

# HEALTH MATTERS

# Ezempilo

FREE

EDUCATE || INFORM || EMPOWER

MARCH • 2014



## CELEBRATING 60 YEARS OF EDENDALE HOSPITAL'S LEGACY

- New contraceptive
- Dangers of too much salt
- Glaucoma
- Awards for top health workers



health

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Health  
PROVINCE OF KWAZULU-NATAL

Fighting Disease, Fighting Poverty, Giving Hope

GUIDE TO TB

# TB ANYWHERE IS TB EVERYWHERE

- \* Two weeks or more of coughing?
- \* Suffering from night sweats?
- \* Report for screening now!
- \* It could be TB



**TB IS CURABLE. SEEK EARLY TREATMENT.**



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## Message from...

**KZN Health HOD,  
Dr Sibongile Zungu**



**WOMEN IN OUR PROVINCE** have reason to celebrate this month as we launch the new free contraceptive for women in all our state facilities. It's an important milestone in overcoming the single biggest challenge many women face when it comes to their sexual health – that is, the right to protection.

**WOMEN ARE OFTEN** at the mercy of their partners when it comes to sexual protection. The new contraceptive is a game changer. It provides protection for women against unwanted pregnancies. However this is just one step towards addressing the high rates of unwanted pregnancies – but does not provide immunity against sexually transmitted infections or HIV. Men must continue to be encouraged to take their responsibility in using protection too. Only then can we succeed in reducing the high rates of teenage pregnancies, HIV and STI's in this province.

**WITH FEBRUARY** also marking TB awareness month, I would like to take this opportunity to reinforce an important message on this issue. People with TB must

complete the course even if you start feeling better. Often we find that many of those on treatment stop their medication because they don't want to take time off work or start feeling better. The risk of the TB returning is higher if you do this. TB treatments only work effectively if you complete the entire course, so please adhere strictly to this rule to ensure successful treatment. As part of community mobilization in all districts throughout the Province, the Department will conduct a TB testing campaign which includes home visits in major affected areas, schools, taxi ranks and correctional centres.

**FINALLY**, on behalf of the Department, I wish to thank everyone in the public health sector for the hard work in helping change the face of health in KZN. To those who have gone the extra mile, a special thank you for never giving up, even in the face of all the challenges and constraints. Our dedication to providing an equitable and accessible health care system is no longer a vision – it is an achievable reality. The fact that there are now more primary health centres, clinics and mobile clinics than ever before is proof that we are turning the corner.

*We have a good story to tell.  
God Bless!*



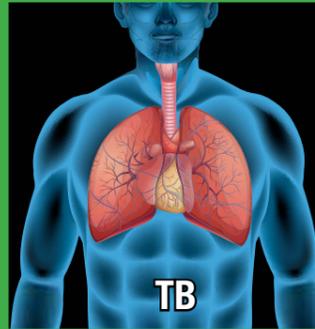
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SCHOOL HEALTH



SALT



TB



GLAUCOMA

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## EARLY BOOKING SAVES LIVES



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# FREE CONTRACEPTIVE FOR WOMEN NOW AVAILABLE

Protects against pregnancy for up to three years  
Can be used even if you are HIV positive



A new contraceptive for women is now freely available at state hospitals and will reach all clinics by June this year. It's the biggest family planning program in South Africa and was launched by the Department of Health last month. This is everything you need to know about it:

**1 How it works**

It's a small device called a subdermal plant which is placed under the skin of your arm.

**2 Does it hurt?**

No, it's a simple procedure and takes less than 10 minutes!

**3 What if I want to fall pregnant?**

You can become pregnant within weeks after you have the contraceptive removed.

**4 How long will it last?**

Once inserted, the contraceptive will last up to three years.

**5 Can all women use it?**

It is not advisable for women with breast cancer.

**6 Does it mean a man doesn't need to wear a condom?**

No, a man must still use a condom when having sex, as this contraceptive does not protect against HIV and sexually transmitted infections.

**7 Can anyone insert it?**

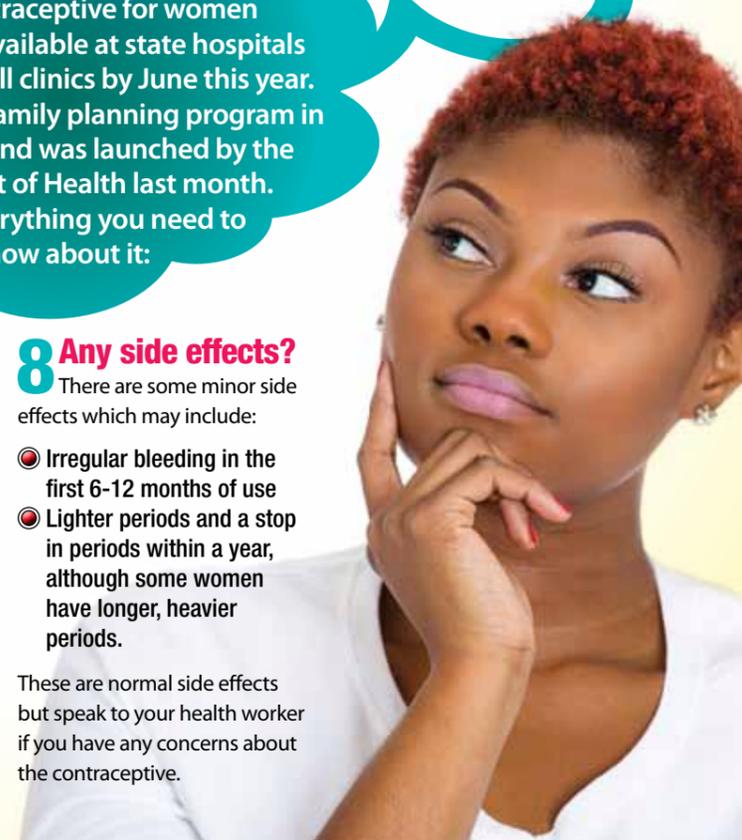
No, there are nurses that have been specially trained to insert the contraceptive for women who request it.

**8 Any side effects?**

There are some minor side effects which may include:

- Irregular bleeding in the first 6-12 months of use
- Lighter periods and a stop in periods within a year, although some women have longer, heavier periods.

These are normal side effects but speak to your health worker if you have any concerns about the contraceptive.



**DUAL PROTECTION. MY RESPONSIBILITY. MY CHOICE. OUR FUTURE.**



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**MARCH**

**4-8**

# SCHOOL HEALTH WEEK

*"A healthy mind develops in a healthy body."*

KwaZulu Natal has 265 Health Promoting Schools and the Department of Health is working harder than ever to try and encourage more schools to reach this status. But it needs YOUR support. A Health Promoting School makes sure that pupils and staff work together with the local community to encourage and practice good health. This way everyone benefits, because you cannot have learners being healthy but then go out into the community or even home where healthy habits are not practiced.



KZN Health HOD, Dr Sibongile Zungu speaking to staff at one of the province's Health Promoting Schools, Mbilana Primary School.

## Get your school involved to achieve Health Promotion status

There are some requirements for a school to be awarded Health Promoting School status by the Department of Health in KZN which include:

- Striving to improve the health of the school personnel, families and the community, as well as the learners.
- Developing the curriculum and life skills programmes to address health needs.
- Fostering health and learning with all available resources at its disposal.
- Engaging all relevant role players and beneficiaries e.g. Health, Welfare, Education officials, NGO's, SGB, community members, parents and community leaders in efforts to make the school a healthy setting.

## How Children Benefit

A Health Promoting School has teams of local nurses teaching children healthy living and eating habits at a young age. Many of KZN's Health Promoting Schools have vegetable gardens, providing fresh food for schools and the wider community.

## How to get started

- Take the initiative! If you have a great idea talk to the school, get in touch with your local clinic and get everyone together to discuss it.
- Identify child headed homes in the area and start a school vegetable garden which will help feed vulnerable children in particular.
- Speak to local businesses and get them involved in sponsoring items or even training. You never know what their response would be, but don't be afraid to ask!

## NEVER GIVE UP!

AMavenya Primary school in the uGu District was once a condemned school. Today they stand proud as a Health Promotion School, achieving 100% compliance! It can be done, all it takes is a never give up attitude.



After: School entrance



After: Boundary wall



# Too much SALT can lead to heart attack and stroke

**FOODS LOW IN SALT**

- ✓ Fruits & vegetables
- ✓ Unsalted nuts
- ✓ Pap
- ✓ Eggs
- ✓ Beans, lentils & peas
- ✓ Pasta & rice
- ✓ Plain popcorn
- ✓ Fresh fish, chicken and meat
- ✓ Jungle oats
- ✓ Yogurt & maas



**FOODS HIGHER IN SALT**

- Peanut butter
- Baked beans
- Cereals
- Bread & bread products
- Cakes & biscuits
- Tomato sauce, mayo, mustard, salad dressing
- Burgers, pies, tinned fish



**AVOID THESE OR CUT DOWN**

**FOODS VERY HIGH IN SALT**

- ✗ Canned food
- ✗ Stock cubes, soup & gravy powders
- ✗ Atchaar
- ✗ Instant noodles
- ✗ Processed meats (polony, viennas, etc)
- ✗ Take-aways
- ✗ Cheese



**IT BEGINS WITH YOU...**



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# Shop smart, read labels and choose home cooking!

# KZN HEALTH



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# NEWS

Fighting Disease, Fighting Poverty, Giving Hope

## MEC AWARDS GO TO THE BEST

It was a night of the stars recently, when KZN Health MEC, Dr Sibongiseni Dhlomo pulled out all the stops to honor and pay tribute to some of the province's best performing and innovative health staff and their facilities. It was the MEC's annual service excellence awards and has brought much deserved recognition to those health professionals who have gone the extra mile. Here's a look at just some of our stars who walked off with awards for service excellence:



**THE UMKHANYAKUDE HEALTH DISTRICT** team scooped top awards in several categories including Gold Award for Batho Pele achievement; Gold Award for Hlabisa Hospital's Waste Management Innovative strategy; recognition award for Dr. Kelly Gates from Bethesda Hospital for achieving Batho Pele award nationally; certificates of commendation for Umkhanyakude Health District Office for progress towards achieving Millennium Development Goals 4 & 5, Reduction of Child Mortality and enforcing Maternal Health!

## Harry Gwala District honoured



**HARRY GWALA HEALTH DISTRICT** were recognized in several categories. Their TB/HIV Care Association were honored for innovation and best practices in the Special Recognition Category, St Apollinaris Hospital for their Human Resource Management, Pholela Community Health Centre with a joint third prize for their Batho Pele Service Excellence. Staff were recognized too, including EMS members Themba Hlambisa and Thabani Sangweni who won in the Special Awards Category for going the extra mile, displaying commitment and dedication to service delivery in the most trying and traumatic circumstances and Dr Gerrit Ter Haar for his outstanding long-time service to eMzimkhulu community during his long spell at Rietvlei Hospital.



**MOTLANALO NDLOVANA**  
The star of the show, who won the hearts of everyone, is 95 year old gogo Motlanalo Ndlovana who was recognised for her work as a nurse during her time at KwaMashu's Pholi Clinic. Humbled by the award, the former nurse whispered into the microphone "I can't believe this; I never dreamt I would ever receive an award in my life!"



**DR MADELA**  
It's the story of a dream come true. Dr Madela was recognised for his achievement as a doctor, following a hard childhood which often included going to bed hungry. His mother was a domestic worker at Dundee Hospital and now her son, Dr Madela, works there too! He achieved this after receiving a bursary to study medicine in Cuba as part of the South Africa/ Cuba Health partnership.

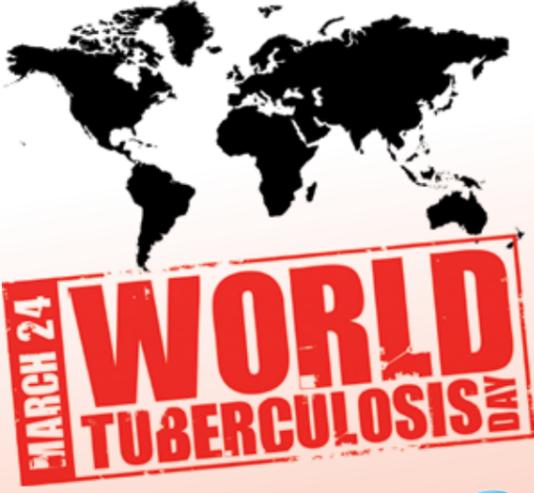
## Edendale Hospital – 60 years on

All the excitement of the award ceremony was followed by another milestone this month – **THE 60 YEAR ANNIVERSARY OF EDENDALE HOSPITAL** which played an important role in fighting apartheid. KZN Premier Senzo Mchunu and MEC Dhlomo also commended the hospital during the official opening of its revamped nursing campus, as well as a new state of the art Communicable Diseases Clinic at a cost of over R41 million.



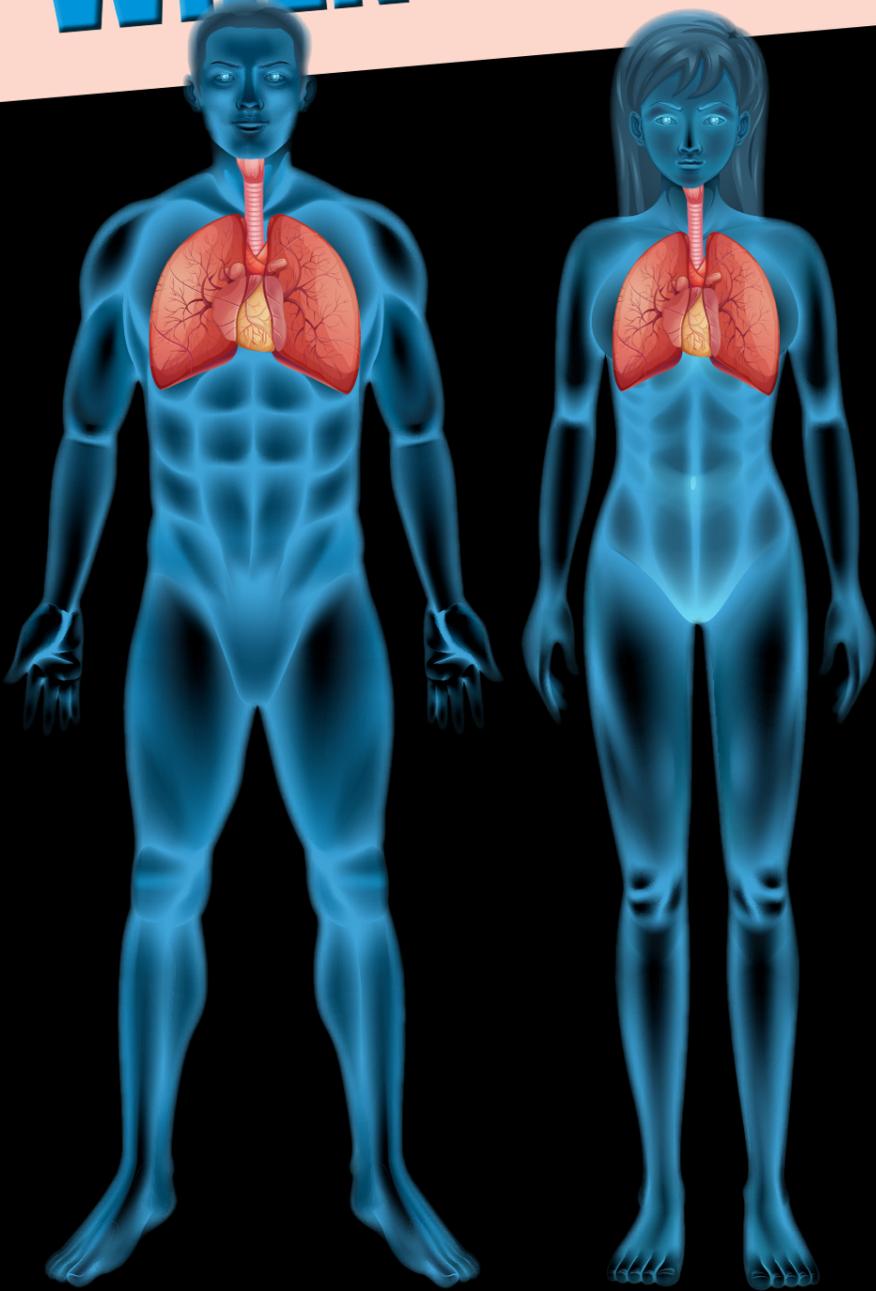
**"We do indeed have a good story to tell"**

– KZN Health MEC, Dr Sibongiseni Dhlomo



People who have HIV or AIDS are more likely to get TB because their immune systems are low – that is, their bodies are too weak to fight off infections and certain germs that attack the body. Because TB can spread through the air, it means those with the HIV/AIDS virus are more likely to catch the disease. The good news is that TB can still be cured even if you have HIV or AIDS – as long as you complete your TB treatment.

# DEALING WITH TB WHEN YOU HAVE HIV



### Is TB really serious?

Yes, especially if you have HIV. When your immune system is weak, untreated TB infection can quickly turn into TB disease. Without treatment, TB disease can cause you to get very sick or even die. That is why it is very important to get tested and treated for TB. Many people stop taking their TB medicines because they start feeling better. Completing your medicine is the most important thing you need to do and can save your life. Speak to your health worker about getting a Directly Observed Treatment (known as DOT) volunteer. These are volunteers – it can even be someone you know – who will remind you to take your TB medicine on time until you complete the full course.

### Do all people with HIV get TB disease?

No, but it does mean you have a greater chance of getting TB disease if you have both TB infection and HIV infection. That is why you should get tested for free at any public health facility for TB as soon as possible if you have any of the following symptoms:

- Chest pains
- Not feeling hungry
- Tiredness
- Night sweats or fever
- A cough for more than two weeks or coughing up blood
- Unexplained weight loss
- If you are HIV positive it is especially important to get tested for TB.

## The best way to prevent the spread of TB is to CURE THOSE WHO ARE INFECTED!

We all need to unite to fight against TB in order to protect the spread. We can do this by:



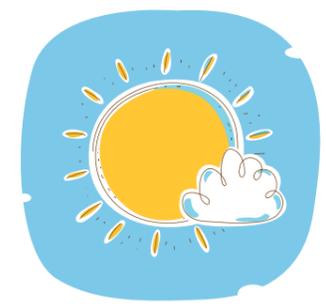
Educating our communities and family about TB, the signs and how it is spread.



Getting tested for TB, and encouraging those around us to get tested – especially if living with someone who has TB



Try to have fresh air in closed areas – keep windows open, as this reduces the spread of germs



Let plenty of sunlight in – sunshine helps kill TB germs



Making sure we know who has TB in our area, how they are being treated and when a person is cured.



Encouraging TB patients to use DOTS – Directly Observed Treatment, to ensure that medicine is taken correctly and to keep a record of this.



**KZN Health offers TB treatment at over 300 Health Clinics in the province – you don't have to go to a hospital for treatment – and has made collecting your medicine easier in some places, using war rooms: speak to your health worker about this.**

**TB IS A COMMUNITY PROBLEM. GET TESTED. GET TREATED. GET CURED.**



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# YOUR HEALTH IS YOUR FUTURE



# YOUR HEALTH IS YOUR WEALTH!



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**MARCH**

**9-15**

# WORLD GLAUCOMA WEEK

Glaucoma  
can lead to  
blindness  
if left  
untreated!

Tule is a 43 year old single mother of three children; two are under 16 years of age. Tule works hard as a domestic worker five days a week to take care of her family, which also includes her elderly mother and unemployed younger sister. She has no time to go to the clinic so she just ignores her health and carries on working even when she feels unwell. These days though, her eye sight seems to be affected as she complains about not seeing clearly. Her employer has started complaining and is thinking of letting her go because Tule is unable to work properly due to her poor eyesight. Her loyalty to her employer has been at the expense of her health, and now she is left with the real risk of being out of work – and at risk of going blind.



**SOUND FAMILIAR?**



**STOP!**  
**BEFORE IT'S  
TOO LATE**

Who will look after your family if you go blind and can no longer work?

## GLAUCOMA What you should know

Glaucoma is the result of too much pressure in the eye. It usually begins after the age of 40 and is a common cause of blindness, especially among people living in rural areas with little or no access to health care.

### Signs to look out for

Glaucoma can be treated, but you need to act fast. Learn to recognise the signs of the two different forms – acute and chronic:

#### ACUTE GLAUCOMA

- 👁️ Headache
- 👁️ Some vomiting
- 👁️ Severe pain in the eye
- 👁️ The 'pupil' of the affected eye is bigger than the good eye.

**WARNING** Acute glaucoma needs to be treated urgently as it can cause blindness within a few days. Surgery is often needed, so if you suspect you may have acute glaucoma and experience any of the above symptoms, visit your health worker urgently for a diagnosis and treatment.

#### CHRONIC GLAUCOMA

If you have chronic glaucoma the pressure in your eye rises slowly and you usually don't feel any pain. But, you will notice that you are losing your sight slowly from the sides, or you may not even notice that you are starting to lose your eyesight.

### HOW KZN HEALTH IS ADDRESSING THE PROBLEM



The Department of Health in KZN has rolled out state of the art mobile clinics to conduct eye checks in rural areas across the province. Speak to your local clinic about this service and also make sure you go for regular check-ups on your eyes especially if you are over 40 or have a family history of glaucoma.

A special facility for treating eye conditions in children has also been established at Durban's Inkosi Albert Luthuli Hospital in partnership with international sight saving organisation ORBIS.

### Can eating the right foods make a difference to your eyes?

Yes! Eating right for good health and eyesight does not mean buying expensive food. Remember gogo trying to convince you to eat spinach? Well, she was right! Go back to basics when eating for good health. Try the following top four foods which help with healthy eyes:



Green leafy vegetables like spinach.



Avoid red meats such as beef and lamb. Eat more fish instead.



Orange and yellow fruits and vegetables like carrots, peppers etc.



Eggs – don't overcook them as this destroys the vitamins. Eat soft boiled eggs rather!

**Don't let glaucoma blind your future. EARLY DETECTION CAN PREVENT BLINDNESS. Act before it's too late!**



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# MARCH

## MARCH 4-8 School Health Week

School health is all about teaching learners how to prevent diseases so that they can live longer, healthier lives. The Department of Health in KZN runs several health promoting programmes, including a special team which works with schools to create health care awareness. Use this week as an opportunity to introduce healthy foods at home and discuss ways to prevent diseases – after all, it starts at home.

LEARN ABOUT HEALTH AT SCHOOL



EAT HEALTHY

PRACTICE GOOD HYGIENE



## MARCH 9-15 World Glaucoma Week



## World Glaucoma Week

Glaucoma is the second leading cause of blindness in South Africa and this week is used to raise awareness of the issue. Studies show that people who eat the right foods showed an improvement in their glaucoma condition too. Read our guide in this issue.

## MARCH 11-17 World Salt Awareness Week

## World Salt Awareness Week

South Africans eat too much salt! This also means we will have more people suffering from high blood pressure than ever before. Use this week to start cooking with less salt and see the difference in your family's health! Teach young children to get used to less salty food, as this will encourage healthy eating habits as they grow older.



## MARCH 8 International Women's Day

## International Women's Day

Women continue to face challenges today, despite all the progress made in improving the status of women in our country. One of the biggest problems continues to be the increase in violence against women. This day, which is celebrated around the world to honour the efforts of women who marched for equal rights 101 years ago, calls on women to speak out against violence. MEC Dhlomo has also begun a campaign to tackle rape and abuse of women, and has called on everyone to add their voice to the fight.



## MARCH 13 World Kidney Day

Did you know that kidney infection is more common in women? In fact, women are six times more likely to get a kidney infection than men. That's because it's easier for bacteria to enter a woman's body and affect their kidneys. Younger women who have sex often and pregnant women are most at risk. The most important tip to prevent kidney infection is to drink plenty of water!



## MARCH 20 World Head Injury Awareness Day



## World Head Injury Awareness Day

More than 89,000 new brain injuries are reported in South Africa each year, most often due to traffic accidents. This day is dedicated to reminding us all about life saving safety tips on the road. These include wearing a seatbelt and not drinking and driving.

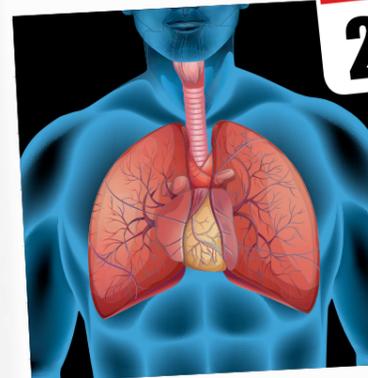
## MARCH 21 World Down's Syndrome Day

## World Down's Syndrome Day

Down's Syndrome is a lifelong condition that causes learning and development delays and is usually diagnosed after a baby's birth. Although there is no cure, people with Down's can be supported to live a happy and independent life.

## MARCH 24 World TB Day

## World TB Day



This day is about building public awareness that TB remains an epidemic around the world. The message is that TB can be cured. Read more in this issue.

## REMEMBER SHARPEVILLE



## MARCH 21 Human Rights Day

21 MARCH 1960  
69 KILLED  
180 WOUNDED

## Human Rights Day

54 years ago on this day, thousands of people took to the streets of Sharpeville, Gauteng, to protest peacefully against Apartheid. The government responded by shooting 69 people dead and injuring 180 others, which led to the day becoming known as The Sharpeville Massacre. Following the election of a democratic government, it was decided that this day will be known as Human Rights Day in honour of all those who sacrificed their lives.



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## PRIMARY HEALTH CARE

# THE PHOLELA COMMUNITY HEALTH CENTRE SUCCESS STORY

South Africa's health system is changing to one that focuses on helping people prevent diseases which is known as a Primary Health Care approach. This is because many people who visit hospitals and clinics today need treatment for diseases which could easily have been prevented. This means we need to focus more on teaching people how to live healthier lives through preventing diseases. One place where Primary Health Care - which will be implemented over the next 15 years in the country, is already working is the Pholela Community Health Centre in the Sisonke district. Here's what makes them stand out and how they did it – despite their limited resources:

### History of Pholela Community Health Centre

The Pholela CHC is known all over the world as the place where Sydney Kark, a local professor who worked there, introduced Primary Health Care. He taught local health workers that to help control diseases they needed to learn all about the health of the community they served. This was done through home visits, educating families on disease prevention and understanding the culture and economic situation of the community. As a result, the local community started taking responsibility for their own health so that everyone could benefit. This was so successful that today, Primary Health Care is used as a health model all over the world.



*MEC Dhlomo celebrating with staff at Pholela CHC.*

### How Pholela did it

Primary Health Care is a simple approach that does not need a lot of money, and that is how hard working health staff at the Pholela CHC have succeeded in bringing down the rate of infection and many diseases in the local community. They have been recognised for their care plan for the prevention, treatment, care and support of HIV and Aids, STI and TB in KwaZulu-Natal. Some of their services include:

- General medical & surgical services
- Mobile clinic
- Home visits & health education – on horseback!
- Community garden – for malnourished & pregnant patients
- X-Ray
- Dental clinic

### Achievements through Primary Health

- ✓ Close interaction with Traditional Health Practitioners (20 trained on TB Management)
- ✓ TB door-to-door visits (quarterly)
- ✓ Oral Health outreach
- ✓ Mother-to-mother-to-be Programme
- ✓ Assistance for needy families
- ✓ HIV Survey on staff
- ✓ Tracing defaulters for chronic disease treatment, including TB and ARV's.

**The Pholela model proves that Primary Health Care is working. IT NEEDS ALL OF US TO SUCCEED!**