

HEALTH MATTERS **FREE**

Ezempilo

EDUCATE || INFORM || EMPOWER

JULY • 2014



FAST FOOD: TIME TO SAY NO!

● KZN Health medical bursaries on offer ● Ear infections in children
...ALL THIS AND MORE INSIDE



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Tata gave his entire life for our freedom

WHY HONOUR HIM JUST ONE DAY?

**Make every day Mandela
Day by making a change
for the better.**

A HEALTHY AND HAPPY SOCIETY BEGINS WITH YOU.

- Take responsibility, take ownership of your health.
- Get tested for HIV
- Practice safe sex – use a condom
- Be wise, get circumcised
- Book early at your clinic if you're pregnant:
it can save yours and your baby's life



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Message from...

KZN Health MEC, Dr Sibongiseni Dhlomo



There is an age-old Zulu proverb that says "Izandla Ziyagezana" - one hand washes the other. For a very long time our society has focused on celebrating and honouring our women and the role that they play in society, through Women's Day and Women's Month, which are observed in August. But it takes two to tango. It takes a woman and a man to give life and to build a warm, loving home. But if we focus on women and neglect men, then our efforts will be futile. Therefore, I am very pleased to say that the setting aside of July as Men's Month is starting to bear fruit. The tremendous work being done by the KZN Provincial Men's Forum in mobilising men in general and shaping our young men through mentoring, guidance and counselling in particular, is having a positive impact in society.

As the chairman of the KZN Provincial Men's Forum, I am excited to be part of the numerous campaigns that we have led in this month of July, including the Traditional Leaders Dialogues, Men's Prayer Sessions, a Religious Conference, Boys and Men's Dialogues, Fatherhood Programmes and Drug and Substance Abuse awareness. All of this should go a long way towards influencing and shaping the lives of our leaders of tomorrow.

This July and beyond, we call on all real men to stand up and add their voice against all forms of gender violence against women, the elderly and children. We want to thank all the loving, caring and strong men for coming forward to say they will lead by example under the auspices of the Men's Forum. We can no longer fold our hands, keep quiet and tolerate the misdemeanours and atrocities being committed against children, women and grannies. It is indeed very disturbing to see women going to court, leading marches against murderers and rapists because these heinous acts are usually perpetrated by men - people who are supposed to be protectors and role models. We now need to be in the forefront

and make it known that such things cannot be happening in our name. We call on all men to be part of forums where issues pertaining to men's behaviour are highlighted and addressed.

By the same token, we are using Men's Month to shine the spotlight on the need for men to take care of their own health. We need to start establishing a new set of values and morals to judge good men. The time has come for men to free themselves of the societal pressure to be seen to be "strong", even when you cannot or do not need to be. You don't have to prove your manhood by abusing women and children or by having many sexual partners. You don't have to drink more alcohol than anyone else, or drive under the influence of liquor - endangering your own life, as well as those of others - just to prove your manhood. We must celebrate men who are role models, men who are law-abiding men of integrity who care-for, protect and provide for their families. While we have managed to raise the profile of women and their rights and work is still continuing in this regard, it becomes a win-win situation when we focus on building good men for today and tomorrow. The two cannot be separated.

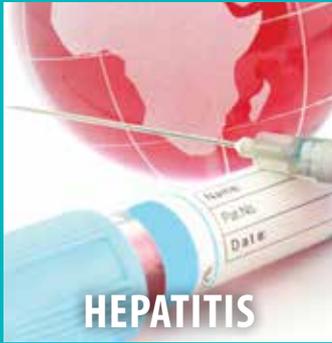
*Izandla
ziyagezana and
God bless!*



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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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**DEADLINE
31 AUGUST
2014**

KZN HEALTH BURSARIES WORTH R200 MILLION UP FOR GRABS!

**ARE YOU A YOUNG STUDENT WANTING TO PURSUE
MEDICAL STUDIES?**

**THEN APPLY FOR A FULLY FUNDED KZN
HEALTH BURSARY NOW!**

APPLICANTS MUST:

- Be from KZN and meet the training needs of the District where they reside.
- Submit proof of application to a tertiary institution and CAO and his/her academic record from the university or Grade 11 with Bursary Application Form.
- Be financially needy. Applications will be considered on a sliding scale in terms of income.
- Provide certified identity documents of both parents; pay slips; death/divorce certificate and sworn affidavit stating the legal guardian or marital status of parents.

WHERE TO APPLY:

Human Resource Office at all Government hospitals, Clinics and CHC's.
Applicants must sign when receiving and returning the application form to the institution of form collection.
All application must be hand delivered
– no posted forms will be considered.



***REGRETTABLY, ONLY SUCCESSFUL CANDIDATES WILL BE NOTIFIED.**



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STOP THE FAST FOOD LIFESTYLE!

URGENT ACTION NEEDED BY PARENTS AND CAREGIVERS

IT'S KILLING OUR CHILDREN

South African children are becoming more unhealthy and high risk of developing diabetes and heart diseases, according to a recent report by top experts on the state of our country's health. AND despite government's best efforts to reduce child poverty which has seen fewer children going to bed hungry thanks to our health interventions, parents and guardians are still failing to make sure that children are living healthy lifestyles – leading to a future generation of unhealthy adults.

WHAT THE REPORT FOUND

- Most of our country's children spend far too much time watching TV and less time playing outside.
- Obesity rates among children are increasing every year.
- Children born after 2000 are at risk of dying before their parents due to chronic lifestyle diseases.
- The recommended amount of daily exercise for children is 60 minutes – but most children get less than 20 minutes a day.
- South Africans eat double the recommended daily allowance of salt leading to more cases of hypertension. (11% of children and 23% of adolescents suffer from hypertension in South Africa).

THE FAST FOOD FACTS

- The number of South Africans over the age of 16 who eat fast food at least once a month has increased from 65% in 2008 to 78% (26.5 million) in 2012.
- Most South African teenagers eat fast foods at least three times a week.
- McDonald's has 170 stores and South Africa is one of its most successful markets in McDonald's international history, according to the company itself. A record was set when McDonald's opened 30 restaurants in just 23 months in South Africa, at one stage opening 10 restaurants in 78 days!
- Half of all adults visit a KFC every month – that's about 17 million people over the age of 15
- Chicken Licken has 3.5 million visitors every month.



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HOW THIS AFFECTS YOUR CHILD'S HEALTH

1. FAST FOOD ENCOURAGES YOUR CHILD TO EAT MORE

The fats, sugar and salt in fast food sends signals to your body that it needs to eat more because human beings automatically crave high-calorie food. It's like a bowl of popcorn, once you start, you want to eat more of it (although popcorn is not an unhealthy snack and does not have high calories). So each time we see, smell or eat fast food, many chemicals are released in our body sending a signal to our brain which then makes us want to eat more. And once a child bites into a burger, he or she has less nutrition for the rest of the day.

2. FAST FOOD DAMAGES THE HEART – IMMEDIATELY!

Experts have known for years that eating fast food over many years clogs the heart, but recent research shows that this damage begins the same day. A study published in Canada showed that damage to the heart's arteries happens almost immediately after just one – that's right, one – junk food meal!

3. JUNK FOOD CAUSES SCHOOL WORK TO SUFFER

Junk food and foods with high-sugar take away energy levels and affect a child's concentration level. "If a child is having sweets, chocolate or fizzy drinks during school hours instead of fruits or a sandwich, he will definitely feel hungry within an hour and that would affect his concentration in class overall performance in school," explains one health expert. And here's more proof: In a recent European study researchers found that children who ate fast food four to six times a week did worse in maths and reading compared with children who did not eat fast food.

4. JUNK FOOD LEADS TO DEPRESSION

Eating foods rich in antioxidants, such as fruits and vegetables, and healthy fats, such as cold-water fish and nuts, leads to positive energy and moods – which allow the brain to function better. On the other hand, a diet high in fast food lacks these nutritional benefits and increases the risk of depression.

HOW DID WE GET TO THIS POINT?

Our freedom since the downfall of apartheid has meant new opportunities and people's lives changing for the better as a result. But, it has also meant more pressure to work harder to provide better opportunities for our children. As more people move to the cities looking for work, family structures have broken down, leaving more women either on their own having to support their families or working longer and harder even when there is a partner. And with children today seeing fast food as a way to show they can afford a modern lifestyle, parents find it easier to buy fast food than cook meals at home at night – especially after working all day.



IT'S NEVER TOO LATE TO ACT

Our Health Minister, Dr Aaron Motsoaledi has already declared war on fast foods through new policies which will ban advertising of fast foods. He has also forced companies to reduce their salt in food production. But despite all this, the final choices are made by you, the person responsible for what your family's lifestyle. Living a healthy lifestyle does not mean changing your life completely. You can begin by:

- ✓ Talk to your children about healthy eating choices – and lead by example!
- ✓ Make time to eat together as a family, at home and eating a home cooked meal. It may mean waiting a bit longer, but it's worth it.
- ✓ Exercise together as a family or community – regular walks each week does not cost money and will benefit everyone's health.



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WORLD HEPATITIS DAY: JULY 28

THINK AGAIN

Around 50% of us have been exposed to the Hepatitis B virus (HBV) at some point in our lives, yet many of us know very little about this virus. This day is an opportunity to learn and teach others so that we can understand and empower our communities on the issue – and help prevent the spread.

HOW IS HEPATITIS B SPREAD?

The virus is passed on when blood or body fluids from an infected person enters the body of an unprotected person. The most common way is through unprotected sex, infection from mother to child during birth, drug abuse, direct contact with a bleeding wound, sharing of tooth brushes, razors or needles and contact with an infected surface.

PREVENTION IS BETTER THAN CURE

- ✓ 95% of people who have been vaccinated against HBV will not contract a serious form of the disease; make sure your child is up to date with the vaccination needed.
- ✓ Wash your hands regularly - especially after contact with lift buttons, public taps and stairs.
- ✓ Use condoms during sex - the virus is present in sperm, vaginal fluid and your bloodstream.
- ✓ Avoid taking drugs and never share needles or syringes.
- ✓ Wear protection when dealing with other people's open wounds or cuts.
- ✓ Never share razors, toothbrushes or other sharp instruments.

Prevention is a community responsibility, so educate yourself and teach others too...

WHAT IS HEPATITIS?

It's when there is an inflammation of the liver (an inflammation is when a part of the body becomes red, swollen and painful). It has different causes, but a viral infection is usually the most common. The hepatitis B virus is 50 to 100 times more infectious than HIV because it can survive in some places up to seven days, while HIV survives for only a few minutes outside the human body.

HOW CAN YOU TELL YOU'VE BEEN INFECTED?

Symptoms of HBV can last a few weeks and include the following:

- Yellowing of the skin and eyes (jaundice)
- Dark urine
- Extreme tiredness
- Nausea, vomiting and stomach pain.



CIRCUMCISION

THE FACTS, THE TRUTH AND ALL YOU NEED TO KNOW

What does it mean to be circumcised?

Circumcision is the removal of the foreskin covering the end of the penis.

Why should a man get circumcised?

- It reduces the spread of HIV.
- Reduces the risk of getting some sexually transmitted infections, like chancroid and syphilis.
- Reduces the risk of developing penile cancer.
- Protects against other medical conditions including urinary tract infections.

Will it make you enjoy sex less?

No, in fact, there are many reports that circumcised men actually have more pleasure in their sexual lives following a successful circumcision.

How long does circumcision take?

Between 15 and 30 minutes. The time taken depends on age, condition of the foreskin, method of pain relief used, and experience of the health worker carrying out the operation.

Should you go to anyone offering to carry out a circumcision?

No, the Department of Health in KZN strongly advises that you only have it done by someone who has been medically trained in the procedure. To verify that a person is authorised to carry out a circumcision, always check with your local health authority or contact the Department of Health in KZN directly. Medical circumcisions are performed at health facilities throughout South Africa, such as community health centres and district hospitals. The circumcision is done by a trained health care provider (doctor or nurse) who is specially trained to perform this kind of procedure.

How is it done?

It is done under local anaesthetic, so besides a small injection, there is no pain. The wound is then stitched and dressed, and you are given painkillers to help manage any mild pain or discomfort you may have when the anaesthetic wears off. You are also given instructions on how to keep the wound clean while it heals, as well as a medical



certificate should you require time off from work or studies while you recover.

After the procedure

Once you are stitched and the penis dressed, you are free to go home. Don't forget to arrange a follow up visit with the health care provider to have the dressing removed (usually within a week). After this is done, you should gently wash your penis with soap and water, using a soft cloth. The stitches will fall out after 10 to 14 days.

When to consult your doctor or health worker

Like with any surgical procedure, there can be problems after a circumcision, but in most cases these are slight, such as reaction to the pain injection, minor bleeding, or some swelling and pain. With proper care, these issues are easily treated. Should you have any concerns, go to your clinic or doctor.



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NEWS

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CRIME FORCES CLOSURE OF EZAKHENI CLINIC'S NIGHT SERVICE

This Community Health Centre (CHC) of Ezakheni in uThukela District has been forced to shut down its night operating times because of attacks by criminals who have targeted the clinic's staff, including incidents of shooting, stabbings, assaults and damage to property.

Addressing the local community recently, KZN Health MEC, Dr Sibongiseni Dhlomo said the decision was unfortunate but had to be made. "This is a painful decision. But it's in the interests of our workers. We can't sacrifice them at the altar of criminal elements. The people of this community must take a decision that they don't want crime and start protecting both the staff and this health care institution," said the MEC.

The clinic, which is regarded as a "mini-hospital", provides vital services to the community and is one of the busiest in the District, but is situated close to a tavern. As a result, clinic staff, management and even patients have been targeted by criminals in the area. The latest attack last month resulted in staff members getting psychological counselling after a criminal gang invaded



the Clinic and assaulted security guards, took their cell phones, manhandled nurses and fired shots with a rifle. Staff refused to turn up for work the day after the incident resulting in a decision not to operate after 4pm.

MEC Dhlomo has requested an urgent meeting with the local leadership and a way forward to address the issues of crime in the area which affects service delivery.

RK KHAN NURSERY UNDERGOES REFURBISHMENT

The KZN Department of Health will be revamping the nursery at Durban's RK Khan Hospital as part of its on-going infrastructure program. Babies that are currently being admitted will be transferred to McCord Hospital to ensure that service delivery is not compromised during the refurbishment. The Department advises that all mothers that are due for delivery or arriving at the hospital will also be transported to other hospitals within Durban for delivery, pending the completion of the refurbishment. The Department is also completing the construction of the following projects which will boost mother and child health

services in the province:

- Greys Hospital's New Neonatal Intensive Care Unit
- Bethesda Hospital's New Paediatric Ward and 20-bed Mothers Lodge
- Stanger Hospital's New Labour and Neonatal Block
- Church of Scotland Hospital's New Paediatric Ward
- Addington Hospital's Theatres
- Prince Mshiyeni Hospital's Nursery
- KwaMagwaza St Mary's Hospital maternity upgrade
- Emmaus Hospital Maternity and Nursery

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NEWS

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PILOT SITES PAVE THE WAY FOR NHI SUCCESS



The NHI pilot site in the Amajuba District has set an example for the rest of the country on a successful health system under the new National Health Insurance (NHI) plan which will come into effect over the next 12 years. The NHI will change our country's health system from focussing mainly on curing disease to one that work with communities to prevent disease. That way, hospitals will have more time to deal with issues that require intervention instead of dealing with health problems that can be dealt with at a community clinic level.

Visiting the Amajuba pilot site recently, MEC Dhlomo said he was impressed at the success of the pilot phase here as well as the pilot site in UMgungundlovu and UMzinyathi Districts.

During his visit, MEC Dhlomo reviewed the R210 million Infrastructure Capital Projects that have been carried out in the District since 2009. These include a new Dannhauser Community Health Centre which offers maternal services 24 hours a day and five new clinics in the rural areas of Ingogo; Charlestown; Viedrit and Mdakane. In addition, MEC Dhlomo also introduced the following new additions to the NHI pilot site in Amajuba:

- 12 School Health Teams to conduct health screenings on Grade 1 learners in 98 schools.

- The appointment of District Specialist Teams including an Advanced Mid wife and Primary Health Care Nurses.
- New innovations involving free sms messages to pregnant women and people on ARV programme. These message services are used as reminders for clinic bookings.

Dhlomo's visit to the District also coincided with the Graduation Ceremony of 253 Traditional Health Practitioners who were trained by the Durban University of Technology through the USAID Fund. Training provided included management of patients with HIV and TB on how they should be referred to clinics and hospitals; hygiene and infection control measures as well as promotion of medical male circumcision.

A Mobile Hospital was also launched which will visit selected rural communities of the District each week. The Technological advanced Mobile Hospital has specialist x ray equipment that can connect to hospitals through Telemedicine and includes Optometry equipment for eye screening, Dental facilities as well as a Primary Health Care platform. To ensure it is user friendly, it has also been fitted with an automated lift to hoist wheelchair bound patients and an inflatable gazebo used as a waiting area and shelter for health promotion purposes.



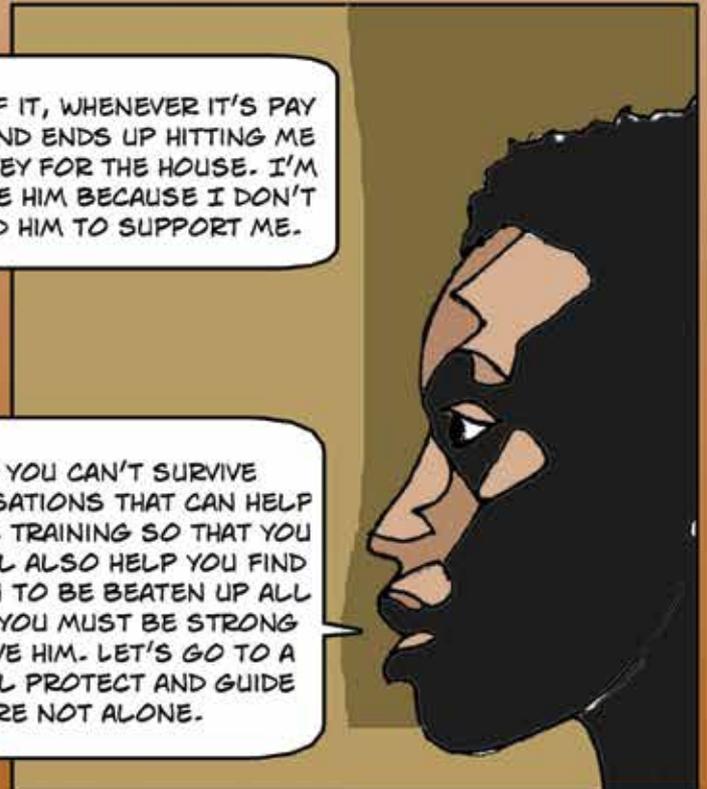
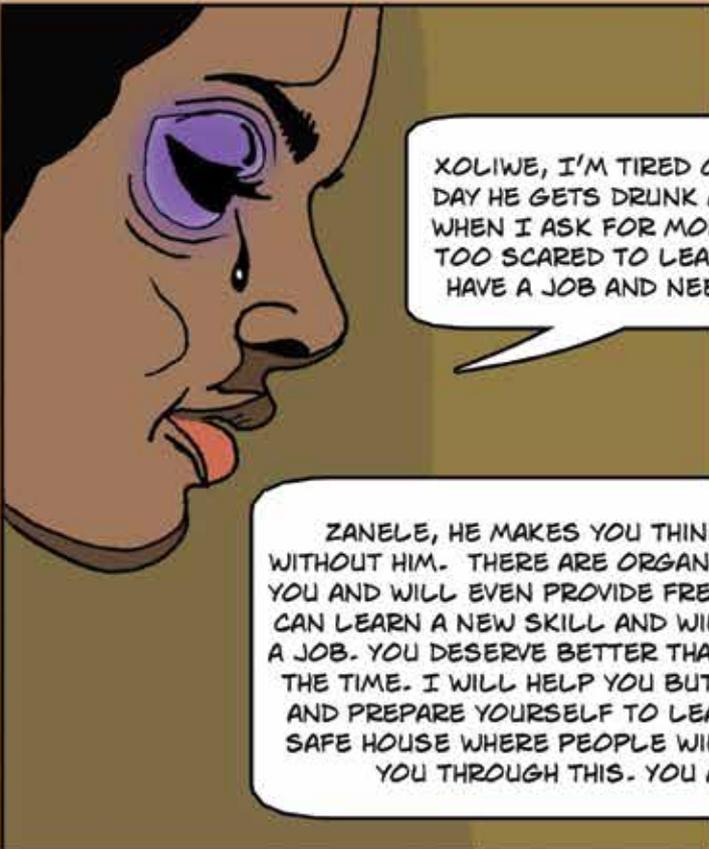
Speaking out can set you free



HAIBO ZANELE, WHAT'S GOING ON, WHY ARE YOU SITTING IN THE CORNER LIKE THAT?



NO... THEMBA HAS HIT YOU AGAIN? ZANELE, YOU CAN'T GO ON LIKE THIS, EVERY MONTH END YOU ARE BEING BEATEN UP, ONE DAY HE WILL KILL YOU.



XOLIWE, I'M TIRED OF IT, WHENEVER IT'S PAY DAY HE GETS DRUNK AND ENDS UP HITTING ME WHEN I ASK FOR MONEY FOR THE HOUSE. I'M TOO SCARED TO LEAVE HIM BECAUSE I DON'T HAVE A JOB AND NEED HIM TO SUPPORT ME.

ZANELE, HE MAKES YOU THINK YOU CAN'T SURVIVE WITHOUT HIM. THERE ARE ORGANISATIONS THAT CAN HELP YOU AND WILL EVEN PROVIDE FREE TRAINING SO THAT YOU CAN LEARN A NEW SKILL AND WILL ALSO HELP YOU FIND A JOB. YOU DESERVE BETTER THAN TO BE BEATEN UP ALL THE TIME. I WILL HELP YOU BUT YOU MUST BE STRONG AND PREPARE YOURSELF TO LEAVE HIM. LET'S GO TO A SAFE HOUSE WHERE PEOPLE WILL PROTECT AND GUIDE YOU THROUGH THIS. YOU ARE NOT ALONE.



They go to a safe house...

...where a woman advises her.



ZANELE, YOU HAVE RIGHTS AND THE LAW WILL PROTECT YOU FROM ABUSE. WE WILL GET A PROTECTION ORDER AGAINST YOUR PARTNER AND IF HE TOUCHES YOU AGAIN OR COMES NEAR YOU HE WILL GO TO JAIL. WE WILL ALSO PROVIDE YOU WITH A PLACE TO STAY AND HELP YOU WITH TRAINING AND TO FIND A JOB SO THAT YOU CAN WORK AND EARN YOUR OWN MONEY.

A few months later Zanele bumps into an old friend



ZANELE, WOW, YOU ARE LOOKING GREAT, I'VE NEVER SEEN YOU LOOK SO HAPPY!



HEY BONGI THANKS, I'M FEELING GREAT THESE DAYS. I FINALLY LEFT THAT ABUSIVE PARTNER THAT EVERYBODY ALWAYS WARNED ME ABOUT, AND I AM STARTING A NEW JOB NEXT WEEK SO I FEEL GOOD ABOUT MYSELF.



THAT'S GREAT TO HEAR ZANELE, I AM SO HAPPY FOR YOU. HOW DID YOU MANAGE TO FINALLY LEAVE HIM?



I REALISED THAT I DESERVE BETTER AND THAT THERE WERE ORGANISATIONS OUT THERE TO SUPPORT ME. I WAS AFRAID BUT I KNEW I HAD TO DO THE RIGHT THING AND LEAVE. STAYING IN AN ABUSIVE RELATIONSHIP WAS NOT HOW I WANTED TO LIVE MY LIFE.

**BREAK THE SILENCE,
END THE VIOLENCE!**

FOR MORE HELP CONTACT THE STOP WOMEN ABUSE NATIONAL TOLL-FREE HELPLINE ON 0800 150 150

**OUR
YOUTH NEED
OUR HELP!**

**AM I
NORMAL?**

JULY IS MENTAL ILLNESS AWARENESS MONTH

**SUICIDE
ATTEMPTS AND
MENTAL ILLNESS IS ON
THE RISE AMONGST YOUNG PEOPLE
IN SOUTH AFRICA**

More than 23 people try to commit suicide every day in South Africa and 9.5% of all teenage deaths are from suicide, with the youngest victim being just 7 years old. Our youth today are growing frustrated and we need to step in urgently to help guide them.

“HOW DRUGS AFFECTED MY MENTAL HEALTH” - THABO’S STORY

A breakdown of traditional family structures, unemployment and peer pressure at school often leaves young people turning to other ways to deal with their depression. This means drugs and crime which eventually start affecting their health, leading to mental illnesses. That’s what happened to Thabo, a bright young student who was doing well in school until he got involved with the wrong crowd. He started experimenting with drugs because he wanted to be part of the ‘cool’ crowd and soon his school work began to suffer and he eventually dropped out of school. “I was very foolish. I was doing well in school and wanted to become a teacher one day. With the drugs came pressure to do other stuff and I began getting involved in petty crime like robbing people for their cell phones or anything they had just to feed my drug habits. Eish, it was bad because I ended up on the streets. Eventually I decided this is not the life I wanted and got help from my pastor who helped me to get back on my feet. I went back to school, completing my matric and I am now pursuing my dream of becoming a teacher. But I almost didn’t make it,” says Thabo.



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MENTAL HEALTH SUFFERERS NEED OUR HELP

People with a mental illness are not 'crazy'. They are normal people needing our understanding and help. And for many people needing this help, they try to hide their condition because they are ashamed, embarrassed and afraid of being attacked if they admit they have a mental illness. But without help, we are simply making the problem bigger which will affect their entire community and society. So what can we do to assist?

TALK ABOUT IT AT HOME, AT SCHOOL AND AT WORK

Discuss the issue of mental illness with your colleagues, friends and even at church. Sometimes depression can also be a sign of a mental illness so encourage open communication and explain to others too that mental health is nothing to be ashamed of. There is always hope and the earlier it is diagnosed and treated, the better one's chances of recovering and living a full and normal life. Mental health illnesses can be managed through medication and we need to encourage and help those needing help to get treated.

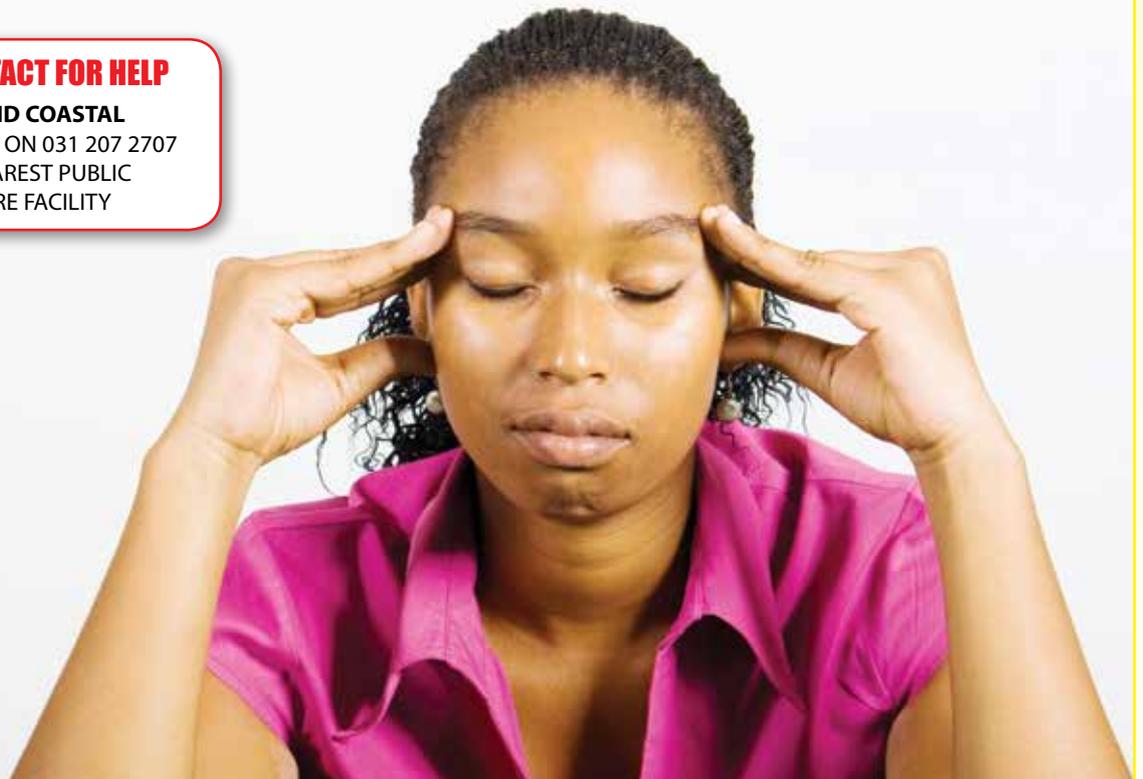
SIGNS OF MENTAL ILLNESS

If someone you know may be acting strangely recently or if a new mother does not seem excited about her baby, check for the following signs of depression or another mental illness. Speak to them, support and encourage them to seek help:

- **Sad, anxious or 'empty' feelings**
- **Feeling hopeless and thinking of the worst in every situation**
- **Irritability and restless**
- **Feeling guilty, worthlessness and/ or helpless**
- **Not interested in activities or hobbies including sex**
- **Always tired**
- **Difficulty concentrating, remembering details and making decisions**
- **Unable to sleep at night or sleeping too much, not wanting to wake up to do anything**
- **Overeating or appetite loss**
- **Thoughts of suicide/suicide attempts**

WHO TO CONTACT FOR HELP

**DURBAN AND COASTAL
MENTAL HEALTH ON 031 207 2707
OR YOUR NEAREST PUBLIC
HEALTHCARE FACILITY**



73% of mental illness remains undiagnosed and untreated... it's up to us to remove the stigma and make a difference.



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HOW TO TELL WHEN YOUR CHILD HAS AN EAR INFECTION

BREASTFEEDING EXCLUSIVELY FOR THE FIRST SIX MONTHS REDUCES THE RISK OF EAR INFECTION BY 63%!

Many babies get an ear infection by the time they turn one and it mostly happens after a common cold. With winter here it's important to know the signs of ear infection so that you can act quickly and even prevent it. Keep the following guide handy and share the information with other mothers (and gogos!) in your area too:

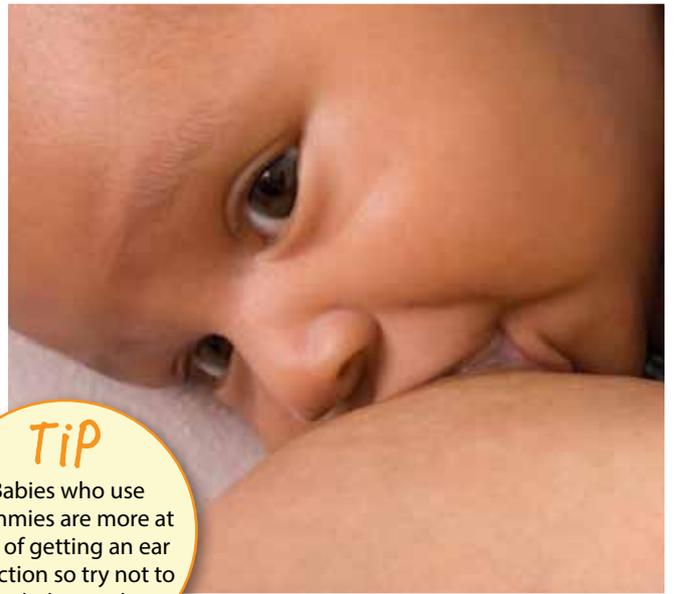
WHAT CAUSES EAR INFECTIONS?

An ear infection is usually caused by a bacteria or a virus. Germs like to grow in dark, warm, wet places, so when fluid is trapped in the ear because of a blocked nose for example, this leads to an infection. When it gets worse, it becomes more painful which is why it's important to act quickly.

EARLY CLUES OF AN EAR INFECTION IN YOUNG CHILDREN:

The easiest way to tell if your baby might have an ear infection (or any other illness) is by observing a change in their mood or behaviour. If your baby becomes crabby, starts crying more than usual or develops a fever, then you need to have him checked at your nearest clinic. Other signs include:

- Your baby pulling on his ears: This could be a sign he's in pain. (Babies pull on their ears for all kinds of reasons and sometimes even for no reason at all. So if your baby seems fine and is not crabby, he probably doesn't have an ear infection.)
- Diarrhea or vomiting: The bug that causes the ear infection can also affect the stomach.
- Reduced appetite: Ear infections can also make it painful for baby to swallow and chew. You may notice baby pulling away from the breast or bottle after he takes the first few sips.
- A yellow or whitish liquid draining from the ear: This doesn't happen to most babies, but it's a definite sign of infection.
- Strange smell: You may also notice a strange smell coming from your child's ear.
- Difficulty sleeping: Lying down can make an ear infection more painful.



TIP

Babies who use dummies are more at risk of getting an ear infection so try not to get baby used to a dummy.

PREVENTION IS BEST – HERE'S HOW

✓ BREAST IS BEST!

Mothers who exclusively breastfeed (which means feeding their babies only breast milk and nothing else) their babies for the first 3 months decrease their baby's risk of ear infections by 50% while exclusive breastfeeding for the first 6 months reduces the risk of severe colds, ear and throat infections by 63%, so choose breast feeding!

- ✓ Teach children to wipe, but not blow their noses when they have a cold.
- ✓ If you don't have a choice and must bottle feed your baby, 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 diseases by up to 75%!



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Fighting Disease, Fighting Poverty, Giving Hope



KEEPING THE COLD AWAY

KNOW HOW TO PREVENT THE FLU THIS WINTER

We may be the warmest province, but that doesn't mean we don't feel the cold during winter! And when one person in the family gets the flu or cold, it means others will too. So here's some good advice on how to stay healthy and keep warm without spending more than you have to during winter – and encourage others to follow the same advice so that everyone in the family does their bit to keep germs and viruses away:

WASH YOUR HANDS

Washing your hands regularly with soap and water, and not touching your face are the best preventative measures you can take to avoid contracting colds and flu. Washing hands can reduce your chance of catching the flu by 80% and children who wash their hands regularly only miss school days half as much as those that don't so encourage your child to wash their hands with soap and water – it could save their life.

DRINK LOTS OF WATER

Drinking water helps your body work more efficiently and keeps it hydrated so drink lots of water, even in winter!

Remember, that if your urine is almost colourless, you are getting enough fluids.

GIVE UP SMOKING

Smokers catch colds and flu more than others due to their body's weak ability to fight infections, but did you know that their symptoms also last longer and are more likely to turn into serious illnesses such as pneumonia? Try to keep away from a smoker even if you don't smoke to reduce your own risk – remember standing close to someone who is smoking is just as unhealthy as smoking itself!

GOGO IS RIGHT - CHICKEN SOUP IS BEST!

It's been used for thousands of years, and our elderly swear by it. And it's true; research has proven that chicken soup really does make you feel better, especially if you add garlic. Chicken soup reduces cold symptoms and helps your body fight infections so increase this nutritious meal during the cold months.

SNEEZE INTO A TISSUE
Flu germs are spread through the air, so keep away from someone who is sneezing or coughing in your direction! Always remember to sneeze into a tissue or near your elbow, not your hands – as this will only encourage the germs to spread as you use your hands to touch your face and other things around you!

DRINK WARM LIQUIDS

Black tea or tea with honey can help open blocked airways and help a sore throat.

GOOD OLD FASHIONED HONEY DOES IT BEST

Honey has been shown to be as effective as cough medicine for calming a cough, and also calms a sore throat – but remember it should not be given to children under the age of one.

INCREASE YOUR FRUIT AND VEGETABLES

It's been said often fruit and vegetables helps our body to stay healthy, especially the dark green, red and yellow ones! Eating a clove of garlic every day can also help reduce the risk of cancer, fight infections and build your immune system (your body's ability to fight germs). Also eat more yoghurt as it contains good bacteria that can help your body fight infections.



PREVENTION IS BETTER THAN CURE!



HOME REMEDIES AND OLD WIVES TALES...

WHAT'S TRUE AND WHAT'S NOT?

1

MYTH:

When people think someone is 'bewitched' is it true that the person should be killed to get rid of the evil spirit?

FACT:

FALSE! No one is ever cured by harming or killing someone else.

2

MYTH:

Is it true that when the baby's 'soft spot' on top of baby's head sinks inward this means baby can die unless he receives urgent treatment?

FACT:

TRUE! The 'soft spot' sinks because baby has lost too much of liquid and can die if he does not receive enough liquid urgently. Always get medical treatment if this is the case.

3

MYTH:

A baby will be born deformed if the light of an eclipse moon shines on a pregnant woman.

FACT:

FALSE! A baby can be born deformed if the pregnant woman does not get enough iodized salt or for other reasons relating to their health, not because of an eclipse.

4

MYTH:

Is it true that pregnant women should give birth in a dark room?

FACT:

It is better because soft light is easier on the eyes of both the mother and the newborn child, but there should be enough light for the midwife to see what she is doing.

5

MYTH:

A newborn baby should not be bathed until the cord falls off.

FACT:

TRUE! The stump of the cord must be kept clean and dry until it falls off. But baby can be gently cleaned with a clean, soft, damp cloth.

6

MYTH:

How many days should a mother wait before bathing after giving birth?

FACT:

A mother should wash with warm water the day after giving birth. The custom of not bathing for weeks after childbirth can lead to infections and should be avoided.

7

MYTH:

Traditional breast feeding is better than bottle feeding.

FACT:

TRUE! Breast milk is better food and also provides baby with all the protection against infection. The yellow coloured milk that first comes out is especially good for baby.

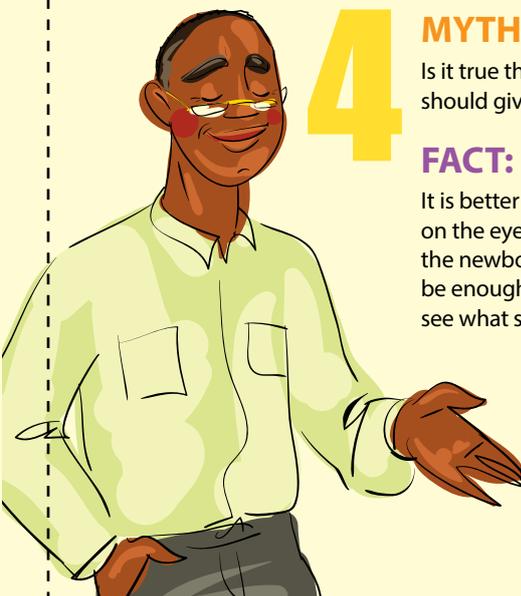
8

MYTH:

A person with high fever must be wrapped up tightly to avoid air harming him.

FACT:

FALSE! When a person has a high fever, clothing and warm covers must be removed so that the air can reach his body and help bring down his fever.



So... always remember to verify what people say especially if it affects your health!