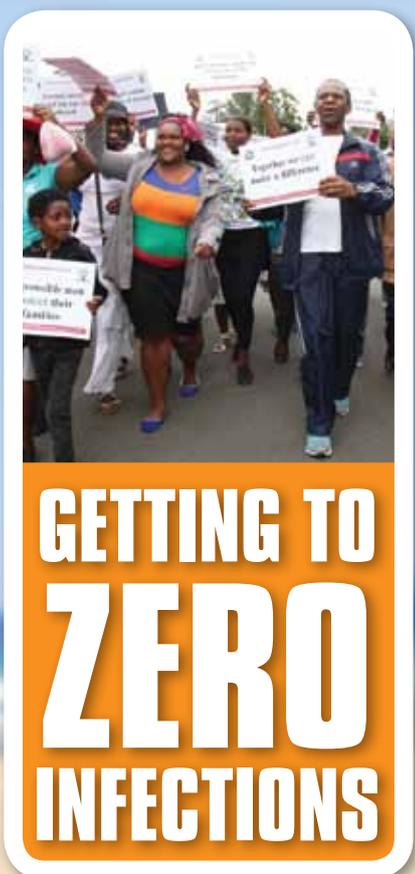


# HEALTH MATTERS

# Ezempilo

**FREE**

**EDUCATE || INFORM || EMPOWER** EDITION 12 • 2012



**GETTING TO  
ZERO  
INFECTIONS**

**TAKE CONTROL OF YOUR HEALTH  
GET TESTED FOR HIV**



**health**

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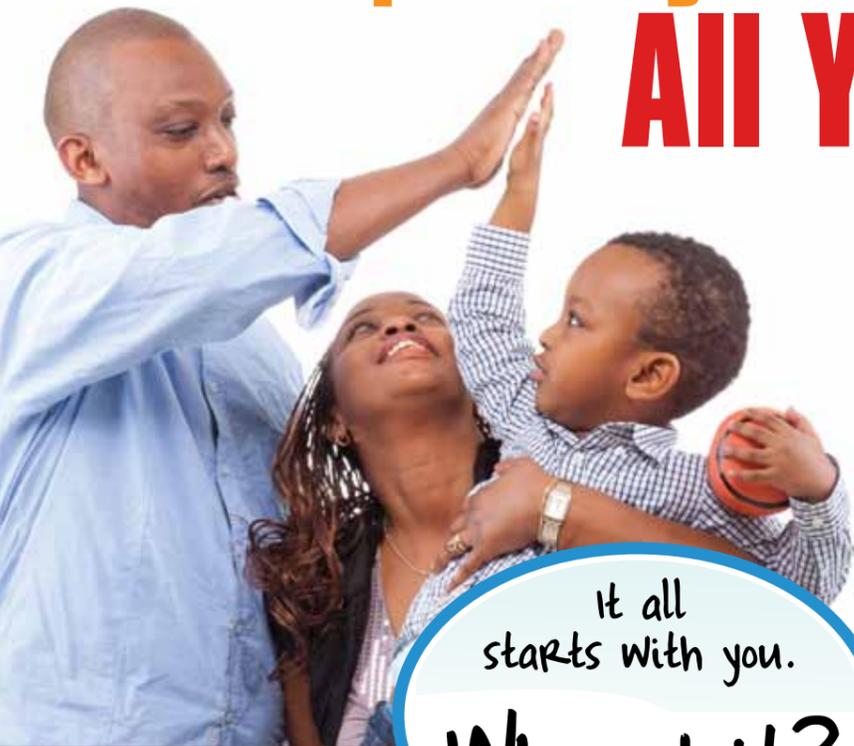
Department:  
Health  
**PROVINCE OF KWAZULU-NATAL**



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



# Act Responsibly With Your Health All Year Round



It all starts with you.  
**Why wait?**



### ON THE ROAD:

- Don't drink and drive
- Buckle up – wearing a seatbelt can reduce the chances of death or serious injury in a crash by up to 75%.

### AT HOME:

- Enjoy the holiday with your loved ones – don't let alcohol spoil your fun.
- A real man respects his woman and is not violent, value your relationship. Be an example to your community and stand up against domestic violence.
- Be the example you want your children to become

### YOUR SEXUAL HEALTH:

**Be smart, use a condom:** it shows you are responsible.

**Get Circumcised:** it reduces your risk of sexual infection and it's the right thing to do.



**KZN Health wishes you a safe and healthy festive season!**



**health**

Department:  
Health  
**PROVINCE OF KWAZULU-NATAL**

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

# Message from



**KZN Health MEC,  
Dr. Sibongiseni Dhlomo**

As the Department we request co-operation to ensure that all those who land up in our care in a state of ill health, hurt or in need of any enlightening, be received in the most friendly manner and ready to assist where we can.

All residents as well as visitors are encouraged to celebrate responsibly, let's reduce the number of road accidents which burden hospitals and bring about sadness and sorrow to families, as many survivors are usually left abandoned and in need of a guardian.

Let the festive season be a joyous time for all, particularly the youth of our nation, the youth must be cautious of drugs and alcoholic drinks which lead to unsafe sex which is accompanied by diseases and infections such as AIDS and unplanned pregnancies which jeopardize their bright future. To our matriculants who have passed well and would like to pursue a career in the health care sector, remember that the Department of Health has bursaries to offer, we encourage them to visit our institutions so that they can be assisted.

We encourage males to visit the different facilities and hospitals that offer circumcision, which is a good way of ensuring that we produce quality men who respect and protect their partners and children.

Let's celebrate with our families, let's be merry, but at the same time let us ensure that we take care of our bodies as this is the best way to take care of ourselves and protect ourselves from chronic diseases.

**The Department of Health wishes all residents of KwaZulu-Natal as well our visitors a safe and happy Christmas and Festive Season.**

**To all employees of the Department of Health, in their different sectors, from the emergency services, the nurses, the doctors and those ladies who help with the housekeeping of hospitals and clinics, we as the Department would like to extend our deepest gratitude for your dedication and passion shown towards taking care of our lives.**

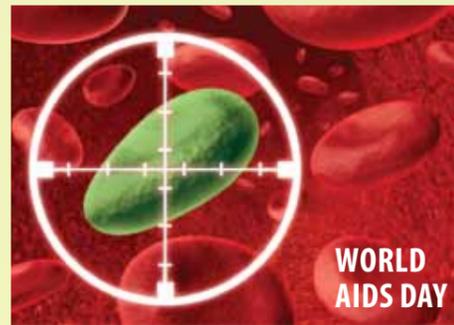
**T**his is the season where most people want to take a break and be with their families, most people are on the roads travelling to holiday destinations, there are also a lot of church activities as well as other lifestyle activities. This is also a very busy time for those in the Health industry as more accidents are experienced during this time.

*We wish you all a merry Christmas, that is peaceful and safe and a happy New Year filled with blessings, and prosperity.*

# INSIDE

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*VEGETABLES*



## AWARENESS DAYS



## HEALTHY LIVING

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

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## THIS HOLIDAY, STAY ALIVE! DON'T DRINK AND DRIVE!



**Good Friends  
Don't Let  
Good Friends  
Drink and  
Drive!**

## ALL ABOUT WATER DISEASES

# BILHARZIA



Although we have come a long way as a country in providing clean water to many homes, there are still areas where clean water is a problem, especially in our rural areas. During summer the risk of water diseases is high, especially where there are swamps or polluted rivers where children play in. If you live in an area affected by this, teach the children about the dangers and ask them to teach other youngsters in the area as well. Here are some fast facts to raise awareness of bilharzia, a water borne disease.

## WHAT YOU CAN DO AS A COMMUNITY:

Help prevent bilharzia in wet, rainy and flooding areas by getting rid of all fresh water snails.

- Encourage young children to stay away from polluted water.
- Warn people about the dangers of urinating in a river or near a water source.
- Put up a sign about the dangers so that the entire community is aware too.

Once a human has contact with the polluted water, the bilharzia worm will enter the body through the skin without you noticing or feeling anything and will enter the bloodstream. Common signs that you have been infected include:

1. Blood in the urine
2. Skin rash
3. Stomach pain

Although bilharzia is dangerous it is not contagious but must be treated by visiting your clinic which will advise on the correct treatment. If not treated early, bilharzia can cause long term effects such as bladder cancer and kidney failure.

**A HEALTHY COMMUNITY  
BEGINS WITH YOU!**

# WHY SEXUAL DISEASES AFFECT WOMEN MORE THAN MEN



Men and women can both get Sexually Transmitted Infections (STI). But a woman is more affected than a man because her body is more vulnerable to sexual abuse and the signs of a STI are harder to see in a woman than a man. Women are often forced to have sex when their partner demands it. She may not know if he is sleeping with other women or if he has a sexual infection himself – and more than half of all women with a sexual disease do not have any signs, which is why it's important to prevent STI's especially as a woman.

## HOW TO KNOW IF YOU ARE AT RISK OF AN STI

- Your partner has a sexual disease. He can pass this on to you even if you do not show any signs!
- You or your partner is sexually active with more than one person. The more partners you have, the greater the risk that a sexual disease can be passed on from another person.
- Your partner lives away from home often and is sexually active on the road. He may become infected and not know it and then pass it on to you.



## WHAT TO DO IF YOU *HAVE* A SEXUALLY TRANSMITTED DISEASE...

If you already have a sexual infection or think you are at risk:

### ✓ TREAT IT EARLY

Although many women show no signs, some of the more common signs of an STI include unusual discharge from the vagina (a whitish liquid), pain in your lower stomach, a rash, bump or sore on your private parts. Speak to your local clinic where you will receive medication to help with the STI.

### ✓ DO NOT WAIT UNTIL IT GETS WORSE:

Early treatment will protect you from more serious problems later on as well as other diseases. Early treatment will also prevent the spread to others so act responsibly!

### ✓ HELP YOUR PARTNER TO GET TREATED AT THE SAME TIME

If he does not, he can infect you again if you have sex. Encourage him to come with you to the clinic for treatment and make sure he takes the proper medicine correctly.

### ✓ CORRECT MEDICATION

Make sure you take all the medicines for treatment, even if your signs start to go away. Remember you will not be cured until all the required medicine is taken so do not stop until this is complete. Speak to your health worker if you are not sure.

### ✓ PRACTICE SAFER SEX

- Use a latex condom every time you have sex especially if your partner sleeps with more than one person.
- Wash your private parts after sex
- Do not use soap, herbs or other powders to clean your vagina as this can lead to irritation making it more sensitive to catching a STI.

### ✓ GET TESTED AT YOUR CLINIC

If you have one STI, chances are you could be infected with another and have no signs. Go to your clinic and get tested for other STI's and also get tested for HIV. It's the responsible thing to do for you and your partner.

**REMEMBER STI'S AFFECT MEN TOO! IF LEFT UNTREATED, IT CAN LEAD TO INFERTILITY, LASTING PAIN AND OTHER SERIOUS INFECTIONS AND AIDS.**

Encourage your community to talk about responsible sexual behaviour so that everyone understands that it begins with them!



*Fighting Disease, Fighting Poverty, Giving Hope*

## The Department of Health Received a Warm Welcome at the KwaMashu Hostel

The KwaZulu- Natal MEC of Health, Dr Sibongiseni Dhlomo has promised to better the state of Health in the KwaMashu Hostel.



DR Dhlomo is listening to an old woman explaining her health condition.



*Fighting Disease, Fighting Poverty, Giving Hope*

**D**r Dhlomo paid the hostel a visit after hearing that the number of women and children living in this hostel has increased.

This increase meant that there needs to be increased health preventative measures as well as increased measures put in place to ensure that the children are properly and regularly vaccinated and that women's health is taken care of in an age appropriate manner.

The MEC arrived on site accompanied by qualified professionals from different divisions within the department as well as the help of mobile clinics. The aim of this visit was to conduct numerous medical tests such as TB; HIV; Cervical Cancer, Breast Cancer

as well as Eye-tests and to provide treatment. This lasted the whole day and people came out in numbers.

The MEC, Dr. Dhlomo proposed that the department will increase the number of days of such tests with the mobile clinic to the hostel. He also promised that there would be discussions with the hostel residents as well as the eThekweni Municipality, to find out if there is perhaps a way of building a clinic in the hostel or within the surrounding area.

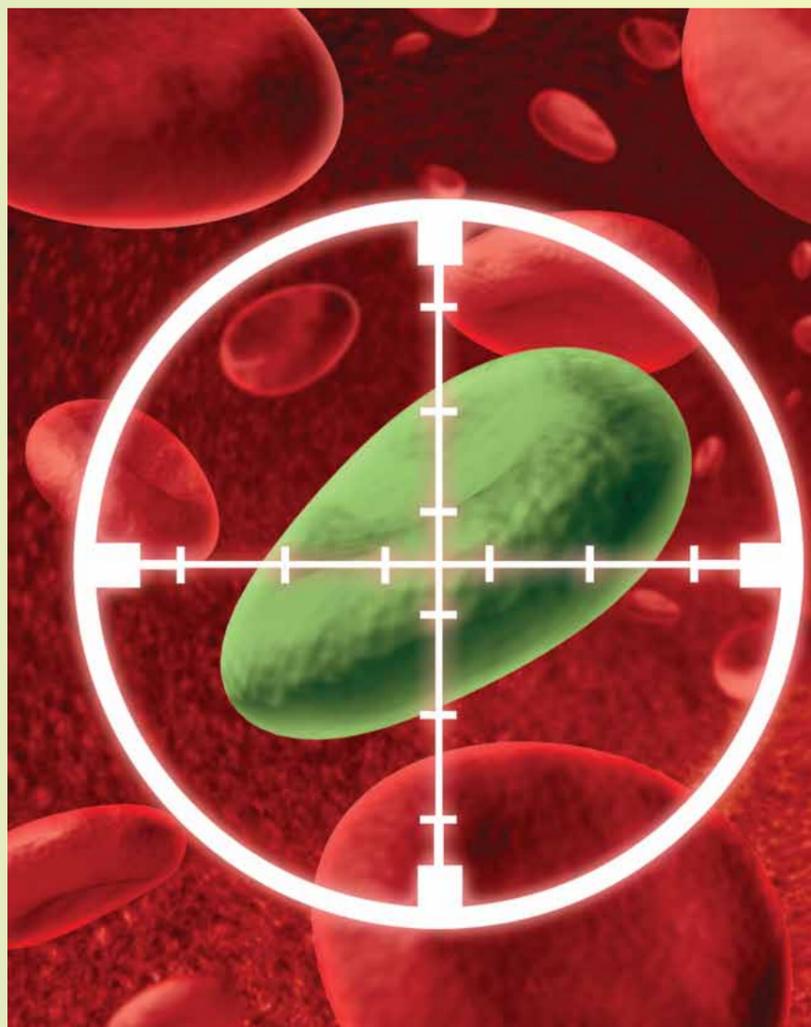
Members of the community who came in numbers were also cautioned to practice safe sex; women were encouraged to consistently make use of contraceptives as a means to avoid unplanned pregnancies.

DR Dhlomo is warning people about HIV/AIDS and issuing condoms to them.





# Getting To Zero New Hiv Infections



## ARE WE WINNING?

We've come a long way thanks to all of us becoming more sexually responsible, getting tested for HIV, using condoms and the department's efforts to making sure that more people have access to anti-retroviral treatment (ART). But, despite all our efforts in reducing the spread, more people are still DYING of AIDS related diseases – this means that while there are fewer incidents of HIV, it continues to kill more people who are infected. The solution is simple. We MUST make sure that we PREVENT the spread so that we can reduce the number of people dying as a result.

### TRUCKERS! TAKE RESPONSIBILITY FOR YOUR HEALTH ON THE ROADS!

KZN has seven truck stop clinics in the province, based in the following areas: Marian Hill and Cato Ridge, Marburg in UGU, Pongola in Zululand, Mooi River in Umgungundlovu, Kokstad in Sisonke and Tugela in Uthukela. These have been set up for truckers as they are especially at risk of contracting and spreading infectious diseases. It is a reality of their jobs that they often feel lonely on the road and may engage in sex with strangers – and with this, comes the risk of contracting a disease. For this reason, the truck

clinics have been set up to assist truckers with the following services, which they are encouraged to make use of:

- HIV Counselling and Testing (HCT)
- Medication for their chronic illnesses
- Male and female condoms
- Advice on family planning
- Protein porridge for HIV+ clients
- Referrals to hospital or a doctor if necessary
- Awareness and testing on sexually transmitted diseases.

## WHAT YOU CAN DO TO REDUCE THE SPREAD OF HIV/AIDS

### ALL MALES BETWEEN THE AGES OF 15 AND 49 SHOULD GET CIRCUMCISED

This reduces the spread of HIV and sexually transmitted infections – remember, it reduces, not prevents, so condoms must still be used! Having sex without a condom is not a sign of being a 'real' man – a 'real' man is a responsible man who considers the health of himself and his partner, if there is a risk of a sexual infection or HIV.

### PREGNANT WOMAN SHOULD REPORT EARLY AT THE CLINIC

All pregnant women that are HIV positive or those who have TB will receive ARV treatment from 14 weeks. It is still possible to give birth to an HIV free baby even if the mother is HIV positive, through early booking at the clinic. Prevention is cure, so book early!

### CHALLENGING OUR CULTURAL PRACTICES ABOUT POLYGAMY

It is important that we respect our culture and this means respecting polygamy as part of it. But this does not have to mean risking the health of everyone involved through reckless behavior. If your man is going to sleep with more than one partner, a woman has a right to insist that he wears a condom during sex, and that they both get tested for AIDS and sexually transmitted infections. That way, everyone involved in the polygamous relationship is protected from reckless sexual behavior – it's your right.

## BREAK THE SILENCE!

Despite government's efforts, our biggest problem is that we are all still too scared to talk about AIDS. It's time to be honest, to educate and let everyone know that people with HIV and AIDS do not need to be avoided – you cannot get AIDS from just touching someone with the infection, and you cannot be cured of AIDS from sleeping with a virgin either!

**IF YOU HAVE ANY QUESTIONS ABOUT HIV/AIDS YOU CAN PHONE THE FREE 24-HOUR AIDS HELPLINE AT 0800-012-322**

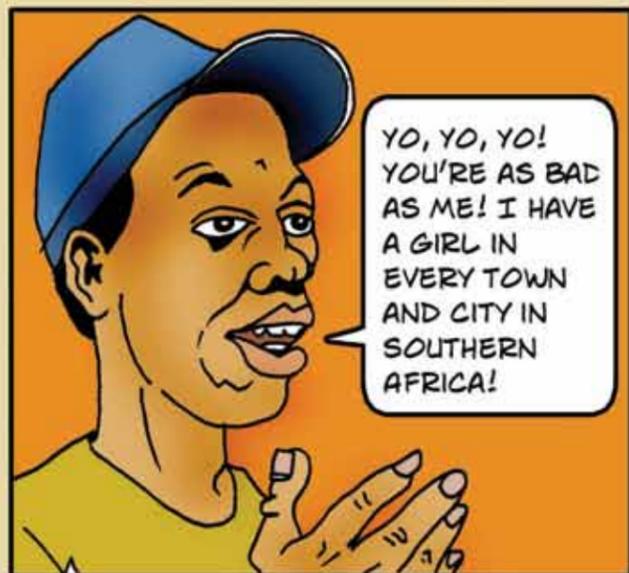
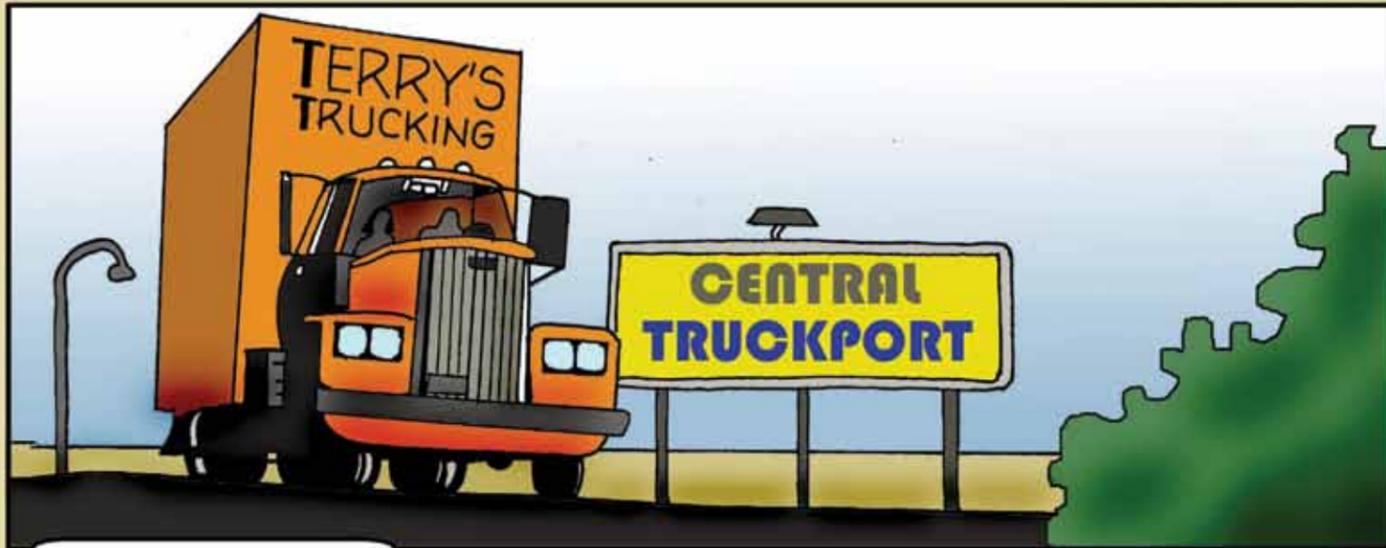


## GET TESTED

It's the ONLY way to know for sure. Getting tested means taking ownership of your health and doing something about it – the sooner, the better. If you are infected, it's better to know so you that you can be more careful with what you eat and your sexual behaviour. If you're not, at least you will know the result and can work towards future prevention.

- There can be no discrimination against anyone who has HIV and AIDS.
- They have the right to medical treatment and care from our health and welfare services.
- Children with HIV are allowed to attend any school.
- No one can be fired from a job just because they are HIV positive
- No one can be forced to have an HIV test at work or before getting a job.
- Test results cannot be shown to anyone else without permission.
- Pregnant women with HIV have the right to make a choice about their pregnancy

# TRUCKERS: TAKING CONTROL OF YOUR SEXUAL HEALTH



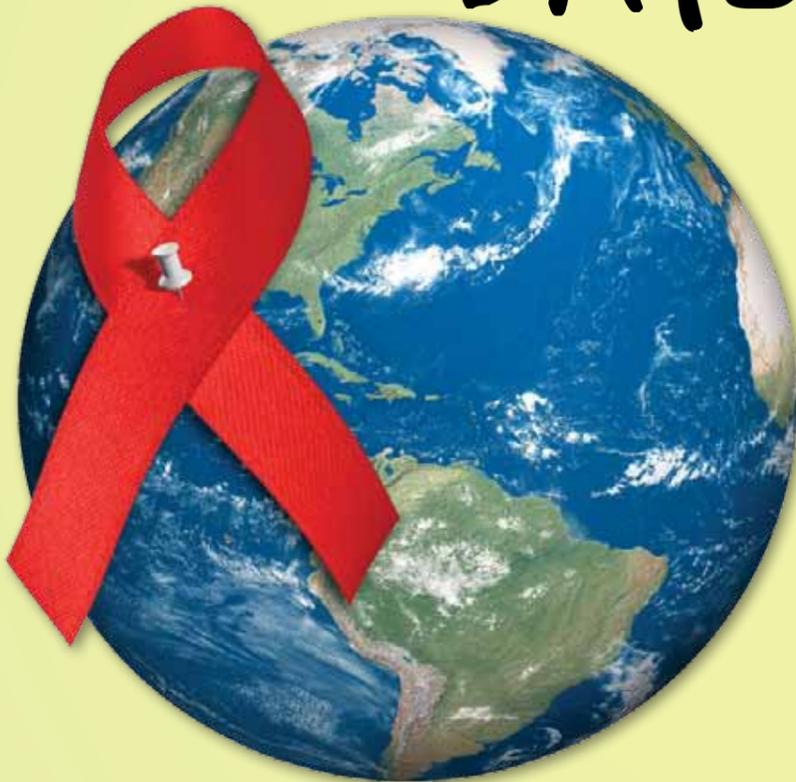
WE ARE RESPONSIBLE FOR OUR TRUCKS ON THE ROAD, SO LET US ALSO BE RESPONSIBLE FOR OUR LIVES ON THE ROAD!

# AWARENESS DAYS

## PREVENTION OF INJURIES MONTH

**Did you know Injuries from burns are four time higher in South Africa than any other industrialised country in the world?**

While we focus on how to avoid injuries during this month's theme, we should also be aware of the serious effects of burns. More than 80% of serious burns happen in mainly informal settlements and we can change this, with simple prevention. This includes making sure that children do not get close to a burning stove or fire or burning candle. The highest number of deaths from burns is mainly in the 0-14 year age group, while people with the highest injuries are mainly over 55 years. Speak to your local clinic or council about safer cooking methods and they will advise you on how to reduce fires at home. Teach others in the community and lets save more lives!



## WORLD AIDS DAY

Getting to Zero is the theme for World Aids Day until 2015, and this means we should all be doing everything we can to get to zero new infections. The only way is prevention and responsible sexual behavior. We owe it to the future generations to stop the spread, it's time to take ownership of your health and ensure those close to you do the same!

## INTERNATIONAL DAY OF DISABLED PERSONS 3

This day is aimed at raising awareness of the rights of people with disabilities. They are often isolated in society and this day is a reminder that they still have a role and contribution to make and simply want the chance to prove themselves – not handouts.



## INTERNATIONAL VOLUNTEERS DAY 5

This day is recognized around the world as a tribute to those who give their time, skills and care to others freely. Imagine if we all did this in our communities? Lending a helping hand to those in need, sharing and giving freely of what we have. The West calls it volunteering... to us it's simply Ubuntu – let's bring it back!

## INTERNATIONAL HUMAN RIGHTS DAY 10

This is an international day to honour the Universal Declaration of Human Rights. In South Africa Human Rights Day is celebrated on 21 March in remembrance of the Sharpeville massacre. Take a few minutes to talk to your children about the importance of this day, and what they can do to value their rights and freedoms which many South Africans have fought for – and died for.

## WORLD PATIENT SAFETY DAY 9

The World Health Organisation launched this annual day to ensure that people understand their rights to safety of care in hospitals everywhere. As a patient your rights are protected both in the constitution and the Patient Health Charter. At the same time, we also need to remember that patients also have responsibilities towards their health, and the way they treat health workers – it's a partnership.



health

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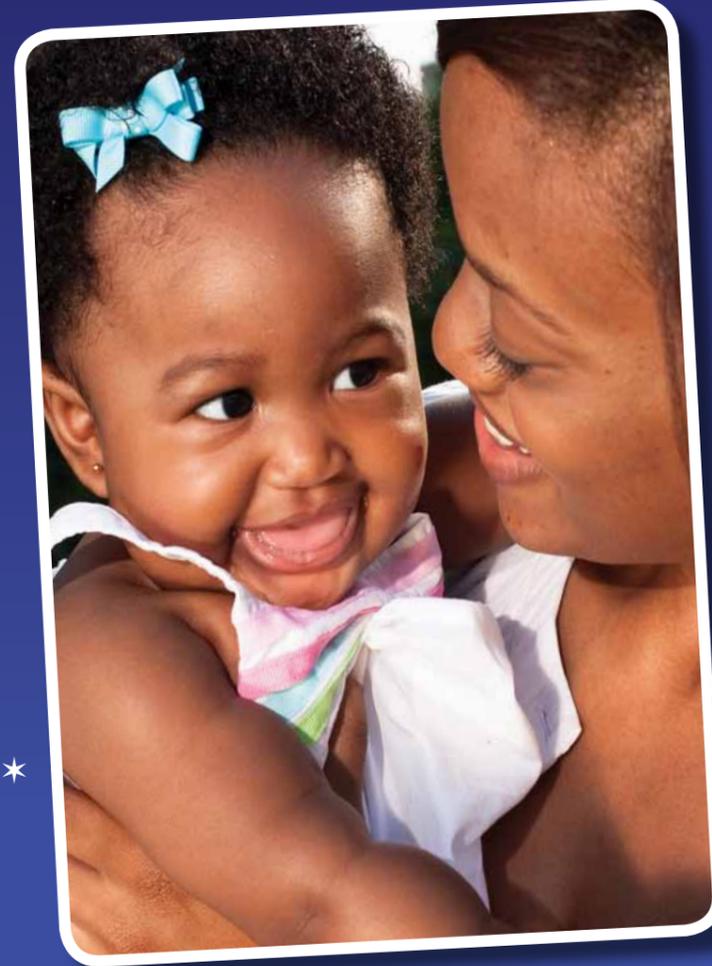


Trust Huggies mom, to keep baby comfy, happy and dry.



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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!

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# EATING

## for healthy living



Start A Vegetable Garden For The Community So That Everyone Has Access To Fresh Vegetables. It's Cheap And Will Save Everyone Money Too!

**D**o you remember the days when gogo used to encourage you to plant something in the back garden? If you look at our gogos today, they are in better shape than many of us today, and that is thanks to their healthy eating. They did not grow up with eating fast food. Instead, their good health is thanks to the vegetables that they ate every day – and most were grown in their back yard, so it was cheap and nutritious. Today, with the move to cities and working long hours many of us have forgotten the value of healthy eating. Take some time to think about what you are feeding your family and how it affects them. While maize is still a part of our daily diet, this is not enough to keep a person healthy. Certain helper foods are needed especially for growing children, pregnant women and the elderly. The following are just some of the benefits from vegetables so that your family gets into the habit of eating for good health:

### Tomatoes:

Eaten regularly, tomatoes can reduce the risks of heart diseases, cancer and keeps the bones healthy and strong. Tomatoes also act as blood cleansers; protects the liver, decreases constipation and diabetes.

### Garlic:

Did you know that in ancient times garlic was fed to soldiers to keep them in good health?! That's because garlic reduces cholesterol, prevents a common cold, is good for the lungs and helps treat asthma, bronchitis, inflammation, rashes, bug bites, tooth and ear infection and helps boost the immune system. So don't forget the garlic!

### Substitute potatoes with sweet potatoes:

Sweet potatoes contain a lot of fibre and vitamin A that helps with eye sight as well as improving the health of your skin, hair and nails. They control blood pressure, heart and kidney functions and assist the body in building red blood cells which are important for the body's immunity.

### Cabbage and spinach:

Both cabbage and spinach are cheap and can also be grown easily. They are very low in fat and helps protect against breast, colon, and prostate cancers. They are also a very good source of vitamin K which helps with strong bones.

**REMEMBER THE HEALTHIEST VEGETABLES ARE THOSE THAT HAVE DEEP, DARK COLOURS**

(Green, leafy vegetables, beans, peas, spinach, broccoli etc.)