

HEALTH MATTERS

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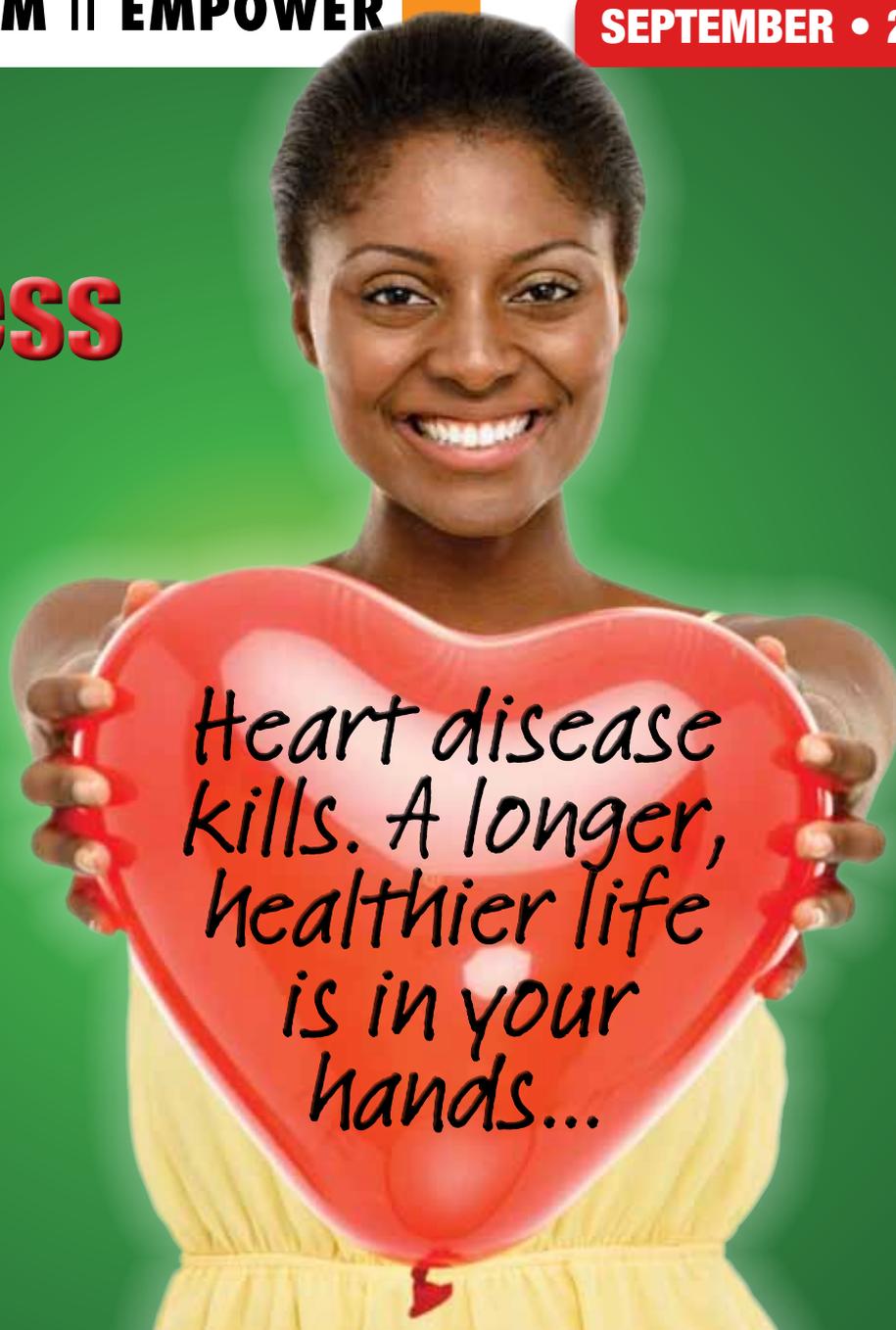
SEPTEMBER • 2013

Heart Awareness Month

More nurses,
caregivers for
communities

HOW TO KEEP
YOUR KIDNEYS
HEALTHY

Understanding
Leukaemia



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

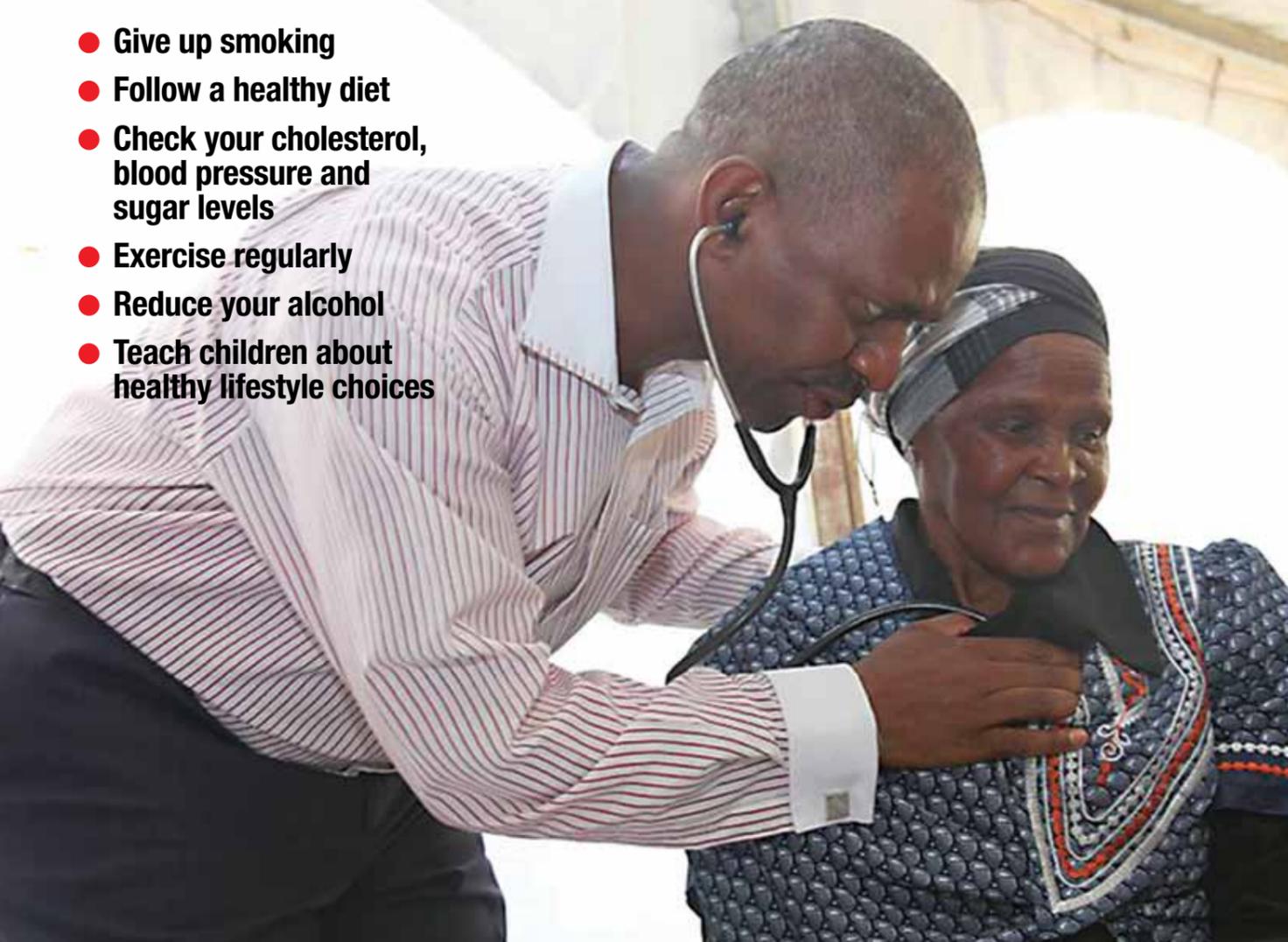
Fighting Disease, Fighting Poverty, Giving Hope

EYE AWARENESS
MONTH

80% OF HEART DISEASES AND HEART ATTACKS CAN BE PREVENTED

What are **YOU** doing to save yours?

- Give up smoking
- Follow a healthy diet
- Check your cholesterol, blood pressure and sugar levels
- Exercise regularly
- Reduce your alcohol
- Teach children about healthy lifestyle choices



HEART DISEASE KILLS.

A LONGER, HEALTHIER LIFE IS IN YOUR HANDS...



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Fighting Disease, Fighting Poverty, Giving Hope

Message from...

**KZN Health HOD,
Dr Sibongile Zungu**



SEPTEMBER is a month when many health issues are receiving attention through our health awareness days, and there are some frightening figures that have come to light. Some of these include the fact that our country has around 100,000 blind children and in more than 50% of these cases this could have been avoided. Read more about how this can be achieved inside this issue.

BUT there's more. With September being heart awareness month, it raises an important point that is at the heart of our focus in health. More than 80% of all heart diseases can be avoided by simply following a healthy lifestyle. This goes back to the old saying 'prevention is better than cure' and confirms even more so why our country is moving in the right direction through a new National Health Insurance plan. It doesn't mean taking out health insurance, but simply that we shift the emphasis from focussing mainly on curing to preventing. By every one of us doing what we can to prevent diseases in every area of society, it means a healthier community and a healthy, productive country. Prevention of diseases does not require huge life changing decisions, but instead more awareness of our choices – the kind that many of us grew up with where vegetables and home cooked food was our stable diet, not fast food. A good example of how healthy choices affect our survival is our very own 'Florence Nightingale' in KwaMashu, former nurse Motlanalo Ndlovana. She is 94 years old and continues to inspire everyone in the area and beyond. Ma Motlanalo spends her days as a

volunteer community worker and describes herself as a farmer with a passion for knitting too! Read more about her in this issue too.

WITH so many positive reasons to live a healthy lifestyle, it's no wonder that we are starting to turn the corner as more people realise the benefits of preventing diseases. Our mortality rates are down and people are living longer. But we need to keep at this and spread the word – to friends, families, in our churches, at work and every area of our lives. It is only through sharing information that we can make a difference and prevention of diseases is in our hands. Our battles are far from over but by overcoming the smaller hurdles we can focus on bigger obstacles along the way too. But it's a responsibility we all have.

FINALLY, the Department of Health in KZN would like to take this opportunity to once again pass our heartfelt condolences to the families who lost their loved ones in the horrific accident in Pinetown recently. May their souls rest in peace and God guide you through this difficult and painful journey. Our thoughts and prayers continue to be with you and the Department is making every effort to assist where it can.

God Bless and go well

inside



EYE AWARENESS



LOOK AFTER YOUR KIDNEYS



HEART HEALTH



ORAL HEALTH

... **EYE CARE**

Blindness in children – you can avoid this

... **YOUR KIDNEYS**

How to keep them healthy

... **KZN HEALTH NEWS**

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Prevention is in your hands

... **CHILDHOOD CANCER**

All you need to know

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Kwamashu's Florence Nightingale

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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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NATIONAL HEART MONTH: How to keep a healthy heart



Take the road to a healthy heart; it's in your hands!

SEPTEMBER is Eye Awareness Month



A true story...

From the time Awande Ngubo was born she had a problem with her eyes. Instead of being dark brown like all the other babies in the hospital, hers were cloudy white. At first her mother, Slindile, thought that this would disappear naturally, but after six weeks she started to worry when it didn't. She was sent to the ORBIS Paediatric Eye Care Centre at Inkosi Albert Luthuli Central Hospital where the team there told her that her child has cataract and would need surgery or she will go blind. Slindile was shocked because she thought that cataract was something that only affected the elderly. At first Awande's father refused to let her have the surgery saying they should wait until she was older. But the team at the hospital counselled the family and explained that although it was frightening to put a small baby through major surgery, it was needed for Awande to have good eye sight.

Two months later, Awande's eyes were operated on – and it was a huge success!

Slindile is happy because she can see the change in her daughter's life. Awande will now be able to see, go to school, learn to read, play outside and be independent. All thanks to the quick acting by her parents, proving that the earlier you act, the better your chances!

QUICK FACTS

What is a cataract?

A cataract is a cloudiness of the lens of the eye which makes it difficult for a person to see.

How do I know if my child has a cataract? Can I see it?

Parents sometimes notice whiteness in their baby's eye or a white dot in the baby's eye. Doctors usually check for cataracts in newborn babies too.

Do all cataracts have to be removed?

No – in some cases, the cataract may be just a dot in the middle and this means there is enough space and the eyesight will not be completely blocked. The team at the Eye Centre at Inkosi Albert Luthuli Central Hospital are experts at deciding on whether to operate or not.

REMEMBER, the earlier you act, the better your chance of successful treatment!

FACT

There are about **100 000 BLIND CHILDREN** in South Africa – and more than 50% of these could have been prevented.

DON'T DELAY Speak to the nurse if your child has any of the following:

- Whiteness or cloudy lining over the centre of the eyes
- White spot/s
- Any signs that your child cannot see well



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Fighting Disease, Fighting Poverty, Giving Hope

2-6 SEPTEMBER

KIDNEY AWARENESS WEEK

If you suffer from hypertension or diabetes, make sure you go for regular check-ups at your clinic, because these two conditions are the biggest causes of kidney failure in South Africa today. Let's take a look at what this all means...

10 000
South Africans die every year from kidney disease or failure!

How Do Our Kidneys Work?

Kidneys assist with all the functions of your body except the brain. They make the essential chemicals for the body, break down unnecessary or dangerous chemicals and keep the necessary ones. Every day, our kidneys clean about 150 litres of fluid from our body, including urine.

Causes of Kidney Problems

In SA the biggest cause of kidney problems is hypertension, followed by diabetes. For many people, kidney diseases go unnoticed and untreated because it is not something that you can actually see and many of the signs like tiredness and depression can also be a sign of something else. It's only when the kidney disease is advanced do people actually then notice something is not right. But taking care of your kidneys can help prevent kidney disease. Some of this includes eating the right foods and keeping fit.

How is kidney disease treated?

The major complication of kidney disease is that it can lead to kidney failure, which means you would then need dialysis – this involves being treated at a specialised hospital where a machine will be used to do the work of your kidneys. There is a long waiting period for this treatment and it can also be a very expensive option. Dialysis can take place a few times a day or week and will usually continue for life or until a kidney donor can be found. Transplants are generally successful, with more than 90 percent of transplants still working after one year, but it is not a quick fix. A new kidney requires a lifetime of care, including taking anti-rejection medication.

HOW TO KEEP YOUR KIDNEYS HEALTHY



X DON'T SMOKE If you don't smoke, don't start. If you do, give it up! This is the simplest, most important lifestyle habit to change to reduce the risk of kidney disease. People who smoke are three times more likely to have reduced kidney function, and have a four to five times greater risk of heart attack and stroke.



X GO EASY ON THE ALCOHOL Too much alcohol can lead to heart disease and high blood pressure, increasing the risk of kidney disease.



X CUT DOWN ON FATTY FOODS The food you eat plays a big role in the health of your body. It can help to prevent some diseases, and help to manage others. People who are overweight increase their risk of diabetes and high blood pressure – major causes of kidney disease.

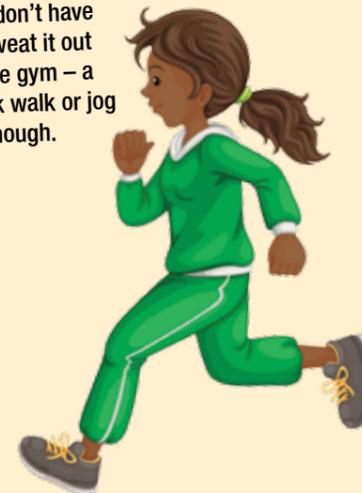


✓ EAT HEALTHILY

Make sure to:

- Eat lots of fruit and vegetables
- Choose meats like chicken and fish at least once a week
- Eat reduced-fat and low-fat dairy products
- Reduce fatty foods like fried fish, chips, fried chicken etc. (we all love our chicken, just go easy on the fried kind!).
- Reduce your salt intake

✓ **EXERCISE** Exercise can reduce the risk of developing heart disease and diabetes and you only need to exercise for 30 minutes three times a week to get the benefits. And you don't have to sweat it out at the gym – a brisk walk or jog is enough.



REMEMBER! Kidney diseases can be prevented – it's your choice: Choose Life. Choose Health.



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NEWS

Fighting Disease, Fighting Poverty, Giving Hope



HISTORY IN THE MAKING AS CAREGIVERS BECOME NURSES

In a first for South Africa, around 328 community caregivers in KZN recently graduated to become nurses and nursing assistants.

PAYING TRIBUTE TO THEIR EFFORTS, KZN Health MEC, Dr Sibongiseni Dhlomo called it a 'realisation of his dream as MEC for Health'. "This is unique as it has never happened anywhere in the country that Community Caregivers progress to become fully qualified nurses. You deserve to be rewarded for all the good work and sacrifices

you have been making for our frail and terminally ill patients out there," said Dhlomo during his address to the new recruits who will be employed by the Department of Health in KZN and posted to areas of need.

The graduation of the caregivers as nurses forms part of KZN Health's skills development and job creation project.

AWARD FOR MSELENI HOSPITAL'S DR FREDLUND



THE SOUTH AFRICAN MEDICAL ASSOCIATION has awarded Mseleni Hospital's Dr. Victor Fredlund for his 33 years of dedication and service to the community. After training in London, England, Dr Fredlund who is currently a Medical Manager and Acting Hospital Manager at Mseleni Hospital, decided to spend five years staying in Mseleni with his wife, to try and address some of the rural area's health needs. That was 32 years ago. It has now become home. Dr Fredlund introduced some much needed health services in the community like circumcision at the clinics, home visits by medical officers and also involvement in social issues affecting the community. He is passionate about community development and working with the people to improve health conditions. An award well earned - congrats Dr Fredlund!

More caregivers for communities

As part of the provincial Government's Sukuma Sakhe project to improve service delivery in rural areas, 1945 community caregivers from Ugu and uThungulu Districts were recently awarded certificates after completing their ten day course. It was an exciting moment, as caregivers are desperately needed in rural areas, and play a major role conducting door to door visits to evaluate the health care needs of people. In his address, MEC Dhlomo thanked the US Consul General, PEPFAR, USAIDS and BroadReach Health Care for their contribution towards the training of caregivers.

Service delivery extends to new clinic in Kwamahleka

MEC DHLOMO RECENTLY opened the new Ezimwini Clinic in the area, saying it would be used especially to improve the health of pregnant women and children in the area. "We have come to the place where this beautiful clinic has been built where pregnant women

will be taken care of, children are immunised and the wellbeing of the community taken care of. This clinic will also provide care under the Phila Mntwana Campaign which is mostly done by caregivers in war rooms under the Sukuma Sakhe project", said Dr Dhlomo.



Stanger Hospital opens first public donor Breast Milk Bank in KZN

DURBAN'S STANGER HOSPITAL has become the first hospital in the province to open a public breast milk bank – that is, storing and distributing donated breast milk. The Hospital's Chief Dietician, Charlene Giovannelli- Nicolson, says "pre-term, low birth weight, abandoned and orphaned babies would benefit most from the milk bank. The donated

milk will be tested, pasteurized and frozen before being fed to babies in need. Breast milk is the best form of protection against many diseases in babies and KZN Health would like to encourage new mothers to exclusively breast feed their children for at least the first six months of birth. It's the best start you can give to your baby!



SEPTEMBER is National Heart Awareness Month

TAKE THE ROAD ...to a healthy heart

DID YOU KNOW that 80% of all heart diseases can be prevented? That means YOU can avoid a heart attack by living a healthier lifestyle. During this month's Heart Awareness month, take a long, close look at how you live and ask yourself: "Do I eat well, exercise a few times a week and look after my heart?" With our busy lives and rushing to work and home again, our stress levels are high and our food is not what gogo used to make us eat. But it's never too late to make a change. Use this month as an opportunity to learn and educate your family and community about the importance of preventing heart diseases and you will also be saving more lives.

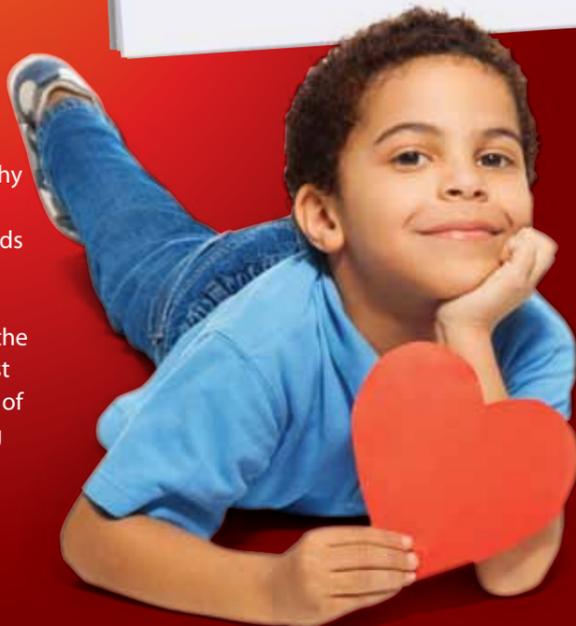


Prevent heart attack and heart disease

- ✗ Do not smoke
- ✗ Reduce high blood cholesterol – avoid fried, fatty foods
- ✗ Reduce your stress levels, relax and sleep well!
- ✗ Do not drink a lot of alcohol (try to give it up!)
- ✓ Go for regular checkups at your local clinic
- ✓ Exercise regularly – especially walking, it keeps your heart fit.
- ✓ Eat at least 5 portions of fruit and vegetables each day – especially avocados, bananas, beetroot, garlic and onions as these keeps your heart and blood healthy.

Teach Young Children

The earlier you start living healthily, the better your chances of living a long, healthy life. Teach children to make healthy choices about the foods they eat and explain why it's important. Children must be taught not to be tempted by the advertising they see about fast foods, and about the dangers of eating too much of the wrong types of food.



What to do if someone is having a heart attack

- Stay calm - over reacting will put more pressure on the person having the attack, placing him/her in greater danger.
- Call an ambulance or get an experienced health worker immediately to perform CPR (this is a method used to keep a person breathing)
- Make sure the person having the heart attack is sitting or lying down - or ask them to sit up if they are breathless, or lie flat if weak.
- Medical help is important in the first few hours of a heart attack - so get help quickly.

Childhood Cancer Awareness Month

SEPTEMBER

UNDERSTANDING LEUKAEMIA



Around 800 children are diagnosed with cancer in South Africa every year and a further 500 die of cancer before it is even recognised. Leukaemia is among the most common cancers affecting children, so if you're a parent, learn more about this so that you know when to take your child for further checks.

HOW DO CHILDHOOD CANCERS START?

Cancer begins in the cells, which are the building blocks of our body. New cells form as we need them and old cells die. Sometimes, the old cells don't die and become cancerous.

ALL ABOUT LEUKAEMIA

This common childhood cancer begins in the bone marrow (the part of your body where your blood cells are formed). White blood cells help your body fight infection, and in leukemia, the bone marrow produces abnormal white blood cells making it hard for the blood to do its work. The following signs are some of the symptoms of leukemia but remember they can also be a result of other conditions, so always check with a health professional who will examine your child and let you know exactly what the cause is.

Signs to watch for

- Tiredness (fatigue) and pale skin
- Infections and fever
- Easy bleeding or bruising
- Bone pain
- Swelling of the stomach
- Coughing, trouble breathing,
- Swelling of the face and arms
- Headache, seizures, or vomiting

TREATMENT OPTIONS

The type of treatment will depend on the age of your child, their overall health and how far the disease has spread. The most common form of treatment is chemotherapy (medicine to kill the cancer cells is given through a drip) and in some cases, through bone marrow donation. For a bone marrow transplant to work the right match needs to be found. There is a big shortage of African donors in the country and South Africa needs at least 100,000 African donors to help children with this form of cancer.

If diagnosed early, 70-85% of childhood cancers can be cured so DON'T DELAY!

Who to Contact

The Cancer Association of South Africa.....	0800 22 66 22
Childhood Cancer Foundation South Africa	086 111 2182
The Sunflower Fund	0800 12 10 82
Addington Hospital	031 327 2000
Inkosi Albert Luthuli Central Hospital.....	031 240 1000
King Edward VIII Hospital.....	031 360 3111
Grey's Hospital.....	033 897 3000

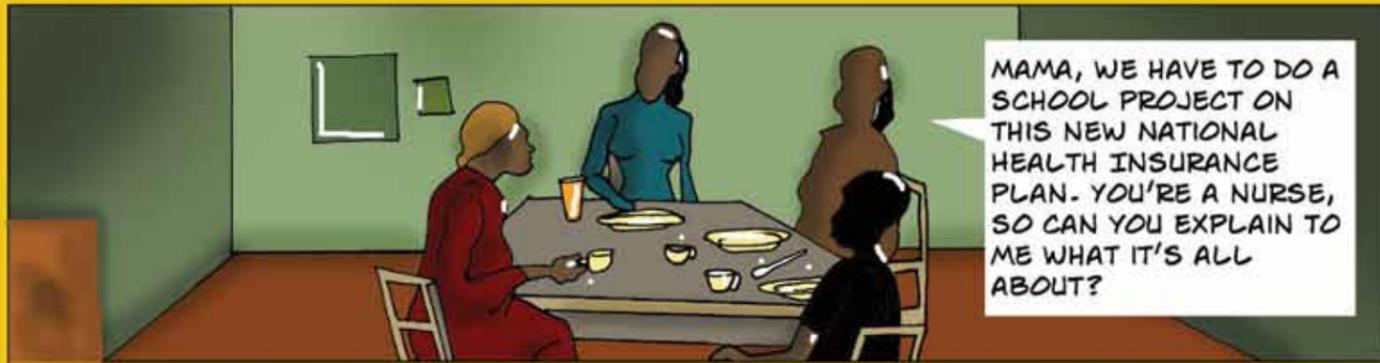


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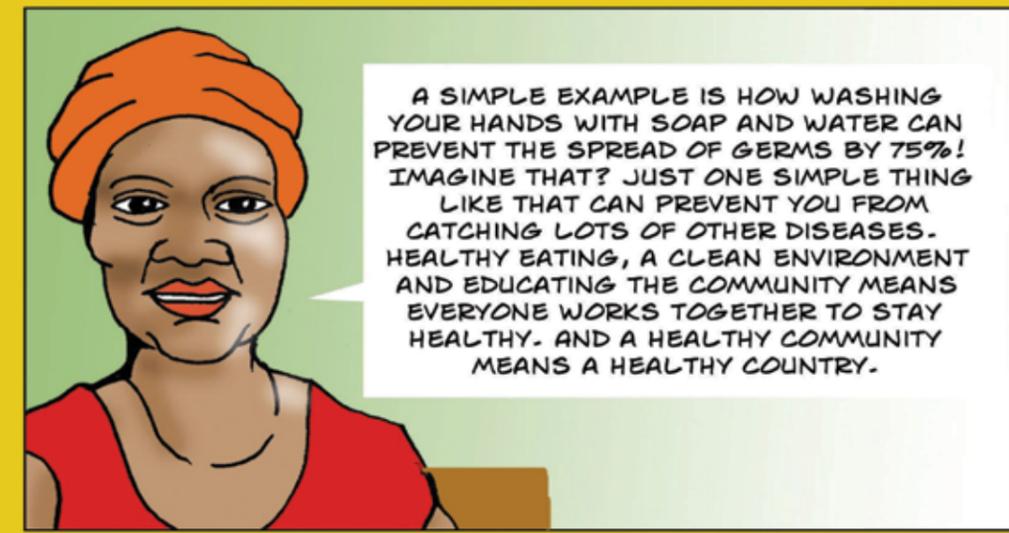
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PREVENTION IS BETTER THAN CURE



HOW WILL THE COUNTRY FIND SO MANY DOCTORS TO LOOK AFTER ALL THE PEOPLE?



HEALTH CARE IS A RIGHT, BUT HEALTHY LIVING IS YOUR RESPONSIBILITY



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SEPTEMBER



CERVICAL CANCER Awareness Month

This cancer affects the lower part of a woman's womb, and is usually caused by Sexually Transmitted Infections (STI's). HIV positive women are also more at risk. To avoid cervical cancer you should:

- Avoid having sex as a teenager
- Know your HIV status. The earlier cervical cancer is found, the higher the chances of a cure.
- Use condoms.
- Go for regular Pap smears at your local clinic.

Albinism Awareness Month

Albinism is not a curse, and this month is a reminder to show tolerance, understanding and respect for those suffering from Albinism. They are a part of normal society and shouldn't be shunned.



Bone Marrow Donation and Leukaemia Awareness Month

People with leukaemia, often called cancer of the blood desperately depend on donors for bone marrow. This helps fight infection which leukaemia sufferers are unable to do, as the cancer affects their bone marrow's natural ability to do this. There is a shortage of donors so why not save a life this month? For information on becoming a donor, call The Sunflower Fund toll free on 0800 12 10 82



National Heart Awareness Month

Childhood Cancer Awareness Month

Around 800 children are diagnosed with cancer in South Africa each year and a further 500 die before it is even diagnosed or treated. The earlier it is detected, the better the chance of survival, so read up on the early warning signs in children in this issue so that you can access treatment early.

Month of Deaf People

There are more than 1 million deaf or hard of hearing people in South Africa, and this month is about raising awareness of the important role they play, under the theme 'Equality For Deaf People'. One of the greatest challenges is to make society understand that just because someone is deaf does not mean they are abnormal. They are normal people and can do most things any ordinary person can. Deaf SA is an organisation fighting for the recognition of South African sign language as the 12th official language.



Muscular Dystrophy Awareness Month

This is a condition which weakens the muscles in the body, and affects one in 1200 people in South Africa. Symptoms include muscle weakness and tiredness.



Eye Care Awareness Month

Seventy-five percent of blindness can be avoided through prevention or treatment, and that is why it is so important to get your eyes tested at least once per year. During this month, encourage others in your community to have their eyes checked too.

National Oral Health Month

9 out of 10 South African children suffer from holes in their teeth (cavities). Tooth decay is also the most common health problem in children. If left untreated, this can lead to problems later on such as diabetes, heart disease and even mouth and stomach cancer. This month is about teaching our families about these dangers and the importance of teeth care.



SEPTEMBER
2-6

KIDNEY AWARENESS WEEK

This week aims to raise awareness of the prevention and treatment of kidney problems which is linked to hypertension, diabetes and overweight. Read more about it in this issue.

SEPTEMBER
1-8

PHARMACY WEEK

This week recognises the value of pharmacists in ensuring the safe and effective use of medicines and the important role they play as professionals in the healthcare team.

SEPTEMBER
2-6

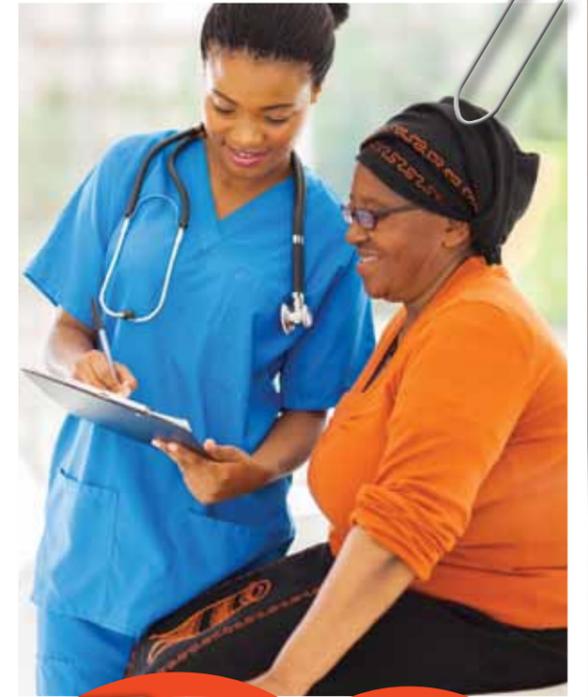
BACK WEEK

Did you know back pain is the second most common reason (after the cold) for people to stay away from work? Watch your posture and avoid carrying heavy items to prevent serious injury to your back which can lead to other health problems.

SEPTEMBER
23-29

WORLD RETINA WEEK

Eye care is one of the most important areas of your health and everyone, especially the elderly, need to have their eyes checked to avoid loss of vision. Prevention is better than cure – read the top tips in this issue about preventing blindness.



SEPTEMBER
29

World Heart Day

Did you know that at least 80% of deaths from heart disease and stroke can be avoided? You can reduce your risk by not smoking, a healthy diet and exercise. It's that simple. So, have a heart, go for regular blood pressure, cholesterol and sugar check-ups – and make healthier lifestyle choices. It's your heart, your life.

SEPTEMBER
9

International Foetal Alcohol Syndrome Day

Drinking alcohol during pregnancy can be deadly for your unborn child: don't take a chance. Pregnant women are encouraged to stop drinking to save the life of their baby. This day is dedicated to raising awareness on this.

SEPTEMBER
14

ADHD Day

ADHD is a condition most common in children which affects the brain. A person with ADHD is constantly active and may find it difficult to sit still. Many famous, successful people in the world have ADHD so it is manageable and those with the condition can live normal lives. If you feel your child is abnormally overactive speak to your health worker about it.

SEPTEMBER
21

World Alzheimer's Day

This is a disease that affects the brain's memory, mainly in older people. There is currently no cure, so we should show understanding, patience and tolerance for people with the condition.

SEPTEMBER
26

World Environmental Health Day

This day reminds us how toxic chemicals from medical waste can end up in the environment, causing serious harm to human health. We all need to act responsibly to protect our environment because we have just one earth.

SEPTEMBER
28

World Rabies Day

Rabies can lead to death, that's why it's important for all dogs to be vaccinated against this disease. Report stray dogs to your nearest council office and don't let children play with them. The bite of an animal with rabies can be deadly.



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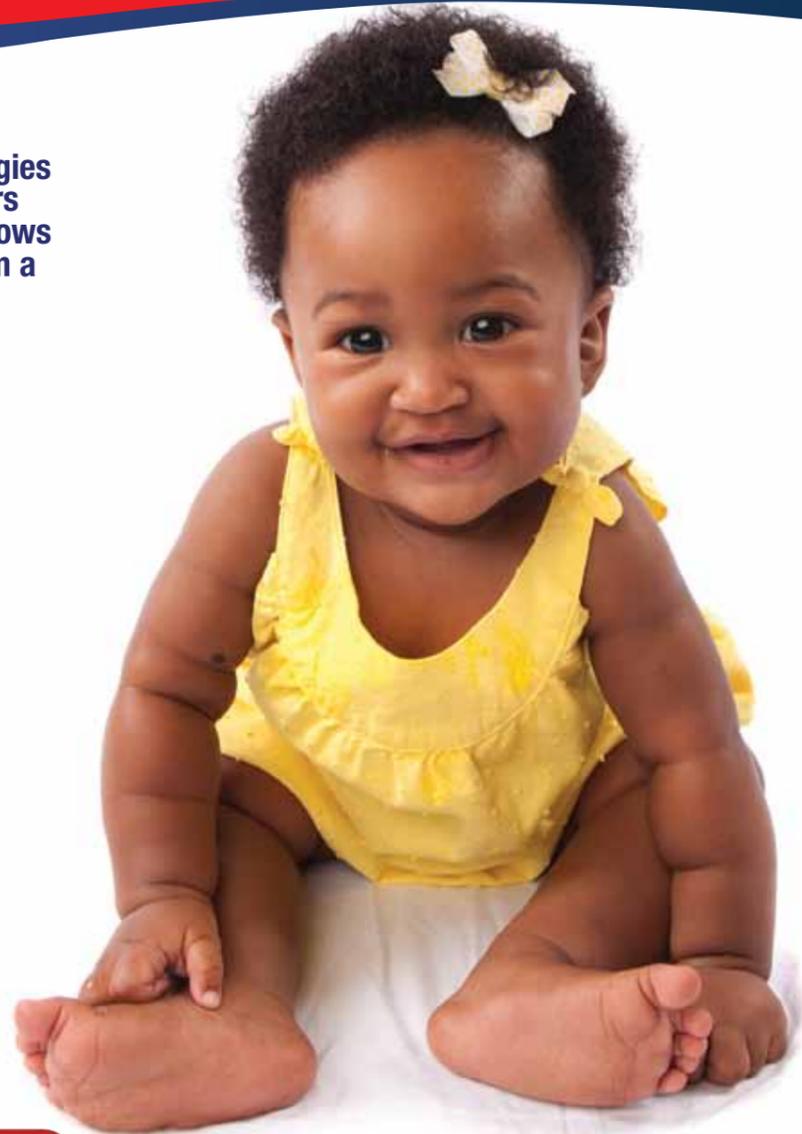
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Keep your babies skin as soft and dry as mother nature intended.

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.



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BREAST IS BEST!

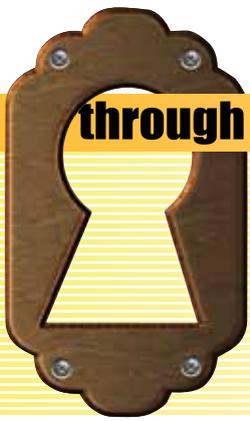
Breastfeeding is the best start you can give your baby, but Huggies understands that it's not easy for every mother and sometimes can be frustrating, especially if you're a new mother. So help make it easy for you and baby, we've put together some top breastfeeding tips so that both you and baby can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



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

Huggies® Top Breast-feeding Tips

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



through the keyhole

MOTLANALO NDLOVANA – KwaMashu’s own ‘Florence Nightingale’

She’s 94 years old, wakes up early every morning at the crack of dawn to prepare for her role as a volunteer community worker and wait for this... also has time to farm and knit!

Meet Motlanalo Ndlovana, a nursing legend from KwaMashu. And even after 26 years of retirement, the wise ‘founder of nursing’ still has the passion for caring for others which earned her the fond title of ‘Florence Nightingale’ by many of the locals who know her.

Inspired by Selflessness

Her story is a moving journey of devotion. Born in 1919 in Pietersburg in Polokwane to working parents, ma Ndlovana says it was her parents who inspired her to take up nursing in 1938. After graduating in 1942, she became a state registered nurse and began working at Polokwane Hospital. Before long, she was recruited at King Edward Hospital before moving on to work at Coronation Hospital in Johannesburg where she assisted in establishing new wards and working towards providing health care for all people.

Pioneering Community Health

Durban was always her calling and after getting married and having a child, the ‘Florence Nightingale’ moved back there where she worked to establish a clinic in Springfield. Together with a small team, she worked in mobile clinics stationed on streets and in shops offering immunisation and advice to young

mothers. “My experience in community health helped me to deal with mothers, especially first time mothers,” explains ma Ndlovana. And before long, she was actively involved in all areas of community health care, from advising new mothers to promoting child welfare in various Durban hospitals – even doing visits after hours. “We had many challenges but I was willing to conquer. I was ready for the environment,” recalls the energetic former nurse who went on to open the first community clinic in KwaMashu. “I spread the word to the people and through school children so that they could come to the clinic and soon we had queues of people coming to us for health care. Before long we were establishing and monitoring many clinics, adoption centres and crèches in the area which were later upgraded into bigger clinics,” she explains.

Beyond Retirement

With her impressive achievement, ma Ndlovana finally retired in 1986 – but she was not done yet! Today, 44 years later, she has not lost her love or passion for the profession, and more especially for children. She is a full member of the Young Women’s Christian Association (YWCA), motivational speaker, mother and grandmother. “Even when I die, the children will remain. They are my tomorrow. They must be taught about life,” she says warmly. And at the ripe age of 94 she is looking forward to her forthcoming 95th birthday.



We had many challenges, but I was willing to conquer. I was ready for the environment.

Her secret to long life? Hard work and healthy food!