIC CALLED TO PARTICIPATE IN HOSPITAL’S OPEN DAY

Port Shepstone Hospital management invites members of the public to an Open Day event which will take place at the hospital’s Transport Department on Wednesday November 20, from 10am to 13H00. On the day various departments will have their own stalls with educational material made available to the public.

The event has been organised to equip the public with information about services offered by the hospital and the upcoming National Health Insurance.

The management encourages community participation, so that the community can take ownership and pride of their local hospital. It is very important for the public to attend this interactive session as they will also get time to raise issues of concern directly with the hospital management.

This open day offers the opportunity for people to get free health check-ups for the common symptoms of stroke, eyes and eligible people will receive free walking frames and sticks and wheel chairs (provided the sizes are available, if not, correct measurements will be taken and people’s names will be written on a waiting list). People will access these free services without having to draw their medical files.

When people take responsibility for their own health, we will achieve better health outcomes.

NATIONAL DEPARTMENT OF HEALTH HOLDS EBOLA, RABIES & MALARIA MANAGEMENT MEETING

On Wednesday this week, the National Department of Health held a meeting with various internal Health stakeholders at Grey’s Hospital to discuss the current state of ebola, rabies and malaria in the province.

Overall, the Department is faring well in all three diseases. For example, although the country is considered a low risk area for ebola, two hospitals have been identified as management centres for confirmed cases of the illness: Tygerberg Hospital in the Western Cape and Charlotte Academic Hospital in Johannesburg. Within the province, Grey’s Hospital has been designated as the first response facility for ebola patients.

Ms J Green from the hospital’s Infection Prevention Control Unit delivered a presentation that showed a typical step-by-step drill performed at the facility of what would be done in the case of the admittance of a patient suspected to have ebola. She and her team also demonstrated how to wear and take off the personal protective equipment (PPE) in a careful manner, minimizing the infection of medical staff.

Rabies cases are said to have halved from last year due to the Department of Agriculture’s resilience in vaccinating many animals this year and community campaigns in partnership with the Department of Health in high risk areas.

Malaria fortunately affects only small parts of the province but a note was made to alert clinical staff to a high suspicion index for malaria. In other words, instead of diagnosing a patient with flu, it is important to ask if the patient has travelled to high risk areas or countries since malaria typically invokes flu like symptoms.
WHO SA HAS A SHORTAGE OF DOCTORS AND NURSES

The demand for health services in South Africa is increasing and funds to address the change are limited mainly due to the continuous rise of immigration and the increasing burden of disease.

- Health Minister Dr Zweli Mkhize

RAMAPHOSA LAUNCHES FORUM TO TACKLE HEALTHCARE CORRUPTION

"Clearly this forum today is quite historic as far as I’m concerned because, together and collectively, we are going to take real definite steps to curb the corruption that prevails in our country in the health sector. There is a fundamental disconnect between what we are spending on healthcare and the health outcomes that our people are getting. In a number of ways, we rank low in global rankings… on healthcare system efficiency owing to, among other things, inefficient resource management, poor institutional accountability, ineffective monitoring and evaluation and also corruption. Corruption impoverishes people, it violates their constitutional rights to health and it also costs lives because in other instances people literally die”

- President Cyril Ramaphosa

INVENTIONS THAT SHAPED THE WORLD: ANTISEPTICS

Antiseptics were first invented in 1847 by Ignaz Semmelweis. Ignaz Semmelweis was a Hungarian obstetrician working at Vienna General Hospital, made a study of the outcome of births at his hospital.

Semmelweis asked doctors to wash their hands with a chemical containing bleach, and the fatality rate of women giving birth dropped to 1%. The application of antiseptics were carried out by Joseph Lister. Joseph Lister was a surgeon in Glasgow in the 1860s when he read both Semmelweis’s report of the effects of hand washing and an article about Pasteur’s germ theory. He apprehended that Semmelweis’s hand washing policy with a chemical such as bleach might have killed the germs that led to infection. Lister began wrapping wounds with a bandage that had been soaked with carbolic acid and discovered that post-treatment fatalities from infections such as sepsis declined.

The reason why antiseptics are important is because the introduction of antiseptics made surgery a viable method of treatment. Prior to antiseptics, surgeons operated only when no other treatment was possible, because surgery so often led to infection and death.

Source: https://sites.google.com/site/johnjohnindustrialrevolution/antiseptics-1847