

GIVE THE GIFT OF LIFE THIS LOVE MONTH



February is the month recognized the world over as the month of romantic love. It is the time that people will spoil their significant other with gifts they can't afford that will probably be long forgotten on shelves, eaten or drunk in a couple of days.

This February let us reward ourselves and our loved ones with the gift of health. In the

Department's health calendar, this month is recognized as Reproductive Health and Cancer Month.

By choosing to regularly screen for breast, cervical and prostate cancer, sexually transmitted diseases including HIV, and other non-communicable diseases and encouraging others to do

the same, you will give yourself and others the precious gift of health. Ensuring that you are healthy is the best thing you can do because without your health, you can do nothing.

This week's edition includes an article on making your health

your responsibility so this month of February let us love ourselves and others by adhering to basic health tips and screening for cancer and ensuring that we practice safe sex to avoid STIs.



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YOUR HEALTH IS YOUR RESPONSIBILITY

We often give far too much responsibility to health practitioners and health facilities to keep us well, in shape and healthy.



Truth is; nobody knows your body like you do. How it reacts to each season, how it loves/rejects certain food groups, what upsets your stomach how much sleep it needs and how much exercise it can handle per hour. In a nutshell – you are the unqualified primary doctor of your body. It all starts with keeping your body and surrounding areas clean.

HYGIENE AND CLEANLINESS

The terms “cleanliness” and “hygiene” are often used interchangeably, which can cause confusion. In general, hygiene refers to practices that prevent spread of disease-causing organisms; any practice or activity that you do to keep things healthy and clean. Washing hands, coughing into your elbow, and regular house cleaning are all part of good hygiene. Cleaning processes (e.g., handwashing)

remove infectious microbes as well as dirt and soil, and are thus often the means to achieve hygiene.

Promoting good personal hygiene often requires that we mobilize ourselves within the family unit and work spaces to reach this goal through vigorous awareness and commitment to achieving this state of health. Regular bathing and laundering are important for cleanliness and good personal appearance. They also prevent hygiene-related diseases such as scabies, ringworm, trachoma, conjunctivitis and louse-borne typhus.

ACHIEVING GOOD PERSONAL HYGIENE

- **ORAL** - Brush your teeth regularly; twice a day after

breakfast, and before bed. We brush our teeth regularly to prevent gum disease, tooth decay and bad breath. An unhealthy mouth, especially if you have gum disease, may increase your risk of serious health problems such as heart attack, stroke, poorly controlled diabetes and the like.

Remember to always:

- Floss the teeth daily
- Store your tooth brush in a clean, dry place and replace it regularly every 4-6 months.

- **BATHING** - Bathing daily with soap and warm water prevents body odour because it kills the odour-causing bacteria. Skin infections such as Athlete's Foot can be reduced by carefully washing and drying the affected areas daily. Germs and dirt can cling to your clothes, too. Wash the clothes you wear after each use so that these germs and impurities are removed.

- **DEODARANTS** - Make use of deodorants or antiperspirant also known as “roll-on”. Antiperspirants and deodorants aren't the same thing. Antiperspirants plug your pores to stop your sweat, whereas deodorants mask body odour with fragrance. If you want to keep your shirt dry, try an antiperspirant. If you want to cover odour, choose deodorant. Some products contain one or the other; some products contain both.

Personal preference will dictate which one's best for you.

- **SKIN** – Moisturize!

Moisturize! Moisturize! The skin is the largest organ of the human body with several important functions to perform. The skin protects us from the sometimes-harsh external environment (e.g. microbial invasion and physical injuries), regulates our body temperature, provides sensory input and eliminates waste.

The skin can lose its ability to perform these functions when compromised or damaged. Sunscreen can protect your skin against skin cancer and premature aging. Apply enough sunscreen to cover all exposed skin. To remain protected when outdoors, reapply sunscreen every two hours, or immediately after swimming or sweating.

People who get sunburned usually didn't use enough sunscreen, didn't reapply it after being in the sun, or used an expired product. Your skin is exposed to the sun's harmful UV rays every time you go outside, even on cloudy days and in the winter.

You should see a dermatologist if your skin problems don't go away with over-the-counter products. More severe acne, scarring, or other problems may need prescription treatment.

- **HAIR** - treatment and maintaining of good hair hygiene and healthy scalp is dependent on hair types,

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length and texture. Generally, wash and condition hair at least once every two weeks – for cases with severe dandruff and other scalp conditions- seek professional help prior to managing and creating a hair regiment.

- EARS - Wax is not formed in the deep part of the ear canal, but rather the outer part of the canal near the external opening. If left alone, old earwax naturally migrates out of the ear as a result of jaw movement. Inserting Q-tips, sharp or pointed objects into the ear will only push wax further into the canal and may even cause trauma to the canal wall or the eardrum. You should simply use a washcloth or tissue to wipe the outer ear after you bathe

or shower.

- EYES - (Ocular Hygiene) - It's important to see your eye healthcare professional regularly to help avoid or reduce vision problems. Often, people with vision problems wait far too long before getting an eye exam.

If you have any change in vision, have it checked out by an eye care professional. Only an eye healthcare professional can identify serious vision problems, like glaucoma or diabetic retinopathy, at a stage early enough to treat.

TIPS TO IMPROVING/ MAINTAINING EYE CARE AND VISION

Wear your glasses, wear sunglasses when outdoors. Wear sunglasses that protect your eyes from UVA and UVB rays. Wear them even on cloudy days. Know your family's eye history and share this information with your healthcare providers. Avoid smoking.

- **NAILS -** Keep fingernails dry and clean. This prevents bacteria from growing under your fingernails. Repeated or prolonged contact with water can contribute to split fingernails. Wear cotton-lined rubber gloves when washing dishes, cleaning or using harsh chemicals. Use a sharp manicure scissor or clippers to trim your nails.

Personal hygiene is not difficult. Once you have a personal hygiene routine in place, it becomes a habit in no time. It is also important to set an example for your children so that they can also have their own personal hygiene routines to follow.

KNOW WHERE YOU STAND, GET YOUR **CANCER SCREENING** DONE

Join the Commemoration of World Cancer Day on the 4th of February 2020 by getting your own cancer screening. The Department of Health in KwaZulu Natal is ready for this aggressive united effort to prevent more deaths of innocent people from preventable cancers like cervical, breast and prostate.

THE TOP 5 CANCERS IN KZN ARE:

- Cervical Cancer
- Breast Cancer
- Colorectal Cancer,
- Prostate Cancer
- Lung Cancer

CANCER STAGES

Stage 1: The cancer is relatively small and contained within an organ where its originating

Stage 2: The tumour is larger than in stage 1 but the cancer has not spread into the surrounding tissues. Sometimes stage 2 means that cancer cells have spread into lymph nodes close to the tumour. This depends on the particular type of cancer

Stage 3: The cancer is larger. It may have started to spread into surrounding tissues and there are cancer cells in the lymph nodes in the area

Stage 4: The cancer has spread from where it started to another organ of the body. This is called secondary or metastatic cancer

The key services that border between Primary Healthcare Clinics, District, Regional and Tertiary Hospitals are as follows:

Prevention and Early Detection (Primary Healthcare Clinics and District Hospitals)

The focus here is on awareness campaigns and screening

Cancer Management and Treatment (Regional and Tertiary Hospitals)

The focus here is on Diagnosis, Staging, Surgical Intervention, Chemotherapy and Radiation oncology

Palliative Care (State Aided Hospices and NGOs)

The focus here is on home based care and training of health professionals on pain management

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

CANCER TREATMENT

CHEMOTHERAPY	RADIATION ONCOLOGY
<p>It's the use of any drug to treat any disease but to most people the word Chemotherapy means drugs used for cancer treatment. Surgery and radiation therapy remove, kill or damage cells in a certain area but chemotherapy can work throughout the whole body. This means that chemotherapy can kill cancer cells that have spread (metastasized) to parts of the body far away from the original (primary) tumour)</p>	<p>Radiation Oncology is a medical specialty which involves the controlled use of radiation to treat cancer either for cure or reduce pain and other symptoms caused by cancer.</p>
<p>Some Side Effects:</p> <p>Fatigue, Hair loss, easy bruising and bleeding, low blood count (anemia), infection, vomiting and nausea</p>	<p>Some Side Effects:</p> <p>Fatigue, skin problems, hair loss, low bloodcount (anemia)</p>

The Department drives awareness campaigns on cancer through its Community Outreach Programmes where it holds direct engagements with communities to educate them about the disease as well as provide some screening for them.

SIEZE THE OPPORTUNITY TO PARTICIPATE IN THE 1ST HPV ROUND OF VACCINATION

The 1st Human Papilloma Virus (HPV) round is coming up in February which targets girls who are 9 years and older for protection against cervical cancer later in life. Consent of parents for their children to be vaccinated against HPV is crucial in order for

this programme to be a success.

The Department will be visiting public schools and special schools targeting girls in grade 5 across the province.

HPV VACCINATION CAMPAIGN WILL RUN AS FOLLOWS:

FROM **11 FEB** TO **20 MAR** | **2020**



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KNOW YOUR HEALTH PROFESSIONS: **MEDICAL DOCTOR**

Doctors play an important role in our lives, no matter our age, sex, cultural backgrounds or economic status. They are a key pillar of any health system and work alongside nurses in providing clinical care to healthcare users.

WHAT ARE THE QUALIFICATIONS OF A DOCTOR?

A National Senior Certificate that meets the requirements for a degree is a prerequisite. A degree in medicine is essential for entry into this profession. Doctors (GPs) must undergo full-time study in medicine, followed by an Internship (2 Years) and Community service Programme (1 Year).

PRACTISE REGISTRATION

Once the theoretical learning, practical training and work experience are completed, graduates must register with the Health Professions Council of South Africa in order to practice legally as a doctor.

SPECIALISATION

If a doctor wants to specialize in a field, there is an added theoretical and practical study that is needed after the 7 year degree called the Registry Programme (Specialist Training).

SCOPE OF WORK

Doctors, or GPs (general practitioners), provide primary and continual medical care for patients. They diagnose physical and mental illnesses, disorders and injuries, and prescribe medication and treatment to promote or restore good health, taking account of physical, emotional and social factors.

GPs care for the general health of their patients, but they are not specialized in any one field of medicine or medical condition. They can refer patients to specialists when they need specific types of treatment.

DOCTORS MAY PERFORM THE FOLLOWING TASKS:

- examine the patient to determine the nature of the disorder or illness and record the patient's medical information
- order, perform and analyze laboratory tests, X-rays and other diagnostic images and procedures
- provide overall care and prescribe and administer treatments and medications
- advise patients on diet, exercise, hygiene and general health
- provide pre- and post-natal care
- refer patients to other medical specialists and exchange relevant medical details



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INTERVIEW WITH DR NHLAKANIPHO GUMEDE



Q: Why did you decide to be a doctor?

Well, I was born in a rural area, and from an underprivileged community. For me to further my career at a higher center was a must if I were to improve my social circumstances, Studying Medicine to me came as an opportunity to further my education. Medicine found me. I developed love for medicine when I was already studying. The things I learned sharpened by knowledge and made me believe I had a huge role to place in the lives of our people. If I didn't fight for liberation at least I had an opportunity to improve health services.

Q: What training did you undergo?

I did my Medical Degree (MD) in the Instituto Superior de Ciencias Medicas de Villa Clara in Cuba, under the SA Cuba medical collaboration. This meant I had to do a 1-year orientation in Spanish as we were going to learn our Medicine in Spanish and do 5 years of Medicine and come back to South Africa to do our final year of medicine. I finished at Wits University. It came with its challenges but I am glad today those challenges are not painted on my degree or my face to show the world. I just thank God for ensuring that I reach my destiny. After qualifying, I then did my internship for 2 years in Pietermaritzburg Complex, followed by 1-year community service in St Apollinaris Hospital. Then I could register as an independent Medical

Officer.

Q: Describe a typical day on the job

My typical day, this year: I wake up in the morning at 5H30 to do my 30 minutes of jogging or exercise, go to the bathroom and take a bath, wear my clothes, eat breakfast and then jet off to work. On arrival at the office, I would check for my emails to see if there is anything that needs my urgent attention, ring our secretary to check if there are any meetings that I am not aware of that are planned. Attend to any morning appointments with the staff I am supervising, and then spend most of my morning in the Staff Clinic. Whatever that is left would be to engage with my supervisor

the Senior Medical Manager and finalize any plans we might have for the day. Then be ready to go home or be ready for the overtime if I am on call on that day.

Q: What do you like the most about your job?

To be given an opportunity to bring hope and reassurance in the face of the patient and the employees I supervise, tell them that it might not be easy but we are trying everything in our powers to ensure they are well taken care of. While patients come in with pain and you are able to take that pain away for them. But being able to explain medicine in a language that my patients understand is the most rewarding experience of my life.



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SAVING THE LIVES OF OUR FUTURE LEADERS

The department has thrived in combating the scourge of HIV/AIDS in the province. One of the greatest achievements done by the Department is increasing life expectancy within the province through various initiatives.



The Prevention of Mother-To-Child Transmission (PMTCT) programme offers a range of services for women of reproductive age living with or at risk of HIV to maintain their health and stop their infants from acquiring HIV.

Many women only find out that they are HIV positive when they get pregnant and go for HIV tests. Pregnant mothers are provided with ARVs from 28 weeks and during labour. This tablet is not a cure for AIDS. ARV tablets simply reduce the risk of the baby getting infected with HIV during labour

and birth. The baby also gets ARV syrup soon after it is born up to 7 – 28 days.

One of the Department's strategic objectives is to reduce the mother-to-child HIV transmission. Despite the high prevalence of HIV in the Province, the Department has managed to decrease the rate from 20% in 2008 to 0.71% in 2019. (As presented at the 2019/20 Budget Speech).

The Department continues with reducing the mortality rate of infants and strives to reach 0 % deaths in future.

TIPS FOR NEWLY MOTHERS

When your baby is born you need to go to the clinic regularly so that:

- The clinic can do all the regular check-ups and immunizations for your baby for the first six weeks
- The clinic can do tests to see if your baby has HIV when the baby is 6 weeks old and give the baby Cotrimoxazole.
- The clinic can check the mother's health on a regular basis.
- HIV positive mothers need to have PAP smears done regularly.
- Get sufficient rest and light exercise.
- Follow a balanced, vitamin-rich diet.
- Obtain information on breastfeeding.



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WHO SAID WHAT THIS WEEK

"As the busiest airport in Africa, special measures have been introduced in OR Tambo International Airport where travelers on direct aircraft from China are required to complete a questionnaire for possible contact tracing. #CoronaVirus".

Dr Zweli Mkhize, Minister of Health

"The government of the People's Republic of China has reassured us that there is no evidence to support the necessity to evacuate foreign nationals living in Wuhan City #CoronaVirus".

Dr Zweli Mkhize, Minister of Health

"We will be issuing regular updates through various platforms, and experts will be made available to speak on the issue. #Coronavirus #CoronaVirusOutbreak #NoNovelCironaVirusInSA".

Dr Zweli Mkhize, Minister of Health

"Charlotte Maxeke Hospital, Steve Biko Hospital and Tembisa Hospital are the three facilities that have been prepared to receive #Coronavirus cases".

Dr Zweli Mkhize, Minister of Health



INVENTIONS THAT SHAPED THE WORLD: THE SPECULUM



In 1825, a French midwife called Marie Anne Boivin, invented a vaginal speculum that could be screwed into place and dilated the vagina to allow close examination of the cervix. Her invention evolved into the modern bivalve speculum.

She made great contributions to medicine, discovering the cause of different types of bleeding, miscarriages and diseases of the uterus.

<http://research.sklarcorp.com/the-vaginal-speculum-from-its-unearthed-secrets-to-our-modern-times>



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