

HEALTH MATTERS

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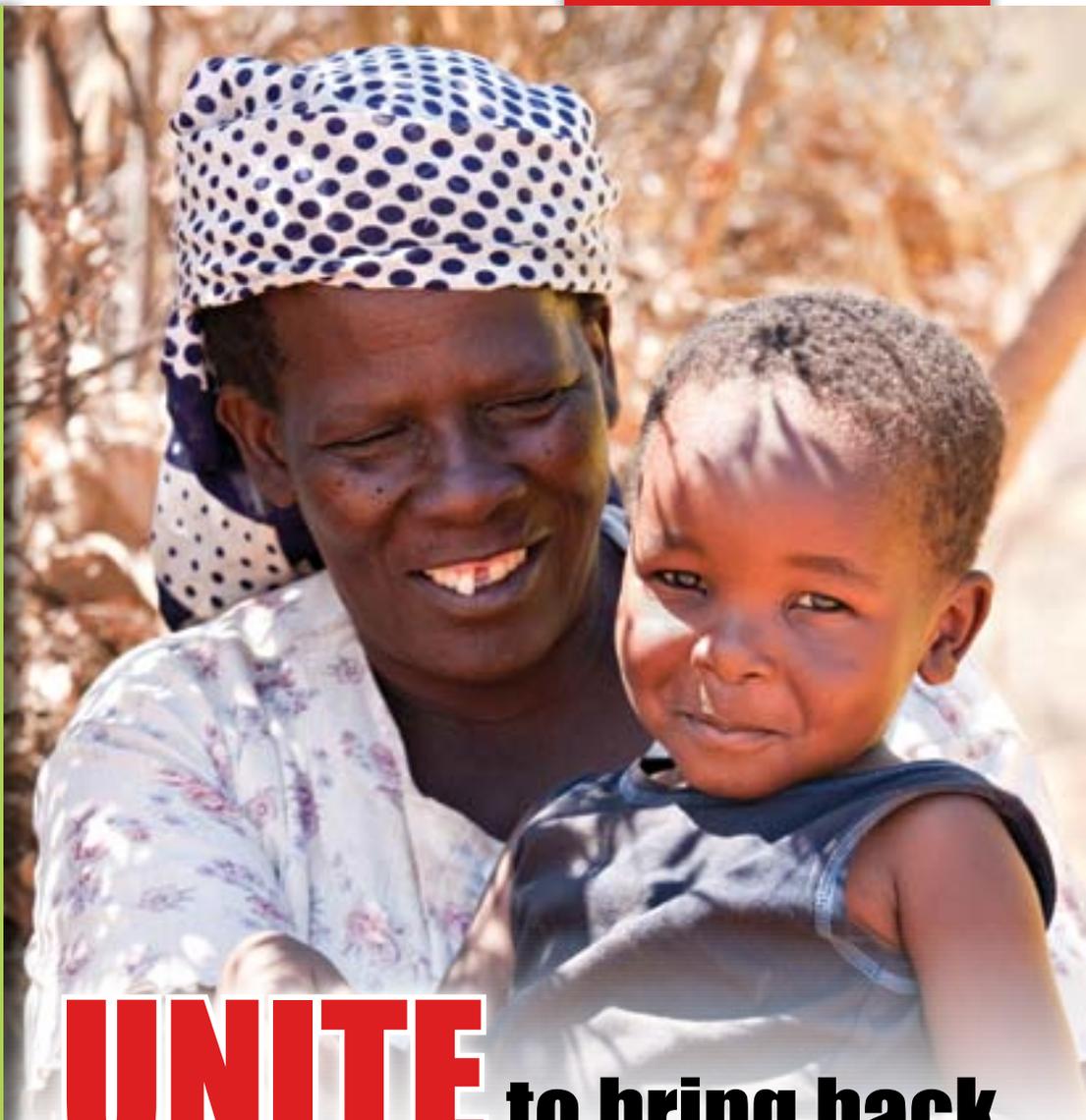
FEBRUARY • 2013



KZN HEALTH
MORE AMBULANCES



PREGNANCY
AWARENESS WEEK



UNITE to bring back moral values



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Fighting Disease, Fighting Poverty, Giving Hope

STI
AWARENESS

did you know?

MOST SEXUALLY TRANSMITTED INFECTIONS (STIs) DO NOT HAVE ANY SYMPTOMS.

You could have an STI and not even know it!

If left untreated this can lead to more serious health problems.

...SO WHY WAIT?
Get checked today and get treated

BE SEXUALLY RESPONSIBLE, PREVENT STIs:

- ✓ Stick to one partner
- ✓ Use a condom – this reduces the spread of STI's.
- ✓ Go for regular check –ups and encourage your partner to do the same
- ✓ Be comfortable saying NO to sex without a condom

BE RESPONSIBLE FOR YOUR OWN PROTECTION BEFORE IT'S TOO LATE!



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Fighting Disease, Fighting Poverty, Giving Hope

Message from



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

The month of February is an interesting one. We focus on reproductive health, sexually transmitted diseases and it's also the month of love. As a health professional, mother and head of the Department of Health, all of these issues point to one thing: sexual responsibility. It's heart breaking to read stories about young girls and elderly women being raped which seem to be on the rise. What has become of our cultural norms, our Ubuntu, our value systems when as a community and society we read about these stories and continue with our lives as if these events are normal?

Whilst as a Department we owe it to every person to be able to offer health care services, we must all take responsibility in making sure that we promote prevention of diseases in our families and communities. It's a move towards prevention rather than cure – and begins at home.

In doing this, it will create a health system that is able to service everyone because we all work together to create healthy communities. As it stands one of the greatest challenges we face is the distribution of resources. While it may seem as an excuse for the lack of delivery in some areas, it's important to understand that the demand for

health services far exceed resources available. It's a tragedy where those who shout the loudest expect the most – and those who patiently endure the limitations are more forgiving.

It should not be that way. We should not allow the health sector to be used as a resource to create divisions in society where some are treated better than others simply because they speak better English. The Department of Health is committed to delivering a fair system of care to all within the limitations of what we have. It's about sharing the cake into smaller pieces but making sure that everyone gets something – rather than nothing at all.

It's a simple explanation but it demonstrates our position. It's not in the interest of the Department to withhold resources, nurses and doctors when we know there is an overwhelming need for more. The reality is we need equitable distribution. Just because those in areas where the need is the greatest don't shout the loudest does not mean we should ignore them in favour of those who do shout.

We have many challenges along the way, and I would like to extend a hand to everyone as we travel this road together.

It's only in unity that we can succeed and overcome the many obstacles along the way. Divided we stand to lose everything we fought for, and we cannot allow this to happen. Not in our lifetime.

inside



PREGNANCY



STIs



KZN HEALTH



HEALTH BOOST

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Northdale Hospital hailed for great service!

With thanks to the following contributors:

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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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YOUR GUIDE TO

TREATING COLDS AND PREVENTING EAR INFECTIONS IN CHILDREN

WHO IS AFFECTED?

Ear infections are common in small children and often begin with a cold or a stuffy nose. The child may have a fever and may something rub or pull the ear. In small children an ear infection can often lead to diarrhoea so be sure to check the ears if a child has diarrhoea! It often affects bottle fed babies, especially those younger than six months. That's why it's advisable to breastfeed your child for the first six months unless a health worker advises you not to for medical reasons.

EARLY DETECTION SAVES LIFE

Bacteria cause most ear infections but they can be treated easily. Untreated ear infections can lead to other health problems, so it's important to visit your local clinic if you feel an ear infection is getting worse.



A lifetime lesson

Gogo Ntombi knows that a flu, cough or cold is not just another condition to be ignored. It's an early warning to take action after a recent experience with her grandson. "If you have a child below six months, like my grandson, cases of flu or cold must be taken to the clinic.

Signs that your child might have ear infection

- ✓ Tugging or pulling the ear(s)
- ✓ Fever
- ✓ Fussiness and crying
- ✓ Clumsiness or problems with balance
- ✓ Trouble sleeping
- ✓ Trouble hearing or responding to quiet sounds
- ✓ Fluid draining from the ear

PREVENTION



Teach children to wipe, but not blow their noses when they have a cold.



Do not bottle feed babies – and if you must, don't let a baby feed lying on his back, as the milk can go up his nose and lead to an ear infection.



Make sure your child is immunised



Encourage your family to wash their hands regularly – this helps reduce disease by up to 75%!

FEBRUARY

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February 10 - 16

You're pregnant. Whether it was planned or not, it's about taking responsibility for you and your baby's health. So make sure you know exactly what you need to do.

PREGNANCY AWARENESS WEEK

All you need to know!

Dangers DURING PREGNANCY

These shouldn't happen when you are pregnant and, if they do, you must report immediately to the nearest clinic or hospital:-

- X Bleeding while pregnant
- X Your baby shouldn't stop kicking
- X Water breaking before you are 9 months pregnant
- X Persistent headache and blurred vision
- X Dizziness

The Ante-Natal Clinic

When should I start ante-natal clinic?

If you miss two menstrual periods, you should report to the clinic. They will be able to confirm if you really are pregnant, and if you are, they will book you right away. Safe to start early before you are 3 months pregnant.

Why is it important to start clinic early?

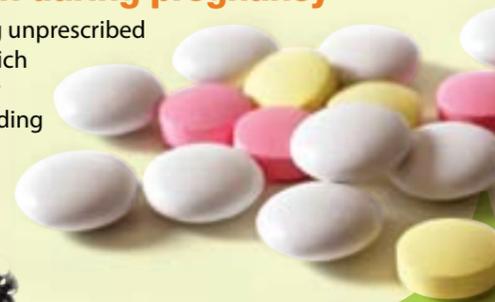
To ensure that you and your baby are healthy and safe, by checking your health history. If there are any medical or previous pregnancy problems – interventions are done straight away, so that by the time you deliver, you and your baby are safe. If you are HIV positive, you can still deliver an HIV free baby, which is why it's important to report as early as possible to your clinic.

What can I expect from the clinic?

They will check your blood pressure, urine, weight – to check for any diseases that could affect you or your baby. Blood tests are also done for infections like syphilis or HIV.

Medication during pregnancy

Be wary of using unprescribed medications which might endanger your baby, including "izihlambezo".



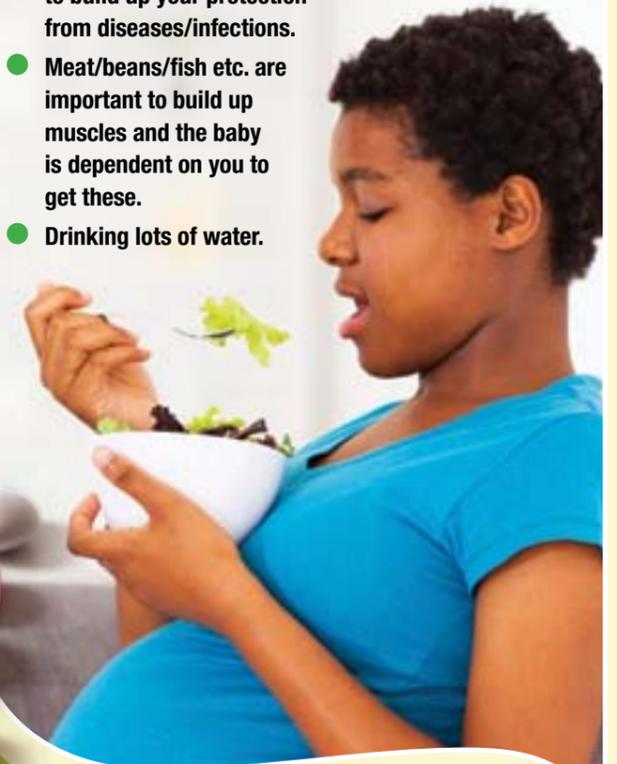
HEALTHY PREGNANCY

Your baby should start kicking at about 5 months, several times a day. Try to understand the kicks so that you can notice any change. As the baby grows bigger and moves down a little bit, the baby's head pushes on the bones and you might feel uncomfortable, this is normal.

Healthy eating for you and baby

Whatever you eat affects baby too, so it's especially important to eat the right foods for a healthy baby.

- Veggies and fruits are important to build up your protection from diseases/infections.
- Meat/beans/fish etc. are important to build up muscles and the baby is dependent on you to get these.
- Drinking lots of water.



SIGNS OF LABOUR

At the end of pregnancy, usually 9 months, you will go into labour – that means the baby is coming. Signs to watch for include:

- ✓ Dull backache that comes and goes
- ✓ Period like pain
- ✓ Feeling pressure as your baby's head presses against your pelvis
- ✓ A show [small whitish liquid from the vagina may be seen, sometimes with some blood]
- ✓ Water may break – that means baby is getting ready to come out
- ✓ If you are in true labour, pains will get stronger and closer together

NB It is important to go to your nearest clinic or hospital at this stage, so that they can confirm whether or not you are in true labour.



Visit your clinic regularly and don't miss appointments. It's important for you and baby.

FEBRUARY

National **HEALTHY LIFESTYLE** Awareness Month



February has been declared lifestyle awareness month, which is the government's way of ensuring that all South Africans take note of their eating and lifestyle habits. Far too many South Africans are becoming overweight, and this month is used to encourage everyone to take part in five key elements of the healthy lifestyle campaign which are:

- ✓ promotion of good nutrition and exercise
- ✓ tobacco control
- ✓ interventions against alcohol and substance abuse
- ✓ Promotion of safe sexual behaviour

REPRODUCTIVE HEALTH Month

The aim of this campaign is to highlight the importance of reproductive health and the responsibilities that go with it. Teenage pregnancy is on the rise and educating teenagers about being responsible with their sexual health begins at home. Maternal deaths can be reduced by booking early with your clinic within three months of falling pregnant and ensuring that you keep to your appointments. Responsible sexual health will make a difference to future generations, and it begins now!



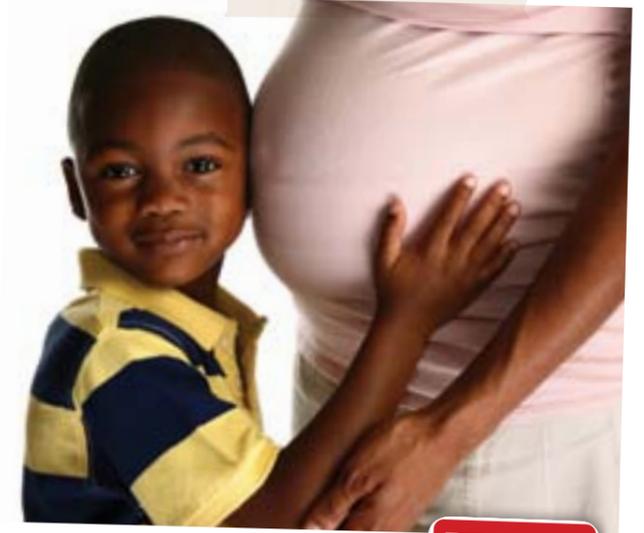
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World Cancer Day



World Cancer Day is used to raise awareness of the impact of cancer and to increase our understanding of prevention, detection, treatment and care. It's a reality; cancer is a leading cause of death worldwide. The good news is that there is a lot of progress in medicine to deal with cancer, and it is no longer a death sentence, the sooner it is detected, the better your chance of beating it, so go for regular checkups!



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PREGNANCY AWARENESS Week

February 10 - 16

The Department of Health uses Pregnancy Awareness Week to strengthen pregnancy education and stress important issues that promote healthy pregnancy and safe motherhood, especially early booking at the clinic. Pregnant women should start attending antenatal care as soon as they suspect that they are pregnant and certainly within their first trimester. It helps protect you and your baby against complications later on.

FEBRUARY

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CONDOM/STI Week

February 10 - 16

Sexually transmitted infections (STIs) are a major cause for concern, even though most of the infections can be cured. The fear of being stigmatised is one of the many reasons why people don't visit clinics for treatment and this week is aimed not only at reducing the spread of STIs but also the spread of HIV/AIDS.



PROTECT YOURSELF against STIs

*Don't leave your
health to luck!*

**NO CONDOM =
SEXUAL DISEASES
AND UNWANTED
PREGNANCY**

Condoms are effective in preventing HIV, sexual diseases and unwanted pregnancy. **THAT'S A FACT.** So if someone asks you to have sex with them without a condom, ask yourself if it's worth risking your health and your life for.

When am I at risk of contracting a STI?

- X Having sex without a condom is one of the greatest risks of catching STIs.
- X If you have sex with more than one person, the more likely you are to get a STI. So be smart, limit the number of sexual partners that you have to reduce the risk of STIs!

FEBRUARY

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STI/Condom Week
February 10 - 16

How would I know if I have a STI?

The symptoms of a STI depend on the type of infection. Many STIs don't have any symptoms at all. However, there are some symptoms that can be a sign that you may have an STI. These include:

- Pain during urinating
- Sores and/or bumps in the private parts of your body
- Unusual vaginal discharge or bleeding
- Discharge from the penis

SOME COMMON TYPES OF STI

Chlamydia is one of the infections that do not show any signs but can cause pain during urination and unusual discharge or vaginal bleeding. If left untreated, it can lead to more serious health problems.

Genital Warts The signs of genital warts are little bumps in the private parts of your body. They are easy to treat so speak to your health worker about this.

Genital herpes is one of the most common STIs in South Africa, and affects around one in five people. Herpes sufferers experience painful sores or blisters in their private areas and many people don't realise how serious it is. It's the leading cause of genital ulcer disease around the world and can increase the risk of HIV transmission. Unfortunately, there is no cure for herpes, so the best way to prevent it is to practice safe sex!

Syphilis One of the most common symptoms is a painless sore on the private area or around the mouth (usually from oral sex), which typically lasts two to six weeks. It causes skin rash and a sore throat which may stop after a number of weeks. It's easy to treat but can be extremely dangerous if left untreated! Long-term conditions of syphilis can include blindness, paralysis, stroke and even death.

HIV is of course one of the most commonly known STIs and also the most dangerous. HIV wears down your immune system so that your body is unable to fight against other infections and cancers. While there is no cure for HIV, it can be successfully treated, enabling those who are HIV positive to have long and fulfilling lives.

Neli's Story

Neli was just 17 years old and still in school when she met Jabu. He was working, always had money to buy her nice things and her friends thought she was lucky to have such a man. She was so sure that Jabu was faithful that when he asked her to have sex without a condom, she did not think twice. "I thought nothing could happen because he was only sleeping with me, no other girl. I thought I had to make him happy and have sex without a condom otherwise he might go to another girl if I refused," explains Neli.

Don't leave it until it's too late! Just two months later Neli discovered that she was pregnant and that Jabu had infected her with an STI. She didn't know he was having sex with two other girls in another town. Since discovering she was pregnant, Jabu left her and wants nothing to do with her. Neli had to leave school and is worried. How will she support her child? She has little education, no skills and is a single, young mother.

Don't make the same mistake as Neli. Act before it's too late - you have a right to say no to sex without a condom.

*Lose the man,
not your health!*

**More than
4 million people
receive treatment for
Sexually Transmitted
Infections (STI's)
every year in our
country!**

You can prevent an STI - practice safe sex, get tested, and get treated!

KZN HEALTH NEWS



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

NEWS

Fighting Disease, Fighting Poverty, Giving Hope



MEC, KZN Department of Health, Dr Sibongiseni Dhlomo hands over new ambulances

More than 20 new ambulances were recently handed over to seven districts in dire need. The hand over is part on an on-going strategy by the Department of Health in KZN to ensure that all ambulances are fitted appropriately and ready for service before being handed to the communities in need. The break-down of the areas that have benefitted are as follows:

DISTRICT	NUMBER ALLOCATED	DISTRICT	NUMBER ALLOCATED
AMAJUBA	2	UMZINYATHI	2
ILEMBE	2	UTHUKELA.....	2
SISONKE	3	ZULULAND.....	3
UMGUNGUNDLOVU	4	COLLEGE OF EMERGENCY CARE	1
UMKHANYAKUDE	3		



Addington Hospital Revamp on track

The revamp of Durban's Addington Hospital is going well, says MEC Dhlomo and has already seen completion of renovations to the Accident and Emergency Unit. MEC Dhlomo and HOD Zungu have both called for patience and understanding during this period of renovation as it is the first time that the hospital is undergoing such massive renovations since its inception.



WHAT IS BEING DONE?

The entire infrastructure of the hospital is receiving a facelift. Some of this, excluding the major infrastructure development, includes:

- Removal and re-placement of external brickwork
 - Replacement of all old wooden windows with aluminium ones
 - Renewal of medical equipment and the replacement of air conditioners
 - Repair and upgrading of the drainage system and leaks on the roofs
- General repairs and replacement of Electrical works

The Department of Health has put contingency plans in place to ensure that patients, staff and visitors are not overly inconvenienced by the revamp and have appealed for co-operation during this period.

"The hospital will not shut down as these developments are taking place and the members of the public are

being assured of emergency attention at Addington Hospital as there is one theatre that will continue being operational at the facility. Revitalisation of Addington Hospital is not an isolated project as upgrades are also continuing in other Hospitals where massive capital injection has been made," says KZN Health spokesperson Sam Mkhwanazi.

AZIBUYE EMASISWENI!

MEC Dhlomo recently joined KZN Co-operative Governance MEC Nomusa Dube as well as Social Development MEC Weziwe Thusi and Arts, Culture, Sport and Recreation MEC Ntombikayise Sibhidla-Saphetha to launch a rolling campaign to restore morals in society. Dubbed Azibuye Emasisweni (Let's get back to basics), the campaign is aimed at restoring the spirit of Ubuntu and fighting social ills (such as elderly abuse, high levels of drugs and alcohol abuse, abuse of women, violence etc) engulfing the province of KwaZulu-Natal. The campaign aims to target mainly young people and will include traditional leaders to be custodians of good behaviour in their areas. The campaign was launched in KwaSwayimane, in the KwaZulu-Natal midlands, where three elderly women were recently raped. The crime had shocked the country, with one of the victims having since passed away. MEC Dhlomo together with his Head of Department, Dr Sibongile Zungu and staff across the province representing KZN Health have all committed themselves to working harder towards addressing the issue of the rape of the elderly and young.

It's time to get back our moral values!

5 SIMPLE WAYS to Boost your health

It's a New Year, and a new chance to turn your life around – that includes your health. So this year, why not make a commitment to being healthy? It doesn't have to cost lots of money or take lots of time! Try the following easy ways that you can encourage everyone in your family to be healthier every day:

1 Eating More Fresh Fruit and Vegetables

Fruit and vegetables are high-fibre foods which are good for our digestive systems and contain plenty of the vitamins and minerals needed to keep us healthy. Children, the elderly and pregnant women especially need to get enough servings so try to encourage your family to eat at least five servings every day.



2

Eating Less Oil, Fat and Salt

Fatty foods block our arteries in the heart, making it more difficult for it to pump blood around the body which is important. Salty foods also raise blood pressure which can lead to a risk of heart disease. To maintain a good weight and a healthy heart, eat less oil, fat and salt - you'll look and feel better too!

4

Monitoring Your Blood Pressure

Unfortunately, high blood pressure is common amongst South Africans. Our blood pressure goes up and down during the day – for example, when you run it goes up and when you rest it goes down. High blood pressure (called hypertension) means that blood pressure remains higher than it should. This is dangerous because it means your heart is working too hard to pump blood through your body. High blood pressure can lead to a heart attack or stroke, or point to other diseases like diabetes. For this reason, it's very important that you get your blood pressure checked regularly.



5

Exercising

Exercise is good for us because it reduces stress levels; lowers blood pressure; keeps muscles, bones and joints strong and healthy and helps maintain a healthy weight. Aim to do moderate exercise for thirty minutes, three to four times a week. You don't need to spend money going to the gym – try walking or running.



Tip

Start a jogging club in your community, and get friends together to run every week. That way everyone keeps fit and the community stays healthy and strong!

3

Checking Your Weight

Over 60% of South Africans are overweight (obese). This means they have a higher risk of developing other health issues like heart disease, cancer, Type II Diabetes and muscle and joint problems. Visit your clinic and ask the nurse to weigh you and work out your Body Mass Index (BMI). This is an estimation of body fat, based on your height and weight and the nurse will be able to tell you what your correct BMI should be. If you're overweight, talk to your health worker about a healthy eating plan to help you lose weight – it's never too late.



EARLY BOOKING SAVES LIVES



A FEW SECONDS LATER...



IT'S GOOD THAT YOU REALISE THAT LULU, BEING A MOTHER MEANS BEING RESPONSIBLE FOR YOU AND YOUR CHILD'S HEALTH. IT ALL BEGINS WITH US AND YOU SHOULD TEACH THAT TO YOUR FRIENDS WHO ARE PREGNANT TOO!



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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.

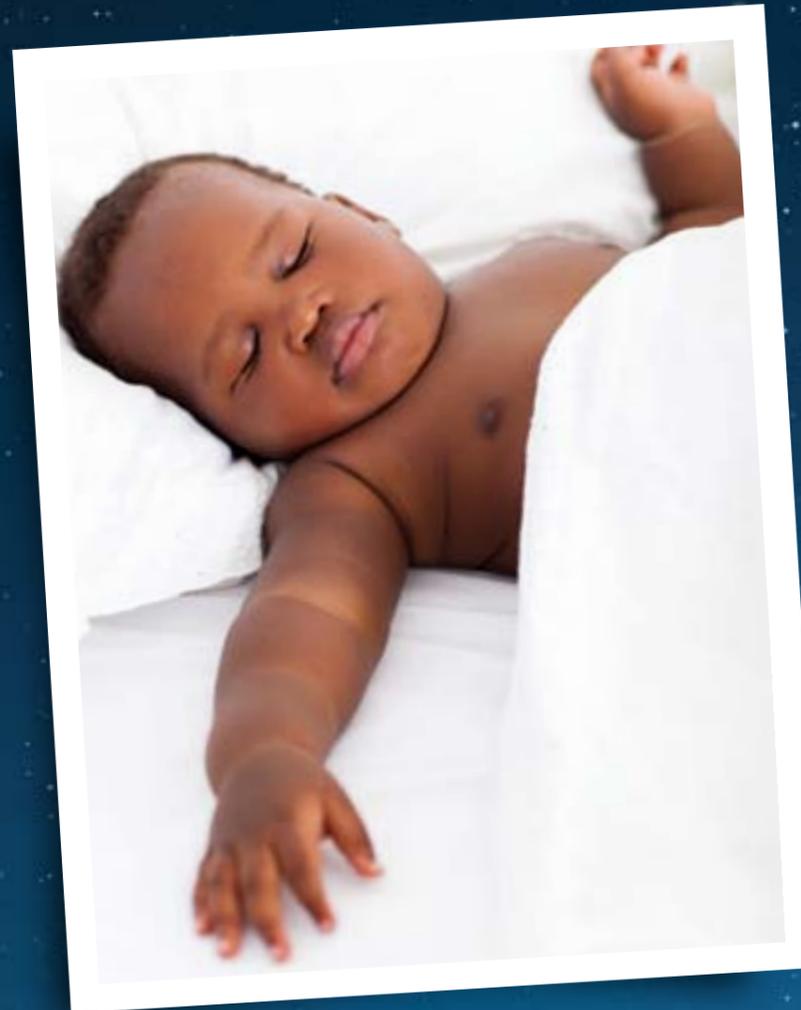


Trust Huggies mom, to keep baby comfy, happy and dry.



HUGGIES
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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.



through the keyhole

NORTHDALÉ HOSPITAL Pietermaritzburg

Ezempilo writer
Derick Matsengarwodzi
reports. . .

Outstanding service!

January was an unlucky beginning for us.

My young son suddenly became ill, complaining of a sore throat and then developed a fever. Later it was swollen, stiff joints. He cried in pain. And he could barely walk. At East Boom Street clinic, we were referred to Northdale hospital for more tests.

The doctor on duty was efficient and said my son needed to be admitted for further observation. This was a safety measure after noticing symptoms similar to rheumatic fever. We were all worried, not knowing how my son would cope. But the atmosphere in the children's ward soon put our fears at ease. The staff was friendly; pictures of African folklores painted on walls and often staff were seen playing with the sick children, reading them books. Mothers were relaxed. Though our first day was confusing, being the only male parent in the ward, we soon became part of the family. The staff offered a reassuring welcome with smiles. "We cater for a lot of children; some are abandoned and very sick children who need specialised care. We all try to bring back smiles to children to feel loved and not get homesick," explained ward operational manager, Thembi Mkhabela.



More than a shelter

F paediatric ward has 36 beds catering for all including burns and surgical patients aged from two weeks to twelve years. On admission, parents are educated on the various ward's operations. In addition, they also offer immunisation, TB and HIV testing and counselling to parents and child. "We also assist with dietary tips, physiological support, birth and breastfeeding, and social grants registration for children. We try to be on the same level as our patients so we can interact with them," added Mkhabela.

The following morning, I woke to a soft singing from the next compartment; a daily morning prayer to start the day! A handover is swiftly done with a brief on each patient's progress, then a staff meeting. A healthy breakfast and medication is offered before the doctors' rounds. The doctors always had time for us. Even when taking blood samples, she comforted my son assuring him that he will be fine. "We try to retain our experienced staff, and always have a good spirit and remain motivate It is a challenging but enjoyable profession," Mkhabela explained.

"We all try to bring back smiles to the children..."

Thembi Mkhabela

Healthy at last

By the second day, my son was showing signs of recovery. He ran with other kids on the jungle gym and raced away on bicycles. On the third, it was that sad moment we said our final goodbyes.

Our heartfelt thanks to all Northdale hospital paediatric ward F staff. Your caring work saved our son's life.

Keep up the good work!

