

DEPARTMENT TO PARTNER WITH BONGI NGEMA-ZUMA FOUNDATION IN COMMEMORATING 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 3.5million people, or 6% of the population, suffer from diabetes in South Africa.

The Department will be bringing a myriad of healthcare services under its #Isibhedlela 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).
- While TB accounted for 29,513 deaths in 2016, 25,255 people died from diabetes.
- According to a report from Statistics SA, no fewer than 3.5million 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



MEC FOR HEALTH
MS NOMAGUGU SIMELANE-ZULU

THE DEPARTMENT OF HEALTH
IN PARTNERSHIP WITH
MVOTI LOCAL MUNICIPALITY AND
BONGI NGEMA-ZUMA FOUNDATION
WILL COMMEMORATE

WORLD DIABETES DAY

#IsibhedlelaKubantu

THEME:
Diabetes
and Family

Date : 16 November 2019
Venue : Kranskop Primary School, uMzinyathi District
Time : 08:00

My Health, Your Health, Our Health, A Healthy KwaZulu-Natal



KwaZulu-Natal Department of Health

KZN Department of Health

kznhealth

@kznhealth

Diabetes

Discover, Prevent and Manage

The Family and Diabetes

The SA Demographic and Health Survey found that 13% of adult women and 8% of adult men have diabetes. Statistics South Africa, Mortality and Causes of Death Report 2016, indicates that diabetes mellitus, which ranked third in 2014 and accounting for 5.1% of deaths moved to being the second most common natural cause of death and maintained the same position in 2016, being responsible for 5.5% of deaths. However, mortality in women due to diabetes mellitus ranked first in female mortality in 2016, accounting for 7.2% of female mortality.

According to the International Diabetes Federation, there were 1,826,100 cases of diabetes in South Africa in 2017. The total adult population was 33,762,000; prevalence of diabetes in adults was 5.4% and total cases of diabetes in adults was 1,826,100 and these include persons with Type 1 and Type 2 diabetes. Globally little data exists on the number of persons with Type 1 diabetes. However, Type 2 is reported to be increasing.

The majority of people with diabetes have Type 2 diabetes and one in two people currently living with diabetes are undiagnosed. In this case the body becomes resistant to insulin, resulting in dangerously high blood sugar levels. Type 2 diabetes is often caused by lifestyle, genetic factors and is more recently associated with other factors including TB.

There is global and national recognition of the need for multi-sectoral action to prevent and control of diabetes which includes person centred care as well as the involvement of families and communities. It is therefore appropriate that International Diabetes Federation (IDF) identifies the theme for diabetes awareness month and World Diabetes Day 2019 as: **Family and Diabetes**. IDF encourages all sectors to strengthen efforts aimed at raising awareness of the impact that diabetes has on the family and support network of those affected, and promoting the role of the family in the management, care, prevention and education of diabetes.

Not all diabetes can be prevented. However, a significant proportion of Type 2 is attributed to preventable causes related to unhealthy diet and physical inactivity. In this regard, families and communities can, or be enabled to adopt healthy lifestyles and reduce the risk of diabetes or pre-diabetes. Type 2 Diabetes is the most prevalent form of the condition, responsible for around 90% of all diabetes. Additionally, even when diagnosed with both types of diabetes, maintenance of healthy lifestyles contributes toward control and the avoidance of serious complications and include heart disease, stroke, blindness, amputations, depression, anxiety and kidney failure.

Optimal management outcomes are dependent on recognition of early warning signs, early diagnosis, holistic treatment and control. Families are urged to learn more about the warning signs of both Type 1 and Type 2 diabetes. According to the IDF, research conducted in 2018 revealed that parents struggle to spot this serious life-long condition in their own children. Despite the majority of people surveyed having a family member with diabetes, an alarming four-in-five parents would have trouble recognising the warning signs and one-in-three wouldn't spot them at all

Knowledge about early warning signs is needed by families and is an issue impacting a cross-section of society. This concern stems from signs being milder and may develop gradually in type 2 diabetes. On average it takes seven years for a person to be diagnosed with Type 2 diabetes, as symptoms can be mild and a result, about 30% of people with Type 2 diabetes will already have developed complications by the time they are diagnosed.

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 many competing socio-economic priorities and families who wish to provide optimal care, themselves require an enabling platform for care. The care of a person with diabetes places a large burden on the family hence the need for both to receive emotional support and more importantly that their needs are aligned to responsive health systems.

Families are also faced with the alarming costs associated with diabetes. There are direct costs of the disease, including hospital and medication costs and disability grants, as well as indirect costs, such as work absenteeism, time spent caring for sick relatives and reduced productivity.

The challenges are complex, require input from various sectors and must be resolved if the country intends meeting its UN 2030 Obligations to "leave nobody behind". As we aim to improve health system responsiveness; much can be done to reduce preventable risk factors which contribute toward NCDs including diabetes. South Africans experience the highest levels of overweight and obesity globally! Agreed; the country can educate communities and establish responsive health systems; our battle will never be won if we, at global and national levels continue to allow the owners of commercial determinants of health to control of behaviour which determines their massive profit margins.

The Ministry of Health calls upon families and communities to unite and mobilise to stop the horrendous impact of the commercial determinants of health at the expense of health outcomes, quality of life and development of our people!

1. Discover

Detecting 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 life-threatening complications.
- If, type 1 diabetes is not detected early, it can lead to serious disability or death. Know the signs and symptoms to protect yourself and your family.

3. Manage

Caring for my diabetes involves my 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 to help manage diabetes
- Essential diabetes medicines and care must be accessible and affordable to every family

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 behaviours that could help prevent type 3 diabetes in the family
- If you have diabetes in your family, learn about the risks, the warning signs to look out for and what you can do to prevent type 2 diabetes and complication of diabetes.
- Families need to live in an environment that supports healthy lifestyles and helps them to prevent type 2 diabetes
- Brief questionnaires are simply, practical and inexpensive ways to quickly identify people who may be at a higher risk of type 2 diabetes and should consult a health professional.

Fact sheet: Type 1 Diabetes

Type 1 diabetes, once known as juvenile diabetes or insulin-dependent diabetes, is a chronic condition in which the pancreas produces little or no insulin. Insulin is a hormone needed to allow sugar (glucose) to enter cells to produce energy.

Different factors, including genetics and some viruses, may contribute to type 1 diabetes. Although type 1 diabetes usually appears during childhood or adolescence, it can develop in adults.

Despite active research, type 1 diabetes has no cure. Treatment focuses on managing blood sugar levels with insulin, diet and lifestyle to prevent complications.

Products and Services

Symptoms

Type 1 diabetes signs and symptoms can appear relatively suddenly and may include:

- Increased thirst
- Frequent urination
- Bed-wetting in children who previously didn't wet the bed during the night
- Extreme hunger
- Unintended weight loss
- Irritability and other mood changes
- Fatigue and weakness
- Blurred vision

When to see a doctor: Consult your doctor if you notice any of the above signs and symptoms in you or your child.

Causes: The exact cause of type 1 diabetes is unknown. Usually, the body's own immune system — which normally fights harmful bacteria and viruses — mistakenly destroys the insulin-producing (islet, or islets of Langerhans) cells in the pancreas. Other possible causes include:

- Genetics
- Exposure to viruses and other environmental factors

The role of insulin: Once a significant number of islet cells are destroyed, you'll produce little or no insulin. Insulin is a hormone that comes from a gland situated behind and below the stomach (pancreas).

- The pancreas secretes insulin into the bloodstream.
- Insulin circulates, allowing sugar to enter your cells.
- Insulin lowers the amount of sugar in your bloodstream.

- As your blood sugar level drops, so does the secretion of insulin from your pancreas.

The role of glucose: Glucose — a sugar — is a main source of energy for the cells that make up muscles and other tissues.

- Glucose comes from two major sources: food and your liver.
- Sugar is absorbed into the bloodstream, where it enters cells with the help of insulin.
- Your liver stores glucose as glycogen.
- When your glucose levels are low, such as when you haven't eaten in a while, the liver breaks down the stored glycogen into glucose to keep your glucose levels within a normal range.

In type 1 diabetes, there's no insulin to let glucose into the cells, so sugar builds up in your bloodstream. This can cause life-threatening complications.

Risk factors

Some known risk factors for type 1 diabetes include:

- Family history. Anyone with a parent or sibling with type 1 diabetes has a slightly increased risk of developing the condition.
- Genetics. The presence of certain genes indicates an increased risk of developing type 1 diabetes.
- Geography. The incidence of type 1 diabetes tends to increase as you travel away from the equator.
- Age. Although type 1 diabetes can appear at any age, it appears at two noticeable peaks. The first peak occurs in children between 4 and 7 years old, and the second is in children between 10 and 14 years old.

Complications: Over time, type 1 diabetes complications can affect major organs in your body, including heart, blood vessels, nerves, eyes and kidneys. Maintaining a normal blood sugar level can dramatically reduce the risk of many complications.

Eventually, diabetes complications may be disabling or even life-threatening.

- Heart and blood vessel disease. Diabetes dramatically increases your risk of various cardiovascular problems, including coronary artery disease with chest pain (angina), heart attack, stroke, narrowing of the arteries (atherosclerosis) and high blood pressure.
- Nerve damage (neuropathy). Excess sugar can injure the

walls of the tiny blood vessels (capillaries) that nourish your nerves, especially in the legs. This can cause tingling, numbness, burning or pain that usually begins at the tips of the toes or fingers and gradually spreads upward. Poorly controlled blood sugar could cause you to eventually lose all sense of feeling in the affected limbs.

- Damage to the nerves that affect the gastrointestinal tract can cause problems with nausea, vomiting, diarrhea or constipation. For men, erectile dysfunction may be an issue.
- Kidney damage (nephropathy). The kidneys contain millions of tiny blood vessel clusters that filter waste from your blood. Diabetes can damage this delicate filtering system. Severe damage can lead to kidney failure or irreversible end-stage kidney disease, which requires dialysis or a kidney transplant.
- Eye damage. Diabetes can damage the blood vessels of the retina (diabetic retinopathy), potentially causing blindness. Diabetes also increases the risk of other serious vision conditions, such as cataracts and glaucoma.
- Foot damage. Nerve damage in the feet or poor blood flow to the feet increases the risk of various foot complications. Left untreated, cuts and blisters can become serious infections that may ultimately require toe, foot or leg amputation.
- Skin and mouth conditions. Diabetes may leave you more susceptible to infections of the skin and mouth, including bacterial and fungal infections. Gum disease and dry mouth also are more likely.
- Pregnancy complications. High blood sugar levels can be dangerous for both the mother and the baby. The risk of miscarriage, stillbirth and birth defects increases when diabetes isn't well-controlled. For the mother, diabetes increases the risk of diabetic ketoacidosis, diabetic eye problems (retinopathy), pregnancy-induced high blood pressure and preeclampsia.

Prevention:

There's no known way to prevent type 1 diabetes. But researchers are working on preventing the disease or further destruction of the islet cells in people who are newly diagnosed.

Ask your doctor if you might be eligible for one of these clinical trials, but carefully weigh the risks and benefits of any treatment available in a trial.

Who's at Risk

For prediabetes or type 2 diabetes?



45 + years old



Physically active less than 3 times/week



Family history of type 2 diabetes



High blood pressure



History of gestational diabetes



Overweight

If you have any of the risk factors, ask your doctor about getting your blood sugar tested.





UNGQONGQOSHE WEZEMPILO KUZWE LONKE

UDKT. ZWELI MKHIZE

EHAMBISANA NOMPHATHISWA WEZEMPILO 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 lweNHI, kubekhona
nabahlengikazi abazohlola izifo azahlukene**



 KwaZulu-Natal Department of Health

 KZN Department of Health

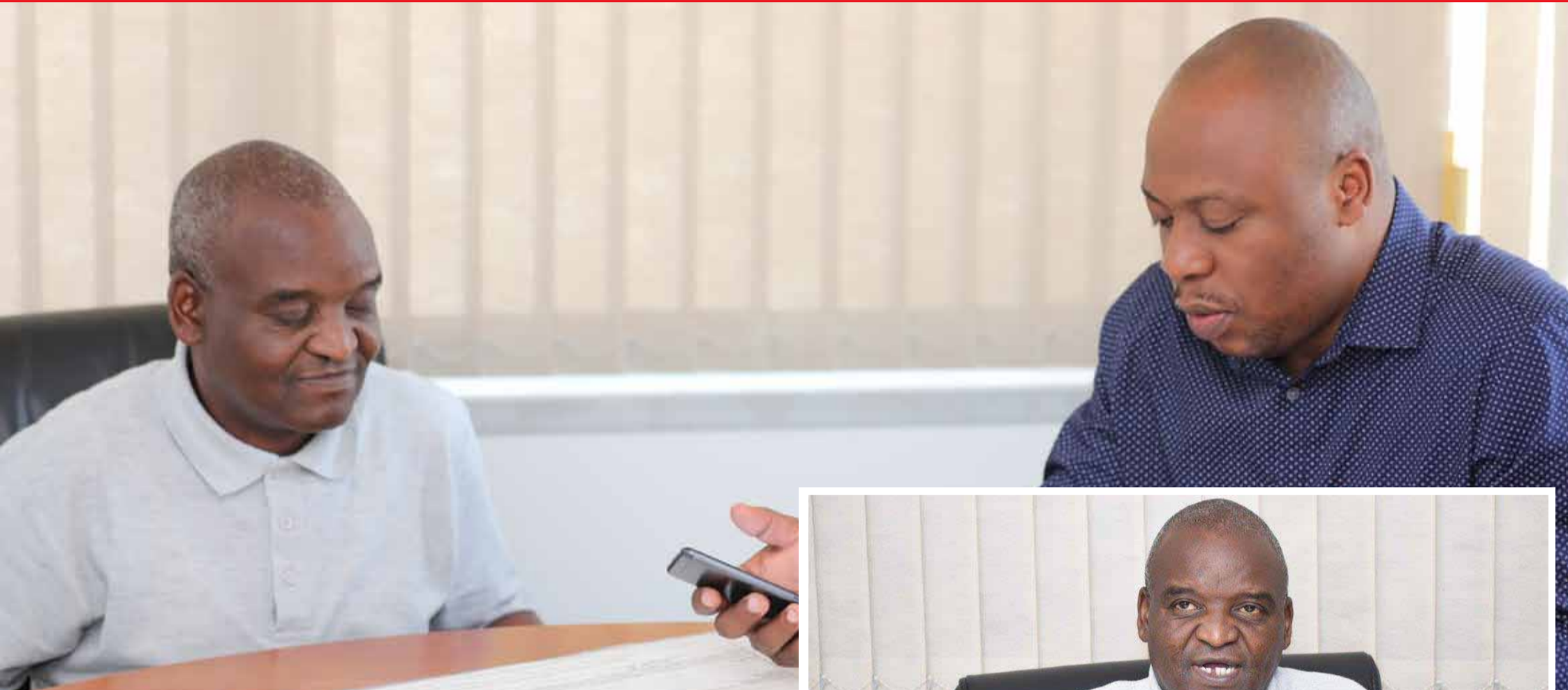
 kznhealth

 @kznhealth

www.kznhealth.gov.za

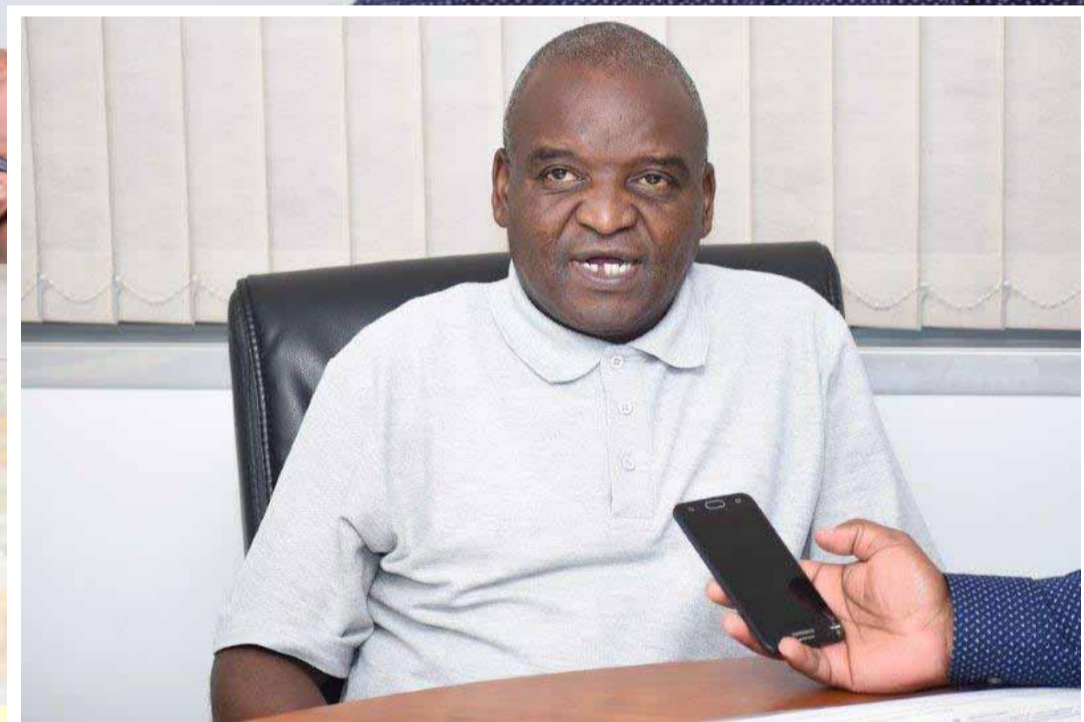
MY HEALTH, YOUR HEALTH, OUR HEALTH: A HEALTHY KWAZULU-NATAL.

LIVING POSITIVELY WITH DIABETES: AMBASSADOR FOR HEALTH SPEAKS



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 you were 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



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



@kznhealth

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 (Thursday) 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 Nsimbini Tribal Authority graced Murchison Hospital with his presence for the official hand over of land to Murchison District Hospital.

The official certificate to occupy the donated was handed over by the inkosi himself and received by the management of the Department's Infrastructure Unit, together with district and hospital management.

Family members who were occupying the land for gardening purposes were part of the handover ceremony to witness the land being donated for a good cause.

The land will be used for the construction of the Kultu 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 apprehended 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 05 >>>



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



@kznhealth

www.kznhealth.gov.za

MY HEALTH, YOUR HEALTH, OUR HEALTH: A HEALTHY KWAZULU-NATAL.

DNA comparisons with the DNA of the alleged suspect.

- Conducting examinations of patients who are suspected of concealing births.
- Taking DNA swabs from family of a deceased victim for comparisons with the human remains of victims who are burnt beyond recognition.
- Documenting physical injuries for court purposes on physical assault cases and also conducting outreach programs in communities to increase the rate of reported cases of gender based violence, including child abuse.

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



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."

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.



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



@kznhealth

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 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: Tygerburg 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 have 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.



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



@kznhealth

WHO SAID WHAT THIS WEEK

WHY 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>



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



@kznhealth

www.kznhealth.gov.za

MY HEALTH, YOUR HEALTH, OUR HEALTH: A HEALTHY KWAZULU-NATAL.



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

COMPILED BY:

CORPORATE COMMUNICATIONS
(KWAZULU-NATAL DEPARTMENT OF HEALTH)

TEL: 033 395 2547 OR 033 395 2653 | FAX: 033 342 9477

**SEND STORIES YOU WOULD LIKE TO FEATURE
ON THE KZN HEALTH CHAT BULLETIN TO:**

healthchatbulletin@kznhealth.gov.za

