



“BLESSERS AND SUGAR DADDIES MUST STOP EXPLOITING YOUNG GIRLS AND DESTROYING OUR NATION,” SAYS KZN HEALTH MEC, AS HIV AND STI INFECTION NUMBERS SOAR



PARENTS CALLED UPON TO HAVE “DIFFICULT” CONVERSATIONS WITH THEIR CHILDREN ABOUT SEX - OR LIVE TO REGRET NOT DOING SO;

GIRLS URGED TO FORGET ABOUT MATERIAL THINGS SUCH AS FANCY MOBILE PHONES AND WEAVES, AND FOCUS ON EDUCATION;

PROVINCE'S NEW AIDS AWARENESS BILLBOARDS MEANT TO ENGENDER CHANGE.

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KwaZulu-Natal Health MEC Ms Nomagugu Simelane says old men must stop “destroying the nation” through the sexual exploitation of young girls - a trend that she says is largely responsible for the Province’s growing rate of HIV and sexually-transmitted infections among girls aged between 15 and 24.

According to shocking statistics from the Department’s official records, between January and October this year:

- Out of 727 466 women between the ages of 15 to 24 who got tested for HIV in KwaZulu-Natal, 15 665 tested positive. Although this amounts to a positivity rate of 2%, the MEC says more than 15 000 young women testing positive for HIV is extremely worrying;
- At least 15 girls aged between 10 and 14 were found to have STIs;
- A further 322 girls aged between 15 and 19 also tested positive for STIs.
- An additional 702 women between the ages of 20 and 24 were found to have STIs.
- Within the same period, a total of 6 417 pregnant women tested positive for syphilis (a potentially life-threatening disease that can cause premature delivery; severe damage to the heart, brain or other organs.) This is already higher than the 4 147 women who tested positive for syphilis during the whole 2021/22 financial year.

Speaking on the Department’s weekly multimedia programme KZN Health Chat at Magabheni (near Umkomaas) on Friday, MEC Simelane said: “Our Provincial statistics paint a shocking picture about HIV and STIs among girls and young women in our Province.

It is extremely concerning, and underscores the urgency with which society needs to come to the party and

help us turn this situation around.

“We always encourage young people to abstain from sex for as long as possible, and for those who can’t abstain, to use condoms.

“We’re also encouraging parents or guardians to get more involved in initiating and deepening the conversation with their children about sex in general, sexuality, and the dangers of sexually transmitted infections. It’s never an easy conversation, but it’s one that absolutely needs to happen.”

As part of the Province’s new HIV/Aids awareness strategy, MEC Simelane recently unveiled a brand new street billboards HIV messaging campaign that targets young people, written in a language that they speak.

The new billboards carry messages such as:

- I-Skoon Siyabhayizisa – Condomise;
- Sihamba Ngolayini: Sidla Ama-ARV Waya-Waya, Sihlale Si-Sharp; and
- Cupha Isisoka Bhinca Lami, Ukhuphuke NgoShuni we-Condom

“The billboards are very catchy, and carry fresh messaging. We felt that it was important to change our messaging, and speak to young people in a way that they understand. I’ve already been stopped several times, by people obviously intrigued by these billboards. We’ve started a conversation, and that’s precisely what we had set out to do. That is one way in which we can begin to engender behavioural change.”

Meanwhile, the MEC chided the so-called “blessers” and “Sugar Daddies” as predators, who prey on young girls sexually, infect them with diseases – including HIV - impregnate them, and then cast them away. “If you’re a young girl and you’re in a relationship with someone as old as your own father, that relationship is not equal. You won’t be able to negotiate safe sex and say, ‘please protect me and protect yourself.’ This is an older person, and chances are, he has money. So, you become dependent on them.

“We’re saying Phansi Ngama-Blessers, Phansi... Phansi ngo-Sugar Daddy Phansi... They must go to their agemates. If they continue sleeping with these young girls, they’re destroying our nation. These are the mothers of tomorrow... the homemakers who must take the nation forward. If we don’t protect them, our nation will not prosper. “We are also saying to girls, don’t look at who’s carrying an iPhone or Samsung... or wearing a 9-inch weave. These are the kinds of pressures that steer or children towards these Blessers... because they have the financial means to lure them and buy them some of these things.

It is vital for our children to be content and live within their means. The best way to change your life is to get an education. When you get an education and secure yourself a job, you’ll be able to afford all of these things, whereas if you want to jump the gun and get these things too early, then you’ll have a problem.”



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STAY ALIVE AND SAFE THIS FESTIVE SEASON!!!

With the December holiday upon us, KZN HEALTH CHAT helps you find ways to stay alive, on the road and on the beach.

For many people, the end of yet another long year of working hard calls for a break from our usual, busy lives. This often means embarking on a trip somewhere far away, usually to another part of the country, for some much-needed rest and a different experience.

Traditionally, this means that the country's roads will have more vehicles than usual, which increases the chances of road crashes. These often result in deaths, serious injuries, or disabilities, which change people's lives – and those of their loved ones - forever.

Bad decisions and various forms of irresponsible behaviour – such as speeding, drinking and driving and talking, texting or capturing photographic or video “selfies” on the cellphone while driving – also contribute to the number of people who die during the holiday period.

As many people will visit the beach in order to cool down from the December heat, it is always important to respect the sea and its currents. Make sure you know and understand the Do's and don'ts. You can avoid becoming a statistic by doing a few small things the right way.

According to Arrive Alive, the following tips must be followed in order to stay safe:

- Obey the rules of the road and carry your driver's license with you.
- Plan the route to your holiday destination and allow yourself enough time to reach the destination.
- Make sure that your vehicle is in a roadworthy condition before departure. All lights and indicators, windscreens, windscreen wipers, brakes, steering, shock absorbers, exhaust system and tyres should be carefully examined for faults.
- Do not overload.
- Try to avoid driving after dark if possible.
- Have a good rest before you embark on your journey.
- Take safety breaks every 2 hours or 200km. Rest, have an energy drink and continue once well rested.
- Do not drink and drive.
- Try to recognize potentially dangerous drivers on and

pedestrians alongside the road and keep well clear of them.

- Be visible - drive with your lights on.
- Headlights should be dipped well before an approaching vehicle is within the range of the main beam.
- Always wear your seat belt and see that everyone in the car is wearing theirs.
- Drive defensively.
- Stay within the speed limit at all times.
- Only overtake when it is absolutely safe to do so.
- Maintain at least a 2-second following distance - this distance should be increased at night, in foggy or rainy conditions and when the road is wet.
- Expect others to not be as obedient to the law as yourself.
- Avoid distractions on the road such as texting, conversations on cellular phones etc.
- Be courteous towards fellow road users - keep your temper and resist the temptation to retaliate.

BEACH SAFETY:

- Before entering the sea swimmers should take time to watch the waves and should avoid places where there is a strong backwash, obvious rip currents or a danger of being washed onto rocks.
- Check the weather and tides before you leave home - if the seas are too rough then you could get swept away.
- Only enter where the waves are straight and gentle.
- If you experience a strong current get out of the sea, or remain well within your depth.
- It is better to swim when the tide is rising as the sea will tend to wash you ashore and the backwash and rip currents are not so strong.
- Check with the lifeguard on surf conditions before swimming.
- Swim in designated areas supervised by lifeguards.
- If lifeguards give you directions or instructions from the stand, obey them. Look out for warning signs and flags:

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- Red flag means it's dangerous to swim.
- Red and yellow flag means lifeguards are on patrol and you should swim in the area between flags.
- Be considerate of other swimmers especially when surfing.
- Never swim while under the influence of liquor. Alcohol impairs judgement, and a drunk swimmer will tire more easily, increasing the chance of an accident.
- Avoid swimming immediately after a big meal, as there is a danger of getting cramps.
- Don't dive into shallow sea – there are many paraplegics who broke their necks diving into shallow pools.
- Don't swim in river mouths, dirty water or when bluebottles are present.
- Never swim alone – use the buddy system.
- Don't overestimate your swimming ability, especially early in the summer when the water is cold. Swimming ability is severely decreased in cold water.
- If you are confronted by a large wave and there is not enough time to get away from it, try to dive underneath the wave. Keep your body as low as possible until the wave passes over you. Timing is important, dive into the base of the wave just before it breaks. Do not dive if the water is too shallow – instead crouch and keep a low body profile.
- If caught in rip currents, relax and swim toward the shore at a 45-degree angle until you are free of the current.
- Do not try to swim ashore against the current – it will only tire you.
- If you are not able to swim out of the currents, call or wave for help.
- Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.
- If a child is missing, check the water first. Seconds count in preventing death or disability.
- Swimming aids such as water wings or noodles are fun toys for kids, but they should never be used in place of approved personal flotation devices.
- Be alert and steer clear of plant and animal life. Jellyfish, stingrays and other marine animals can cause painful stings or allergic reactions. Brushing up against certain types of seaweed or coral can result in painful scratches and scrapes.

EMERGENCY NUMBERS:

When you need assistance, kindly call the following numbers:

Police 10111

Fire 10177

HOW TO CONTACT KZN HEALTH EMERGENCY MEDICAL SERVICES (EMS):

KZN EMS can be contacted by dialling 10177

Advice to people when phoning any emergency number:

- Give full details of the reason for calling the emergency number (there has been a car accident etc.)
- Answer all the questions you are asked
- Do not exaggerate the extent of the emergency
- Do not hesitate to give a phone number that you can be contacted back on
- Provide clear and exact directions to where the emergency is



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COMMEMORATION OF WORLD AIDS DAY

World AIDS Day, designated on 01 December every year since 1988, is an international day dedicated to raising awareness of the AIDS pandemic caused by the spread of HIV infection.

It is also a day to mourn and remember those who have died from the disease. This year, the Province of KwaZulu-Natal commemorated World Aids Day at Dannhauser, Amajuba District.

Out of the country's 7,9 million people living with HIV, the higher number of them - 2,5 million - are

from KwaZulu-Natal – but only mathematical projection show that 1,9 million of them know their HIV status.

According to the Naomi HIV positivity modelling tool, the Province's current HIV positivity rate stands at 27,2% within the 15-49 age group.

This means the Province needs to double its efforts to fight HIV/AIDS stigma, improve access to treatment, as well as the retention of those who are on the Anti-Retroviral Treatment programme. Speaking during the commemoration of World AIDS Day

earlier this month, KZN Premier Ms Nomusa Dube said: "Unfortunately there are a lot of new infections in young people, particularly in women whom we think are the most vulnerable because of the socio-economic situation that they face in our province.

What we are doing as a government is to make it more accessible for women to pick up medication, and also more accessible for young people to get treatment at clinics."

KZN HEALTH CHAT SPOKE TO SOME OF THE PEOPLE WHO ATTENDED THE COMMEMORATION OF WORLD AIDS DAY, AND THIS IS WHAT THEY HAD TO SAY:

S'bongile Mbatha, from Umzinyathi: "I am the chairperson for PAN HIV at Dundee municipality. I am employed at the Gateway CCD clinic as a supervisor. I would advise the community to become more conscious of HIV/AIDS, get tested and to know their status. I have been on ARVs for 18 years, but I do not have any health problems. I am healthy like everyone else and I have kids.

What I always tell our community is that our youth should avoid abusing alcohol and not use drugs. I also advise them to use family planning methods, and avoid having unplanned babies.

It is also important to abstain, and always remember to protect yourself by using male and female condoms. I also encourage young people to focus on their education.



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Nomali Makhanda, from Dannhauser, Ward 5. “We have been given a lot of knowledge about HIV in schools, and also at clinics. Even if you are not there for HIV testing, you end up being advised to test so you can know your status, and how to protect yourself from getting it. I don’t think it is still a shock as it used to be back in the days.

I also don’t think people should take the disease as a death sentence, because if you take your treatment everyday as prescribed, without defaulting, you can have a long, healthy life.

I know someone who has been living with the disease for about 20 years now and she is healthy because she knows that she needs to take her medication on time and not default.



Sir Vuyani Nene, Nellies Farm Clinic. I would like to encourage all our men that testing is very important, as it helps to know your status. It is important because you get to choose the life you want to live, and also you get the assistance that you need.

Our youth is mostly infected with HIV and Aids because they don’t use any condoms to protect themselves. It is highly important that you protect yourself and also if you are infected take your medication. We also have medication that we call PrEP and PEP in the health sector.

PrEP is Pre-Exposure Prophylaxis, which protects those who are HIV negative from infection; as well as post-exposure prophylaxis (PEP), which is there to protect those who might already have been exposed to possible infection.



Siyabonga Nzimande, deputy chairperson of Civil Society in KwaZulu-Natal. “We work closely with the Provincial Council on HIV and AIDS where we get to make decisions with the government pertaining to the 2030 goals in ending HIV and AIDS in our lifetime.

We need to ensure that we equalize and integrate to end AIDS, meaning that we must include people with disabilities, youth etc. in order to accelerate the progress. Our research shows that at least 2500 young girls get infected within a period of 1 week.

The question then is how do we equalize? We have to bring these young girls and talk to them about solutions.

The other group that our program will focus on is the LGBTIQI+ community, especially gays, and people who use drugs to ensure that nobody is left behind.



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A FEW WISE DECISIONS CAN SAVE LIVES AND REDUCE THE WORKLOAD ON HEALTHCARE WORKERS, SAYS KZN HEALTH MEC MS. NOMAGUGU SIMELANE

- Sit down, take stock of your life, and make some changes this December;

- Don't drink and drive - use a designated driver or e-hailing service;

- Men have an equal role to play in family planning.

KwaZulu-Natal Health MEC Ms Nomagugu Simelane says the road to safe December holidays should start now – with a mindset shift as we go through the so-called “silly season.”

- Spare a thought for our healthcare workers and avoid unnecessary injury or death;

- Use family planning methods and prevent unwanted babies with names like **Velaphi**, “December” and “**Phutha Liyenzeka**”.

The MEC is pleading with residents and visitors to have a rethink about potentially fatal conduct such as drinking and driving and having unprotected sex, all in the name of “festive season fun.”

Speaking on the KZN Department of Health's weekly multimedia programme KZN Health Chat at Estcourt Hospital recently, MEC Simelane said: “We are saying people need to sit down, think about themselves, and see what aspects of their lives they need to bring under control.

“We're pleading with the public... let us have fun responsibly. Let's have fun in a guarded way. Let's not go overboard. Let's not abuse alcohol. Those who drink must do so within a limit; and those who don't drink, now is not the time to start.”

MEC Simelane says drinking and driving should be a “No-No!” for everyone and, in order to stay alive, revelers attending year-end parties or enjoying themselves at trendy restaurants, should consider using a designated driver system, or e-hailing transport services.

“To those who drink, you can have a designated driver - the person who won't be drinking on the night. To those who go partying together, do not allow a drunk person to drive you back home, because this is your life, and you will die.

“Let us protect ourselves, and behave responsibly, because when you drive while under the influence of alcohol, there's a very high possibility that you might harm not only yourself, but us who don't drink... who are not in the car with you, and were not drinking with you. So, your actions might end up affecting many families.

“When such incidents happen, it affects us severely as the Department of Health, because we end up with full beds and a heavier workload on our healthcare professionals, just because someone decided to drink and get on the road.”

The MEC also called on the public to seek alternative dispute resolution methods rather than resorting to confrontations, acts of road rage and fights, as these could easily turn deadly.

“Let's not fight and harm each other because then people start dying, and many of them end up in our casualty wards with stabbings and gunshot wounds. All of that is usually as a result of drinking overboard, so we are pleading with fellow compatriots not to do that. Let's have fun within limitations, so that we're all still around to usher in the new year.”

MEC Simelane also appealed to the public to be mindful of the consequences of unprotected sex, which could give rise to unplanned and unwanted pregnancy; sexually-transmitted infections (including HIV

and syphilis).

She says reckless sexually behaviour could give rise to babies with names like “Velaphi!” (Where did he come from!); “December”; and Phutha Liyenzeka (A Mistake Happens).

“As a Department, we now offer both male and female condoms, free of charge. Each and every individual has the responsibility to protect themselves, because our labour wards tend to be busiest during September, which means the babies were conceived in December.

We shouldn't have a situation where people fall pregnant ‘by mistake’ and have children with those kinds of names just because we got carried away during December.

“Men and boys have an equal responsibility to avoid impregnating their partners, because the excuse that you ‘got carried away by fun’ just because it's December, won't cut it.

“If you're planning to have a child, then well and good. That means you're an organized person. But let's not have babies we haven't planned for.

“To young people, if you've managed to abstain from sex, keep it that way. Continue taking charge of your life, because, really, there's no need to rush. The right time will come.

“To those who've started, please protect yourselves. You still have your whole long life ahead of you, and you need to make the most of it.”

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COMMUNITY VOICES ON THE 16 DAYS OF ACTIVISM CAMPAIGN



Thobani Mbunjwa

Q: When one talks about the 16 days of activism against gender based violence what does it mean to you as a South African?

A: This tells me that in these days and also moving forward one will need to self-educate and also educate the people around them about ways to protect our women and children.

Q: Do you feel that our government is doing their best towards this awareness/campaign?

A: Personally I feel that our government hasn't reached its full potential in fighting GBV and violence against women and children.



Luthando Ngcobo

Q: When one talks about the 16 days of activism against gender based violence what does it mean to you as a South African?

A: As an individual I would say the importance in life is that before anything else we should know that our children and women are our responsibility first, we need to love and protect our own.

Q: Do you feel that our government is doing their best towards this awareness/campaign?

A: I think that we shouldn't have the government to blame but as a community we really need to learn to protect our own.

Whenever the government has campaigns that help educate us in protecting our women and children and fighting against GBV.

That to us should be an additional form of help from what we as the community are already fighting.



Sindiswa Nzama

Q: When one talks about the 16 days of activism against gender based violence what does it mean to you as a South African?

A: This is a difficult one to answer because as much as we all know about the campaign, people just don't listen and being in an abusive relationship is hard for one to actually come out of because love can be so complicated. People who get abused tend to have hoped that their abuser will change.

So, when such campaigns are done, it actually empowers us women, but with all of that we still lack courage to actually leave an abusive place.

Q: Do you think the 16 Days of Activism campaign is effective?

A: Yes. It reassures us that our lives matter, that we must be protected and that a safe environment must be created where we can run to in times of trouble.

This is a support system that we might not be getting from home, where you're not judged or criticized. It also gives us the platform to be able to unmask our pain, stand together and fight back.



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UNDERSTANDING DIABETES: GET SCREENED AND TESTED FOR DIABETES MELLITUS AND LIVE A HEALTHY LIFE

WHAT IS DIABETES?

Diabetes (often called sugar diabetes) is a condition where a person has high blood sugar (glucose) level in the body. You develop diabetes when your body doesn't produce enough insulin. Without insulin your body cannot get the energy it needs from your food. Normally, a gland called the pancreas makes insulin which carries the sugar in the blood into the cells. In diabetes, the pancreas fails to supply enough insulin, or the insulin doesn't work properly.

There are two major types of diabetes: **Type I**, commonly called juvenile diabetes, and **Type II**, commonly called adult on-set diabetes. Both have similar symptoms but very different causes.

Type I diabetes, usually diagnosed in childhood, is a disease whereby the body's own immune system attacks and kills the cells in the pancreas which produce insulin, leaving a person's body without insulin, and unable to regulate its blood sugar levels.

Type II diabetes is a disease that results when the body's cells become resistant to insulin. In Type II diabetes, unlike in Type I, insulin is still produced by the body; it just isn't used appropriately.

HOW WOULD I FEEL OR KNOW IF I HAVE DIABETES? WHO IS AT RISK?

Anyone, anywhere, at any age can get diabetes. Being overweight and having a family history of diabetes increase the risk.

HOW IS DIABETES TREATED?

Depending on the type and severity of the diabetes, either:

- with diet plus exercise,
- or diet, exercise and medication.

Medication may be insulin injections or tablets, or both.

The good news is that having diabetes does not mean the end of a normal healthy life. You need to accept that you have the condition and then learn how to manage it.

SYMPTOMS OF DIABETES:

- Urinate (pee) a lot, often at night
- Are very thirsty
- Lose weight without trying
- Are very hungry
- Have blurry vision
- Have numb or tingling hands or feet



- Feel very tired
- Have very dry skin
- Have sores that heal slowly
- Have more infections than usual

Management and control of blood sugar is very important as it prevents or reduces the risk of developing the complications of the disease. The abnormally high blood sugar levels (hyperglycaemia) can cause kidney, eye, heart, blood vessel, and other diseases.

Without proper management it can lead to heart and kidney disease, blindness and amputation. It is important to consult a Dietitian when diagnosed with Diabetes.

THE ROLE OF FOOD:

A healthy diet is the foundation for good blood sugar control in any type of diabetes, even without medication in some cases. Whether you are being treated with insulin injections or tablets, you still need to follow a sensible diet.

The so-called "**diabetic diet**" is not in fact a diet, but rather a healthy eating plan which can, and should be followed by the whole family.

Keeping to a healthy food intake not only controls blood glucose levels (and so delays the onset of diabetic complications) but also helps to maintain body weight and prevent heart disease.

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POSITIVITY AND EMBRACING DISABILITY, DOH EMPLOYEES TELL THEIR STORIES

The month of November is also known as Disability Month, which brings into sharp focus various issues about living with disability, in order to drive awareness.

The Kwa-Zulu Natal Department of Health has a sizable number of disabled employees who are gainfully employed. KZN Health Chat Bulletin spoke to a few of them at Head Office.



My name is Phumelele Masango, I was born and bred in Durban.

I was born with a condition that caused my bones to be less than strong, I am therefore suitably defined as paraplegic, and I use a wheelchair full time. I attended boarding school both in primary and secondary education.

This was not mine or my parents' first choice. However, it was convenient for someone in my condition. Looking back, it was good for me, as it taught me independence at a significantly young age. I then went to the University of Kwa-Zulu Natal's Howard College and studied Psychology. I would define myself as very independent, friendly, driven, always willing to help and I dare say intelligent. I hope this is exactly the experience of the people who are closest to me.

One of the negatives about having a visible impairment is that people see it first before they see me. The connotations of what that means follow suit, a perception that I am dependent, less intelligent; definitely lack formal education and am totally disconnected from my surroundings and that I possess some super artistic skill with my hands.

This is actually funny since I do not have any of such talents; I am not artistically inclined at all. I however enjoy good food which I also very much enjoy making. As a result, the kitchen is a good space for me, anytime. I remember when I was at university; someone asked me if I have matric. I could not believe it, no one gains entrance to that level of education without a matric certificate. This question highlighted to me that people really do think less of people who look different from

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them.

I have been working for the Department of Health Head Office as a Wellness practitioner from 2012. I enjoy my job. It can be challenging, but very rewarding. I believe since I work around people they know now that people with impairments are as capable as others.

I wish people understood that I am a normal human being; I do what is right and can err sometimes, simply because I am human. This impairment does not have anything to do with that. It confuses me that people relate every part of my human experience to my condition.

If I had a conversation with someone with whatever type of impairment, I

would say they should live their life the way they see fit. I would advise that they should never let anyone define who they are, and protect everything they know is good about them.

If they want to fall in love, get married, study more or work far from home, whatever is their need, they should do it. We will all account at the end of it all only to God and not to any human being.

My view is that the main challenge faced in the country now is the extreme shortage of accessible infrastructure for people with physical impairments. There are still inaccessible buildings, streets and most frustrating lack of suitable transportation.

The use of ordinary public transport is a major challenge. Society and communities need to have empathy about such and other related challenges. Assisting with taxi boarding in crowded areas as taxi ranks or a push up a steep ramp is good.

It would be wonderful if people asked if one needs assistance instead of assuming they will be angry if they are helped. This is definitely a misconception.

Lastly, I would say kindness to everyone is a need and should not be a preference.



My name is Sandile Mthembu, I was born and bred at Mandeni, iLembe District. I am not ashamed about my disability. I would describe myself as

a hard worker: a driven, independent, open and honest person who doesn't believe in misleading other people and tries to be fair in everything I do. I'm passionate about my work and I know how to get the job done.

My disability doesn't make me to stop fighting. People should understand that being disabled doesn't mean you are not able to do certain things for yourself. For instance, I drive a manual car, yet one would not expect that.

This is a clear indication that we as disabled people can do anything and can achieve the things that "normal" people achieve or even more. I am a hard-working and driven individual who isn't afraid to face challenges.

Disability is a norm for some people. It is alienating and marginalizing to classify someone as "abnormal." Having a disability doesn't make someone a hero, a Saint, a victim, a burden or a soldier. This type of exaggeration gets in the way of having authentic relationships with people with disabilities.

Make sure that you dream for your bright future and don't allow other people to discourage you.

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ALL YOU NEED TO KNOW ABOUT RADIOGRAPHY

World Radiography Day is celebrated on the 8th of November each year worldwide to honor and celebrate the discovery of x-rays (x-radiation). X-rays were discovered by German scientist Wilhem Conrad Rontgen.

The term radiography is a combination of two terms, namely: Radio- and -graph(y). Radio - refers to the use of high energy commonly known as radiation that is produced by radioactive materials. The term -graph(y) refers to a photo/image/sketch.

Radiography is a medical diagnostic career that uses specialized machinery to examine different anatomical parts of the body using either: x-rays, gamma rays, radio isotopes, and magnetic resonance and ultrasound waves. The latent images are then acquired and recorded on a sensitized surface such as a film or imaging plate, and are then processed to display an image which is referred to as a radiograph.

It is an important part of the medical field as it aids in imaging certain abnormalities in anatomical parts and that is why it is often referred to as “The Eye of Medicine.”

THE ASPECTS OF RADIOGRAPHY

There are four main aspects of radiography, and they are:

Diagnostic Radiography: Takes plain x-rays of patients using radiation. It also entails enhanced scans such as:

- CT scans which are normally used for brain scans,
- Angiography which is imaging of blood vessels,
- Mammograms which is breast imaging, and
- Magnetic resonance imaging (MRI) which examines the brain and nerves mostly.

Diagnostic radiography is the most known aspect of radiography.

1. Radiotherapy (Radiation therapy): This aspect uses gamma rays to treat and kill tumors and cancers.
2. Ultrasound: Uses sound waves to create images. This is the only aspect of radiography that doesn't utilize radiation.
3. Nuclear medicine: It is commonly known as radionuclide scans. It uses radio isotopes to diagnose illnesses.

LEVEL OF CARE WHERE IT IS FOUND

Radiology departments play a huge role in the healthcare sector and are thus a necessity in every healthcare institution; however due to limited resources (finance, personnel or environmental challenges) they are not available in all healthcare institutions.

These departments are normally found and accessed in some community health centers (CHC's), hospitals, industrial factories and in some government mortuaries.

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TOGETHER**

 KwaZulu-Natal Department of Health

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FESTIVE READINESS

New month, new season

Always be **vigilant** during the festive season.



We all use the month of December to celebrate the year that was, reflecting on both the good and bad times. But we also take the time to consider the things we have achieved or still want to achieve the following year, and also what we intend to leave behind. The weather is much warmer at this time of the year, which means it's time to head outdoors and enjoy the best of what our province has to offer.

Festive Season Tips

When partying, refrain from driving if you've been drinking alcohol.

You can call a cab or e-hailing service, or use a designated driver.

Don't leave your drink/s unattended, as doing so might leave you vulnerable to "date rape drugs" being used against you.

Keep your phone location turned on all the times so that you may be easy to locate, in case of emergency.

When engaging in sexual activities always use protection – better yet, you can use dual protection (condoms and contraceptives).

As we are about to enter the festive season, get tested, know your status so that you can take charge of your health and your life.

Before deciding on your next session of fun, always check the weather conditions prior to leaving the house, so you're always dressed appropriately.

Nothing says festivities more than being surrounded by family, friends, good music and great food, but let's be cautious and vigilant during the festive season.

**NO DRINKING
& DRIVING**



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KWAZULU-NATAL PROVINCE

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