



SINGABENU NEWSLETTER

HEALTH
KwaZulu-Natal

ST. APOLLINARIS HOSPITAL, Private Bag X206, CREIGHTON, 3263

Youth empowered as Youth Day Celebrated.

June 16, 2009 was the 29th anniversary of the student uprisings in Soweto and country-wide.

The day is probably more remembered for the untimely, and unnecessary, death of 12 year-old Hector Pieter-son than it is for the 551 students who died during this time. It is probably more remembered

as a reaction against the Nationalist Govern-ment's intention to make Afrikaans the compulsory teaching medium than it is for the hundreds of thousands of students who demon-strated countrywide. It is probably more re-membered for police shootings than it is for the thousands of stu-dents (many younger than 12) who were jailed, beaten, sodom-

ised and raped after the event as the authorities attempted to root out political activists hiding in the communities.

On July 3, 2009 youth in the Ingwe sub district had the privilege to be empowered by different speakers from different government spheres to celebrate Youth Day which is on June 16 on National Calendar. The event was held at Bulwer Community Hall and was hosted by Ingwe Municipality.

Topical health issues topped the agenda as more as skills develop-ment programmes in the avail for youth in different sector depart-ments locally and provincially. Cont...



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Above: Mr M.B Dlamini addressing youth about topical health issues including Sexually

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Youth empowered as Youth Day Celebrated...continues

Amongst the attending government departments were Sector departments (Transport, Health, Education, Sports and Recreation and so on), newly launched National Youth Development Agency (NYDA), District and Local Councillors and their Municipalities, Small Enterprise Development Agency (SEDA) to name but a few. Common to the presentations by the latter were bur-

saries available for youth in different fields of studies. Youth were encouraged to take an active role in economic development in their areas and country, with emphasis on forming cooperatives for them to be afforded opportunities. A Department of Labour Representative, Ms Khanyo Radebe, enticed youth into entrepreneurship and offered assistance in training programmes and financial support.

She said her department offers such assistance. The NYDA shared views with Sector Departments in youth empowerment.

"...take active role in economic development in their areas and country..."



Above: Mr Mdluli - from Department of Transport



Above: Cllr Mtolo - Programme Director of the day. He is also Deputy Mayor of the Local Municipality (Ingwe).



Adjacent: Ms Glen Xaba from Department of Transport



Say No to drug and substance abuse!

Between 30 and 60% of alcohol abusers have underlying depression and anxiety disorders. This according to Health 24 article, 'Co-existing alcohol abuse seldom treated'.

Mr Golide Ndlela (Educator) and Ms Fikile Nkosi (Social Worker) at SANCA's prevention unit visited St. Apollinaris Hospital to create awareness about drug and substance abuse and to assist those who are already suffering from it.

Types of substances

The commonest substance in self-medication is by far alcohol.



Self-medication with alcohol is mostly a problem amongst males, however incidence amongst females is increasing at a faster rate than amongst males.

Cannabis is the second most common form of self-medication and is widely used in certain cultures as a symptomatic relief from insomnia, anxiety and depressive disorders. "The incidence of underlying disorders is not clear at this stage," says Dr Salduker. "But cannabis is much more insidious in its effects and not as potent as alcohol in its effects on the physiology of the body. After long term use studies have demonstrated a chronic amotivation syndrome as seen in some regions in the Caribbean for example. Guys lying in their hammocks completely laid back, totally lacking in productivity is a very common occurrence."

The third most widely used substance often used in self-medication of psychiatric conditions is crack cocaine followed by the likes of over the counter preparations like analgesics, cough mixtures, cold and flu preparations. Analgesic abuse is often under rated and not seen as a form of self-medication for deeper psychopathology. The fourth mostly used subject is nicotine found in cigarette.

Nicotine changes how your body and brain function. It both invigorates and relaxes smokers, depending on how much they smoke. There are almost no benefits to nicotine, whereas there are many disadvantages. The most dramatic of these include cancer, emphysema, heart disease and stroke.



Alcohol symptoms

Historically, alcoholic behaviour was blamed on a character flaw or weakness of will. Nowadays, chronic alcoholism is considered as a disease that can afflict anyone. "It is common for an alcoholic to deny the problem and to

use all sorts of excuses to blame problems on something other than alcohol. This makes it difficult to convince someone to seek help", Mr Ndlela. Even if the person recognises the problem, the continual craving for alcohol makes it difficult for him/her to stop drinking. It is therefore important to seek help as soon as possible.

Where to get help?

For in-service employees the Employee Assistance Programme comes in handy, free of charge and SANCA maybe approached for advise and referrals to relevant bodies at their offices in Pietermaritzburg or Durban. Pietermaritzburg contact details, 136 Hoofen Haffajee Street, Pietermaritzburg, office numbers (033) 345 4173/537.

"It is common for an alcoholic to deny the problem and to use all sorts of excuses to blame problems on something other than alcohol"



Above: Mr Golide Ndlela from SANCA pointing at common drugs



TRUST HEAT THERAPY THIS WINTER

Heat therapy is a procedure that uses temperature in order to help alleviate pain and promote a cure to many common aches and pains. It can come in a variety of different methods, including using dry heat therapy, moist heat therapy, and infrared heat therapy. This type of therapy can be used in different situations and is one of the most common home remedies tried.

Many have questions as to when using heat or cold therapy should be tried. In many cases, this may depend on the individual and what that individual seems to respond best to. However, there are some general rules of thumb to live by. Those include using heat therapy for chronic pain, not

acute pain. Chronic pain is that which is persistent. It may come and go, but it is usually consistently the same when it is present, though it may be present in varying degrees. Acute pain is one-time pain that is often associated with an injury at the approximate time the injury takes place. It may only last a matter of hours.

For those who have chronic pain, heat can help in a variety of different ways. First, chronic pain is usually caused by muscles or joints, rather than tendons or bones. Heat therapy helps relax those muscles and joints, thus providing some relief. However, heat should not be used in cases where there is pain immediately after exercising. In this case, pain

may be lessened more effectively using ice, simply because the muscles are already warm. When using heat, there are a variety of methods that can be used. Generally speaking, moist heat is the most effective choice. This type of heat therapy usually provides the greatest penetration across the greatest area. This can be done using a heated gel, hot pack or even a moist towel soaked with hot water.



Above: Hot water bottles which are commonly used for warmth in winter.



Thought of the month

“The ability to discipline yourself to delay gratification in the short term, in order to enjoy greater rewards in the long term, is the indispensable prerequisite for success”

By Brain Tracy

Candlelight Memorial Day

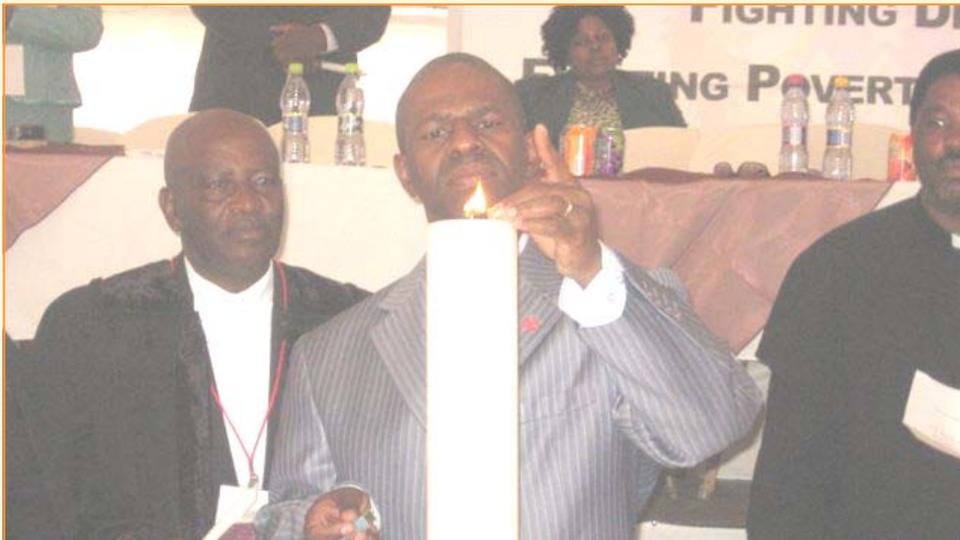


The KwaZulu-Natal provincial cabinet, Religious leaders, Traditional leaders and healers, Non-Governmental Organizations, Support groups, Health Care workers and people of KwaZulu-Natal gathered at Ixopo Sports grounds in remembrance of those who lost their lives due to HIV/Aids related illnesses and obviously to give hope to those who are living and affected by the

pandemic. The event which saw over 4000 masses was held on Friday 29 May 2009.

Different speakers shared the podium praying and giving support to infected and affected people. The KwaZulu-Natal Premier Zweli Mkhize who could not make it to the event sent a message of support to the event. MEC for Health, Dr S. Dhlomo;

MEC for Art, Culture and Tourism Mrs Wesibe Thusi and MEC for Agriculture, Environmental Affairs and Rural Development Mrs Lydia Johnson were amongst the Provincial cabinet members to embrace the event. Other Departments were represented by Senior Management officials mandated by their MEC's. The five hour event was followed by candle lighting with Dhlomo taking the lead. *"Together we are the solution"* Dr Dhlomo told the masses in his keynote address.



Opposite: MEC for Health Dr Sibongiseni Dhlomo Lighting the candle in remembrance of all those that lost their lives to HIV/AIDS and to give hope to those infected and affected by the virus.

In addition to commemorating the lives of those lost and affected by AIDS, the Candlelight Memorial program serves as a community mobilization campaign beginning in December and ending with the international memorial in May.

In addition to remembrance, the Provincial Government coordinating Committee use the Candlelight Memorial as an opportunity to promote local AIDS services, encourage education and community dialogue, and advocate for

the advancement of public policy. Memorials often include lighting of candles, marches, speeches, dramatic performances, spiritual and cultural rituals, and a safe space for interaction and community engagement.

Leadership by people living with HIV/AIDS and those affected by the disease is an important part of the Candlelight Memorial program. Thus collaboration between Health care workers and

traditional healers. As a norm to all Government events, garden implements, assistive devices and sports kits were awarded to deserving community groups. This is so done to encourage members of the community to play active roles in improving their lives.

Started in 1983 by the Global Health Council, the Candlelight Memorial takes place every third Sunday in May each year.

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HEALTH
KwaZulu-Natal

*Fighting Disease, Fighting Poverty,
Giving Hope*

*Silwa Nezifo, Silwa Nobubha, Sinika
Ithemba*

Upcoming Child Protection Week



What is Children protection week?

A week in which those who work in the child protection field attempt once again to remind all South African citizens, government and civil society alike, that protecting children is "everyone's business".

St. Apollinaris Hospital will have the Child Health week from 7 - 19 September 2009, and the target group will cover children aged 06 - 59 months. The activities will consist of Vitamin A supplementation, deworming, growth monitoring, and catch up immunization. Caregivers and mothers can bring their children to the hospital or local clinic.



Fire Training



Above: Maintenance division Nokuzola Khambule practicing fire extinguishing after a fire safety training



Above: Safety Officer Non-tuthuzelo Memela training Safety representations on fire fighting.