



## ILEMBE

## NEWS

SEPTEMBER 2020

### EARLY DETECTION CAN HELP PROLONG A LIFE!



*Dept. of Social Development D. Minister: H.I Bogopane-Zulu engaging clients*



*Mammogram truck*

The Pink Drive community programme and awareness campaign providing Prostate Specific Antigen (PSA) screening, breast examination and mammography for women was conducted from the 14<sup>th</sup> to the 26<sup>th</sup> of September 2020 in 10 Districts.

The main aim was to provide health services to citizens irrespective of age, gender, race, culture, social classification and medical status.

Pink Drive in partnership with the Department of Health, Department of Social Development, South Africa Social Agency and Department of Home Affairs hosted this programme in Ilembe District, KwaDukuza, Thembeni Sports Field on the 23<sup>rd</sup> of September 2020.

*Continued on page 2*

# EARLY DETECTION CAN HELP PROLONG A LIFE!

The following additional services were rendered during this community outreach programme:

- HAST services
- SASSA, Home Affairs
- Male and female condom distribution
- COVID 19 screening and testing
- Referral and follow up care ect

The Deputy Minister: H.I. Bogopane-Zulu made an appearance appreciating the good work Pink Drive has offered to the community of ILembe. About 200 people received health services and the event was a great success.



**Department of Social Development providing services**



**Nurses providing health services**



**Deputy Minister engaging clients and employees during walk about**



**Patients waiting for services**





# World Suicide Prevention Day!!

## ILembe Department of Health breaking down the taboo and raising community awareness to prevent suicide !!

The World Suicide Prevention Day (WSPD) is observed on the 10<sup>th</sup> of September yearly. It emphasizes on worldwide commitment and action to prevent suicide.

The ILembe Health District office led by Dr V.K Mthunzi held a campaign on the 10<sup>th</sup> of September 2020 at KwaDukuza Shopping Centre to raise community awareness about suicide. People were also encouraged to come forward for help if they have problems rather than committing suicide. Flyers with information on how to prevent suicide were distributed to people while others displayed messages discouraging suicide in our society.

Mental illness is a taboo topic that is normally swiped under the carpet while in fact is the biggest issue that needs to be addressed on a daily basis. People are drowning in their negative thoughts while they act like everything is completely fine in the face of the world. It all starts in your head and then to the act of eventually taking your life. "Ungazibulali siwuMnyango weZempilo sikhona sizokusiza," says Dr Mthunzi who is the Mental Health Coordinator in iLembe District. About 200 pamphlets were distributed on the day.



Officials displaying messages during World Suicide Prevention Day.

The following messages were shared canvassed through the campaign:

- No to suicide
- Khuluma nomuntu omethembayo ngenkinga onayo, ungazibulali usizo lukhona.
- Phansi ngezidakamizwa phansi.
- Usizo lukhona ungazibulalali.
- Yana emtholampilo oseduze nawe uthole usizo.
- According to the South African Depression and Anxiety Support Group, almost 3,000 people commit suicide daily and 1 person every 40 seconds.
- Phansi ngokuzibulala.

03



**KWAZULU-NATAL PROVINCE**  
HEALTH  
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health



kznhealth



@kznhealth



# Raising awareness about albinism

In an effort to educate the community about albinism the Mandeni Municipality in partnership with the Albinism Society of South Africa and Department of Health hosted an awareness on 25 September 2020 at Sibusisiwe Hall at 10h00. People with albinism shared their stories at the event in an effort to deter victimization, which they face on a regular basis.

According to the Albinism Society of South Africa, albinism is an inherited genetic condition that reduces the amount of melanin pigment formed in the skin, hair or eyes. This means that a person is unable to produce normal colouring and their skin is light or pale, with freckles, whilst their body hair can vary from white to yellow or light brown. They may also have sensitive eyes or be visually impaired.

Dr V. K Mthunzi from I Lembe Health District Office conducted health talk during the event. Albinism is not contagious, it is inherited. A child with albinism receives the defective gene from both parents and it is common for parents with normal skin colour to have a child with albinism, said Dr V. K Mthunzi.

Albinism occurs in all racial and ethnic groups throughout the world. According to Nomasonto Mazibuko, the founder of the Albinism Society of South Africa, various myths create unwanted problems for people with albinism. She said some people believe that people with albinism do not die, they disappear and other believe that engaging in sexual intercourse with a person with albinism will cure HIV/Aids. She emphasized that these are not only false but also very dangerous myths to believe.



**Ayanda Khuzwayo leading the team**



**Dr V.K Mthunzi: I Lembe Health District office**



**Audience during Albinism awareness**

# World Heart Day!!

According to World Heart Federation Organisation the cardiovascular disease (CVD) is responsible for nearly half of all non-communicable diseases (NCDs) deaths making it the world's number one killer. World Heart Day is, therefore give the CVD community a platform to unite in the fight against CVD and reduce the global disease burden.

Heart health for everyone is a fundamental human right and a crucial element of global health justice. World Heart Day is a global campaign during which individuals, families, communities and governments around the world participate in activities to take charge of their heart health and that of others.

World Heart Day was created by World Heart Federation to inform people around the globe that CVD including heart disease and stroke, is the world's leading cause of death claiming millions of lives each year and highlights the actions that individuals can take to prevent CVD. It aims to drive action to educate people that by controlling risk factors such as tobacco use, unhealthy diet and physical inactivity, at least 80% of premature deaths from heart disease and stroke could be avoided.



Some of the risk factors include:

- Physical inactivity
- Unhealthy diet
- Raised blood pressure
- Tobacco use
- Cholesterol
- Obesity and overweight

The heart is the size of a person's fist and the strongest muscle on our bodies. The heart can be vulnerable from habitual risk factors like smoking, eating an unhealthy diet and putting it under stress.

Some of the ways to reduce risk of CVD:

- Monitor your blood pressure regularly, Stop smoking and alcohol use
- Choose good nutrition, Be physically active everyday, Manage diabetes and
- Reduce stress

## CHOICES YOU CAN MAKE TO LOWER RISK OF HEART ATTACK & STROKE



Stop smoking



Take medications



Make heart healthy eating and drinking choices



Move more



Lose weight



# ACKNOWLEDGEMENTS

## EDITORIAL TEAM / DETAILS

**Miss T. E Maphalala: District Director  
Senior Editor**

**Mrs B. Zulu: AD Communications  
Writer & Editor**

**Miss N. Dube: Communications In-service  
Trainee  
Writer**

