

HEALTH MATTERS

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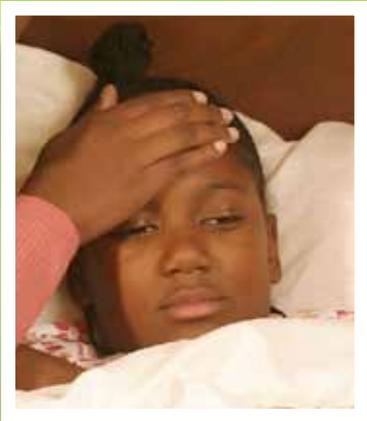
FREE

EDUCATE || INFORM || EMPOWER

APRIL • 2013



FOLIC ACID
WHY IT'S IMPORTANT



CUT OUT & KEEP
HOW TO AVOID FOOD
POISONING



POLIO & MEASLES

Get your child immunised



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Fighting Disease, Fighting Poverty, Giving Hope

HEALTH
AWARENESS

Is your child under 5 years of age?

GET THEM IMMUNISED AGAINST POLIO AND MEASLES

**29 APRIL to
17 MAY 2013**



REMEMBER!
Your child still needs
the polio/measles
vaccine even if they have
already been vaccinated.
It gives your child
extra protection!

Vaccinations...

- ... are safe and effective
- ... can save your child's life
- ... give your child protection against deadly childhood diseases
- ... are FREE at all public health facilities

Ask your local clinic about an immunisation venue close to you!

DON'T DELAY, DO WHAT'S BEST FOR YOUR CHILD



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Message from



**Dr Sibongile Zungu,
Head of Department:
KZN Health**

There's been a lot happening with health delivery in KZN and despite all our challenges, it seems we are finally beginning to turn the corner, which is good news. Our focus on reducing maternal and childhood deaths ahead of the Millennium Development Goals is ambitious, but we can't simply sit back and accept that we are the province with the highest burden of diseases and do nothing. Even when it seems hopeless, when through our constraints we cannot reach everyone who needs health care, we must continue delivering against all these odds. We have to remain focussed delivering an equitable, compassionate and efficient health service as best as we can, in spite of all the hurdles along the way. During this month we will be launching a polio and measles campaign to immunise as many children under 5 years against these childhood diseases which can be deadly. May I please appeal to all mothers to heed the call and make sure that their child receives the vaccine, even if they have been immunised before.

Reducing Child deaths is an important measure of our country's progress in meeting

our obligations to children's rights and their development. Our MEC, Dr Sibongiseni Dhlomo announced previously that our department is launching centres of excellence for mother and child services throughout KZN. This brings us closer to saving mothers and babies. But we cannot do this alone. Pregnant women must report early for antenatal check-ups, mothers need to ensure they keep up to date with the child's immunisation needs and as a community we need to educate those around us that a healthy nation begins with a healthy family.

April is health awareness month, so why not make it the start of a healthier lifestyle? We all need to start preventing diseases as a first step and this means small yet important changes. Keeping fit should not be seen as something only the rich do in gyms. Get together with friends, even the gogos in your area and take regular walks or exercise, starting a vegetable garden, teaching your children the importance of eating the right foods is all part of a healthy attitude. It's about going back to our moral fiber, the days when sharing was caring, and good food meant healthy food, not junk food.

Finally, I would like to wish Madiba a speedy recovery - may God protect him during his hour of need. Our prayers are with you, tata.

inside



FOLIC ACID



AVOID FIRE



DIET PILLS



BABY'S TEETH

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ALL YOU NEED TO KNOW ABOUT

MENINGITIS



IT CAN KILL – MAKE SURE YOUR CHILD IS PROTECTED

As a mother, you want to protect your child. That's why it's important to ensure your child receives the vaccine against meningitis. Why? Because meningitis is a very serious infection of the brain which can kill.

What causes meningitis?

Meningitis is caused when blood from an infected area in another part of the body carries bacteria (germs) to the brain and spinal cord. Bacteria can also reach the brain when you have an ear infection, or after a skull injury.

Who can get meningitis?

Anyone, but those most at risk are children under five, teenagers and young adults between 14 and 25 years of age, people over 55 and those with certain chronic illnesses such as heart, lung, kidney or liver disease; diabetes and those with weakened immune systems such as HIV patients.

What is the treatment?

KZN Department of Health is launching a campaign to immunise all children under five years of age this month against polio and measles – make sure your child vaccinated, even if they already had their vaccine. If you suspect that your child or someone you know has meningitis, get medical help fast – every minute counts! If possible, take them straight to hospital for immediate treatment and make sure they drinks lots of water, eat healthy food and get plenty of rest as part of their recovery.

SIGNS OF MENINGITIS

The following symptoms may develop over a couple of hours or up to two days in adults and children over two years of age:

Common symptoms:

- High fever and chills
- Severe headache
- Stiff neck

Also watch out for:

- Nausea
- Vomiting
- Diarrhoea
- Aversion to bright lights
- Drowsiness
- Sore arms, legs, stomach
- Confusion
- Reddish-purple rash which turns white if pressed on

Signs in infants

- Fever, with cool hands and feet
- Reluctance to feed
- Vomiting
- High-pitched moaning cry
- Irritability when handled
- Neck bent back
- Blank expression
- Hard to wake, sluggish
- Rash

DON'T WAIT for the symptoms to appear. If you are in any doubt, or suspect meningitis, go to your nearest clinic IMMEDIATELY

PREGNANT?

Make sure you're getting enough folic acid!

What is Folic Acid?

It's a B vitamin that's needed for you and your baby's development. Folic acid cannot be made in the body so pregnant women need to eat foods with folic acid to protect baby's development – especially their brain and spine during the first 12 weeks of pregnancy!

SOME FOODS THAT CONTAIN FOLIC ACID:

- Dark green vegetables (broccoli, green beans)
- Liver and kidneys
- Eggs, beans, peas, fish and starches.
- Oranges, bananas, avocados, ripe tomatoes, peaches

WHAT HAPPENS IF YOU DON'T GET ENOUGH FOLIC ACID

A pregnant mother who does not get enough folic acid is at risk of having a baby with serious brain and spinal defects such as:

- A spine that's not developed properly, known as spina bifida
- An underdeveloped brain

BE CAREFUL HOW YOU COOK YOUR VEGETABLES

Many of us overcook vegetables. By doing this, we destroy all the important vitamins we need, without even realizing it. Remember to cook vegetables lightly so that you do not destroy all the folic acid – vegetables should be tender, not soft and mushy. The best way to ensure you keep in all the folic acid and vitamins is by steaming – simply place a sieve of vegetables over a pot of boiling water and cook for a few minutes, instead of putting them directly into the water.

EATING RIGHT AND GOING FOR CHECKS-UPS = HEALTHY BABY

Making sure you eat well during pregnancy is important, but going for regular checks at your local clinic is just as important so that you and baby can be monitored to make sure there are no health risks or problems. Be sure to:

- ✓ Go to an antenatal clinic as soon as you think you might be pregnant
- ✓ Attend all your antenatal check-ups
- ✓ Take the pregnancy supplement given at the clinic
- ✓ Eat foods high in folic acid before and during pregnancy and while breastfeeding

SIGNS YOU'RE NOT GETTING ENOUGH FOLIC ACID:

- Poor growth of baby
- Smooth, red and painful tongue
- Diarrhoea and/or constipation
- Tiredness

DID YOU KNOW?

In South Africa folic acid has been added to wheat flour and maize meal since 2003 to help women of childbearing age get enough of this important vitamin.

The Department of Health recommends that you get 4–5mg of folic acid every day. Speak to your clinic for more information about this.

SIGNS OF FOOD POISONING: Vomiting • Diarrhoea • Stomach pain • Weakness • Mild fever



FOOD POISONING – YOUR QUICK GUIDE TO PREVENTION

Treat Food Poisoning At Home

Most cases of food poisoning will settle after a few hours or days. You don't need to visit your doctor or clinic unless you have severe signs of dehydration, which include sunken eyes and being unable to pass urine. If you experience this, then go to your clinic immediately. If you don't have these symptoms, then you can treat the food poisoning at home by doing the following:



Drink plenty of water



Get lots of rest



Avoid alcohol, cigarettes, caffeine and spicy and fatty foods



Stick to toast, bananas and rice until you begin to feel better



Eat small regular meals instead of three large meals

Food poisoning is especially serious and potentially life-threatening for young children, pregnant women and their developing baby, the elderly and people with weakened immune systems. Be especially careful when preparing food for these vulnerable groups.

We've always heard gogo say "finish all your food if you want to grow big and strong." She is right of course, but it's also important to know that preparing and storing food is the first step towards healthy eating, because food poisoning often happens when food has not been stored or cooked properly. Keep this handy guide at home to help everyone in your family avoid food poisoning.

- Ensure that meat and eggs are cooked through, as the bacteria from undercooking can cause severe diarrhoea.
- Check the expiry date on all foods before buying.
- Wash your hands, cutting boards and knives with soap and hot water after handling raw meat, chicken, fish and eggs.
- Do not eat canned food if the can is swollen as it means the food has gone off. Better still, try to prepare fresh foods and avoid canned products where possible.
- Do not refreeze foods once they have been defrosted.
- Keep cooked and raw foods separate to avoid the spread of germs from uncooked food being spread to cooked food.
- Breastfeed your baby if possible. Mother's milk is the safest food for babies and offers the best protection against diseases and infections.
- Avoid cooking food if you are ill, as bacteria can be passed to others this way.

KZN HEALTH



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NEWS

Fighting Disease, Fighting Poverty, Giving Hope



MEC Dhlomo examines a child during his visit to Mbumbulu Clinic.

POLIO & MEASLES

– is your child protected?

The KZN Department of Health is rolling out a massive immunisation campaign this month to ensure children under 5 years of age are vaccinated against polio and measles.

WHY IS IT IMPORTANT?

Children under 5 are at high risk of catching life threatening diseases which can be avoided if they are vaccinated. Even if your child is immunised, the polio and measles vaccine will act as a booster dose, giving your child added protection.

WHO WILL BE IMMUNISED

During the Polio and Measles Immunisation Campaign this month all children less than 5 years of age will receive two doses of immunisation, four weeks apart, but one dose of the measles vaccine. Please speak to your clinic about the dates and venues for the vaccine.

NEW Single Dose ARV

This month sees the roll out of a new fixed dose combination drug (FDC) where new patients on ARV will be given a single tablet to take each day, instead of the usual 3-a-day tablet. However due to stock levels, the Department of Health in KZN is introducing the new drug in phases, so during the first phase, the following groups will receive the new once a day ARV drug:

- Patients starting treatment for the first time
- HIV positive pregnant women
- Breastfeeding HIV positive women

MEC DHLOMO RE-LAUNCHES PHILA MA CAMPAIGN

KZN Department of Health has launched a campaign to improve access to breast and cervical cancer screening for women. The campaign which is being backed by First Lady, Mrs Thobeka Madiba-Zuma, is aimed at reducing cases of breast and cervical cancer through early detection and prevention awareness. According to the World Health Organisation (WHO), the risk of cervical and breast cancer in women can be reduced through the following:

● **EDUCATION** Helping women recognise early signs of cancer and encouraging them to go for regular checks-ups and follow-up treatment.

● **SCREENING PROGRAMMES** Identifying early cancer or pre-cancer before signs are recognisable. This includes mammography for breast cancer, and teaching women to examine their own breasts so that they can recognise signs that something may be wrong.

To kick start the re-launch of the campaign, MEC Dhlomo has handed over three Renault-sponsored vehicles to the districts of Sisonke, Uthukela and Uthungulu to assist with improving health services in line with the Phila Ma Campaign. These include breast examinations, HIV & TB Counseling and Testing, pap-smear tests, pregnancy screening, family planning services, child health care services, blood pressure and blood sugar screening and referrals to appropriate treatment programmes.

“The poor depend on us, give your best” says MEC Dhlomo

KZN Health MEC, Dr Sibongiseni Dhlomo recently visited Charles Johnson Memorial Hospital in the uMzinyathi District where he paid tribute to nurses there who have been commended for their outstanding work. Addressing nurses there, he encouraged them to continue working towards ensuring the hospital complies with the Department of Health’s “Make me look like a hospital” campaign, which aims to ensure that conditions and service at a state hospital is such that patients who walk in feel secure and comfortable that they are in good hands. In other words, says MEC Dhlomo, the hospital MUST look like a hospital that we can all be proud of being patients in. “Nurses in maternity wards should play a major role in ensuring that infant mortality rate is reduced. Hospital Managers must ensure that patients don’t spend much time in queues, that there is no shortage of medication or medical doctors”, said the MEC, adding



that those nurses who find themselves no longer interested in their work should change the profession. “Health workers

must assist poor communities because those communities rely on government institutions”, added Dr Dhlomo.



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WATCH THE PARAFFIN *Prevent Fires*



Every year people die unnecessarily during winter because of fires that start in our homes, often caused by accidents involving paraffin. This can be avoided if we take extra care to ensure everyone at home, particularly children, understand the dangers of paraffin.

Prevent accidents

- Never leave paraffin stove alone.
- Always have a bucket of sand nearby. Water will not put out a paraffin fire – it will only make it worse by spreading the flames.

Prevent Poisoning

- Do not leave children alone and make sure they understand that paraffin is dangerous
- Never store paraffin in a used milk or cool drink bottle as a child could mistakenly drink it.
- Make sure that there's enough fresh air to prevent children breathing in dangerous fumes
- If a child accidentally swallows paraffin, do not give them anything to eat or drink. Get them to a clinic or hospital immediately.

- Never try to make someone who has drunk paraffin vomit. This could force the paraffin into the lungs and cause serious damage

Treatment for burns

A person on fire should drop and roll on the ground to put out the flames. Running around will only make it worse. Get to a doctor, clinic or hospital immediately.

Keep Paraffin Away From Children

Many children suffer burn injuries at home. Always supervise children, especially babies. Store paraffin safely, away from children in clearly labelled containers. Teach children not to play with matches, lighters or near a fire. Always keep these items locked away from them.

Your Consumer Rights Regarding Paraffin and Other Household Goods

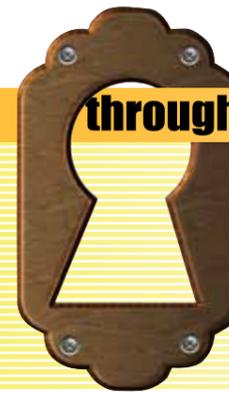
- Right to safe, good quality goods
- Right to quality – but this does not apply if you misuse or abuse the goods.
- Right to receive warnings on the risks
- Right to have products monitored for safety and/or recalled
- Right to claim damages for injuries caused by unsafe/defective goods

Remember Paraffin should always be:

- Sold in suitable packaging with a safety warning and a child resistant cap.
- Of a good quality, free of defects and comply with national standards



Use paraffin responsibly, and keep your family safe this winter!



through the keyhole

DR SANELE MADELA, Dundee Hospital

It's the kind of story that makes us proud to be South African. Meet the man behind the inspiration, DR SANELE MADELA.

More than 82% of rural Zululand lives in poverty and like most children in the area, Sanele Madela went for days without food as a child. The second youngest of nine children, he grew up just outside Dundee where his mother worked as a cleaner in Dundee Hospital where Madela was born. His father worked in a factory but there was never enough to feed all nine children. "I remember how my mother would sometimes boil water over the fire and pretend to cook with nothing in the pot. We would eventually fall asleep after getting tired of crying and waiting," explains Madela.

...my mother would sometimes boil water over the fire and pretend to cook with nothing in the pot.



But the new South Africa meant anything was possible, and a young Madela graduated as a top student from school. He heard that the Department of Health in KZN was offering scholarships to deserving students to study medicine in Cuba as part of a partnership between the two countries. "My mother encouraged me and believed that if it was God's wish, then it will happen. We were very excited when I made it and I left for Cuba full of hope and although it was a culture shock, it was still heaven compared to our poverty back home. We were fed daily, given a monthly allowance by our Health Department which

was higher than the average Cuban salary and all our expenses were paid. It was an opportunity of a lifetime and I was proud to graduate as a doctor," explains Madela.

He now works as a doctor in the same hospital where his mother once worked – a story that's inspiring to all South Africans and proves how anything is possible if you believe in yourself. Madela has set up a local health organisation which offers

free health care to mothers and children in his community. It's his way, he says, of giving back. And he's built a home which he shares with his siblings, after renovating his parents' house – they were comfortable he says, and did not want to move. His parents are now retired, and spend their days gardening and enjoying 'DSTV' - just what elderly parents should be doing, says Madela with a proud smile.

Thank you Dr Madela for being an inspiration to us all!

Keep your babies skin as soft and dry as mother nature intended.

The Secure Lockdry System of Huggies Dry Comfort delivers up to 9 hours dryness while the cottony cover allows baby's skin to breathe, giving mom a little breathing room too.

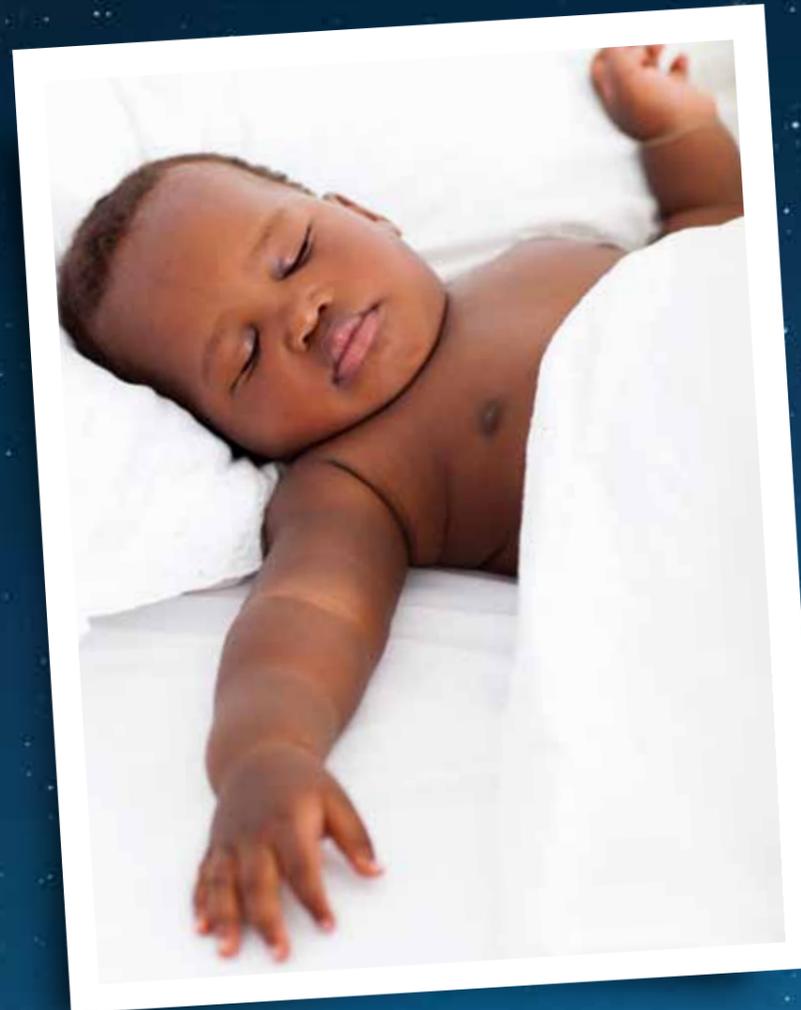


Trust Huggies mom, to keep baby comfy, happy and dry.



HUGGIES
Disposable Nappies
Dry Comfort®

HUGGIES **BABY** CORNER
Dry Comfort



A restful baby means a happy baby!

There are few things as lovely as a happy, sleeping baby. When mom and baby have a good night's sleep, it means a better start to the day.

That means better sleep for baby and more rest for moms too!

At Huggies®, we understand that mom's and baby's rest is often disrupted by wet or leaky nappies causing discomfort and restlessness which can be stressful for all. That's why Huggies® encourages routine for babies and our dry comfort nappies, especially at night. Huggies® Dry Comfort Nappies keep little ones comfortable, thanks to its unique Lock Dry system especially designed to keep baby dryer for longer. Our tried-and-tested leak-proof technology ensures that your little tot's sleep won't be disrupted during the night because of a wet, uncomfortable nappy.

CARING FOR YOUR BABY'S TEETH

WHY IT MATTERS

Did you know that the development of your baby's teeth can affect their speech? That's why dentists advise you start cleaning your baby's mouth from birth. Use the following guide to help you understand how baby's teeth develop so that you can take better care of them:

Caring for your baby's mouth

Always use a soft, clean facecloth to clean your baby's mouth – even from birth. Dip the facecloth in boiled, cooled water and gently wipe your baby's gums, before bedtime.



First teeth help with:

CHEWING Children need to chew their food to ensure proper digestion, nutrition and growth.

TALKING Teeth help to pronounce words. A child who loses teeth early will struggle to talk clearly.

DEVELOPMENT First teeth must last five to ten years and help permanent teeth to form correctly.

JAW & FACE MUSCLES Breast feeding helps exercise your baby's jaw, cheek and tongue muscles which develops their ability to speak correctly.

When first teeth appear

- Use a facecloth or a toothbrush with soft bristles and apply just a little toothpaste.
- Teach your child to brush up and down and not just side to side.
- Use a mild children's toothpaste - adult toothpaste is too strong for a child's mouth.
- Don't let your child swallow toothpaste as too much fluoride which is in the toothpaste can be poisonous is more than a small amount is swallowed.
- Check that your child brushes his teeth properly until he's at least six.

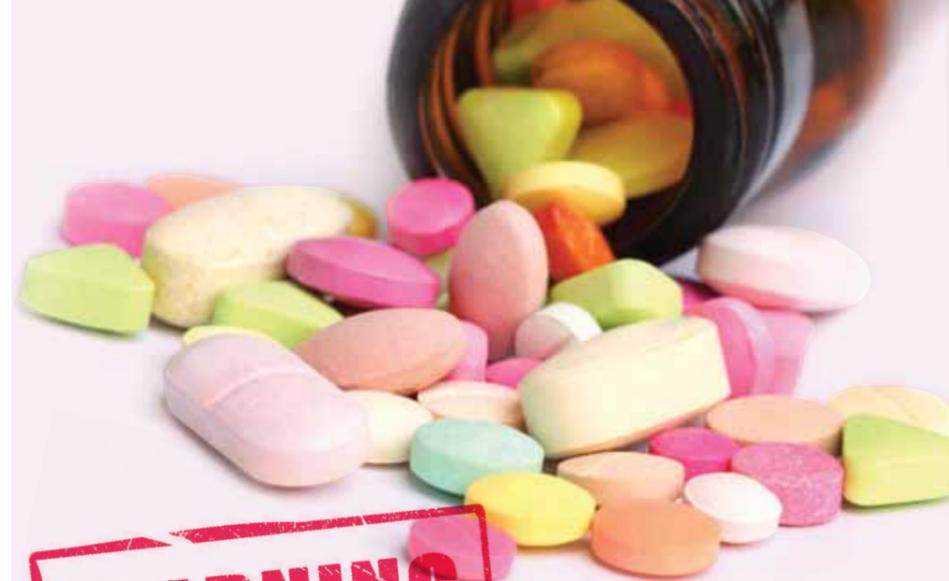
Prevent tooth decay

- ✗ Never let your baby fall asleep sucking a bottle of formula or juice (remember breast milk is best!)
- ✗ Don't give your child fizzy drinks and limit sugar and sweets.
- ✗ Avoid giving your baby a dummy dipped in sugar or honey.
- ✗ Teach your child to drink from a cup by his first birthday.

Try to:

- ✓ Offer your child regular small, healthy meals.
- ✓ Provide plenty of calcium-rich food such as fish, milk, cheese, yogurt, oats, white beans and spinach to help teeth and bones grow strong.
- ✓ Make sure your child eats some cabbage, oranges, mangoes, guavas, avocado and tomatoes - these provide Vitamin C which is vital for healthy gums.

REMEMBER
Rotten teeth can lead to much bigger health problems later in life, such as heart disease, so encourage your child to develop good teeth care early in life!



WARNING
DIET PILLS
CAN BE HARMFUL!

Have you noticed how thin young girls are today? Gone are the days when we used to think big is beautiful. Today it seems, there is more and more pressure to be as thin as possible – and that means more women are desperate to try anything, even dangerous 'quick slim' diet pills which can be harmful.

Stay healthy the natural way

Medical experts have warned people not to buy diet pills promising miracle weight loss especially from people with no medical training. Such pills usually contain banned chemicals which are dangerous and illegal. They are often used by con artists who prey on vulnerable young women and the effects can be harmful to your health for a long time, if not forever. Instead, lose weight naturally – it's cheaper and you know what goes into your body!

TOP TIPS for staying healthy

- ✓ Drink plenty of water – it helps with weight loss and cleanses the body
- ✓ Exercise regularly – you don't need to join a gym, just walk briskly with a friend for at least 30 minutes every day
- ✓ Eat a balanced meal – reduce sugars, fats and fried food (it takes willpower to cut back on chips and chicken, but your body will feel better for it)
- ✓ Eat less – it takes 15 minutes for your brain to tell your body it's full, so eat smaller portions, more slowly. That way you won't be tempted to eat too much.
- ✓ Don't eat a heavy meal after 7pm – if you must eat, have a fruit, nuts or yogurt to fill the craving for food.

REMEMBER! It's all about your lifestyle and diet. What you put into your body is what you get out of it!

One young woman's experience

Nompilo was only 19 and weighed almost 100kg. Tired of being teased about her weight, she decided to try some 'miracle diet pills' after seeing an advert on a street poster. "It's the biggest mistake I ever made. They didn't work and I started to get really sick. I stopped using them after a doctor looked at the pills and told me they were dangerous for my health. I started eating correctly instead and began exercising a few times a week. I'm now starting to lose the weight finally. I don't want to be so thin that I look sick because I am proud of my African heritage and my curves, but it doesn't mean I should be overweight!" Nompilo tells us.



APRIL

April is **HEALTH AWARENESS MONTH** and the following days are especially important to remember...



World Health Day

Each of us is responsible for our own health. While hospitals, clinics, doctors, and nurses are there for treatment and advice, we must take control of our bodies. If we don't take our medicines correctly and don't care about what we eat, our body will not take care of us. It's time to realize that health care begins with us. Exercise, fresh, healthy food and avoiding foods that kill us is an investment in your health. It's never too late to start!

WORLD HAEMOPHILIA Day

Haemophilia is a lifelong bleeding disorder affecting men. It causes dangerous bleeding inside the body, the joints and the muscles. Although not curable, it can be managed through proper treatment.



APRIL
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National Polio and Measles Immunisation Campaign

April 29 – May 17

A campaign to give polio and measles the final push will be launched this month, as part of a national drive to ensure children under 5 years are vaccinated against polio and measles. The aim is also to assist the country in achieving the Millennium Development Goal no. 4 of reducing childhood mortality by two thirds by 2015.



APRIL

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AFRICAN VACCINATION Week April 24 – 30

Did you know that vaccination is one of the best ways to protect your child against childhood diseases? This week is used to encourage all mothers to vaccinate their children against diseases which can kill. Vaccines are safe and free, so ask your local clinic about getting your child protected today!



APRIL 25

AFRICA MALARIA Day

Malaria is under control in South Africa, but we still need to be aware of mosquito bites which cause malaria. The aim is to work towards zero malaria deaths by 2015. Do your bit and make sure you keep mosquitos away from your family.



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