

HEALTH MATTERS **FREE**

Ezempilo

EDUCATE || INFORM || EMPOWER EDITION 8 • 2012

KZN HEALTH SALUTES WOMEN DURING WOMEN'S MONTH

Healthy mothers raise healthy children. Healthy children grow up stronger and better educated and help build more prosperous communities. And a health system that delivers for mothers and children will deliver for the whole community.

- KZN Health MEC
Dr Sibongiseni Dhlomo



FEATURES



HEARTBURN:
DOES THIS AFFECT YOU?



ANEMIA:
SIGNS AND TREATMENT



KZN NEWS
MEC DHLOMO STEPS UP
FIGHT AGAINST AIDS



BREASTFEEDING:
STILL BEST FOR BABY



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

SPECIAL FOCUS ON
BREASTFEEDING

KZN HEALTH SALUTES ALL WOMEN OF SOUTH AFRICA

ESPECIALLY OUR **DEDICATED FEMALE HEALTH WORKERS** FOR THEIR HARD WORK AND COMMITMENT TO MAKING A DIFFERENCE IN OUR PROVINCE'S **HEALTH CARE**.



KZN HEALTH HOD,
Dr Sibongile Zungu



KZN HEALTH MEC,
Dr Sibongiseni Dhlomo



Let us take this opportunity to reaffirm our obligation to improving the lives of women through empowering them with skills, opportunities and support in every area of their development.

From the boardrooms to the rural kitchens, we must be firm and united in opposing violence against women. We must be bold enough to say an injury to a woman is an injury to a nation, because women are the mothers of our nation!



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Fighting Disease, Fighting Poverty, Giving Hope

Message from



KZN Health MEC,
Dr Sibongiseni Dhlomo

'We stand at a unique time in the history of the AIDS epidemic' declared people of the world during last month's International AIDS Conference in Washington.

As a South African, the AIDS Conference was a moment to rejoice and take pride at our advances in the fight against the epidemic. Notably was the world's united acclaim for our progress in this fight, especially progress in reducing mother to child transmission.

As we celebrate Women's month, I wish to take this opportunity to thank women of our country for leading in the journey we have travelled thus far and the progress we have made.

Saving the lives of new born babies is our fundamental obligation and the importance of improving children's chances of survival. Ensuring women have a choice whether and when to have children, are able to have a safe pregnancy and, most importantly, that their babies are born free of HIV and more likely to survive to adulthood. This helps our country to achieve their development goals and improve the lives of millions of people.

The great strides we have seen in reducing mother to child transmission through antiretroviral drugs can only be attributed to the leadership role that women played. It is women who continue to show the way in HIV Counselling and Testing (HCT) campaign, anti-retroviral treatment (ART) programme and PMTCT uptake.

More than 55% of women are on our HCT campaign while 53% on our ART programme. We have also been able to reduce mother to child transmission from 24% six years ago to the present 2.3%.

I also want to thank our women who serve as nurses, midwives and community carers without whom we would not have made such progress. Despite great workloads when you feel you can't take all the pain away and when you go home with achy feet and achy hearts; we want to thank you and remind you that you to keep the light and passion ignited.

In the spirit of solidarity that was shared during the International AIDS Conference, I also want to remind our women that the 'challenges ahead are great' and indeed 'the costs of failure will be greater'. We salute you and call upon all citizens (especially men), in the spirit of solidarity and joint action, to find renewed urgency to expand our efforts in ensuring that we act on what we know.

Together; let us build a better and healthy South Africa.

INSIDE

AUGUST 2012

- ✓ **ANEMIA:**
SIGNS AND TREATMENT
- ✓ **WOMEN'S MONTH:**
EXPECTING TWINS? ALL YOU NEED TO KNOW
- ✓ **HEALTH AWARENESS DAYS:**
AUGUST IS WOMEN'S MONTH
- ✓ **KZN NEWS**
MEC DHLOMO STEPS UP FIGHT AGAINST AIDS
- ✓ **BREASTFEEDING:**
STILL BEST FOR BABY
- ✓ **HEARTBURN:**
DOES THIS AFFECT YOU?



WOMENS MONTH



With thanks from the following contributors:

KZN DEPARTMENT OF HEALTH: COMMUNICATIONS UNIT
 ZOHRA MOHAMED TEKE (EDITOR)
 COLIWE ZULU (WRITER)
 THANDI ZULU (WRITER)
 DERICK MATSENGARWODZI (WRITER)
 THEMBA MNGOMEZULU (DEPARTMENT PHOTOGRAPHER)
 DUDLEY VIALI (CARTOONIST)
 TANYA CAMPHER (GRAPHIC DESIGNER)

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, editor@ezempilohealthmatters.co.za or write to us on PO Box 25439, Gateway 4321.

COPYRIGHT & ADVERTISING

All content published in this magazine remains the copyright of Ezempilo...Health Matters and may be freely reproduced and distributed for educational purposes only, with permission.

AUGUST IS BREASTFEEDING AWARENESS MONTH

BREASTFEEDING IS BEST!

PANEL 1: A woman with a headwrap says, "A BABY HAS ALL THE NUTRITION IT NEEDS FROM BREASTMILK - ESPECIALLY IN THE FIRST SIX MONTHS OF ITS LIFE!"

PANEL 2: A woman says, "THAT'S WHY KZN HEALTH ENCOURAGES BREASTFEEDING AT ALL ITS HOSPITALS AND CLINICS."

PANEL 3: A woman says, "IT'S THE NUMBER ONE CHOICE FOR BABIES BECAUSE IT'S NATURE'S BEST PROTECTION AGAINST DISEASES."

PANEL 4: A woman with a headwrap says, "IT'S SAFE, IT'S FREE AND IT'S THE RIGHT TEMPERATURE FOR BABY, SO DO THE RIGHT THING - BREASTFEED YOUR NEWBORN. IT'S THE BEST START YOU CAN GIVE THEM IN LIFE!"

Tired all the time?

Dizzy?

Trouble breathing?

ANEMIA

You could be suffering from anemia, which means you don't have enough of the vitamin called **iron** in your body.

WHY DO WE NEED IRON?

Iron helps our bodies to make red blood cells which carry oxygen from our blood around our body. This helps our organs like our lungs to work properly. Without enough iron, our organs will not work properly, which is why people who don't have enough iron start feeling dizzy, tired or short of breath.

IRON NEEDS IN PREGNANT WOMEN

Shortage of iron is very common in pregnant women but needs to be checked to make sure it does not drop below the accepted level. That's why it's important to go for regular checkups so that your health worker can check your iron levels and will advise you on what to take if she feels you need to increase your level. She may even recommend you take some iron tablets to assist.

EAT HEALTHY

You can make sure that you are getting enough iron by eating the right foods - especially those with lots of iron! These include fresh dark green leafy vegetables like spinach. Other foods which are good for your iron levels are:

- Eggs
- Chicken or plain livers
- Fish - This is great for baby's brain development.



Drink plenty of milk for extra calcium while pregnant - it helps with breastfeeding too!

Remember, the healthier you are, the healthier your baby will be. Book early so your clinic sister can monitor growth, blood pressure and get the results of any blood tests quickly and act on them if they are abnormal. Babies naturally absorb everything they need through the umbilical cord, it is up to you to make sure there is enough nutrition available for you and baby.

Eat well during pregnancy, it helps your baby's development and gives you the strength needed to take care of baby!

AUGUST IS...

Women's Month

LET'S WORK TOGETHER TO DRIVE HOME THESE POINTS AND ENSURE THAT FEMALE LEARNERS IN OUR COMMUNITY ARE ENCOURAGED TO FINISH SCHOOL...

– *IT'S KEY TO THEIR FUTURE.*

Let's face it; women bear the double burden in most homes today, even after nearly 20 years of our democracy. As women, we still have to work hard, and even harder if we work outside the home. KZN Health MEC Dr Sibongiseni Dhlomo places a great emphasis on the role and position of women and continues to call for women to play a role in shaping their future – as mothers and providers. As we celebrate August Women's Month, Dr Dhlomo continues to make that call – especially in encouraging young female learners to stay in school and finish their studies. The rate of teenage pregnancy is alarming for everyone – it means a generation of young, uneducated mothers who will struggle to support themselves and their child without basic education. As a society, we need to encourage our young learners to continue their education till the end – boys can wait, pregnancy can wait, and sugar daddies have no place in the future of our young girls!

POOR NUTRITION

Poor nutrition is the most common and disabling health problem among women. As society, we often use the excuse that a 'man eats more' and women sacrifice their own needs for men in the house. A poor diet in a female means that at a young age she grows more slowly, has bones that are not develop properly and begins to suffer poor health, including exhaustion, weakness and anaemia (protein in the blood). When a woman who is malnourished becomes pregnant, she is more likely to have serious labour complications, like heavy bleeding which can lead to death, infection, or a baby that is born too small.

STIs, HIV/AIDS

A woman is more at risk of getting a sexually transmitted infection or HIV/AIDS because they often have little control over their sexual health and many still do not refuse sex without a condom in fear of upsetting the man. When a man's sperm stays inside a woman's body the germs it may carry can enter her blood, and since a woman often has no signs of infection, she may not

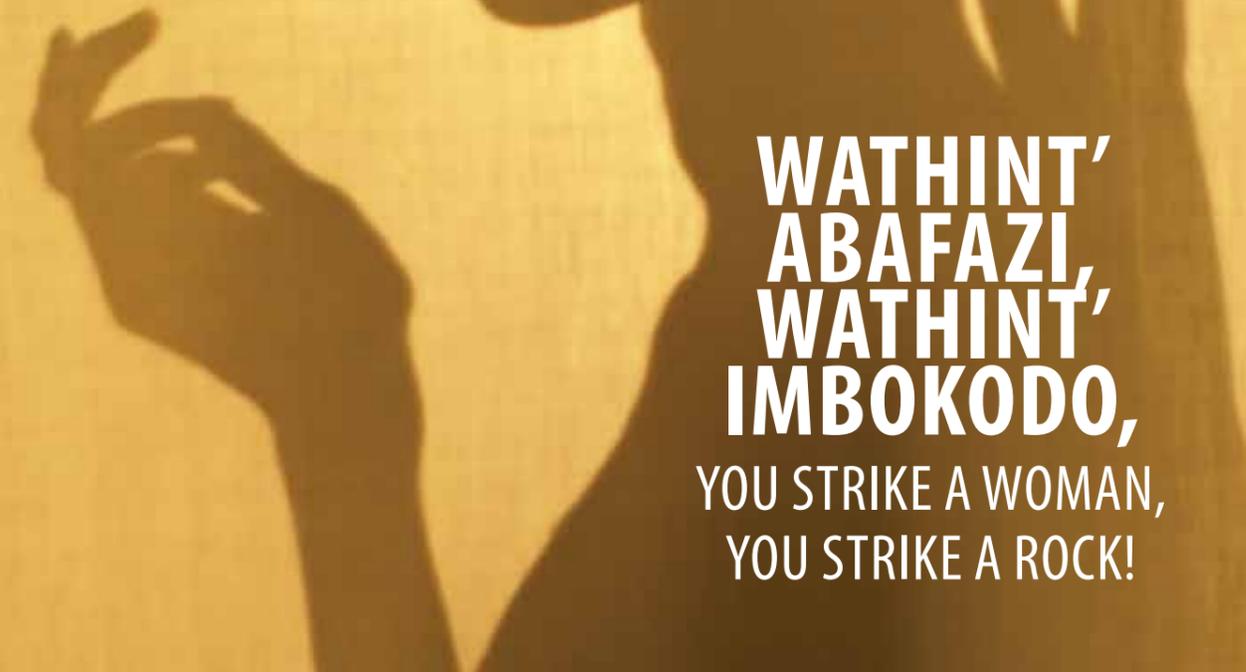
know she has been infected and may not get treatment. Without treatment, sexually transmitted infections can cause disabling pain, severe pelvic disease, infertility, problems during pregnancy, increased risk of cervical cancer and even death.

VIOLENCE

Violence against a woman is a health problem, not just a social problem. Violence against a woman affects her mental, emotional and physical health. Many women are still forced to have sex or are abused by their partners if they refuse. Rape often goes unreported. Speak out and take control of your life, break the silence!

"Healthy mothers raise healthy children. Healthy children grow up stronger and better educated and help build more prosperous communities. And a health system that delivers for mothers and children will deliver for the whole community"

- Health MEC Dhlomo



**WATHINT'
ABAFAZI,
WATHINT'
IMBOKODO,
YOU STRIKE A WOMAN,
YOU STRIKE A ROCK!**

It all begins at home:

As Mothers:

- ✓ We can teach our sons to be kind so that they will grow up to be kind fathers and husbands.
- ✓ We can teach our daughters to value themselves so that they expect the same from others
- ✓ We can teach our sons to share in household work, so that their sisters, wives and daughters do not suffer the burden of overwork.
- ✓ We can teach our daughters to be more independent by finishing school or learning a skill
- ✓ We can teach our sons to respect all women and to be responsible sexual partners.

WHERE TO GO FOR HELP IF YOU ARE A VICTIM OF VIOLENCE

Women need to speak out against violence, and while it's not easy, there are people out there who can support you to do this. Here's where to go for help if you are a victim of violence:

- The Commission on Gender Equality
031 305 2105
- The Open Door Crisis Care Centre
031 709 2679

AUGUST 1-7: WORLD BREAST FEEDING WEEK

CAN YOU breastfeed



WHEN YOU'RE HIV POSITIVE?

GOGOS, nurses and doctors have always agreed on one thing – breastfeeding is the one thing that gives your baby the best start in life. That's because only breast milk contains perfect food ingredients to help your baby grow properly, plus more special ingredients that protect their young immune system.

But HIV/AIDS made people worry when they first found out the virus could be passed on in breast milk. Some decided maybe formula-feeding would be safer and tried that. But, results have shown that bottle-feeding is a big risk. HIV-positive babies are twice as likely to die if they're fed formula milk, which is one of the reasons KZN Health decided to stop supplying formula milk to all hospitals and clinics as the first choice of baby's feeding.

Now at last everyone's sure breastfeeding is best whether you're HIV-positive or not– but you do have to be careful how you breastfeed if you're HIV-positive, and to help you understand, here are some guidelines from the experts:

- ➔ Make sure you're on ARVs or your baby is on nevirapine (speak to your health worker about this).
- ➔ For the first six months, your baby must have breast milk - and only breast milk.
- ➔ Don't be tempted to give juice or even water if baby's thirsty – give only breast milk until six months. Breastmilk contains enough water to quench your baby's thirst.
- ➔ Only introduce solids at six months.
- ➔ If you're leaving baby with a caregiver, express your milk so the caregiver can give it at feeding time. It will keep safely outside a fridge for up to six hours.
- ➔ If anyone questions what you're doing, explain the reasons why breastfeeding is best, and that all doctors and clinics now support this exclusively!



WHY STOP THE formula?

After many years of promoting formula, experts now agree that formula feeding puts your baby's life at risk. Breastmilk boosts your baby's immune system in a way no formula can. That's why infectious diseases (such as diarrhea and chest infections) kill 10 times more bottle-fed babies than breastfed babies – which is why experts say breastfeeding your baby is the best thing you can do for your new baby.

Here are four key reasons why you must think about protecting your baby by breastfeeding:

- 1** In South Africa, diarrhoea kills nearly 10 000 children under five a year – that's 25 a day. Many are babies whose formula hasn't been prepared safely or stored safely.
- 2** In a survey at SA postnatal clinics, two out of three bottles brought in with babies were found to contain germs that cause diarrhoea – and could kill baby.
- 3** Fridges, even at hospitals, aren't always cold enough. So harmful germs develop in the formula before it's even fed to baby.
- 4** Breastfeeding is natural, free and healthier. Formula is costly, which is why as many as one in three mothers uses less powdered formula – but that has a very bad effects on their babies' health and development. Breastfed babies who are well fed grow to be taller, fitter, stronger and cleverer, even earning more when they become adults.

AWARENESS

DAYS

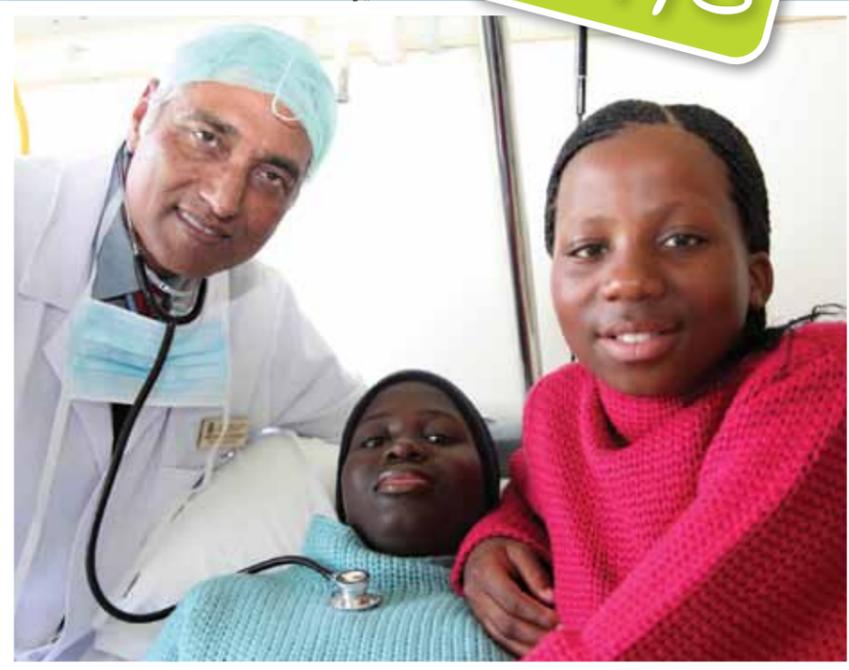
NOW YOU HAVE TOUCHED
THE WOMEN. YOU HAVE
STRUCK A ROCK?
YOU HAVE DISLODGED
A BOULDER?
YOU WILL BE CRUSHED!



NATIONAL WOMEN'S MONTH

Wathint' abafazi wathint' imbokodo – you strike a woman, you strike a rock!

On 9 August 1956, 20,000 women marched to protest against an apartheid law which forced women to carry a "pass". After handing over their petition, they began singing the song 'wathint' abafazi, wathint' imbokodo' which has come to represent the bravery and strength of South African women as a powerful force of change. As a result, each year Women's Day is celebrated on 9 August to remember the role women played in fighting against the might of apartheid.



ORGAN DONOR MONTH

Organ donors are desperately needed to save lives of many people who suffer life threatening diseases. However, the government has also warned people not to be tricked into selling any body parts for money – this is illegal. Saving a life does not need to be done in an illegal manner, you can make a difference to those who need your help, speak to your health worker about organ donation, but do not be tricked into selling your organs by those just wanting to make money!

WORLD BREAST FEEDING WEEK

1-7TH

Many years after gogo has been saying breast milk is best, experts now agree with this! During this week, world health focuses on encouraging mothers to breastfeed their newborn babies, because breast milk is best. It has everything a baby needs to protect them against infection, so why change what works?



RHEUMATIC FEVER WEEK

Rheumatic fever is a serious disease that usually affects children and young adults. It affects different areas of the body, including the bones, heart, skin, nervous system and brain. It can develop after a serious infection with a sore throat. There is no actual cure but medication can reduce the pain. For best advice speak to your health worker or contact KZN Health on 0800 00 5133.

6-12TH

YOUTH DAY 12TH

International Youth Day was created by the United Nations on 12 August 2000. The aim of the day is to raise awareness of international youth, their role and needs in society. They are the future generations, and we must help them lead responsible lives!

AFRICAN TRADITIONAL MEDICINE WEEK

28-31ST

Simply because we learn something about modern medicine does not mean we should no longer appreciate the customs and traditional ways of healing people. This week is aimed at raising awareness of the important role traditional healers play. It is important to remember though to visit traditional healers that are recognized by the Department of Health.



health

Department:
Health
PROVINCE OF KWAZULU-NATAL



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

KZN HEALTH



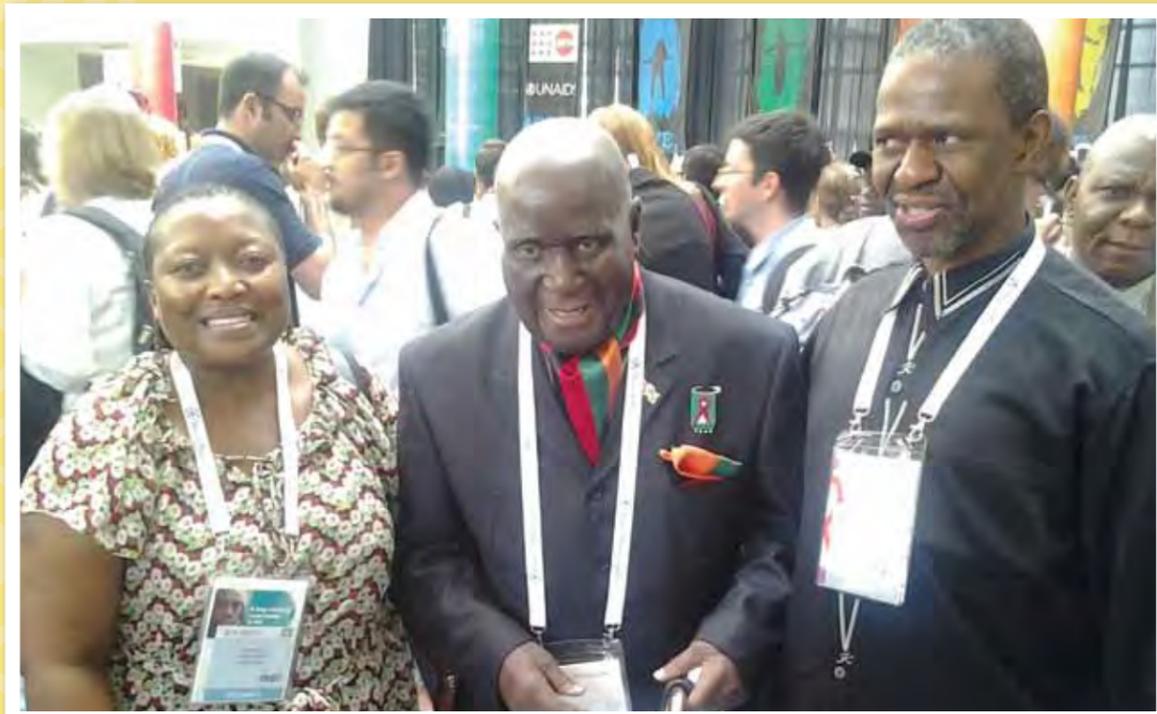
health

Department:
Health
PROVINCE OF KWAZULU-NATAL

NEWS

Fighting Disease, Fighting Poverty, Giving Hope

MEC DHLOMO STEPS UP FIGHT AGAINST AIDS



KZN Health MEC, Dr Sibongiseni Dhlomo recently attended the International AIDS Conference in Washington and said he was happy to hear world leaders applaud South Africa's fight against AIDS. South Africa's successful strategy was highlighted as follows:

- Getting 1.7 million people into the ARV program
- Encouraging more than 20 million people to get tested within one year;
- Respecting the call by His Majesty to bring back the circumcision culture and the success of this campaign
- The success of programs that aim to decrease the transmission of

the virus from HIV positive mothers to the infants. It was mentioned that in 2008 there was 8% of children who were infected in this country, but in 2010 the number decreased to 3.5% and in 2011 the percentage was 2.7%.

"All of this is very encouraging and will be a cause to employ campaigns which ask people to come forward and get tested, woman to go to clinics when pregnant so that their babies do not get infected by the virus, and for males to get circumcised to avoid this deadly virus," said Dr Dhlomo.

The MEC added that the United States also announced that they would continue supporting South Africa's programs that fight the virus through the PEPFAR organization which will be funded by \$40 million to be by South Africa to circumcise half a million men next year!

Heart BURN



After a delicious meal of her favourite takeaway chicken, Busi, a middle-aged mother of four children had a burning feeling on her chest and throat and a sour taste. "I usually get that feeling after eating some rich fatty food and don't sleep well until this burning feeling goes away, usually after some hours," she explains.

Does this sound like you?

That burning feeling Busi feels is not uncommon. What she suffers from is commonly known as "heartburn", but say experts; this has nothing to do with the heart. Instead, it is a digestive problem that happens when the acid in your stomach escapes and goes up your throat causing irritation - mostly after meals.

WHAT CAUSES HEARTBURN?

- Certain types of foods like chocolate, fried, fatty and spicy foods, coffee, juices and alcohol
- Eating big meals at once or before sleeping
- Pressure on the stomach caused by tight clothing, bending over, overweight and pregnancy
- Certain types of medication
- Smoking
- Stress which increases stomach acid and slows the emptying of stomach

SIGNS

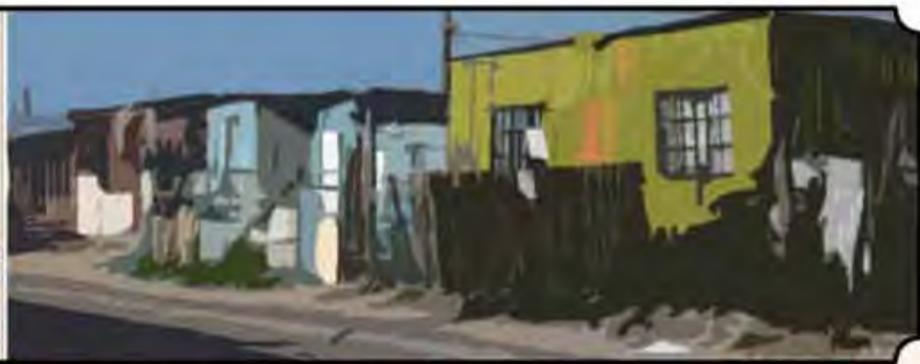
A burning feeling in the chest which goes up the throat and neck lasting a few minutes up to a few hours. This is followed by a sour taste in the mouth and also difficulty in swallowing; and difficulty in breathing.

HOW CAN I MANAGE HEARTBURN?

- ✓ Eat smaller meals often instead of one big one
- ✓ Always eat slowly
- ✓ Don't go to sleep on a full stomach.
- ✓ Learn to understand what foods cause your heartburn and avoid them - like coffee, alcohol, chocolate, spicy and junk foods
- ✓ Stop smoking
- ✓ Exercise and lose weight to reduce pressure on your stomach and lessen spells of heartburn
- ✓ Drink warm liquids like water to flush out your stomach after eating.

Heartburn treatment needs a lifestyle and diet change - you don't need to live with the burning feeling, the change depends on you!

WOMEN'S MONTH EACH ONE, TEACH ONE!



EMPOWERING OUR DAUGHTERS!

SIZANI, YOU ARE SO RIGHT! WE HAVE TO BE SO CAREFUL WITH DAUGHTERS THESE DAYS.

I WORK ALL DAY AND I WORRY ABOUT MBALI. SHE IS ALONE AT HOME AFTER SCHOOL AND THERE ARE SO MANY STORIES I HEAR ABOUT THESE OLDER MEN WHO TAKE ADVANTAGE OF YOUNG GIRLS.

EISH, TELL ME ABOUT IT, THAT'S EXACTLY WHAT HAPPENED TO MY ZANDILE YOU REMEMBER?

YES, AND ZANDILE WAS DOING SO WELL AT SCHOOL. WHAT HAPPENED AFTER THAT?

WELL YOU KNOW THIS OLDER BUSINESSMAN PROMISED HER EVERYTHING JUST SO THAT SHE COULD HAVE SEX WITH HIM. WHEN SHE FELL PREGNANT, HE JUST DUMPED HER AND REFUSED TO EVEN SUPPORT HIS OWN CHILD. NOW I HEAR HE'S AFTER ANOTHER YOUNG GIRL AT SCHOOL.

WERE YOU ANGRY AT ZANDILE?

I WAS ANGRY AT FIRST, BUT WHAT COULD I DO? I KNEW SHE NEEDED MY SUPPORT, SO I TOLD HER SHE MUST FINISH SCHOOL AND FIND A JOB. I AM PROUD OF HER BECAUSE SHE FINISHED SCHOOL AND IS NOW WORKING PART TIME AND STUDYING OFFICE ADMIN PART TIME TOO. SHE SUPPORTS HER BABY AND REALISES HER MISTAKE. I JUST WISH OTHER GIRLS WOULD LEARN AND NOT MAKE THE SAME FOOLISH MISTAKE WHEN A MAN TELLS THEM TO LEAVE SCHOOL.

I NEED TO SPEAK TO MBALI SERIOUSLY. SHE SHOULDN'T BE TRICKED BY THESE OLDER MEN, JUST BECAUSE I WORK ALL DAY AND AM NOT THERE TO SEE WHAT THEY GET UP TO. THESE OLDER MEN JUST TRAP OUR YOUNG GIRLS WITH FALSE PROMISES ABOUT HOW THEY WILL MAKE THEM RICH AND GIVE THEM FANCY CLOTHING.

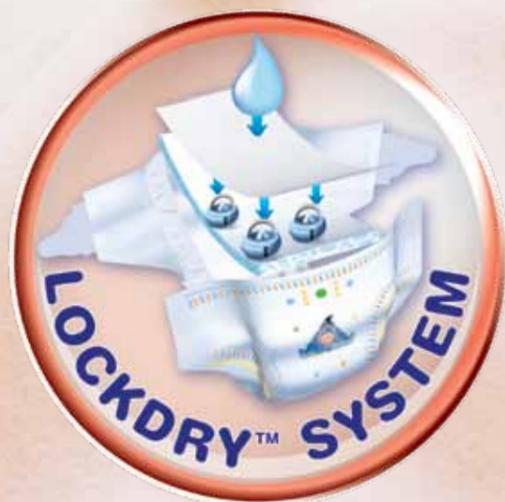
YES! THEY TELL THE GIRLS TO LEAVE SCHOOL. AND AS SOON AS THE GIRL HAS SEX WITH HIM AND FALLS PREGNANT, HE RUNS AWAY. HOW CAN WE STOP THESE MEN?!

WHY DON'T WE GIVE TALKS AT THE SCHOOL AND TELL THE LEARNERS ABOUT THE DANGERS OF TEENAGE PREGNANCY? AS MOTHERS THEY WILL LISTEN TO US.

THAT'S A VERY GOOD IDEA. MAYBE I CAN ASK ZANDILE TO JOIN US BECAUSE SHE HAS FIRST HAND EXPERIENCE OF WHAT HAPPENS WHEN THEY FALL PREGNANT BY THESE MEN. LET'S SPEAK TO THE PRINCIPLE, I'M SURE THEY WILL AGREE TO IT, ESPECIALLY BECAUSE WE WILL EXPLAIN WHY EDUCATION IS VERY IMPORTANT.

Good moms need a good night's rest too!

That's why they trust Huggies® unique Dry Comfort range to help baby sleep through the night. Secure lock dry system means baby stays dry for up to 9 hours.



... No more uncomfortable wet nappies at night means a peaceful night's sleep for all!



® Registered trademark of Kimberly-Clark Worldwide Inc. © 2012 KCWW

HUGGIES **BABY CORNER**
Dry Comfort



Thula
Thula
Mama...

A good mom is a tired mom...
right?
Wrong!

Being a good mom is a 24-hour job – it means caring for baby during the day and especially throughout the night, as most babies wake up several times a night for a feed and nappy change. Many moms think that not getting a decent night's sleep and then waking up tired and low on energy each morning is just something that moms have to do...

Wrong!

Doing the best for your little one means doing the best for you too! Waking up throughout the night is not good for your or baby. It means being a tired, frustrated mom during the day – and no fun for baby! What's more as a working mother it can leave affect your performance at work too.

That's why clever moms use Huggies® Dry comfort Nappies. The unique Lock Dry system is specially designed to keep baby dryer for longer. Its proven leak-proof technology ensures that baby won't have to wake during the night because of a wet, uncomfortable nappy. This means baby will sleep longer and wake up less often, and when baby sleeps longer, Mom does too!

Good moms and Huggies® Dry comfort keep baby dry and happy!

® Registered trademark/*trademark of Kimberly-Clark Worldwide Inc. © 2011 KCWW

TAKING EXTRA CARE WHEN EXPECTING twins

Many pregnant women feel nervous when they hear they are pregnant with twins. Carrying twins means a heavier weight so your heart will work harder, especially in the later months when the babies start growing. You will also feel the extra weight on your back and your bones may move out of place - like hip bones, due the weight. The heavy pressure on your bladder can also cause bladder infections, which is why going for regular checkups is very important.



Remember, a healthy pregnancy depends on you. It's important to go for regular checkups to make sure you and baby are in good health. The earlier a problem is detected, the better your chance of solving it, so don't delay. Book at your nearest clinic as soon as you know you are pregnant!

BECAUSE OF THE HIGHER RISK, YOU WILL HAVE TO TAKE SPECIAL CARE OF YOUR HEALTH. LOOK OUT FOR ANY OF THE FOLLOWING AND REPORT THIS TO YOUR HEALTH WORKER AS SOON AS POSSIBLE:

-  Severe headache
-  Vaginal bleeding
-  Less movement of the baby
-  Severe stomach pains.

MORE COMMON PROBLEMS TO BE AWARE OF DURING YOUR PREGNANCY

- **Proteinuria** – An infection in your urinary tract caused by too much protein in your urine.
- **Cardiac disease** - Diseases that causes strain on the heart and kidneys
- **Gestational diabetes** – Low/high blood sugar level only during pregnancy
- **Pre-gestational diabetes** – Low blood sugar levels after pregnancy
- **Epilepsy** – A brain disorder that causes people to have seizures. Pregnant women that suffer from Epilepsy have an increased risk of giving birth to children with disabilities.
- **Anemia** – when the body does not have enough red blood cells to carry oxygen to your organs.
- **Sexually transmitted infections** – STI's can cause harm to your baby and should be treated as soon as you notice a problem with discharge.
- **Pulmonary Tuberculosis (PTB)** – A disease caused by bacteria that grows in the lungs, which makes it hard to breathe.
- **Pre-eclampsia** – High blood pressure during pregnancy that can cause you to have seizures.