



# MONTY NEWS

VOLUME 4,ISSUE 5

OCTOBER-DECEMBER 09

## *Christmas wishes from the CEO*

With the festive seasons upon us, I would like to take this opportunity to thank you for your continued service you are rendering. This year has been difficult with the financial constraints that did not affect the Department of Health only but also affect us personally. You have been expected to do more with the little resources.

Christmas is the time when we reflect on our achievements and disappointments. When we think of Christmas some of us think of good times and happiness but we also need to remember those who were amongst us at the beginning of the year who are no more. To the remaining staff your hard work and dedication is appreciated.

I would like to take this opportunity to wish you well this festive season and to bid farewell to our community service who did us proud this year.



**Hospital Manager  
Mr. SGG Khawula**

“Life does not have meaning through mere existence/acquisition / fun. The meaning of life is inherent in the connections we make to others through honor and obligations”

Laura  
Schlesinger Ph.D



**What's inside?**

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*“No matter what age you are, or what circumstances might be , you are special, and you still have something unique to offer. Your life, because of who you are, has meaning” By Barbara De Angelis*

*I wish you Peace*

### Opening of the ATM

**O**n the 27 October 2009 Ndwedwe Mayor S Kubheka together with FNB brought change to Montebello by installing an ATM machine. The installation of the ATM in our Hospital has brought so much joy to our client and colleagues, since we won't have to travel to Dalton or Wartburg anymore in order for us to withdraw cash; buy airtime and electricity. This will make our lives much easier. It will not only benefit our colleagues but also the community since people can withdraw money here in our hospital. Here are some of the pictures to highlight what was happening on that day:



1.



3.



5.

1. **Honorable Mayor Mr. S Kubheka.**
2. **Mr. SGG Khawula CEO welcomes our guest.**
3. **Mr. Shange from FNB.**
4. **Honorable Mayor official opening the ATM.**
5. **Refreshment Time**
6. **Mr. J Luthuli Ward Cllr and Mr. Sibiya from FNB**



2.



4.



6.

### WAITING TIMES SURVEY

On the 25 November 2009 we conducted waiting time survey which are conducted annually. The aim of this surveys is to determine how long does a patient wait until they receive the service and how long it take to dispense that service. This survey is not biased since our volunteers are student nurses who are not part of Montebello staff members. Patients/Clients were given survey forms when they entered the hospital premises and it was explained to them the purpose of this surveys. Every department had one volunteer who will monitor the time which the patients waits and receive service.

We will like to thank the student for helping us in conducting this survey your dedication and hard work is highly appreciated.



## Tips to lose the winter bulge

**W**hen it comes to weight loss, the most important thing is to make changes to your lifestyle i.e.: changes have to be made to your eating habits and activity levels. **Here are certain tips that can help you loose those extra kilos, try for your self...**

1. Eat 4 to 5 small meals spaced 3 to 4 hours apart. (Speeds up metabolism and assures a continuous supply of nutrients to the body).
2. Don't skip meals or fast in attempt to lose weight (fasting slows metabolism).
3. Eat breakfast - Breakfast is an important meal when it comes to controlling your appetite throughout the day. Our body needs food after we wake up since it hasn't been fed throughout the night. Eating a solid, nutritional breakfast helps to keep our metabolism and hunger in a stable condition.
4. Stick to the 50-60% carb, 15-20% protein, and 30% fat per meal guideline.
5. Avoid fatty foods and switch from Full-Fat to Low-Fat Foods: Avoid cooking and/or adding lots of oil/butter/ghee. Use 1 table spoon/person in the house of Sunflower/olive oil.
6. Drink More Water: Make sure to never get dehydrated. A good rule of thumb is to drink 8-10 glasses of water each day.
7. Decrease drinking Soft drinks (Coke, Fanta, Sprite). These contain lots of sugar and no added benefits, can increase your weight.

8. Increase Physical Activity: Any type of activity is going to burn more calories than being inactive. One way to get in a workout in less time is by walking 15 minutes in the morning and 15 minutes in the afternoon or evening.

9. Don't aim to lose more than 0.5 to 1kg per week, if you are losing weight at a faster rate you are most likely losing lean muscle mass and not consuming enough calories.

10. Eat to feel full: It takes about 20 minutes until our body registers that it has been properly fed. Overeating can actually lead to more hunger. The trick is to eat until you're just shy of being full.

Finally, the most important thing to remember about weight loss is that it really is as simple as burning more calories than the body is taking in. **Regular exercise and eating healthy meals and snacks is the simplest way to lose weight.**

**Taken and adapted from Jan-Feb 2009 issue of Montebello Nutrition Network**

(Original article by Bianka Dorta Ruiz, community service dietician)

Thanks to Brownyn for sharing this information with us.





# CHRISTMAS PARTY FOR THE PATIENT





WE WISH YOU A MERRY XMAS AND A HAPPY NEW YEAR!!!!!!!!!!!!!!



Let your voice be heard



Monty News





## LET'S BEAT DIABETES

As we all know that on the 14th November it was World Diabetes day. Monty News thought it should feature an article on diabetes which will inform our client and colleagues about this disease the aim of this is to educate them about diabetes and at the same time give them information on how to control diabetes if they have it. Being diagnosed with diabetes does not mean it is the end of the road for a person but with a healthy lifestyle you can beat it.

### What is diabetes

Diabetes is a condition of the body, where sugar is not used correct to provide energy for living and growing. You develop diabetes when your body does not provide enough insulin without insulin in your body cannot get energy which it needs from your body. Normally, a gland called pancreas makes insulin which carries the sugar in the blood into the cells. In diabetes, the pancreas fails to supply enough insulin, or the insulin does not work properly.

### How can a dietician help?

A dietician will be able to give you a personalized meal plan with the relevant food and information that is needed. The plan will take in account your age, sex, lifestyle, activity level, symptoms and health condition. The meal plan and nutritional information that is given will be practical and easy to follow.

Here are so common symptoms which one can have if he/she has diabetes:

- Always thirsty
- Always tired
- Frequent urination
- Unexplained weight less
- Itching
- Changes of vision( blurry)



### What are the symptoms of diabetes?

Unusual thirst, frequent urination, unusual weight loss, extreme fatigue or lack of energy, blurred vision, frequent or recurring infections, cuts and bruises that are slow to heal, boils and itching skin, tingling and numbness in the hands or feet

Diabetes is known as the silent killer as there may be no symptoms.

**Am I at risk of getting diabetes?**

Am I over the age of 35?

Am I over weight (especially around the stomach)?

Do I have high cholesterol?

Do I have high blood pressure or heart disease?

Am I a member of a high risk population group (Indian/Asian descent)?

Do I have a family history of diabetes?

Did I have gestational diabetes during pregnancy?

Did my baby weigh over 4kg at birth?

Did you answer “YES” to any one of the above? Then have a simple finger prick test every year.

**What are the risks of undetected or uncontrolled diabetes?**

Diabetes complications are: Heart attack, Stroke, Blindness, Amputation, Kidney failure, erectile dysfunction/impotency, Miscarriage.

**How can I reduce my risk of becoming a type 2 diabetic?**

Lose any excess weight

Eat a healthy diet and exercise regularly

**What is good diabetes management?**

Healthy lifestyle – Balanced diet, regular exercise and correct medication

Daily monitoring of blood sugar levels, plus HbA1c test every 3 months. (Recommended HbA1c levels <6.5%)

- Regular eye tests for diabetic retinopathy
- Regular urine tests for signs of kidney nephropathy
- Regular examination of feet for signs of neuropathy
- Regular lipid profile test
- Regular blood pressure checks



Info supplied by Diabetes SA

## 16 Days of Activism against Women and Child abuse

Londiwe Mchunu

25 November 2005

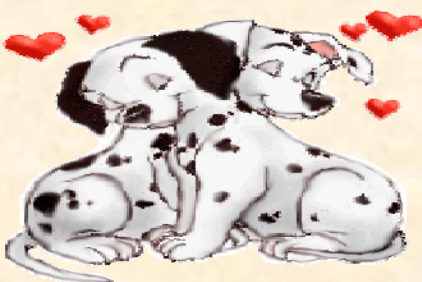
**I**magine if, for 16 days, there were no rape, no child abuse, no sexual harassment, no emotional abuse. The 16 Days of Activism campaign challenges South Africans to declare a truce on violence against women and children - and, ultimately, to make it a permanent one.

Around the country, South Africans are being called on to combat violence against women and children. For the eighth year, SA is taking part in the global 16 Days of Activism for No Violence Against Women campaign, which runs from 25 November (International Day for the Elimination of Violence Against Women) through to International Human Rights Day on December 10.

Although the global campaign focuses on violence against women only, South Africa added children to its campaign because of the high incidence of child abuse in the country.

South Africa is still home to high levels of violence against its women and children, despite a world-renowned Constitution and a legislative overhaul that safeguard women's rights.

This year the campaign, coordinated by the Department of Correctional Services, is popularising the white ribbon as a symbol of personal and organisational commitment to the eradication of violence against women and children. Let stand together and fight against women and children abuse this is a battle which we all have to fight in order for us to make South Africa a better country for us. ***DON'T LOOK AWAY LETS US STAND TOGETHER AND PROTECT THE PEOPLE WE CARE ABOUT...***



**Let your voice be heard**



**Monty News**



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## IXOXWA NGEZITHOMBE EYE-TEAM BUILDING



Starting point



Fun walk begins



Tug-of-war



Finishing point



Sisters running 100metres



Winner for the fun walk



Khulekani, Mvelo and George



Race womaphakisha



Sack race



Guys running 100 meters



Mmmmm izoso



Lunch time

## Why is pap smear important



**Cervical cancer is the leading cause of cancer-related deaths in South Africa. Many women are unaware that a simple screening test can detect cervical abnormalities early, which could save a life.**

So, what is a pap smear? Many would ask.

“A pap smear is a sample of cells. It’s a routine test to detect early changes in the cells of the cervix”, says Fahmida Lahre of the Cancer Association of South Africa.

“What we normally do is you get a lady to lie down; we use an instrument called aspeculum which we insert in the cervix; and then you take a little brush or a spatula; you take a little sample from the mouth of the womb; put it in a slide; and that goes to be investigated under the microscope”, Lahre explains.

The main cause of cervical cancer is a sexually transmitted infection known as the Human Papilloma Virus (HPV).

“It is common in women who start sexual activity at a young age and don’t use condoms”, says Lahre.

“Women whose partners have or have had several partners and don’t use condoms are also at increased risk of having HPV infection”, she adds.

“People that don’t go for regular pap smears are more at risk because if there are early changes in the cells of the cervix, you don’t pick them up - so it can progress to cancer then”, says Lahre.

“When precancerous cells have developed into cervical cancer they are difficult to treat”, says Dr Mary Kawonga, Public Health Specialist at the Wits University School of Public Health.

“Once a woman develops frank cancer of the cervix itself, it’s usually more expensive to treat, more difficult to treat, it involves surgery and it may involve radiotherapy and many other procedures that are not very pleasant for many women. And, also, the prognosis, which means the chances of that woman living for long, are not very good by that time”, she said.

As from the age of 30, women are advised to have a pap smear. Women should be aware of the following signs:



“Bleeding that occurs between your regular periods, bleeding after sexual intercourse, douching or pelvic examination, menstrual periods that last longer and are heavier than normal and bleeding after menopause”, says Lahre.

“Also, if you have an increased vaginal discharge, but not the normal white discharge... If you get a discharge that’s offensive or it’s really yellow, you need to have that checked. And, also, if you get pain in the pelvic area and pain during sex, you need to have it checked”, she adds. She says the signs could also be indicative of another illness, but stresses that they should not be ignored. A woman is better off having them investigated.

The national Department of Health has a National Cervical Screening Policy which entitles every woman from the age of 30 upwards to have three free pap smears spread over 10 year intervals.

“We say every woman is entitled to three free smears because if they start at 30 and it’s normal, they can go again at 40. And if it’s normal at 40, it means there hasn’t been anything or if there has been infection, the body has managed to get rid of the infection. And then they can repeat it again at 50 as well. And in their lifetime they would have had three pap smears”, says Dr Nathaniel Khaole, Director for Women’s Health and Genetics in the Department of Health.

“But if they wish to have more in between, they will have to pay”, he says.

Although these services are free and available to women, some do not utilise them as they are not aware of their existence, according to a study done by the School of Public Health at the University of Witwatersrand.

“We found that in terms of advocating pap smears and what the health services were not doing enough of, was encouraging women who are already in the health services to have pap smears. The health service was sort of taking a passive role.

They were waiting for the women to ask for pap smears. But then, a lot of women didn’t know about pap smears”, says Kawonga.

Thandi Zondi

13.11.2009

## EDITORIAL CORNER

**Greetings,** I'm sad to announce that my journey has come into an end here at Montebello Hospital. Unfortunately this is my last publication but it has been a pleasant experience working with each and everyone of you. Firstly I would like to thank Mr. MG Shuba (my mentor) for everything he did for me and for giving the platform to grow as a person. He is such a good person. Secondly I will like to thank the management for giving me an opportunity to get experience in the communication department. Montebello has groomed me and I'm going to be a good PRO one day . Thirdly I would like to thank staff for welcoming me with warm hands. I hate goodbye that's why I'm not going to say it so what I can say is until we meet again. I wish you all a merry Christmas and a prosperous New Year. Don't forget to make a difference in someone's life. Have fun and stay safe.

From :Nomonde Mncube



### DESEACED

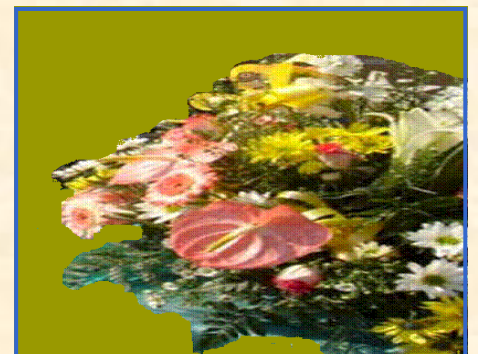
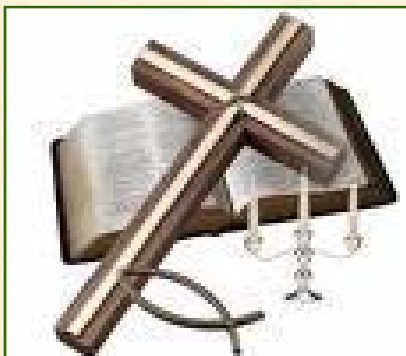


Mrs. C B Mbatha General orderly who past away 15 November 2009.

Mr. S Luthuli Host who past away on the November 2009.

Mrs. T H Ngcobo who past away on 10 December 09.

Nilale Ngoxolo we will always miss you'll.





CHRISTMAS MESSAGE



new decision that makes the difference! It only is your now focus in life that makes all the changes. It is your shift from purely worldly matters toward the power of love from God that dwells within all of us that gave you the power to change your own behavior from your normal year long behavior.

It only is your

When the Christmas spirit lives on and on

- when the power of love created during the pre-Christmas days is kept alive and growing
- then peace among all mankind is growing as well

Christmas day is just the beginning of love - Christmas can be every day - Christmas is when you love all and are loved by all, Christmas is when you are truly happy by creating true happiness in others with love from the bottom of your heart.

Beyond Christmas days and beyond Christmas season - the Christmas love lives on, the Christmas bliss goes on, the Christmas feeling expands - the holy spirit of Christmas is the holy spirit of God and God's love for all days

Merry Xmas and a prosperous New year!!!!

FOR COMPLAINS, COMPLEMENTS AND SUGGESTIONS  
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