

HEALTH MATTERS **FREE** Ezempilo

EDUCATE || INFORM || EMPOWER EDITION 6

KZN Children's Hospital
One Step Closer



health

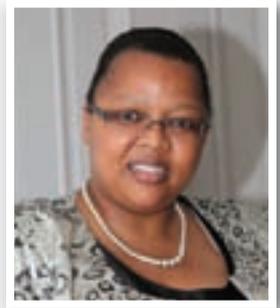
Department:
Health
PROVINCE OF KWAZULU-NATAL





health

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KZN HEALTH MEC - Dr Dhlomo (left)
and the HOD - Dr Zungu (right)

Fighting Disease, Fighting Poverty, Giving Hope

Department of Health Commitments in line with KZN Citizens Charter

In line with its focus on enhancing service delivery and ensuring a healthy community, the commitments made in the KwaZulu-Natal Citizens' Charter are highlighted below. Patients and clients of our public health care facilities should take note of these commitments so that they become aware of what kind of services they should expect from health care personnel.

The vision of the Department of Health is "Save lives. Make health facilities serve the people".

To this end, the department commits itself to effectively manage a comprehensive health system that is responsive, effective and evidences professional competency.

This will be achieved during the current electoral cycle by a strong focus on the following priority areas:

- Cleanliness of the environment throughout the health facilities will be promoted.
- Every client entering the health facility will be attended to within the same working day. Waiting time for a client within the health facility shall not exceed 3 hours.
- All health care providers shall introduce themselves to the client during all interventions.
- All health care providers shall address clients by their name / clan name in a culturally respectful manner.
- All health facilities will have hand washing requirements at hand washing points with guidelines in common languages.
- All complaints received will be resolved within 25 days and the complaint will be informed of the progress.
- All health care providers and external customers visiting the facility will be identified by wearing the staff / visitor's name badges at all times.
- Medications will be available at all times to all clients visiting the health facilities.

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Message from...

KZN Health MEC Dr Sibongiseni Dhlomo

My decision to enter the comrades marathon, which is the highlight of our province each year, was not made overnight. I decided early on in my appointment as MEC of Health that I cannot preach to people the importance of running and keeping their body healthy if I myself cannot do so. It takes more than “an apple a day” to live a long and healthy life. A healthy lifestyle requires that the body, the mind and the spirit work together. If one part is sick or stressed, the other parts suffer, often without us knowing it.

I started training early on, running 10 kms per day and then slowly increased my pace.

The comrades’ marathon also provided an ideal opportunity to raise funds for three very worthy causes – the refurbishment of the KZN Children’s Hospital, the Sibusisiwe Comprehensive High School in Umbumbulu and the Phumanati Athletics club which is a developmental community based sports club aimed at encouraging athletics. Using the comrades’ marathon, I have challenged businesses to come forward and give generously to assist these deserving projects.

Our province needs a dedicated children’s hospital that will provide the highest care and treatment for our children – the most important people in our lives. The cost of the upgrade is huge – R200 million, and my participation in the comrades has made more people aware of this enormous challenge in meeting the costs. But it is not a dream. It is our goal, our mission and we will stop at nothing to make sure that we do everything to ensure that it becomes a reality. KZN is blessed with open spaces and beaches. Thousands of people flock to our province to enjoy our weather all year round. Let us use what we have to live healthier lives. Running is a free sport, it does not matter where you live. You live longer and healthier as your lungs, heart and general fitness levels improve. Let’s set an example and get out and run, exercise and live healthier lifestyles. Only when we take responsibility for our own health can we begin to turn the tide on the statistics of being the province with the highest rates of diseases. By being the change we want, we can change the statistics. It’s up to all of us to make the difference.



New eThekweni mayor, James Nxumalo

I am honoured and humbled at being selected to head the eThekweni Municipality as mayor for the next five years. I know that the pressures of service delivery are at our door, and as a servant of the people I am ready to roll up my sleeves and get to work. I am fully committed to making sure that all our councillors in this Municipality which is under my care, are accountable and do not use their positions to enrich themselves, but to deliver services to people. The elections are over, and it is time for us to deliver. We are fully aware that people are impatient for change, and despite our challenges and constraints, it is time for us to speed up our pace of delivery. As the biggest municipality in the region, we have our work cut out for us. As a government, we need to work together in all spheres. Health is not only the responsibility of our health department, as much as education is not only the responsibility of the education department. I look forward to working with all departments to ensure that we are able to do our very best as a collective to build more houses, clinics, libraries and all other basic essentials that our people have a right to. As the new mayor, I assure you of my best at all times, and that I will always act in the best interests of you, the people. I look forward to the challenges that lie ahead, as we take our city into the next phase of delivery. Let us work together to make it happen!

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With thanks from the following contributors:

**KZN DEPARTMENT OF HEALTH
ETHEKWINI MUNICIPALITY HEALTH UNIT**

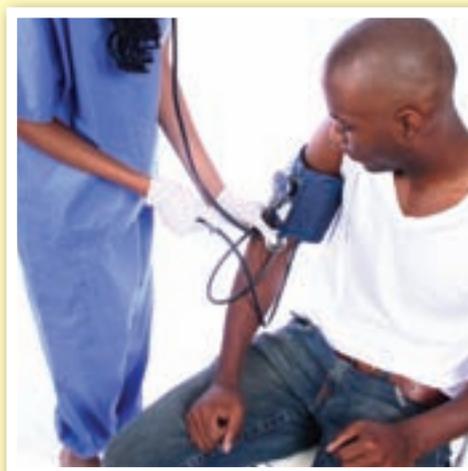
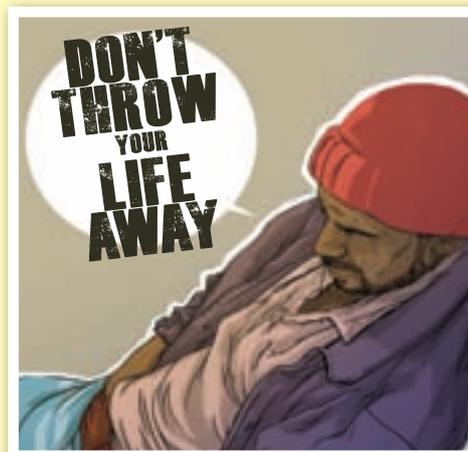
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CIRCUMCISION





KZN Childrens Hospital

A STEP CLOSER TO BECOMING A REALITY

KZN Health MEC Dr Sibongiseni Dhlomo did our province proud by becoming the only MEC to participate in this month's comrade's marathon from Durban to Pietermaritzburg. Tired but not one to give up, Dr Dhlomo continued to the end, as supporters lined the streets and many joined him in his last few laps to cross the finishing line. His aim was to raise funds and awareness for three projects, among them, the KZN Children's Hospital, a mission that the Department has dedicated itself to fulfilling.

Why do we need a children's hospital?

The KZN Children's Hospital (formerly Addington Children's Hospital) is a historical landmark. It was opened in 1931 and was the first children's hospital in Africa, but was later closed during apartheid because it served children of all races! With our democracy now firmly in place, the KZN Department of Health, led by MEC Dr Dhlomo is

going full steam ahead to refurbish and open the hospital. The vision is to make the hospital a provincial 'first' as part of a proposed project together with eThekweni to improve the inner city of Durban. With KZN having the highest burden of childhood diseases, MEC Dr Dhlomo is committed to addressing these issues through the refurbishment of the Children's Hospital, which will cater for the needs of children and their care givers. This includes children with HIV, those with mental health challenges, those requiring special care and those who are under nourished.

Costs

To turn the hospital into a world class center does not come without costs. The Department needs around R200 million to make this a reality, and three years to complete the project. The department is involving all stake holders so that everyone who can make a difference can come together to make this a success. eThekweni Municipality, groups from educational

and social development, children's rights, community NGO's as well as businesses are all coming on board to ensure KZN has a Children's Hospital that we can be proud of and one that will turn the health around for our children. It will go a long way to saving the many lives of mother and child, the cornerstone of health care delivery in this province!

United to make it happen

While people in the province have opened their hearts and purses to this worthy cause, Dr Dhlomo is urging more businesses and all those who want to help to come forward and donate generously with whatever they can towards the children's hospital – every bit helps. More than R30,000 has been raised through the MEC's participation in the comrades, and some businesses have already offered donations, but we have a long way to go, we need more hands to make it happen! Together we can deliver a quality hospital for our province's children!

Drug Awareness Week 20-26 June

Save Your Life, Your Future

We all know that drugs and alcohol are dangerous. Yet people use these to escape their hardships, forget the hunger, or calm the pain. Once they become addicted, it's hard to stop. To get more drugs, addicts will often commit crimes, go hungry or neglect their families. This leads to drug use becoming a problem for the entire family and community.

Substance abuse and rural communities

Preventing substance abuse begins early in your child's life. A child growing up in a supportive, loving home with rules will grow up to be responsible. As a community, we all need to make sure that everyone in our area is educated on drug use.

How can Primary Health Clinics (PHC) help?

PHCs in communities provide access or referrals to health professionals like doctors, nurses, social workers and psychologists. Its greatest strength is its location: care and support can be provided locally, directly where clients live and work. This allows PHC workers to develop strong relationships with people in the communities.

What is substance abuse?

Substance abuse is the abuse of a drug or chemical which changes or affects our behavior, actions and which leads to severe distress. This

includes the abuse of medication, alcohol or other illegal substances. This can affect a person's physical health and personal or social behaviour.

Signs of substance abuse

- Failure to work, attend school, or general strange behaviour at home
- Repeated absences or poor work performance
- Neglecting the house or children
- Driving or operating a machine while under the influence of a substance

IT'S
NEVER TOO
LATE, SAY NO
TO DRUGS!

- Interference with sleeping or eating
- Avoiding people or places
- Outbreaks of temper
- Not taking care of physical appearance

- Wearing sunglasses at inappropriate times
- Constantly wearing long-sleeved clothing, especially in hot weather
- Socialising with known substance abusers
- Unusual borrowing of money from friends, co-workers or parents
- Stealing small items from employer, home or school

How do I find a substance abuse treatment center in my rural area?

- Talk to your family doctor, your pastor, your local social service agency, or your local Primary Health Clinic.
- Contact the Department of Social Development, which provides information on treatment programs nearest to you.
- The National Hotline Call Centre on (0800 121314) for Alcohol and Drugs is available 24 hours a day, 7 days a week and can assist with court orders, family interventions, treatment and anything related to alcohol and drug abuse. Services are free.
- Alcoholics Anonymous 0800 246432
- Narcotics Anonymous 0839006962.
- SA Depression and Anxiety group on (0800567567) and Lifeline (0800 246432) are available 24 hours a day for assistance with suicide prevention.

Does the Department of Health assist people with substance abuse?

Yes. If a person needs to know whether their use of alcohol or drugs is a problem, they can be screened at their nearest PHC clinic, while hospitals can assist with detox services for those with a drinking problem.

How can you prevent your child from abusing substances?

If you suspect that your child is using drugs, stay calm and discuss this with him. If you are sure, have him checked by a doctor or a professional counsellor. If he is already addicted, he will need professional help over a long period before he can remain drug-free. Try to keep his day busy and under adult supervision, with things like sports or reading.

A community responsibility

We all need to reduce the availability of alcohol, promote responsible adult behavior, hold adults accountable when providing alcohol to minors and enforcing laws designed to stop drinking among children. This is a social responsibility!

How communities can help

- Hold meetings to discuss substance abuse in your area
- Invite speakers to talk to school-aged children
- Invite parents into schools to meet with teachers
- Collaborate with churches in the area
- Form a community coalition
- Be good role models

National Hotline for Alcohol and Drugs:
0800 121314

Alcoholics Anonymous:
0800 246432

Narcotics Anonymous:
083 900 6962

SA Depression and Anxiety group:
0800 567567

Lifeline
0800 246432



National Blood Donor Month

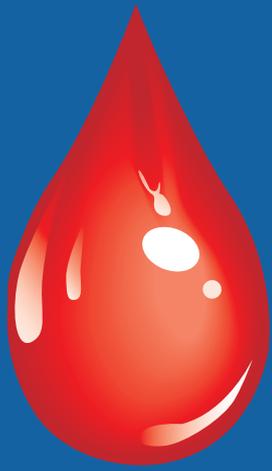


Saving Mothers, Saving Babies



We take it for granted. After all, our blood runs through us and we just assume that it will always be there! Blood saves lives, and without it, we are losing mothers during delivery, when they should be welcoming new life into the world. Many mothers die during childbirth because they lose a lot of blood and not enough people donate blood to make sure our health facilities have enough supply for when someone needs it the most.

Lindiwe is an example. She is one of many women who died while giving birth to her daughter Zama, who at the age of four, is growing up without a mother. If there was enough blood donation, Lindiwe would be alive today to be a mother to her daughter. "It is unacceptable that mothers are dying giving birth when this can be avoided. We all need to play a role in donating blood, because this action saves lives," says KZN Health MEC Dr Sibongiseni Dhlomo.



YOUR BLOOD SAVES LIVES!



Most of us do not understand the differences in our blood groups, and often think it is a sign of whether you are HIV positive or negative – this is not true!

Blood types

There are four different types of blood, namely A, B, AB and O. These are also identified by a negative or positive. For example, one person may be A positive and another A negative. They are both of the blood group A, but there are differences in their blood.

This is totally unrelated to HIV status. Whether a person is of a negative or positive blood type has nothing to do with whether they are HIV positive or negative.

Type O is always in demand as it can be given to patients of any blood group in an emergency. However, it is not only important for type O people to donate blood. A, B and AB blood is still used for people of the same type and this can save the use of type O for emergency situations.

Easy, safe and free of charge

In South Africa, blood donation is done through the South African National Blood Service (SANBS). Donating blood is easy, totally safe and free of charge. It only takes about 30 minutes to donate blood and can be donated regularly, every 56 days.

YOU CANNOT GET HIV BY DONATING BLOOD!

Trained staff conducts all blood donations and all needles are sterile and used only once, after which they are thrown away in a special medical waste container.

There has never been an incident of a donor contracting HIV from donating blood.

Giving safe blood

All blood that is donated is tested for transmissible diseases. However, you shouldn't donate blood unless you know that your blood is safe to give to another person. These people should not donate blood:

- People who are HIV positive or think that they might be
- People who have hepatitis B, hepatitis C or syphilis
- People who have had more than one sexual partner in the last six months or sexual contact with a partner whose sexual history is unknown to them
- People who have injected themselves with drugs

There are also certain medications that you may be taking or have taken recently that may prevent you from donating blood. Information about

safe blood is given when you go to donate blood and you will be asked to fill out a form on this.

Who can donate blood?

To donate blood, you have to:

- Weigh 50kg or more
- Be between 16 and 65 years of age
- Be in good health
- Lead a sexually safe lifestyle
- Consider your blood safe for transfusion

**More blood - more life!
DO YOUR SHARE TO SAVE A LIFE,
DONATE BLOOD TODAY.**



SANBS

For more information,
call
SANBS
toll free on
0800 11 9031

DRUG ADDICTION



cough
cough

Woah, isn't that
Mandla!? He was in
our class.

Bheka, it's such a shame. He
got into a serious habit and
things went downhill. He lost
his house, and I think his girl-
friend even walked out on
him. He looks so alone.

No! If he made a serious effort to
get his life back, he could. There
are places he can go to for help -
he just has to want it.

Man, that's really sad. Do you
think it's too late for him?

There are support systems out there! If he found a mentor or got someone he respected to support his recovery, he could make it.

But even if he leaves the drugs behind, who's gonna be there to keep him straight? He'll go back to using.

And work? Money to live? Drug addicts don't just walk into a job.

Once he's clean, opportunities will come up - or he could find something through the rehab centre! New doors open with a new life.

FOR FREE HELP WITH DRUG ADDICTION CONTACT:

SANCA 031 202 2241
KZN Health Call Centre 0800 005 133



International Cancer Survivor Day: 5 June

A child's story

Purity is 14 years old, but she looks nine or 10. She has a rare form of cancer and sometimes cannot breathe which means she needs oxygen to help her sleep at night. She lives with her single mother in a small home in the Shongweni Valley near Hillcrest and spends many weeks of her life in hospital being treated.

But cancer hasn't stopped her from enjoying life as much as she can. Her doctors at the hospital call her the "smiling angel". Not only does she never complain, even when the treatments are very painful, but she is determined to be a survivor – and her will to survive say doctors makes all the difference. "She's such a precious child," said one of the sisters who looks after in hospital. "She says she can't wait to get back on her feet so that she can talk to the other children. Purity is an amazing storyteller – and children love her".

Zama, Purity's mother, says that she has never told her child any lies. "I say to her that she is a gift from God and that she must say thank you

for her life. She always says to me 'I won't let the naughty cancer make me die. I will fight it all the time.'

"One day I would like to be a singer and be on television"

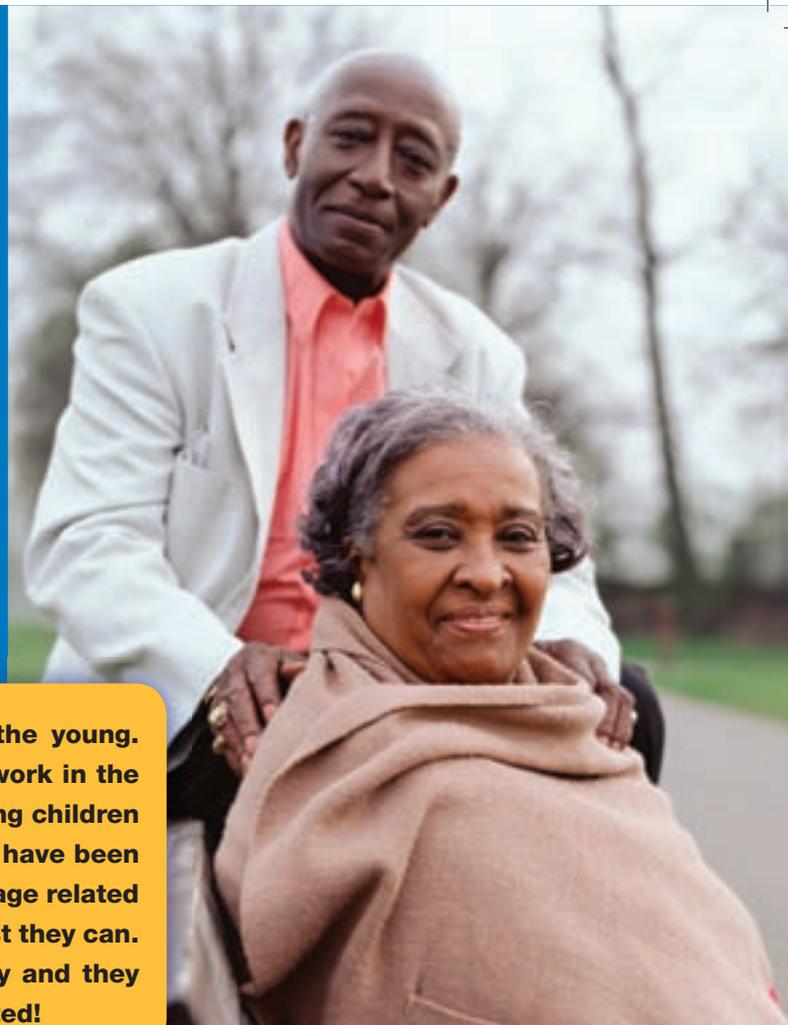
Zama admits there are some days when her daughter finds it difficult to get up in the morning. "But she never says things like 'mama help me'. I know that her side is sore and that she is weak sometimes and cannot walk. It doesn't stop her from helping me in the house. She always has a big smile and tells me not to be sad."

A school in Hillcrest that heard about Purity and her determination to go

back to school was the answer to her prayers. She was enrolled into grade 4 at the beginning of this year. "I have made so many nice friends. They don't ask me why I am so small or why I sometimes don't come to school. If I am not there, they even do my homework for me.

We are doing a concert at the end of the year and I am going to be in it. I will be singing because I am very good at it. One day, I would like to be a singer and be on television," Purity tells us. She laughs, adding "they will probably think that I am a little fairy. When I have children one day, I will tell them that you can beat things. You must just have good thoughts in your head – and a nice mum!"

Understanding the Health Needs of our Elderly on World Elder Abuse Day 15 June



Older people often have more health problems than the young. As younger family members move away from home to work in the cities, the elderly are often the only support for the young children left in their care. Many are also caring for children who have been orphaned by HIV. It's important to watch for signs of old age related disease and to assist our elderly to manage these as best they can. Our elderly need to be respected for the role they play and they deserve love and care and should not be taken for granted!

Let's look at some of the common health problems affecting old age:

Eyesight

After the age of 40, it's common to have problems with your sight. Check your eyesight at your local eye clinic, which may suggest glasses if you need them and will check for signs of cataract. Watch for too much pressure on the eye, which can lead to blindness. This often starts slowly and can be missed. You might get severe headaches or pain in the eye, which will feel hard to touch.

Diabetes

Many people who are not eating correctly – too much starch and sugar – put on a lot of weight. This causes the body to lose control of sugar content in the blood. This is Diabetes, and is common in the over 40s who are overweight. Type 2 Diabetes can be life threatening if not treated. It can lead to blood supply damage to feet

leading to severe pain, ulcers/ sores that do not heal and finally amputation. It can also cause damage to the back of the eye leading to blindness, kidney damage and heart problems. It's important to control your diet if you have diabetes by, for example:

- Eat smaller meals often
- Avoid eating sweet or starchy foods
- Lose weight if you are overweight
- Avoid foods high in fat

Blood Pressure

High blood pressure is very common in those over 65. It's made worse by being overweight, a lack of exercise, smoking or too much salt, and can lead to heart problems, including a stroke. It's important to have your pressure checked regularly.

IMPORTANT

High blood pressure causes no signs at first, and is known as the **silent killer**. It should be lowered before danger signs develop. People who are overweight or who think they might have high blood pressure should have their pressure checked regularly – visit your local clinic to do this.

Swelling of the feet

In older people, this is usually caused by poor circulation, high blood pressure, kidney or heart problems. Whatever the cause, keeping the feet up is the best treatment. Walking helps too – but do not spend much time standing or sitting with the feet down. Keep your feet up whenever possible. If you have swelling of your feet, bring this to the attention of the health worker or doctor.

Looking at Men's Health

Don't take it for granted!



Men often don't admit that they are ill. Fewer men go to their local clinic than women, because they don't want to look 'weak'. Without information and regular checkups though, a man's health can worsen – leading him to be unable to provide for his family. Take the example of 66-year-old Zondi Mgwaba. He was looking forward to his golden years, after working for over 30 years as a security guard.

Prostate Cancer

On his 66th birthday, he was diagnosed with prostate cancer, a disease that kills one in every thirty men. "I never saw it coming until it was too late," says Zondi. Prostate cancer has no signs until it is at an advanced stage. But there are warning signs; like pain or blood during urination, stiffness in the lower back and a decrease in sexual urges. It's important for a man to go for regular screening, blood tests and an examination of the bladder which can help with identifying prostate cancer, which is a swelling of male organs

causing a tumour. "I never wanted to go to clinic. I thought that people would think I'm hiding a sickness. Now I wish I did what was right for me. I now understand that regular checkups are important for a man," says Zondi.

Liver cancer

Excessive smoking and drinking can lead to liver cancer. HIV patients are especially at risk, because their liver is weakened and cancers can form. Radiation, removing the tumour or a liver transplant can save a life. It's important to get a Hepatitis B and C vaccination to help with the resistance, and increase your intake of fruit and vegetables!

Diabetes

Being overweight is often seen as a sign of "success." Nhalala Gumbe was a popular businessman at age 40. "I never watched my health because

I was always busy. I just piled on the food and drinks," he said. After a checkup he was diagnosed with diabetes "Now I inject myself every day in order to survive, and to think I brought this on myself because of my lifestyle," he says. Not all diabetics need medication, so it's important to consult your clinic.

The good news is that prostate cancer is curable if diagnosed early. South Africa has a very high number of men getting prostate cancer, simply because men don't get tested.

Sexually transmitted diseases (STDs)

"Having lots of girlfriends looks cool". These words seemed wise then, but Senzo Gwala, 20, is a victim of reckless behaviour. First it was a wart on his private parts; then he got an STD. Luckily, most STDs can be cured. HIV and AIDS cannot be cured, but can be prevented if men take more responsibility with their sexual health. This includes using a condom, being faithful and getting circumcised (which reduces the chance of contracting HIV).

TRADITIONAL HEALING

Beware of Fakes!

“Not everyone who has a few horns and some herbs is a traditional healer and people must be careful that they are not handing over money to someone who is not a real traditional healer”.



That's the advice from Sazi Mhlongo, President of KZN's Traditional Healers Practitioners Council, who warns on the growing number of so-called traditional healing shops and practices. In a country where traditional healing is an important part of our culture, we must guard against those who exploit our beliefs and trust out of greed for money. “There are some people who offer training in traditional healing and charge up to R2,000 for 2-3 months, after which they simply hand out a certificate of

attendance and tell their students that they can now practise as traditional healers. We must guard against this, because traditional healing is a calling and not something for which you can just go to school and then get a diploma,” says Mhlongo.

Advice from KZN Health

Dr Sandile Tshabalala, Manager of Traditional Medicine in KZN Department of Health, agrees and says that the department is putting together a framework of guidelines to regulate the work of traditional healers. “It's a challenge because we do not have an updated database of traditional healers

and no regulations on traditional healing, so in reality anyone can call themselves a traditional healer. We are consulting with the traditional healers organisations so that we can organise the sector and will have a framework in place before the end of this financial year. As a department, we want to see a policy in place which would compel all traditional healers to register with the department before they are allowed to practise. At present, it is not enforced by law,”

adds Dr Tshabalala.

How can you tell a traditional healer is genuine?

Speak to the community or check with the department of health to see if the healer is registered on the database.

It's important to remember that traditional healing is a calling, not a business opportunity!

Role of Traditional Healers Council

Traditional healers play a very important role in our culture and are recognised by the government, but until formal laws are put in place, there will be those who will try to turn it into a money-making business.

The Traditional Healers Practitioners Council conducts the following:

- Meets annually to explain new guidelines to their members.
- Advises members to study traditional medicines well and to avoid criminals who use human body parts under the guise of 'traditional healing'.
- Encourages healers to register on a government list.

FOR MORE ADVICE ON TRADITIONAL HEALERS IN YOUR AREA, PLEASE CONTACT YOUR LOCAL MUNICIPALITY OR COMMUNITY ORGANISATION.

The monthly guide:

Caring for Your Breasts when Breastfeeding

Many women think they do not have enough milk to breast feed. This is almost never true. Even mothers who do not have enough to eat can generally make enough milk for their babies. The amount of milk your breasts make depends on how much your baby suckles. The more baby suckles, the more milk is produced.

WHAT TO WATCH OUT FOR WHEN BREAST FEEDING:

Sore or cracked nipples

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

Prevention and treatment

- Be sure to hold baby so that it can get a good mouthful over the area around the nipple.
- Do not pull your breast out of baby's mouth. Let baby feed as long as it wants. If you need to stop before baby is done, pull down gently on its chin.
- Treat sore nipples with breast milk at the end of feeding by rubbing some milk over the nipples. Do not use soap or cream – the body makes a natural oil that keeps the nipples clean.



Be sure to hold baby so that it can get a good mouthful over the area around the nipple

- Avoid rough or tight clothing.
- To help sore nipples heal, leave your breasts open to air and sun if possible.
- Continue to feed from both breasts.
- If the pain is too much, remove milk from your breasts by hand and feed the baby breast milk with a spoon until the breasts heal – the sore should heal in two days (Ask your health worker to show you how to remove milk from your breasts by hand).

Pain and swelling in the breasts

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

Prevention and treatment

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

Blocked duct

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

Treatment for a blocked duct

- Apply warm wet cloths to the painful breast before you breastfeed.
- Continue to feed the baby often, especially from the painful breast, making sure baby is suckling on the breast correctly.



- As baby feeds, gently massage the lump, moving your fingers from the lump to the nipple. This will help clear the blocked duct.
- Change feeding positions to help the milk flow from all parts of your breast.
- If you cannot breastfeed, remove the milk by hand to clear the blocked duct.
- Wear loose fitting clothing and rest as much as you can.

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

HEALTH WORKERS – HELPING MOTHERS, PROMOTING BREASTFEEDING.

It is not enough to talk about breastfeeding. Women need information and support. Teach women to give nothing but breast milk for the first six months, and teach them that other kinds of feedings may harm the baby.

Support women with breastfeeding before problems start

Help women feel confident that they have enough milk. Mother-to-mother support is the best help for common problems. Try starting a breastfeeding group in your community led by women who have breastfed exclusively, and whose children are growing well.

Learn how to make your health centre friendly to breastfeeding.

Help mothers to breastfeed within the first hour after birth. Allow babies to sleep with or near their mothers.

If you are a mother yourself, breastfeed your own baby to show other working mothers that they can work and breastfeed too.

Remove posters and advertising material that promote formula milk. Do not pass on samples from infant formula companies and do not encourage representatives from these companies to promote their products at the clinic or in communities!

JUNE: Awareness Days



National Youth Month

This is the time that we remember the youth, who gave their lives for the struggle for freedom, justice and equality. June 16 marks the day in 1976 when many young people faced the full might of the apartheid police during a peaceful march against an unjust education system, in what came to be known as the Soweto Uprising. During this month, we focus on the way forward to giving our youth the best chance in life – and to remember the past, so that we appreciate the present and our struggle to achieve a democratic and just South Africa.

Men's Health Month

Men often don't go to the doctor when they should. So, this month is about educating men on the health risks they face, how to prevent diseases, and where to go for medical help. Circumcision is a big focus in KZN. So too is HIV/TB testing and testing for prostate cancer, diabetes, high blood pressure and testicular cancer.

National Blood Donor Month

Every day, 3 000 units of blood are transfused to patients who need blood to save their lives. This is the time when the South African National Blood Service thanks those who donate blood and appeals for more donors, as they save lives. South Africa's blood counts among the safest in the world and every time a person donates a unit of blood, it's

tested for HIV/AIDS, Hepatitis B, Hepatitis and syphilis. So donate today, it could save your life!

1: International Children's Day

UNICEF (United Nations International Children's Emergency Fund) marks this day to focus on the rights, health and care of children. The 4th, which is the International Day of Innocent Children, is part of the action to prevent children from being victims of domestic abuse.

05: International Cancer Survivors Day

Many say that attitude is the most important thing in dealing with cancer. This day is dedicated to those who inspire other cancer patients with a positive attitude.

15: World Elder Abuse Awareness Day

There are more elderly people than ever before and on this day, we make a point of looking long and hard at the older people around us and asking the question –are they getting the love and care that they deserve?

20-26: National Epilepsy Week

One in every 100 people has epilepsy. But sadly, many people have no idea what epilepsy is, and often think it is witchcraft or mental illness and are afraid of people who have fits/seizures. The most difficult thing that epileptics have to face is

the attitude of other people. This date is dedicated to learning what epilepsy actually means and how to help those affected by it.

20-26: SANCA Drug Awareness Week

There is a huge concern about the high number of children taking drugs. The South African National Council on Alcoholism and Drug Dependence wants parents and families to know that they can treat and prevent alcohol and other drug use, and this day is about raising awareness on this.



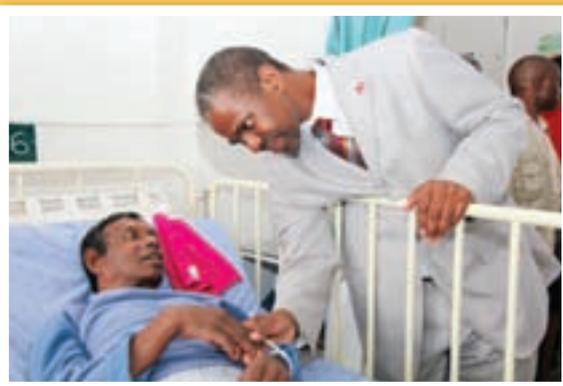
Picture taken by Sam Nzima of 12 year old Hector Pieterse, the first casualty of the June 16 1976 uprising.

COMMUNITY in action



MEC Dr Dhlomo taking part in the 2011 Comrades Marathon

HOD Dr Zungu on the emergency trail



MEC Dr Dhlomo comforting a patient



Feeding scheme at RK Khan Hospital



Dr Gumedde with eThekweni members leading a health walk

Through the keyhole



Ordinary People Doing Extraordinary Things

When Kimoto Kungwa heard the calls for help from a woman in the street in central Durban where he works, he ran outside next to the Emmanuel Cathedral, and found her about to give birth.

“The only thing that went through my head,” says Kimoto, “is the thought that I must do everything in my power to make sure the mother and baby were alright. An ambulance was on its way, but I had to help the woman give birth there and then. Luckily both mother and baby survived.”

For most men, the idea of doing an emergency delivery of a baby would be frightening – even more so on a pavement in the middle of the busy city, surrounded by traders and people going about their day. But then, Kimoto, a trained nurse from the Congo, knows first hand about hardship and suffering and what it is like to feel abandoned and homeless.

He fled the Congo during the war in 2002 with only one thought in his head - to get his wife and children to safety. He found his way to the

refugee centre at the Emmanuel Cathedral in Durban. After receiving his legal papers to live in the country, he found a job as a nurse at the Usizo Lwethu clinic in central Durban, where he now works caring and nursing for more than 800 people each month.

“It is very humbling to know that what you are doing is giving people hope and a reason to live. That’s what it is about. We had a young refugee Dad who came to the clinic some years ago. He was HIV positive with a very low CD4 count. We tried to get him ARV’s but they weren’t available to refugees at that time. Then one day we heard that he had thrown himself off a building and was dead. We must fight for these people so that they can get the pills they need.”

He said that since that “terrible” time, things have changed. “Today, refugees that need ARVs can get

them through the Department of Health, which has been a huge Godsend. So we have to make sure that once people have agreed to be tested, we have the counselling and education programmes ready and the correct pills.”

The clinic, which is part of the Cathedral’s Denis Hurley Centre, looks after people from the Warwick Triangle; including taxi commuters, traders, refugees and the homeless.

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To make sure that the people who use the centre are as healthy as possible, the centre also provides meals. “We can help people to get better, but it’s no use if they don’t have food in their stomachs –

I know how it feels,” says Kimoto, who has decided to take his nursing career to a new level. He is now studying for his honours in nursing at Unisa.