

FREE

# HEALTH MATTERS Ezempilo

EDUCATE || INFORM || EMPOWER

AUGUST • 2016



## WOMEN'S MONTH

*You strike a woman,  
you strike a rock!*

Circumcision ● Breastfeeding ● Child death



health

Department:  
Health  
PROVINCE OF KWAZULU-NATAL



FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

**KZN Health salutes all the women in our province**



**TAKE CHARGE OF YOUR HEALTH**

**Say NO to:**

- ✗ Sex without a condom
- ✗ Violence
- ✗ Abuse

**Say YES to:**

- ✓ Responsible sexual choices
- ✓ Education first
- ✓ Regular health check ups

**BE THE KIND OF WOMAN WHO SETS AN EXAMPLE TO OTHERS**



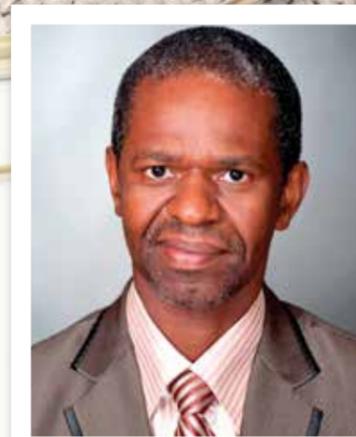
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**Message from...**

**KZN Health MEC,  
Dr Sibongiseni Dhlomo**



**A SOUTH AFRICA CELEBRATES** Women's Month in August, I'd like to call on all women in the province to summon their courage and fight a new struggle for their own health.

On 9 August 1956, about 20 000 women marched to the Union Buildings in Pretoria to protest against legislation aimed at tightening the apartheid government's control over the movement of black women in urban areas. If those women could stand up and display such courage against the apartheid machinery 60 years ago, then surely the women of today can do the same and ultimately help overcome the many health challenges that they, and society in general, are faced with today.

**IT IS CONCERNING** that more than 7 700 women are diagnosed with cervical cancer each year, with more than 4 000 of them dying due to the disease annually. Cervical cancer is caused by the Human Papillomavirus (HPV), the most common viral infection of the reproductive tract. However, the good thing is that the KwaZulu-Natal Department of Health offers a package of services that can turn this situation around, such as the vaccinations for Human Papilloma Virus. In conjunction with the KwaZulu-Natal Department of Basic Education, we have embarked on a massive campaign from 3 – 28 August 2016 to provide the Human Papilloma Virus (HPV) vaccine to school girls aged 9 and 10 in Grade 4. The HPV vaccination aims to decrease the number of women who develop cervical Cancer. Parents are urged to sign consent forms so that their daughters can be vaccinated.

**ALSO OF CONCERN** is that, according to the National Department of Health, at least 2000 women aged between 15 and 24 are contracting HIV every week, in many cases from much older men. As far as new HIV infections among young girls and women are concerned, the Department will continue to intensify its efforts to create awareness about behavioural change and the dangers of older men, also known as "Blessers" or "Sugar Daddies" who sleep with girls and young women.

**THE "YOUNG WOMEN AND GIRLS"** campaign launched by our Deputy President Mr Cyril Ramaphosa will focus on, among other things, encouraging young women to lead modest lives and worry less about material things such as money, expensive cell phones and clothing. These young women will be encouraged to focus on getting an education – including applying for financial aid from the state where necessary – until they can secure employment and afford to accumulate their own material possessions.

**WE ARE ALSO PLEADING** with men to listen to their consciences and leave our young girls alone, so that they can grow up and flourish. I wish to challenge women to rise and take centre stage as far as their own health is concerned. They can do this by ensuring that they:

- \* Undergo a health screening at least once a year. This helps with early detection of diseases and improving disease treatment and management outcomes
- \* Use the Dual Protection approach when it comes to sex. This includes encouraging their partners to undergo Medical Male Circumcision, and also to ensure that they use of female contraceptive methods such as Implanon, injections or the loop method, while using condoms during every episode of sexual contact. This ensures protection against both sexually transmitted infections – including HIV – and unwanted pregnancies.
- \* Visit their local primary health care centre (clinic) to be tested for pregnancy once they miss a menstrual period. Once the pregnancy has been confirmed, it is crucial that they attend ante-natal clinics to ensure optimal health for themselves and their unborn babies.

**TO HELP SOUTH AFRICA** become a healthier nation, women need to make informed decisions about what they eat, whether or not they consume alcohol or smoke, among other factors. Healthy lifestyles, including keeping to a healthy diet and regular physical exercise, can make all the difference.

*I wish you all a Happy Women's Month!*

# inside



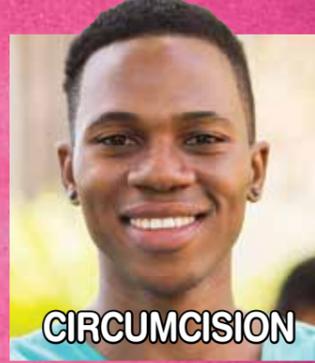
BREASTFEEDING



BREAST MILK



CANCER CAREGIVER



CIRCUMCISION

... **CHILD HEALTH**

KZN steps up plans to prevent child deaths

... **BREASTFEEDING** All you need to know

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Follow our top tips to stay healthy

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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!  
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## SAY NO TO VIOLENCE AGAINST WOMEN



VIOLENCE AGAINST WOMEN IS A COWARDLY ACT! A WOMAN'S BODY IS HER RIGHT.



NO MEANS NO, AND IF A WOMAN DOES NOT WANT TO HAVE SEX WITHOUT A CONDOM, IT IS HER RIGHT. FORCING A WOMAN TO HAVE SEX IS RAPE AND IS A CRIME PUNISHABLE BY LAW.



LET'S STOP THE VIOLENCE AND BREAK THE SILENCE. UNITE AS A COMMUNITY TO SAY WE WILL NOT TOLERATE VIOLENCE AGAINST WOMEN AND CHILDREN.

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Many children die from preventable causes

- \* Prevent closely spaced births, which contribute to some of the world's highest infant mortality rates.
- \* Reduce the risk of unintended pregnancies among women living with HIV, resulting in fewer infected babies and orphans. Use of male and female condoms is also instrumental in providing dual protection against unintended pregnancies and against STIs including HIV.
- \* Reduce adolescent pregnancies as they are more likely to have preterm or low birth-weight babies, and babies born to adolescents are known to have higher rates of neonatal mortality.

## KZN's plan to curb under 5 deaths

**KZN Health MEC, Dr Sibongiseni Dhlomo, has called on midwives and neonatal nurses to work together to improve the lives of both neonates and under 5 babies.**

The call was made during the recent Neonatal Nurses Association of Southern Africa National Conference [NNSA] at the All Saints United Church in Pietermaritzburg.

'I would like to see the NNSA working collaboratively with the Midwives' Association, as they both deal with closely related aspects which is giving birth and the care of new-borns. These Associations should jointly prepare a paper to be presented to both the Minister and Health MECs with recommendations on how to further improve the situation of both the mothers and their babies, says Dr Dhlomo.

**More progress needed**

Home to just over 10 million people with around 220,000 births occurring each year, MEC Dhlomo explained that around 192,000 of these births take place at public health sector institutions.

"KwaZulu Natal has made some significant strides to reduce the under-5 mortality rate, largely due to the effectiveness of the Prevention of Mother to Child Transmission of HIV which has dropped from 20% in 2008 to the current level of 1,2% but more needs to be done,"

says the MEC, adding that neonatal deaths account for approximately 40% of all deaths in children under the age of five.

The Conference categorised the deaths in the following manner:

**Those linked to healthcare provider-associated avoidable factors:**

- \* Foetal distress monitored but not detected
- \* Foetal distress not monitored and not detected
- \* No intervention for prolonged second stage of labour
- \* Delays in referring the patient
- \* Delays in calling for expert assistance.

**Those that are patient-associated avoidable factors:**

- \* Delays in seeking medical attention during labour
- \* Non-initiation of antenatal care
- \* Booking late in pregnancy
- \* Infrequent visits to antenatal clinics.

MEC Dhlomo says as the first step, health workers need to change their mind-set and be open and friendly to those needing contraceptives, explaining that Family Planning should assist to:

At clinical level, MEC Dhlomo says the Department is implementing a four tier health service which envisages:

- \* Community services in select PHC clinics and CHCs with at least 500 deliveries each year to have means to render neonatal resuscitation.
- \* District Hospitals to have non-rotating nursing staff and to be equipped with at least two neonatal high care beds and be able to provide nasal CPAP and Kangaroo Mother Care (KMC).
- \* Intermediate level services to be established in one district hospital in each of the four districts that do not have a regional hospital.
- \* Specialist services in regional and tertiary hospitals with comprehensive services including a neonatal ICU, human milk bank and appropriate follow up services.

At a social level, everybody in the community has a role to play, especially the Mayors, Councillors, Clergy and Community Care Givers, in ensuring that every pregnant woman attends antenatal care classes as the most important step for mother and child survival, says MEC Dhlomo.



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**AUGUST 1-7** is BREASTFEEDING AWARENESS WEEK

# Your complete guide

Breastmilk offers the most effective protection against diseases, which is why the KZN Department of Health encourages all new mothers to breastfeed their babies from birth – it contains all the nutrients a newborn needs. The Department has also employed specially trained lactation advisors at all state health facilities to assist new mothers with everything they need to know about successful breastfeeding.

## Q Can you breastfeed your baby if you are HIV positive?

YES! But remember to make sure you receive your ARV's and breastfeed your baby exclusively for the first six months. This means feeding baby nothing but breastmilk (unless your health worker advises against this because of other health concerns which she will explain to you)

## Q What if you are unable to breastfeed?

The Department of Health in KwaZulu-Natal has 'Human Milk Banks' in several hospitals across the province. These are facilities which store breast milk, donated by volunteer breastfeeding mothers. The Department then tests and pasteurises the milk before using it to feed babies in need, giving them the best start in life! These include pre-term, those with low birth weight and abandoned or orphaned babies. If you can't breastfeed your baby, speak to your health worker about referring you to one of these Human Milk Banks.

## CARING FOR YOUR BREASTS WHEN BREAST FEEDING

Many women think they do not have enough milk to breast feed. But even mothers who do not have enough to eat can generally make enough milk for their babies. The amount of milk your breasts make depends on how much your baby suckles. The more baby suckles, the more milk is produced!

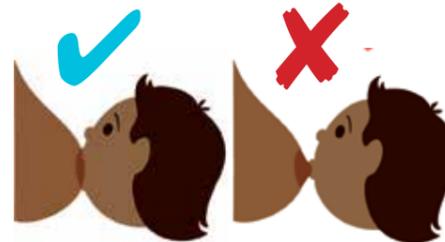
### What to watch out for when breast feeding

#### 1 SORE OR CRACKED NIPPLES

If you feel pain from breastfeeding, it means baby is not getting enough of the breast in its mouth. If baby only suckles on the nipples, they will soon become painful or cracked and can lead to infection.

#### Prevention and treatment

- \* Hold baby so that he gets a good mouthful around the nipple



- \* Do not pull your breast out of baby's mouth. Let him feed as long as he wants. If you need to stop before baby is done, pull down gently on his chin.
- \* Treat sore nipples with breast milk at the end of feeding by rubbing some milk over your nipples. Do not use soap or cream – the body makes a natural oil that keeps the nipples clean.
- \* Avoid rough or tight clothing
- \* To help sore nipples heal, leave your breasts open to air and sun if possible

#### 2 PAIN AND SWELLING IN THE BREASTS

When milk first comes in, breasts often feel swollen and hard. If you breastfeed less, your milk supply will reduce, so it is important to keep breastfeeding baby on demand.

#### Prevention and treatment

- \* Start breast feeding within the first hour after birth.
- \* Make sure you are holding baby correctly.
- \* Feed baby often, and on both breasts, taking turns.
- \* After feeding, apply cool, wet cloths to the breasts to help with any swelling which should go down after two days.



#### 3 BLOCKED DUCT

If there is a painful lump in the breast while breast feeding, it may mean that a duct (the spots around the nipple) is blocked by milk. It's important to continue breastfeeding so that the duct can empty and the breast does not get infected. The milk is still safe for baby.

#### Treatment

Most blocked ducts clear up in 24 hours. If you have fever for more than 24 hours, you need treatment for breast infection and should contact your health worker who will help you with this.

- \* Apply warm wet cloths to the painful breast before you breastfeed.
- \* Continue to feed the baby often, especially from the painful breast, making sure baby is suckling on the breast correctly.
- \* As baby feeds, gently massage the lump, this will help clear the blocked duct.
- \* Change feeding positions to help the milk flow from all parts of your breast.
- \* If you cannot breastfeed, remove the milk by hand to clear the blocked duct.
- \* Wear loose clothing and rest as much as you can.

**REMEMBER, BREASTFEEDING IS THE BEST START YOU CAN GIVE YOUR BABY. IT'S FREE AND FULFILLS ALL YOUR BABY'S NEEDS, SO DO THE RIGHT THING, FOR BABY AND YOU!**



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# More KZN Health facilities to offer human milk banking

– says KZN Health MEC, Dr Sibongiseni Dhlomo

More KwaZulu-Natal health facilities are set to offer human milk banking services as the Department seeks ways to reduce under-5 child mortality in the province.



Among the government hospitals that are in the process of attaining Human Milk Banks within the current 2016/2017 financial year are Ladysmith, Bethesda, Dundee and Prince Mshiyeni Memorial Hospital.

This will be in addition to Greys', King Edward VIII, Stanger, Edendale, Newcastle, Lower Umfolozi War Memorial Regional Hospital and Port Shepstone Regional Hospitals, which already offer this service.

Human milk banking is also available at six satellite Human Milk Banking sites, which are: Murchison, GJ Crookes, RK Khan, Addington, King Edward VIII and Mahatma Gandhi Memorial Hospitals.

The announcement, by KZN Health MEC Dr Sibongiseni Dhlomo, comes as the province commemorates World Breastfeeding Week, which runs from 01-07 August 2016.

**Breastfeeding is a natural act that enables a woman to nourish her child** and provides protection against certain infections which could not be fabricated by powdered milk.

It remains an important child survival intervention as it benefits infants, mothers and society as a whole. The reported benefits of breastmilk to infants include defence against child infections, malocclusion (imperfect positioning of the teeth when the jaws are closed); and an increase in intellect of children, as well as a decrease in the risk of becoming overweight and obese.

## BENEFITS OF BREASTFEEDING



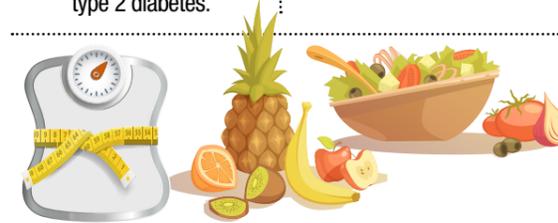
Research has shown that adults who were breastfed as children have a lower risk of contracting chronic diseases such as obesity, coronary heart disease and type 2 diabetes.



Purchasing milk increases the amount of waste produced globally which harms marine and terrestrial organisms, inevitably affecting human health.



Opting to not use a bottle is simply economically friendly, especially for lower income households.



Breastfeeding women have also been found to lose their pregnancy weight faster than those who don't – provided they stick to a healthy diet plan. Besides the superficial and aesthetic reasons for shedding excess weight, the chances of acquiring medical complications such as hypertension and diabetes can be reduced.



Maternal benefits of breastfeeding also include decreased risk of developing breast and ovarian cancer, enhanced birth spacing and decreased risk of developing type 2 diabetes.

In a bid to reduce child mortality in children under the age of five, the Department has implemented a number of initiatives to promote, protect and support breastfeeding. These include establishing milk banks and promoting the Mother-Baby Friendly Initiative (MBFI), the KwaZulu-Natal Initiative for Newborn Care (KINC), Kangaroo Mother Care (KMC) well as the Made by Mom project.

**Human Breast Milk is donated by volunteers who live a healthy lifestyle, and are not narcotic users. They are screened for diseases such as HIV, Syphilis, TB and Hepatitis B.** The milk is then pasteurized, frozen and available to

vulnerable babies when needed, such as those born prematurely, ill or under-weight. They may either have no mother or a mother struggling to express milk to breastfeed. The Department continues to train dieticians, nutrition advisors and community care givers on breastfeeding advocacy.

**"We would like to call on the public to support women who are breastfeeding and to help lessen the discomfort experienced by some in the workplace and in public.** If you see a woman breastfeeding, don't stare or make rude remarks. Rather understand that this is a natural act whereby a woman is just nourishing her child," says MEC Dhlomo.

**"As this is Women's Month, we wish to draw public attention to the many health and economic benefits of exclusive breastfeeding. We also wish to thank all our generous volunteers who donate milk, through the KIBS project."** – MEC Dhlomo

## HIV & BREASTFEEDING

Recent evidence shows that mothers who are HIV-positive should breastfeed exclusively because of the many health benefits to the baby and his/her survival. During the breastfeeding period the mother or baby should receive antiretroviral treatment or prophylaxis. When antiretroviral treatment or prophylaxis is used by either the mother or baby, HIV transmission through breastfeeding is significantly reduced. Exclusively breastfed babies whose mothers are HIV-positive are at less risk of dying from diarrhoea and malnutrition than mixed-fed babies.

- \* The likelihood of HIV transmission increases when there is a higher viral load in the mother's blood or breast milk. Antiretroviral treatment or prophylaxis lowers the viral loads in the blood and in breast milk. This reduces the likelihood of mother-to-child transmission of HIV.
- \* If a baby is HIV-positive, the mother should definitely continue breastfeeding for as long as possible. Continued breastfeeding will provide protection against many infections and help the baby grow healthily.
- \* The mother should have her own health checked and an HIV-infected baby should be referred for care.
- \* To reduce the chances of HIV being transmitted to the baby, either the mother or the baby should be on antiretroviral treatment or prophylaxis.
- \* If a mother is already on lifelong antiretroviral treatment (ART), she must keep taking the treatment as normal throughout the breastfeeding period. In addition, the baby must receive antiretroviral prophylaxis daily for six weeks after birth.
- \* All HIV positive mothers will receive lifelong treatment as soon as they are diagnosed.

"Mothers who are HIV positive should not be prohibited from feeding their own children. Admittedly, breastfeeding with HIV is slightly complex but is still recommended when handled well," says MEC Dhlomo.



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# KZN HEALTH



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# NEWS

**Fighting Disease, Fighting Poverty, Giving Hope**



## FIGHT AGAINST TB INTENSIFIES

A NATIONAL COALITION AGAINST TB has been launched in Durban in a bid to intensify the fight against TB.

The partnership, led by the National Department of Health; the National Religious Association for Social Development (NASRAD); the South African National TB Association (SANTA) as well as Red Cross, South

Africa will work together to ensure people are more aware of the symptoms of TB and that treatment is scaled up across eThekweni which is said to have the highest concentration of TB patients in the whole country.

According to the National Minister of Health Dr Aaron Motsoaledi; TB has already overtaken AIDS as the biggest

killer in all the infectious diseases. Minister Motsoaledi in warning the public about the dangers of this silent killer says:

"I dare all of you to request nurses to screen you for TB when you visit our clinics. Whether you are there for immunisation of your child or treatment of any other ailment, please

ask to be screened so that you can know whether or not you need to be put on treatment for TB," says Minister Motsoaledi.

He also revealed that worldwide, approximately 9 million people are infected with TB with only 6 million of them on treatment. He says in South Africa the people who are mostly affected are miners, inmates, people residing in Informal Settlements and children under 5 years of age. As a cause for the spread of TB the Minister singled out poor socio-economic

conditions, poor housing as well as food insufficiency.

Minister Motsoaledi called upon Churches, mosques, synagogues and other places of worship to get involved in the fight against the spread of TB, saying:

"We again summon the nation, communities, religious groups, men, women and the youth to participate in this ground-breaking TB testing campaign. As we do so, we must remind one another that to have tuberculosis is not a shame. We must

allay the fears of those who contract the disease that they will be shunned, excluded and made to suffer in silence away from everybody else. We must stand firm against prejudice, stigma and exclusion.'

South Africans are urged to be alert to symptoms of TB which include:

- \* Coughing for two weeks or more,
- \* Persistent fever for more than two weeks,
- \* Inexplicable weight loss, drenching sweats and fatigue.

## Primary Healthcare boost for rural areas

**MEC DHLOMO HAS APPLAUDED**

Transnet and Eskom for collaborating on an exciting initiative which will boost government's efforts to improve access to primary healthcare services for those who need it the most.

MEC Dhlomo was commenting on Eskom's new state-of-the-art Bophelong mobile health clinic, which was launched at the Ladysmith railway station earlier this month.

Eskom's four Bophelong mobile health clinics will complement health services already provided by Transnet's Phelophepha healthcare train and mobile health care services provided by the KZN Department of Health.

The mobile healthcare facilities collectively provide dental and eye care services, immunisations and general health check-ups for school children and the most vulnerable members of society.

"We welcome this joint initiative because it is taking healthcare services to the people. But it will only work if people use it. We always encourage the public to get into the habit of getting a health screening at least once a year. Diseases are easier and cheaper to treat and manage if detected early. Do not wait until you are sick, because by that time, diseases have set already set in. When we find



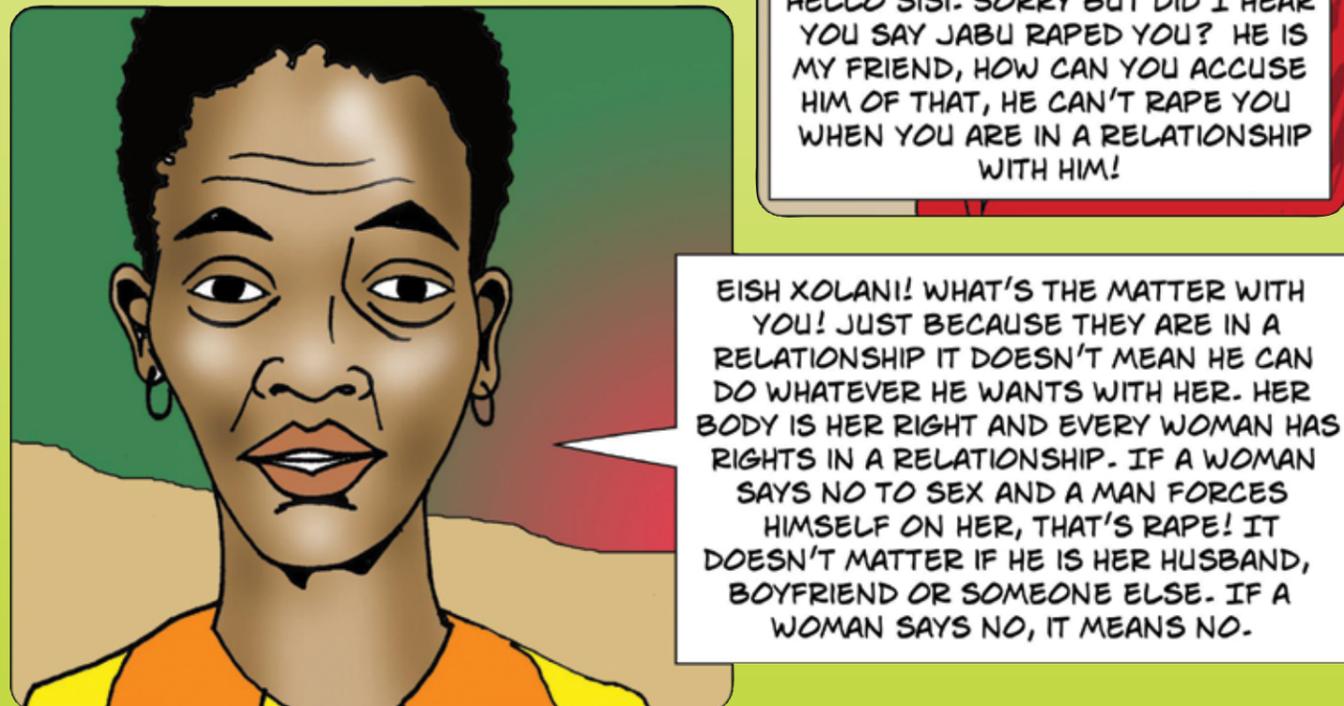
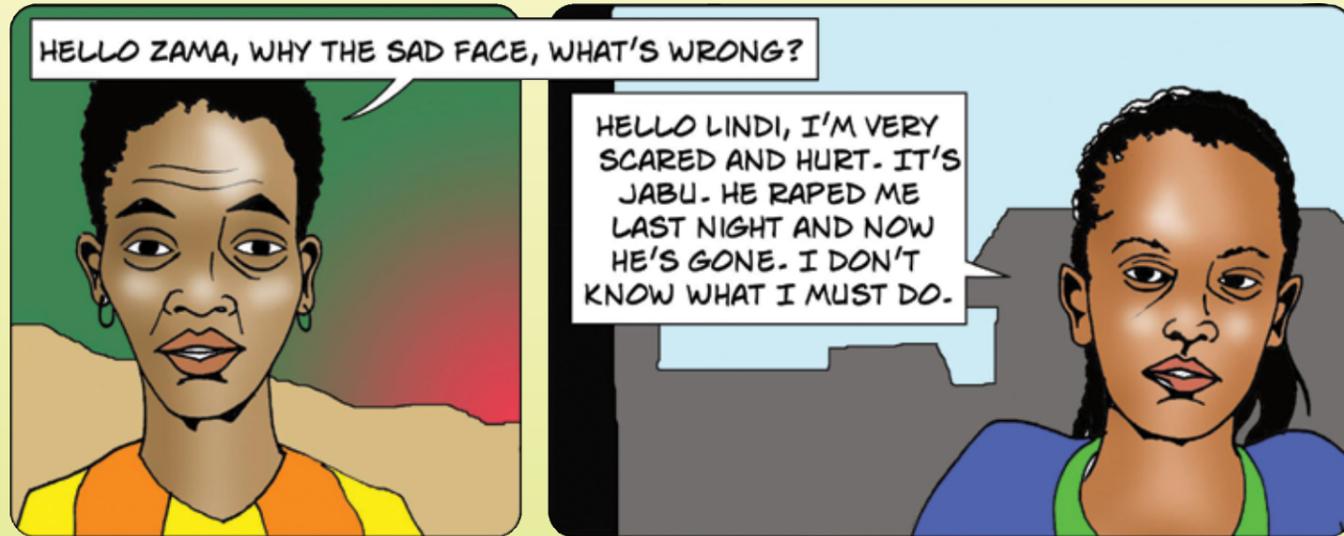
that you are suffering from four or five different ailments, it becomes difficult," says Dr Dhlomo.

Also addressing the launch, Deputy Minister of Public Enterprises Bulelani Magwanishe said the mobile health facilities would improve access to primary healthcare and ensure that no child drops out of school because they cannot see or hear the educator in the classroom.

"The provision of healthcare services should be anchored in partnerships

between government, state-owned companies and key stakeholders to ensure that we provide meaningful and impactful healthcare services to the majority of South Africans. We applaud Eskom and Transnet for playing this developmental role in society as the provision of primary healthcare is one of the key priorities of government, particularly with regard to services to people in semi-urban and rural areas," said the Minister.

# WOMEN'S RIGHTS ARE HUMAN RIGHTS

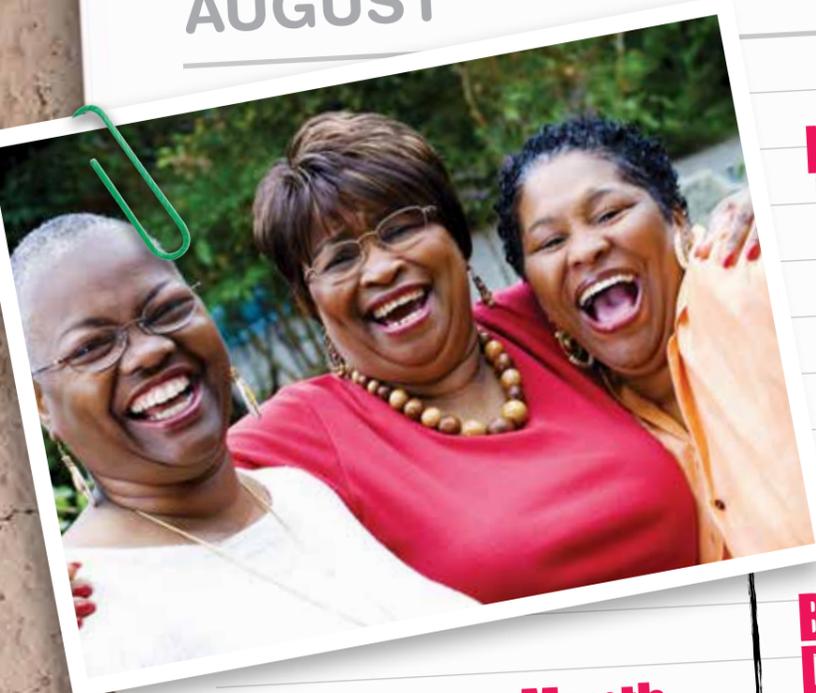


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# AUGUST



## National Women's Month

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

## Organ Donor Month

Organ donors are desperately needed to save lives of many people who suffer life threatening diseases. However, KZN Health has also warned people not to be tricked into selling any body parts for money – this is illegal. Speak to your health worker if you want to know more about becoming an organ donor – legally.

### AUGUST 1-7

## National Breastfeeding Week

During this week, health organisations around the world repeat their call to new mothers to breastfeed their babies, even if you are HIV positive. But remember it's important to give your baby nothing but breast milk for the first six months to get the most benefit. Breast milk is the best start you can give to your child. Read more about the benefits inside this issue.

### AUGUST 1-7

## CANSA Care Week

Are you caring for someone with cancer? This week is a reminder that carers also need support and care during this time. Read our guide in this issue on how to stay healthy and emotionally strong when caring for someone you love who has cancer.

## Bone Marrow Donation & Leukaemia Awareness Month

Leukaemia is cancer of the blood (or bone marrow which is the soft tissue at the centre of the bones) and requires a match from someone with the same tissue type to donate a stem cell (stem cells are the foundation for every organ and tissue in the human body and may be able to repair or replace damaged tissue which can help in diseases like cancer, diabetes and other blood conditions). 75% of people suffering from leukaemia are under 25 in South Africa and those of African descent have the biggest problem in finding a suitable donor. **Why not make a difference to someone's life and register to become a donor? It's safe, free and you could save a life! To find out more, contact The Sunflower Fund toll free on 0800 12 10 82**



### AUGUST 1-6

## Rheumatic Fever Week & Rheumatic Heart Disease 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.**

### AUGUST 6-12

## Polio Awareness Week

Polio is a highly contagious viral infection that can lead to breathing problems, paralysis and sometimes death if not treated properly. Those at risk include pregnant women, children and people with weak immune systems. South Africa is currently polio free thanks to government efforts to wipe out the virus, but mothers still need to ensure that their children receive the polio vaccine so that our country remains polio free.

## 12 International Youth Day

Our youth have an important role to play as future leaders and as a Health Department, we call on them to lead responsibly through their health decisions too! Taking preventative measures to prevent diseases, acting responsibly with your sexual health and encouraging others to do the same all contribute to a healthy society which cares for each other. Let the youth lead the way!



### AUGUST 26-31

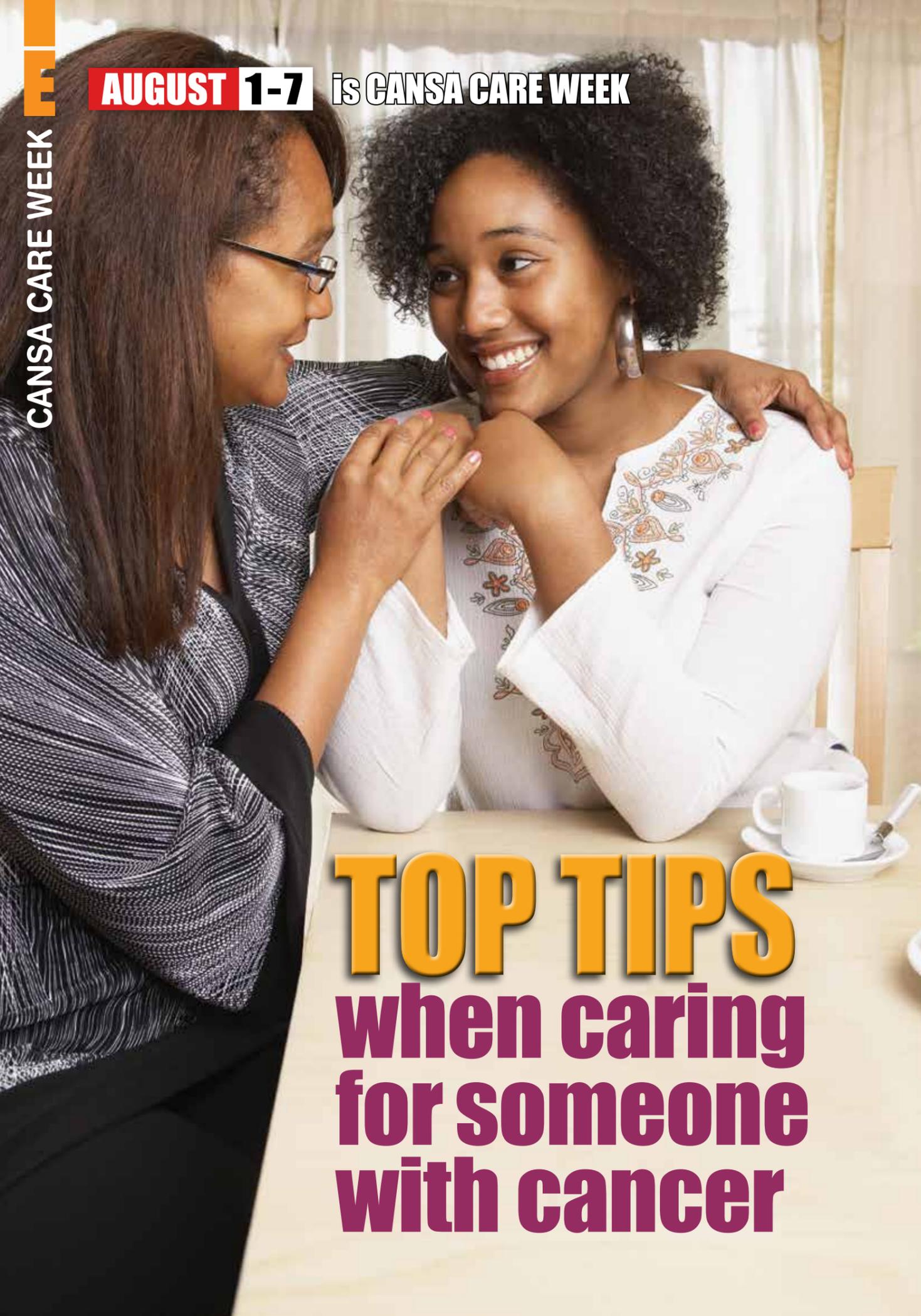
## African Traditional Medicine Week

Modern medicine has an important role to play in treating diseases, but that does not mean we should no longer appreciate the customs and traditional ways of healing people which have worked. This week is aimed at raising awareness of the important role traditional healers play. At the same time, KZN Health would like to advise people to use only legitimate and registered traditional healers. Accepting treatment from bogus healers not only affects your health but will also result in financial loss.



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# TOP TIPS when caring for someone with cancer

**C**aring for someone with cancer can be emotionally and physically draining on everyone in the family. For the carer in particular, it is important to know how to handle such effects.

If you are caring for someone with cancer, take time to look after yourself so that you can look after the person in your care. Use the following guide from the Cancer Association of South Africa as a list of top tips to remind yourself of how you can take care of yourself:

**1 FIND SUPPORT**  
Talk to others who are in a similar situation. This can help you to cope with common feelings of anger, guilt, isolation, fear, sadness, or anticipatory grief.



**2 TAKE TIME OUT**  
Make time for yourself. Although a person who has cancer may have needs that require your attention, it's important for you to make time for yourself. Spend time doing something you enjoy, with the people you love.



**3 EXERCISE**  
Make time to exercise, eat healthy foods, stay hydrated, and get enough sleep.

**4 BE KIND AND PATIENT WITH YOURSELF**  
It's normal to experience occasional bouts of anger or frustration, along with the guilt for having those feelings. Try to find a positive way to deal with these feelings.



**5 HAVE A POSITIVE ATTITUDE**  
Having a positive attitude can help set the tone for everything you do and take on.



**6 KNOW WHEN YOU ARE STRESSED**  
Know the signs of stress (which include feeling exhausted; getting sick more often; sleeplessness; impatience, irritability, or forgetfulness).



# KZN success in circumcision hailed

THE KwaZulu-Natal Department of Health is close to reaching the milestone figure of 700 000 men and boys circumcised under its Medical Male Circumcision programme in just five years.

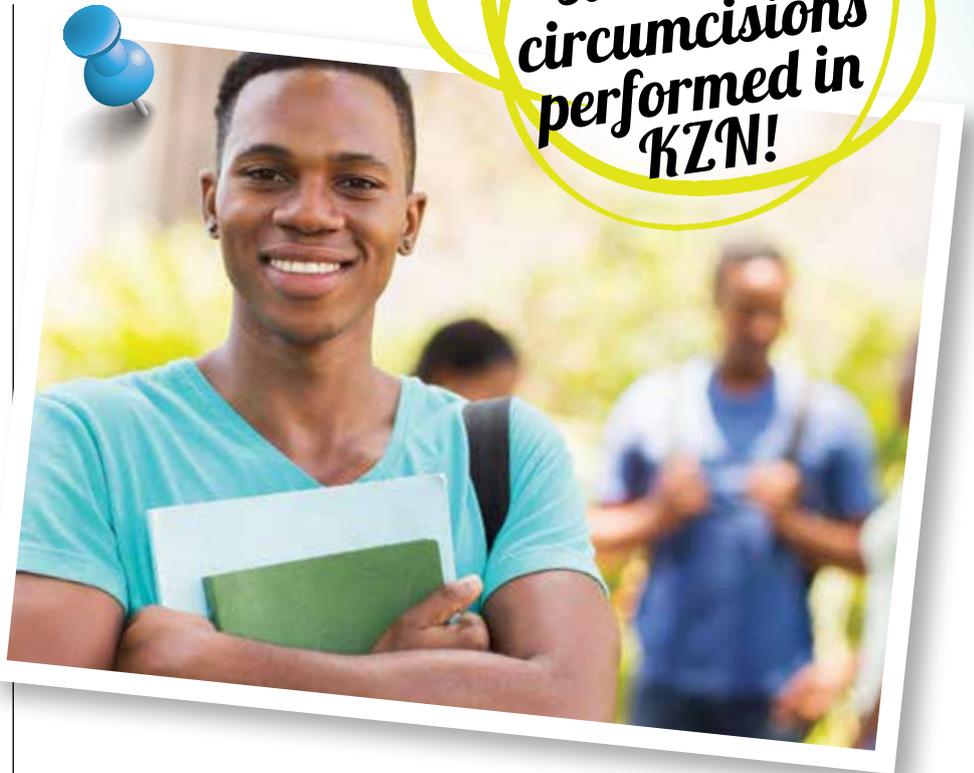
Regarded as an important step in reducing the spread of sexually transmitted infections and HIV/AIDS by up to 60%, the Department of Health is urging all young men to take up medical circumcision.

MMC is also noted to have benefits of keeping the male genital organs in a good hygienic state, reducing the chances of penile cancer and reducing the chances of the transmission of human papilloma virus which may lead to cervical cancer in the female partner.

Following a call in 2009 from His Majesty the King, the Provincial Government through the KwaZulu-Natal Department of Health embarked on a drive to promote and strengthen Medical Male Circumcision (MMC) in the Province.

**Since 2010, when the Department established the KwaZulu-Natal Medical Male Circumcision Centre of Excellence, it has circumcised more than 662 000 males.**

This excludes the estimated 24 000 men and boys circumcised during the July 2016 school holidays, which would increase the number to 684 000.



More than half a million successful circumcisions performed in KZN!

## SAFE AND HEALTHY says MEC

KwaZulu-Natal Health MEC, Dr Sibongiseni Dhlomo has encouraged Medical Male Circumcision (MMC), saying it is safe and has great potential to turn around the prevalence of HIV and change our future for the better.

"We'd like to appeal to adult men who are not circumcised to undergo this procedure.

**Medical Male Circumcision is free and is performed discreetly and by medically trained experts.** This means minimum pain or discomfort for those who are being circumcised. The healing process is relatively quick and the health benefits are life-long," he said.

Through medically trained circumcision experts, the Department has been able to offer medical circumcisions for free.

The close supervision from Department professionals also include the following services:

- \* Training on infection prevention and control in the traditional camps
- \* Sterilisation of surgical packs
- \* Allocation of professional male nurses to monitor infection prevention and control measures in the camps
- \* HIV counselling and before going to camps, and overall medical screening
- \* Post procedure care if required.

If you want to get circumcised, you must:

- \* Go to your nearest clinic where you will get advice and support;
- \* Prepare to be tested for diabetes, high blood pressure, TB and HIV.

## STAND PROUD. GET CIRCUMCISED



health

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE