

Everyday is **HEALTH AWARENESS DAY**

OCTOBER



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

 KwaZulu-Natal Department of Health

 KZN Department of Health

 kznhealth

 @kznhealth

**GROWING
KWAZULU-NATAL
TOGETHER**

HEALTH AWARENESS DAYS IN OCTOBER

DATE	HEALTH DAY
1	International Day for Older Persons
1	National Inherited Disorder Day
9	Partnership against Aids Anniversary
9	International Day for Natural Disaster Reduction
13	World Sight Day
9-15	National Nutrition Week
10	World Mental Health Day
10	World Hospice and Palliative Care Day
11-17	Case Manager Week
12	World Arthritis Day
12-20	World Bone and Joint Week
15	National Fetal Alcohol Syndrome Day
15-19	National Obesity Week
16	World Food Day
16	World Spine Day
17	World Trauma Day
17	International Day for the Eradication of Poverty
20	National Down Syndrome Day
20	World Osteoporosis Day
20-26	International Lead Poisoning Prevention Week
23	National Iodine Deficiency Disorder Day
24	World Polio Day
28-3	November World Stroke Week
29	World Stroke Day
30	Commemoration of Africa Food and Nutrition Security Day

INTRODUCTION

October is **BREAST CANCER** and **MENTAL HEALTH AWARENESS Month**, which affords the Department an opportunity to put the spotlight on these two ailments.

Breast Cancer

Breast Cancer Awareness Month is an annual campaign to increase awareness of the disease. Though breast cancer is commonly thought of as a woman's disease, male breast cancer does occur.

KwaZulu-Natal Department of Health is concerned about the increasing number of women diagnosed with cancer and calls on all women to proactively test for breast and cervical cancer, as early detection can save lives.

Mental Health

World Mental Health Day is commemorated across the globe on the, 10th of October 2016, to raise awareness on the symptoms of mental health illness which have become rampant as a result of a number of reasons and circumstances like, anxiety, depression and substance abuse.

The theme for 2016 is "Psychological and Mental Health First Aid For All".

The Department is also committed to help those in need of mental healthcare services. Experts say that as many as 1 in 3 South Africans may experience a mental health problem during the course of their lives, most commonly due to depression, anxiety and substance abuse.

Although the month of October is termed 'Breast Cancer and Mental Health Awareness Month', the Department will also focus on the following health issues :

Nutrition

National Nutrition Week, starts from 09 – 15 October 2016.

It is believed that poor choices about food contribute to the high incidence and seriousness of heart attacks, strokes, hypertension, diabetes mellitus, gall bladder, liver, kidney and skin diseases, as well as many other ailments in the country. The theme for this year's National Nutrition Week "Love Your Beans—Eat Dry Beans, Peas and Lentils" seeks to put the spotlight on the importance of consuming nutritious food groups such as pulses. Pulses are part of the legume family which includes peanuts, chickpeas, lentils and various beans such as dry, green, broad and soya.

Obesity

National Obesity Week starts from 15 – 19 October 2016 .

The Department of Health is deeply concerned about the growing obesity rate in the country and urges all South Africans to adopt healthier lifestyles. Obesity is associated with a number of diseases including type 2 diabetes, heart disease, stroke, hypertension (high blood pressure), joint pain and certain cancers. Obesity-related diseases such as heart diseases, type 2 diabetes, stroke and some cancers account for 43% of deaths in South Africa. Obesity is one of the top five risk factors for early death, and years lived with disability in the nation.

Eye Care

Eye Care Awareness Month is commemorated from 23 September to 18 October to raise awareness about the importance of eye health, specifically around the prevention and treatment of avoidable blindness. The theme this year is "Eye Health is Everyone's Business", referring to the fact that eye care should be a priority for all sectors, institutions and individuals.

The following pages in this booklet will provide more information on each health topic. Everyone is encouraged to read this booklet and share the information with family, friends and the community at large.

BREAST **CANCER**

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BREAST CANCER

Breast Cancer Awareness Month is an annual campaign to increase awareness of the disease. Though breast cancer is commonly thought of as a woman's disease, male breast cancer does occur.

FIVE STEPS of Breast Self Examination

Step 1

Begin by looking at your breasts in the mirror with your shoulders straight and your arms on your hips.

Here's what you should look for:

Breasts that are their usual size, shape, and colour.

Breasts that are evenly shaped without visible distortion or swelling.

If you see any of the following changes, bring them to your doctor's attention:

- Dimpling, puckering, or bulging of the skin
- A nipple that has changed position or an inverted nipple (pushed inward instead of sticking out)
- Redness, soreness, rash, or swelling

Step 2

Now, raise your arms and look for the same changes.

Step 3

While you're at the mirror, look for any signs of fluid coming out of one or both nipples (this could be a watery, milky, or yellow fluid or blood).

Step 4

Next, feel your breasts while lying down, using your right hand to feel your left breast and then your left hand to feel your right breast. Use a firm, smooth touch with the first few finger pads of your hand, keeping the fingers flat and together. Use a circular motion like you're writing the number 6. Cover the entire breast from top to bottom, side to side -- from your collarbone to the top of your abdomen, and from your armpit to your cleavage.

Step 5

Finally, feel your breasts while you are standing or sitting. Many women find that the easiest way to feel their breasts is when their skin is wet and slippery, so they like to do this step in the shower. Cover your entire breast, using the same hand movements prescribed in step 4.

Breast Lumps: Myths & Facts

Myth 1: A Breast Lump Is Probably Cancer

- Most breast lumps women feel -- 8 out of 10 -- aren't cancer. It's more common for them to be a cyst (a sac) or a fibroadenoma (an abnormal growth that's not cancer). Some lumps come and go during a woman's menstrual cycle.
- "It's always important to know your own body and detect a change which may need to be evaluated," "If it is cancer, then you may have saved your life."

Myth 2: If You Have A Lump But Your Mammogram Is Normal, You're Done

- You may need more tests, such as an MRI, ultrasound, or follow-up mammogram,
- You may also need to get a biopsy, which is when a doctor takes a small sample of the lump to test it.

Myth 3: Cancerous Breast Lumps Are Always Painless

- Not necessarily. Although breast cancers aren't always painful, having breast pain doesn't rule out cancer
- Inflammatory breast cancer - which has early symptoms such as redness, swelling, tenderness, and warmth in the breast -- can be painful when there is a lump.

Myth 4: If You Find A Lump While Breastfeeding, It Can't Be Cancer

- Though breastfeeding does make you less likely to get breast cancer, it can still happen. If you notice a lump while you're breastfeeding, don't ignore it.
- You may get an ultrasound to check it out.

Myth 5: If You're Young, A Breast Lump Can't Be Cancerous

- No so. At any age, you should get breast lumps checked out by a doctor.
- Even though most women who get breast cancer are past menopause or older than 50, lump can be cancer, even in a younger woman.

Myth 6: A Small Lump Is Less Likely To Be Cancer Than A Large Lump

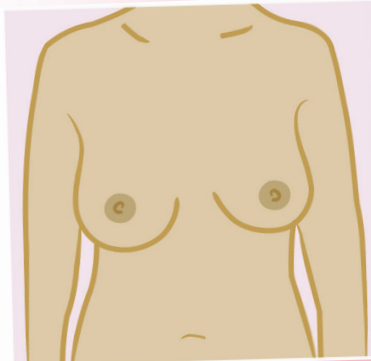
- Breast lumps come in all sizes, and size doesn't affect the odds that it's cancer.
- Whenever you feel a lump that's new or unusual, even if it's tiny, see your doctor. Even small lumps can be aggressive cancers.

Myth 7: If You Feel A Lump Soon After A Mammogram, It's Ok To Wait Another Year

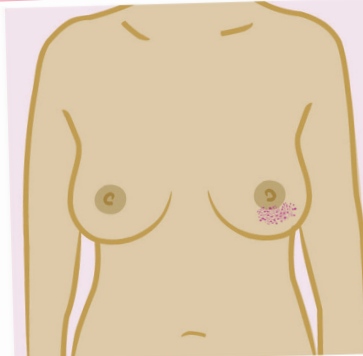
- Call your doctor if you notice a lump soon after your latest mammogram, even if the results were normal. Mammograms can miss some cancers, especially if you have dense breast tissue or if the lump is in an awkward location (such as near your armpit).
- "The doctor should only suggest a 'watch-and-wait' approach after the appropriate breast imaging has been normal and nothing suspicious can be felt."

Myth 8: A Lump Is Probably Harmless If There's No Breast Cancer In Your Family

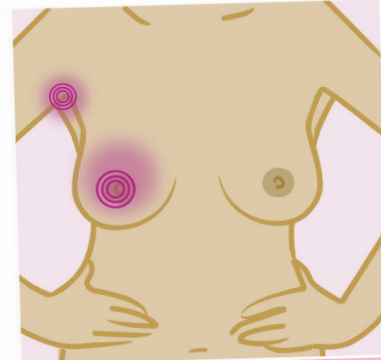
- Many women think they're not at risk for breast cancer if no one in their family has had it. But that's not true.
- Less than 15% of women with breast cancer have a relative who's had the disease,
- Get all lumps checked out by a doctor, whether or not breast cancer runs in your family.



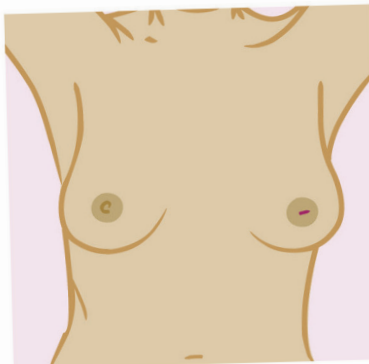
Swelling of all or part of a breast
(even if no distinct lump is felt)



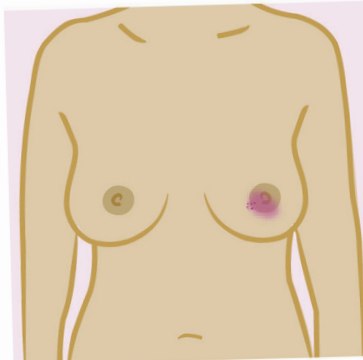
Skin irritation or dimpling



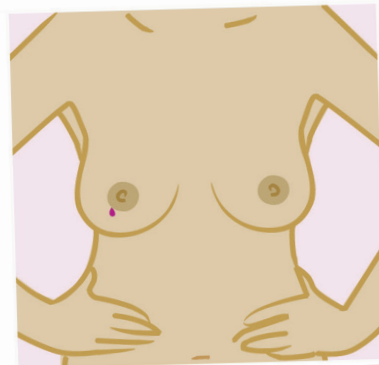
Breast or nipple pain



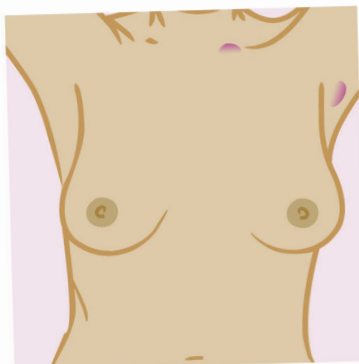
Nipple retraction (turning inward)



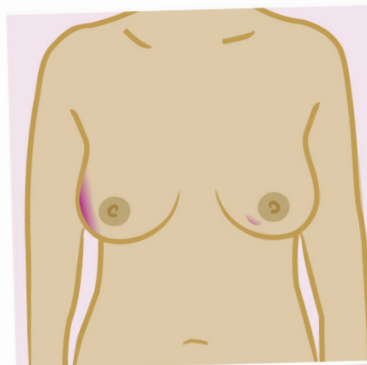
Redness, scaliness, or thickening of the nipple or breast skin



Nipple discharge
(other than breast milk)



Swelling in armpit or around collarbone



A lump that feels different from the rest of the breast

VISIT YOUR
NEAREST
CLINIC OR
HOSPITAL

Early Detection Saves Lives. Get tested

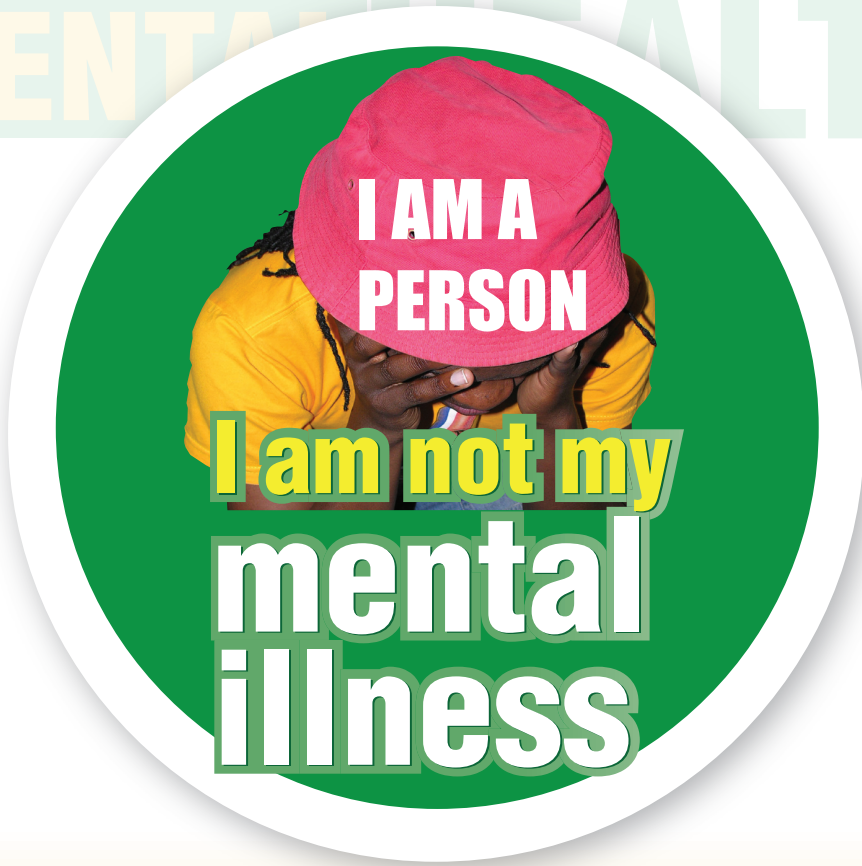
FOR MORE INFO CONTACT
CANSA: 0800 22 66 22

MENTAL HEALTH

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MENTAL HEALTH

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The theme for 2016 is “**Psychological and Mental Health First Aid For All**”.

What is Mental Health?

The World Health Organization (WHO), describes mental health as “a state of well-being in which people realise their own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and are able to make a contribution to their community. It is an essential part of the health and wellbeing of a person and a fundamental human right.”

What are the symptoms of mental illness?

There are many different types of mental illness, which show different symptoms. Generally, mental illness is characterised by a disturbance in thinking, mood or behaviour, which is out of keeping with cultural beliefs and norms. In most cases the symptoms are associated with distress and things that interfere with normal personal functions.

Signs of mental illness include:

- 1 **E**motional symptoms like feeling anxious, sad or scared.
- 2 **C**ognitive symptoms like difficulty in thinking clearly and memory disturbance.
- 3 **B**ehavioural problems like aggression, inability to perform daily routine functions, excessive use of substances like pills, alcohol and other drugs and speaking to one self.
- 4 **P**erceptual symptoms like hearing voices that other people do not hear and seeing things that other people do not see, as well as feeling touched by things that other people do not feel.

What causes mental illness?

- 1 A number of things can cause mental illness. These include:
Biological, social and economic factors like extreme poverty or stress.
- 2 Demographic factors like gender and age. For example, women are at a high risk of certain mental disorders as they are more likely to be exposed to things like violence and abuse. In some cases mental disorders also occur as part of the ageing process.
- 3 Serious threats like conflicts and disasters or the presence of major physical disease and the family environment.

WHAT YOU SHOULD KNOW

How wide-spread are mental illnesses?

The World Health Organisation estimates that about one in four people will experience mental health problems during their lifetime.

Who is at risk of getting a mental illness?

Mental illness can affect people of all ages, races, religions, countries and societies, and can happen at any age.

What are common mental disorders?

Mental disorders that are commonly found include:

Depression

Bipolar affective disorders - a mood disorder that commonly begins with depression and is characterised by feelings of deep depression followed by feelings of extreme joy

Substance abuse

Schizophrenia - affects behaviour, thinking and emotions and includes hearing voices, seeing visions, and having bizarre thought patterns

Intellectual disabilities and mental retardation

Childhood and adolescent mental disorders

Alzheimer's disease - usually starts in late middle age and is characterised by memory loss, confusion, emotional instability and progressive loss of mental ability.



Mental illness can be treated with medication or counselling.

It is important to complete the prescribed treatment programme

Can mental illness be treated?

Most mental illness can be treated with medication or counselling. The earlier a condition is diagnosed and treated, the better the chances of full recovery. It is therefore very important to support people with mental illness and help them to complete their treatment.

Does mental illness last forever?

Mental illness does not necessarily last forever; it depends on the type and severity of the illness. There are many different forms of mental illness. Some are mild and may last only a few weeks. Others are more severe and may last a lifetime. Some are not even noticeable, while others are difficult to hide.

Where can i go for help and information?

Contact your nearest doctor or other health-care provider, clinic or hospital for advice. Remember that you do not have to be ashamed of mental illness or hide it. The sooner it is treated, the better the chances of recovery.

What you can do

It is important that all of us educate ourselves or get information about mental disorders so that we can help ourselves and those around us who are affected. It is also important to support those who are affected and not reject them or discriminate against them.

It is very important to comply and complete the treatment programme that has been prescribed. If you experience bad side effects from the medication, talk to your health-care provider.

FOR MORE INFO CONTACT

Tel: 033 846 7000 / 7008

NUTRITION

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National Nutrition Week starts from 09 – 15 October 2016.

It is believed that poor choices about food contribute to the high incidence and seriousness of heart attacks, strokes, hypertension, diabetes mellitus, gall bladder, liver, kidney and skin diseases, as well as many other ailments in the country.

The theme for this year's National Nutrition Week "**Love Your Beans—Eat Dry Beans, Peas and Lentils**" seeks to put the spotlight on the importance of consuming nutritious food groups such as pulses. Pulses are part of the legume family which includes peanuts, chickpeas, lentils and various beans such as dry, green, broad and soya.



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

NATIONAL NUTRITION WEEK 2016

"Love your beans – eat dry beans, peas and lentils"



The theme is based on one of the South African food based dietary guidelines

** Eat dry beans, split-peas, lentils and soya regularly*

What does regularly mean?

They may be eaten at least 4 times per week

• A serving size is:

- * ½ cup of cooked or canned dry beans, peas or lentils
- * 3 tablespoons (45 ml) dry soya mince

Why are they important?

- They are low in fat, cholesterol (a fat like substance) and are high in fibre
- Foods high in fibre make one feel fuller for longer thus contribute to weight management.
- They help to control blood glucose (sugar) as foods high in fibre slows the release of glucose (sugar) from food eaten.
- They may reduce the risks of coronary heart disease – The high fibre content is known to reduce the type of "bad" cholesterol known as Low Density Lipoprotein
- They are good sources of vitamins, such as folate, which reduces the risk of babies being born with abnormalities of the brain and spinal cord.) (neural tube defects)
- They are a source of non-haeme iron, which means they can contribute to preventing iron deficiency anaemia, especially when combined with food containing vitamin C (green leafy vegetables and citrus fruits e.g. oranges) to improve iron absorption.
- They are good sources of plant protein. The protein quality of vegetarian diets and plant-based diets is improved when dry beans, peas, lentils and are eaten together with cereals.
- They are low in sodium (sodium is a type of salt which is required by the body in small quantities) and a good supplier of potassium which helps prevent and manage high blood pressure.
- There are wide varieties to choose from and can make meal times more interesting if different cooking methods and recipes are tried (whilst still keeping within the budget).



Electricity usage

BEFORE COOKING, SOAK DRY BEANS OVERNIGHT IN PLENTY OF COLD WATER

Use at least 3 cups of water for every 1 cup of beans, for at least 4 to 8 hours and preferably overnight.

Drain beans, throw away soak water and rinse with fresh, cool water.

A **wonderbag** or haybox works like a slowcooker without an electrical outlet and is useful to save energy/electricity. About 15 min boiling time on the stove is needed. Place then in wonderbag:

Kidney beans: 5 – 6 hours; | Chickpeas: 4 – 5 hours; | Lentils: 1 – 2 hours

Bloating

DON'T LET CONCERNS ABOUT BEING BLOATED STOP YOU FROM EATING THESE FOODS

* Soaking dry beans and chickpeas in water for 4 to 8 hours will help reduce the cooking time and the tendency to cause flatulence (gas in the stomach)

HOW TO MAKE THESE MEALS INTERESTING

You can start of by using them as meal extender if your family is not familiar with them, e.g. half meat and half soya chunks in a stew

These foods also have other benefits...

- They are cheaper source of protein;
- We can use them to make meat 'go further';
- They help the environment as they do not need lots of water and
- They help to keep the soil fertile and healthy;
- They don't require refrigeration to be stored before being cooked.

Visit our website for scrumptious recipes on beans, lentils and soy and for more information on **"Eat dry beans, split-peas, lentils and soya regularly"**:

www.kznhealth.gov.za

www.nutritionweek.co.za

The Department of Health: www.health.gov.za

Telephone Numbers:

National : 012 - 395 8770

KwaZulu-Natal : 033 - 395 2326

The Association for Dietetics in South Africa (ADSA)

Website : www.adsa.org.za; info@adsa.org.za

Telephone : 011 - 061 5000

The Nutrition Society of Southern Africa (NSSA)

Website : www.nutritionssociety.co.za

Telephone : 082 667 4723

The Heart and Stroke Foundation

Website: www.heartfoundation.co.za

Heart and Stroke Health Line: 0860 1 HEART (43278)

OBESITY

OBESITY

OBESITY

OBESITY



O B E S I T Y

National Obesity Week starts from 15 – 19 October 2016

Obesity is associated with a number of diseases including type 2 diabetes, heart disease, stroke, hypertension (high blood pressure), joint pain and certain cancers.

What is Overweight and Obesity?

- Abnormal or excessive fat accumulation that presents a risk to health.

Fat Distribution:

- People carry fat in their bodies differently, some carry it mainly around their hips and some carry it mainly around their stomachs. Waist circumference >88cm in females and >102 in males indicates abdominal obesity. This a risk factor for developing heart disease and poor insulin function.
Body Mass Index
- Body Mass Index (BMI) tells you if you are healthy, overweight or obese (severely over-weight). Ask a health worker to calculate your BMI, or do it yourself. **BMI = weight (kg) divided (length (m) x length (m)) = kg/m²**

BMI	Interpretation
18-25	Normal
>25-30	Overweight
>30	Obese

DANGERS

Obesity increases the risk for chronic lifestyle conditions such as:

- Hypertension
- Diabetes
- Arthritis
- Heart conditions
- Diabetes during pregnancy

What Causes Overweight and Obesity?

- Not exercising
- Eating too much
- Drinking too much alcohol
- Eating take-away/fast foods often
- Insulin resistance
- Stress

HEALTHY EATING

Make starchy foods the basis of most meals

Starchy food can cause weight gain when taken in large amounts. Choose starches high in fibre as they keep you fuller for longer, e.g. whole grain breakfast cereal, mealies popcorn, oats, and brown/whole grain bread

Drink milk, maas or yoghurt everyday

Use low fat or skim milk and milk products. Use milk and milk products with little or no added sugar. Enriched soya milk drink can be used as an alternative to cow's milk if you are allergic.

Fish, chicken, lean meat or eggs could be eaten daily

Protein foods can be part of your daily meals if available. Use lean meat; remove skin from chicken and all visible fat from meat. Avoid processed (polony /viennas /sausages/Russians) which are high in fat and salt. Be careful of portion sizes. Eating large portions of these foods may cause weight gain and heart disease.

Drink lots of clean water

Drink 8 glasses of water every day. This keeps you from feeling hungry often.

Eat dry beans, spilt peas, lentils and soy regularly

Include these foods weekly in a meal. They are a good source of plant protein, energy and fibre. Use dry beans, lentils, peas and soya as an ingredient in mixed dishes, such as samp and beans, rice and lentils, beans in vegetable sauce with pasta.

Eat plenty of vegetables and fruit everyday

Vegetables and fruits should be eaten daily. It can be eaten with meals or as a snack between meals. Eat a variety of vegetables and fruit.

Use fat in small amount; choose vegetable oils rather than hard fats

Fat is essential in the eating plan. The type of fat and amount eaten is important. Fats play a role in the absorption of vitamins A, D and K. Decrease the amount of fat from animal foods (full cream milk, fatty meat, skin of the chicken, high fat processed foods) and replace it with oils (sunflower, canola, olive) and plant foods with oils (avocado, peanut butter, nuts and seeds).

Avoid using alcohol

It adds extra energy to your diet, but provides no nutrients.



Use foods and drinks high in sugar in small amounts

For example sugar sweetened fizzy drinks and fruit juices are high in energy and if not utilized through exercise can contribute to

PORTION CONTROL

Eating too much food is a major contributor to weight gain. People also tend to oversize their portion of starchy foods, fats, meat or chicken or fish and undersize their portion of vegetables, fruits and legumes. It is therefore important to know the portion size when food is dished up as it will assist to determine sensible and healthy portion sizes and curb overeating or food waste.

A meal should consist of one meat dish option with an option of vegetarian for those who are vegetarian, one starch option, two vegetables options, one fruit option and water.

A Few More Tips...

- Choose your portions with caution
- Eat sitting down and avoid distractions e.g watching TV and reading
- Use smaller plates and spoons for dishing up. This will limit the amount you eat
- Try not to put bowls of foods on the table
- Eat small meals regularly (4-5 times per day). This prevents you from eating too much
- Drink a glass of water before every meal
- Do not skip meals – it leads to overeating later
- Keep busy and avoid being lonely. People tend to eat when they are bored. Find a hobby that will keep you busy
- Do not go shopping on an empty stomach, you might buy unhealthy foods
- Limit the amount of money carried when shopping, shop from a list
- Plan what you will buy before shopping. Do not buy foods that are unhealthy. If it is not in the house, you won't eat it
- Plan your meals. Also plan what you will pack for work or school
- Snack on fruits and vegetables
- Control your portion sizes at restaurants. Be wise with what you order
- Be realistic. Set achievable goals: 500 -1000g weight loss per week is healthy and sustainable.
- Teach your children healthy habits to prevent them from being overweight and obese.

FOR MORE INFO CONTACT

National: 012 - 395 8770 | **KwaZulu-Natal:** 033 - 395 2326

EYE CARE

EYE CARE

EYE CARE



EYE CARE

How well can you see?



Eye Care Awareness Month is commemorated from 23 September to 18 October to raise awareness about the importance of eye health, specifically around the prevention and treatment of avoidable blindness.

The theme this year is "**Eye Health is Everyone's Business**", referring to the fact that eye care should be a priority for all sectors, institutions and individuals.

- ⓓ Do you struggle to read the blackboard?
- ⓓ Do you struggle to read unless you push the book far away in order to focus?
- ⓐ Are you struggling to sew?
- ⓓ Do you see a clear picture or a blurry one?
- ⓓ Do you suffer from headaches?
- ⓓ Do you have double vision?

If you, your children or anyone in your community is experiencing these problems, they may be caused by **REFRACTIVE ERROR**

REFRACTIVE ERROR is common. Children can be born with it and it affects most people, who are over 40. The good news is that it can be corrected by wearing glasses or contact lenses, or sometimes with surgery.

REFRACTIVE ERROR can affect anyone in your community.
Have your eyes tested regularly. Visit your nearest clinic or doctor.

FOR MORE INFO CONTACT

Tel: 033 846 7000/ 7518



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

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KwaZulu-Natal Department of Health



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