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FEBRUARY • 2015

LIFELONG ART FOR HIV+ PREGNANT WOMEN...



Saving more lives, bringing more hope

Health features ● News ● Comic

And
more
inside!



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“My birth control + his condoms”

If you're having sex, use BOTH to help prevent pregnancy, HIV & STIs



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Message from... KZN Health MEC, Dr Sibongiseni Dhlomo



FEBRUARY MARKS HEALTHY LIFESTYLES Awareness Month in the health calendar, which is an opportunity to do something meaningful to change our lifestyles for the better. Things like regular physical exercise, keeping a balanced diet and not smoking or drinking has the potential to reduce the number of people affected by non-communicable diseases such as diabetes, cancer, heart disease and stroke, among others.

EARLIER THIS MONTH, on February 4, we also commemorated World Cancer Day. I would like to stress the importance for all of us to assume a positive and proactive stance in the fight against cancer, considering that solutions exist and these are usually within our reach. Early detection of cancer is possible through regular health screening at least once a year. When detected early enough, cancer treatment and care can be effective.

WE ARE ALSO HEARTENED by the rising numbers of people who have been circumcised through our Medical Male Circumcision (MMC) drive. MMC reduces the risk of HIV infection by 60 and reduces the transmission of cancer of the cervix for females which goes a long way in promoting a healthy generation of youth.

THIS MONTH ALSO MARKS Reproductive Health Month defined by the World Health Organisation as a state whereby... “people are able to have a responsible, satisfying and safe sex life and that they have the capability to reproduce and the freedom to decide if, when and how often to do so.” In order to fully exercise our rights to Reproductive Health, we must always be fully in charge of our health in general, and our sexual health in particular. The South African

government offers FREE condoms, FREE Medical Male Circumcision and FREE contraceptives, all of which are designed to offer you the best choice and protection against sexual diseases.

AS THE KWAZULU-NATAL DEPARTMENT OF HEALTH, we are embarking on a massive awareness campaign to promote the importance of Dual Protection when it comes to sex. But this campaign will only work if all of us take responsibility for our actions. We will be visiting institutions of higher learning in various parts of the province and we will also ensure there are messages on the radio as well as other information available in your health facility reiterating this important message of dual protection. We are saying whether you are a circumcised man or a woman on contraceptives, make condoms a non-negotiable. Medical Male Circumcision lessens the chances of HIV and Sexual Transmitted infections (STI's) by 60 percent. And contraceptives only protect against pregnancy. But you can still get HIV or Sexually Transmitted Infections if you do not use condoms.

MANY COUPLES BEGIN BY USING CONDOMS, but after a period of time, when they feel that they trust each other, they stop using condoms. Unfortunately, trust has little to do with whether a partner is already infected with an STI. If either you or your partner has ever been with another partner, there is a possibility that one of you may be infected with an STI. It is best to continue to use dual protection until you have both been tested. **DUAL PROTECTION IS THE ONLY ANSWER** and it starts with you taking responsibility for your own health.

God bless!

inside



STI AWARENESS



EAT TO SLEEP



SURVIVING SEXUAL ABUSE



CANCER PREVENTION

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Your suggestions and comments are welcome, and if you have been impressed by a health worker who provided an outstanding service, let us know and we will feature them! CONTACT US on 031 562 9803, write to us on PO Box 25439, Gateway 4321 or email editor@ezempilohealthmatters.co.za

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SAFE SEX IS BEST... USE A CONDOM

Panel 1: I respect my woman's decision not to have sex without a condom

Panel 2: Ha! You're foolish for listening to your woman. I prefer to have sex without a condom.

Panel 3: It's irresponsible to have sex without a condom. A condom protects both man and woman against sexual diseases and prevents pregnancy especially when you're not ready to take care of a baby.

Panel 4: I respect my man because he respects my sexual choices. No condom, no sex!

Panel 5: Real men use condoms. What about you?

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FEBRUARY IS REPRODUCTIVE HEALTH MONTH

Focus on female contraception

With a high number of teenage girls falling pregnant, the Department of Health has taken the initiative and rolled out a female contraception called Implanon which is used for birth control. KZN Health MEC, Dr Sibongiseni Dhlomo answers your concerns around the recently introduced method:



1 What is IMPLANON?
Implanon is a hormone implant used for birth control. It's a plastic rod, the size of a matchstick.

2 How does it work?
Your doctor (or nurse) inserts the rod into your arm through the use of a needle. The applicator releases the Implanon rod into your arm and the needle is removed. The rod remains in your arm for up to 3 years, but can be removed at any time.

3 Are there any side effects? As with any other contraceptive, Implanon has certain side effects which although rare, affect up to one in ten women. These include:

- * A change in your normal menstrual bleeding pattern.
- * Longer or shorter bleeding during your periods or no bleeding at all.
- * Also watch out for headaches, breast pain, weight gain and dizziness.

4 How well does it work? Implanon is over 99% effective for preventing pregnancy. But as a Department, we strongly encourage people to use dual protection. In other words, Implanon must always be used in conjunction with Condoms.

5 What are the advantages? Once the rod is inserted, you don't have to worry about getting pregnant nor remember to take daily preventative measures (like with the pill) Implanon rods are reversible, which means that once the rod is removed you can become pregnant again.

6 Does Implanon protect against HIV? No, Implanon does not protect against STIs or HIV transmission. That is why we strongly encourage dual protection which is to use Implanon and condoms.

7 Can a person stop using Implanon before the three years? Yes. They simply need to go to the health care facility where they had the device inserted or to any public health care facility, to have it removed. It can be removed at any time.

8 Who should avoid using Implanon? If you are pregnant or think you may be pregnant; have or have had serious blood clots; have liver disease or a liver tumor; have unexplained vaginal bleeding; have breast cancer or any other cancer that is sensitive to progestin (a female hormone), now or in the past. If any of these symptoms persist, then users should contact their doctors or health workers before considering Implanon.

KNOW YOUR OPTIONS. CONSIDER YOUR HEALTH!



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Sexually transmitted infections

Are you at risk?

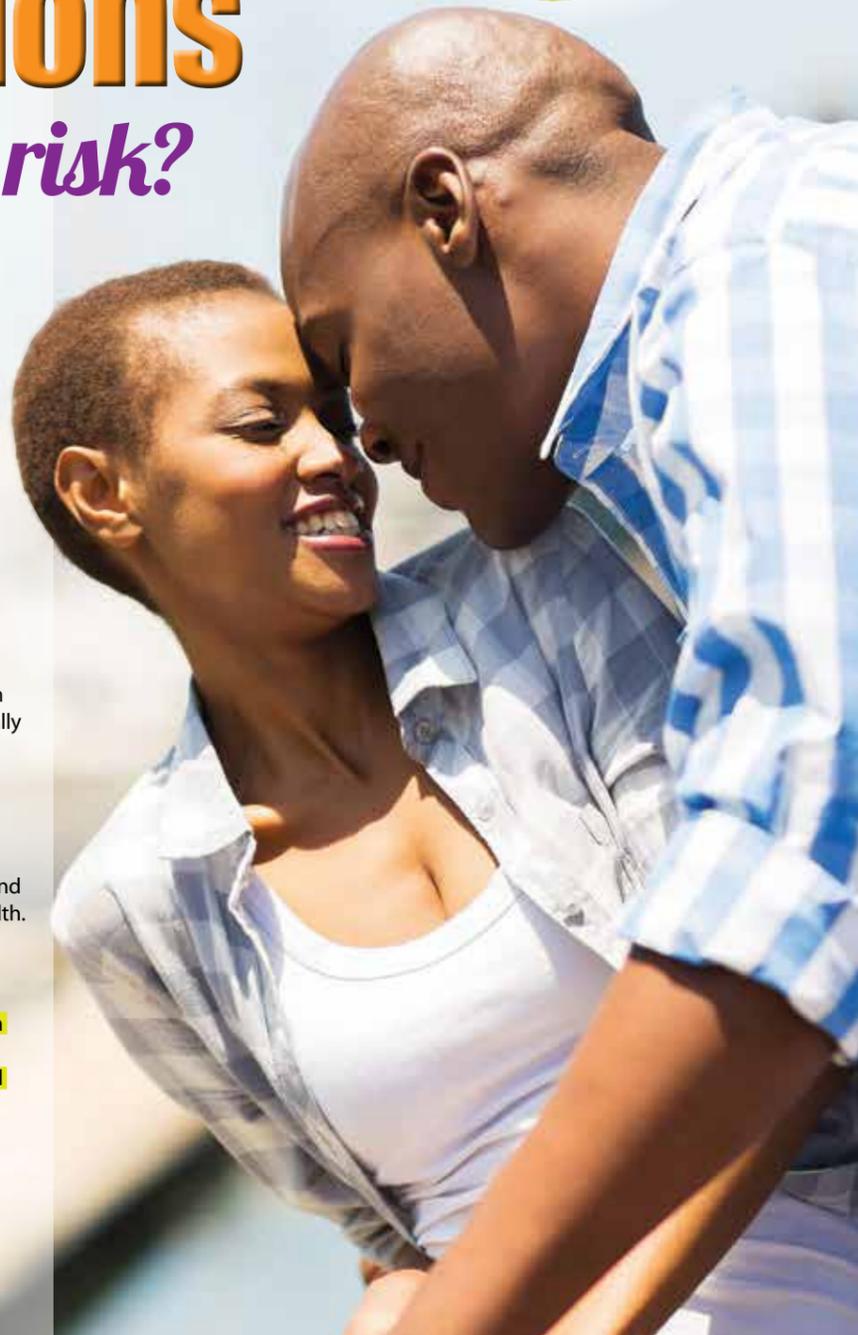
The KwaZulu-Natal Department of Health is launching an awareness campaign to promote Dual Protection as a way to reduce the spread of sexual diseases.

What is dual protection?

It's contraception which calls on not just men but also women to protect themselves sexually through female contraception methods like Implanon. The Department will roll out its awareness drive across higher learning educational institutions in the province from next month as part of a message to young people to make responsible sexual choices and promote more informative reproductive health.

"We currently have an Epidemic of STIs and HIV in South Africa. No fewer than 11 million treatable STIs occur annually in South Africa and 1 in 4 women attending antenatal clinic is HIV infected," explained Dr Dhlomo.

11 MILLION ARE INFECTED WITH A STI EVERY YEAR IN SA



Reducing teenage pregnancy

With more teenage girls falling pregnant each year, the drive is to also ensure teenagers understand the risks and consequences of pregnancy and reckless sexual behaviour. "One million babies are born each year in South Africa, 8% – that is 80 000 – are delivered by teen mothers. These young women, when they are pregnant, also have a much higher chance of dying from pregnancy-related hypertension. Furthermore, very few teenagers who fall pregnant while they are in school go back to finish their studies which impacts on their future prospects. If you consider that approximately 50% of pregnancies worldwide are unwanted and unplanned, then you realise that the need for intervention has never been greater.

The use of contraception by young women and young girls will give them an opportunity to complete their schooling and become breadwinners in their families. They will bear children once they are ready and not a moment sooner. It is their human right," added Dr Dhlomo.

Reckless sex is not about trust

Many young people today start out their sexual relationships using condoms. But, as time passes, many feel they can trust each other and believe that they don't need to use condoms, which is when many of the problems start. Couples often then find out that one has been sleeping around or that the other person had a sexual infection but failed to disclose this. The best way to avoid this, is simply to know yours and your partner's HIV status and to get tested regularly for sexual infections - and to continue using dual protection to make sure you don't risk your health until it's too late!

"Dual protection is recommended for prevention of unwanted pregnancies and protection against sexually transmitted infections, including HIV. The Department advises all the people of KwaZulu-Natal who are sexually active to practice Dual Protection by using a male or female condom and contraceptives at the same time, all the time. Whether you are a circumcised man or a woman who is on contraceptives, the Dual Protection approach is the best protection," says Dr Dhlomo.

How HIV services have made a difference to youth

Since the launch of HIV Counselling and Treatment in 2010, the Department of Health in KZN has managed to screen more than 2.5 million people under the theme "Hlola, Manje, Zivikele"; "First Things First" as well as the "Graduate Alive" campaigns for mainly Tertiary Institutions. This means reducing the risk, providing education and awareness and creating a platform for young people to make the right sexual choices!

STIs are preventable, don't wait!

Most STIs are preventable and treatable. Early access to care helps prevent further transmission to partners and from mother-to-child, acquisition of additional STIs, and decreases the risk of complications.

Knowing your status and encouraging your partner to know their means you are both entering the relationship responsibly and aware of the risks involved in the choices you make.

"We firmly believe that by creating awareness about the importance of Dual Protection and getting people, especially the youth, to change their attitudes about sexual behaviour, this will go a long way towards creating an AIDS-free generation one day," – Dr Sibongiseni Dhlomo

TIPS TO REDUCE YOUR RISK OF STIs



COMMUNICATE

Talk with your partner about STIs, sexual health, and prevention prior to sexual activity. Also, don't be afraid to talk honestly with your healthcare provider about your sexual practices or to ask about STI tests.



GET TESTED

You can't rely on symptoms to know whether you have an STI - many STIs have no symptoms. Also, some STIs may not be detectable through testing for anywhere from a few weeks to a few months, so talk to your healthcare provider about the right time to get tested.



LIMIT YOUR NUMBER OF SEXUAL PARTNERS

If you are going to have sex, have it with just one person and ask about his or her sexual history. The fewer partners you have, the less chance you will get an STI.



PROTECT YOURSELF

Condoms work well in stopping most STIs from being passed from an infected partner to another if they are used correctly every time a person has oral, vaginal or anal sex. Dual protection offers an even better chance, which means women also need to use protection.



AVOID ALCOHOL AND DRUG USE

Avoiding alcohol and recreational drug use reduces the risk of contracting an STI, having an unwanted pregnancy, or being forced to have sex. Alcohol and drug use reduces our ability to make good decisions. It may also make us more likely to participate in an activity without giving full consent.



SAID NO & MEAN IT!

Saying NO to sex without a condom is your right and if anyone refuses to accept that, then they are refusing to respect your rights as a person.

Be a proud African woman and say NO to sex without a condom!

Dual protection is the BEST protection



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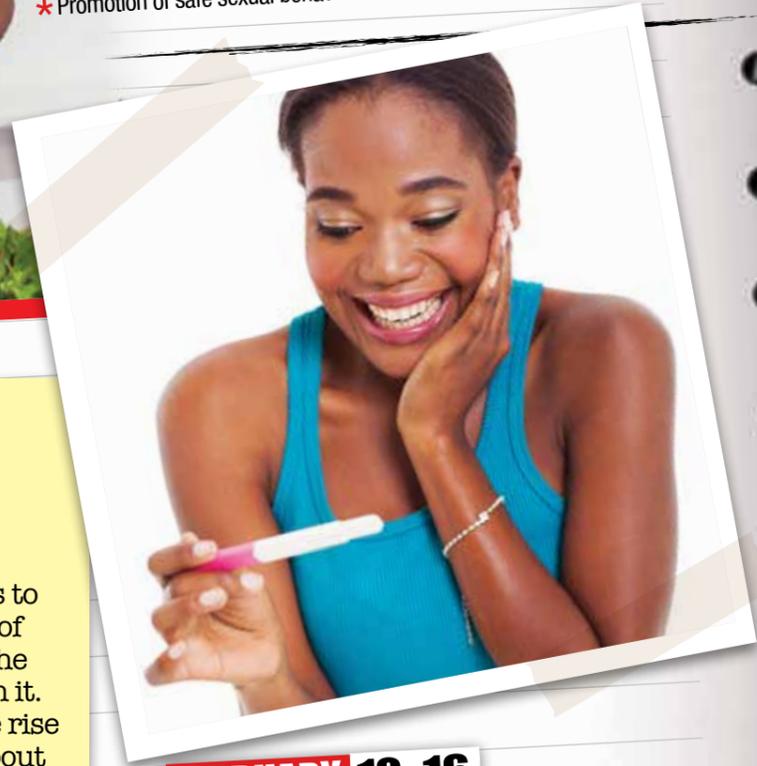
FEBRUARY



National Healthy Lifestyle Awareness Month

February has been declared lifestyle awareness month which is government's way of ensuring that all South Africans take note of their eating and lifestyle habits. Far too many South Africans are becoming overweight, and this month is used to encourage everyone to take part in five key elements of the healthy lifestyle campaign which are:

- * Promotion of good nutrition and exercise
- * Tobacco control
- * Interventions against alcohol and substance abuse
- * Promotion of safe sexual behavior



FEBRUARY 10-16

Pregnancy Awareness Week

The Department of Health uses Pregnancy Awareness Week to strengthen pregnancy education and stress important issues that promote healthy pregnancy and safe motherhood, especially early booking at the clinic. Pregnant women should start attending antenatal care as soon as they suspect that they are pregnant and certainly within their first trimester. It helps protect you and your baby against complications later on.

Reproductive Health Month

The aim of this campaign is to highlight the importance of reproductive health and the responsibilities that go with it. Teenage pregnancy is on the rise and educating teenagers about being responsible with their sexual health begins at home. Maternal deaths can be reduced by booking early with your clinic within three months of falling pregnant and ensuring that you keep to your appointments. Responsible sexual health will make a difference to future generations, and it begins now!



FEBRUARY 10-16
Condom/STI Week

Sexually transmitted infections (STIs) are a major cause for concern, even though most of the infections can be cured. The fear of being stigmatised is one of the many reasons why people don't visit clinics for treatment and this week is aimed not only at reducing the spread of STI but also the spread of HIV/AIDS.

4 World Cancer Day

World Cancer Day is used to raise awareness of the impact of cancer and to increase our understanding of prevention, detection, treatment and care. It's a reality; cancer is a leading cause of death worldwide. The good news is that there is a lot of progress in medicine to deal with cancer, and it is no longer a death sentence, the sooner it is detected, the better your chance of beating it, so go for regular checkups!



9 International Epilepsy Day



Every year National Epilepsy Week raises awareness about this neurological condition, which is characterised by unusual electrical activity in the brain. Even though it is the most common neurological condition in the world, it is still very much misunderstood. Although South Africa has ratified international treaties, established various policies and guidelines and recognised the right to non-discrimination on the basis of disability in the Constitution, the rights of people with epilepsy are frequently

- violated in domestic, community and employment contexts.
- * Epilepsy affects 1 out of 100 people in South Africa, with 50 million people living with epilepsy globally.
- * Up to 80% of people will have their epilepsy controlled by medication. One in twenty people have a seizure at some time in their lives.
- * Epilepsy is a neurological condition that is characterised by unusual electrical activity in the brain, causing unprovoked seizures.

KZN HEALTH



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NEWS

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LIFELONG ART FOR PREGNANT WOMEN

ALL HIV POSITIVE PREGNANT WOMEN will now receive lifelong antiretroviral treatment (ART) regardless of their CD4 count, under a new health policy which started last month. Under the new rules, announced by Health Minister Aaron Motsoaledi last year, all other HIV+ patients will also receive lifelong ART once their CD4 count drops to 500.

With more than 220,000 patients receiving HIV treatment in KwaZulu-Natal - the highest in the world, KZN Health HOD, Dr Sibongile Zungu, has appealed for people in the province to be patient as the

Department deals with the demand for ART under the new policy. "Our health facilities will be overwhelmed by the initial large numbers of patients wanting this service immediately. We therefore appeal to patients to be understanding during this time to ensure we are able to satisfy the demand from all those requiring the service. Patients should also come forward and communicate any problems they experience at any of our health facilities so that we can intervene and resolve these challenges speedily," says Dr Zungu.

171 New therapists bring health care to KZN

DENTISTS, PHYSIOTHERAPISTS, Occupational Therapists and Speech Therapists are among a group of newly qualified health professionals who started working at state health facilities across the province this month.

Welcoming the new recruits, KZN Health MEC, Dr Sibongiseni Dhlomo, said the group would be spending 60% of their time doing community work and 40% of their time working within the hospitals.

"This is in line with the United Nations Convention on the Rights of Persons with Disabilities (UNCPRD) article 26 where it is stated that the provision of rehabilitation should be offered as close as possible to where people live. It also helps at improving accessibility and making health services affordable to our people wherever they are," explains Dr Dhlomo.

The extra skills will be used to provide much needed health care expertise servicing mainly rural hospitals which lack such specialised care. These include: Bethesda Hospital, Hlabisa, Manguzi, Mosvold and Mseleni Hospitals which will receive the following allocation of therapists:

- * 2 Physiotherapists
- * 2 Occupational Therapists
- * 1 Audiologist



"We are trying to ensure that our patients... get a full package of services locally."

In addition, three out of the thirty Dentists will be serving at UMkhanyakude District in Manguzi, Hlabisa and Mseleni hospitals. "With this allocation we are trying by all means to ensure that our patients who visit healthcare institutions, including those in rural areas, get a full

package of services locally. We have also ensured the comfort of both the therapists and dentists by providing accommodation and a Rural Allowance, as we eventually wish to retain them upon completion of their Community Service," added Dr Dhlomo.

Taking health services to hostels

KZN HEALTH HEAD OF DEPARTMENT, Dr Sibongile Zungu, has thanked the community of KwaMashu for being proactive in taking advantage of the health care services offered to them.

During a visit to the hostels in the area, Dr Zungu accompanied a KZN Health team who performed medical male circumcisions on young men and boys, as well HIV Counselling and Testing, treatment of minor illnesses,

reproductive health, eye testing, oral health and rehabilitative care.

"We are encouraged by the warm reception by residents of KwaMashu Hostel, and how interested they are in their own health and the health of others. The support and co-operation which they have shown is a strong sign of social cohesion that needs to be encouraged as it can go a long way towards realising the dream of an HIV-free generation. As we are aware of the link between HIV, Aids and TB and how these diseases have affected communities, their co-operation with

the Department is pivotal and encouraging because the Department cannot win this war alone," said Dr Zungu.

The two-day KwaMashu event, which was held at Mbelebeleni Royal Palace was aimed at bringing health services to the people and saw more than 1500 KwaMashu hostel dwellers attend the free health care services on offer.

"Medical Male Circumcision lessens the chances of HIV and Sexually Transmitted infections by 60 percent. And contraceptives only protect against pregnancy. BUT you can still get HIV or Sexually Transmitted Infections if you do not use protection. It is therefore best to continue to use dual protection until you have both been tested. Therefore, Dual Protection is the only answer," added Zungu.

"The support...can go a long way towards realising the dream of an HIV-free generation."

Foods to avoid eating at night...

A good night's sleep is important to function at your best at school and work. South Africans love eating at night while watching TV – which explains our growing obesity rates, especially amongst children. So, why not take action one step at a time. Combine a healthy lifestyle and regular exercise with wise choices for those night time 'snacks'.

Do you struggle to focus at school or work?

USE THE FOLLOWING HELPFUL GUIDE TO CHOOSE WHICH FOODS TO AVOID FEEDING THE FAMILY AT NIGHT – ESPECIALLY SCHOOL-GOING CHILDREN WHO NEED TO BE UP BRIGHT AND EARLY:



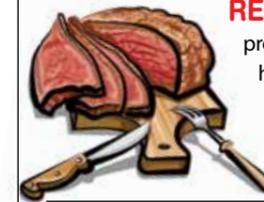
ICE CREAM Ice cream is loaded with fat, so you're not giving your body a chance to burn any of it before bed – and all that sugar just pumps your body full of energy before bed. It's also been discovered that eating high-sugar foods before bed causes nightmares, so while the taste might be calming, don't expect a peaceful night's sleep!



CHOCOLATE We all love chocolate! But if you want a good night's sleep, stay away from it before bed. Why? Because chocolate is a source of caffeine, which is known to wake you up. Almost all chocolate contains some caffeine, plus it's loaded with stimulants which make your heart race a little bit. Dark chocolate has a higher cocoa content and more caffeine.



PASTA Pasta is a fast and easy food to prepare before bed, but its straight carbohydrates which means it turns straight into fat. Also, most pasta has a high glycemic index, which means it increases your sugar levels, keeping you up at night.



RED MEAT Red meat is loaded with proteins and fats that will keep your body hard at work throughout the night. Meat takes time to digest which means your body will be working hard at night to do this, keeping you up in the process!



SWEETS If nightmares disturb your sleep, you should definitely stay away from sweets at night. A recent study has shown that 7 out of 10 people who eat junk foods like sweets before bed are more likely to have nightmares. This is because the high levels of sugar create more nightmarish brain waves which disturb your sleep patterns.



PIZZA The layer of tomato sauce on pizza is high in acid which means more heartburn. One slice isn't the end of the world, but when's the last time you stopped at one slice?

...and what to eat for a peaceful sleep



BANANAS They are practically a sleeping pill in a peel. Bananas contain magnesium, which relaxes your muscles giving you a better night's sleep. Try having one with some peanut butter too!



POTATOES A small baked potato clears away acids that can interfere with your body's ability to shut down for the night. To increase the calming effect, mash it with warm milk.



WARM MILK So gogo always advised you to have a cup of warm milk and honey before bed? She's right. Milk has amino acids and calcium which are all good for the brain and has a calming effect, allowing your body to prepare for the night.



WHOLE WHEAT BREAD If you must have toast at night, try choosing whole wheat bread instead. A slice of toast with your tea and honey will send signals to your brain that it is 'time to sleep' which is exactly what you need at night!



ALMONDS These nuts contain chemicals called tryptophan and magnesium for calming and relaxing the body.



OATMEAL Oats are a rich source of sleep – and a small bowl of warm cereal is filling too. Just don't have commercial sugar cereals which are loaded with sugar!

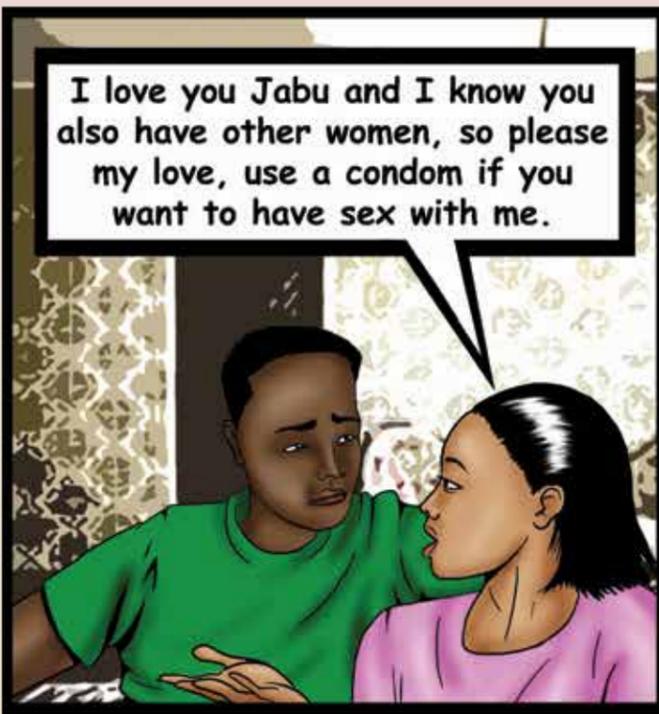


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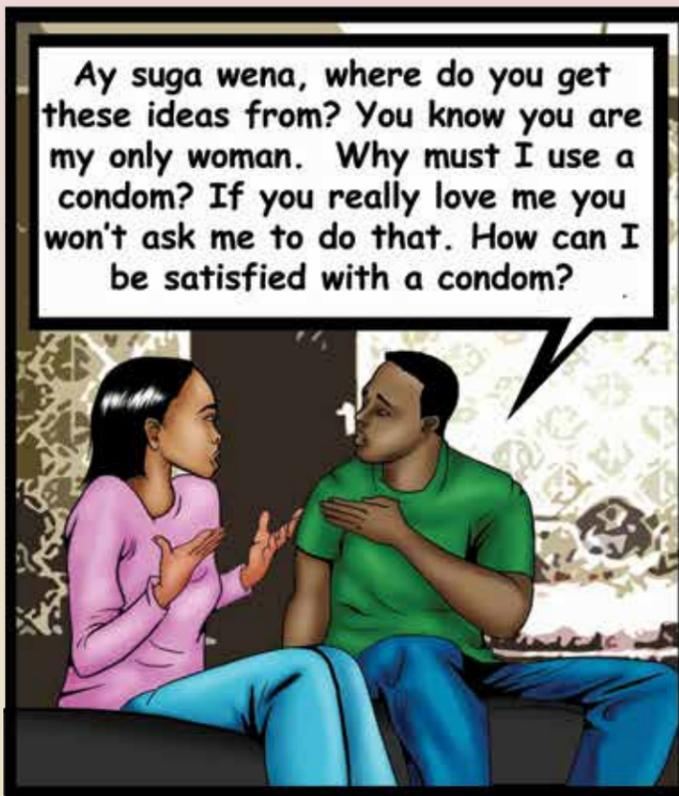
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SAFE SEX IS THE BEST SEX ...USE A CONDOM



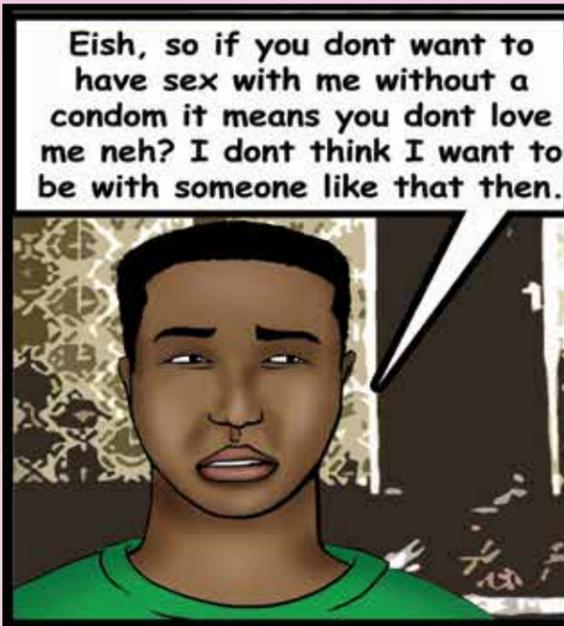
I love you Jabu and I know you also have other women, so please my love, use a condom if you want to have sex with me.



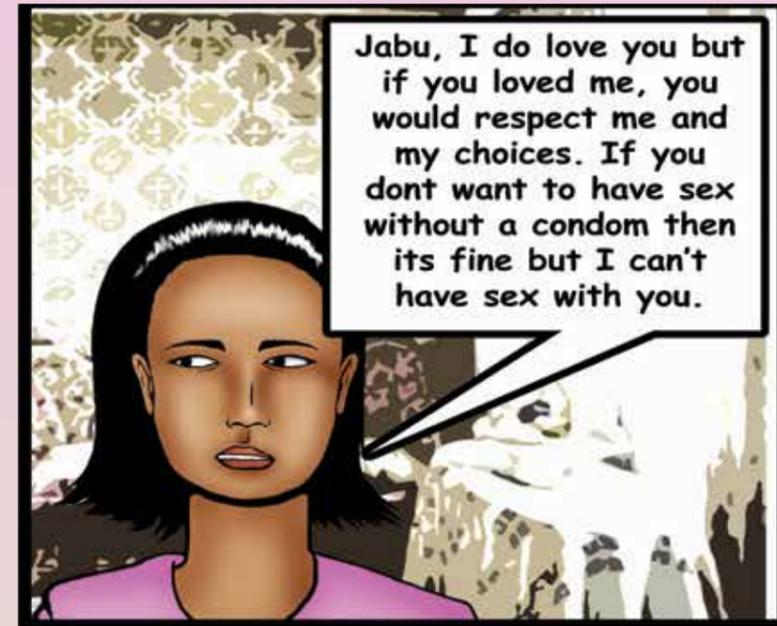
Ay suga wena, where do you get these ideas from? You know you are my only woman. Why must I use a condom? If you really love me you won't ask me to do that. How can I be satisfied with a condom?



But Jabu, condoms protect both of us from sexual infections. Besides, if you really love me, you will want to make sure we do the right thing sexually too. We are also not ready to settle down or have children now. I want to finish my studies and I can't take any risks which might lead to pregnancy.



Eish, so if you don't want to have sex with me without a condom it means you don't love me neh? I don't think I want to be with someone like that then.

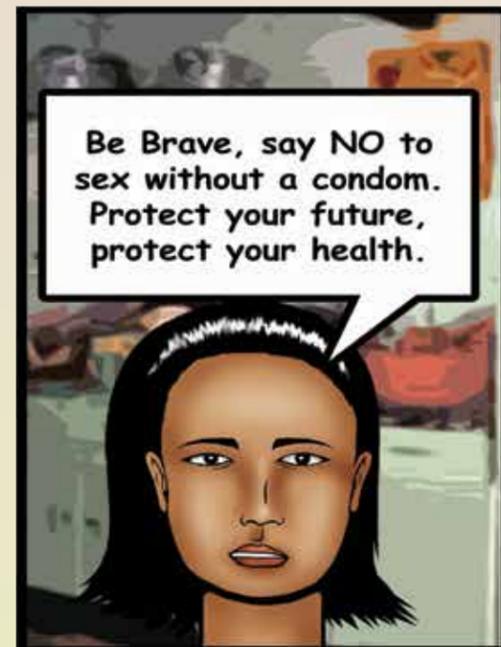


Jabu, I do love you but if you loved me, you would respect me and my choices. If you don't want to have sex without a condom then it's fine but I can't have sex with you.



You're wasting my time in this relationship man, I can't take it anymore, I'm leaving you. There are other women out there who will have sex with me without a condom.

A few months later, Nonku hears from a friend that Jabu has AIDS and infected his girlfriend because he had sex with her without a condom. The girlfriend is pregnant and Jabu has left her after finding out.



Be Brave, say NO to sex without a condom. Protect your future, protect your health.



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Surviving sexual abuse

The feelings of guilt, shame and anger following sexual abuse are common, but how do you get through it all – and, is sexual abuse only physical?

Sexual abuse can be physical, verbal and/or emotional. It can also be sending sexual comments or suggestion via SMS or email. In short, sexual abuse is an abuse of power and trust by someone who uses another person for their own sexual pleasure.

Speaking out

Some people who have been sexually abused feel they cannot talk about what happened because they feel ashamed. Sometimes they feel like they are to blame in some way. Often, the abuser will say things like, "He/she was asking for it by wearing clothes like that, or behaving like that", or "She/he made me think it was OK".

No one can make the case that sexual abuse is OK. What is important is to remember that sexual abuse is an abuse of power and is not your fault.

People who abuse may use tactics to stop you telling anybody about what has happened to you. Some of these tactics include:

- ★ Threatening to harm/kill you or your family
- ★ Giving you gifts, money or favours to keep you from telling anybody
- ★ Making friends with your family
- ★ Trying to convince you that it was your fault
- ★ Threatening that you will lose your job
- ★ Threatening to send or post information about you (including photos of you on the Internet)
- ★ Sending threatening text messages.

What to do

Approach a person you trust who can advise you on what to do. There are organisations and people out there who can protect you and offer a safe place to stay or assistance during this difficult time. But remaining silent only allows the abuser to continue his crime with other people. It is only by speaking out that sexual crimes can be stopped. The more people who speak out, the less protection there will be for sexual abusers.

What if I felt like I enjoyed it?

Some young people worry because their bodies may appear to become sexually aroused by what is happening to them, even though it frightens them. This is a physical reaction and it is your body's way of coping with the situation. This does not mean that you wanted or enjoyed the abuse.

Dealing with your feelings after abuse

There can be so many effects from sexual abuse which makes it very difficult to deal with them all at once. You may believe that the abuse has not affected you, but then you might feel emotions that you can't explain, or have sudden mood swings. The following are all normal feelings after sexual abuse and turning to your local clinic can help you deal with the feelings. They can also refer you to an organisation for trauma counselling:



FEAR You may have been very afraid at the time of the abuse and may not have spoken out afterwards, fearing that you would be at more risk if the abuser found out that you reported it or told someone.



ANGER You may feel angry toward the abuser who has done this to you or angry at yourself, thinking that you should have been able to stop it from happening.



GUILT The abuser should feel guilty, not you. Abuse of any form is about power, not about sex. If you are feeling guilty, then the abuse is still living strongly within you and this must change. A counsellor, pastor, teacher or health worker may be able to help.



CONFUSION With all these conflicting emotions, it's understandable to feel confused. If the abuser was someone close, you may even still feel love for them, or not know what to think. Don't be too hard on yourself. **REMEMBER you are a survivor.**

SEXUAL ABUSE, SEXUAL ASSAULT & THE LAW

Sexual assault, rape and sexual abuse are illegal. According to South Africa law:

- ★ Any sexual act with a child under 12 is automatically a crime.
- ★ Boys and girls can consent to sex from the age of 16 but if they do not give consent, then a case of rape or sexual assault should be opened. The law says that if you did not freely agree to any sexual acts, then you have not said 'yes'. Legally you can only agree to sexual acts if you are over 17.
- ★ It's not OK for someone to offer money, favours or gifts to try and get you to do sexual things that you do not want to do.
- ★ It's not OK for someone to blackmail you, use physical force or threaten you or people you care about, to get you to do something which makes you feel uncomfortable or makes you feel bad about yourself.

Taking back your life

Getting back to yourself after being sexually abused is a difficult road to recovery. There will be good days and bad days when you don't want to see anyone and feel you don't want to live. But it's important to keep focussed on your goals and not to let the abuser take away your belief in yourself. Here are some things you could ask yourself as you begin your journey to rebuilding your self-confidence:

- ★ What things do I like to do?
- ★ Who is a good person to talk to when I need it?
- ★ What things do I value or believe in?
- ★ What is my personality like? How would someone describe me?
- ★ What am I good at?
- ★ Do I want to talk to a counsellor?

Helping someone

If someone you know has decided to tell you that they have survived sexual abuse, chances are it was one of the most difficult things they have ever had to do, and that they trust you! It may scare you too, but by confiding in you they are also calling out for your support during this time. Remember to:

- ★ Make sure they know you believe them.
 - ★ Listen to what they say, and do not expect them to tell you everything about the experience to prove that what they are saying is true.
 - ★ Acknowledge what has happened, what they are saying and what they are feeling.
 - ★ Encourage them to seek support, but don't pressure them.
 - ★ Be open to helping them but be clear with each other about what you can and cannot do.
 - ★ Don't put pressure on yourself thinking that you must come up with solutions for your friend's complex issues.
 - ★ Reassure the person that he or she has survived a huge trauma and therefore is a strong and courageous person. Acknowledge the courage it has taken to talk to you.
 - ★ If you are worried and don't know what to do to help your friend, it may be a good idea for you to talk to one of your trusted adults.
- REMEMBER** It is not a good idea to talk to other friends in your group. How would you feel if someone told your other friends about something you had said in confidence?

WHO TO CONTACT FOR HELP

The Open Door Crisis Care
(24-hour emergency line)
031 825 2239

Lifeline: **031 312 2323**

KZN Call Centre
0800 00 5133



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Fighting Disease, Fighting Poverty, Giving Hope

4

WORLD CANCER DAY

More people than ever before are getting cancer today and knowing how to reduce your risk can save your life, money and many lost days of work too. Use the following guide to educate your family and those around you on what they can do to reduce their risks of cancer:



Keep an ideal body weight

Try to avoid putting on more weight gain as an adult to less than 5 kg, as excessive weight in adulthood is linked to an increased risk of cancer.



Avoid fatty foods Greasy, fatty foods are a huge risk factor to cancer as they boost the hormones in your body which produces cancer.

Cancer can be beaten!



Eat 5 portions of fruit and veg

If possible, try to include more fresh than preserved (such as tinned) fruits. Always choose a variety of food for your daily intake including green leafy vegetables, tomatoes, tomato products, dark orange vegetables and cruciferous vegetables like cabbage.

TIP: Fruit and vegetables are high in fibre and contain anti-oxidants which are thought to protect against cancer. These are found in citrus fruits, carrots and other vegetables.



Eat less red and processed meat

Reduce your intake of processed meat which is a high cancer risk. Choose steamed or baked chicken rather than polony or salami. Don't fry meat as this makes it unhealthy because of the oil and grease!



Go easy on shisa nyama

Cooking meat over a flame increases exposure to cancer-causing chemicals in our body. This means going easy on all those shisa nyama or braais! The most common cancers from these are



Eat 7 servings of starchy foods

Include bread, pap, rice, breakfast cereals and pasta. Aim to use unprocessed cereal products such as wholegrain or whole-wheat bread. Starchy foods provide energy for your daily work, but the intake of high fibre foods have also been associated with a decreased cancer risk.



Reduce or avoid alcohol

Limit it to 1 drink a day if you are a woman and 2 drinks if you are a man. Excessive alcohol use has been associated with increased risks for some cancer.



Be active every day.

You don't have to go to a gym. A daily walk or a 30 minute jog at least twice a week is enough to keep you fit.

But don't reward yourself with unhealthy food afterwards!

For more information on cancer and treatment options available, contact:

KZN Health Call Centre 0800 00 5133
 CANSA Toll Free Call Centre..... 0800 22 66 22
 Email info@cansa.org.za