

HEALTH MATTERS

Ezempilo

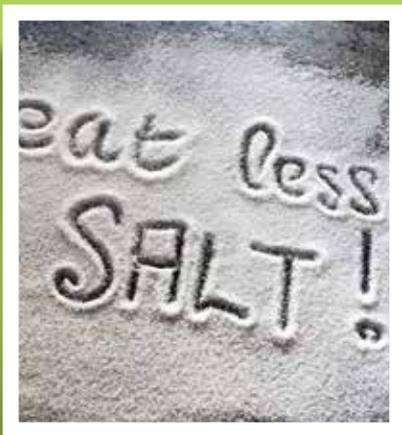
FREE

EDUCATE || INFORM || EMPOWER

MARCH • 2013



TB
GET CURED



SALT
HOW TOO MUCH
CAN KILL YOU



MEC DHLOMO: health care with compassion



health

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Health
PROVINCE OF KWAZULU-NATAL

Fighting Disease, Fighting Poverty, Giving Hope

IMMUNISATION:
SAVING YOUR
CHILD'S
LIFE



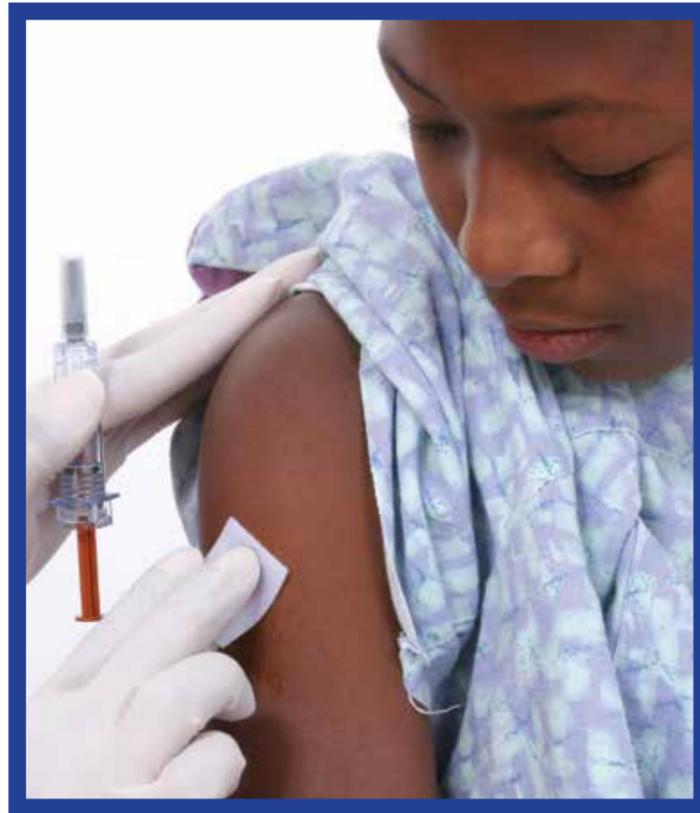
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INFLUENZA VACCINATION CAMPAIGN

WHO QUALIFIES AS “HIGH RISK”?

- All pregnant women.
- Children aged between six months and five years.
- People living in old age homes or other institutions.
- People who are 65 years old and over.
- Children aged six months to 18 years receiving long term aspirin treatment.
- People with asthma, cardiovascular diseases, diabetes and tuberculosis.
- People with any other chronic disease such as kidney or liver failure.
- People who are living with HIV and AIDS.



DATE:

4 March 2013 to 19 April 2013

PLACE:

At your nearest Clinic

SILWA NEZIFO, SILWA NOBUBHA, SINIKA ITHEMBA

Message from



**Dr Sibongiseni Dhlomo,
KZN MEC for Health**

The month of March is TB Awareness Month. Tuberculosis, like any other disease, is a threat to the wellbeing of our communities. In 2011, KwaZulu-Natal had TB incidence rate of 1,090 per 100,000 population (KZN DoH 2012). As the Department continues in its mandate of providing quality health care services to all the people of KwaZulu-Natal, its continued investment in infrastructure, human resources and medication in the treatment and management of Tuberculosis in the Province cannot go unnoticed.

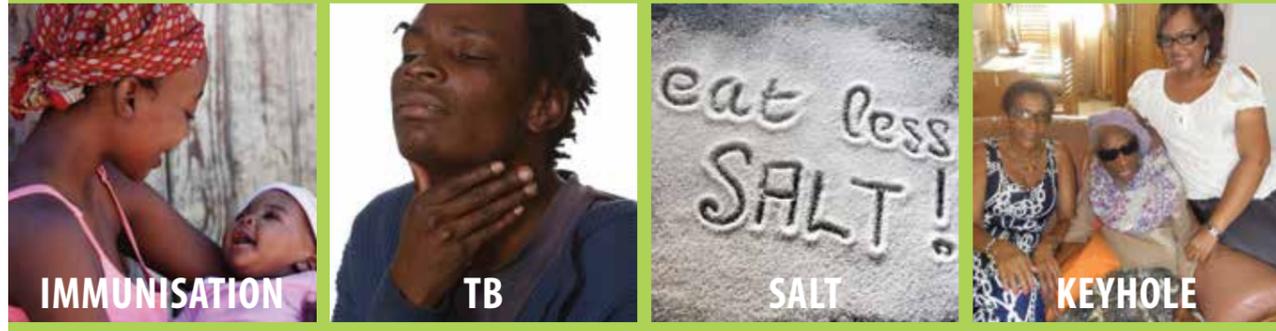
To date, TB services in KwaZulu-Natal are accessible and available in all public health facilities. All 779 health facilities provide integrated or collaborated TB/HIV services. The Province has successfully implemented the decentralised management of TB/DR-TB/HIV in order to bring services closer to the communities. Currently, the Province has seven decentralised MDR-TB management sites and one centralised site. As part of the implementation of community based TB/DR-TB/HIV management, the Department has established 97 outreach teams throughout KwaZulu-Natal. This community based initiative has enhanced community involvement in the detection and management of TB/DR-TB/HIV.

The Department continues to implement intensified case finding strategies, which include amongst others; door to door TB screenings, TB screenings as part of HIV Counseling and Testing. Great improvement has been achieved in the treatment of Tuberculosis; whereby we are noting an increase in the treatment success rate. With the availability of the GeneXpert machines, we are able to fast-track TB testing processes, as these machines produce very fast results. With the normal testing, results can be available up to a few days; whereas with the GeneXpert machine, results can be available in two hours. Seventy three of these machines have been allocated to KwaZulu-Natal and thirty two of those are already installed throughout the Province.

The Department is committed and will continue to improve the quality of health care services to the people of KwaZulu-Natal through continuous formulation and implementation of strategies and programmes aimed at combating Tuberculosis and other diseases. This calls for each and every person to stand together in the fight against Tuberculosis. Any person can be at risk of contracting this disease. We all have a responsibility for our health and to clearly know the signs and symptoms of TB forms part of that responsibility.

TB can be cured, get tested today!

inside



- ... **IMMUNISATION**
Protect your child against childhood diseases
- ... **TB AWARENESS**
Get treated, get cured
- ... **SALT**
How to tell if you're having too much
- ... **COMICS**
School health awareness
- ... **KZN NEWS**
MEC Dhlomo launches healthy lifestyle campaign
- ... **GLAUCOMA**
Leading cause of blindness, how to prevent it
- ... **MARCH**
Awareness Days
- ... **KEYHOLE**
MaNkutha, An Angel of mercy

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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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VIOLENCE AGAINST WOMEN AND CHILDREN



IMMUNISATION SAVES LIVES...

IT'S FREE AND SAFE AT ALL STATE HEALTH FACILITIES

Many children die before they turn five, mostly because they have not been immunised against childhood diseases. For this reason, the Department of Health in KZN continues to drive the message encouraging all mothers to make sure that their children receive the vaccinations on a regular basis. It strengthens your child's immune system to help fight off germs that may cause diseases like polio, measles, hepatitis B, diphtheria, tuberculosis (TB) and meningitis.

Who needs to be immunised?

Newborn babies and children up to the age of 5 years. As a parent it's your responsibility to make sure that you take your child to your local clinic to be immunised at the right time. A record of this is requested when applying for school registration or social grants, and your health worker will issue you with a card soon after you give birth when you are discharged.

The card has a "Road to Health Chart" that will tell you when your child must have the next immunisation, so it's important to keep this card safe as health workers will need this information when you take your child for their next visit.

STEPS TO FOLLOW

- Visit your local clinic.
- Fill in a form/card if you are a first time visitor. If it's not your first time, make sure you take your health card with you.
- Let the nursing sister know your child's age and history of immunisations.
- The nursing sister will take your child's weight, length and the head size to check if your child is growing at the expected rate.
- The child will be immunised according to their age.
- You will be advised on how to handle the child's reaction to the vaccine (they sometimes develop a fever from the vaccine and it is advisable to inform the nursing sister if your child is allergic to eggs).
- You will then be given the date for the next immunisation.

Remember it's free at all state health facilities, so give your child the best protection against childhood diseases. Their health depends on you, be sure they get the complete series of vaccines they need, on time, every time.



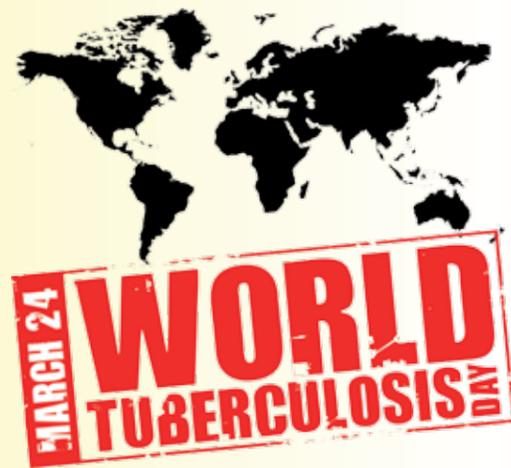
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TB



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 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 or 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.

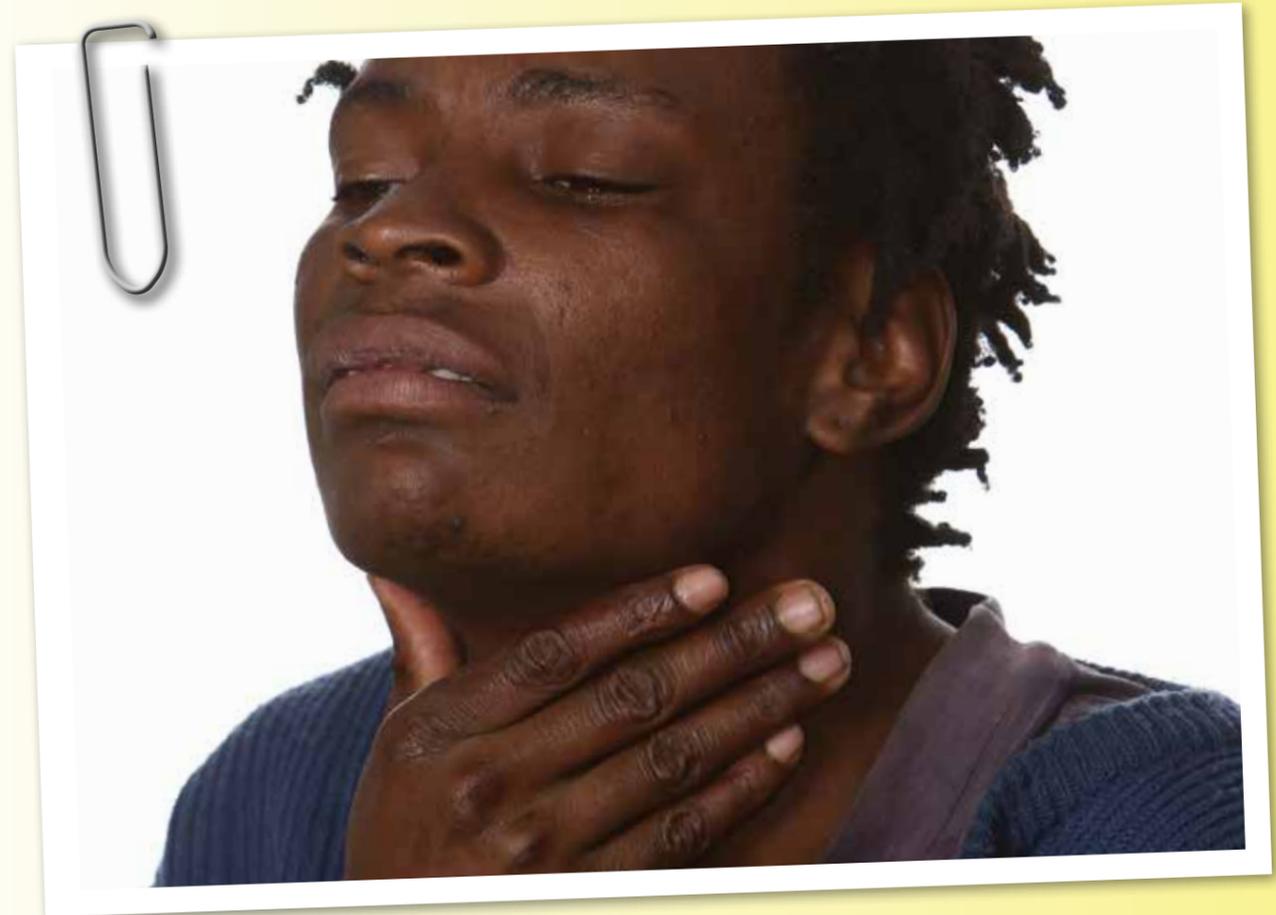
HOW DO I TAKE MY MEDICINE?

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 of each 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.

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.

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.



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

HOW WOULD YOU KNOW YOU'RE EATING TOO MUCH SALT?



Most of us can't eat food without salt. Even though canned foods already have salt, for many of us, we just have to add more salt. But, that's about to change. National Health Minister Aaron Motsoaledi is finalising plans to make sure that suppliers use less salt in the foods we buy. This includes bread, snacks, dry soups, gravy and so on.

WHY? BECAUSE AS SOUTH AFRICANS WE ARE EATING TOO MUCH SALT!

WHAT THIS MEANS

Eating more salt than needed is dangerous because it leads to high blood pressure, heart disease and weaker bones. Already 6.3 million people in the country have high blood pressure and you could be one of them without even realising it. So use the following guide to see if you are having too much of salt and try to cut back before it's too late:

EXTREME THIRST

A common sign that your body is having too much of salt – especially if you get thirsty after eating salty foods or if you wake up thirsty in the middle of the night or in the morning. Make a note of this and if it continues you need to see your health worker who will advise you on how you can change your diet before it starts affecting your health.

BLOATED FEELING

Your stomach will feel bloated (a full, uncomfortable feeling) if you've had too much salt as this is a normal side effect.

HIGH BLOOD PRESSURE

This is one of the main (and most threatening) signs of too much salt and this could put you at risk of other diseases, including heart disease and stroke. When your kidneys can't get rid of the extra salt it puts it into your blood stream. When this happens, your blood volume increases raising your blood pressure. Go for regular blood pressure checks at your clinic so that you can take action.



OSTEOPOROSIS (WEAK BONES)

Another dangerous effect of too much salt is the risk of developing osteoporosis. This is when your bones are already becoming weak and brittle. Salt weakens the bones and interferes with your body's ability to take in calcium—an important vitamin for healthy bones. Cut back on salt now before your bones are affected!



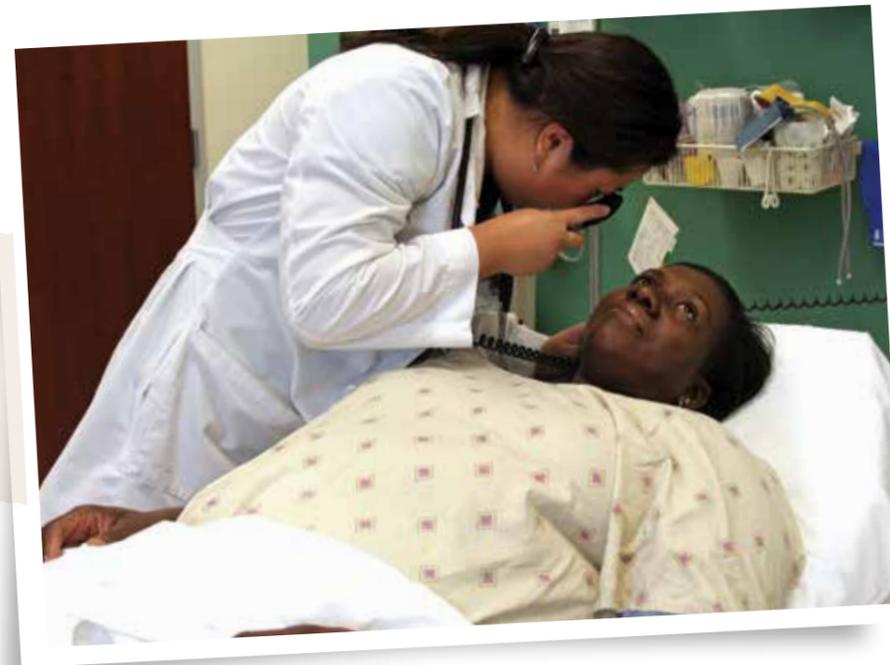
Cook your food at home, reduce junk food, encourage your family to eat fresh, healthy food and avoid using canned food where possible! And don't forget – drink plenty of water to help flush out extra salt from your system.



CHRONIC GLAUCOMA

DON'T LOOK AWAY!

Chronic glaucoma is the second leading cause of blindness in South Africa and affects mainly rural South Africans over the age of 40. Even if you are not yet 40, educate yourself on the disease so that you can do something about preventing it.



TIP

When cooking eggs:

Overcooking eggs destroys the vitamins that help the health of your eyes. Rather eat soft boiled eggs instead!



WHAT IS IT?

Glaucoma is a result of too much of pressure in the eye. In chronic glaucoma the pressure in the eye rises slowly and there is usually no pain. Vision is slowly lost starting from side and you may not even notice that you are starting to lose your eyesight.

CAN I PREVENT IT?

The best prevention is to go for regular eye tests at your clinic or hospital which offers this service for free. If discovered early, treatment with special eye drops may prevent blindness. Your doctor will advise you if you need eye surgery. People over 40 or those with family history of glaucoma should have their eye pressure checked at least once a year.

EATING FOR EYE HEALTH

Try eating more of these foods to help improve your eyesight:

1. Green leafy vegetables like spinach.
2. Reduce your sugar. Diabetes can increase the risk of glaucoma in women, so cut back! Watch your weight, as being overweight can also increase your eye pressure, leading to glaucoma.
3. Try to avoid red meats such as beef and lamb. Try to more fish instead.
4. Eat more dark berries every day as well as orange and yellow fruits and vegetables like carrots, peppers etc.

If not treated soon, serious glaucoma can cause blindness within a few days, and surgery is often needed. So don't delay, get your eyes tested and take steps to prevent the disease.

School Health Week



GOOD MORNING, TEACHER.

SOON IT WILL BE SCHOOL HEALTH WEEK. SO WHAT I WANT TO KNOW FROM YOU IS WHETHER YOU KNOW WHAT GOOD HEALTH MEANS? WHO KNOWS?



CLEANING YOUR TEETH.



WASHING YOUR FACE EVERY DAY.

EATING THE VEGETABLES THAT GOGO GROWS IN THE BACK YARD.



VERY GOOD CLASS. GOOD HEALTH BEGINS WITH PREVENTING DISEASE BEFORE IT STARTS. AN EXAMPLE OF THIS IS WASHING ONES HANDS BEFORE YOU TOUCH FOOD. THIS CAN REDUCE DISEASES BY 75%.



IF EVERY PERSON IN THE COMMUNITY DID SOMETHING TO PREVENT DISEASES THEN THE WHOLE COMMUNITY WILL BE MORE HEALTHY. A HEALTHY COMMUNITY WILL MEAN THAT FEWER PEOPLE WILL GET SICK AND THIS MEANS FEWER PEOPLE WILL NEED TO GO TO HOSPITALS. THIS IS CALLED PRIMARY HEALTH CARE AND IT WILL BE HOW OUR NEW NATIONAL HEALTH INSURANCE SYSTEM WILL WORK.



OUR GOVERNMENT IS GOING TO CHANGE HOW WE LOOK AT HEALTH FROM JUST CURING DISEASE TO PREVENTING IT IN OUR COMMUNITIES.

DOES THIS MEAN OUR PARENTS WILL HAVE TO WORK HARDER TO PAY MORE?



NO, BECAUSE IT WILL BE FREE AND EVERYONE WILL HAVE EQUAL RIGHTS TO USE HEALTH SERVICES.



BUT FIRST, IT MUST BEGIN WITH YOU IN YOUR HOME.



I WILL MAKE SURE THAT MY BROTHERS AND FRIENDS PRACTICE HEALTHY HABITS. I'LL ALSO TEACH THIS TO THE FRIENDS I PLAY WITH.

YEBO, ME TOO. HOW CAN I BE HEALTHY IF MY NEIGHBOUR COMES TO VISIT ME AND PASSES DISEASES ON TO MY FAMILY? WE SHOULD TEACH EVERYONE HOW IMPORTANT IT IS FOR US TO WORK TOGETHER TO BUILD A HEALTHIER COMMUNITY.

KZN HEALTH



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NEWS

Fighting Disease, Fighting Poverty, Giving Hope



From Left: Dr Dhlomo with Chairperson of the Clinic Committee Mrs Busi Buthelezi, District Manager of Uthukela Mrs Thandeka Zulu and staff at the clinic.

HOSPITALS RECOGNISED FOR OUTSTANDING SERVICE

KZN Health MEC Dr Sibongiseni Dhlomo understands the importance of rewarding achievements in his sector and recently paid tribute to five hospitals for their excellent service under the Service Excellence Awards. The program encourages effective service delivery to communities as part of government's commitment to improve service delivery in line with the principles of Batho Pele (putting people first).

In line with this, the following hospitals received service excellence awards from the KZN Department of Health:

- Charles Johnson Memorial
- Benedictine
- Christ the King
- Mseleni
- Mosvold

Mosvold Hospital was hailed as the top achiever, while the UMkhanyakude District stood out for having two hospitals that have been receiving the award for the past three years.

"We thank staff and management of the hospitals for their hard work and recognize that without them none of this would have happened," - said uMkhanyakude District Leader Mrs Makhosazane Themba who accepted the awards.



KZN HEALTH



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NEWS

Fighting Disease, Fighting Poverty, Giving Hope

MEC DHLOMO FAST TRACKS HEALTHY LIFESTYLE

As a nation we are becoming unhealthier and this means more diseases in future. With KZN already being the province with the highest rate of diseases, KZN Health MEC, Dr Sibongiseni Dhlomo launched the Healthy Lifestyle Campaign earlier this year at Grey's Hospital in Pietermaritzburg.



Healthy Lifestyle Means Longer Life

The aim of the campaign is to raise awareness on the dangers of unhealthy eating habits and lack of exercise and that's the message being taken by Dr Dhlomo and his health team to all government hospitals and health workers across our province. Addressing communities in eThekweni, MEC Dhlomo stressed the importance of education and healthy diets. Following his drive for a healthy lifestyle, MEC Dhlomo along with local stakeholders led a march to speak out

against the rising rates of violence and rape in society - especially against the elderly and children.

KZN Department of Health will be increasing its campaigns and awareness on violence, especially against vulnerable members of our communities and would like to encourage everyone to speak out. It's time to bring back uBuntu - it's the only way to ensure future generations lead with moral values.

MARCH AWARENESS DAYS

National WORLD TB DAY

This day is about building public awareness that TB still remains an epidemic around the world. The message today is that TB can be cured. Read more in this issue.

MARCH
24



SCHOOL HEALTH Week

March 4 - 8

This week is aimed at raising awareness that health education in schools. The KZN Department of Health runs several health promoting schools which encourage school staff, families and learners to share information and take responsibility for their health as a community. This includes sexual responsibility and ways schools can help in educating the broader community on disease prevention and healthy lifestyles.

International Women's Day

MARCH
8



“Maternal health reflects the level of social justice and the degree of respect for women's rights in a democratic society”
– KZN Health MEC, Dr Sibongiseni Dhlomo.

One hundred and one years ago, 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. This day became known as International Women's Day. The question each year is how can we build on those achievements? MEC Dhlomo recently started a campaign to fight against rape and abuse of women and has called on everyone to add their voice to the fight. It's time for all of us to join hands and support this campaign. Only then can we stop violence against women and children.



WORLD SALT AWARENESS WEEK

March 11 - 17

South Africans eat too much salt. This means we will have more people suffering from high blood pressure than ever before. Already Health Minister Aaron Motsoaledi is finalising rules to reduce the salt in our canned foods and is encouraging all South Africans to eat less salt. Use this week to start cooking with less salt and see the difference in your family's health!

WORLD DOWNS SYNDROME DAY

MARCH
21

Downs Syndrome is a lifelong condition that causes learning and development delays and is usually diagnosed after baby's birth. Although there is no cure people with the condition can be supported to live a happy and independent life.

HUMAN RIGHTS DAY

MARCH
21

52 years ago on this day thousands of people took to the streets to protest peacefully in Sharpeville, Gauteng, against Apartheid. The government responded by shooting dead 69 people and injuring 180 others. This day pays tributes to those who sacrificed their lives on that day for the freedoms we have today in our Bill of Rights.

MARCH
14



WORLD KIDNEY DAY

Did you know that kidney infection is more common in women? In fact, women are six times more likely to get a kidney infection than men. That's because it's easier for bacteria to enter a woman's body and affect their kidneys. Younger women who have sex often and pregnant women are most at risk. The most important tip to prevent kidney infection is to drink plenty of water!

WORLD GLAUCOMA WEEK

March 10 - 16

Glaucoma is the second leading cause of blindness in South Africa and this week is used to raise awareness on the issue. A recent study showed that people who ate right showed an improvement in their glaucoma condition too. Read our guide in this issue.

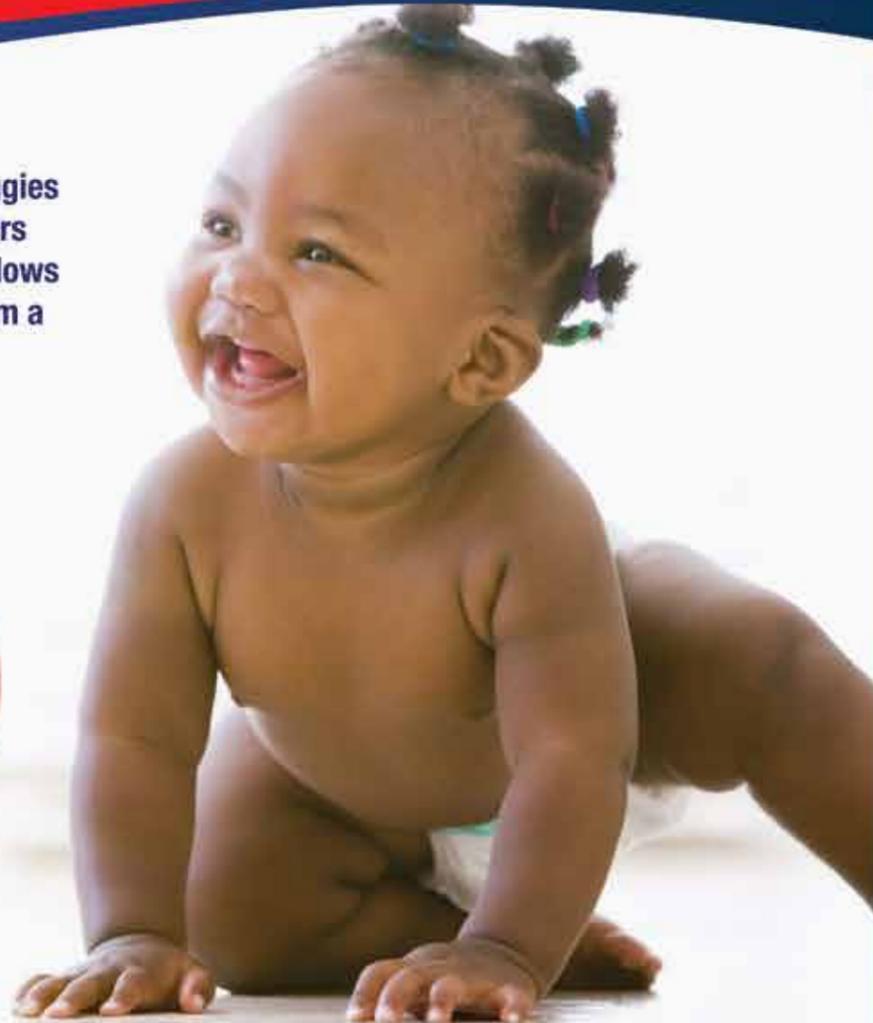
World Head Injury Awareness Day

MARCH
20

More than 89,000 new brain injuries are reported around the country each year, most of them involving traffic accidents. This day is dedicated to reminding all of us about safety tips on the road which can save our lives, which includes wearing a seatbelt and not drinking and driving.

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[®]
Disposable Nappies
Dry Comfort[®]

HUGGIES BABY CORNER
Dry Comfort



A restful baby means a happy baby!

There are few things as lovely as a happy, sleeping baby. When mom and baby have a good night's sleep, it means a better start to the day.

That means better sleep for baby and more rest for moms too!

At Huggies[®], we understand that mom's and baby's rest is often disrupted by wet or leaky nappies causing discomfort and restlessness which can be stressful for all. That's why Huggies[®] encourages routine for babies and our dry comfort nappies, especially at night. Huggies[®] Dry Comfort Nappies keep little ones comfortable, thanks to its unique Lock Dry system especially designed to keep baby dryer for longer. Our tried-and-tested leak-proof technology ensures that your little tot's sleep won't be disrupted during the night because of a wet, uncomfortable nappy.



through the keyhole

HENRIETTA MGOBHOZI (UNESI MANKUTHA): A LIFETIME OF SELFLESS DEDICATION

a walking angel...

There are few people in this world that we can look on as walking angels of mercy. People who dedicate their lives to saving others. KZN is fortunate to have one such soul in 98 year old former nurse, Henrietta Mgebhozi from Esidumbini. Ezempilo went to find out more about the woman, fondly known as MaNkutha by locals.

Thirty-two years after leaving her nursing profession of four decades, MaNkutha still talks about the profession with the same passion as if she has just graduated. Born on a farm in the Free State, she learned to speak many languages, thanks to her father who worked as a court interpreter during that time. After completing her nursing and midwifery course at General Hospital in Pretoria, she soon relocated to Catherine Booth Hospital and later Esidumbini after getting married.

A CALLING TO THOSE IN NEED

Hers was a selfless life of dedication. With a distant but sharp memory she recalls performing during operations often beyond her designation. "I saw the need to help my community, so I used my own funds and training to set up a clinic in my own bedroom. I remember using chicken feathers as incubators and tying new born babies' umbilical cords with old linen due to our limited resources. I had to invent a plan or lose precious lives," she recalls, explaining with pride how she also once delivered an infant with a cleft lip and then successfully stitched her up shortly afterwards.

With the health profession often in crisis over resources and budget constraints today, unesi MaNkutha explains how back



Often, she would attend to patients after hours and travel far and wide to deliver babies and tend to the sick that needed her.

HENRIETTA MGOBHOZI

then they coped with what little they had, and had to make do to ensure lives were saved – and they did so for the love of the profession and they saw it as a calling to the sick and needy. **Often, she would attend to patients after hours and travel far and wide to deliver babies and tend to the sick that needed her. This was her calling, her duty and her passion,** she explains.

MaNkutha with her two daughters, Khalelani and Fanekile.

A MOTHERLY WISH

As MaNkutha comfortably sits between two of her four surviving children Khalelani and Fanekile, she looks healthy despite her age – no doubt her years of hard work have paid off. "She is a principled mother who will never compromise her beliefs. Even today, she still insists on healthy food and cleanliness to keep her strong," says Khalelani.

Loved by all those who knew her, MaNkutha remains humble to this day, despite her wealth of experience in the profession, and asked how she wished to be remembered, replies simply: "I want to be recognised for my contribution to humanity and the health profession".