

HEALTH MATTERS

Ezempilo

FREE

EDUCATE || INFORM || EMPOWER EDITION 6 • 2012



FEATURES



BLOOD: YOUR DONATION SAVES LIVES



HEALTH BUDGET SPEECH: MEC DHLOMO ON THE WAY FORWARD



THE PILL: ALL YOU NEED TO KNOW



JUNE: HEALTH AWARENESS



health

Department:
Health
PROVINCE OF KWAZULU-NATAL



**SPECIAL FOCUS ON
CERVICAL
CANCER**

MEDICAL MALE CIRCUMCISION



WHY DO IT?

- ✓ Reduces (not prevents) the risk of HIV/AIDS by 60%
- ✓ Reduces the risk of Sexually Transmitted Infections (STI's)
- ✓ Can help reduce the risk of bladder and prostate problems
- ✓ Helps reduce the chances of penis cancer
- ✓ Helps to reduce the risk of cervix cancer in your partner
- ✓ A circumcised penis is easy to clean, does not smell and partners enjoy better sex.
- ✓ It's free!

REMEMBER!
CIRCUMCISION REDUCES THE RISK OF HIV BUT
DOES NOT PREVENT PREGNANCY – USE A CONDOM!

Message from



**KZN Health MEC,
Dr Sibongiseni Dhlomo**

As a province we are often the bearers of bad news when it comes to health statistics. So it was good to announce improvements in health care delivery during my provincial budget speech this month. Our challenges are far from over, but we can look forward to better days ahead as we prepare for our new health plan. These include more clinics where needed, expansion of facilities for mother and child and other measures that will go a long way in fighting poverty and disease to ensure a better life for all. Read more about these changes the KZN Health News Page in this issue.

Circumcision

It's the school holidays and I would like to encourage all young men to take advantage of our free circumcision camps that are being set up around the province. Medical Male Circumcision is a safe, easy and effective procedure to reduce your risk of HIV and sexually transmitted infections. It shows that you are taking responsibility for your health and reduces your risks of serious infections. Since all men who come for circumcision are tested for HIV, it remains our fervent wish that all those testing negative remain so as long as they live hence we involve Amakhosi and Elders in our camps to provide counselling and give advice on good behaviour and discipline. It's the best thing you can do for your health as a man – and is free. So do the right thing – come forward and get circumcised.

Seize opportunities

June is a month where we pay tribute to our youth for the important role they have played and continue to play in shaping our democracy. This imposes on us a responsibility to nurture them into responsible adults if indeed we say they are our future leaders. We want them to work hard at school and access the bursaries we provide. We are also calling on them to venture out into 'uncharted academic' territories by enrolling in the fields of Medical Orthotics and Prosthetics as we have already agreed with the Durban University of Technology that they start offering these courses as from 2013 and as a Department we are ready to sponsor 30 of our KZN students for this – take up these golden opportunities!

I wish all our youth a happy and safe school holiday!



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Fighting Disease, Fighting Poverty, Giving Hope

INSIDE JUNE 2012

Halala KZN Health for setting an example, halala!

44 Department employees participated in this year's Comrades marathon, with 27 completing the race on time! Well done and let's increase our numbers next year!



- ✓ FAMILY PLANNING
- ✓ SPECIAL FOCUS:
✓ CERVICAL CANCER
- ✓ CHILD HEADED
✓ HOMES
- ✓ THROUGH THE KEYHOLE
- ✓ KZN HEALTH NEWS
- ✓ JUNE AWARENESS DAYS

With thanks from the following contributors:

KZN DEPARTMENT OF HEALTH: COMMUNICATIONS UNIT
 ZOHRA MOHAMED TEKE (EDITOR)
 COLIWE ZULU (WRITER)
 THANDI ZULU (WRITER)
 DERICK MATSENGARWODZI (WRITER)
 THEMBA MNGOMEZULU (DEPARTMENT PHOTOGRAPHER)
 DUDLEY VIALI (CARTOONIST)
 TANYA CAMPHER (GRAPHIC DESIGNER)

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.

COPYRIGHT & ADVERTISING

All content published in this magazine remains the copyright of Ezempilo...Health Matters and may be freely reproduced and distributed for educational purposes only, with permission.

Modern Contraceptive Methods

HELP YOU PLAN YOUR LIFE



IN THIS FIRST PART, KZN HEALTH'S VALERIE MAKATINI EXPLAINS ALL ABOUT THE PILL...

Having the kind of life you want depends on choices you make. One of the most important choices to make is when to have children. Modern family planning/contraceptive methods are easy to use, safe and effective. This way, your decision about childbearing will help you achieve your goals in life and make a better life for your family.

You can make a good choice today by choosing a contraceptive method that's best for you and your partner using modern family planning methods allows you to:

- wait to have children when you are ready,
- space your children over the years
- have the desired number of children you want.

Types of Contraceptive Methods:

- The Pill
- Injectables
- Male and female Condom
- Female sterilization (Tubal ligation)
- Male sterilization (vasectomy)
- Intrauterine device (IUD or loop)

THE PILL

The pill is a small tablet that a woman takes every day to prevent pregnancy and is most effective when taken at around the same time every day.

Advantages

- Can be used by women of childbearing age, whether or not they have had children, as long as they want to prevent pregnancy.
- Regular monthly periods are regular and bleeding is lighter
- You can stop taking the Pill at any time you want to become pregnant

Disadvantages

- May cause nausea, mild headaches, breast tenderness, and slight weight gain
- Not effective unless taken everyday
- New packets of Pill must be at hand every 28 days
- Does not protect against sexually transmitted infections (STIs) including HIV.

WHAT YOU SHOULD KNOW

- Start taking the Pill anytime you are sure you are not pregnant.
- Start a new Packet of pills with a white Pill; follow the directions
- Continue to take the rest of the Pills as usual, one each day if you forget take one, but if you forget to take more than two, also use a condom for the next 7 days or avoid sex.
- Women with or without children can safely take the Pill.
- The Pill does not cause deformed babies or cancer.

Look out for more methods of family planning and contraceptives in our July issue of Ezempilo!

donating blood saves lives!

EVERY MINUTE OF EVERY DAY, SOMEONE NEEDS BLOOD.

THAT BLOOD CAN ONLY COME FROM A DONOR, SOMEONE LIKE YOU OR ME.

PLEASE HELP SAVE A LIFE. DONATE BLOOD TODAY.

Remember, it's your life; it's your right and your choice!



CERVICAL CANCER

Cancer of the cervix (which is the lower, narrow part of a woman's womb) is the second most common form of cancer among women – after breast cancer. According to studies done, at least one in every 41 women will develop this form of cancer in their lifetime. The good news is that this form of cancer CAN be prevented and detected at a very early stage – with regular Pap smears which are free and can diagnose cervical cancer.

When cervical cancer is found at an early stage, it can be treated. One cannot, however tell one has cervical cancer in the early stages, as there are no outward signs, but there will be changes on the pap smear that your doctor or nurse will be able to treat. Cervical cancer is caused by Sexual Transmitted Diseases (STD's) such as the Human Papilloma Virus (HPV) and Herpes simplex (Type 2). Women with an immune deficiency disorder, like HIV, also have increased risk of developing cervical cancer.



Warning signs of Cervical cancer

In the early stages of cervical cancer you may experience:

- Irregular bleeding
- Bleeding after sex
- Bleeding during menopause
- Vaginal discharge that is hard to get rid of

WHO IS MOST AT RISK?

All females of child-bearing age (15-49) are at risk of cervical cancer, but the risk is more if you or your partner has sex with several partners; if your first sexual encounter is at a young age, or with uncircumcised partners. The risk is also higher if you fall pregnant at a young age. Mostly women over 25 are also at risk.

To prevent cervical cancer you should:

- Wait till you are older before you have sex.
- Know your HIV status. HIV patients are much more at risk of cervical cancer.
- Use condoms, it also prevents you from contracting other STI's, HIV and prevents pregnancy.
- Have regular Pap smears done at the local clinic and make sure you get the results.

In the late stage you may experience:

- Having to go to the toilet often and urgently
- Backache
- Lower stomach pain

In the very late stages:

- Severe back pain
- Weight loss
- Going to the toilet less often
- A leakage of urine or faeces through the vagina
- Swelling of lower limbs
- Breathlessness (due to iron shortage)

Once the doctor says you might have cervical cancer, you will be referred to a hospital for colposcopy. This is a minor procedure where the vagina and cervix can be closely examined and the suspicious tissue picked up and treatment advised.

What's a Pap smear?

A Pap smear is a painless examination that can be performed at your local clinic. Your health care worker will make you comfortable in private space. A speculum (a painless, just cold instrument!) is inserted gently into the vagina so that your health worker can take a small sample of your fluid from the cervix which is sent to the lab for testing. Results take between four and eight weeks to come back to your local clinic.

• REMEMBER TO FOLLOW UP ON YOUR RESULTS!

Early detection saves lives, all women should go for regular pap smears!



It's a community responsibility...

CARING FOR OUR ORPHANS

OUR RESPONSIBILITY AS A COMMUNITY

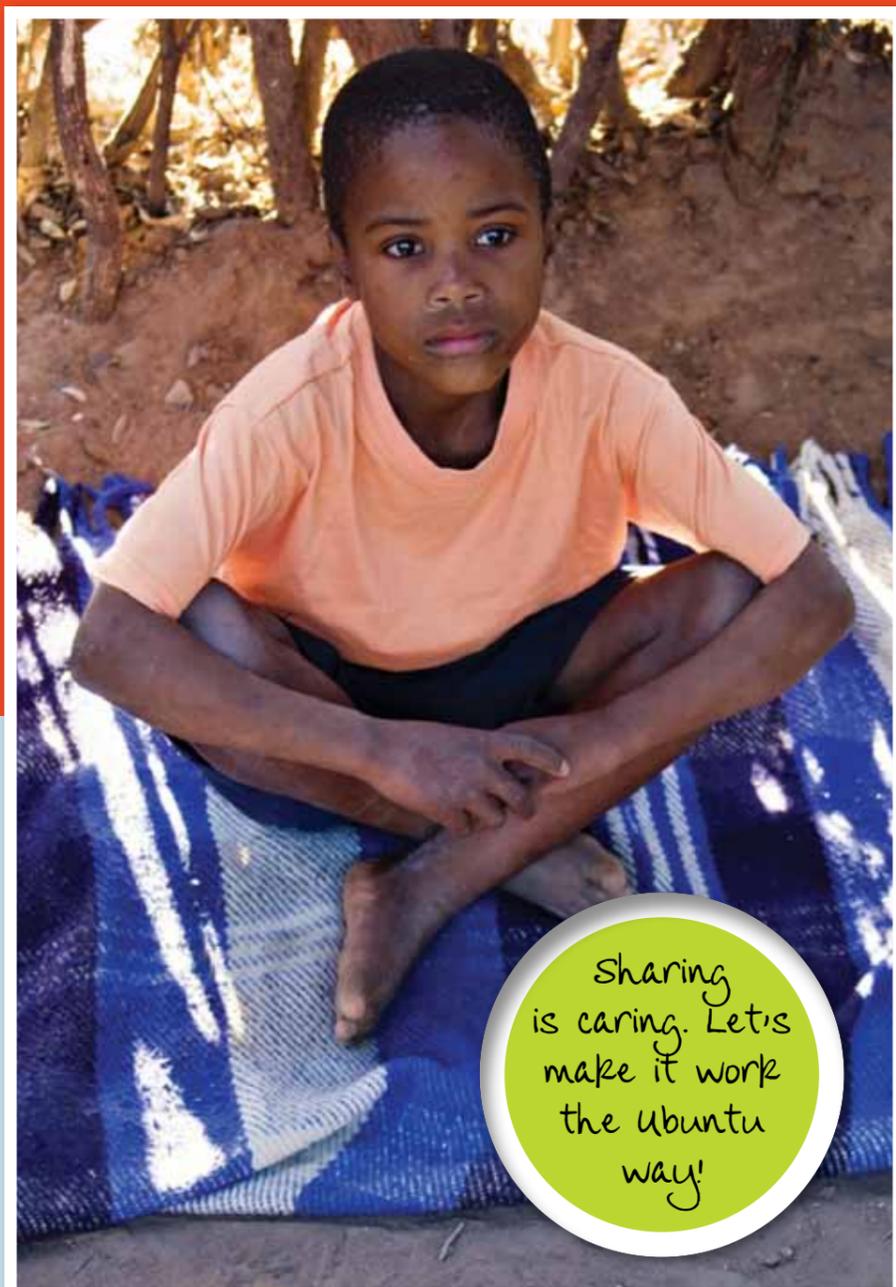
We seem to have become used to HIV/AIDS. We no longer react with urgency to children who have been left orphaned among us – because they have lost their parents through HIV and AIDS or other causes.

For HIV/AIDS orphans, they are often cut off from the community because of the stigma. For most of these children, being different is not something they want, they want to feel a part of the community and want to be liked and as a society, we need to respond to this basic need. As educators, health workers, community care givers, church goers, we need to work together to ensure that children are cared for, protected and supported regardless of their status.

HOW YOU CAN HELP?

Try setting up a community childcare committee, it's a good way of getting adults to work together to take responsibility for orphan and vulnerable children in their community. Practical things, which the committee can work towards, include:

- ➔ Ensuring that children are linked to the Department of Social Welfare in order to access social grants; often children do not know how to begin this process, and require an adult to help them.
- ➔ If children are not attending school for financial reasons, a community leader should intervene on their behalf, to ensure they are attending school daily.
- ➔ A community can assist by ensuring that a child's living conditions are clean, dry and secure. If they are living without parental guidance, checking in on them regularly is important especially to assist with making sure they are getting food. Many orphan children living on their own live on one meal a day, some go for



Sharing is caring. Let's make it work the Ubuntu way!

many days without another meal if they are being fed breakfast at school. Try to ensure they are getting something to eat during times when school is closed.

- ➔ Work together to set up a community vegetable garden so that children can be fed enough all year round.
- ➔ Communities can watch out for children in abusive situations; adults,

for the foster-care grant, may sometimes exploit some children.

HIV/AIDS is a disease with terrible social implications and unfortunately, children often become victims. As community members, we can do more to raise these children in a happy, caring environment and it doesn't take much – just our efforts as a collective.

THROUGH THE KEYHOLE

UGOGO MARLENE ETHNE SACH: HLABISA'S NURSING GRANDMOTHER



She is a 69 year old retired nurse whose magic touch continues to reach out to those around her in the far flung corners of Zululand – and has become affectionately known simply as 'uGogo' among locals who regard her as one of the grandmothers of nursing in the area.

Her story begins in her childhood, in England in 1947. "When I was four I told my parents I wanted to be a missionary nurse in Africa," she recalls with laughter. Little did they realise that she would follow this dream later on in life.

uGOGO's mission began at only 23 in 1966. Leaving her family behind, and armed with a nursing qualification she teamed up with the late Sister Dity Von Spaun, an Austrian nun from Austria and Cynthia Mzinyane at Good Shepherd Mission. The trio began visiting schools as a mobile clinic operation in rural Hlabisa, Ingwavuma and Ubombo for health checks, education, minor treatments and dietary tips.

"By 1976, we had 25 clinic points with two teams going out daily. The same year, Bethesda Hospital offered to take over all our clinic points in Ubombo district, freeing us to concentrate on Hlabisa district," explains uGogos.

By 1995 all the clinics she started with the team were handed over to government. The Good Shepherd Nursing Service became Hlabisa Mobile 2 while Marlene became sister in charge and later operational manager at Hlabisa Hospital before retiring this year – but that's not the end for her. "After 46 years of service I'm still happy to work and it's a privilege to be able to help younger nurses develop special skills to work in the community which has become my family," adds uGogo.



It goes to show that one person can make a difference, no matter what the challenges...



MEC DHLOMO PROVINCIAL BUDGET SPEECH

"Our mandate as KZN Department of Health is to deliver a sustainable and comprehensive health care system based on the Primary Health Care approach through the District Health System. We need to do this within the social and economic challenges that our province and indeed our country faces"

– KZN Health MEC, Dr Sibongiseni Dhlomo.

The MEC delivered his budget presentation recently, and the following is a brief outline of some of the changes that lie ahead for better health in our province:

DECREASING MATERNAL AND CHILD MORTALITY

- Promotion of early antenatal care attendance and booking
- Establishment of maternity waiting homes where necessary
- Elimination of Mother to Child Transmission of HIV

TRANSPORTATION

Each District to have at least one specialized EMS vehicle for maternity and neonatal care with an additional 28 obstetric ambulances being purchased.

MALE MEDICAL CIRCUMCISION PROGRAMME

55 Traditional Co-coordinators to mobilise

more youth to participate and ensure that they maintain their negative status after circumcision. MMC camps being planned during school holidays

CUBAN MEDICAL PROGRAMME

69 KZN students training to become doctors in Cuba – funded by the department. An additional 400 to be sent this September

CREATION OF DECENT JOBS IN HEALTH

- 19 017 vacant posts filled
- 1139 with Bursary Holders
- 6 510 clinical staff employed;
- 8 922 Community Care Givers;
- 28 management professionals employed
- 2 418 admin and 2418 support staff employed.

PREPARING FOR NHI

Three pilot test sites: uMgungundlovu, uMzinyathi and Amajuba Districts. The test phase will focus on ways of improving the quality and access to Universal Coverage of health care delivery. This includes state of the art mobile units offering comprehensive services in difficult to reach areas.

DEPARTMENT FRAUD AND CORRUPTION

139 INVESTIGATIONS as follows:

- Charged and dismissed – 39
- Charged and resigned -20
- Pending matter – labour court 1
- Found not guilty and charges withdrawn – 5
- Charged and issued with final written warning – 49
- Hearing in progress – 23
- Suspension – 2

EMERGENCY MEDICAL SERVICE [EMS]

- Purchase of 386 ambulances.
- 40 ambulances dedicated to maternal emergencies.
- 88 Rapid Response and Support vehicles purchased to improve response times.
- 148 Emergency Care Officer Interns are trained in Basic Ambulance Assistant course; Batho Pele Principles; Professional Ethics and Conduct; Discipline; Computer training; Emergency Radio Communication skills as well as Defensive Driver Training.

PATIENT TRANSPORT SERVICES

40 Mini buses purchased to transport patients between health facilities

HOSPITAL REVITALISATION PROGRAMME

- **Dr Pixley Ka-Isaka Seme Hospital**
Construction for this hospital to commence this October with completion expected in October 2015.
- **Lower Umfolozi District War Memorial Hospital**
Phase 1 of the mothers lodge completed
- **Ngwelezane Hospital**
A new Therapy Department and a psychiatric outpatient's clinic due for completion this year.
- **Edendale Hospital**
A new Communicable Disease Clinic as well as the Pharmacy under construction
- **King George V Hospital**

CLINICS OPENED IN THE PAST FINANCIAL YEAR

- Efaye New Clinic at uMgungundlovu District in the Umshwati Municipality
- Phatheni New Clinic at uMgungundlovu District in Richmond



Fighting Disease, Fighting Poverty, Giving Hope

- Sgweje New Clinic at the UThukela District in the Ndaka Municipality
- Kwa Senge New Clinic whose opening was graced by the presence of our Premier, Hon Dr Zweli Mkhize, at Umzinyathi District in the Umsinga Municipality.
- Mumbe New Clinic at the Umzinyathi District at Umsinga Municipality
- Ombimbini New Clinic in the Zululand District at Ulundi
- KwaFuduka New Clinic in the Zululand District
- KwaMbiza New Clinic in the UThungulu District at Obuka, Ntambanana

MOBILE CLINICS

170 mobile clinics for mainly isolated communities such as farm workers and their

families.

KWAZULU-NATAL CHILDREN'S HOSPITAL

New facilities to include paediatric outpatient clinics, short stay wards, training facilities, relative's accommodation, research facilities and counselling centres.

DISABILITY AND REHABILITATION SERVICES

The Department has signed a Service Level Agreement with Disabled People South of Africa – KZN to provide Community-based Rehabilitation Services and address their concerns.

2012/13 BUDGET ALLOCATION

- **Programme 1: Administration**
– R397, 7 million
- **Programme 2: District Health Services**
– R11, 954 billion
- **Programme 3: Emergency Medical Services** – R1, 046 billion
- **Programme 4: Provincial Hospital Services** – R7, 568 billion
- **Programme 5: Central Hospital Services**
– R2, 659 billion
- **Programme 6: Health Sciences and Training** – R998 million
- **Programme 7: Health Care Support Services** – R15, 170 million
- **Programme 8: Health Facilities Management** – R1, 917 billion





Fighting Disease, Fighting Poverty, Giving Hope



**KZN Health HOD,
Dr Sibongile Zungu**

WORKSHOP AFFIRMS COMMITMENT TO QUALITY HEALTH CARE

KZN Health HOD, Dr Sibongile Zungu recently held a three day strategic planning workshop for the department's head office managers to set out the priorities of the Department in 2012 and beyond in ensuring the delivery of quality health care services to communities. The workshop, which was attended by the National Department of Health and the Office of the Auditor-General was engaging and brought in a wide range of assessments from various department managers on the challenges and current state of their units.

Opening the workshop, KZN Health MEC, Dr Sibongiseni Dhlomo said: "in 2015 Presidents of countries globally will be meeting to report on their countries' progress in line with the Millennium Development Goals". When the President of South Africa goes to that meeting, it will be up to all of us what he will say in front of other Presidents; as what we do and what we do not do will clearly determine the outcomes. We are faced with many challenges in the health sector. There is a need for all of us to put more extra effort. With the administrative leadership and guidance from Dr Zungu, I have confidence that as a Department we will continue to strive for excellence and put more effort in addressing the current health challenges for the improvement of the lives of our communities in the province."

Echoing these sentiments, Dr Zungu said "for the change we want to see, it starts with all of us. There is a need for us to do things differently and better".

KZN HEALTH SUCCESS

Dr Zungu highlighted the achievements of the Department which included prevention of mother to child transmission, identification of National Health Insurance three pilot sites, infrastructure outputs, male medical circumcision, TB cure rate, total budget spend, HIV counselling and testing, district specialized teams, provincial health summit, fight against fraud and corruption, patients on ART, MDR centre of excellence, PHC outreach teams, Cuban doctor program, implementation of breastfeeding policy, campaign for

accelerating the reduction in maternal mortality in Africa, malaria control and political oversight.

"MORE TO BE DONE" - DR ZUNGU

Whilst commending the achievements, Dr Zungu also pointed out that the department still has areas that needed improvement.

THESE INCLUDE:

- Management efficiencies
- Ambulance response times and planned patient transport
- Asset management
- Supply chain management and management accountability
- Community health promotion: monitoring and evaluation, quality of care
- PHC supervision
- Performance management, client and staff satisfaction and claims and interventions for non-communicable diseases.

To achieve its goals and targets Dr Zungu pointed out that rationalization and alignment within the Department was crucial. She said that once the process was finalized, the Department would be categorized by four regions managed through regional teams each led by a regional General Manager.

Convening such a workshop affirmed the commitment by Dr Zungu and her management team in the administrative



Fighting Disease, Fighting Poverty, Giving Hope

leadership of the Department. Closing the workshop, Dr Zungu stressed that everyone has a role to play in tackling the challenge of disease burden and ensuring a long and healthy life for all South Africans. She continued to unpack quite a number of resolutions that will ensure that the Department of Health in KwaZulu-Natal achieves this. She encouraged all managers that they should never stop to strive for better.

"Change for the better is within all of us. Let us continue to serve our communities with commitment and make a great impact where it matters most" - said Dr Zungu.



Dr Sibongile Zungu with her management team.



KZN Health MEC Dr Sibongiseni Dhlomo setting an example by also taking part in the Comrades marathon.

KZN HEALTH COMRADES ATHELETS HONOURED

HOD Dr Zungu hosted a breakfast for 44 department participants in the annual Comrades marathon, just before the race. It was emotionally received, as many said they were 'touched' to receive such recognition for their participation in the Comrades. Saluting the runners Dr Zungu said "Today is a day that we come together as Department to support and highlight our runners. You are running for your clubs but to us you are still our runners and honouring your efforts is the appropriate thing to do. What you are doing goes a long way to actualizing what we talk about - healthy lifestyles; and as a Department we will be there to support and cheer you on".

The 44 runners comprised of 38 males and 6 females with a total of 27 completing the race on time. The best performing male completed the race in 7 hours 50 minutes and 52 seconds and the best performing female in 10 hours, 25 minutes and 54 seconds. Both participants received sponsored weekends away for two within the Province. Well done and lets increase our participation next year!

AWARENESS

DAYS

NATIONAL YOUTH MONTH

This is the time that we remember the youth who gave their energy 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.



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 it saves 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!



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.

WORLD ELDER ABUSE AWARENESS DAY

15TH

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 ask the question –are they getting the love and care that they deserve?

NATIONAL EPILEPSY WEEK

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.

18-24TH

INTERNATIONAL CHILDREN'S DAY

1ST

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.



INTERNATIONAL CANCER SURVIVORS DAY

5TH

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.

SANCA DRUG AWARENESS WEEK

25-30TH

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.



health

Department:
Health
PROVINCE OF KWAZULU-NATAL



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

DONATE BLOOD TODAY AND SAVE A LIFE – it could be yours!



OH NO! LOOK! THERE'S A SERIOUS ACCIDENT!



EISH! LOOKS LIKE SOMEBODY'S BADLY INJURED.



I HOPE THEY CAN GET ENOUGH BLOOD TO SAVE THE PERSON, OUR PROVINCE IS ALREADY SHORT OF BLOOD BECAUSE WE DO NOT DONATE ENOUGH.



THAT COULD HAVE BEEN ANY OF US.

AY SUGA! DONATING BLOOD WILL JUST MAKE OUR ANCESTORS ANGRY.



THAT'S NOT TRUE MY FRIEND. IT WOULD MAKE OUR ANCESTORS PROUD FOR US TO BE SAVING LIVES. IMAGINE IF THAT WAS YOU AND YOUR LIFE DEPENDED ON BLOOD DONATION?



THAT'S RIGHT. WITH ALL THESE ROAD ACCIDENTS, OUR LOCAL HOSPITALS ARE RUNNING OUT OF BLOOD. WE SHOULD BE SAVING LIVES, NOT BELIEVING IN THINGS THAT ARE NOT PROVEN, AND OUR ANCESTORS WILL WANT US TO SAVE LIVES, NOT JUST STAND BY AND REFUSE TO DONATE BLOOD.



HEY SISSIE, BUT HOW DO WE KNOW IF THIS BLOOD THAT PEOPLE DONATE IS SAFE?



YEBO, GOOD QUESTION. AND WHAT IS NEEDED TO BECOME A BLOOD DONOR?

BLOOD DONATED IN SOUTH AFRICA IS AMONG THE SAFEST IN THE WORLD BECAUSE WE HAVE TECHNOLOGY THAT SCREENS FOR VIRUSES INCLUDING HIV AND HAS RESULTED IN ZERO CASES OF HIV INFECTION IN BLOOD TRANSFUSION PATIENTS OVER THE PAST FIVE YEARS.

TO BECOME A BLOOD DONOR YOU NEED TO BE:

- MORE THAN 50KGS, BETWEEN 16 AND 65 YEARS OLD
- IN GOOD HEALTH AND LEAD A SEXUALLY SAFE LIFESTYLE

all about strokes:

ARE YOU AT RISK?

It's one of the biggest causes of death and disability in our country and affects mainly older women due to their daily tasks and strain on their body. But those most at risk include those whose family members or themselves:

- Have suffered a stroke
- Suffer from high blood pressure, high cholesterol or diabetes.
- Smoke, overweight and do not lead a healthy lifestyle.

SYMPTOMS THAT AFFECT BOTH MEN AND WOMEN:

- A sudden numbness or weakness on the left or right side of the body and or face
- Sudden confusion, trouble speaking or understanding
- Trouble seeing, walking and trouble with balance and sudden severe headaches

SYMPTOMS THAT AFFECT WOMEN SPECIFICALLY:

- Sudden face and body pain
- Sudden hiccups
- Nausea and weakness
- Chest pain and sudden shortness of breath

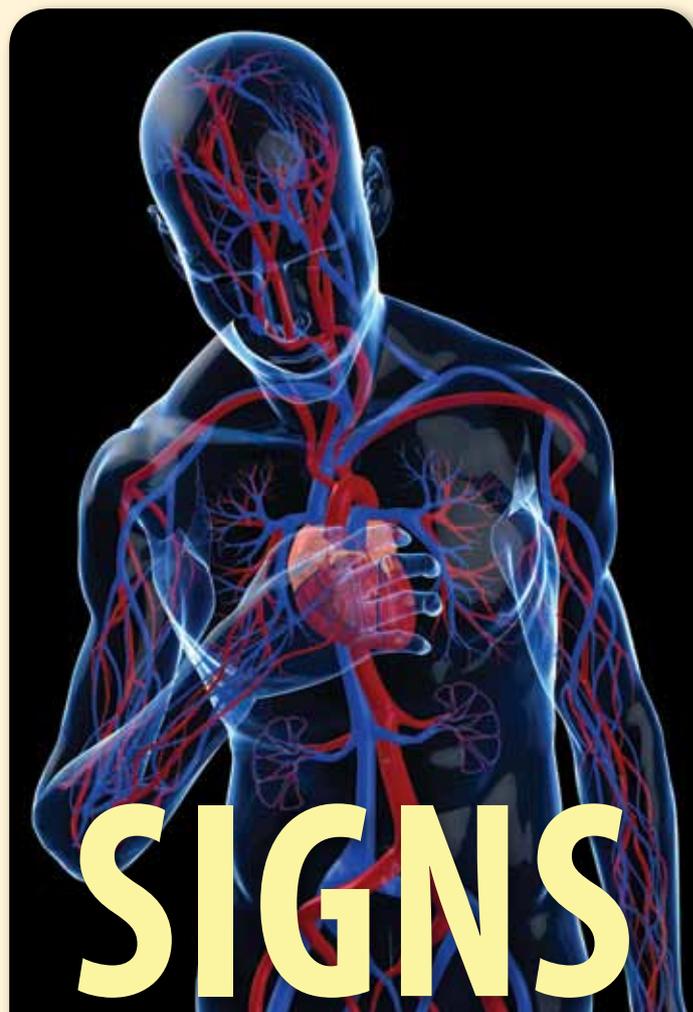
ACT FAST

Recognising the signs of a stroke quickly can save your life. Most sufferers need help for the next two to eighteen months to correct their disabilities caused by a stroke. Treatment may include speech and physiotherapy, occupational therapy and help with bed wetting. You may need to take medication for the rest of your life to prevent another stroke – but this will depend on the kind of stroke you have had. Remember never stop your medication without speaking to your doctor!

AFTER A STROKE

Get enough rest, do things at your own speed, you will need to build up confidence in what you can do, and look for ways in which you can rebuild your life, take up old hobbies, or sports.

*A positive attitude
will speed up your recovery.*



THAT SOMEONE IS HAVING A **STROKE** INCLUDE:



A drooping face when they try to smile



Difficulty speaking and difficulty keeping their arms up when raised.



Get medical help immediately if you notice these symptoms as it's important to act fast!