

HOD IN THE SPOTLIGHT

HEALTH CHAT BULLETIN CAUGHT UP WITH THE HEAD OF DEPARTMENT DR SANDILE TSHABALALA

Q: Dr Tshabalala Health Chat Bulletin would like to congratulate you on your appointment as the Head of such a crucial Department. You've had to hit the ground running, how has it been so far?

So far we've been working well with the team. We've been able to get directive from the MEC. We have been able to sit with the team and strategize as to how we take the Department forward and look at other things we'll need to change. Yes there are difficulties which are long standing like the issue of funding of the Department, it is never enough. But the team is willing to work and the team has been encouraged so far, one can say one is still learning from the MEC and all the members that have been there. So far there have been no great difficulties.

Q: One of the Key programmes you have presided over is the Strategic Planning Session of the Department for the new planning cycle. Can you briefly outline the outcomes of the two day gathering you had with your Senior Management Team and the MEC?

The main objective of the Department of Health, in line with the United Nations, the World Health Organization and all the countries, is to ensure that the people of our province and the people of the world have a long and healthy life. We want also to see our patients having a high quality of service being ushered to them, their experience of the service has to be a satisfactory one that is quick. We want to reduce the mobility and mortality because of the quadruple burden of diseases. We want to also ensure that, should a person coming in to an institution of the Department unfortunately pass on, the family should be saying, yes our relative passed on, but we are happy with the treatment that they received. So, basically that is what we want to improve, that experience of care, that high quality. We want them saying they are happy with our staff. So, essentially we want to improve the mobility and mortality and

the quality also. But we want to improve how we manage the resources that we have. Our staff also has to be happy while at work.

Q: What are the clear marching orders you want to share with the entire workforce of the Department, to support the priorities that you touched on?

I think the clear marching orders are simple, we are all professionals in the Department and therefore need to be respectful; firstly respect ourselves, respect our work, respect our clients. But the second part is to say, let us appreciate that when people come to us, they come wanting high quality care. Let us make sure we are prepared to give them the quality that they deserve. Let therefore professionalism be the most important aspect among other things, and in terms of our management, efficiency has to be paramount with our management. We cannot be having a shortage of resources, but also fail to manage the resources efficiently. We are also saying that the committees that are supposed to be there, they must not only be there for compliance they must be used to plan going forward. Those are the simple things, to us they look simple and to us they are implementable and to implement them is going to be easy for us and the Department and the people that we are serving to achieve what we want to achieve. Particularly looking at the fact that we are going towards NHI.

Q: During the Strategic Planning Session you also reviewed the Payoff Line/ Slogan of the Department. Did you perhaps change it and what is the message that you are now driving as a brand?

What we are driving now as the brand, we want to say to people, "It is My Health, Your Health, Our Health, A Healthy KwaZulu-Natal", we are saying to people without bringing in the Department of Health, take care of yourself, take care of the people around you and be a partner with the Department of Health in taking care of everything and

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everybody around us, including the property. Look we've had situations where our clinics are attacked and people can take responsibility, we think that can improve. So, that is what we want to see happening going forward. We want to improve our IT, when we improve the IT we cannot be having computers being stolen at the same time. So, the communities must start working with us.

Q: This financial year is a hectic one where we've had the 6th democratic elections and the ushering of the 6th administration. We are now only left with 5 months before the end of the financial year. Which programmes will the Department drive from now till the end of March 2020?

There is a programme that has been started by our MEC which is called **#ISIBHEDLELAKUBANTU**, that programme is a very broad programme. You would regard it as a minor programme but it is a very broad programme. Speaking of NHI, we already have agreed that I am going to lead a team that is going to be making sure that we are ready to implement NHI, that team is going to be led by myself and will have in it CCGs who are going to be working with me preparing the Department for NHI. We also going to be having "Isibaya Samadoda"

which is going to be speaking to men and making sure that men are healthy, but also that issues of abuse are reduced. We are going to be taking the same concept of Isibaya samadoda to the townships, where we are saying, "Asibe nekhosombe lamajita" where amajita are speaking and really advise each other. We also going to ensure that the "She Conquers" programme is taken to a broader community in terms of the ages that we cover. But also the LGBTI's community is going to be covered through a programme that will be branded, "Fabulous with Health". So these are programmes that are going to be run from the Office of the MEC to all the other Units. But also we are going to be pushing for the people to understand NHI, where we are saying, we must have one message but many voices, therefore there will be more people from the Department, who are going to be speaking about NHI, getting views of people, but making them understand where we are going in terms of NHI. But another which is important is the programme that is going to be run by our Human Resource Unit, this programme is going to make sure that we take care of our staff through the office that is responsible for Occupational Health and Safety and the office responsible for the Employee Assistance programme. We are going to beef-them-up and take care of our staff as well.



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

NATIONAL HEALTH MINISTER DR ZWELI MKHIZE HAILS NEW HOSPITAL AS A SHINING EXAMPLE OF **NHI AT WORK**



National Health Minister Dr Zweli Mkhize is so impressed with the nearly-complete Dr Pixley Ka Isaka Seme Memorial Hospital in KwaMashu, north of Durban that he believes it must be held up as a prototype for other hospitals that are to be built, as Government rolls out the revolutionary National Health Insurance (NHI) programme.

During a tour of the hospital on Friday, Dr Mkhize hailed the state-of-the-art 500-bed DPKISMH as a better-constructed health facility than some private hospitals.

"At long last, we're nearing completion of the hospital. It's very well-planned, well-structured, and the workmanship is good. It's quite solid. It's a hospital that's been built with a very long future

ahead of it is which something I'm very impressed about. The flow of the patients, and the link with the latest technology in terms of triaging of patients, and security features, I'm very impressed with that... and also the accommodation on the softer side of issues... the layout of the wards, and how there are rooms for families to be comforted. Those are very important areas."

The Minister said he was

particularly pleased that patients and relatives will not have to worry about privacy and comfort. "The size of the wards is what I've been looking forward to seeing. Today, you're dealing with hospitals that are not the old type... where you had a ward with 80 patients and so on. However, these wards are as good as some of the upmarket private hospitals. There's a limited number of people, which means comfort,

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and confidentiality, and that I think is the main feature here.”

Among its many unique features, DPKISMH is equipped with an MRI scan – a rarity among regional hospitals - and also has escalators, a water harvesting feature, and special windows that open in manner that makes them easy to clean, unlike in many other hospitals.

“This hospital can compete with any of the private hospitals, and will do better than many of them. So, what we are seeing here is a design that’s been made to last for more than 100 years, where there’ll be no need for any tempering or changing of the structure, and the features of the hospital... I’ve been through to the kitchen, and seen the back-up generators in terms of electricity.

“All of these are important features of ensuring an efficient hospital. And it’s not so tall as a building, so people don’t have to go very high. If you have very sick patients, you don’t want them to be too far away from the ground floor in case you have to evacuate. So, I think largely, we’re now seeing a new generation of

hospitals. The features inside... the digital technology that’s going to be used in imaging, and also the laboratories... it actually sets it up for an Ideal NHI hospital, where you have the most advanced construction, features, and technology. And therefore the ambiance in there is that which makes people feel that they’ve come in here to get well. I’m really hoping that we’re going to take this as a way to do many more hospitals into the future.”

The Minister said the location of the new hospital made it possible for real estate developers to establish residential properties and other business opportunities on the adjacent land.

“I’m very impressed, and I’m looking forward to it being commissioned and opened, especially because the purpose has been changed from being a district to a regional hospital. It actually works in such a way that there will be people who will prefer to be treated here, rather than any other place, not because of anything other than the fact that its own features are attractive,” Dr Mkhize said.

KZN Health MEC Ms Nomagugu

Simelane-Zulu said the Minister’s visit was part of the launch of the Government’s district-based development model, whereby all ministers were expected to conduct inspections of various projects that government is implementing.

The MEC appealed for patience, saying that it was only just a matter of time before the hospital, now 98% complete, is open. She said the recruitment process would begin three months before the hospital opens – and that posts will be advertised only on the Department’s official website, and in reputable newspapers.

“We do understand that we might not be able to open the hospital as soon as we thought we would. Initially, the plan was that the hospital was going to be commissioned and handed over around November. However, there are a few things that still need to be sorted out. Of course, the hospital is 98% finished now, but there are things that still need to be corrected, and finished.

“We hope at the beginning of 2020 we will be able to open the hospital. We have been very

ambitious and excited as the Department to hand over the hospital because it’s the first of its kind in many ways, and talks to the NHI model. We’re excited because it gives credence to our pronouncements about NHI. It also says to the people that are doomsayers in relation to NHI that this is the model that we’re going to implement.”

MEC Simelane-Zulu said the Department would give another progress report on the hospital in January 2020, where “we’ll then be talking to the community to indicate how far we’ve gone.”

“As soon as we have a clear indication of when the hospital will be open, we will then start advertising for the posts because there’s a lot of training that people will have to undergo.”



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FROM VOLUNTEER TO PRINCIPAL:

EMS COLLEGE HEAD TELLS HER STORY



Busi Arends (40) is the new principal of the KZN EMS College of Emergency Care. She shared her journey to the top with Health Chat Bulletin at the launch of the National EMS Day recently.

After completing high school in Bhekuzulu Township, Vryheid, she was confused about the career

path she should take. Unknowingly, she slipped into her destiny when she applied to volunteer for the emergency service training that the Department of Health was offering at that time.

"I thought that since I had always been interested in the medical sphere, I should take this opportunity and see what happens."

After completing her Basic Ambulance Assistance Course in four weeks, she was requested to become a trainer for First Aid in the college, all due to her

outstanding results. When she accepted that position her passion for training developed and she began to learn more about this field and resolved to remain in the emergency service field.

She began studying in earnest in order to advance her life saving skills so she could assist patients in severe conditions. "I saw that when a patient was in a critical condition, sometimes someone would have to be called from far to come and assist. Advanced skills were scarce at that time. That troubled me deeply. I thought 'I would be the one saving this person's life if I had the skills'. My training at that moment was only limited to minimal activities such as attaching an oxygen mask or bandaging but I couldn't administer intravenous drips or certain drugs".

She continued to express her wonder at the "magic" that paramedics could do, "When an advanced paramedic would arrive, the patient would receive high level care so much so that they appeared to be in ICU (intensive care unit). They would have drips inserted and a ventilator if they couldn't breathe or drugs to help a person's heart if it wasn't beating properly."

"I saw that profession suited me because I like being outside, not in the confinements of a hospital or a clinic. So I'd be helping people but on the road in an ambulance or sometimes even

helicopters if a patient is in a really critical condition. That excited me."

When asked how she remains motivated in such a high pressure environment she says, "When I see someone recover, it feels good to know that God used my hands to save someone today. That satisfies me. Some people don't have medical aid and live in rural areas, two hours away from a clinic so without an ambulance, where would these people be and in what condition would they arrive at a health facility? "

Today as a principal of the college, she emphasizes the importance of constant training because of the constant advancements in medicine. In alignment with that, the EMS College is moving from short courses into more formal courses at tertiary level so that students leave with NQF qualifications to open more doors for them, even internationally. There will be three categories recognized by the Department of Higher Education and Training: a certificate after one year of studying, a diploma after two years and a degree after four years.



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EMERGENCY MEDICAL SERVICES TO THE RESCUE



The KwaZulu-Natal Emergency Medical Services (KZN EMS) is one of the three core functions within the Department, which aims to provide a quality, efficient, professional and caring emergency medical and rescue service throughout the Province. KZN EMS provides a rescue service which includes rescuing people who are entrapped in a motor vehicle after an accident.

There were numerous road accidents that were recorded throughout the province during the past week and the need for EMS personnel was extremely critical. Medical emergencies

responded to patients and treated them in the pre-hospital field before transporting them to hospital for further care through the utilisation of specialised vehicles, equipment and skilled paramedics.

4x4 rescue vehicles have been converted to carry specialised equipment, including the "jaws of life" and emergency lighting which is required to perform medical rescues.

KZN EMS transfers patients in between hospitals depending on the patient's medical needs. There is no decrease in the level of care provided to the patients during the transfer as appropriately trained paramedics provide continued medical care during the transfer. Many lives have been saved by EMS providers however; the volume of road accidents will be even more intense as we approach the festive season.

ROAD SAFETY TIPS

- Do not drink and drive
- Obey the speed limit.
- Do not use cell phones when driving.
- Ensure the vehicle is in a roadworthy condition.
- Do simple vehicle maintenance and pre-trip inspections.
- Guard against distractions while driving. Set all devices, mirrors and controls prior to driving.
- Ensure all vehicle occupants wear a seat belt.
- Maintain a safe following distance. Obey the two-second rule.
- Allow yourself to take short breaks when driving long distances.



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TRIBUTES POUR IN FOR MR DAN DUMISA



Head of Department Dr Sandile Shabalala and a host of other senior managers who gave an account of his professional life hailed praises about his conduct, work ethic and values. He was described as a man who had the courage to chart his own way, make his own decisions even when unpopular and then stand by them. Yet at the same time he had the due skill and responsibility to bring a team in disarray to consensus. His grit and tenacity enabled him to sustain 39 years of service within the department.

Mr Dumisa began his journey with the Department at the tender age of 19 years way back in 1980. He worked his way through various sections namely registry, human resources, staff development, internal auditing and training and finally became the Director of Employee Health and Wellness until his death. His achievements within Employee Health and Wellness are numerous. He brought home plenty first prize trophies in the interdepartmental games and it became a given that under his leadership team Health were the constant victors. He lived the brand of healthy lifestyle and was a living example to its benefits as he championed physical wellness within the province.

He was also passionate about music and the fact that there are talented performing choristers within Health is testament to his hard work.

A somber mood prevailed at Greys Hospital this week as the KwaZulu Natal Department of Health paid tribute to one of its long serving employees at Head Office. Mr Dan Dumisa,

Director of the Employee Health and Wellness unit died from a terrible car accident on the 20th of October 2019. Hundreds of Departmental employees from various districts and the

Departmental Senior Management team known as MANCO gathered at the fully packed hall at Greys hospital to reflect on the professional life of one of their own.

Mr Dumisa will be laid to rest at his home town in Eshowe on Sunday 27 October 2019.

May his soul rest in peace.



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GJGMRH RAISES R15000 FOR HOSPICE



Earlier this month General Justice Gizenga Mpanza Regional Hospital commemorated Hats On For Children Palliative Care which is observed on 12 October.

The hospital celebrated this event by handing over more than R15000 raised by the hospital staff and holding an awareness event which sought to educate attendees on paediatric palliative care and to equip health care workers to understand the concept of palliative care.

Paediatric palliative care is holistic care that encompasses the physical, emotional, social and spiritual needs of a child with a life-threatening or life-limiting illness as well as providing care for the child's family. It aims to ensure good quality of life in especially providing adequate

pain relief and symptom control as well as including emotional, social and spiritual support that is required to allow the affected child to enjoy the best quality of life possible in the circumstances. It supports the child and their families at the end of life and continues to care for the bereaved family members for as long as it is needed. This holistic care is provided by a compassionate interdisciplinary team of dedicated people who all wear different, and sometimes many, hats!

During the event mothers that have children with life threatening and life limiting illnesses gave testimonies on how they managed to look after their



children with the support of palliative care. Among the speakers of the day was Mr Ndaba, a well-known Reverend in our community who encouraged the mothers to continue looking after their children.

Several representatives were in attendance from non-profit organizations namely Umduduzi, the International Children's Palliative Care Network (ICPCN), Palliative Treatment for Children (PATCH) and the Rotary club of Zimbali which donated towards 50 Goody bags and T-shirts for the children.

Umduduzi Hospice Care for Children of KZN was identified as the beneficiary of R15000

donated by the hospital staff. The donation that was made was received from selling T-shirts, hats, two fundraising events, departmental donations and ICPCN stickers.

The spirit, willingness, and enthusiasm from the staff and patients to commemorate this event and advocate for awareness was amazing. The sponsors from the community especially Sweet Life Bakery, Simply Cakes, The Rotary club of Zimbali, Geokan printers, Vicbay printers, RC Hire was truly appreciated. Dr Lopez, the Senior Manager of Medical Services thanked all stakeholders and staff that participated to make this day a success.



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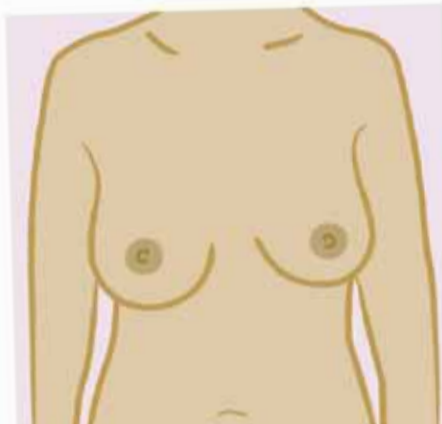
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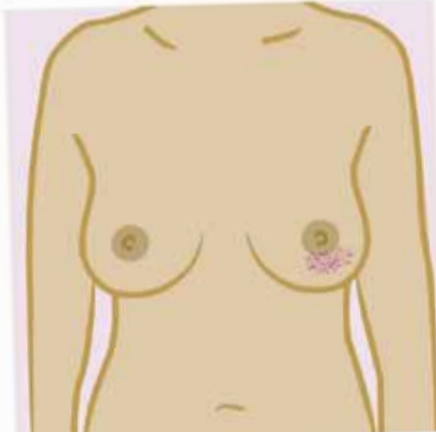
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3 BREAST CANCER FACTS

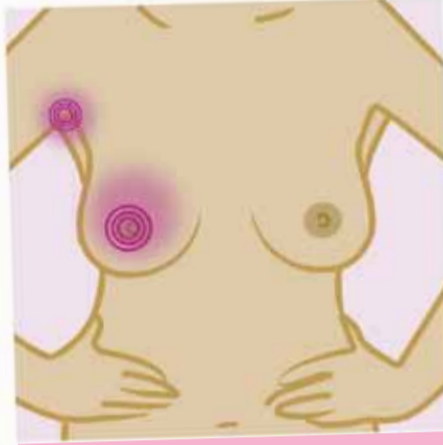
WITH DR BUCCIMAZZA



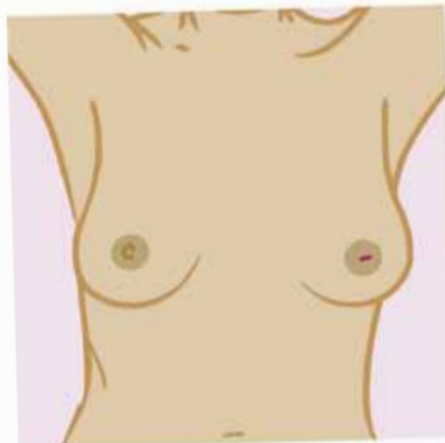
Swelling of all or part of a breast
(even if no distinct lump is felt)



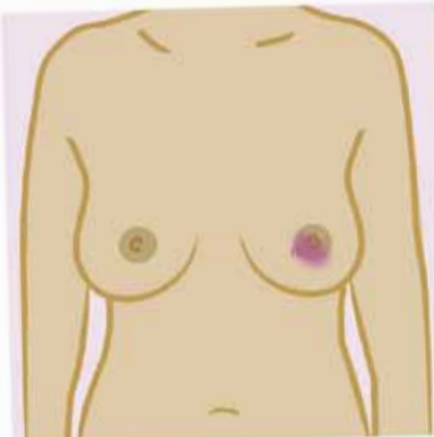
Skin irritation or dimpling



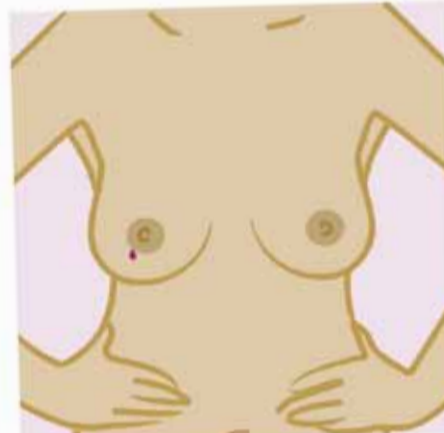
Breast or nipple pain



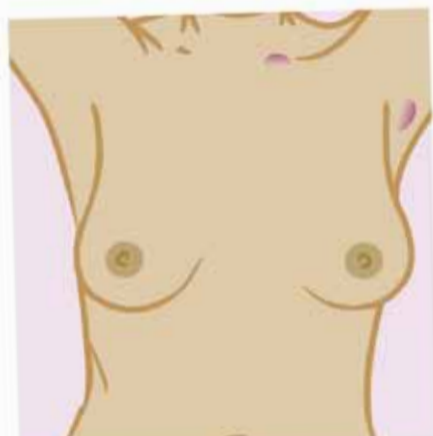
Nipple retraction (turning inward)



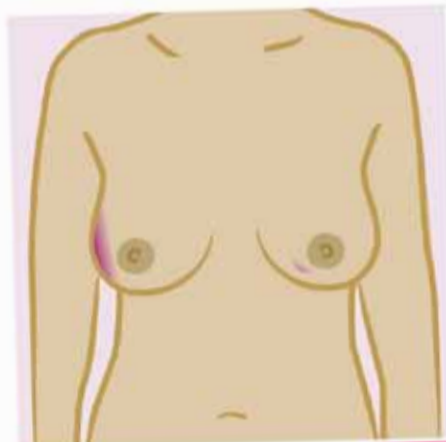
Redness, scaliness, or thickening of the nipple or breast skin



Nipple discharge
(other than breast milk)



Swelling in armpit or around collarbone



A lump that feels different from the rest of the breast

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most common symptom is a breast lump. A breast lump at any age, but particularly with increasing age should not be discarded even if it is not painful.

- Nipple discharge, usually non-bloody
- Any change in the nipple; ulceration in the nipple, nipple retraction
- In very advanced cases, a change in the skin

Often women are not aware that they have glands in the axila (armpit) but that would be another sign; enlarged glands in the axila. The plea is do not ignore a breast lump.

2. Types of Breast Cancer

Most cases of breast cancer, approximated at 85 %, arise from the ducts of the breast. The remaining 15% arise from the lobules. You also get malignancies that arise from the connective tissue. Those are called sarcomas, very uncommon.

Malignancies that arise from the lymph cells or the lymph wet tissue in the breast; we see that typically in HIV positive patients. Those are also not very common. The carcinomas are the ones we deal with mostly; either from the ducts or the lobules.

3. The Stages of Cancer

There are four stages, roughly divided into two groups. Early stage is stage 0, which is pre-invasive. Stage 1 and 2 which is early stage, 3 is locally advanced which means the disease is fairly advanced in the breast and has spread to the glands and stage 4 is when it has spread to the body; either the bones, the lungs, the liver or very unusually: in the brain.

I think it's important that any woman, the moment she is entering her twenties, should become breast aware every month. October has been chosen as Breast Cancer Awareness but it is a bit of a fallacy to think that we should only increase our awareness or our campaigns during one month. It should be

As the month of October comes to an end, the Department encouraged women to continue being breast conscious even as the Breast Cancer Month closes.

Dr Ines Buccimazza, Specialist Breast Surgeon from Inkosi Albert Luthuli Central Hospital's Breast Centre of Excellence, offers the following advice:

1. Symptoms to Look For

- Typically the symptoms are there but because they're not painful, women ignore them. The



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GROW YOUR OWN FOOD: CUT COSTS AND BE HEALTHY!

Africa Food and Nutrition Security Day is commemorated on 30 October annually to promote the important role that food plays in health. Last week Saturday (19 October) the KZN Department of Health merged its resources with the Department of Social Development to promote this message to the public at UMhlatuze Municipality at Dumisani Makhaye Village Sport field. The slogan for this year is "our actions are our future: Healthy diets for #Zero Hunger World"

The KwaZulu-Natal Health MEC Nomagugu Simelane-Zulu stressed the importance of eating healthy and said that unhealthy eating costs the Department a lot.

"We are supporting this Day, because malnutrition costs the Department a lot. This happens when people don't eat healthy food and they come to hospital when they are ill. It is important for children to eat healthy in order for them to be able to perform well at school. Therefore we are encouraging each and every household to have a garden. Vegetables are very important for the body. A human being can live without meat, but you cannot live without vegetables. We are encouraging the community to plough vegetables in order to live a healthy life and live longer"

The most common symptom of undernutrition is unintentional weight loss (losing 5-10% or more of your body weight over three to six months).

Other signs can include:

- Weak muscles
- Feeling tired all the time
- Low mood
- An increase in illnesses or infections

The main sign of over nutrition is being overweight or obese. However, people with undernutrition can also be overweight if they eat a diet high in energy (calories), but low in other nutrients.

Signs of malnutrition in children can include failure to grow at the expected rate and changes in behavior, such as appearing unusually irritable, sluggish or anxious. The best way to prevent malnutrition is to eat a healthy, balanced diet. A healthy, balanced diet is vital for maintaining health and fitness.

To stay healthy, you need to eat a variety of foods from the four main food groups including:

- Plenty of fruit and vegetables
- Plenty of bread, rice, potatoes, pasta and other starchy foods
- Some milk and dairy foods
- Some meat, fish, eggs, beans and other non-dairy sources of protein

The MEC launched the Planting Season in the province two weeks ago, emphasizing the importance of healthy food. Here is what some community members had to say:



Nompilo Shabalala: I am 20 years old. The visit of KZN Health MEC Nomagugu Simelane-Zulu means a lot to us as the youth of Dann Hauser. The MEC also brought along people who are going to assist us in terms of trading our vegetables. We are grateful to the MEC.



Pastor Ridge Mbuli: We are excited to be visited by the KZN Health MEC Nomagugu Simelane-Zulu to come and enlighten us with some of the things that are going to help us. We thank the MEC for coming to people.



Sitha Malta Khumalo: We are excited to be visited by the KZN Health MEC Nomagugu Simelane-Zulu to share information with us. We travelled a long distance just to see the MEC, because we always listen to her on our radios.



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10 WHEELCHAIRS DONATED TO EDENDALE HOSPITAL BY COMRADES ASSOCIATION



Edendale Hospital recently became the recipient of 10 brand new wheelchairs. In line with its corporate responsibility and with the aim of giving back to the communities of Pietermaritzburg and surrounding areas, the Comrades Marathon Association donated much needed wheelchairs to the hospital on Monday 21 October 2019.

Mrs Nxaba received the wheelchairs from CMA chairperson Cheryl Winn, CSI convener, Mqondisi Ngcobo and other CMA representatives at an official handover at the hospital

The wheelchairs will be utilized in the hospital emergency department arrival unit as there was a noticeable shortage of such equipment to service a number of incoming patients Winn says, "Charity begins at home and right on our doorstep. It was fitting for us to make a tangible contribution for a greater good to a hospital like the EDH which is clearly at the heart of this community. It is also notable that the CMA will host the 13th edition of its annual CSI community initiative, the greater Edendale 10km race in Edendale next month



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#STRONGER TOGETHER.

SPRINGBOKS 2019



DEPARTMENT OF SPORTS, ARTS AND CULTURE URGES SOUTH AFRICANS TO TROOP TO THE FRONT!

Put on your green and gold jersey every Friday! Let us rally behind the Springboks, "Amabhokobhoko", as they prepare to go against Wales on Sunday 27 October 2019 in the semi-finals of the Rugby World Cup!

A win will book them a spot in the finals against either England or New Zealand.



WALES vs SOUTH AFRICA
Sunday, 27 October 2019
Kick Off: 11:00



Every Friday be dressed in green and gold and bring and carry your vuvuzela, scarves etc, and join friends, colleagues and sing songs of unity in support for our team!

#StrongerTogether

#RematlaMmoho

#SinamandlaMasibambene



REPUBLIC OF SOUTH AFRICA



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PUBLIC VIEWING AREAS

GAUTENG

- Montecasino, Johannesburg
- Silverstar Casino, Krugersdorp
- Gold Reef City, Johannesburg
- Weiveld, Pretoria
- Emerald Resort & Casino
- Centurion Mall, Centurion, Pretoria
- Avianto Clubhouse, Johannesburg
- Molly Malone's, Fourways
- The Johannian Club World Cup Rugby Fan Park
- Ultimate Aim Sport Pavilion, Montana, Pretoria
- The Lounge at Melrose Arch, Johannesburg
- Sandton, Piazza, Johannesburg
- Elsburg Rugby Club (Heidelberg Road) Elspark
- Benoni Northern Rugby Club, I Brodigan, Northmead, Benoni
- Brakpan Rugby Club, 27 Abercon Avenue, Brakpan
- Springs Rugby Club, 69, 1st Avenue, Geduld, Springs
- Boksburg Rugby Club, Prince George Park, Dickens Street.
- MTN Fan Zone, Newtown Junction
- Loftus Park Shopping Centre (Loftus Verseld stadium)
- Club Rendezvous, Pretoria City Hall

KWAZULU-NATAL

- KwaZulu-Natal Black Rock, Newcastle
- Suncoast Casino, Durban
- The Blue Marlin, Scottburgh
- Ushaka Marine World
- Kingston Beach Club

MPUMALANGA

- Emnotweni Casino, Nelspruit
- The Ridge, Witbank

WESTERN CAPE

- Quay Four, Cape Town
- Tygervalley Shopping Centre
- Canal Walk
- Shimmy Beach Club
- Premium Sports Bar, Mitchell's Plain
- La Parada Restaurants around CT
- Tiger's Milk
- The Earth Fair Food and Shopping Market on Main Road,
- Somerset Mall No entry cost
- Bravo Lounge, Mossel Bay
- The Peninsula All-Suite Hotel,
- Piekenierskloof Mountain Resort, Cederber



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WHO SAID WHAT THIS WEEK

"We commend the commission for the detailed analysis and the professional manner in which the work of the commission was approached. We call upon the private sector stakeholders to co-operate with government in the efforts to rectify the entire health sector as guided by the health market inquiry and the social compact signed by all stakeholders with the president,"

- Health Minister Zweli Mkhize says he will study health inquiry findings

"Fewer people would get sick or die from diseases such as stroke, hypertension, diabetes, obesity and high blood pressure if society could adopt a culture of planting and eating food that is rich in nutrients. Too many people end up with a compromised quality of life due to consuming food that is either too oily, too salty, or has too much sugar and failure to exercise regularly – costing government an exorbitant sum of money on medication and the ongoing provision of healthcare."

- KZN Health MEC Ms Nomagugu Simelane-Zulu

People who have a heart attack or angina (chest pain caused by reduced

blood flow to the heart) may face a faster drop in thinking skills than people who don't experience those heart-related problems. The underlying cause of this long-observed connection between the heart and brain is not exactly clear. But high blood pressure and other factors that damage arteries to the heart may also harm vessels in the brain. Regular exercise, along with controlling other risk factors for heart disease—especially high blood pressure—may help prevent cognitive decline.

- Harvard Health Publishing
https://www.health.harvard.edu/newsletters/harvard_heart_letter/2019/october



INVENTIONS THAT SHAPED THE WORLD: PROSTHETICS



The history of prosthetics began before the advent of writing. Over time, advances allowed for the replacement of a simple wood or iron artificial leg with sophisticated devices that came closer to mimicking biological function.

Advances we appreciate in modern prosthetics would not be possible without the pioneers who came before.

AMBROISE PARÉ (1510 – 1590): FATHER OF THE MODERN PROSTHETIC LEG

Ambroise Paré was an accomplished surgeon and anatomist who was the official royal surgeon for four French kings. He is regarded by many as the father of modern surgery.

Along with improving amputation techniques and survival rates during his time as a war surgeon, he developed functional prosthetic limbs for all parts of the body. He used his understanding of anatomy to design prosthetics that mimic the function of biological limbs.

He was the first to develop an above-knee prosthetic with an adjustable harness and a hinge-knee with lock control –

both of which are still used today. He also transitioned away from wood in favour of much lighter prosthetics made of leather, paper, and glue.

Thanks to the passion of prosthetic pioneers, today we are closer than ever to replicating the full function of a biological limb. Blade prostheses allow amputee athletes to sprint. Microprocessor knees allow a prosthetic to adapt its flexion and extension for different environments. 3D printed prosthetics have sparked a renaissance of cost-effective DIY prosthetic design and production.

Source:
www.amputee-coalition.org



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