

HEALTH MATTERS **FREE**

Ezempilo

EDUCATE || INFORM || EMPOWER EDITION 3

Traditional healers: Understanding their role



health

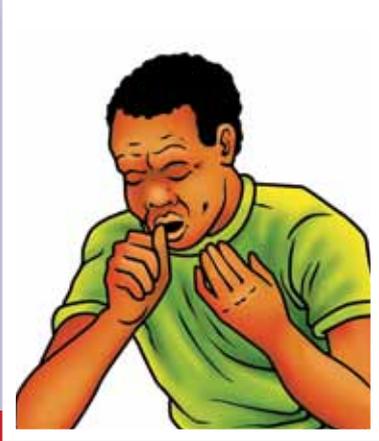
Department:
Health
PROVINCE OF KWAZULU-NATAL



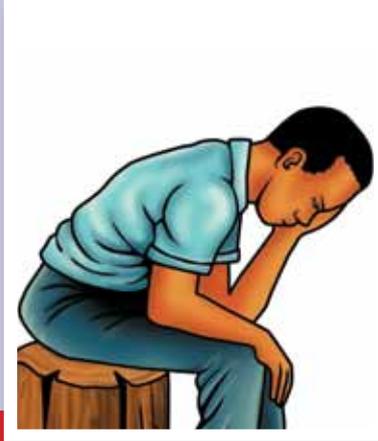
OPPORTUNISTIC INFECTIONS

- Tuberculosis -

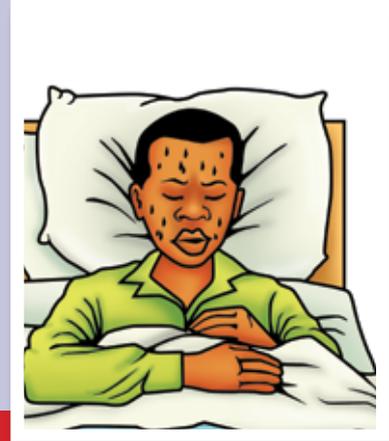
If you have been coughing for longer than 3 weeks, sweating at night and lacking appetite, you may have TB.



Constant coughing for more than 3 weeks



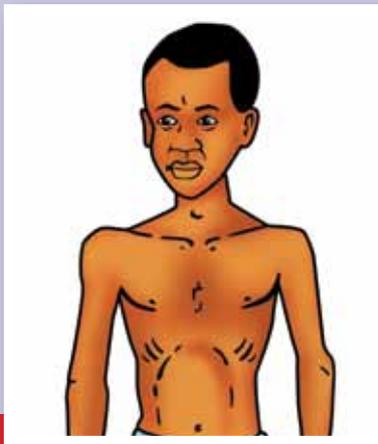
Feeling weak and tired



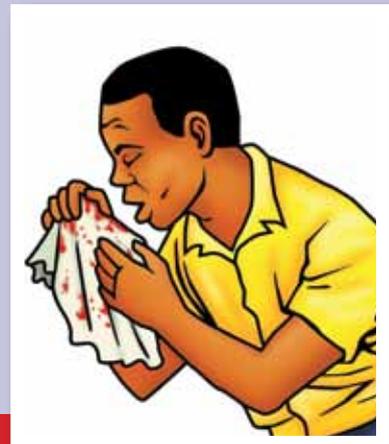
Night sweats



Loss of appetite



Loss of weight



Coughing blood

Please go to your nearest clinic for **FREE testing** and **FREE TB treatment**. Help prevent the spread of TB. Remember to **always cover your mouth when coughing**. **TB can be cured** if you complete your 6 months treatment, **even if you are HIV positive**. For more information, please contact your nearest clinic.

Fighting Disease, Fighting Poverty, Giving Hope



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Uthungulu 035 787 0631
Umkhanyakude 035 572 1327
Zululand 035 874 2302

Message from...



Sibongile Shezi, eThekweni District Manager KZN Health

As the eThekweni District Health Team (Municipality and Provincial Office) we strive to excel in service delivery, community upliftment and delivery. To this end, we are building strong partnerships with various partners who are assisting us in our quest for humane health care across all levels in this District. The Intersectoral War on Poverty Premier's Flagship Programme provides a good platform for us in that joint planning, monitoring, and evaluations of service delivery are done with our colleagues from other departments. This is enabling us to deliver holistic care. Through this programme some households have already benefited from - immunisation, identity documents and food gardens - which address the fundamental challenges that cause poverty and ill health. This is what we believe the Primary Health Care approach is about – communities and individuals becoming self-reliant.

Knowing that we have a problem with TB in this District, we have embarked on a massive campaign to trace TB contacts at ward level. This outreach programme includes sharing information on booking early for pregnancies, TB, HIV and AIDS, High Blood Pressure and Diabetes; as well as screening and testing for these diseases. Together with individuals, families, community leaders and members, we are beginning to see good results – like more of our clients wanting to know their TB and HIV status. What is good is that our clients, families and community are becoming our strongest partners. Together, we are doing more to improve the health status and quality of lives of our community.



Head of Health, eThekweni Municipality, Dr Nomakhosi Gxagxisa

The focus of eThekweni Municipality is to ensure development of its communities. Health and development are integrally linked as the economic development of any region can only be attained through the works of a healthy population.

Our motto as the Health Unit is **"PREVENTION IS LIFE"** because we believe that the current unreasonably high escalation of curative services is not sustainable.

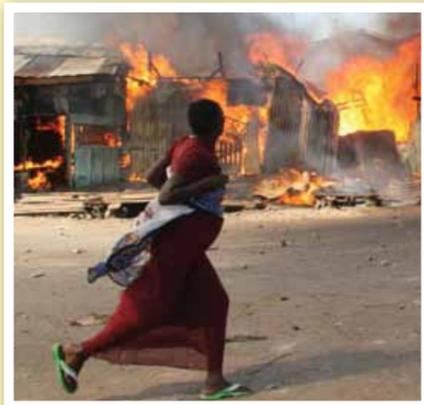
In line with this motto, our social development approach is to promote healthy lifestyles as a means of preventing ill health as well as advocating good hygiene. This includes educating our communities on health seeking behaviours in order to prevent disease.

For those who are already ill, we do our best to ensure that patients get good quality care. The onus is also on the patients who receive these curative services to adhere to treatment in order to mitigate resistance to medication like ARVs and anti-TB drugs.

We are also concerned about the high rate of mortality and morbidity from complications of chronic diseases like hypertension and diabetes. Treatment adherence is therefore of paramount importance with all medication issued out to patients.

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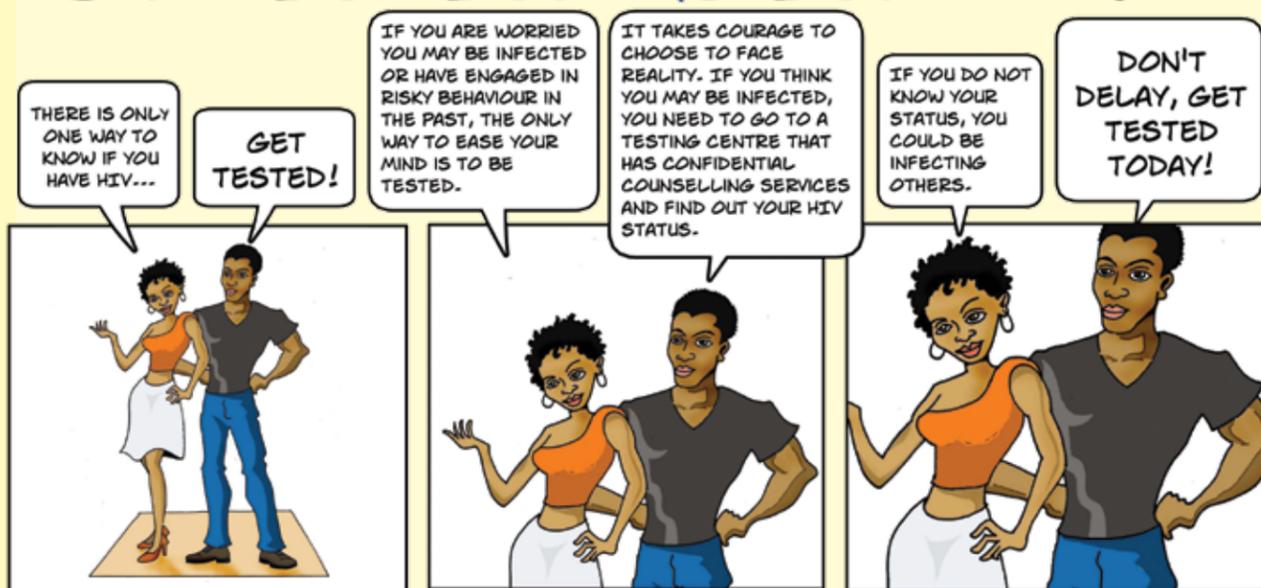
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GET TESTED!



International Women's Day: 8 March



While women all over the world celebrate international women's day this month, in South Africa the role of rural women and their struggles has not been adequately acknowledged. Women in rural areas continue to work long hours to look after the needs of their family and community. Her health is often the last thing on her mind, and even when she falls sick, she seldom goes to the clinic. "There will be nobody to cook or look after my family if I go to the clinic" is often the reason. For example, TB is spreading among men and women, yet fewer women get treatment – with more women than men dying from TB because they do not access treatment often.

Empowering yourself as a woman means that everyone benefits – yourself, your family, and your community! The HIV/AIDS epidemic has had a unique impact on women, made worse by their role within society and their biological vulnerability to HIV infection.

If accidents happen

If you've had unprotected sex or the condom breaks or comes off during sex, emergency contraception can be taken to reduce the risk of pregnancy. If you do participate in unprotected sex, you should get tested at the clinic.

Sexual Health Choices

Being faithful to your partner is no protection against HIV if your partner is not faithful too. If you are worried, don't stay silent. You can talk to health workers who will tell you more about how to protect yourself.

Throwing out old ideas

Older women often make the mistake of thinking that sexually transmissible infections (STIs) only affect young people, when in fact sexually active people of all ages need to take precautions and practice safe sex.

What are the risks to women if they are not given a choice?

These include pregnancy, HIV/AIDS, Sexually Transmitted Infections (STI's) and Sexually Transmitted Diseases (STD's).

Why is it so important for a woman to be empowered?

HOW MEN CAN HELP

- Any man can help improve women's health by:
- ✓ Raising his children to respect women and treating girls and boys as equals
 - ✓ Listening to his partner's and daughter's concerns and see if a solution can be found to meet the needs of everyone in the family
 - ✓ Taking responsibility for family planning
 - ✓ Encouraging his partner to go for regular health check-ups and help with the money needed.
 - ✓ Taking turns to care for the children and help around the house
 - ✓ Be faithful to his partner or if he cannot, practise safe sex.
 - ✓ Not tolerating ANY kind of violence against a woman
 - ✓ Encourage his children to care for their physical health
 - ✓ Working to change the image that a strong man is one who has sex with many women. A strong man is a strong and faithful partner!

WORLD TB DAY: 24 MARCH

TB IS CURABLE. ACT NOW TO GET TREATED.



TB is a serious disease that can spread easily indoors – especially if it is TB in the lungs! People who are HIV positive often get TB because their immune systems are weak and they cannot fight off the virus easily. You can get TB without being sick. If you leave it untreated, it can lead to death – which is why it is very important to get tested for TB regularly and continue with treatment. The KZN health department and eThekweni's Health Unit offers TB treatment at over 300 Primary Health Care clinics across KZN, so patients no longer need to visit hospitals for this.

What is TB and how is it caused?

TB is caused by a small germ in the body and is mainly spread through the air. However, healthy people can usually fight the germ. For those who are ill, weak, malnourished, very young, very old or have HIV, the TB germs attack their body, and they are unable to fight against the germ because of their weak immune systems.

When to get tested for TB

Get tested at any public clinic or hospital for free if you have any of the following: chest pains, not feeling hungry, tiredness, night sweats or fever, a cough for more than two weeks or coughing up blood, or unexplained loss of weight. If you are HIV positive, it is especially important to get tested.

How do I take my medicine?

Take your medicines in the way that your health worker tells you to. If you have more than one medicine, take them at the same time. Medicines are usually taken from Monday to Friday every week. If your medicines are nearly finished, you can take your green card to any clinic. They will give you more medicines.

What will happen if I don't go for treatment?

You will spread the disease to others and more people will be infected. TB can lead to death if left untreated.

Must I finish my treatment?

If you stop your treatment before your health worker advises you to, you can get TB again. It takes at least six months to 1 year to cure TB.

It is very important to complete the full treatment.

Help with taking your medicine

It is a good idea to get somebody to help you take your medicine. Ask at the clinic about getting help with taking your medicine. You can choose your helper – the person can be a neighbour or a nurse at a clinic. It is important that the person is nearby and easy to get to every day. Your helper will keep your medicine and give it to you every day. Your helper will also encourage you to carry on with the treatment when you get tired of it. It is important to take your medicine everyday – even when you feel better, until your health worker tells you to stop.



WE ALL NEED TO UNITE TO FIGHT AGAINST TB IN ORDER TO PROTECT THE SPREAD. WE CAN DO THIS BY:

- Educating our communities and family on TB, the signs and how it is spread.
- Getting tested for TB, and encouraging those around us to get tested – especially if living with someone who has TB
- Try to have fresh air in closed areas – keep windows open, as this reduces the spread of germs
- Let plenty of sunlight in – sunshine helps kill TB germs
- Making sure we know who has TB in our area, how they are being treated and when a person is cured.
- Encouraging TB patients to use DOTS – Directly observed Treatment, short-course. These are people (usually a health worker, neighbour, friend or volunteer) who makes sure that a sick person takes the necessary medicine at the right time and ensures there is a record of this.

TB IS A COMMUNITY PROBLEM GET TESTED. GET TREATED. GET CURED.

Can I use traditional medicine to cure TB?

Many people go to traditional healers (sangomas) to help cure their TB. This is fine but it is still important to take your TB medicine from the hospital or clinic even if you go to a sangoma. The TB medicine that your doctor gives you will make sure that you get better from TB.

DEALING WITH TB WHEN YOU HAVE HIV

People who have HIV or AIDS are more likely to get TB because their immune systems are low – that is, their bodies are too weak to fight off infections and certain germs that attack the body. Because TB can spread through the air, it means those with the HIV/AIDS virus are more likely to catch the disease. The good news is that TB can still be

cured even if you have HIV or AIDS – as long as you complete your TB treatment.

Is TB really serious?

Yes, especially if you have HIV. When your immune system is weak, an untreated TB infection can quickly turn into TB disease. Without treatment, TB disease can cause you to get very sick or even die. That is why it is very important to get tested and treated for TB. Completing your treatment can save your life.

Do all people with HIV get TB disease?

No, but it does mean you have a greater chance of getting the TB disease if you have both a TB and HIV infection. That is why you should get tested for TB as soon as possible if you have any of the symptoms.

THE BEST WAY TO PREVENT THE SPREAD OF TB IS TO CURE THOSE WHO HAVE TB!

Social Grants

The South African Social Security Agency (SASSA) offers help to people living with HIV or TB under the temporary disability grant and may continue up to 12 months. All HIV patients qualify for the SASSA grants (amounting to R1010.00 a month), provided they fulfill certain requirements.

To find out more on how to apply contact SASSA on 031 360 5103.



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Circumcision...

It's the right thing to do...



The KZN Department of Health is encouraging males of 16 years and older to get circumcised, as it reduces the spread of sexually transmitted infections and also reduces (not cures) the spread of AIDS. Scelo Meyiwa, a newly circumcised 27 year-old, spoke to Ezempilo about his experience.

Why did you have it done?

SM: Firstly, it was for health reasons. I was told it's healthier to have your foreskin removed because there's less chance of infection and it reduces the spread of HIV and AIDS. Secondly, it was for cultural reasons. We believe that only when you are circumcised can you be called a real man.

Were you scared?

SM: Yes, I was a little. But I got all the information on the procedure from the clinic, which also made sure I had it done through a trained health worker and not just anyone who claimed he could do it.

Did it hurt?

SM: A bit for the first few days, but I was given some tablets for the pain which helped.

What did your friends think?

SM: They thought I was very brave, and although they thought I was foolish before, after I had it done, a few of them also decided to do it. I am proud I have done it. I know I made the right decision.

AFTER CIRCUMCISION

- Avoid heavy work or exercise to allow the wound to heal
- Clean the penis twice a day with salt water and dry well
- Avoid pulling on or scratching the penis while it is healing.
- Avoid sex or masturbation for at least 6 weeks after the procedure.
- Visit the clinic for a check up within 5 days.

SEEK MEDICAL ADVICE IMMEDIATELY IF:

- There is bleeding that does not stop
- Severe pain
- Difficulty in urinating
- Lots of swelling around your penis
- Discharge from the wound

Through the keyhole

Fikile Khuzwayo- Going the Extra Mile



"I saw a patient sleeping on the ground near our clinic, with ants crawling all over his body. I asked him what was wrong, and he said he had TB and had no strength to get home. He looked like he was dying. We got him on a drip, put him on medication and he promised to continue his medication. A few months later he came back. He had recovered. My prayers were answered".

These are the words of Fikile Khuzwayo, an outstanding TB nurse who goes beyond her duties to help the community in which she works in.

Each morning when she sets off from her KwaMashu home, she knows that by the time she reaches the Savanda Clinic where she works as a TB nurse and counsellor, there will be patients already waiting to talk to her about their medication.

"My patients are my life and I want them to understand how important it is to take their medicine, so they can get better. Making certain they can get to work on time is part of successful treatment. It's not about handing out tablets and sending people on their way," she says. "Each patient is an individual with different problems. We need to understand their fears and give them hope and encouragement."

Fikile explains that when patients first go onto TB medication they can sometimes feel ill. "That's when I tell them not to give up. Stay calm. Stay cool. There's a fight going on in your body, but if you stick to the tablets, your body will win and you will feel like a different person. It's about building up trust."

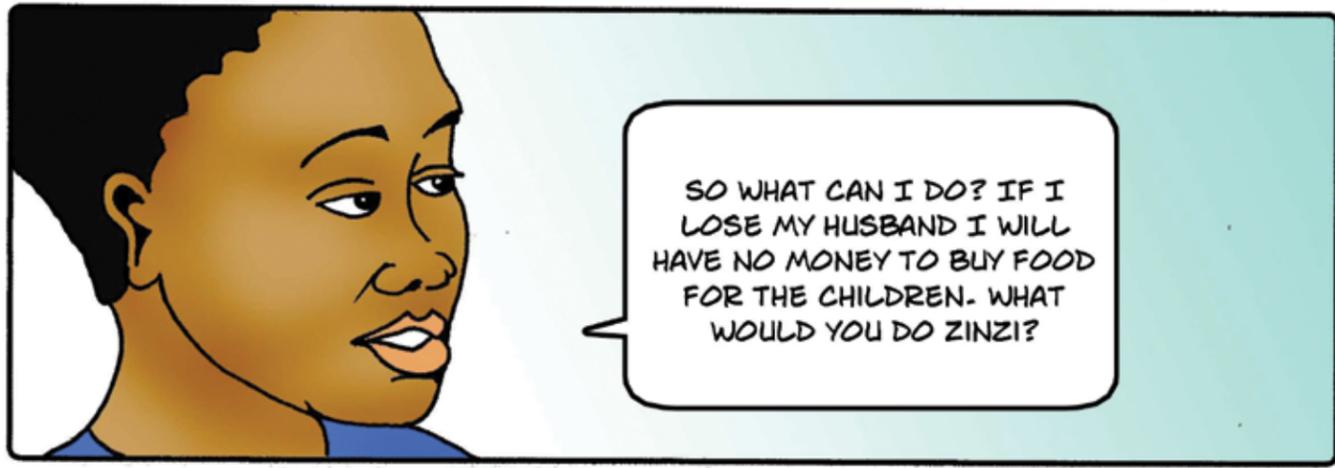
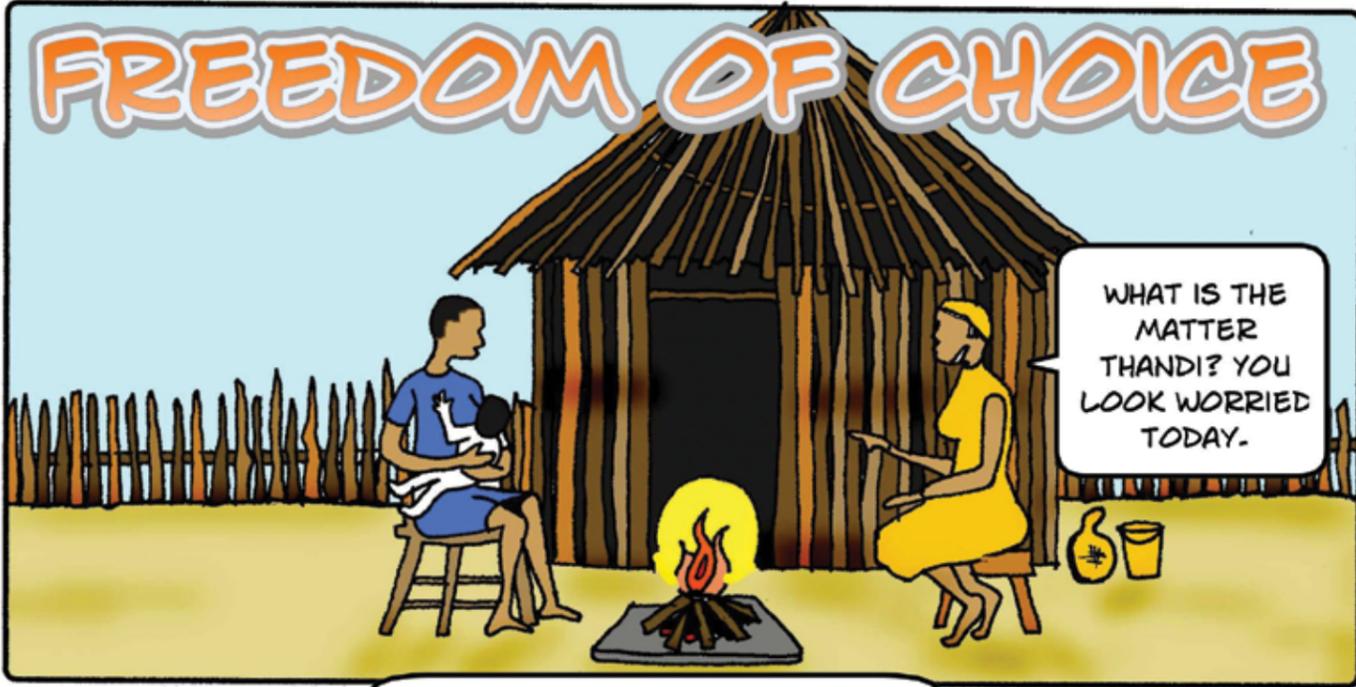
So passionate is she about her work that when one of her patients told her that he could no longer come to

the clinic to get his TB medication because he may lose his job, she immediately sent his boss a letter challenging his attitude. "There is so much ignorance surrounding TB," she says. "It's so important that people understand that when you are on proper medication, you are no longer infectious – that is why employers need to encourage their staff to get tested, not punish them."

Fikile understands what it is like to struggle, having been orphaned at a young age. She also knows what poverty and unemployment can do to families.

Work and her daily commitments haven't stopped Fikile continuing with her training. She has just completed her first year of study at nursing college in order to become a fully-fledged registered nurse. It's about making a difference!

FREEDOM OF CHOICE



SPEAK TO YOUR LOCAL CLINIC OR SOCIAL WORKER IF YOU NEED MORE MORE ADVICE ON WHAT TO DO.

A Guide to

BURNS



The way you act when someone is burnt depends on how serious the burn is.

For Small Burns Where There Is No Blister

Place the burned part of the body in cold water immediately for at least 15 minutes. You do not need to apply anything for this type of burn, as long as there is no blister. Take a mild pain tablet to help with the pain.

For Burns That Cause Blisters

Cool the area immediately with cold water. If there is a blister, DO NOT BURST IT! If it does burst on its own, wash gently with soap and cooled boiled water. If a strange liquid comes out of the burn or there is a bad smell, it means it's infected. Mix 1 teaspoon of salt with 1 litre of water, soak and squeeze a clean cloth in this and carefully clean the affected area with this three times a day.

It's important to keep the burn as clean as possible and to protect it from dust, dirt and insects to prevent infection!

For Deep, Serious Burns

When the skin is destroyed, or bones are exposed from a burn, it is always serious and should be treated by a health worker immediately. If the burn is caused by boiling water, oil or chemicals, use a clean cloth or towel to prevent the burn sticking onto the skin. Try to carefully remove any piece of clothing but do not force it, this will cause more damage! Go to a clinic immediately.



A person who has been badly burned can easily go into shock, because of the loss of liquid from the burn – give them plenty of water.

DO NOT APPLY BUTTER, OIL, CREAMS OR COFFEE ON A BURN! YOU CAN USE HONEY ON A BURN, THIS WILL PREVENT INFECTION AND WILL HELP WITH THE HEALING.

Remember!

- Paraffin is poisonous and can cause serious illness, even death if swallowed
- It can burn the skin even when it's not lit
- If mixed with other things like petrol, even a small amount, it can explode - **NEVER SMOKE NEAR PARAFFIN!**

How can you prevent paraffin accidents

Never leave a paraffin stove alone. Always have a bucket of sand nearby. Water will not put out a paraffin fire – it will only make it worse by spreading the flames.

Treatment for paraffin burns:

A person on fire should drop and roll on the ground to put out the flames. Running around will only make it worse. Get to a doctor, clinic or hospital immediately.

DANGERS OF PARAFFIN

- Do not leave children alone and make sure they understand that paraffin is dangerous
- Never store paraffin in a used milk or cool drink bottle as a child could mistakenly drink it.
- Make sure that there's enough fresh air to prevent children breathing in dangerous fumes
- If a child accidentally swallows paraffin, do not give them anything to eat or drink. Get them to a clinic or hospital immediately
- Never try to make someone who has drunk paraffin vomit.
- This could force the paraffin into the lungs and cause serious damage

PRADER-WILLI SYNDROME

Misunderstood Because It Is Often Not Diagnosed

Imagine feeling hungry all the time! People with Prader-Willi syndrome consistently battle with a hungry feeling everywhere they go ... which can result in life-threatening obesity. If their condition is not recognised and managed, they can go through life misunderstood, called names and pushed aside from living a full life.



What is it?

Prader-Willi syndrome is a genetic disorder, which means a person is born with it. It affects around about 1 in 10 000 to 1 in 15000 births, both male and females of all races. Neither parent is to blame, and it can occur in any family – though normally only one child is affected.

Symptoms

- Reduced or no movement in the womb before child birth
- Baby very floppy at birth, struggles to survive
- Baby has a weak cry and feeding difficulties
- Underdeveloped genitals

In an older child:

- Short growth, small hands and feet
- Delays in developing e.g. sitting, walking, and talking.
- Increased appetite and excessive weight gain from 2 to 3 years of age
- Craving and always interested in or looking for food
- Behavioural problems with temper tantrums - mostly about food
- Intellectual and learning differences

There is no cure for the disorder.

However, early diagnoses and the correct management of the syndrome are very important. In order to stop obesity, the constant management of food intake, eating habits and exercise are very important. With better management and understanding, people with Prader-Willi syndrome are now living well beyond middle age and contribute many skills to their communities.

The Prader-Willi Syndrome

Association of South Africa was founded in 1990 and is aimed at providing information and emotional support on the syndrome. Anyone is

welcome to become a member of the association.

If You Suspect Your Child Has This Syndrome

Speak to your local health worker or clinic about getting a correct diagnosis for your child's ongoing health.

For Further Information, Please Contact:

E-mail: chairperson@praderwilli.org.za

www.praderwilli.org.za

PWSA (SA) ON 031 767 4493

Nonprofit Organisation no. 035-837- NPO

PBO Exemption no. 930 016 853



With the correct management, children can live a healthy, happy life.

Traditional Medicine

Healing the Nation



Traditional healers are usually the first point of call for the majority of South Africans, with up to 80% of South Africans turning to them for help and advice with all kinds of problems, including health. Our traditional healers build a relationship of complete trust and understanding of the problems experienced by those in the community, yet their profession is still not respected in the same way that western medicine is. **Dr Sandile Tshabala, manager of traditional medicine for KZN Health,**

makes the point that it's time to respect our sangomas for their profession and service they provide.

Ezempilo Health Matters (EHM): How can traditional medicine co-exist with modern medicine?

Dr S Tshabalala (Dr T): Their co-existence can happen as long as we accept that both institutions are here to stay and have an impact on the lives of all of us. If we develop a relationship between the two (traditional and modern) institutions, co-existence will benefit all of us.

EHM: Traditional healers form a very important part of our health sector, do you think they receive the same recognition from the medical profession?

Dr T: Traditional health practitioners are not well understood by the governors of the medical profession due to the misunderstanding of the whole traditional health institution and the secrecy associated with it. The department is working towards ensuring that they contribute to the achievement of a LONG AND HEALTHY LIFE FOR THE KWAZULU-NATAL POPULATION and are better understood for the benefit of all.

EHM: When faced with a medical problem, how can someone make a decision on whether to go to a traditional healer, which is an important cultural feature, or whether to go to a clinic?

DR T: Choosing which service provider to use depends on an individual's knowledge and understanding of their illness and therefore the source of help. Acceptable family and immediate community practices will have an influence as well. The vicinity of the service provider and their reputation plays a role as well. All these are taken into account when people choose where to access health services. People should go to clinics for general check-ups. PREVENTION IS STILL BETTER THAN CURE, before they get sick. They will be examined for free. This includes HCT, cervical cancer screening and other illnesses.

EHM: What is the role of traditional healers?

DR T: Traditional health practitioners are divided into diviners (izangoma and abathandazi), healers (izinyanga) and traditional midwives. All these categories do different things relative to people's lives. Each category has its own role. They can assist the department in reducing the impact of HIV/AIDS, TB, reduce child and maternal mortality and other illnesses, hence we work closely with them. The Department will also start training traditional healers on testing for HIV and counselling, which will assist in this area a great deal.

EHM: There are so many traditional healers out there, how do people know which ones are genuine. Can they trust those that advertise randomly in papers etc?

Dr T: Among other things, we introduce regulations and policies in this important institution. From then, it will be possible to manage the criteria of recognising and accepting a person as a THP. This regulatory framework will be decided by a committee that seeks to formulate policies on THPs. This committee has in it at least 22 THPs from the whole province.

EHM: What would you like people to know about traditional healers and how they fit into the health sector?

Dr T: THPs are here and have their role. Some of our modern medicines were formulated from the traditional medicines. Some people use them and get the help they need. Let us try to understand them like we have tried to understand the modern medicine practices and respect traditional healers and their professions in the same way many people respect western medicine.

EHM: Can they replace doctors?

Dr T: Traditional healers have their role and they have their limits. They may be treating the same patient but there is no way they can replace doctors, or any health care worker for that matter, but they can co-exist with them.

EHM: What can a traditional healer NOT do?

Dr T: Traditional healers are normal people who can do anything. Well-trained they, can do all things that health care workers can do. Medically speaking, I am certain they do not operate. Traditional medicine and THPs are part of every community; African countries, India, China and other countries have them and embrace them. As a country, we need to access their skills to ensure our achievement of a LONG AND HEALTHY LIFE FOR ALL SOUTH AFRICANS.





After

Baby Comes Home

You've waited nine months, and now, baby is here. You've suddenly become a mom. There is no "school for moms". You learn to trust and listen to that inside voice they call maternal instinct. Still, it's important to keep track of baby's progress, so that you will know when something is not right.

Observe the baby's general condition: colour or the baby's skin/nails. Is baby warm? A pinkish colour means baby has good oxygen and blood supply. Observe the following in baby:

- Movement of the body and limbs – indicating good muscle tone

- Position when at rest and sleep
- General condition of the skin
- Chest movements while the baby sleeps – grunting and fast breathing.
- Listen to baby's cry – you will soon recognise the different type – when he/she needs a nappy change, hungry, in pain or just wants to be cuddled.
- Observe his/her feeding.

Keeping baby warm

- It is not necessary to bath the baby immediately after birth, unless the baby has been messed while passing stool.
- It is more important to keep the baby warm.
- If it's not possible to warm the

room, keep baby close to you so that baby feels your skin and can keep warm this way.

- This method of care will increase the child's temperature and will allow you to have better control over the care of baby.
- It also improves bonding and feeding.

Hand washing and personal hygiene:

- Hand washing is very important, especially after going to the toilet, changing baby and before preparing food.
- Hands should be washed under running water
- Keep yourself and the baby clean to prevent disease and contamination.

Umbilical Cord Care

At birth the umbilical cord is clamped with a cord clamp and cut.

- The cord and clamp is placed outside the nappy and is cleaned twice a day, from the bottom with surgical sprits on cotton wool. Simply give it one wipe up and throw the cotton wool away then the other side with another cotton wool. This will ensure that the cord dries out and does not become infected.
- The cord will eventually fall off, which is normal.
- Contact your clinic if you notice any kind of liquid coming out from the bottom of the cord.

Infant Feeding:

- Breast milk is always best for the newborn baby.
- Baby will sleep most of the day, but when he/she wakes up she will want to feed, up to 8 times a day.
- Try to sit correctly during feeding so that your baby can feed the correct way, otherwise baby will not get enough milk.
- Feed baby until she/he doesn't want anymore.
- It may hurt the first time, but as

the baby sucks regularly, the pain will lessen and you will get used to breast feeding.

Post natal visit:

- It is important to go to the clinic within 3-6 days after you have been discharged, for both mom and baby.
- Breast feeding assistance can be given: attachment and positioning is corrected and nurses can help you with advice on any concerns you have in feeding and caring for the baby.

- You may also want to complete any treatment like STI (Sexual Transmitted Infection) management.
- Antiretroviral medications prescribed for the baby will be monitored to see that it's given correctly.
- Contraception can be discussed especially as you return to a normal sex life and do not want to have children immediately.



HOPE FOR HIV POSITIVE BABIES – NEW PLAN STARTS NEXT MONTH!

HIV-positive babies will have an improved chance of survival, under new government plans which begin next month.

All children living with HIV under one year of age will receive treatment as soon as they are diagnosed, and will no longer have to wait until the cell count is at a certain level. This means a better chance of survival, and will also reduce the high death rates of babies in KZN. The Department of Health is encouraging pregnant women and mothers to go for regular checks at their clinic with the babies to ensure that both mother and child can be tested, treated and have a better chance of survival.

YOUR BABY DESERVES A CHANCE – VISIT YOUR CLINIC FOR FURTHER ADVICE

MARCH: Awareness Days



International Women's Day 10 March

One hundred years ago, on the first International Women's Day women around the world took to the streets to demand basic rights, including the right to vote, the right to equal wages, and the right to an education. That passion for basic rights still shines strongly in South Africa as it does in other parts of the world. The question each year is how can we build on those achievements? What freedoms do we want women to enjoy 100 years from now?

World Kidney Day 10 March

There have been reports about people selling their kidneys in some private hospitals. This is not only illegal but very dangerous. Your kidneys are important as they control the salt and water in your body so that your blood pressure remains the same and your heart works normally. Protect your kidneys and save your heart! Don't sell your kidneys!

World Head Injury Awareness Day 20 March

Whether it's a mild bump on the head or a severe brain injury, the Day reminds us on how we should remember to wear a seat belt at all times when travelling in vehicle and a helmet when riding a bicycle. A simple action like wearing a seat belt can save your life – and prevent severe head injuries, so buckle up!

Human Rights Day 21 March

51 years ago on this day thousands

of people took to the streets to protest peacefully in Sharpeville, Gauteng, against the Apartheid regime and the laws that forced every black person to carry a pass book. The response of the government of the day was to open fire in cold blood – killing 69 people and injuring 180 others. This day is commemorated each year to remember the heroes of that day who sacrificed their lives for the freedoms we have today. The right to health is a human right and on this day, we remember those whose lives were lost so that these rights can be enshrined in what is today known as the Bill of Rights.

World Down's Syndrome Day 21 March

Down's Syndrome is a lifelong condition that causes learning and development delays. It is usually diagnosed after baby's birth, when it is discovered that a baby has an extra chromosome (an organized structure of DNA and protein that is found in the cells in our body). Although there is no cure for Down's Syndrome, people with the condition can be supported to live a happy and independent life.

World TB Day 24 March

This day is about building public awareness that TB still remains an epidemic around the world. It was also on this day in 1882 when Dr Robert Koch announced that he had discovered the cause of tuberculosis, the TB bacillus. His discovery

opened the way towards diagnosing and curing TB. The message today is that TB can be cured

World Salt Awareness Week 21 – 27 March

The theme is 'Salt and Men's Health'. Why? Because research shows that more men prematurely die of heart disease than women. The research shows that men eat more salt than women and on average have a higher blood pressure than women, particularly at a younger age. So watch the salt!

Drinking unclean water could lead to diseases such as diarrhea and cholera which can get worse if left untreated. If you do not have access to water except a river or a stream, it's important to clean the water in the following way before drinking it:
Boil the water for ten minutes or add 1 teaspoon of bleach to 25ltrs of water. Allow the water to stand for two hours or in direct sunlight for at least six hours in a clear container, shaking it every hour. If you get sick from drinking unclean water, it is important to make the following solution and drink this until you feel better or can get to your clinic: Mix 8 teaspoons of sugar, 1/2 a teaspoon of salt and 1 Litre of safe water.

Always remember to wash your hands properly – it can help reduce the spread of germs and other diseases by up to 75%!

COMMUNITY IN ACTION



eThekweni TB testing



MEC joins the action



MEC on his way to Nkandla Hospital



MEC Dhlomo lending his ear and a hand to the elderly



eThekweni Municipality's Head of Health congratulates youth on their achievements in the construction sector.



Stop TB walk PMB

FIGHT
AIDS

HIV AND TB

What is the link?

Having TB does not automatically mean you have HIV or AIDS. However, having HIV means you are more likely to develop TB due to a weaker immune system. If you are HIV positive your CD4 count must be checked to see how strong your immune system is and whether you need ARVs or not.

Throughout the world TB is the most common cause of death in people with HIV – that is why it is important to get tested for TB – TB can be cured even if you have HIV or AIDS. The earlier it is detected, the better your chance of survival if you complete your course of medication.

If you are worried, a test can put your mind at rest and help you with your health choices. If you test positive you can take a number of steps to manage your health and protect those you are sexually active with.

***GET TESTED FOR HIV TODAY!
COMPLETE YOUR TB TREATMENT***



PREVENTION IS CURE!

