

HEALTH MATTERS

EZempilo

EDUCATE II INFORM II EMPOWER

FREE

JANUARY • 2013



**SAVING LIVES,
DELIVERING MORE CLINICS**



**BREAST MILK
IS BEST!**

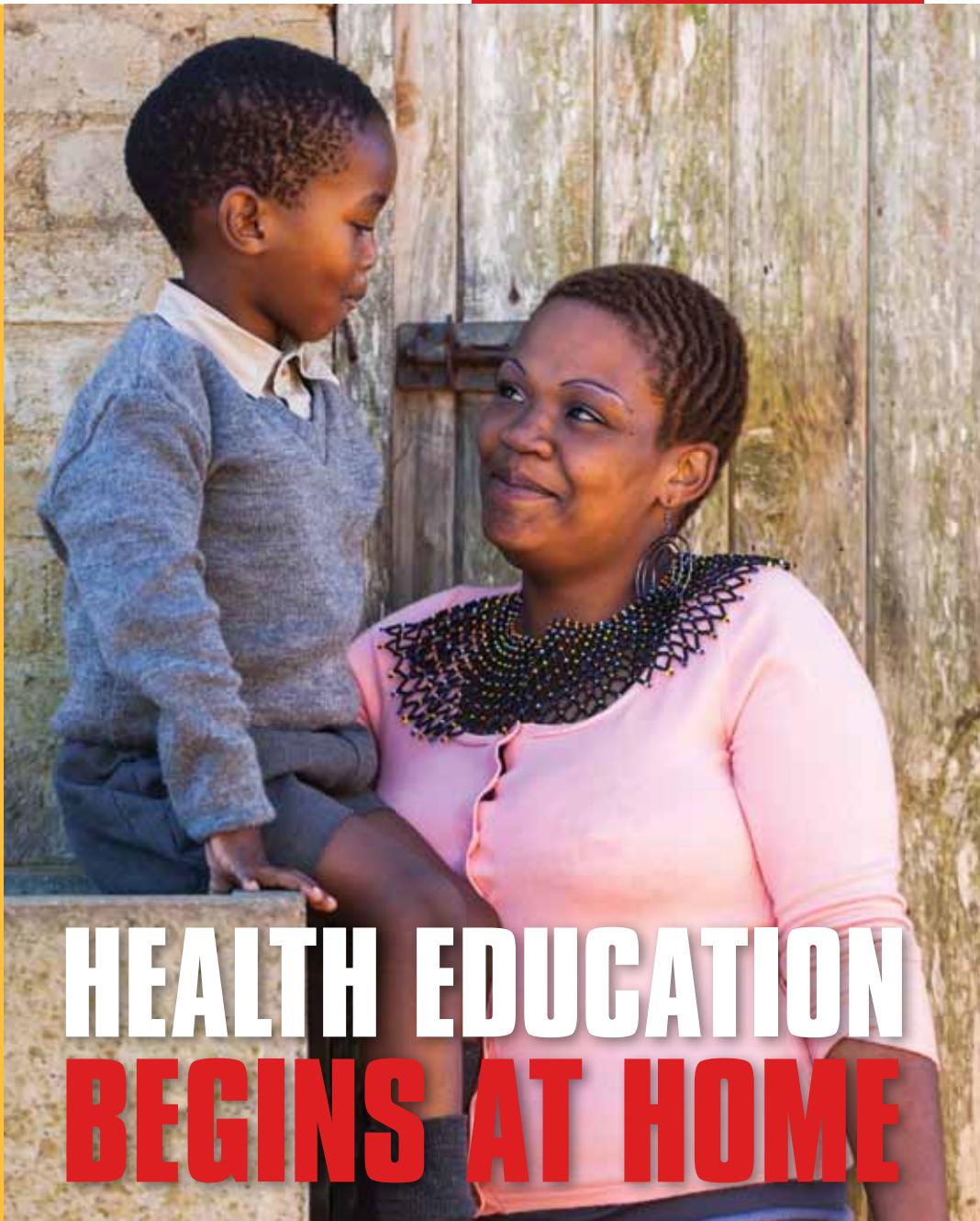
health



Department:
Health
PROVINCE OF KWAZULU-NATAL

Fighting Disease, Fighting Poverty, Giving Hope

**LEPROSY
AWARENESS**



**HEALTH EDUCATION
BEGINS AT HOME**

AN AIDS FREE GENERATION BEGINS WITH EARLY BOOKING AT THE CLINIC

In 2008, the rate of transmission of HIV from mother to child was 21%. Today, it has come down to 2.1%. We have proved that an Aids free generation is possible – but it begins with you.

Early booking at your clinic during pregnancy means better the chances of your baby being born HIV free.

EARLY BOOKING SAVES LIVES SO WHY WAIT?



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- Your health worker will check your health and will monitor the health of your baby in your womb too
- If you do not know your HIV status they will encourage you to have a test and explain how to prevent passing HIV to your unborn baby if you are test positive
- They will also assist with safe feeding options for your baby. For most women, breastfeeding is the best choice – and the Department of Health actively encourages all women to breastfeed at least for the first six months of baby's birth.

Message from

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



We urge them to focus all their efforts towards a brighter future. To those who missed the boat, all is not yet lost yet - trying even harder the second time can ensure success. For the successful ones whose financial constraints make it seem almost impossible to further their studies, the government wants to ensure that there are various financial aid programmes that can be accessed by all. Government also makes a plea with the business community to come to the rescue of destitute deserving students in different communities. As we speak, the Department of Health in KZN is subsidising the studies of 220 students across the province in various medical fields including medicine, physiotherapy, radiology, audiology, pharmacy and others.

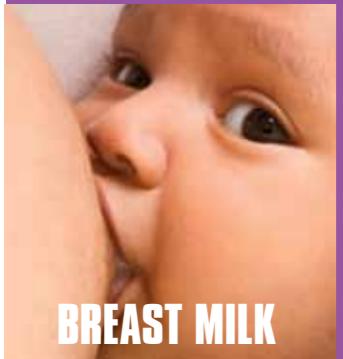
The KZN government under leadership of Premier Dr Zweli Mkhize has vowed to improve the lives of all people in the different communities in the province. Various intervention programmes have been introduced towards building and sustaining infrastructures for health, education, social development, economy, safety and security – to name but a few.

The umbrella body of the Sukuma Sakhe government regional initiative, driven by the Premier's office ensures that different forms of assistance and programmes for improving lives reach communities. As a minister entrusted to steer this project by the Premier in Amajuba region, I wish to convey my gratitude to all leaders, stakeholders, community workers, volunteers, government employees and communities for all the support given to this initiative. We hope we will continue co-operating in this programme and many more to improve and develop our province.

I would also like to take this opportunity to congratulate all successful 2012 matriculants.

Let us continue cooperating in our quest for improving the lives of our people, our communities and KZN province!

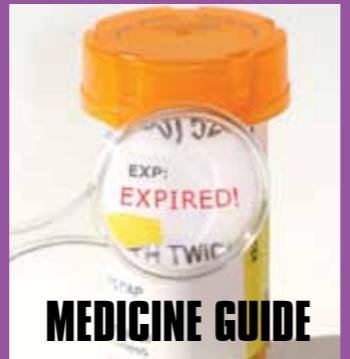
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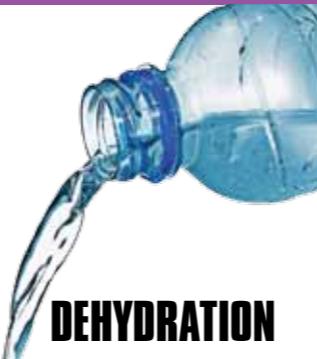
BREAST MILK



INSECT BITES



MEDICINE GUIDE



DEHYDRATION

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MORE DANGEROUS THAN YOU THINK

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

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SAY NO TO SUGAR-DADDIES!



JANUARY IS LEPROSY AWARENESS MONTH

Treat It, Don't Fear It!

To raise awareness of the many people around the world who are affected by leprosy, the World Health Organisation has named 29 January as World Leprosy Day. Before we knew much about the disease many people with leprosy were treated as outcasts from society; today there is a cure and most sufferers need our understanding and tolerance of their condition. **HERE'S WHAT WE ALL NEED TO KNOW.**

WHAT IS LEPROSY?

Leprosy is a disease which affects mainly the skin and nerves. It can be spread when an untreated infected person sneezes or coughs. **Symptoms include:**

- Patches on the skin
- A loss of feeling where the patches are and in the fingers and toes
- Nosebleeds
- Pain where the nerves thicken near the joints.

HOW MANY PEOPLE ARE AFFECTED?

The Leprosy Task Group – a panel of experts on the disease working with the Department of Health - estimates that around 3000 people in South Africa need medical and social care for leprosy, mainly in Mpumalanga Province, Eastern Cape and KwaZulu-Natal.

WHERE CAN PEOPLE GET HELP?

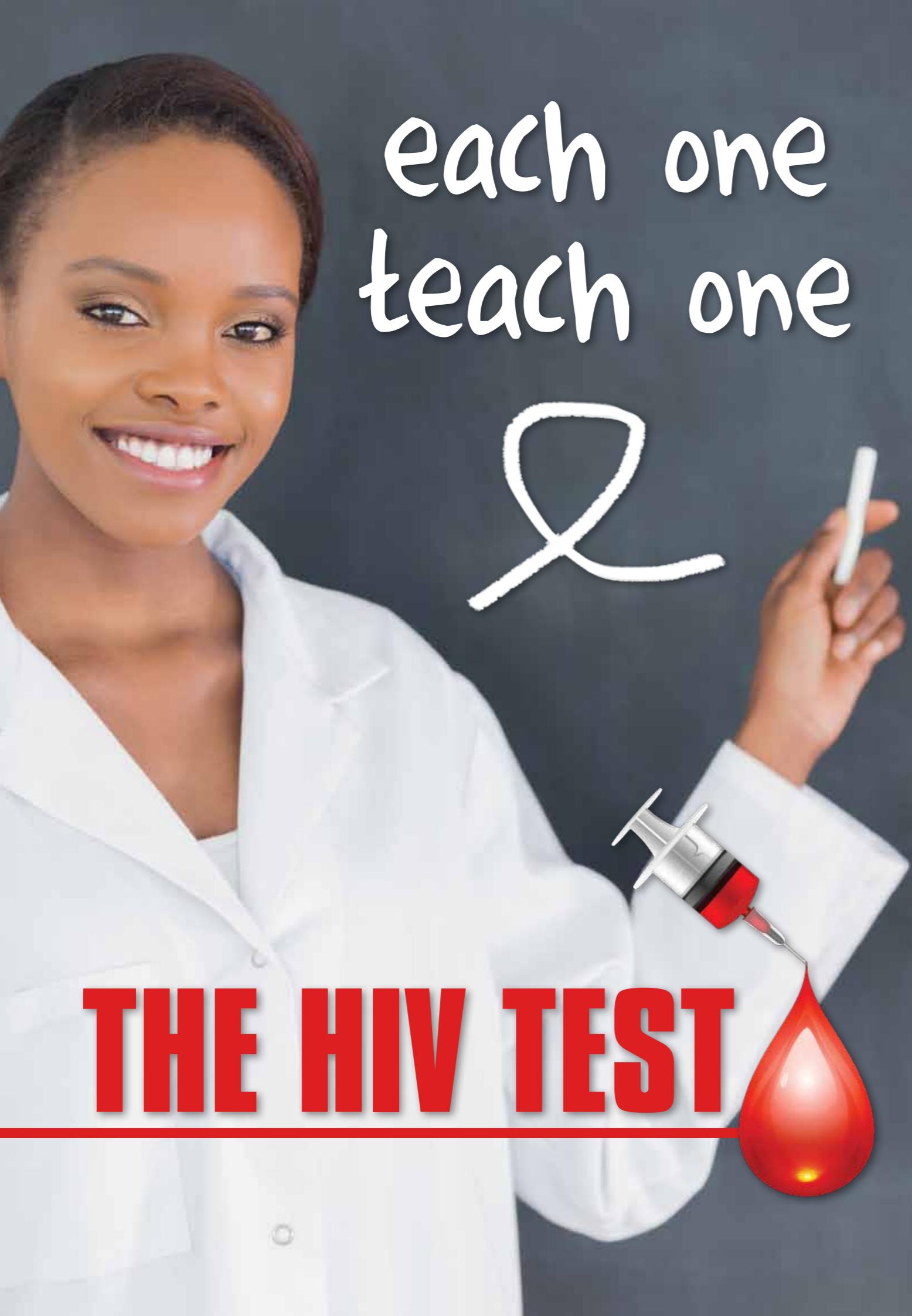
Treatment can take place in the community – people don't have to go to hospital – and includes a multi-drug treatment (mdt) over several months. Treatment is free of charge. Patients need to visit the clinic monthly to get their medicines, get care for skin ulcers, have regular checks and receive health information.

PEOPLE CAN BE CURED

Almost 100% of all leprosy cases are completely curable! However, early detection is important because once nerve damage occurs disability is permanent. People who have been in contact with known cases are encouraged to be screened for the disease. A doctor or nurse will do a skin smear test to confirm whether or not a patient has the disease.



Visit your local clinic for more information or contact the Leprosy Mission of South Africa on 031 907 1833. They also provide free treatment and help.



THE HIV TEST

each one
teach one

Q WHAT'S THE BIG DEAL?

When HIV enters the body, the body starts to make antibodies right away to fight the virus. These antibodies usually show up in the blood 4 to 8 weeks later, but it can take as long as 6 months to show up in a test. This time between the infection and when the antibodies actually show up in the blood is called 'the window period'. The HIV test looks for these antibodies in the blood and is the only way to know if a person has been infected with HIV.

Q WHAT DOES A POSITIVE TEST MEAN?

It means that you are infected with the virus and your body has made antibodies to the HIV. Even if you feel completely well, you can spread the virus to others.

What about a negative test result?

This can mean one of two things:

- You are not infected with HIV or
- You are infected but have not yet made enough antibodies to HIV to test positive (you are still in the window period).

If you have tested negative for HIV but still think you might be infected, you must take a test again in a few months. Sometimes a positive test also needs to be repeated. Speak to your health worker who will advise you on this.

✓ THE ADVANTAGES OF KNOWING THE TEST RESULTS

If your test is negative, you can learn how to protect yourself so that you stay negative.

If your test is positive, you can:

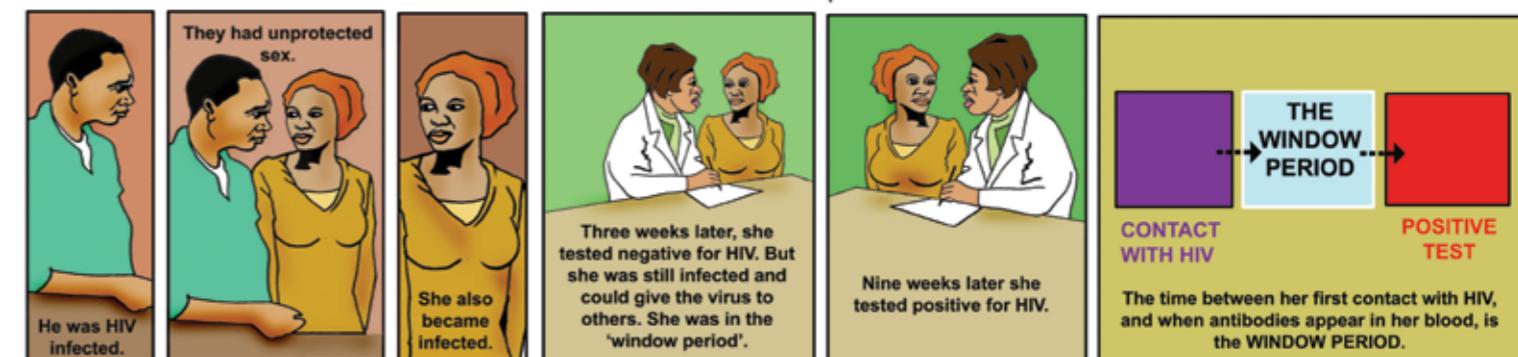
- Prevent the spread of HIV to your partner
- Get treatment early for health problems
- Make changes in how you live so you can stay healthy longer
- Get support from other HIV-infected people in your community
- Plan for yourself and your family's future

WHEN SHOULD YOU HAVE THE HIV TEST?

IT IS USUALLY MORE IMPORTANT TO CHANGE UNSAFE BEHAVIOUR THAN HAVING A TEST ON ITS OWN. HOWEVER YOU AND YOUR PARTNER MAY WANT TO BE TESTED IF:

- You want to get married, start a faithful relationship, or have children.
- You or your partner have signs of AIDS
- You or your partner have had unsafe sex

THE WINDOW PERIOD



Since the window period can be as long as six months, it is best to wait that long after being exposed before getting the HIV test. If you think you may have come into contact with HIV again during that 6 month window period, you will need to get another test in 6 months from the date of the new contact.

Guide to... using medicines **SAFELY**

Medicines can be used effectively to heal and treat many diseases, whether it is traditional medicine or modern. But it's important to use them safely. Used improperly, medicines can hurt and even kill you. For example, some medicines can cause health problems for a pregnant or breastfeeding woman and her baby, or if you fail to take your medicine correctly, it may also cause more harm than good.

Some people think that you always need medicine to get better! But the truth is medicine can only treat health problems – not solve the conditions that cause them. Anytime you use medicine, it's important to follow these guidelines so that you get the best benefit from using them:

- Be sure it is necessary.
- Get good instructions from the health worker or traditional healer who recommended it.
- You should know:**
 1. How much to take.
 2. How often to take it each day and for how many days.
- Take the full amount required. If you stop taking the medicine too soon, the problem may come back.
- Know the warning signs for any problems the medicine may cause (read the side effects)
- Know if it reacts badly with some foods and ask whether you should take it before or after eating.
- Avoid taking many medicines at the same time. Some medicines can stop others from working.
- Make sure the package is labelled.

AVOID MEDICINES THAT ARE OLD:

It is best to use a medicine before its expiry date. This date is written in small print on the package or the bottle. Sometimes, expired medicine is better than no medicine at all, but do not use them if they are:

- Pills that are starting to fall apart or change colour
- Capsules that are stuck together or changed shape
- Clear liquids that are cloudy
- Injections
- Eye drops
- Medicine that require mixing.

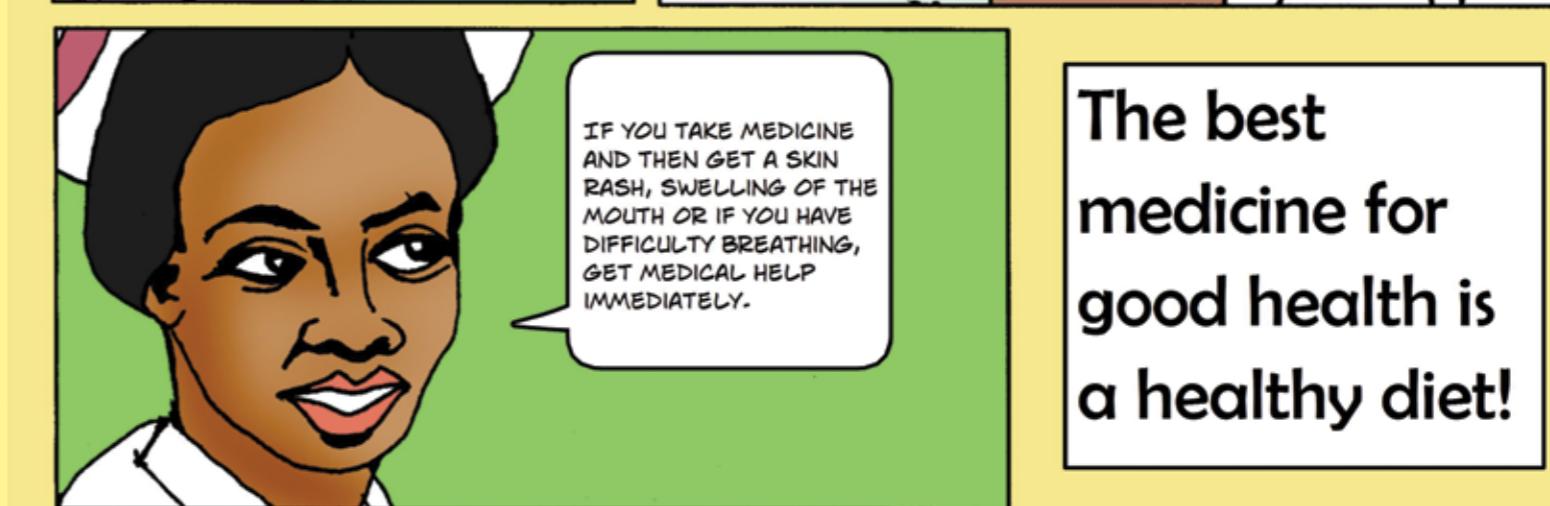
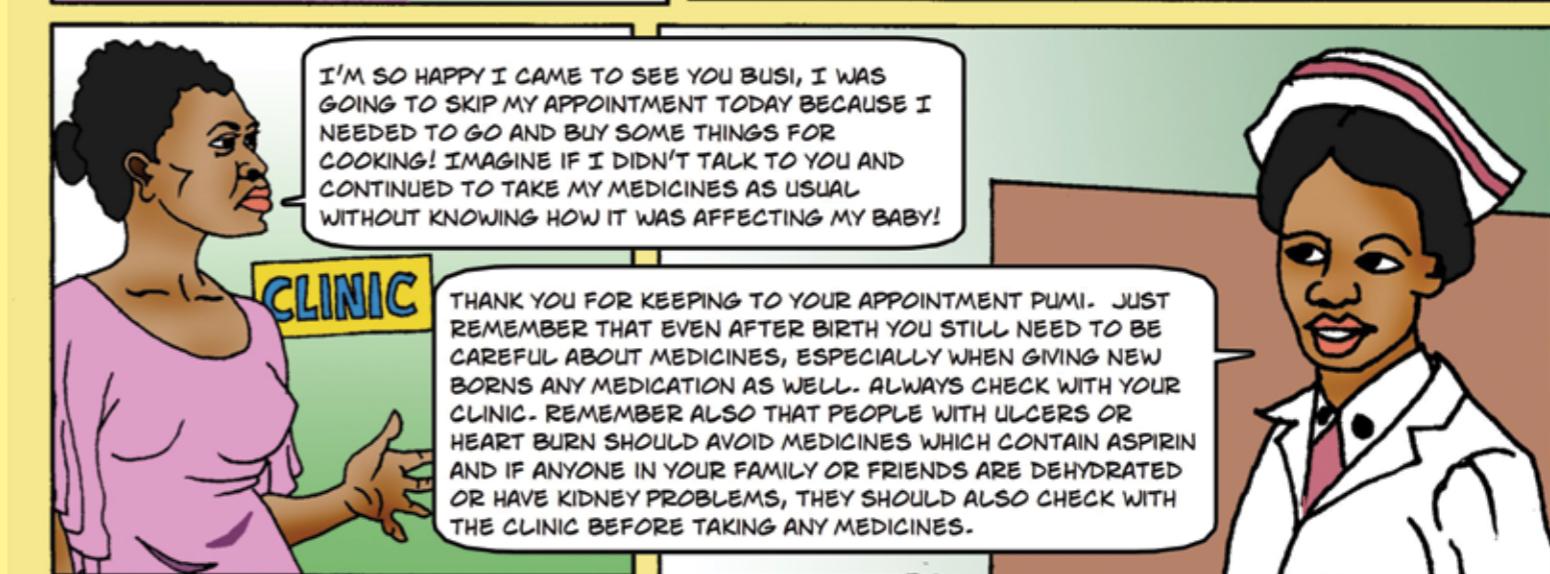
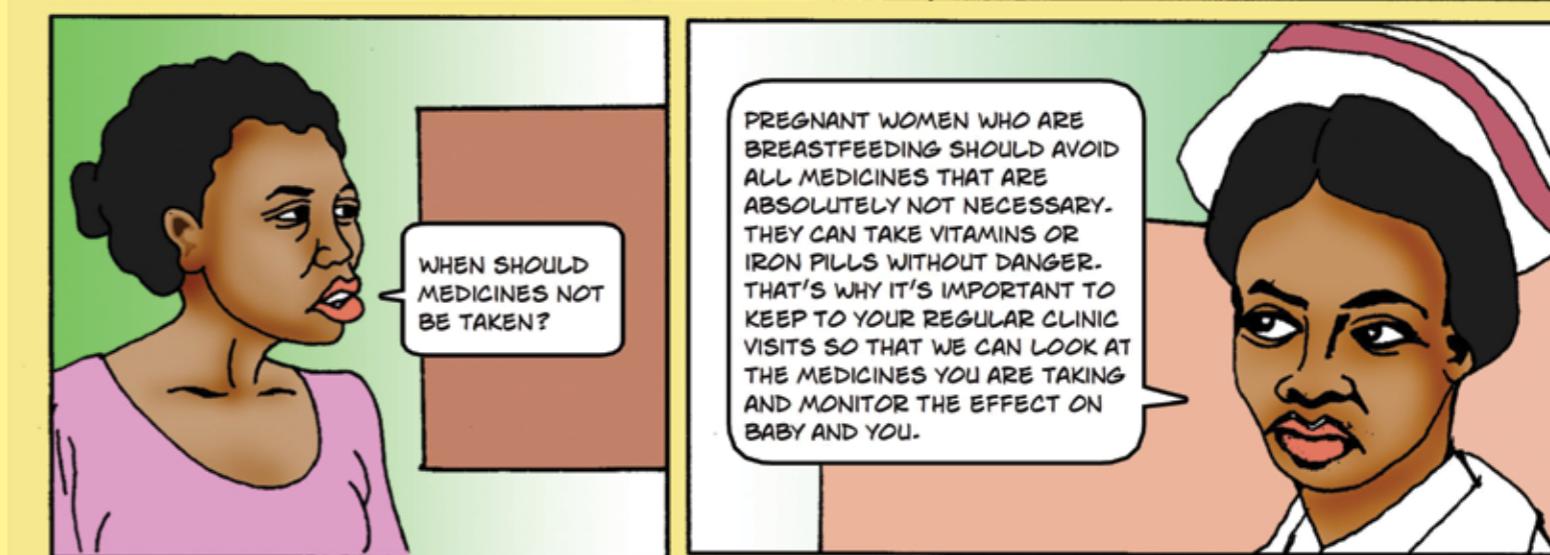
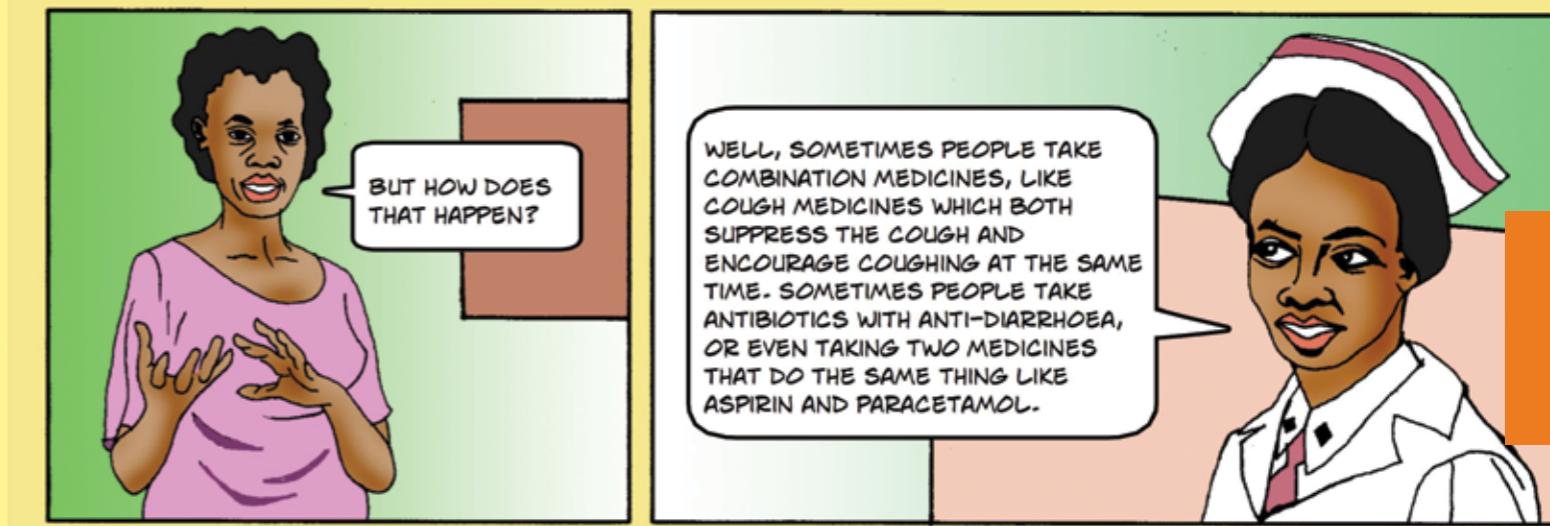
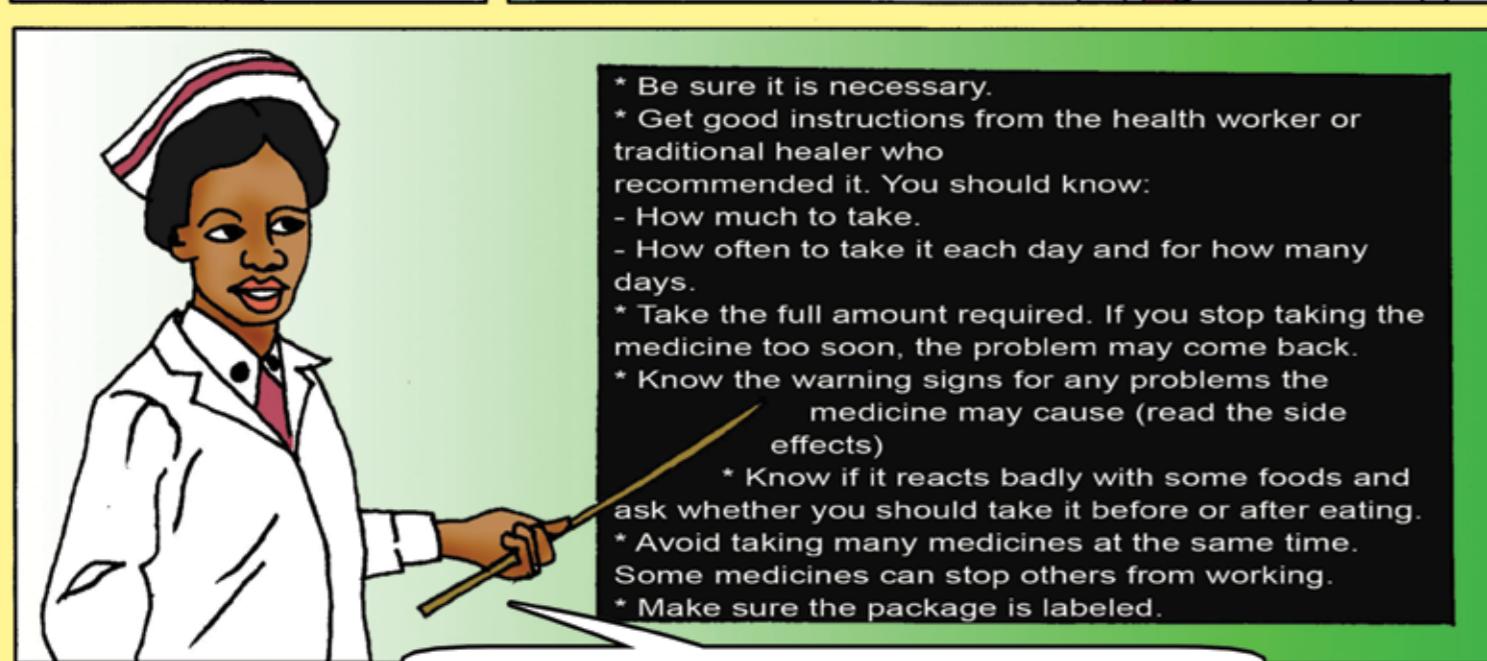
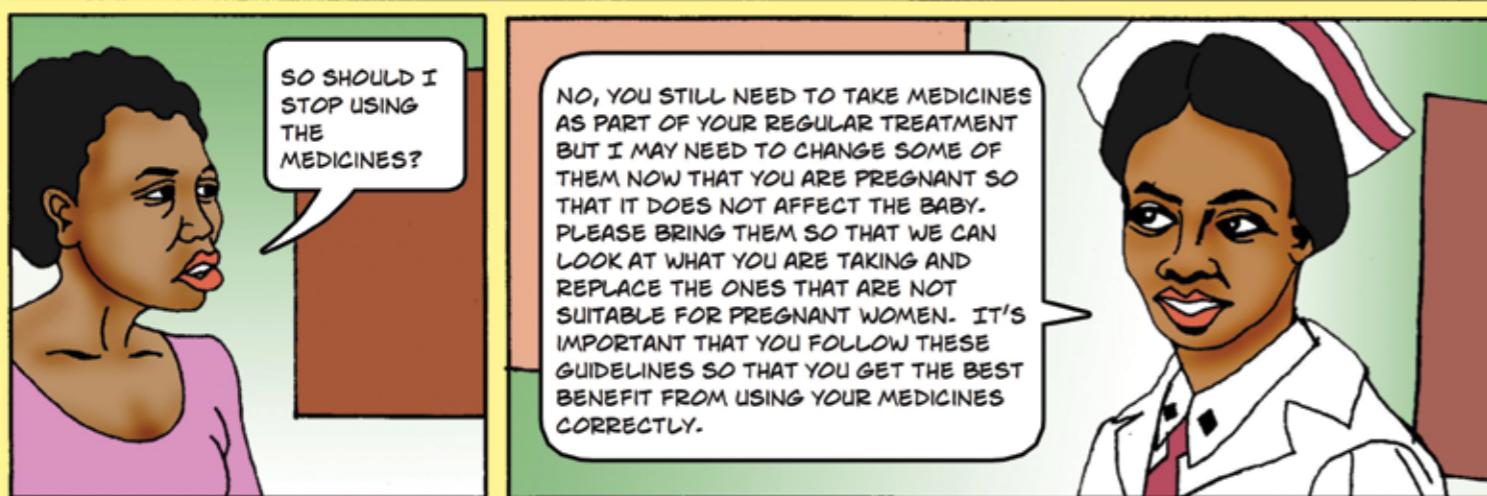
Remember the following people need to be careful and must get advice before taking medicine:

- Pregnant or breastfeeding women (anything they take can be passed onto the baby, causing harm).
- People with a long-term liver or kidney disease. Your liver and kidneys clear the medicine from your body, if they are not working well, the medicine may build up and become poisonous.
- Those suffering from stomach ulcer. Medicines such as aspirin can cause bleeding in the stomach and/or a painful burning feeling.



WARNING: IF YOU HAVE TAKEN A MEDICINE AND THEN GET A SKIN RASH, SWELLING OF THE MOUTH OR DIFFICULTY IN BREATHING, GET MEDICAL HELP IMMEDIATELY.

TAKING YOUR MEDICINES CORRECTLY



KZN HEALTH

health



Department:
Health
PROVINCE OF KWAZULU-NATAL

NEWS

Fighting Disease, Fighting Poverty, Giving Hope

LADYSMITH CLINIC NOW OPEN 24 HOURS A DAY



KZN Health MEC Dr Sibongiseni Dhlomo has announced that eKuvukeni Clinic in Ladysmith will now operate 24 hours a day, in a bid to ensure health services are accessible to people at all times.

This follows a request by the local leadership in the area to allow the clinic which forms part of the Indaka Municipality, to operate 24 hours a day as Estcourt Hospital was situated 49 kilometres away, making health services difficult to access after-hours.

Visiting the area recently, Dr Dhlomo called on all role players in the community to ensure the safety of staff working after hours. The MEC also raised concern at the high number of teenage pregnancy in the area, adding that at Indaka Local Municipality alone, there were 61 teenage pregnancy deliveries between April and December 2012 – including 33 at eKuvukeni Clinic. Dr Dhlomo called on pregnant women, especially teenagers to report to the clinic as early as pos-

sible, saying failure to do so increases the risk of death for both mother and baby due to potential health risks and problems.

The MEC urged both the leadership and the community to intensify all efforts to ensure children born of an HIV positive mother is not infected. He urged the community to work together to:

- o Promote abstinence amongst teenagers
- o Encourage men and women to practice safe sex to avoid unplanned pregnancies
- o To freely talk about and promote Family Planning
- o To encourage early bookings at the clinic to pregnant women

“Maternal health reflects the level of social justice and the degree of respect for women’s rights in a democratic society” – Dr Sibongiseni Dhlomo.

KEEPING YOUR FAMILY **SAFE** FROM insect bites



It's the time of the year when mosquitos and insects are all over the place, especially in areas where there is stagnant water. Insect bites may appear small and harmless but are dangerous especially for people with allergies. To avoid the bites turning into something deadly, use our help guide below to educate everyone in the home on how to deal with them.



Risks of stings

Did you know that there are more insect bite deaths caused by bees than poisonous snakes? Do not risk collecting honey without proper training and protection. Also remember mosquito bites may spread killer diseases like malaria, and some spider and scorpion poisonous bites can lead to death if not treated early.



Signs and symptoms

Insect bite wounds must not be scratched even when itching; it may cause infection if the skin is broken. If not treated, the wound becomes infectious. The most common sign of an insect bite is red swelling of the skin where the bite has happened and itchy skin.

Home-based treatment

After a bite, if the wound is not open apply ice and clean the affected area with soap and water to remove any contamination.

DO NOT try removing insects such as bees - call your local council instead.

Monitor the bite

After a bee sting, monitor the person for further critical symptoms such as:

- Wheezing
- Chest tightness or pain
- Problems in breathing
- Faintness or weakness
- Infection



Visit the clinic immediately if there is an open wound or an infection which may be a result of a poisonous insect bite. People with a history of reactions after bites must get emergency help. Spray your home regularly to keep it safe from any harmful insects.

WHY BREAST MILK IS BEST

KZN Health supports exclusive breast feeding 100%, but do you know why breast feeding is good for baby?

MANY MOTHERS WHO ARE HIV POSITIVE WORRY THAT THE VIRUS CAN BE PASSED ON TO THE BABY IF THEY BREASTFEED AND DECIDE TO BOTTLE FEED THEIR BABIES INSTEAD.

BUT, RESEARCH HAS SHOWN THAT BOTTLE-FEEDING IS A BIG RISK AND BOTTLE FED BABIES ARE MORE LIKELY TO GET SICK AND DIE.

THIS IS ONE OF THE REASONS WHY KZN HEALTH DECIDED TO STOP SUPPLYING FORMULA MILK TO ALL HOSPITALS AND CLINICS AS THE FIRST CHOICE OF BABY'S FEEDING.

BREAST IS BEST

Breastfeeding is the best way to feed your baby because it's simply the best food you can give them, especially in the first six months of life. Babies who are breastfed are healthier, stronger and are less likely to die young. Here's why:

- Breast milk has a better balance of what baby needs than any other milk – whether fresh, canned or powdered.
- Breast milk is clean. When a baby is bottle fed, there is a greater chance of he or she developing diarrhoea – which kills 25 children under five year old a day. This is because bottle feeding leads to more bacteria and germs which are harmful to baby.
- The temperature of breast milk is always right – every time.
- Breast milk has antibodies (proteins that destroy bacteria and viruses). This protects baby against certain illnesses and keeps them healthy.

Remember!

Breastfeed your baby as soon as he or she is born. For the first few days after birth a mother's breasts produce little milk. This is normal, but those first drops still contain important nutrients for baby – and baby's sucking will help produce more milk!

HOW A MOTHER CAN PRODUCE MORE BREAST MILK

- DRINK PLENTY OF LIQUIDS
- EAT AS WELL AS POSSIBLE ESPECIALLY MILK AND YOGURT AND HEALTHY FOODS
- GET PLENTY OF SLEEP AND AVOID GETTING TIRED OR UPSET
- NURSE YOUR BABY OFTEN, AT LEAST EVERY TWO HOURS.



! VISIT YOUR LOCAL CLINIC FOR ADVICE ON CARING FOR YOUR BABY OR FOR MORE INFORMATION ON BREASTFEEDING.

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

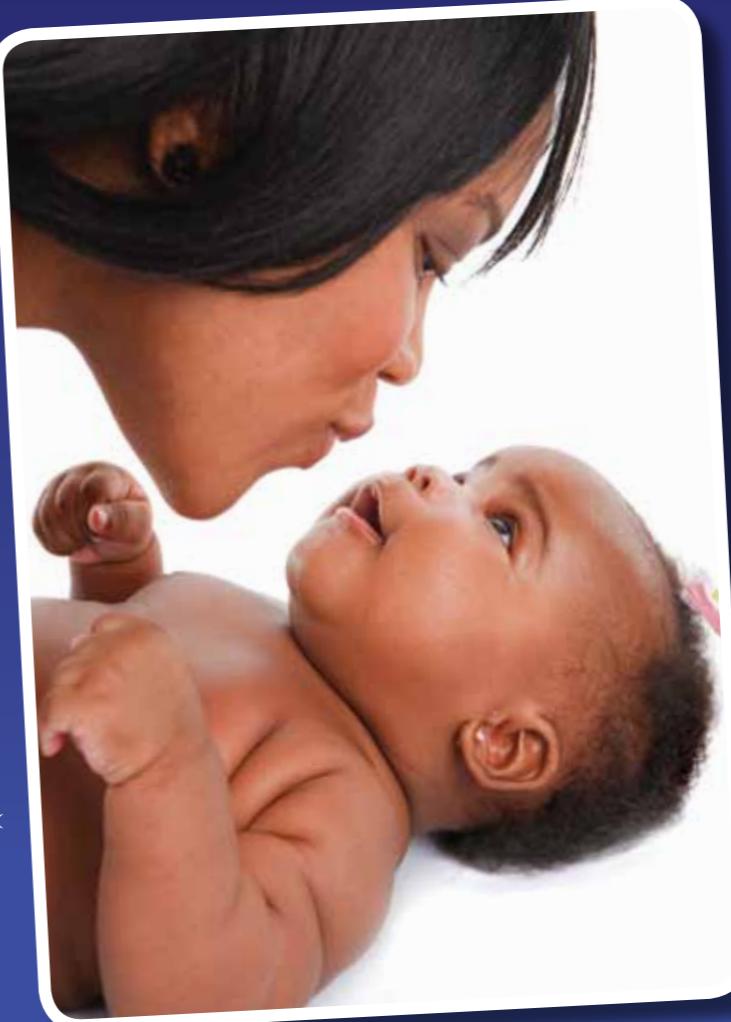
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HUGGIES
Disposable Nappies

BABY CORNER



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

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.

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 drier 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.

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Dehydration

more dangerous than you think

How many times have you heard the warning to drink at least eight glasses of water per day? It's wise advice which few people follow. The bottom line is our bodies need water to survive. Without enough water, our organs can fail – and often we don't even recognise the signs of dehydration especially in young children or the elderly.

WHAT DOES DEHYDRATION MEAN?

Dehydration means your body does not have as much water as it should. Dehydration can be mild, moderate, or severe based on how much of the body's fluid is lost or not replaced.

WHEN IT IS SEVERE, DEHYDRATION IS A LIFE-THREATENING EMERGENCY.

CAUSES & RISKS

Dehydration can be caused by losing too much liquid, not drinking enough water, or both. Your body may lose too much liquid from:

- Excessive sweating (for example, from exercise)
- Excessive passing of urine, such as with uncontrolled diabetes
- Fever
- Vomiting or diarrhea

TREATMENT

Drinking a hydration liquid is usually enough for mild dehydration. It is better to drink small amounts often (using a teaspoon or syringe for an infant or child), instead of trying to force large amounts at one time. Drinking too much water at once can bring on more vomiting. If the dehydration is severe, your health worker or doctor will suggest a hospital stay so that you can be put onto a drip to treat the dehydration.

PREVENTION

Even when you are healthy, drink plenty of fluids every day. Drink more when the weather is hot or you are exercising. Pregnant women should drink more water as dehydration can affect the baby too.

Carefully monitor someone who is ill, especially an infant, child, or older adult. If you believe that the person is getting dehydrated, contact your health worker before the person becomes dehydrated. Begin fluid replacement as soon as vomiting and diarrhea start -- DO NOT wait for signs of dehydration

WHEN TO SEE YOUR HEALTH WORKER

Contact your health worker if you or anyone in your family experiences any of the following symptoms:

- Confusion
- Dizziness
- Lethargy
- Light-headedness
- Blood in the stool or vomit
- Diarrhea or vomiting
(in infants less than 2 months old)
- Dry mouth or dry eyes
- Dry skin that goes back into position slowly when pinched up into a fold
- Fast-beating heart
- Little or no passing of urine for 8 hours
- No tears
- Sunken eyes
- Sunken soft spot on the top of your infant's head

Remember, dehydration occurs more frequently in children and elderly than in other people, so protect them.

