

FREE

# HEALTH MATTERS Ezempilo

EDUCATE || INFORM || EMPOWER

MAY • 2016



## Healthy pregnancy: book early at your clinic

**NO Klebsiella outbreak** ● **Speak out against child abuse**



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FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE



# International Nurses Day

## *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.

*KZN Department of Health salutes all our nurses on Nurses' Day. Thank you for your selfless service.*



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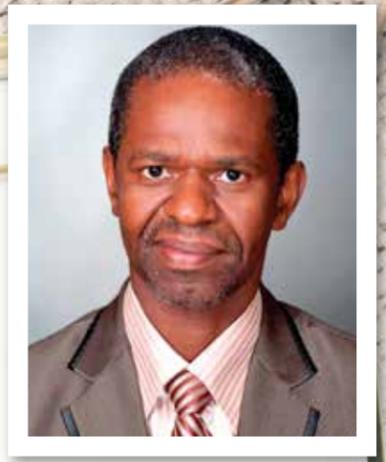
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## Message from...

### KZN Health MEC, Dr Sibongiseni Dhlomo



**T**HE MONTH OF MAY gives us an opportunity to commemorate a number of important health calendar activities that are being commemorated worldwide, such as International Nurses Day, Hospice Week, World No Tobacco Day, Burns Awareness Week and Child Protection week.

**AS WE MARK** International Nurses Day on May 12, I wish to thank all our committed and hard-working nurses for their selfless service. This important day is celebrated around the world every May 12, the anniversary of Florence Nightingale's birth. This year, the theme is: *Nurses: A Force for Change: Improving health systems' resilience*. This theme is very appropriate, as nurses are indeed the backbone of our hospitals and clinics and the engine of our health care system. Their efforts and sacrifice do not go unnoticed, and I wish to urge them to keep it up. During May, we also observe Hospice Week, which places the spotlight on the need for support and care for people with life-threatening illnesses. Every person with a life-threatening condition has the right to an acceptable quality of life, with minimum pain, and dignity in death. And it is everyone's responsibility, particularly healthcare workers, to help those who are terminally ill to exercise this right.

**THIS MONTH WE ALSO** shine a spotlight on the dangers of hypertension (World Hypertension Day, 17 May 2016) and the health risks associated with smoking

(World No Tobacco Day, 31 May). Smoking causes cancer, and is one of those diseases of lifestyle which unnecessarily exacerbate the burden of diseases in the province. Diseases of lifestyle are not only avoidable, but they are expensive and costly to members of the community because, for instance, cigarettes don't come cheap to consumers – and its effects can be devastating in a person's life. Diseases such as hypertension are avoidable by following a proper diet, abstaining from smoking and engaging in regular physical exercise. In fact, every R100 spent on physical activity will save R100 on a medical bill towards non-communicable diseases. This is why I have been spearheading the promotion of healthy lifestyles for a number of years.

**WE WILL ALSO BE** commemorating Burns Awareness Week, from 06 – 12 May 2016. I wish to encourage those who care for children to be aware of hazardous objects and activities which could lead to burns. Leaving burning candles or a pot or kettle with boiling water in a place where children have access is irresponsible and could result in them getting harmed. I wish to urge all of you to be vigilant in this regard. Let us remember that children are our future and we have a duty to protect them at all times, and ensure that they are raised in environments where they are nurtured. When children have enjoyable childhoods, it becomes much easier for them to realise their full potential, soar and be the best they can be!!!

*God bless!*



# inside



CHILD PROTECTION



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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!  
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## TAKE THE TEST - TAKE CONTROL!



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# Dealing with diarrhoea

Diarrhoea is quite a common infection and most people suffer from it at some time. With extreme weather – from above average temperatures and drought to flooding – viruses and bacteria become more of a risk, especially in humid areas.

### Can diarrhoea be prevented?

Although some types of diarrhoea from medical conditions are unavoidable, infectious diarrhoea can be prevented.

#### SOME IMPORTANT TIPS ARE:

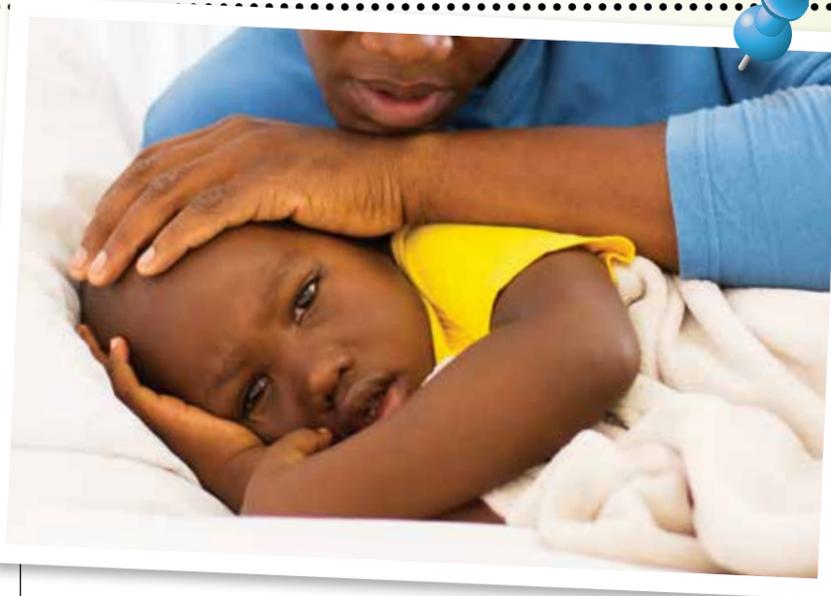
- \* Regular hand washing with hot, soapy water for the whole family – especially those handling food!
- \* If you are caring for someone with diarrhoea, make sure that the patient is kept clean, changing sheets and clothing regularly if necessary. Clean utensils, dishes and glasses thoroughly and wash clothes and bedding frequently.
- \* Wash fruit and vegetables in clean water. Peel fruit and vegetables before eating. Do not leave raw meat or cooked food lying around for hours. Put food into a refrigerator as soon as it is cool enough, and use clean water to make food and drinks.
- \* If you are not sure whether food is safe to eat, rather eat something else.
- \* Never give babies formula without purifying the water first, and never give them old or left-over food.

**Diarrhoea is one of the main causes of infant deaths.**

### Dehydration

The most common concern with diarrhoea is when it becomes so severe that it causes dehydration. Usually, this happens when it is accompanied by vomiting, but diarrhoea alone can cause dehydration as well, especially in infants and the elderly.

Over the counter medications such as *Imodium* or *Pectrolyte* are available to treat mild cases of diarrhoea, but ask a health care provider before treating babies, young children and the elderly.



### When to call the doctor

- \* If your baby has diarrhoea seek medical help as soon as possible, as babies become dehydrated quickly.
- \* If there is blood in the stools and severe and continued pain in the stomach.
- \* Diarrhoea lasts longer than 2-3 days.
- \* Dehydration – symptoms are high fever, dry eyes and mouth and infrequent urination.



### Keep hydrated

Drink plenty of liquids to replace the fluids lost during episodes of diarrhoea. Include fluids containing electrolytes such as Rehydrate (remember to use cooled boiled water when making up the solutions) or other liquids recommended by a pharmacist or health care provider that will replace important nutrients in the body.



### Keep it simple

Eat simple foods while recuperating from diarrhoea. Avoid fatty and spicy food and eat things like bananas, potatoes, grated apples, rice and dry bread or toast, as these will not irritate the stomach and will bulk up the stools.



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# Child protection is our responsibility

*Report abuse, protect our children, not the abuser!*



**STOP  
CHILD  
ABUSE**

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 winter begins, we as a society 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 ILLEGAL!**

**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 a family member, 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 a child is being abused. Do your part and teach others in your community how to spot signs of abuse in a child, including:

### 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).

### 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)

### Neglect

- \* Smells, clothes are filthy
- \* Has untreated illnesses and physical injuries
- \* Is often left alone
- \* Is often late or missing from school

### 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 walk to school, encourage them to walk with other children
- \* Ignore strangers
- \* Never get into a vehicle with a stranger. If someone asks for directions, they must keep their distance.
- \* Be aware of which body parts are private and should not be touched by anybody.
- \* If an adult makes them feel uncomfortable or scared, they should get away from that person immediately and tell you about it.



## Children's Rights

- I have the right to a loving, caring family, a proper, 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 in how I am cared for, according to my age and 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 and 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 what my colour, 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.

**IT IS OUR RESPONSIBILITY TO MAKE SURE ALL OUR CHILDREN ARE PROTECTED.**



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# KZN HEALTH



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# NEWS

Fighting Disease, Fighting Poverty, Giving Hope



## NEWCASTLE HOSPITAL PRAISED FOR DELIVERING RARE PREGNANCY SAFELY

**MATERNITY STAFF AT NEWCASTLE HOSPITAL** received top praise from KwaZulu-Natal Health MEC, Dr Sibongiseni Dhlomo, after they successfully delivered a rare abdominal pregnancy last month.

The four doctors and staff were led during the surgery by Dr Prem Naicker,

who conducted the delivery when the 28 year old pregnant mother visited the hospital complaining of severe abdominal pain last month.

The mother who was attending ante-natal care in Gauteng before arriving in Newcastle, was not aware that her baby was growing

out of her uterus, which is very rare. It was only picked up after staff carried out an ultrasound on her at Newcastle Hospital.

Abdominal pregnancies are quite rare - reported to occur in 1 in every 10,000 pregnancies and babies seldom survive the delivery.

"The mother hadn't been aware that she was carrying an abdominal pregnancy. After the ultrasound showed that the pregnancy was outside the uterus, I was called in in the evening to do the surgery. We removed the baby. The baby was alive and well, which is a very, very rare occurrence. The paediatrician

was there, and everything was fine.

MEC Dhlomo, who is also the political champion of Amajuba District under which Newcastle Hospital falls, heaped praise on all the healthcare professionals involved in the operation. "We wish to congratulate the doctors who were involved in this high risk

medical operation. The fact that they pulled it off such a delicate procedure without incident is once again an example of the calibre of healthcare professionals that we have within the Department. They're an inspiration, and we are extremely proud of them," he said.

## "NO Klebsiella Outbreak" says MEC Dhlomo

DR DHLOMO HAS DESCRIBED as 'irresponsible' recent statements in the media of a Klebsiella outbreak at Durban's Mahatma Gandhi Hospital, saying there is no reason to panic as it is not true. The MEC is expected to set the record straight in the Legislature where he will confirm that:

- \* There is no current outbreak at Mahatma Gandhi Hospital – the last such incident took place 11 years ago.
- \* There is an isolated occurrence of Klebsiella at the hospital which is being addressed and under control.
- \* Eight of the ten babies who were affected have since been treated and discharged from hospital.
- \* One of the affected babies had unfortunately passed on at Inkosi Albert Luthuli Hospital, due to conditions unrelated to Klebsiella.
- \* The remaining baby remains in hospital under observation

Klebsiella is a multi-drug resistant bacteria which can result in life threatening illnesses such as pneumonia and urinary tract infections.

MEC Dhlomo has appealed for calm and has called on the public to ignore 'alarmist and irresponsible' statements claiming there is an outbreak of the disease at the hospital.

## Prince Zulu takes KZN's health successes to the world



*"Like my father, I want to take care of the people, and help build a better society."* – Prince Nhlnganiso Zulu

**HEALTH AMBASSADOR PRINCE NHLANGANISO ZULU** has flown to the United States to talk about the massive gains that the KwaZulu-Natal Department of Health is making to curb the spread of diseases such as TB, HIV and AIDS, as well as the success of the province's Medical Male Circumcision programme.

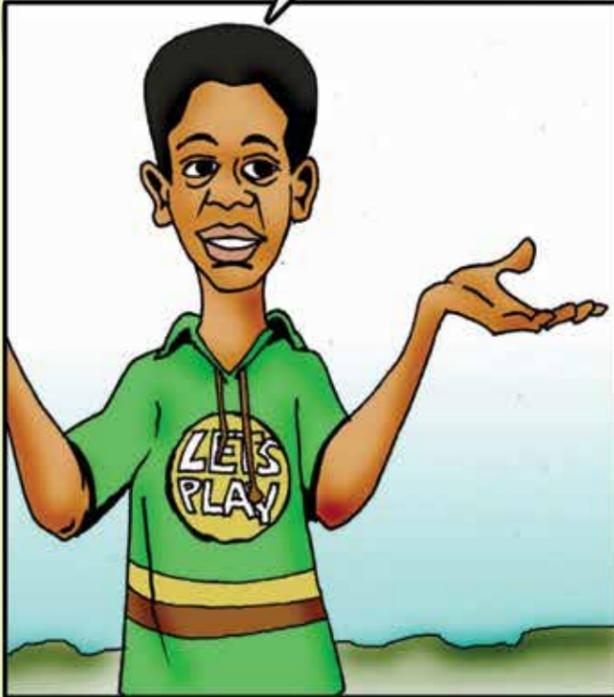
The former professional Amazulu Football Club player, who is now a TB Ambassador under the Department's Strategic Health Programmes was invited to the US as part of the International Visitor Leadership Program (IVLP) of the US Department of State. He speaks openly about his own battle with TB, which resulted in the removal of one of his lungs a few years ago. Even though he should still be on honey-

moon, having got married just last weekend, he says the trip to the US is an opportunity to tell the world about the good work of the KZN Department of Health.

"The honeymoon can wait. Just like my father, I want to take care of the people, and help build a better society. I want to come back with valuable information and share it with ordinary people, as well as those who are in authority, in terms of what needs to be done to curb the spread of HIV, TB and Teenage Pregnancy. TB is still the main killer disease of all. I'm trying to get people who will help the government... people who can team up with the royal family and work with us. We can't have a big nation like this succumb to the ravages of TB when we are here as young leaders," he says.

# CLEAN HANDS SAVE LIVES

HEY GUYS, YOU ALL READY FOR SOCCER PRACTICE? WHY ARE YOU ALL LOOKING SO DOWN? AND WHERE IS SIPHO?



HE'S SICK IN BED TODAY. HIS MOTHER SAYS HE HAS BAD DIARRHOEA.



I THINK IT MUST BE THE MEAT WE ALL ATE YESTERDAY.



BUT I FEEL FINE, AND I ALSO ATE THE MEAT. DID YOU GUYS WASH YOUR HANDS BEFORE YOU ATE YESTERDAY?



NO.  
NO.  
NO.



WELL THAT IS PROBABLY WHY. DID YOU KNOW THAT HAND-WASHING REDUCES THE SPREAD OF DIARRHOEAL DISEASES BY UP TO 75%?



NOW LISTEN-UP YOU GUYS; IT IS VERY IMPORTANT TO WASH YOUR HANDS BEFORE AND AFTER MEALS, AND WHEN HANDLING ANIMALS. IT IS ALSO IMPORTANT TO WASH YOUR HANDS AFTER GOING TO THE TOILET.



IF YOU DO NOT WASH YOUR HANDS YOU CAN SPREAD GERMS. THEN YOU WILL ALL GET SICK AND MISS THE GAME ON SATURDAY.



WHERE ARE YOU ALL GOING?  
TO WASH OUR HANDS!



is **WORLD NO TOBACCO DAY**



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

## Snuff, like cigarettes, is harmful and addictive

**A**lice is a 52 year old domestic worker who has been using snuff for more than 30 years every day. 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 like Alice, who don't realise that using snuff is as bad as smoking a cigarette. Like most smokers, Alice too 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. If a child grows up with a parent who smokes, they sometimes copy that parent. They also 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 statistic alone should be 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's 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!



KwaZulu-Natal Health MEC, Dr Sibongiseni Dhlomo, has hailed the success of his continued campaign to clamp down on illegal abortion clinics.

# MEC hails impact of anti-illegal abortion campaign

**E**ngaging with communities across the province where he took part in a drive to rid the streets of advertising of illegal abortion clinics, Dr Dhlomo pleaded with communities to work with government to fight such clinics.

## Treat women who come for abortions with respect

MEC Dhlomo has called on all health care professionals to treat women who need to terminate their pregnancies with compassion, and not be judgmental of their choices. "It has been brought to my attention that some health care professionals passed moral judgment on young people when they sought reproductive health services. This is a contributing factor to the rate of illegal abortions, and needs to stop," he said.

## Safe termination

The MEC has also announced that the number of facilities providing access to safe termination of pregnancies has increased from 14 to 40 since the start of the campaign against illegal abortions. "We are trying to remind our health care professionals about the importance of upholding professional ethics at all times. This includes creating a conducive environment for everyone who seeks health care, regardless of their age. The Hippocratic Oath and Nurses' pledge

compel doctors and nurses to keep patient information private and confidential at all times. It is very important."

MEC Dhlomo called on women wishing to terminate their pregnancies to visit public health facilities where this service is available. "Even then, when women come to our facilities for this service, we don't just do it. We give them counselling and talk to them about the options available, such as putting their children up for adoption. Some do change their minds."

In a memorandum recently handed to representatives of the SAPS, National Prosecuting Authority and both district municipalities, Dr Dhlomo implored the authorities to ensure that:

- 1 They fulfil their constitutional mandate by identifying areas where illegal termination of pregnancies are taking place, investigate, arrest and prosecute perpetrators to the full might of the law
- 2 The so called "abortion clinics" are identified, their owners prosecuted and buildings shut down

- 3 Posters, pamphlets and materials advertising illegal termination of pregnancies are removed
- 4 The police investigate all fraudulent healthcare practitioners as they are breaking the law and endangering the lives of citizens
- 5 All women presenting to hospitals and clinics with complications following illegal termination should be assisted to open cases against the perpetrator
- 6 The SAPS and Department of Health commit to working together to remove these rogue elements to eradicate the scourge of illegal termination of pregnancies.

## THE DANGERS OF ILLEGAL ABORTION INCLUDE:

- \* Death
- \* Severe bleeding
- \* Uterine perforation
- \* Tearing of the cervix
- \* Severe damage to the genitals and abdomen
- \* Internal infection of the abdomen and blood poisoning
- \* Increased risk of infertility



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MAY

## Anti-Tobacco Campaign Month

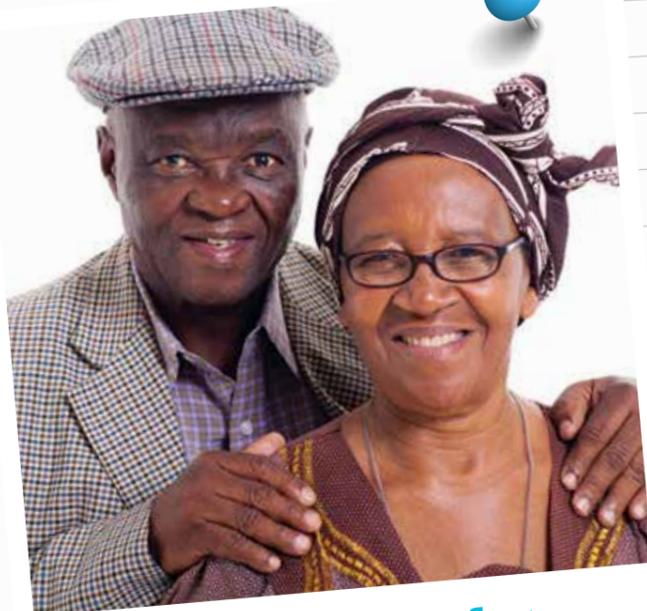
**DID YOU KNOW?** Every cigarette you smoke takes away 14 minutes of your life? Don't fool yourself. Tobacco KILLS. Just ONE cigarette puts 4,000 toxic substances in your blood stream. Make the change, QUIT smoking before it kills you. It's never too late.



# HOPE

## International Multiple Sclerosis Month

Multiple Sclerosis (MS) is a disease that affects the brain and spine of the body, where signals to the body are broken, and cannot be repaired. That does not mean a person cannot be successful. The cause of MS is still unknown, but is manageable. Contact MSSA on their National Helpline on 0860 45 6772 to get more help.



## Go Turquoise for the Elderly Month

A recently launched campaign, this month commemorates the elderly in our communities and all that they do for us. People are encouraged to wear anything turquoise in colour to show they care for the elderly.

### MAY 1-8 Hospice Week

One of the hardest things when someone we love or care about falls very ill without any hope for a cure, is providing proper care for them to make them comfortable. Centres like Hospice provide emotional and medical care for terminal illnesses and every year during this month, they are recognised for the valuable work that they do.

### MAY 27-2 JUNE Child Protection Week

Child Protection is Everyone's Business – that's what we all have to remember. 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 what is happening to them. Report any form of suspected child abuse to the authorities.

**If you suspect that a child is being abused SPEAK OUT – whether it is to a doctor, health professional or a family member. DON'T WAIT!** Also try to encourage children to speak out without fear.

### 5 Hand Hygiene Day

This day encourages everyone to adopt good hand cleaning habits. Every year, hundreds of millions around the world are affected by health care-associated infections. More than half of these infections could be prevented by cleaning our hands properly.

### 8 World Red Cross Day

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 the first at the scene in many dangerous situations including war zones. They are often called in to help in times of natural disasters too like earthquakes or a tsunami.

### 10 Move for Health Day

**Come on, move that body into action!** The more you exercise, the healthier you will be. Our health MEC Dr Dhlomo is a keen runner and 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!

### 28 International Day of Action for Women's Health

It is every woman's right to live a healthy life and to make important decisions about her life and her health without being forced to make a choice. 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.



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### 12 International Nurses Day A Force for Change: Improving health systems' resilience

They are the angels of mercy providing care every day and each year they are recognised on this day for their hard work in saving lives. Take a moment and say thank you to a nurse whose service has made you smile - it gives them encouragement to continue doing good work too!

### 12 World Chronic Fatigue and Immune Dysfunction Syndrome Day

This syndrome is 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.



### 15 Candlelight Memorial Day

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.**

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# Early booking saves lives



Whether you are a first time mother or a mother with previous pregnancies, it is important that you attend ante-natal care.

## Q When should I start attending ante-natal clinic?

Report to your local clinic as soon as you miss two menstrual periods. They will be able to confirm your pregnancy and will book you right away if you are. It is perfectly safe to start early before you are 3 months pregnant.

## Q Why is it important to start clinic early?

To make sure that you and baby are healthy and safe, by checking your health history.

If there are any medical or previous pregnancy problems, interventions can be done straight away, so that by the time you deliver, you and baby are safe. It is now more possible than ever before to deliver an HIV free baby even if you are HIV positive, thanks to progress in reducing the mother to child transmission. The most important thing is to report as early as possible to your clinic.

## Q What can I expect from the clinic?

They will check your blood pressure, urine and weight – to check if there are any diseases that could affect you or your baby.

Blood tests are also done for infections like syphilis or HIV.

## WHY IS ANTE-NATAL CARE IMPORTANT?

Because attending ante-natal care gives you and your baby the BEST chance of a successful and healthy delivery.



## Q How can I eat healthily for me and baby?

Whatever you eat affects baby too, so it's especially important to eat the right foods for a healthy baby.

- \* Veggies and fruits are important to build up your protection from diseases/infections.
- \* Meat/beans/fish et. are important for developing muscles.
- \* Drink lots of water.

## Q What about medications during pregnancy?

Be careful about using unprescribed medications which might endanger your baby, including "izihlambezo".



## Q What is a "healthy pregnancy"?

Your baby should start kicking at about 5 months, several times a day. Try to understand their kicks so that you will be able to notice any change.

As the baby grows bigger, his head will start applying pressure on your bones, making you feel uncomfortable, this is normal.



## Q What are the signs of labour?

- \* Dull backache that comes and goes
- \* Period like pain.
- \* Feeling pressure as your baby's head presses against your pelvis.
- \* Your water may break
- \* A show (passing a small whitish liquid, sometimes with some blood).
- \* If you are in true labour, pains will get more intense and frequent.

**NB! It is important to go to your nearest clinic or hospital at that stage, so that they confirm whether you are in labour or not.**

## Q Are there any dangers in pregnancy?

Seek medical help if any of these occur:

- \* Bleeding while pregnant.
- \* Your baby stops moving/kicking
- \* Water breaking before you are 9 months pregnant.
- \* Persistent headache which is accompanied by blurred vision.
- \* Dizziness

**IT'S VITALLY IMPORTANT THAT YOU KEEP YOUR ANTE-NATAL APPOINTMENTS!**



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Department:  
Health  
PROVINCE OF KWAZULU-NATAL

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

# FOOD PRICES

# rise and rise!



But healthy eating *IS* still possible on a budget...

Climate change, rising fuel, transport and food prices affect us all, and it is hard to eat nutritious food on a tight budget. Drought has caused the death of many cattle and poor harvests. Low grain yields mean that maize, wheat, and other grains have to be imported. Staple foods and fresh vegetables, fruit, meat and dairy products are expensive and becoming out of reach for many people, especially the poor.

## BACK TO BASICS



Home cooked food is more nutritious than fast food which is full of carbs, leading to obesity and other health problems.



Fruit and veg in season are cheaper and are usually grown locally. Use them with cheaper cuts of meat, beans and grains.



Frozen vegetables are a good alternative to fresh, as they are healthier and cheaper than tinned varieties, which are usually high in salt.



Look out for seasonal vegetables and fruit sold in bulk or on specials, and share the cost with others to benefit from low prices.

## Grow your own

No sunny spot is too small to grow vegetables and herbs. Pots of baby spinach, lettuce, celery, spring onions, tomatoes and other greens can even grow on a sunny windowsill.

Eat tomatoes uncooked where possible and use the growing tips and leaves of veggies in salads or sprinkled over cooked food to give extra nutritional value. Herbs can be grown for flavour and are a good substitute for salt.

Compost your vegetable and fruit peelings for use in your vegetable garden. Many vegetable seeds like tomatoes and pumpkins grow naturally this way. Take advantage of grey water from your shower

or washing machine, by building a small seepage 'tank' for the water, using bricks for the four sides and stones, rubble or pieces of wood inside so that the water trickles through slowly and keeps the ground from drying out rapidly.

## Natural foods

To reduce costs even further, keep non-perishable food in its natural state instead of buying boxes with ingredients of ready mixed or ready to eat foods. Store packets of whole foods (flour, rice, mealie meal, oatmeal etc.) in air-tight containers, as they can be used in many different meals.



You can grow fresh herbs in pots on your windowsill

IT TAKES SOME EFFORT TO PLAN A HEALTHY DIET AND GROW YOUR OWN FOOD, BUT YOU WILL SAVE MONEY AND LIVE A LONGER, HEALTHIER LIFE!



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