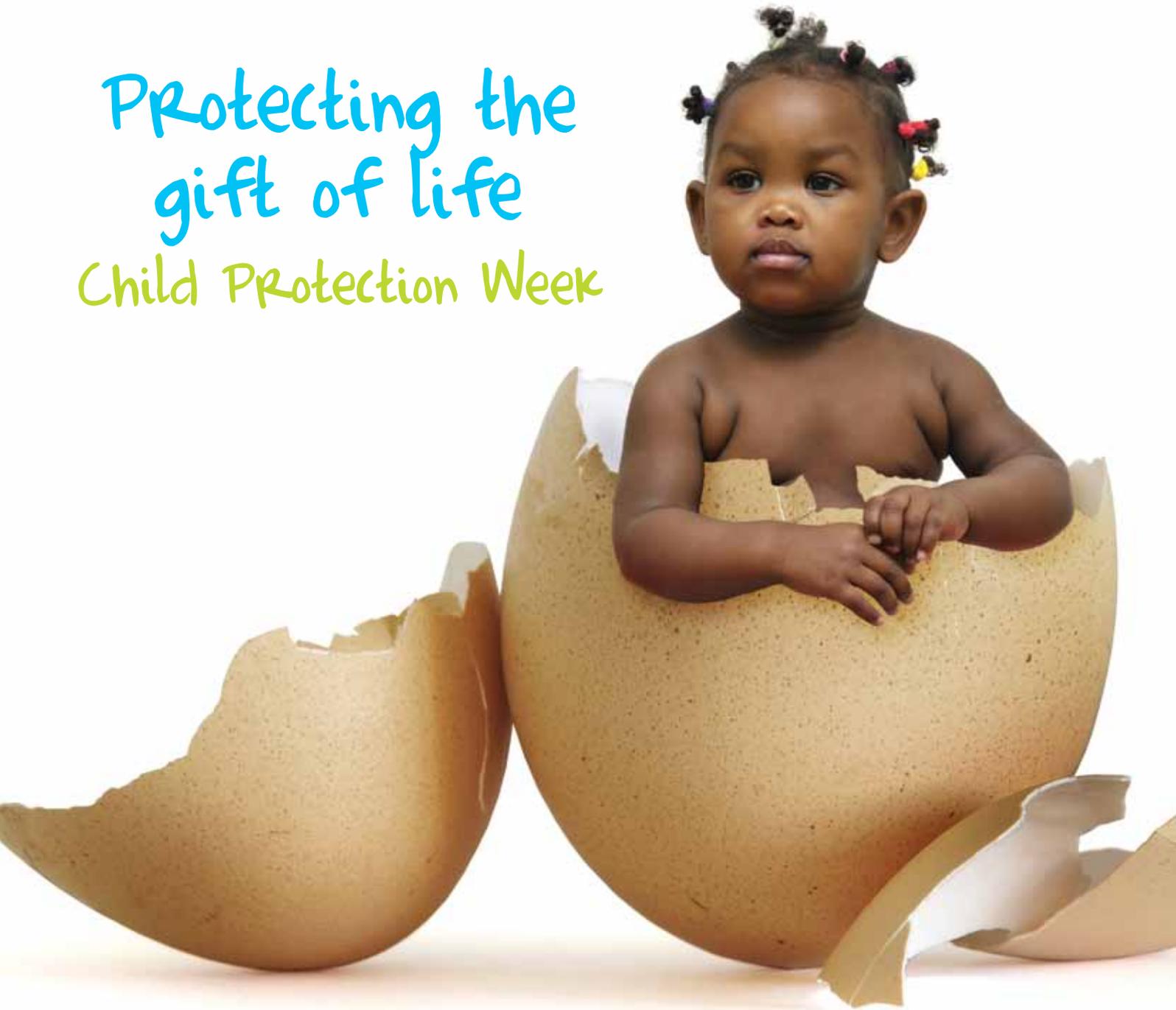


HEALTH MATTERS **FREE** Ezempilo

EDUCATE || INFORM || EMPOWER EDITION 5

Protecting the
gift of life
Child Protection Week



health

Department:
Health
PROVINCE OF KWAZULU-NATAL





Expanding the circle of protection

All children have the right to grow up in a safe and loving environment.

Violence and abuse destroy children's lives. Long after the shouting stops and the bruises fade, the devastating impacts remain.

South Africa has taken a stand against the abuse and exploitation of children - and offenders will be punished.

Keep an eye on children in your community and report any neglect or abuse.

Childline 0800 055 555
The South African Police Service 0860 010 111

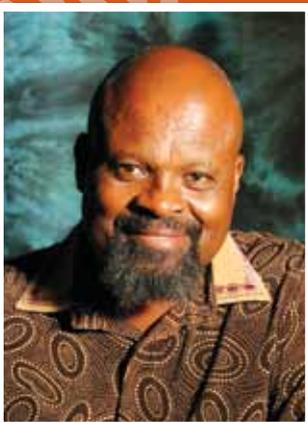
Message from...

KZN Health MEC Dr Sibongiseni Dhlomo

As we celebrate Child Protection week this month, let us bear in mind that children are our legacies. We have a duty to protect them from abuse and a responsibility to ensure that their rights are being respected.

We have come a long way since 1994, and as we come out of our recent local elections, as leaders we know that our mandate is to continue the work that we started with our first democratic elections. Health care delivery is a work in progress, and as a Department we are making progress every month in our “Make me look like a hospital” project. We want mothers and children, men and women to feel that they are in good care the minute they go through the security gate at our hospitals and clinics in KZN. As International Nurses Day is celebrated this month, and the conference of midwives draws to an end, we are aware of the challenges. We know that the pressure to deliver is on us as government, we are aware that pain knows no patience, that people are hungry for better health care - for more nurses, doctors, ARVs, better treatment. We know that health workers want more pay, less hours and more support.

We want all of those too, because we know it will make a difference to service delivery. We also know that we are limited by what we have, and are doing the best we can with the resources we have. Prince Mshiyeni Memorial Hospital celebrated 30 years this month, and it is proof that a lot can be achieved if the staff works together to make the hospital a success. Despite the painful history of the hospital, today it has turned things around, and is delivering a better standard of health care which nobody thought would be possible. It must be commended for its achievements, and thank the community and staff for their support and co-operation in making the hospital look like a hospital. It's not an easy road to improving our health system, and it is not perfect. We have a long way to go, but we are committed to getting there by moving one rock, one obstacle at a time. With the will to succeed, and patience to continue, we will turn this province's health around.



eThekweni Mayor Obed Mlaba

We recently celebrated International Day of Midwives this month, which ended with the signing of a pledge by midwives to dedicate themselves to saving the lives of pregnant women and babies.

The role of midwives in our society is very important, as they welcome the lives of the potential leaders of this country. Midwives offer family planning counselling, care for pregnant women, assist during childbirth and perform many other duties. As government, we are placing great emphasis on improving the healthcare system and ensuring that the rate of infant and maternal mortality is greatly reduced. In this regard, government needs the support of all communities to encourage pregnant women to seek proper health care both during and after childbirth in order to prevent infant mortality. Pregnant women must protect themselves and their babies by not indulging in dangerous activities like smoking and drinking alcohol. Indeed, together we can build better and healthy communities. Together, we can make a difference!

INSIDE

- INTERNATIONAL DAY OF ACTION FOR WOMEN'S HEALTH
- CHILD PROTECTION WEEK
- PRINCE MSHIYENI MEMORIAL HOSPITAL
- CELEBRATING 30 YEARS
- TAXI COMIC - RIGHTS OF COMMUTERS
- INTERNATIONAL NURSES' DAY
- WORLD MOVE FOR HEALTH DAY
- ANTI SMOKING DAY
- THE MONTHLY GUIDE - TEETH, GUMS AND MOUTH
- MALE CIRCUMCISION - NOT JUST A MAN'S RESPONSIBILITY
- MONTHLY AWARENESS DAYS
- COMMUNITY IN ACTION
- THROUGH THE KEYHOLE

With thanks from the following contributors:

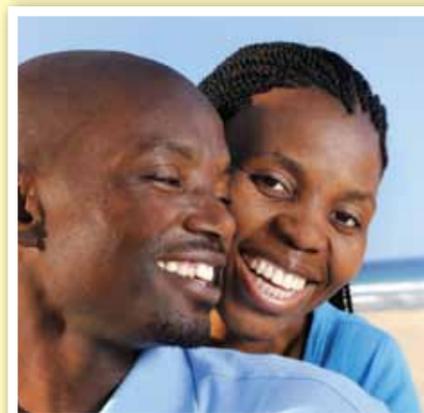
KZN DEPARTMENT OF HEALTH
ETHEKWINI MUNICIPALITY HEALTH UNIT

Zohra Mohamed Teke (Editor)
Liz Clarke (Associate Editor)
Coliwe Zulu
Derick Matsengarwodzi
Elmarie Kruger
Themba Mngomezulu
Priya Shukla
Dudley Viall

Write to us...
P O Box 25439
Gateway
4321
EMAIL:
editor@ezempilohealthmatters.co.za

COPYRIGHT & ADVERTISING

All content published in this magazine remains the copyright of Ezempilo...Health Matters and may be freely reproduced and distributed for educational purposes only, with permission. All advertising in this magazine is not an official endorsement of KZN Health, Ethekwini Municipality or Ezempilo Health Matters.



Child Protection Week



CHILDREN, IF YOU ARE BEING ABUSED, NOW IS THE TIME TO SPEAK-OUT.



WE, THE COMMUNITY, WILL ALSO SPEAK-OUT AGAINST ABUSE. WE WILL PROTECT OUR CHILDREN.



DO NOT LET YOUR SITUATION GET WORSE - SPEAK-OUT NOW!

International Day Of Action For Women's Health 28 May



The journey is not complete, but we've come a long way in women's health. KZN Health MEC Dr Sibongiseni Dhlomo is very committed to ensuring that mothers and children are a top priority. The Department has a zero tolerance approach to maternal deaths because they can be prevented. There is also a strong focus on preventing the transmission of HIV from mother to child. Many hospitals now have a special PMTCP Unit.

A Mother's Story

Purity Mkhize is a young mum who says she remembers her own mother talking about how scared she was when she travelled by bus along rough roads to get to hospital. "I don't think she had ever heard of an antenatal clinic. In those days, you waited until labour started and then you went to hospital. I remember her saying that she prayed all the way to the hospital, squeezing her stomach in, hoping that I would not be born on the bus." We've come a

long way since then, thanks to the new government. Although times are still tough, my mum says I am very lucky to have had free medical care when I was pregnant, and even after birth, for my child. I was able to attend an antenatal clinic throughout my pregnancy and received lots of information (especially about breastfeeding), which prepared me for caring for my baby.

Since 1994

Health services are free to pregnant women from up to 42 days after giving birth. Health services are also free to young children, while the Department of Health in KZN under the leadership of Dr Dhlomo and his team have implemented a number of plans to ensure that mother and child health remains a top priority. This includes an increase in the number of women who receive antenatal care, the training of more community health workers, more midwives, and free transport for women in rural areas to access their nearest health facility.

Steps To Improving Women's Health

Get tested for Sexually Transmitted Diseases (STDs). They can be successfully treated.
Get tested for HIV – This is very important for pregnant women because it could save the lives of their unborn children.
As a pregnant woman, ensure that you visit your clinic regularly to monitor the health of yourself and baby.

As Mothers:

- We can teach our sons to be kind, so that they will grow up to be kind fathers and husbands.
- We can teach our daughters to value themselves, so that they expect the same from others.
- We can teach our sons to share in household work, so that their sisters, wives and daughters do not suffer the burden of overwork.
- We can teach our daughters to be more independent by finishing school or learning a skill.
- We can teach our sons to respect all women and to be responsible sexual partners.



CHILDREN'S RIGHTS...

Our responsibility to make sure they are protected.

CHILDREN ARE A COMMUNITY RESPONSIBILITY

Children living on the streets often run away from home because of violence and abuse, including sexual abuse back home. On the streets, many turn to drugs and crime as a way to cope with their problems. As a society, we must reflect on what we have done, or not done, to protect children from becoming victims of abuse. Our responsibility is not only to our own children, but every child, because children are the future of our country, and a reflection of the society we leave behind.

Some people believe that using a child's body parts in traditional treatment is more effective – **THIS IS NOT TRUE AND IS AN ILLEGAL PRACTICE!** It's not OK to keep quiet if you know a child is being abused.

As a community we must watch our children, and encourage them to speak out against abuse, no matter who it is. They must be taught early on that it is not ok for anyone to touch them in a sexual manner, even if that person is family, a care giver, teacher

or trusted friend. Always remember to discuss this with a social worker or community health carer, as they are trained on how to deal with the situation if you suspect that a child is being abused.

WARNING SIGNS Signs of emotional abuse

- He/she is scared about doing something wrong
- Doesn't seem close to the parent
- Acts like a baby (rocking or thumb-sucking)

Signs of physical abuse

- Is often injured or has bruises or cuts
- Is always "nervous," as if waiting for something bad to happen
- Avoids touch, or seems afraid to go home
- Wears unsuitable clothing to cover up injuries (e.g. long sleeves on hot days)

Signs of neglect

- Has a body odour, clothes are filthy
- Has untreated illnesses and physical injuries
- Is often left alone

- Is often late or missing from school

Signs of sexual abuse

- Has trouble walking or sitting
- Shows interest in sexual acts
- Avoids a particular person
- Has a sexually transmitted disease (STD)
- Runs away from home

Protect your child - teach your child to:

- Be with trusted friends. If they have to walk to school, encourage them to walk with other children
- Ignore strangers
- Never get into a vehicle with a stranger. If someone in a vehicle asks them for directions, they must keep their distance

Educate your child from an early age about his or her body and which parts are private and should not be touched by anybody.

Teach your child that if an adult makes them feel uncomfortable or scared, they should get away from that person immediately and tell you about it.

- 🧸 I have the right to a loving and caring family, a safe and comfortable home, clothing and healthy food
- 🧸 I have the right to be told the house rules of where I live
- 🧸 As a child, I should not be forced to work
- 🧸 I have the right to an education suitable to my abilities
- 🧸 I have the right to a say in my care, and any changes to how I am cared for, according to my age & maturity
- 🧸 I have the right to get special care for special needs
- 🧸 I have the right to be protected from hurt
- 🧸 I have the right to good health care if I am sick and to be kept away from cigarettes, alcohol & drugs
- 🧸 I am a real person and have a right to be treated properly
- 🧸 I have the right to be taken seriously and to make mistakes
- 🧸 I have the right to my own religion and culture
- 🧸 I have a right to my name and my nationality
- 🧸 I have the right to be treated the same, no matter my, race, gender, language or religion
- 🧸 I have the right to be proud of my heritage and beliefs
- 🧸 I have the right to speak and be heard
- 🧸 I have the right to send and receive private mail that is not read or opened by others
- 🧸 I have a right to a lawyer in courtrooms and hearings affecting my future
- 🧸 I have a right to live in a nice place and not be put in prison or in a police cell
- 🧸 I have the right to know what my rights are



**KZN Health
Call Centre**
0800 00 5133 9

PRINCE MSHIYENI MEMORIAL HOSPITAL



Celebrating 30 years, and leading the way!

Our public health system is not perfect, but we have come a very long way since the end of apartheid. Shortly after taking office, KZN Health MEC Dr Sibongiseni Dhlomo announced a turnaround plan. He began a project called “Make me look like a hospital.” Many people thought it could not be done, and that the MEC was being too ambitious. Today, we are seeing progress in the way health care is being delivered, thanks to the brave decisions taken by Dhlomo with his HOD, Dr. Sibongile Zungu and their team at KZN Health.

As Prince Mshiyeni celebrated its 30th anniversary, many people remembered the painful journey to bring the hospital to what it is today – a symbol of what can be achieved when people have the will and passion to make a change.

War Zone

Prince Mshiyeni Memorial Hospital in Umlazi is one of the province’s largest hospitals and delivers around 1200 babies each month. The hospital was described this month by KZN premier Dr Zweli Mkhize as “once being almost like a war zone.” The Nurses Residence was once used to sell alcohol and store guns and other ammunition, as critics said the hospital was doomed to failure.

Today, the hospital is marching to a different beat. It’s being praised for its turnaround. But what exactly has been achieved and how?

Make me look like a hospital

MEC Dhlomo’s vision was simple. Identify areas of a hospital that prevented it from looking like a hospital, address them and the rest will follow. “Ofcourse things are not perfect and we still have a long way to go. But we must commend progress and achievements when we see it, as this encourages the good work to continue. The hospital has managed to come out of a very challenging time, and is now setting the standard of health care in the province,” says Dhlomo.

SOME OF THE ACHIEVEMENTS OF THE HOSPITAL INCLUDE:

Cleanliness is next to godliness.

The hospital team was encouraged to play a greater role in improving cleanliness at all levels. “If cleanliness is next to godliness, then we must remember that as health providers we are providing a godly service and must ensure that patients are treated in a clean environment.” – MEC Dhlomo.

Security

The hospital has increased its security measures. Security is now more beefed up, making visitors and patients feel safe in the hospital.

Infection Control

The hospital was previously known for infection outbreaks, which were related to poor hygiene and lack of cleanliness. This has been reduced due to greater infection control; ensuring rules are respected and applied, encouraging hand washing and more training on the issue.

Waiting time for medication

This is the most welcoming result and sets the hospital apart! A few months ago, patients waited hours, sometimes days for their medication after handing in the prescription to the dispensary. Now, not only does the hospital provide prescribed medication on the same day, but within one hour of a patient handing in the prescription!

Staff Attitude

Ensuring that staff at health institutions remain dedicated despite the challenges is not easy, and is an area the Department of Health continues to work towards. Prince Mshiyeni Memorial Hospital is no different in trying to address this

challenge, but is continuing to make it a top priority to ensure that it remains ahead of the pack in service delivery. With KZN bearing the greatest burden of diseases in the country, efforts to improve state health care with all the financial constraints are being welcomed. MEC Dhlomo spends a lot of time making unannounced visits to hospitals and clinics, checking levels of cleanliness, speaking and listening to patients and questioning management and staff when standards are not being maintained.

staff shortages and services are not always able to cope with the demands. But there are voices of hope, like the MEC and his team at KZN Health, who insist that efforts must continue, however small, to make a difference, and to treat patients with dignity and quality care. It’s taken Prince Mshiyeni Memorial Hospital to prove the wisdom of such words. It can be done.

HALALALA PRINCE MSHIYENI MEMORIAL HOSPITAL HALALALA! KEEP IT UP!

The road to health is still rocky, with many challenges. Yes, there are



TAXIS

RIGHTS OF COMMUTERS / RESPONSIBILITIES OF DRIVERS

TODAY IN MY TAXI, I HAD A PASSENGER WHO COMPLAINED THE WHOLE TIME THAT WE ARE DANGEROUS DRIVERS. WHAT CAN I TELL HIM?

YES! I ALSO HAVE THAT. IT'S NOT OUR FAULT!

MY FRIENDS, THE PROBLEM IS A LACK OF SAFETY. DO YOU REMEMBER LAST YEAR MY SISTER WAS KILLED IN A CAR ACCIDENT? THE TAXI SHE WAS IN ROLLED OVER BECAUSE THE DRIVER FELL ASLEEP.

YES, BUT WE ARE FORCED TO MAKE MANY TRIPS SO WE CAN MEET OUR TARGETS. WHEN ARE WE MEANT TO SLEEP?

YES! AND WE NEED TO EARN MONEY FOR OURSELVES AS WELL.

YO GUYS! WE MUST NEVER FORGET THAT THE SAFETY OF OUR PASSENGERS IS THE MOST IMPORTANT THING IN OUR JOBS!

PASSENGER SAFETY IS MORE IMPORTANT THAN MONEY!

MANDLA IS RIGHT! THIS IS SOMETHING THE BIG BOSSES SHOULD ALSO KNOW. SAFETY WILL SAVE THEM MONEY.

THEN MAYBE WE WILL GET MORE MONEY!

THINK ABOUT THE SAFETY OF YOUR PASSENGERS!

THINK SAFETY!



International Nurses' Day - 12 May

Honouring the backbone of our health system!

Nurses' Pledge of Service

I solemnly pledge myself to the service of humanity and will endeavour to practice my profession with conscience and with dignity.

I will maintain by all the means in my power the honour and the noble traditions of my profession. The total health of my patients will be my first consideration.

I will hold in confidence all personal matters coming to my knowledge. I will not permit considerations of religion, nationality, race or social standing to intervene between my duty and my patient.

I will maintain the utmost respect for human life. I make these promises, solemnly, freely and upon my honour.

With this, nurses enter the profession, committing themselves to serve their patients. While many work tirelessly, there are some who forget this important promise. The pressure of work becomes too much and their profession becomes just a job.

With a new National Health plan on the cards, which would make health care more accessible to all, the Department of Health continues to encourage more people to take up nursing to ensure the health service delivers quality care, especially in rural areas where the shortage is the greatest.

Who can become a nurse?

You will need to be a natural care giver, patient and understanding and able to deal with situations in a calm manner.

Educational Requirements

You must have a matric senior certificate to study at a nursing training college that is approved by the South African Nursing Council (SANC), or a matric exemption to study at university (which is more expensive and requires four years of full time study to become a registered nurse). Training colleges offer one and two year courses, depending on the area of nursing you wish to work in.

Are all nurses the same?

No. A sister does any task that the doctor tells them to do and are leaders in the team, a staff nurse works under a sister, and while an auxiliary nurse is usually tasked with changing bedpans, helping the patient with a bath or to get dressed etc.

Who to contact for more information

The South African Nursing Council (SANC) offers support and advice for all those interested in becoming a nurse. They can be contacted on **012 426 9599** or **012 426 9542**.

WARNING! ALWAYS CHECK WHETHER AN INSTITUTION OFFERING A NURSING COURSE IS APPROVED BY THE SANC BEFORE PAYING ANY MONEY. IF THEY ARE NOT, IT MEANS THEY ARE ILLEGAL AND YOU COULD WASTE YOUR MONEY AND TIME AS YOUR COURSE WILL NOT BE RECOGNISED.

World Move for Health Day 10 May

- MEC Dhlomo leading by example

You'd be hard pressed to find someone who is a greater believer in exercising than our own MEC for Health, Dr. Sibongiseni Dhlomo. Despite the stress of his position, he makes time to stay in shape, and is readying himself to compete in the Comrades' Marathon. "Unhealthy diets and physical inactivity are key risk factors for the major non-communicable diseases such as cardiovascular diseases, cancer, and diabetes," he says.

THE EVIDENCE

As a nation, we are becoming heavier, lazier and unhealthy. Our children from all income groups are spending more time watching TV and eating junk food; and we often "treat" them with unhealthy, fatty fried foods - despite all these being unhealthy! Alarming, the lack of exercise is the single worst risk factor for heart disease, yet seven out of ten adults don't get enough exercise.

EXERCISE IS FREE!

Keeping fit does not mean spending money going to a gym or buying running shoes. A 30 to 40 minute fast

walk three times a week is enough to improve your fitness level and reduce your risk of a heart attack.

HOUSEWORK IS EXERCISE TOO!

Energetic tasks at home like sweeping, washing windows and gardening are a great way to keep fit! Encourage the family to join in or even dance to music for 30 minutes a couple of times a week. It reduces TV addiction and keeps the family fit and healthy!

WHEN YOU EXERCISE

Always have a bottle of water with you to sip.

Always start off with some stretching – touch your toes or stretch your arms to prevent injury.

REMEMBER

Regular exercising can reduce the chance of:

Heart disease by 40%.

Stroke by 27%.

Diabetes by almost 50%.

High blood pressure by almost 50%



EATING FOR GOOD HEALTH

Exercising is not enough on its own. It has to go with healthy eating for your body to benefit. Healthy eating means:

- Reducing the number of fatty foods
- Cutting back on the amount of oil used in cooking
- Choosing wholewheat or brown bread instead of white
- Eating more fresh vegetables and fruit
- Having less sugar in your diet – even fruit juices have a lot of sugar!
- Ask your local clinic for a healthy eating plan and stick to it!

IT'S NEVER TOO LATE TO GET INTO SHAPE, YOU CAN MAKE IT HAPPEN!

ANTI SMOKING DAY: 31 May

Now's the time to kick the habit and save money!

Alice is a 52-year-old domestic worker who has been using snuff every day for more than 30 years. It's a habit she picked up from her father. He believed that snuff would clear his nose and head, giving him the ability to think more clearly. He thought that it was also a good choice for living a healthy life, until his health began to suffer and he eventually passed away.

Today, Alice realises that snuff is unhealthy and could make her very ill as it has already caused her lips to get "rotten" and she suffers from a gum disease. Still, this is a habit she has had since she was a young woman, and it could take her a long time to give up using snuff. But this year she has set herself a goal to kick the habit, one day at a time, for the sake of her grandchildren. "I don't want them to learn from their Gogo and continue my bad habits. I want them to grow up to be healthy and look after themselves," she says.

Quitting is not easy

There are many people out there like Alice, who don't realise that using snuff is as good as smoking a cigarette. Like most smokers, Alice didn't feel the bad effects on her health at first, but like all addictive substances, it eventually started to attack her body. The shock of possible cancer has encouraged her to give the habit up while she has a chance. You should too!

Children learn what they see. Young adults and children choose to smoke for several reasons. Two



possible reasons are that as a child that grows up with a parent who smokes, they begin to copy their parent, and often use smoking to fit in with other friends. Later as adults, smoking becomes a way of dealing with stress.

Why quit?

80% of lung cancer deaths in South Africa are a result of smoking. That's enough to encourage you to quit now if you are a smoker. It takes courage and determination to give up smoking, but the choice is between life and death. Smoking kills, that's the bottom line. You may experience withdrawal symptoms, and some shakiness when you first give up smoking, but don't give in, this will only last a few days and is also a sign that your body is healing itself!

We all know the effects of giving up smoking in the long term, but did you know that your body starts to benefit even immediately?

Within hours:

- Your circulation will improve in your hands and feet, making them feel warmer
- Your body will begin to fight colds and coughs more easily
- You'll be able to taste your food better, as the smell and taste of tobacco will no longer be there
- You will start to enjoy eating healthy snacks, so eat fruit when you crave a cigarette or want to reach for your snuff!
- The risk of heart attack or stroke starts decreasing

Within months:

- You will be able to walk easier, no more finding it difficult to breathe!
- You'll SAVE money and will be surprised at how much you wasted on cigarettes and snuff in the past!

Long term:

- Your risk of getting lung cancer is reduced by half within five years
- Your heart becomes healthier, leading to less chance of a heart attack
- You will feel better, look better and have a healthier body!

Smoker Eric Shezi tells it like it is.

All it took was just one 'cool' puff and seven years later Eric Shezi is hooked on smoking. It all began in his last year at school.

"I first took a few puffs just to be cool. All my friends were smoking and I thought that if I didn't smoke as well, they would think I was not part of their group and I would be left out with no friends. I think if you ask any young person who smokes they will say the same thing", says Eric.

A young man in an older body

Eric is barely 23 but already there are signs that his 15 – 20 a day habit is affecting his health. He has charcoal lips and a consistent cough leaves him out of breath and feeling 10 years older. "If I have a drink then I smoke much more. When I walk home, I feel it in my chest. My sister often cries and begs me to stop smoking because she can't bear to watch me suffer. I am so exhausted even though I am only 23. I'm tired, unhealthy and can't save money because I spend so much on

cigarettes and dagga every day. I'm tired of this, I just want to quit now, even though it won't be easy," he adds.

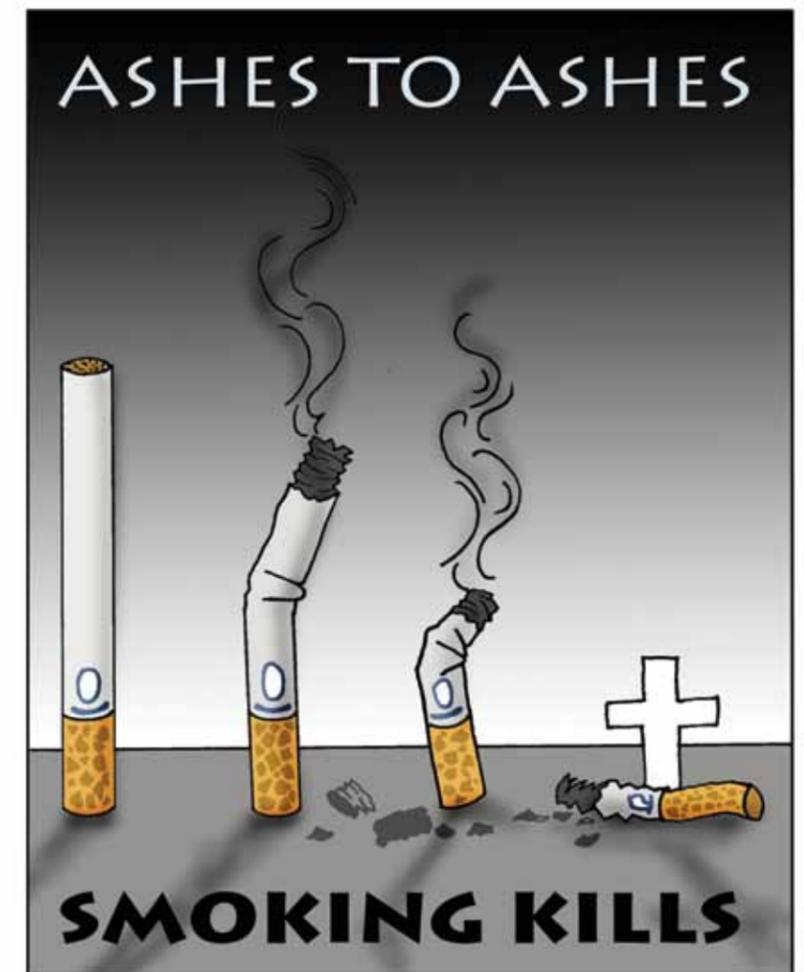
Social influence

Eric grew up in a child-headed household after his parents died, and began smoking as a way to deal with his situation. "We needed things to stop the pain, to forget our suffering and smoking was an easy way. The teachers tried to stop us, but we didn't listen. I wasn't doing well at school and often used to get into fights. Smoking seemed to help me calm down. But soon I was always in trouble and never listened to anyone. Things went from bad to worse, from cigarettes I turned to drugs and dagga."

Quitting for yourself

Eric says he tried "just once" to give up smoking. "But it was just too difficult. I felt something was missing and was lonely. Now it's different. I have a girlfriend who doesn't smoke and wants me to stop because she doesn't like the smell of smoke on me. This time I won't be weak. I've spoken to someone at the clinic and they've advised me to use patches and some special chewing gum to help me quit."

Eric has calculated that he will be saving around R5,000 a year once he quits smoking. That's money that he is looking forward to putting away and spending on something he really needs.



Quitting smoking is not easy, but it's a chance of living longer & better.

The monthly guide: Teeth, Gums and Mouth

A recent study in Japan showed that losing a tooth increases the risk of having a stroke many years later, and gum disease may be to blame. Despite this, many people still take their teeth and gums for granted, and few of us spend more than one minute brushing our teeth. Interestingly, medical researchers also claim that adults with fewer than 24 of their own teeth (adults should have 32) are 60 percent more likely to suffer a stroke.



Male Circumcision

Not just a man's responsibility

Taking good care of your teeth and gums is important because:

- Strong, healthy teeth are needed to chew and digest your food well
- Holes in teeth caused by decay (cavities) and gums can be prevented by taking good care of your teeth
- Rotten teeth can lead to serious diseases which can spread to other parts of your body

To keep teeth and gums healthy:

- Avoid sweets and teach your children the effects of too much sugar at a young age. Sweets, chocolates, drinks with sugar, fizzy drinks and even fruit juices rot the teeth quickly.

DO NOT LET YOUR CHILD GET USED TO SWEETS OR SOFT DRINKS IF YOU WANT THEM TO HAVE GOOD TEETH AND REDUCE GUM DISEASE.

Brushing teeth every day:

Encourage your children by setting an example when they are young. Regular brushing after eating anything sweet, and at least twice a day in the morning and evening will lead to healthier teeth and gums. Start brushing your child's teeth as soon

as they start to grow. It's important to teach children to brush correctly – from top to bottom, and not just side to side.

DO NOT BOTTLE FEED OLDER BABIES, AS CONTINUOUS SUCKING ON A BOTTLE WILL CAUSE THEIR TEETH TO GET ROTTEN EARLY IN LIFE! (IT'S BEST NOT TO BOTTLE FEED AT ALL, CHOOSE BREAST FEEDING INSTEAD).

Some common problems:

TOOTHACHE AND ABSCESS (AN INFECTION AT THE ROOT OF THE TOOTH):

Remedy for toothache:

- Clean the hole in the tooth well, removing all food. Then rinse the mouth with warm salt water
- Take a pain tablet to reduce the pain and any fever
- If the tooth infection is severe (is swollen or has liquid coming out from it), consult your health worker or dentist who will give you some tablets

to take for a week (antibiotics). The tooth may need to be pulled out.

IT'S IMPORTANT TO GET AN ABSCESS TREATED IMMEDIATELY – BEFORE THE INFECTION SPREADS TO OTHER PARTS OF THE BODY!

GUM INFECTION

Red, swollen or painful gums that bleed easily are caused by:

- Not cleaning the teeth and gums well or not often enough
- Not eating enough healthy foods

PREVENTION AND TREATMENT:

- Brush teeth well after each meal, removing food that is left behind
- Eat foods rich in vitamins; especially fish, eggs, meat, beans, dark green vegetables, and fruits like oranges, lemons and tomatoes. Milk also encourages strong healthy teeth!
- Avoid sweet, sticky, stringy food that gets stuck between teeth!

KZN Department of Health has successfully circumcised over 31 000 males, which means that more people are reducing their risk of getting HIV. But how can women play a role to ensure their brothers and partners are getting circumcised? Ezempilo spoke to KZN Health's Dr. Sandile Tshabalala who heads the Medical Male Circumcision (MMC) campaign in the province.

Why should women take an interest in MMC?

The view of the Department is that MMC is a preventative program, which impacts on everyone. Ladies are often victims of HIV, especially when their partners start sleeping with other women, which is one of the main ways that HIV is spread. By encouraging their partners to get circumcised, they are also protecting themselves from this spread. It does not prevent HIV, but reduces the risk.

What are the rights and responsibilities of women in MMC?

The first right of a woman in a relationship is to be able to say yes or no to sex.

Within an HIV context, a woman should say "let us use a condom unless we know our status".

Although your status is confidential, if it will affect your partner so he or she has a right to know.

Mothers are the centre of any home, and it is their responsibility to encourage their children to behave responsibly, and that their sons get circumcised as young as possible. It is usually easier for a woman to encourage circumcision, as men often do not like to take instructions from other men.

PLEASE OUTLINE SOME OF THE BELIEFS OF THE MMC AND EXPLAIN IF THEY ARE TRUE OR FALSE

There is a belief that circumcision reduces the sensation of the male sexually.

This is not true at all, as sex (especially with a male) starts with the brain. It is this part of the body that releases the feel-good chemicals.

A circumcised man can satisfy his partner better.

Although many circumcised men have reported this, there is no study to confirm this.

Many people die after being circumcised.

Definitely not true. As a department we have done more than 31,000 circumcisions in the province and there has not been a single death.

Can males go to a traditional healer for circumcision?

The department does not advise this, as circumcision can only be done by a specially trained medical worker.

MAY: Awareness Days



COMMUNITY in action

Anti-Tobacco Campaign Month

Smoking and lung cancer go together. The aim of the month-long campaign is to focus on how to give up smoking. Think of the money you'll save! It's time to make a change, and put your money to better use – give up smoking. One day at a time, you can do it!

International Multiple Sclerosis Month

Multiple Sclerosis (MS) is a disease affecting the brain and spine. That does not mean a person cannot be successful. The cause of MS is still unknown, but if you need to know more, you can contact the MSSA on their National Helpline on 0860 45 6772.

Hospice Week 1-8

"Many diseases, many lives, many voices" is the theme for Hospice Week and also looks at how people living with terminal illnesses can benefit from care that reduces pain.

World Red Cross Day 8 May

The aim of this day is to say "thank you" to those who risk their own lives to save others around the world. The organisation Red Cross is often called in to help in times of war and natural disasters.

World Move for Health Day 10 May

Our health MEC Dr. Dhlomo is a keen runner and keeps in shape daily. He leads by example. This day

is to encourage us to live a healthier lifestyle, no matter where we live, how we live, or how much we earn. We all need to get out and walk, run, and get fit. A healthy body helps keep a healthy mind!

World Chronic Fatigue and Immune Dysfunction Syndrome 12 May

This day is used to make people aware of this syndrome. It's more than just feeling very tired. It's a serious condition that leads to pain in the muscles and bones, headaches and exhaustion. BUT IT CAN BE TREATED! Consult your health worker if you have any of these signs.

International Nurses Day 12 May

The theme this year is Closing The Gap: Increasing Access and Equity. In simple words, it's about ensuring access to better nursing for all, rich and poor.

Candlelight Memorial Day 15 May

Theme: Don't let their pain be in vain! On this day, friends and family are asked to remember those who have died because of HIV & AIDS and those who are living with the disease. It's also a time to remind people of the importance of PREVENTION, TESTING and LIVING POSITIVELY.

Child Protection Week 23-29 May

Government introduced Child Protection Week as a way of putting children first. Part of this is to make sure services exist that can help children who become victims of abuse to report this. If you suspect that a child is being abused, SPEAK out and encourage children to speak out without fear.

International Day of Action for Women's Health 28 May

The main aim of this day is to stop abuse and violence against women and to encourage women to empower themselves through speaking out, education and access to services.

"Nursing is most truly said to be a high calling; an honourable calling. But what does the honour lie in? In working hard during your training to learn and to do all things perfectly. The honour does not lie in putting on Nursing like your uniform. Honour lies in loving perfection, consistency and in working hard for it, In being ready to work patiently, ready to say Not "how clever I am!" but... "I am not yet worthy; and I will live to deserve to be called a Trained Nurse" – Florence Nightingale, pioneer in Nursing.



◀ KZN Premier Dr Zweli Mkhize present at 30th anniversary of Prince Mshiyeni Memorial Hospital

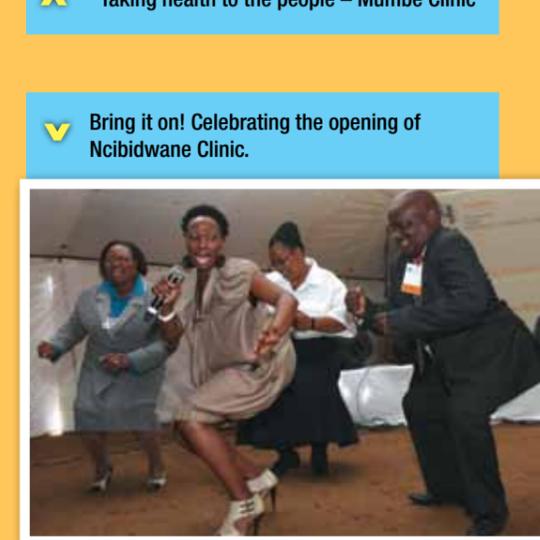
▼ HOD Dr Sibongile Zungu celebrating 30 years of Prince Mshiyeni Memorial Hospital with eThekwin's Dr Musa Gumede



MEC Dr Dhlomo and Dr Gumede march in Durban in support of midwives in the province. ▶



▲ Taking health to the people – Mumbe Clinic



▼ Bring it on! Celebrating the opening of Ncibidwane Clinic.



▲ All ok here? MEC checking the state of Zungu Clinic.

Khanyisela Shozi Helping people to help themselves

Khanyisela Shozi has just turned 65. She's reached the age when most hard-working people decide to leave the workplace behind and enjoy a quieter, more peaceful life.



But this former nurse from Bulwer says she still has some work to do at the Pholela Community Health Centre, in the Sisonke health district where she spent 33 years of her working life, caring for the sick and being closely involved in community upliftment. "I still remember the old Pholela clinic which had to be pulled down and maybe part of me is still there," she says with smile. "I love Bulwer. It's always been my home. I'll never stop wanting to help the people who live in my area. I always think that if you can make things better in one place, it will make things better everywhere."

This community loving outreach worker says that her "heart and soul" are in the Pholela Clinic, the first facility of its kind in the country.

"When Dr. Sydney Kark came here from Jerusalem to work at the clinic, I was still a young child. I remember how he used to help us. It made me want to become a nurse. I learnt so much from him and his wife about caring for people in the community. "Every morning we used to go on horseback, with our nursing bags, to

visit families and our patients. STDs and TB were a big problem even then. "The first thing we wanted to see were their vegetable gardens, because if people could feed themselves with what they grew, they had a better chance of recovery."

These same lessons were later used to develop a Community Orientated Care Programme for the Pholela Clinic in Bulwer which was about "families helping themselves."

It was these early lessons and lifetime experience that brought her back to Clinic – even after retirement. "I am trying to get these same Community Programmes revived, using the same process. Why? Because they really worked.

Khanyisela believes – "with much passion" – that the key to successful community living is to encourage people to do things for themselves.

"If you say, I can't plant any vegetables because we don't have a fence and the cows, goats and chickens will eat everything, then you have to think of another way. When we were poor, we also had no fence, so we covered

the young plants with crossed sticks and leaves. And you know what? It worked.

Finding difficulties, she says, as to why things can't be done is "just too easy." Looking for solutions? "Now you are talking. They are always there, if you look hard enough."

She says she is still from the "old school" when you gave people one medicine to make them better. "Now we have medicines to treat every symptom. Sometimes I think we need to go back to keeping things simple."



Shozi receiving an award for her service from MEC Dr. Dlomo.