



Umthombo waseKombe Newsletter

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INFECTION CONTROL COLUMN



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Hi everyone

Now is the high time to rise up and fight diseases because we can. Why wasting our time by focusing on very big issues that can cause diseases when we can just wash our hands and prevent many diseases that can kill us and our loved ones.

Let us be cautious about washing of hands and watch the fruitful results of it. We are committed to ensure that our patients staff and community wash hands according to protocols.

Mrs V.N. Ndlovu

Infection Prevention Control Manager



Editor's Corner

Greetings to all of you ladies and gentlemen. Twenty ten has been a great year in South Africa after hosting a successful Soccer World Cup. Well done to all the South Africans, you showed passion for the game of soccer even after our country was eliminated in the first round. Our government through its departments which include the department of health should also be commended for doing an exception job.

As I'm compiling this publication we are also celebrating women's month August, of which I won't be doing just if I do not mention that. We will be conducting the following campaigns breast cancer, cervical cancer, breast feeding and family planning as part of empowering women in terms of their health. Our government is also taking women issues / matters into account like the establishment of Women, Children and Disabled Ministry. It shows that the government is committed to address women issues.

Lastly, regarding the public servants strike its been a difficult one since everyone was affected by it especially the patients that could not access the services. We hope all the stakeholders involved in the wages negotiations will reach an agreement which will suit all the parties. Together we can do more.

Philani D. Mhlungu
Public Relations Officer



Vision

Provision of health care services that enable the people of Ekombe area to achieve optimal health status.

Mission

Ekombe hospital is committed to providing effective and efficient Health care service that promote Health, prevent illness and restore dignity, based on primary health approach through the District Health System

Core Values

- Trust built on common understanding
- Respect and dignity
- Courage to challenge and change
- Open communication and transparency
- Commitment to perform



Breast Feeding & Breast Cancer Week

On the 04-05 August 2010 Ekombe Hospital held breast feeding and breast cancer awarenesses, where mothers were given health education on the significance of breast feeding and breast self examination. Breast milk is all what the baby needs until he or she is six months. After 6 months the baby can be introduced to new foods to develop chewing. It boosts baby's immunity especially the colostrums. Breast milk prevents diseases like diarrhoea and urinary tract infections. It prevents the risk of developing allergies and obesity. Breast feeding create a strong bond between a mother and the baby. Breast milk reduces the risk of ovarian and breast cancer.

Women were also given health education on breast self examination. Breast self examination must be done monthly and you must report any irregularities to the doctor or nearest clinic. Irregularities can be one of the following discharge from nipple, change in the shape, lumps and dimpling of skin. Women were told that should there be a family history of breast cancer in their families, they must report it to the clinic sister or doctor. The implementation of these tips could save lives of our women.

LOOK—FEEL & CONSULT - It could save your life



Sister S.G. Mhlongo giving health education on breast feeding



Sister J.T. Gumede giving health education on breast cancer

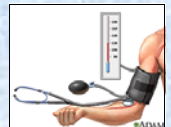


Health Promotion Workshop

On the 09 July 2010 our occupational health team conducted health promotion awareness workshop which was aimed at encouraging staff members to live a healthy lifestyle. Health education was given in the following topics, HIV/AIDS, hypertension, diabetes. Employees were told about the significance of knowing their HIV status which also forms part of HCT. Staff members were also educated about the importance of examining diabetes and hypertension. Diabetes is a disease in which your blood glucose, or sugar, levels are too high. Glucose comes from the foods you eat. It can damage your eyes, kidney and nerves. Diabetes can also cause heart disease, stroke and even the need to remove a limb. Diabetes may include fatigue, thirst, weight loss, blurred vision and frequent urination. Some people have no symptoms. A blood test can show if you have diabetes. Exercise, weight control and sticking to your meal plan can help control your diabetes.

Blood pressure is the force of your blood pushing against the walls of your arteries. Each time your heart beats, it pumps out blood into the arteries. Your blood pressure is highest when your heart beats, pumping the blood. This is called systolic pressure. When your heart is at rest, between beats, your blood pressure falls. This is the diastolic pressure. High blood pressure usually has no symptoms, but it can cause serious problems such as kidney failure, heart attack, stroke and heart failure. You can control high blood pressure through healthy lifestyle habits and taking medicines.

YOUR LIFE IS YOUR RESPONSIBILITY



Staff members paying attention to different speakers



Mr A.S. Makhoba giving health education on HIV/AIDS

Significance of Eating Breakfast

Why breakfast is significant

When you wake up in the morning after going 10 - 12 hours without food, your energy reserves are low and your body and brain need fuel. What you choose to eat for breakfast can affect your mood, physical and mental performance, weight and your general and long-term health.

Carbohydrate Breakfast

And now let's see what you are giving your body in the morning, maybe toast with jam and coffee with sugar. These are simple carbohydrates which when digested, immediately turn into sugar. Your body wakes up in the morning and asks for vital nutrients and water, and instead you give it sugar.

If you miss breakfast

If you miss breakfast, you are much more likely to get hungry mid morning and end up grabbing a snack that is high in calories and fat, but low in nutrients and fibre. Studies show that children who regularly eat breakfast, are healthier and less likely to be overweight. Research showed that teenagers who ate a nutritional breakfast more than five times a week weighed less, had a smaller waist size and lower blood sugar levels than those who rarely ate breakfast. Research among adults showed that people who ate breakfast, were more within the ideal weight range, than people who skipped breakfast.

Breakfast can boost brainpower

Studies have shown that children who skip breakfast in the morning perform less well in problem solving tasks. Verbal fluency, creativity and the ability to recall newly acquired facts are similarly affected.

What our body needs

What you ate yesterday consisted of two major groups of elements. The first group supplied energy (proteins, fats, carbohydrates). The second group supplied building material (proteins, amino acids, vitamins, minerals, micro-elements and many others).

What happens in the body?

In the morning you give your body toast with jam and coffee with sugar. These simple carbohydrates which when digested immediately turn into sugar. To overcome hunger, you again need simple carbohydrates (chocolates, sweets, pies, chips, sausage rolls, sandwiches, cookies, doughnuts, fizz drinks, juices etc) that again raises your blood sugar level. Each sugar "injection" is followed by an insulin surge. This cycle repeats itself several times a day and you develop a dependency on carbohydrates.

REMEMBER YOUR HEALTH IS YOUR WEALTH

By Warren Lake

FAREWELL FUNCTION



UMrs T.S. Hlongwa usingaye lapho sasithi ahambe kahle



Izimenywa ezazisemcimbini wokuvalalisa uMrs T.S. Hlongwa



UMrs V.N. Ndlovu enikeza uMrs T.S. Hlongwa isipho sakhe. Sithi hamba kahle sikufisela konke okuhle naphambili lapho uyakhona

BIRTHDAYS & WEDDING

July

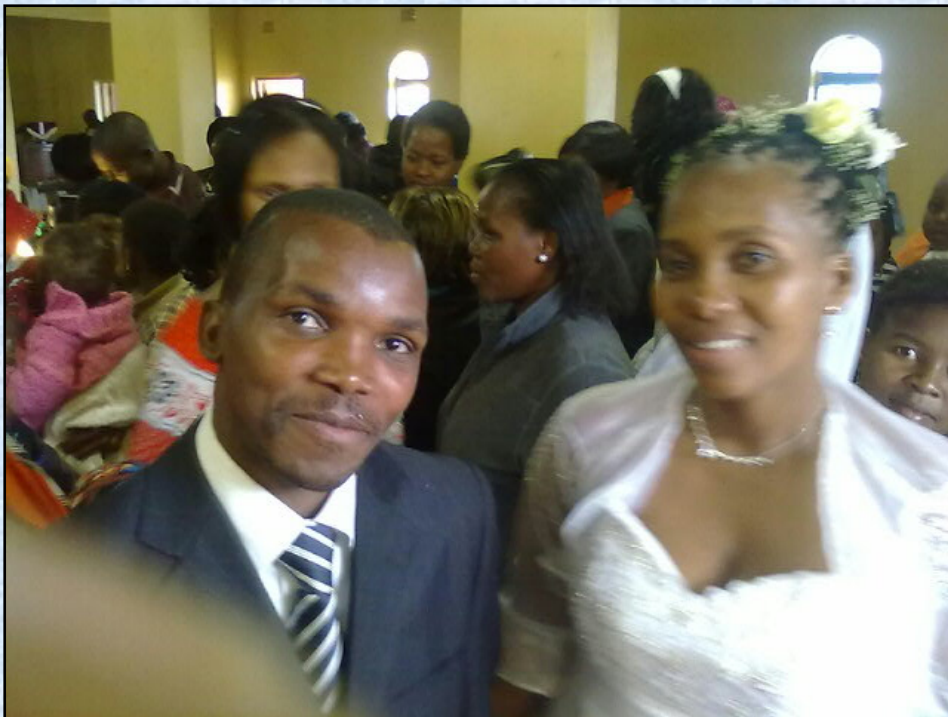
N.B. Buthelezi	M.Z. Dlamini
D.A. Gama	S.Z. Gumede
J.G. Hadebe	W.M. Luthuli
K.B. Magwaza	B.P. Makhoba
T.D. Makhoba	P.P. Mathebula
T.N. Mchunu	N.G. Mchunu
P.H. Mnomiya	M. Mdletshe
J.J. Msezane	P.S. Mthethwa
B. Nala	B. Ngema
P.A. Ntombela	S.I. Ntshona
S.Q. Nxumalo	L.G. Radebe
N.R. Xulu	P.Z. Xulu
V.G. Sumbane	K.A. Zulu
Q.S. Nxumalo	

August

M.C. Gidigidi	N.C. Zulu
S.P. Khanyile	B. Zulu
W.N. Khanyile	R.Z.S. Sibiya
H.B. Mabaso	N. Ngwenya
N.K. Majola	Z.P. Ndlela
Z.M. Mbeje	T.M. Mtshali
N. Mhlongo	B. Mthuli
T.E. Mkhize	P.T. Mthembu
A.D. Mkhize	Z.H. Msomi
A.T. Mkhize	T.C. Mlambo
K.F. Shange	

September

T.N. Buthelezi	Z. Sibiya
T.T. Buthelezi	B.T. Shezi
N.C. Dladla	S.Z. Nxumalo
A.N. Dladla	P.T. Nxumalo
S.I. Dladla	N.B. Nxumalo
N.J. Khanyile	N.V. Ntuli
N. Khanyile	M.H.N. Nsele
F.F. Langa	F.M. Nkosi
F. Luthuli	N.C. Ngubane
B.V. Magubane	S.B. Ngubane
P.N. Mdlalose	B. Ngubane
N.G. Msomi	G.N. Ngqulunga
Z.M. Mthembu	M.J. Ngema
M.T. Mthuli	D.R. Ndaba
Z.H. Sibiya	T.A. Sikhakhane
N.M. Simelane	S.P. Sithole
Z.P. Sithole	A.H. Xulu



Kwakhule kwethu! UMr P.P. Mathebula noMrs T. Mathebula. Sibafisela konke okuhle emshadweni wabo.