

# KZN BREAST CENTRE OF EXCELLENCE INSPIRING CONFIDENCE!

A state of the art and very first “KZN Breast centre of Excellence” has been opened at Inkosi Albert Luthuli Central Hospital this month. Breast Cancer is one of the 5 common cancers affecting women in KwaZulu Natal. The top 5 cancers in KZN are Cervical Cancer, Breast Cancer, Colorectal, Head and Neck Tumours and Prostate cancer. Breast cancer is the most frequent cancer among women, impacting 2.1 million women each year, and also causes the greatest number of cancer-related deaths.

Breast cancer is a disease in which cells in the breast grow out of control. There are different kinds of breast cancer. The kind of breast cancer depends on which cells in the breast turn into cancer. Breast cancer can spread outside the breast through blood vessels and lymph vessels. When breast cancer spreads to other parts of the body, it is said to have metastasized. (Metastasis is the spread of cancer cells to new areas of the body). There is a staggering 66% of women in KZN that get detected with breast cancer. Cancer screening is still the most effective approach, the earlier the detection the higher the possibility of treating it and ensuring a long and healthy life.

The KZN Breast centre of Excellence has been donated by Impilo Consortium; IM&T Equipment & Software (AME), Facilities Management FM Hard / Soft, and Medical Device Asset Management to the Department to the tune of R16m. The wing articulates innovation with avant-garde equipment that is the envy of most health institutions.

**Some of the fitted machinery perform the following breast related tests or scans:**

- Mammograms
- Ultrasounds,

- X-ray, MRI (of the breast) and
- Magnetic resonance imaging (MRI) of the breast

Breast MRI — is a test used to detect breast cancer and other abnormalities in the breast. Both the mammogram and MRI can be used to detect breast cancer.

**Other key distinctive features in the unit are:**

- Hologic mammography system that offers the only Breast Tomosynthesis Technology also called three-dimensional (3-D) mammography and digital breast tomosynthesis (DBT), an advanced form of breast imaging or mammography, that uses a lowdose x-ray system and computer reconstructions to create three-dimensional images of the breasts.) Breast tomosynthesis aids in the early detection and diagnosis of breast disease.

- An x-ray (radiograph) - a non-invasive medical test that helps physicians diagnose and treat medical conditions. Imaging with x-rays involves exposing a part of the body to a small dose of ionizing radiation to produce pictures of the inside of the body. X-rays are the oldest and most frequently used form of medical imaging.



All of this high tech equipment is best seen and understood through its high quality images that detect microscopic tumours which can lead to reducing possible theatre time or even eliminate the possibility if detected early. The day and opening was nothing short of inspiring, a momentous occasion for both the department and the hospital – the KZN Health sector overall. The doctors and staff – to name a few; the Head of the Radiology Department: Prof D Ramaema, the 4 Radiologists: Dr Z Zikalala, Dr A Madlala, Dr N Dlamini, Dr JS Pillay were

particularly the stars of the show; the exuberant passion and overwhelming excitement they had was the standard of which the health sector seeks as a foundation towards excellent service delivery. The KZN Health Department is on the brink of a new era in excellent health service delivery and technological advancements. The department encourages the public to be vigilant in examining their bodies from time to time. It all starts with being proactive and knowing your own body or inspecting it for any abnormalities.

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# Breast Self Examinations



**WHILE NOT ALL BREAST LUMPS INDICATE CANCER, THEY SHOULD BE INVESTIGATED, ESPECIALLY IF ACCOMPANIED BY OTHER CHANGES IN BREASTS OR THE UNDER ARM AREA, SUCH AS LUMPS, TEXTURE CHANGES, THICKENING, DIMPLING, CHANGES IN SHAPE OR SIZE OF NIPPLES OR BREASTS, TENDERNESS, DISCHARGE, RASH OR SWELLING, OR ONE BREAST SUDDENLY BEING SLIGHTLY LARGER THAN THE OTHER.**

Research has shown that a regular Breast Self-Examination (BSE), plays an important role in discovering breast cancer, compared to finding a breast lump by chance. A BSE should be done once a month, preferably at the same time of day, following a woman's menstrual cycle.

## Standing Up

### Step 1

Place your hands at your sides and look at your breasts for any changes in colour, size, shape, dimpling or texture of the skin



### Step 2

Now raise both your hands above your head. Check if both breasts rise together



### Step 3

Place your hands around your waist, pressing waist, shoulders and elbows forward. Bend forward and check if both breasts fall forward together



### Step 4

Now raise your left arm. With the flat part of the fingers of your right hand, carefully examine your left breast. In a circular pattern start from the outer top, pressing firmly enough to feel the tissue beneath. After one full circle, move in towards the nipple a few centimetres and circle again, continuing until you reach the nipple. Check the area above the breast, especially the armpit area, for lumps or hard knots. Repeat on right breast.



## Lying down

With a pillow under your left shoulder, place your left hand behind your head to flatten the breast tissue. Examine your entire breast in the circular motion described in step 4. With your right hand behind your head, repeat the procedure with your right breast. Also gently squeeze each nipple to check for discharge. Breast self-examination should be done once a month. You should report any changes or irregularities to your doctor or primary health care clinic.

## Visit your clinic if you find:

- any lumps
- bleeding or discharge from nipple
- dimpling of skin
- change in the shape, or size or skin texture of your breast or nipple

## To identify early signs of breast cancer:

- do monthly breast examinations
- see your doctor or go to the nearest health clinic for a breast examination annually
- if there is a family history of breast cancer, inform your doctor or clinic sister.

## Important to remember:

All people, whether male or female, are born with some breast cells and tissue. Even though males do not develop milk-producing breasts, a man's breast cells and tissue can still develop cancer. Even so, male breast cancer is very rare. Less than one percent of all breast cancer cases develop in men, and only one in a thousand men will ever be diagnosed with breast cancer. Breast cancer in men is usually detected as a hard lump underneath the nipple and areola. Men carry a higher mortality than women do, primarily because awareness among men is less and they are less likely to assume a lump is breast cancer, which can cause a delay in seeking treatment.

**Look - Feel - Consult. It could save your life!**

# SHINING THE LIGHT ON THE MIDWIVES THIS WOMAN'S MONTH



As we continue to reflect on the vital role of women this women's Month, the KZN Department of Health is honoring female midwives for the critical role they play in facilitating a healthy start to life for babies and a positive birth experience for mothers. The role they play in preparing women for delivery of a new life makes them a vital presence during all stages of pregnancy, labor and the early postnatal period.

A midwife is a childbirth specialist, who supports women during pregnancy, birth and the early weeks thereafter. They provide medical care by monitoring labor progress and facilitate a safe birth, but also emotional support in one of the most significant time frames in a new mother's life. All midwives are registered with the South African Nursing Council have completed a four year training course through a Nursing College or a University.

Their work does not keep regular hours, as babies can be born at any time of the day or night. Midwives deliver babies in hospitals without a doctor's assistance. Midwives have also assisted in delivering babies outside the boundaries of a hospital.

## Women in Health

**Dr Nomsa Shezi**, born in the KwaZulu-Natal province is a neurologist based at Inkosi Albert Luthuli Central Hospital. She graduated in October 2017, obtaining a fellowship from the college of neurosurgery, under the College of Medicine South Africa.



DR NOMSA SHEZI

**Dr Lindiwe Sidali** is South Africa's first African cardiothoracic surgeon and one of only a few on the continent. Dr Sidali received her training in Cardiothoracic Surgery at Inkosi Albert Luthuli Central Hospital after having been a doctor for 10 years.



DR LINDIWE SIDALI

**Dr Unati Nolubabalo** Nqebelele is the first black woman to obtain a PhD in nephrology. Nqebelele kick started her medical career in the year 2001 after she completed her medical degree with the University of Cape Town (UCT)

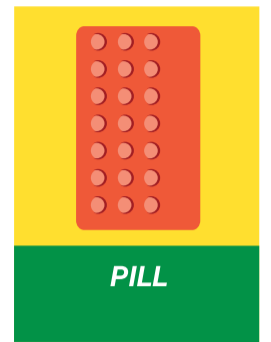
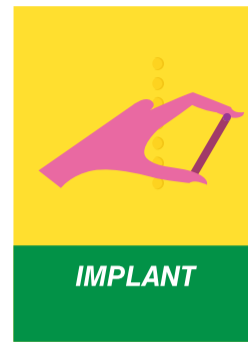
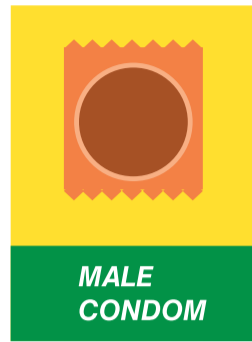


DR UNATI NOLUBABALO

# SHESHA KHETHA

## CHOOSE YOUR OWN PROTECTION

"There are many ways to skin a cat" is the morbid popular saying. Less morbid but equally truthful is that there are many ways to be sexually responsible. Being sexually responsible is not simply abstaining from all sexual encounters or only using a condom, the KZN Department of Health offers a colourful choice of contraceptives suited to different individual needs.



International Youth Day was commemorated across the world this week on 12 August 2019. The theme for this year was "Transforming Education" which expresses the need for education to be accessible, relevant and inclusive for all youth. According to the United Nations, this is achievable through the combined efforts of government,

other stakeholders and the youth itself. Although education immediately falls under the Department of Education, the Department of Health also has a role to play. By promoting healthcare services amongst youth, the Department enables the youth to pursue education. One of such efforts is the provision and promotion of

female contraceptives to encourage women to be sexually responsible to decrease the chances of unwanted pregnancy and sexually transmitted infections (STIs). The Department urges young women to access these free services to pursue their educational and vocational goals without unnecessary interruption.

CONTRACEPTIVE	ADVANTAGES	DISADVANTAGES
<b>Condoms</b>	<ul style="list-style-type: none"> <li>99 % protection against pregnancy and STIs</li> </ul>	<ul style="list-style-type: none"> <li>Can break</li> <li>Some people are allergic to condoms</li> </ul>
<b>2/3 month injectable (eg. Depo-Povera)</b>	<ul style="list-style-type: none"> <li>2 or 3 months protection against conception</li> </ul>	<ul style="list-style-type: none"> <li>No protection against STIs</li> <li>Since it is a hormonal injection, there can be side effects</li> </ul>
<b>Sub-dermal contraceptive implant. (eg. Implanon)</b>	<ul style="list-style-type: none"> <li>Effective for 3 years</li> </ul>	<ul style="list-style-type: none"> <li>No protection against STIs</li> <li>Since it releases hormones into the body, there can be side effects</li> </ul>
<b>Intrauterine Copper Device (IUD)/ Loop</b>	<ul style="list-style-type: none"> <li>Effective for 10 Years</li> <li>Safe and effective in adolescents as well as those who have not previously had children</li> </ul>	<ul style="list-style-type: none"> <li>Non-hormonal, offers a physical barrier, preventing semen from entering the cervix</li> <li>No protection against STIs</li> </ul>
<b>Oral Contraceptives (eg. Trigestrel)</b>	<ul style="list-style-type: none"> <li>Effective as long as contraceptives are taken</li> </ul>	<ul style="list-style-type: none"> <li>Taken daily</li> <li>Forgetting to take the pills can lead to an unwanted pregnancy</li> <li>Since it releases hormones into the body, there can be side effects</li> <li>No protection against STIs</li> </ul>
<b>Voluntary sterilisation (eg. Tubal ligation)</b>	<ul style="list-style-type: none"> <li>Permanent protection from unwanted pregnancies</li> </ul>	<ul style="list-style-type: none"> <li>No protection against STIs</li> <li>Inability to conceive naturally again</li> <li>Infection</li> <li>Possibility of an ectopic pregnancy (a pregnancy that occurs outside the uterus) if the procedure is done incorrectly</li> </ul>
<b>Emergency contraception (also known as the "morning after pill")</b>	<ul style="list-style-type: none"> <li>Able to prevent unwanted pregnancies after unprotected sex</li> <li>According to Planned Parenthood, if ingested within 72 hours of unprotected sex, it can reduce the risk of pregnancy by 75 to 89 percent.</li> </ul>	<ul style="list-style-type: none"> <li>No protection against STIs</li> <li>Not always effective</li> <li>Can lead to fertility issues afterwards</li> </ul>

# KZN HEALTH MEC THANKS FORENSIC PATHOLOGY AND EMS STAFF FOR RESPONSE TO FATAL ROAD CRASHES



**KWAZULU-Natal Health MEC Ms Nomagugu Simelane-Zulu has paid tribute to all of the Department's forensic pathology and emergency medical services staff for carrying out their national duty with aplomb, following a spate of fatal road crashes over the weekend. She has also voiced her disquiet about the filming and distribution of video footage of a burning minibus taxi with terrified passengers inside.**

The latest information from the KwaZulu-Natal Department of Health's Emergency Medical Services is that between 09 – 11 August 2019, a staggering 25 motor vehicle crashes took place, which resulted in 25 fatalities. A further 24 people sustained critical injuries, while 32 were seriously injured, and 86 got away with minor injuries. Six of these crashes took place on national routes. Among the serious road incidents that took place in KZN since Friday have been the:

- Demise of six young Zulu maidens who were traveling in a Toyota Quantum from Pomeroy to attend a pre-annual royal reed
- A crash in Folweni between a minibus taxi and a light motor vehicle on Sunday morning, which claimed five lives, and left 17 people injured;
- A bus which overturned in the Lousberg area on Sunday night, which

claimed the lives of six people, and left 9 critically injured, 16 with serious injuries, and 58 with minor scratches.

"While we send our deepest condolences to families who lost their loved ones, and wish the injured a speedy and full recovery, we would be failing in our duty if we did not recognise the sterling efforts of our forensic pathology and emergency medical services staff. They have really had their hands full over the past few days, yet the manner in which they have responded has been superb, said MEC Simelane-Zulu.

"We appreciate the work that they've done, and we want to say to them they must keep it up, because their response time, and the kind of work that they do is really being seen.

"We understand that there've been a number of challenges, particularly in the Forensic Pathology Services unit, at Magwaza Maphalala (Gale Street) Medico-Legal Mortuary in particular, along the lines of a go-slow. The Department is working to resolve those

challenges. The Head of Department, with other senior managers, went there and assessed the facility and the environment, and is working on the solutions.

"As we join the Department of Transport in encouraging South Africans to adhere to the rules of the road and always keep their vehicles in a roadworthy condition, we thank our staff for working diligently in attending to these crashes and other eventualities."

MEC Simelane-Zulu also called on the public to respect the privacy and sanctity of people in situations of distress, and desist from filming them and distributing footage.

"In the case of the incident in Pomeroy, we heard disturbing and harrowing reports that a video of people inside the burning taxi was filmed and distributed. That is the height of insensitivity, which leaves relatives of the deceased with emotional scars that could lead to long-term mental challenges – which is grossly unfair, and has a direct impact on us the Department of Health. Not so long ago, we had an incident in which a young woman was filmed giving birth (without her consent), having arrived late at one of our clinics.

Fortunately, our healthcare workers were able to attend to her and save hers and her baby's lives. Such incidents of unauthorized filming are really uncalled for; and we would like every person who films and distributes such footage without consent to ask themselves this question: how would you I feel if it was me or my loved one being taken advantage of like that?"

# KZN HEALTH MEC CONDEMNS ARMED ROBBERY OF SECURITY GUARDS AND THEFT OF VEHICLES

**KWAZULU-Natal Health MEC Ms Nomagugu Simelane-Zulu has strongly condemned the midnight armed robbery of security guards at Mpumuza Clinic in Pietermaritzburg last week Sunday (11 August 2019) which culminated in the theft of two state vehicles.**



It is alleged that two unknown men burst into the clinic and held two security guards at gunpoint. The guards were forced into the operation manager's office, where the assailants demanded the keys to two Toyota Hilux 4x4s, which are ordinarily used by the clinic's community outreach teams. The guards were tied up and left there. There was no staff or patients at

the time of the incident, as it only operates during the day. The vehicles were spotted by a community member who became suspicious upon seeing them being driven out of the facility late at night, while being followed by a car with no number plates. Plessislaer SAPS were alerted and quickly closed off entry points into Mbali township. When the armed

robbers realised that they were in trouble, they abandoned both vehicles and fled. One vehicle was found near Sinamuva Primary School, while the other was recovered near the Lay Centre Hall. Police also went back to the clinic and untied the guards. KZN Health MEC Ms Nomagugu Simelane-Zulu has condemned the incident.

"While we are very thankful to the community member who was vigilant and tipped off the police, we are nevertheless appalled and disappointed by this incident. Even though the guards were not greatly harmed physically, they have suffered the immeasurable trauma of having their lives threatened.

***"We wish to reiterate the call that community leaders and ordinary people in our communities must take a stand, and refuse to allow such incidents to occur. An attack on people looking after a health facility, as well as the theft of state property housed in it, is an attack against the state and community itself. Therefore, it is up to all of us to stay vigilant and ensure that we eliminate the space for criminals to operate. We need to ensure that perpetrators of such crimes are exposed and subjected to the full might of the law."***

# MEC HOLDS COMMUNITY ENGAGEMENT IN ETHEKWINI DISTRICT



**Health MEC Ms Nomagugu Simelane-Zulu, together with Acting Head of Department Dr Musa Gumede, led a Departmental Senior Management team in a conversation with the community of KwaNuswa and surrounding areas.**

The MEC gave a debriefing of the Budget Speech 2019/20 financial year while also engaging the community on health education, promotion and awareness.

#### Key issues dominating the agenda were:

- Distribution of health services
- Patient experience and care
- Paperless Health System
- National Health Insurance
- Medico Legal claims

The conversation was aired on iGagasi FM this week in order to share information and knowledge of Departmental activities with a wider audience elsewhere in the province.



# HEALTH INVENTIONS THAT SHAPED THE WORLD

**Radiation or radiotherapy is used across the world as a method of treating and managing cancer.**

A towering figure in the history of chemistry and physics, Marie Curie is most famous for the discovery of the elements polonium and radium. Marie Skłodowska Curie was a Polish and naturalized-French physicist and chemist who conducted pioneering research on radioactivity. Prohibited from higher education in her native Poland (then controlled by Russia), she moved to Paris in 1891 and studied at the Sorbonne. In 1895 Marie married Pierre Curie (who was by then a noted scientist), and together they began working on radiation experiments with uranium. (It was Marie who first coined the term "radioactivity" to describe the emission of uranic rays.) In 1898 the Curies discovered polonium and radium, and in 1903 they shared the Nobel Prize for physics with Henri Becquerel. She was the first woman to win a Nobel Prize, the first person and only woman to win the Nobel prize twice, and the only person to win the Nobel Prize in two different scientific fields. Advances in radiation therapy can be attributed to the development of technologies such as MRI, giving oncologists clearer images to better target and treat cancerous cells.

Source: infoplease.com





# GALLERY

## COMMUNITY ENGAGEMENT IN ETHEKWINI DISTRICT (KWANYUSWA)



## OPENING OF KZN BREAST CENTRE OF EXCELLENCE (INKOSI ALBERT LUTHULI CENTRAL HOSPITAL)





**health**

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PROVINCE OF KWAZULU-NATAL

**COMPILED BY:**

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