

# HEALTH MATTERS

# Ezempilo

FREE

EDUCATE || INFORM || EMPOWER

JUNE • 2013



● CIRCUMCISION SUCCESS HAILED IN KZN ● MORE CLINICS, BETTER ACCESS, AS HEALTH STEPS UP DELIVERY ● MEN'S HEALTH: REAL MEN GO FOR REGULAR CHECKUPS!



health

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

Fighting Disease, Fighting Poverty, Giving Hope

BUDGET  
SPECIAL

# National Polio and Measles Immunisation Campaign 2013

**SECOND ROUND!**  
**JUNE 17 – 28**



**If your child is under five years and missed the first round, this is your chance to make sure they receive their important Polio and Measles vaccinations.**

**GIVE POLIO & MEASLES A FINAL PUSH!**

**NEW!**  
KZN Health will also include TB and Mid Upper Arm screening during this round. This provides babies and children under five in the province with more protection against TB and malnutrition.



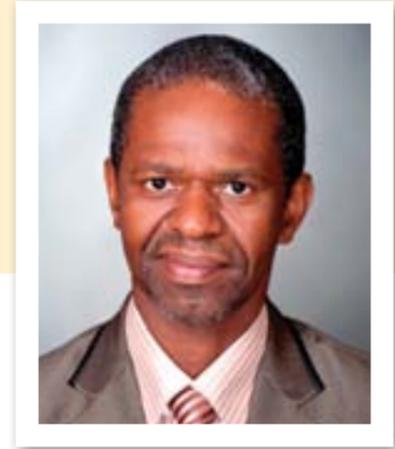
**health**

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**Fighting Disease, Fighting Poverty, Giving Hope**

# Message from

**KZN Health MEC,  
Dr Sibongiseni Dhlomo**



**A**s we celebrate our National Youth Month, may each and every one of us be reminded that our youth of today are our leaders of tomorrow. Every parent, guardian, teacher, leader or indeed any adult person has a responsibility, directly or indirectly, for shaping the future of our young people. When young people look up to us, they should do so with confidence and trust. How we walk our journey in front of them will clearly establish the level of confidence and trust that young people have in us as adults.

Let us never lose track of our understanding that any behaviour we portray, whether good or bad, has a lifetime effect on a young person.

Our young people are faced with the socio-economic challenges such as heading families at a young age, due to the death of parents or guardians, lack of proper education, unemployment, drug and substance abuse and teenage pregnancy. Our Government is working hard to address these challenges and has implemented various programmes aimed at dealing with these issues and improving the lives of our young people. However, Government alone cannot completely eradicate these challenges. It calls for each and every person to reach out and work hand in hand with Government with the aim of completely eradicating challenges facing our youth.

Our key priority is to adequately educate and train our young people to be able to make a meaningful contribution to our society and to ensure that, when the time is right for them to lead in various aspects, they are ready to do so with the necessary skills and knowledge. Through the Cuban Doctor Training Programme, we are training numbers of our youth from disadvantaged backgrounds to study

medicine in Cuba and later qualify to be medical doctors. When they qualify, these young students are placed back into their communities to render much needed services in their areas.

We are also continuing our efforts to provide education and training for young people on Emergency Medical Services. These young people qualify to be paramedics in various categories. Our nursing training programme is also one of our core pillars in the provision of public health care to our communities. Numbers of young people are educated and trained in our Nursing Colleges throughout the Province.

All of these efforts, and many others by our Government, aim to enhance the lives of young people in our Province and the country as a whole. When such opportunities are there, we urge our young people to grab them with both hands and aim to reach for the stars. Every adult person should be committed to playing their role in ensuring that our young people do not waste their lives on drugs, crime, Sugar Daddies and other habits and lifestyles that are detrimental to their wellbeing.

To our young people, we say: NO to drugs and alcohol, NO to unsafe sexual practices, NO to Sugar Daddies, NO to multiple sexual partners, NO to unplanned pregnancies, NO to not knowing your HIV status and NO to any habit, behaviour or lifestyle that has the potential to harm your health and your life.

*Take charge of your health and life – you are the leaders of tomorrow and our hope for the future!*

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*With thanks to the following contributors:*

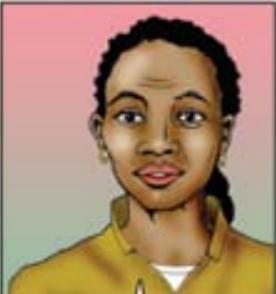
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Your suggestions and comments are welcome, and if you have been impressed by a health worker who provided an outstanding service, let us know and we will feature them! Contact us on 031 562 9803, editor@ezempilohealthmatters.co.za or write to us on PO Box 25439, Gateway 4321.

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## 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.



# DO YOU SUFFER FROM BACK ACHE AND CAN'T TAKE THE PAIN?

**FACT**  
 Back pain costs South Africa R2 billion each year!

Most of us don't pay much attention to how we sit or walk until our back starts hurting to the extent that we can't work. With most people travelling by taxi, bus or car to work, South Africans don't realise the importance of sitting correctly. Our backs act as support to our bodies so use the following quick tips to encourage everyone in your family to take better care of their backs. It's one of the easiest things to control in our health, so look after it before permanent damage is done!



**Sitting**

Sitting in an uncomfortable position for long hours puts pressure on the spine. To avoid this, take regular breaks to stretch and make sure your chair supports the curve of your spine, keeping your head straight and not slumping forward.



**Regular Exercise**

Regular exercise helps to ease back aches more quickly, although many people are less active when suffering back pain. Most patients can benefit from regular walks, stretching hips to lessen stiffness – this will help ease your back pain too.



**Healthy Eating**

Unhealthy foods contribute to weight and heart problems which can cause inflammation, pressure and weight on your spine. Try to avoid caffeine and processed foods and choose more whole wheat, proteins, vegetables and fruits in your diet.



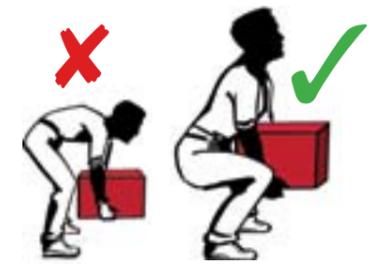
**Heavy Handbags**

Did you know that carrying a heavy bag over time may cause serious back problems? Carry essential items only in a lighter bag, and change your shoulder position when carrying the handbag to distribute the load more evenly.



**Sleeping Position**

Good bed rest is one of the most important things you can do for your back. To reduce discomfort, put a pillow under your knees if you sleep on your back. If you sleep on your side put it between your knees, or under your stomach if you sleep on your front.



**Careful with lifting!**

Most of us don't really pay attention to how we lift things, yet it can make all the difference to our backs. Don't twist your back when moving heavy things, and always bend your knees, NOT your back, when lifting heavy objects.

*Back pain is the leading cause of disability for workers between the ages of 19 and 45*  
**DON'T BE A STATISTIC, SIMPLE ACTIONS CAN SAVE YOU FROM PERMANENT BACK DISABILITY.**



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# KZN HEALTH NEWS

Fighting Disease, Fighting Poverty, Giving Hope

## BUDGET SPECIAL

**KZN Health MEC, Dr Sibongiseni Dhlomo recently delivered his budget speech and despite all the challenges and hurdles, the overwhelming successes in the face of adversities speaks volumes and confirms that health in KZN is definitely turning the corner for the better! The following is a summary of the MEC's speech, outlining the advances made towards health care delivery in the province – all of which, said the MEC, would not have been possible without his team, under the leadership of HOD Dr Sibongile Zungu.**

currently, contributing just above a third of the country's total patients on ARVs.

### Prevention of Mother to Child Transmission (PMTCT)

The Province has managed to reduce the mother to child transmission of HIV to very low levels from 20.9% in 2005 to just 2.2% in July 2012. "Our target in 2013/14 for reduction in MTCT rate is 1.4% and lower. Our success can be attributed to a number of improvements introduced over the past 5 years including the introduction of life long antiretroviral therapy to those who are eligible for ART," said the MEC.

### Medical Male Circumcision (MMC)

Since the launch of this campaign in 2010, the Department has recorded a total of 257 539 Medical Male Circumcisions which were successfully performed across 67 institutions. "The Department has also established an MMC Centre of Excellence at the Northdale Hospital which trains Clinicians on both MMC methods: Forceps Guided and the Tara Klamp," said the MEC.

### Quality Assurance, Accreditation and Service Excellence & National Core Standards

KZN Health's 2009 campaign, "Make Me Look Like a Hospital" has seen results, leading to three KZN hospitals scooping top spots for cleanest hospitals nationally. These were Stanger Hospital, St. Andrews Hospital and

Grey's Hospital. "Last month the Department hosted the Health Professionals Summit with the view to re-inculcating the values of the health care professions and to bring back the "white uniform", using the theme "My Profession, My Pride!" The white uniform takes us back to the days when nursing as profession was well respected and people in the communities looked up to the nurses, gave them the respect they deserve and even went to the extent of "protecting" them," explained Dr Dhlomo.

### Emergency Medical Services (EMS)

As part of the Department's drive to increase health services, the Emergency Medical Services (EMS) has been beefed up with 310 new ambulances said Dr Dhlomo. Together with this transport plan, the Department has also bought 12 new buses to replace older buses used to transport patients to other health facilities as part of the referral system.

### INCREASING LIFE EXPECTANCY

A recent study by Africa Centre on 101 000 individuals in the Umkhanyakude area found that adult life expectancy has increased by 11 years since the scaling up of anti-retroviral treatment (ART) in public sector clinics and hospitals. The findings also concluded that before ART became widely available, most people were dying in their 30s and 40s. Now people are living to pension age and beyond.

### Healthy Lifestyles & Health Promotion

The MEC pointed out that 40% of deaths in South Africa are due largely to lifestyle diseases – prompting the Department to launch a healthy lifestyles campaign to reduce this figure and to ensure that people live "Long and Healthy Lives." The campaign was taken to workplaces, community, private and public partnerships as well as schools with a total of 242 Health Promoting Schools been launched to date.

### DECREASING MATERNAL & CHILD MORTALITY

The province has seen a decrease in maternal deaths from 357 to 311. Dr Dhlomo said this was largely due to health initiatives launched including:

- The Campaign on Accelerated Reduction of Maternal Mortality in Africa
- The introduction of 38 specialized Obstetric Ambulances used for transporting pregnant women District Clinical Specialist Teams across the Province
- The Baby Friendly Hospital Initiative (BFHI) that promotes breastfeeding as the best method of feeding babies
- The Phila Ma Campaign which screens women for cervical cancer.

### Child Health

The number of babies dying has dropped from 40 in 2009 to 30 in 2011, while under-5 mortality has dropped from 56 in 2009 to 42 in 2011. "We are thankful to parents who have heeded our call to have their children immunized and want to encourage leadership in all sectors of society to spread the message to communities about the importance of immunization," said Dr Dhlomo.

### INFRASTRUCTURE DEVELOPMENT

The following is an update on how health facilities in KwaZulu-Natal are being improved:

- **CHILDREN'S HOSPITAL**  
Work has commenced to restore the first non-racial Children's Hospital in Africa (established in 1931), which is the KwaZulu-Natal Children's Hospital. This project is being done over a five-year period, at an estimated cost of R228 million.
- **EDENDALE HOSPITAL**  
A new Communicable Diseases Clinic, Accident and Emergency unit and the Out-patient Department is being built and due for completion in July 2014. Other projects at this hospital include the upgrades of the existing Psychiatric Ward, existing roads and parking, and the power conversion from Steam to Electricity, with completion expected this month.

- **RIETVLEI HOSPITAL**  
Upgrades include construction of a new Pharmacy, Workshops, Laundry, Transport Office and Parking. The first phase of the new Staff Accommodation is complete with the rest due for completion next year.
- **KING DINUZULU HOSPITAL**  
Formerly King George V Hospital, this has been renamed King Dinuzulu Hospital and includes a new 400 bed level 1 hospital. Mental Health and TB facilities are currently being finalised as the last phase of the development. During 2013/14, the Department will complete the construction of the new TB Complex and Administration Building, Psychiatric Closed Unit and TB Surgical OPD. The 130 bed Psychiatric Closed Unit is due for completion in May 2014.
- **LOWER UMFOLZOI WAR MEMORIAL HOSPITAL**  
Dedicated to Mother and Child services, this hospital is undergoing major alterations and additions and is due for completion in February 2015.
- **NGWELEZANE HOSPITAL**  
A new Therapy Department and the conversion of Psychiatric Wards to Outpatient Psychiatric Clinic have been completed. Other projects due for completion in this financial year include construction of a new 72-bed ward, mortuary, workshops, refurbishment to the Nursing College, hospital corridors, conversion of steam to electrical, upgrade to water and electrical reticulation.

### New Clinics Construction Programme

During 2012/2013 the KZN Department of health has completed the following clinics:

- **ELANDSKRAAL CLINIC** in the Umzinyathi District Municipality
- **EZIMWINI (KWAMAHLEKA) CLINIC** in the uMgungundlovu District Municipality,
- **MAPHUMULO CLINIC** in the iLembe District Municipality,
- **MBABANE CLINIC** in the Amajuba District Municipality,
- **MBOTHO CLINIC** in the Ugu District Municipality,
- **NOGAJULUKA CLINIC** in the uThungulu District Municipality,
- **WOSIYANE CLINIC** in the iLembe District Municipality,
- **THALANENI CLINIC** in the uMkhanyakude District Municipality.

A further 25 new clinics are under construction with at least 20 to finish in this financial year.

### FRAUD & CORRUPTION

The Department set up a task team in 2009 to fight fraud and corruption within its ranks. "I am pleased that these efforts have yielded positive results. Our strategy to fight corruption within the Department of Health now serves as a benchmark and a best practice for other departments in the Province. To date, the Department has dealt with a total of 241 fraud and corruption related matters. From these, 59 employees were dismissed and 32 employees resigned whilst under investigation," explained Dr Dhlomo, adding that the Department's efforts to clean up also found 68 'ghost employees' – employees who did not exist but were being paid salaries by the Department.

### DISABILITY & REHABILITATION

The Department's Disability and Rehabilitation Services are offered in over 90% of hospitals and Community Health Centres (CHCs), with outreach services to clinics on a weekly and monthly basis. The Department has allocated around R20 million for more assistive devices to improve on this service.

We are delighted that with the introduction of Operation Sukuma Sakhe, outreach services have improved as a result of inter sectorial collaboration between the Department and various organisations. This has made it easier to provide services in a collaborative manner.

### EYE CARE

Through the Child Eye Care Project the Department was able to screen a total of 237 556 children and issued 190 798 pairs of spectacles.

### YOUTH, GENDER & TRANSFORMATION

In 2011, the Department established a Youth, Gender and Transformation Unit to ensure the availability of youth friendly services across all Community Health Centres in the Province of KwaZulu-Natal. Working with the Department of Education, this unit has commenced with a programme of establishing School Health Teams that address issues of teenage pregnancy, substance abuse, provide health education and screening.

The Department has also developed its Employment Equity Plans and the targets are being monitored on a regular basis.

"We have turned the corner - Imisebenzi kaHulumeni iyabonakala!"



MEC Dr Sibongiseni Dhlomo with HOD, Dr Sibongile Zungu.

### HIV & AIDS

**Reduction in HIV prevalence amongst pregnant women from 39.5% in 2009 to 37.4% in 2011 and a reduction in preventing mother to child transmission from 19% in 2007 to 2.1% by July 2012. A major cause of celebration!**

### COMBATING HIV AND DECREASING THE BURDEN OF DISEASE FROM TUBERCULOSIS

Dr Dhlomo mentioned that, as well as reducing the prevalence of HIV, KZN has also seen:

- A decline of new HIV incidence from an estimated 1.3% in 2009 (nationally) to 1.1% in 2012.
- Reduction in reported HIV and AIDS related deaths from 67,429 in 2008/9 to 54,337 in 2010/11.
- HIV prevalence among 15 – 19 year old pregnant women decreased from 22% in 2009 to 16.8% in 2012
- HIV prevalence among 20 – 24 year old pregnant women decreased from 37.2% in 2009 to 33.3% in 2012

### Treatment - Antiretroviral Therapy (ART)

KZN boasts the largest antiretroviral therapy (ART) in the country – if not the world – with the number of sites increasing from 89 in 2008 to 607 by 2012. The total number of patients on Highly Active Antiretroviral Therapy has increased from 225 389 in 2008 to 672 413

*Imisebenzi kahulumeni iyabonakala  
– We have turned the corner!*

**JUNE**

# MEN'S HEALTH MONTH

*\* Real men go for Regular Checkups!*

Men don't like to admit when they are sick. In our African culture especially, few men go to the clinic for regular checkups because they feel they will look 'weak' and that it's not a 'manly' thing to be seen doing. But, without information and regular checkups, your health as a man can get worse – leaving you unable to provide for your family. This month is **MEN'S HEALTH MONTH**, so take note of some of the most common health issues affecting South African men, and the message is clear: The earlier it is detected, the better your chance of surviving it.



## Sexually Transmitted Infections (STIs)

"Having lot of girlfriends looks cool". These words seemed wise then, but Senzo Gwala, 20, is a victim of reckless behavior. First it was a wart on his private parts; then he got an STI. Most STI's can be prevented and cured if men are more responsible with their sexual health. Unfortunately some STI's cannot be cured and this can lead to more serious health complications. Don't take the risk, be wise and take responsibility. Use a condom, be faithful to one partner and get circumcised – this alone can drastically reduce the risk of the spread of HIV.



## LIVER CANCER

Too much smoking and drinking can lead to liver cancer. HIV patients are especially at risk, because their liver is weakened and cancers can form more easily. Radiation and removing the tumor, or a liver transplant can be solutions, but it's important to get a Hepatitis B and C vaccination to help your resistance. Take special care of your diet, making sure you eat more fruit and vegetables every day.

## DIABETES

Being overweight is often seen as a sign of "success" today. Unfortunately this means an unhealthy lifestyle and greater risk of diabetes, which many of us don't think about until it's too late.

**DIABETES IS A LIFESTYLE DISEASE: IT CAN BE PREVENTED.** Forget the status, save your life by eating healthily, cutting down on alcohol and getting plenty of exercise.



## PROSTATE CANCER

The prostate is part of a man's sexual reproductive system which produces liquid to help transport sperm out of his body during ejaculation. Cancer in this gland is slow growing compared to other cancers, and is often only detected at an advanced stage – which is why it is vital to go for regular checkups so that it can be diagnosed early.

Men over 50 should go for an annual prostate check-up, while men with a family history of prostate cancer should go for an annual checkup from the age of 40. Some of the warning signs of prostate cancer are the following:

- Pain or blood during urination
- Stiffness in your lower back
- Decrease in sexual drive.

## FACT

A new case of prostate cancer is diagnosed every two hours in South Africa, and it is a growing risk among black South African men who experience the cancer in a more aggressive form. **Early detection is the most important way you can reduce your risk and get treated.**

**TAKE TIME OUT THIS MONTH TO CHANGE YOUR HEALTH FOR THE BETTER. DON'T WAIT UNTIL IT'S TOO LATE. Early detection could save your life, so act today!**

# YOUR HEALTH IS YOUR FUTURE



OUR QUESTION FOR TODAY IS; ARE OUR YOUNG PEOPLE OF TODAY RESPONSIBLE ENOUGH FOR THEIR HEALTH?



I SAY, NO, BECAUSE THERE ARE SO MANY TEENAGE GIRLS FALLING PREGNANT THESE DAYS. THEY ARE NOT HAVING PROTECTIVE SEX, AND APART FROM FALLING PREGNANT, THEY ARE NOT CARING ABOUT SEXUALLY TRANSMITTED DISEASES. THEY SEEM TO CARE MORE ABOUT HAVING A GOOD TIME THAN ABOUT THEIR EDUCATION, WHICH IS OUR FUTURE.



I SAY, YES, BECAUSE THE RATES OF HIV ARE COMING DOWN.



THANK YOU FOR THOSE ANSWERS. ANYBODY ELSE?

WELL, I SAY FOR A COUNTRY TO TRULY SUCCEED, EVERYONE MUST TAKE RESPONSIBILITY FOR THEIR HEALTH. WE CANNOT BLAME EACH OTHER WHEN GOOD HEALTH BEGINS WITH US AT HOME.



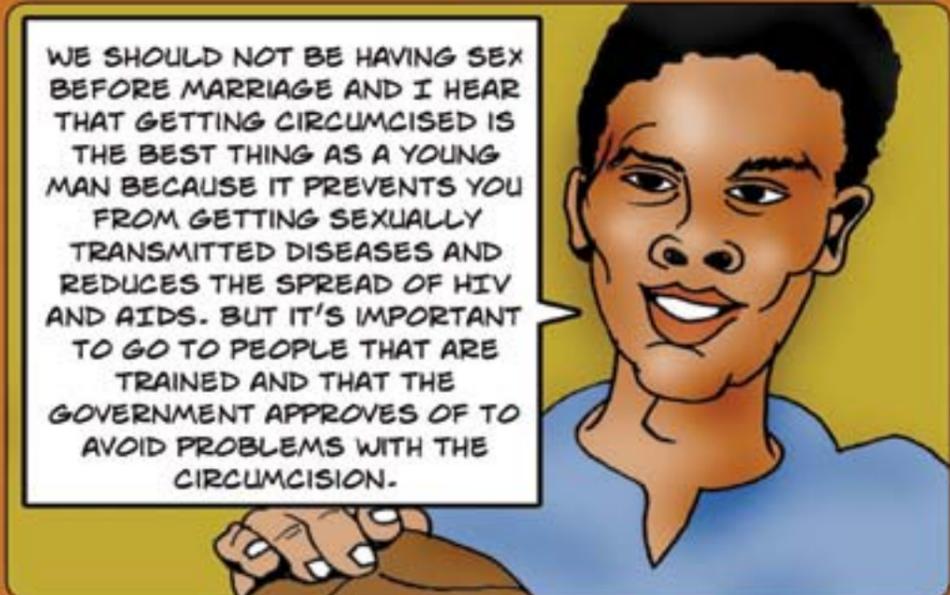
AND WHAT DOES THIS MEAN TO YOU?



IT MEANS EATING THE RIGHT FOODS, EXERCISING, BEING RESPONSIBLE WITH OUR SEXUAL HEALTH AND MAKING SURE THAT WE LOOK AFTER OUR BODY SO THAT IT LOOKS AFTER US. THIS THING ABOUT WE DON'T NEED TO WORRY BECAUSE IF WE GET SICK WE CAN GO TO THE CLINIC IS NOT THE ANSWER. WE MUST PREVENT DISEASES SO THAT WE DON'T END UP NOT BEING ABLE TO CURE IT.



THAT'S RIGHT! ANYTHING ELSE?



WE SHOULD NOT BE HAVING SEX BEFORE MARRIAGE AND I HEAR THAT GETTING CIRCUMCISED IS THE BEST THING AS A YOUNG MAN BECAUSE IT PREVENTS YOU FROM GETTING SEXUALLY TRANSMITTED DISEASES AND REDUCES THE SPREAD OF HIV AND AIDS. BUT IT'S IMPORTANT TO GO TO PEOPLE THAT ARE TRAINED AND THAT THE GOVERNMENT APPROVES OF TO AVOID PROBLEMS WITH THE CIRCUMCISION.



IF YOU CAN REMEMBER THESE IMPORTANT THINGS, YOU CAN CHANGE THE FUTURE OF OUR COUNTRY'S HEALTH AND YOUR OWN DESTINY. YOU ARE TOMORROW'S LEADERS AND WORKERS IN THE COUNTRY'S ECONOMY. IT ALL BEGINS WITH PREVENTION, AND THAT IS THE GOLDEN RULE. WELL DONE CLASS!

# YOUR HEALTH IS YOUR WEALTH!



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# KZN HEALTH



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# NEWS

Fighting Disease, Fighting Poverty, Giving Hope



## DEPARTMENT LAUNCHES CENTRE OF EXCELLENCE FOR MALE CIRCUMCISION

**Circumcision is an important part of the leap from boy to manhood and plays a key role in responsible sexual health. For this reason, the KZN Department of Health recently launched a much needed Medical Male Circumcision Centre of Excellence at Northdale Hospital in Pietermaritzburg.**

Opening the centre, KZN Health MEC Dr Sibongiseni Dhlomo said the Centre will provide training for doctors, nurses and other health workers on safe and effective ways to perform male circumcision using high level technology.

The Centre follows a call in 2009 by King Goodwill Zwelithini to bring back the circumcision custom as a step in reducing the spread of HIV/AIDS in KwaZulu-Natal. The Department of Health then began a

wide scale program of Medical Male Circumcision and are pleased to announce that around 300 000 males have since been circumcised with not a single reported death. Addressing the opening of the Centre, King Zwelithini paid tribute to the efforts of both MEC Dhlomo, HOD Dr Sibongile Zungu and their team for their success in circumcision in the province, particularly using the Tara Klamp, a circumcision device which was found to be safe and effective.

## KZN Health continues Child Immunisation Campaign

The Department of Health in KZN has hailed as a resounding success its recent drive to immunise children under five years of age. People came in numbers at Ophalule stadium in Nongoma where the Department launched the polio and measles campaign.

As the second round is underway, the Department is encouraging all mothers to immunise their children to keep them healthy. Most children in our province die as a result of diseases that could have been prevented, so don't leave it to chance. The Department offers free immunisation for children, and this can save your child's life!

Mrs Nelisiwe Duma, a resident of Nongoma was overjoyed with the campaign reaching her area, saying "this campaign coming here has made it easier for us, as otherwise we would be waiting in a long queue in a clinic. My child will be protected from influenza and measles and I want encourage all other mothers to immunise their children."

Immunisations are FREE at all government health institutions. Visit your nearest clinic for more information.

**Immunisation saves lives. DON'T TAKE A CHANCE**

## MEC DHLOMO PROMOTES HEALTHY LIFESTYLE CAMPAIGN IN DURBAN TOWNSHIPS

MEC Dhlomo took to some of Durban's biggest townships recently to promote healthy lifestyles – and led by example in keeping fit during the events!



Visiting KwaSanti, Umlazi, KwaMashu, Lamontville and Clermont, Dr Dhlomo joined forces with Durban's fitness club, BodyFit Sports Club, to motivate communities – young and old, to exercise and live a healthy lifestyle.

Both young and old were excited. This programme started at KwaSanti and was completed in Clermont. Addressing the elder ladies club, Muthande Society in Clermont, Dr Dhlomo paid tribute to them for making the effort to fight diseases through exercises. "It is important for the elderly to exercise because most of them are on chronic medication. If they can exercise more regularly, their intake of chronic medication can be reduced or they might not take it at all," said Dr Dhlomo.

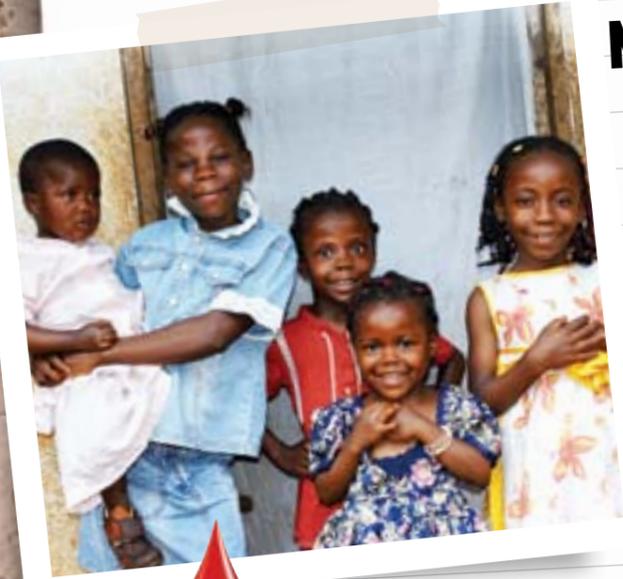
## Donating blood saves lives – it could be yours!

**23 year old Dirk Van Zyl** recently donated his 29th pint of blood during a blood donation drive in Umlazi, where he is serving in the armed forces. Dirk is a familiar face in the blood donation centre in Umlazi, and is hailed a hero by many locals for his dedication to blood donation. Head of Ministry in KZN Health, Dr Nonhlanhla Makhanya who was also donating blood at the Centre, applauded Van Zyl for his regular contribution to saving lives and called on all South Africans to follow his example.



ABOVE Dirk Van Zyl donating his 29th pint of blood in Umlazi.

# JUNE



## National **YOUTH MONTH**

**JUNE 16**

is an important commemoration of the young people who bravely fought against the injustice of apartheid in 1976. As we look back at the important role they played then, it's a reminder of the responsibility of today's youth as future leaders. Taking responsibility for your health as a young person means a healthier nation tomorrow. Take time to reflect on your health and ask yourself "am I setting a good example for the future health of my country?"

*It's time to make that change.*

## National Blood Donor Month

Every day 3 000 units of blood are given to patients who need blood to save their lives, but it is never enough. During this month the South African National Blood Service appeals for more donors to donate

blood. South Africa's blood is 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. It's SAFE and SAVES lives – one day it could be yours!

## Men's Health Month



Most men don't go to the doctor when they should, especially in traditional families. So this month is about educating men on the health risks they face and how to prevent diseases that affect them in particular. Many diseases can be prevented and circumcision is still one of the best ways to reduce the spread of HIV and sexual diseases which plague our province. Go for regular checks for prostate cancer, diabetes, high blood pressure and testicular cancer – early detection can save your life!

## **JUNE 17–28** National **POLIO** **IMMUNISATION CAMPAIGN** (Second Round)

The Department of Health continues its drive this month to immunise children under five years against polio and measles. The Department will also be including TB and Mid Upper Arm, due to the high incidence of malnutrition and TB in children under five in our province. So please ask your clinic for more details on where and when the immunisations take place.

*Give Polio and Measles a Final Push*

**JUNE 1** **JUNE 4**

## International **CHILDREN'S DAY** – **VICTIMS OF AGGRESSION DAY**

United Nations International Children's Emergency Fund marks the **1st June** to focus on the rights, health and care of children.

The **4th June**, which is the International Day of Innocent Children, is part of the action to prevent children from being victims of domestic abuse. Encourage children to report abuse without fear.

**JUNE 2**

## 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. Advances in medicine and technology today means many cancers can be beaten and early detection is important, so ensure you go for regular checkups.

**JUNE 5**

## World **ENVIRONMENT DAY** *Think, Eat, Save. Reduce your footprint.*

This is the theme for this year's World Environment Day. The day is celebrated around the world in an effort to encourage us all to become more aware of how our lives are affected by the environment and our food choices. This means for example, selecting foods that involve few or no chemicals in the production process. Where you can, try to buy and support food grown locally – and even better, why not start your own vegetable garden and encourage others in your area to do the same?

**JUNE 15**

## World **ELDER ABUSE AWARENESS DAY**

There are more elderly people in our communities 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? The loving gogos that take care of our children and homes without complaint need care and love too. Take time to remind them of how special they are and how much they are loved.

## **JUNE 24–28** **SANCA Drug Awareness Week**



The number of children taking drugs continues to rise, leading to more unemployed and uneducated youth. 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. This day is about raising awareness of this. There is help out there: ask your clinic to refer you to someone who can assist you and your family to overcome this problem.

## **JUNE 17–23** **National Epilepsy Week**



One in every 100 people has epilepsy. But sadly many people have no idea what epilepsy is, and often think it's witchcraft or mental illness and are afraid of people who have fits or 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.

# Keep your babies skin as soft and dry as mother nature intended.

The Secure Lockdry System of Huggies Dry Comfort delivers up to 9 hours dryness while the cottony cover allows baby's skin to breathe, giving mom a little breathing room too.



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



## HUGGIES®

Dependable Diapers

### Dry Comfort®

**HUGGIES** **BABY** CORNER  
Disposable Nappies Dry Comfort

## BREAST IS BEST!



Breastfeeding is the best start you can give your baby, but Huggies understands that it's not easy for every mother and sometimes can be frustrating, especially if you're a new mother. So help make it easy for you and baby, we've put together some top breastfeeding tips so that both you and baby can enjoy the time and allows baby to sleep better at night too. A well fed, well rested baby means a rested mom too!

1. Feed baby as soon as you can – straight after the birth is best, if you and your baby are well.
2. Ask your health worker or someone with experience for help with positioning – if it hurts, there's a problem. Initial tenderness is normal. Soreness that gets worse is not.
3. Keep your baby close to you. Skin contact is soothing for your baby.
4. Feed baby often in the early days – offer breastmilk at least every 2 hours, or more often if baby demands it.
5. Offer both breasts at every feed. It doesn't matter if your baby only takes one.
6. Don't give your baby bottles of anything while you're still establishing breastfeeding. The use of a bottle can affect her 'skill' at breastfeeding.
7. If you have pain after a while during breastfeeding, see your health worker, it could be thrush on your nipples and both you and baby will need treatment.
8. Let baby breastfeed until she is full, don't time her!
9. Gently remove your baby from the nipple by sliding your finger into the corner of your baby's mouth and pull baby away from the nipple, gently.
10. Squeeze a little milk onto your nipple and massage this in. If possible leave your nipples to dry in the open air. This helps against infection.

## Huggies® Top Breastfeeding Tips

**Breast milk is complete nutrition for baby, so give your little one the best start in life.**



through the keyhole

# Viva SISTER BLANCHE MOILA, viva!

She is 57 years old, has never taken a sick day off work in more than 30 years of service to public health as senior nurse and, wait for this... begins her day with a 5km run every morning. What's more, Sister Blanche has just completed her ninth Comrades Marathon!

## For love of her country

Blanche is one of a kind. She's a kind spirit, a woman of strength and determination. Born in Pietersburg in 1956, Sister Blanche was inspired by her mother to take up nursing. "My mother was the first person of colour to be a matron of a nursing home and this really taught me a lot. I later decided to specialise in psychiatric training at Townhill hospital in Pietermaritzburg because I wanted to demystify the stigma attached to psychiatric patients. "Unfortunately, it is the most misunderstood health component with a lot of stigma. Communities need to understand that these disorders are the same with others and can be treated," she explains.

## Run, comrade, run!

Despite being a dedicated, senior nurse, Blanche admits that she is equally passionate about running –

a talent she says, that was picked up at an early age. "I was noticed by a doctor who said that I was a natural athlete, and I was then registered into a local racing competition in Pietermaritzburg where I came third. After the race people said I had cheated because they did not expect me to win," she recalls.

But, three decades later, Blanche is still on the tracks, running with the same enthusiasm of a winner, using her talent as an athlete to raise funds for vulnerable children.

## Winning Colours

With the talent came the rewards, and in 1984, Blanche went on to become the first black woman to receive the Springbok Colours and also sits on the board of Athletics South Africa. "It feels good if you can make a difference to a person's life," she says modestly.

Today Blanche continues to service the poor, the vulnerable and the sick as she raises funds for the vulnerable and works as a senior nurse at Durban's King Dinuzulu Hospital.



*A healthy body develops in a healthy mind. I have never missed work due to sickness in my thirty two years of service. My work is rewarding, especially if I can get a patient back into the community.*

*Thank you for your efforts Sister Blanche, and long live your contribution!*