



**HEALTH**

KwaZulu-Natal

# NIEMAIL NEWSLETTER EDITION 1 OF 2010

## *Editors Corner*



The World Cup is less than a month away and hopefully just like me you can feel the

Fridays and supporting our national football squad whilst we are at it. And whilst you are at it you may as well learn to do the Diski Dance- which I don't even know the first step too.

But none the less, whether or not you have a Bafana Bafana jersey or you know how to do the Diski Dance- we should all enjoy this year. Whether you are a South African or you've traveled miles to come and witness the 2010 World Cup, its time to come together and enjoy soccer.

"Feel it. It is here"

*Swazi  
Shabalala  
Public Relations Officer*



excitement. It seems it was just yesterday when Sepp Blatter officially announced on the 15<sup>th</sup> of May 2004 in the presence of millions of people that South Africa will be hosting the 2010 World Cup. And since then South Africa has never been the same. There's just always been this hype and noise over the World Cup and now it's finally here.

Hopefully we've all got our Bafana Bafana jerseys and we're all taking advantage of football

### INSIDE THIS ISSUE:

- ❖ New Year, New Faces
- ❖ Measles/Polio Campaign
- ❖ Utrecht pre-primary school launch
- ❖ Biggest Loser Competition

*Biggest Loser-  
Niemeyer  
Memorial  
Hospital*

On the 25<sup>th</sup> of March 2010, the Biggest Loser Competition- Niemeyer Memorial Hospital came to an end. This day was filled with lots and lots of sweet things that were delivered by the fairy God mother for all the Biggest Loser contestants to enjoy.

The entrants were all employed at Niemeyer Memorial Hospital and they came from different departments. This competition commenced on the 1<sup>st</sup> of September 2009 bringing along with it special diets for each and

First Runner UP



every contestant that were designed by our very own dietician- Sthandiwe Njokwe.

Secod Runner UP



The third runner up was Tersia de Wet winning herself R500 in cash. The second runner up was Hlanganisile Nyandeni winning herself R1000, and the first runner up was Phindile Langa winning herself R1500.

Third Runner UP



The day came to an end with the Medical Manager- Dr. T. Mayise thanking everyone for their

participation in the Biggest Loser Competition and he urged everyone to practice a safe and healthy lifestyle.

Sr. LYNCH



Biggest Loser Entrants



Biggest Loser Winners



## *Launch of Utrecht Pre- Primary School*

Utrecht pre-première/pre-primary as it is known too many is now school health conscious. For a school to be officially launched under the Department of Health- School Health Services it must meet the following requirements:

- ❖ There must be a fence around the school.
- ❖ There must be a first aid kit in every classroom and the students must know how to use it.
- ❖ There must be a vegetable garden.
- ❖ There must be a security guard at the gate.
- ❖ Their environment must be clean (e.g. no littering)
- ❖ The school must have a health promoting file

Amongst the guests who attended the launch were the school governing body, parents, teachers, the community, Department of Education and the Department of Health. The guests were entertained by the sounds of little voices singing songs like “twinkle twinkle little star”, “humpty dumpty sat on the wall”, “Incy wincey spider”.

The day was ended off with refreshments and a vote of thanks from the principal of the school for the support they got from the Department of Health, Department of Education and the parents.

### *Did you know?*

- ❖ 8 weeks- That’s how long it takes an injured heart muscle to heal after a heart attack
- ❖ 92%- That’s how much of a watermelon is made up of water.
- ❖ If you smoke 14 cigarettes a day, breathing in your own second hand smoke results in exposure to the equivalent of smoking an extra 2,6 cigarettes.
- ❖ Brushing your teeth too hard and eating a lot of acidic food and beverages can cause sensitive teeth, because it erodes the protective layer of enamel.
- ❖ 500kg that’s how much food the average person eats in a year.
- ❖ 353879- The number of TB cases reported in SA in 2007, compared with 73917 in 1995.
- ❖ If someone is colour blind it means they have trouble seeing red, green or blue or a mix of these colours. It’s rare that a person sees no colour at all.
- ❖ 400 000- The number of women who die from breast cancer each year worldwide.
- ❖ 2- That’s how many bananas you should eat a day to lower your blood pressure by 10 percent.



## Choose your food wisely

Certain foods have a reputation of being totally bad for you, when in fact nearly every foodstuff has some advantage. Some of the foods with the worst reputation include:

### Salt

It's widely know that consuming too much salt has a negative impact on your health, and can cause or worsen conditions ranging from heart disease to diabetes and associated problems like high blood pressure. But unless advised by your doctor, you don't have to give up salt completely.



**When it's good:** You shouldn't take in more than six grams of salt a day (which is enough to sprinkle a little salt over your meals)

**When it's bad:** Most take away foods are processed foods, such as cold meats or canned goods are very high in salt content. If you can get out of the habit of eating too much instant food, your salt intake will be considerably lower. If you pour salt over every meal, it's time to start taking it easy.

### Red meat

You are well advised not to eat red meat three times a day. Too much red can be a factor in causing heart disease but if eaten sensibly you can still enjoy it.

**When it's good:** Red meat is filled with the right kind of proteins that your body needs and it helps you feel full for longer. Try not to have red meat as your main meal more than three times a week. And when you do, go for meat with less fat, and try to grill



then to fry your meat.

**When it's bad:** If you eat red meat twice a day, every day then you are asking for trouble- especially if it's greasy take away meat. Try to substitute other proteins like chicken, fish and beans instead of red meat- they are tasty, nutritious and usually cheaper alternatives that are also healthier.



### Ice cream or yoghurt

Your body needs calcium, which you can get from milk or dairy products like ice cream or yoghurt.

**When it's good:** You should stick to low-fat or fat-free milk products, including low-fat or fat-free yoghurt, so that you can get calcium which keeps your teeth and bones in good shape without the extra fat in full cream.

The occasional full cream ice cream treat is okay as long as it's not a daily event.

**When it's bad:** Full cream dairy products are higher in fat which can cause weight gain and cholesterol if you eat them too often. If you're addicted to a full-fat dairy diet, you should play around with the low-fat or fat-free versions of your favourite dairy products and see where you can cut out.



### Eggs

Eggs are high in cholesterol, too much of which increases the risk of having heart problems, a heart attack or a stroke.

However eggs do have benefits as well, including providing protection for your



eyes against developing cataracts. Some research also indicates that eggs may provide some protection against developing breast cancer.

**When they're good:** Boiled, poached or scrambled eggs are much healthier.



**When they're bad:** Avoid frying eggs if possible. If you do fry them, use a little oil, margarine or butter. You should try not to eat more than six eggs a week.

## Potatoes



Potatoes are high in carbohydrates, and diet high in carbs can lead to diabetes, low energy, mood swings and weight gain. But they have a good side too, because they are low in fat, have no cholesterol and are high in fibre. The carbohydrates in the potato provide energy, while the high potassium value can have a beneficial effect on the size of your blood vessels. If you leave the skin on and don't deep fry them, potatoes are high in vitamin C and boost your immunity.

**When they're good:** Baked potatoes are best, because the nutrients aren't lost in the cooking. Also the skin contains vitamin C. If you boil potatoes the vitamin C dilutes into the water, and fried potatoes usually involve removing the skin or frying the nutrients out of the skin, so baking is the healthiest option available.

**When they're bad:** If you deep fry potatoes they lose most of their nutrients and they become very high in fat. Most people wouldn't refuse a plate of hot chips, but try to have them as a treat rather than as your regular potato serving.

## Chocolate



Chocolate is high in sugar and we all know the consequences of over indulging, but fortunately chocolate does have its benefits too.

**When it's good:** Dark chocolate is best as it contains flavanoids, which help to keep blood vessels healthy. If you don't like dark chocolate try to limit yourself to one or two small blocks from a slab of milk chocolate a day. This will provide you with energy, but be careful of eating too



much as you may feel sleepy as your blood sugar levels go up and down.

**When it's bad:** Don't overindulge and have a slab a day. Chocolate should be an occasional treat then an important part of your diet.

## Bread



People who are constantly on diets are often terrified of bread, as it has a reputation of being a dieter's worst enemy. But bread doesn't have to be a high-carb nightmare if you buy the right type.

**When it's good:** Whole-wheat and wholegrain breads are healthier. These breads are rich in fibre and low in sugar. Two slices a day as part of a balanced diet can actually help you stick to your diet goals, especially if you're a bread lover.

**When it's bad:** When you eat only white bread and you do so with every meal. This includes white rolls- whatever the shape of the bread product, try to go for whole-wheat or brown options.

## Caffeine



Caffeine found in coffee, tea and gassy cool drinks is often cast in a negative light, but it has its benefits too.

**When it's good:** Drunk in moderation according to your body's own reaction to caffeine, it can speed up your metabolism, provide energy and suppress your appetite.

**When it's bad:** If you are not a regular caffeine drinker or are drinking too much caffeine for your body, you can experience feelings of nervousness and actually increase your stress levels. Caffeine also raises blood pressure and increases your heart rate, so people with cardiac problems should avoid it.



## Aids Watch

- Aids has now killed 25 million people around the world but the number of new infections is slowing sharply. It's believed the drop in infections is thanks to prevention programmes around the world. HIV infections have been reduced by 17 % over the past eight years and much of this progress has been in Africa. But its still not enough, around two million people worldwide died of Aids in 2008 and the report added that about 2, 7 million people were newly infected in the same year.
- Preventing HIV infection is as simple as ABC:  
A is for abstinence which means not having sex of any kind. Abstaining from sex whether vaginal, anal or oral is the best way to avoid HIV.  
B is for being faithful. Having only one partner who is also faithful can help to protect you.  
C is for condoms. Using a condom for any type of sexual contact will lower your risk of HIV infection. If your partner won't use a male condom, you can use a female condom.
- It might be nice to kick back and relax with a beer or glass of wine, but research shows that HIV- positive people should keep alcohol consumption to an absolute minimum. Studies have shown that heavy drinkers who are HIV-positive are likely to have a higher level of the virus in their bodies than those who drink moderately. ARVs also work less effectively when you drink a lot of alcohol and you're likely to experience severe side effects such as vomiting and nausea. This is because alcohol and the medication are both processed by the liver. If you want to live a healthier, longer life you should quit drinking altogether.
- The latest HIV/AIDS statistics for South Africa show that new infections among teens rose from 13% in 2007 to 14% in 2008. Any rise in HIV infection rates, however small is worrying, and underlines the need to practice safe sex at all times. As uncomfortable as it may be for parents, discussing safe sex with your teenager is vital. Other than abstinence, condoms are the only way to prevent HIV transmission- and unwanted pregnancy as well. Teens also need to know that oral sex is not necessarily safe sex. While HIV infection is less likely than with vaginal sex, it is possible



*NEW YEAR, NEW FACES AND NEW DEPARTMENTS!!!!!!!!!!*

*A huge welcome to all the newly appointed staff at Niemeyer Memorial Hospital. We hope your stay with us will be a memorable one.*



**Fiko Dlamini-  
Professional  
Nurse**



**Dr. Nxumalo-**



**Busi Msibi-  
Finance Intern**



**Kenny Msibi-  
HR Intern**



**Vericia Abrahams-  
PR Intern**



**Khetha Qwabe-  
Physiotherapist**



**DR. Motlaung**

## *HALALA TO THE OPENING OF NEW DEPARTMENTS!*

2010 is indeed a year full of blessings. I say this because this year we officially saw the opening of the Dental and Physiotherapy Department. Before this year these two departments didn't exist at Niemeyer Memorial Hospital. These are the services they offer:

### *Dental Department*

- Consultation
- Oral Healthcare instructions
- Extractions
- Referrals to other hospitals

### *Physiotherapy Department*

- Orthopedic Physio
- Cardio respiratory physio
- Neurological conditions
- Paediatric condition
- Backache/ pain
- Arthritis
- Musculoskeletal
- Clinic & Outreach programmes
- Pre- operation & post-operation patients
- Referrals to other practitioners and institutions

## Measles and Polio Campaign



### **What is Measles?**

Measles, also called **rubeola**, is a highly contagious respiratory infection that's caused by a virus. It causes a total-body skin rash and flu-like symptoms, including a fever, cough, and runny nose. Since measles is caused by a virus, there is no specific medical treatment and the virus has to run its course. But a child who is sick should be sure to

receive plenty of fluids and rest, and be kept from spreading the infection to others.

### **Signs and Symptoms**

While measles is probably best known for the full-body rash it causes, the first symptoms of the infection are usually a hacking cough, runny nose, high fever, and red eyes. A characteristic marker of measles



are **Koplik's spots**, small red spots with

blue-white centers that appear inside the mouth.

The measles rash typically has a red



or reddish brown blotchy appearance, and first usually shows up on the forehead, then spreads downward over the face, neck, and body, then down to the arms and feet.

### **Is Measles Contagious?**

Measles is highly contagious — 90% of people who haven't been vaccinated for measles will get it if

they live in the same household as an infected person. Measles is spread when someone comes in direct contact with infected droplets or when someone with measles sneezes or

coughs and spreads virus droplets through the air. A person with measles is contagious from 1 to 2 days before symptoms start until about 4 days after the rash appears.

## *Your health*

### **Stress less**

People who enjoy doing a lot of things at the same time should try to multitask less. American researchers have found it can lead to a range of brain problems, from severe stress and rage in adults to learning problems in children. It also makes you less efficient. If you perform related tasks at the same time such as typing e-mails while talking on your cellphone- the activities compete for access to the same part of your brain, thus making your brain function more slowly.

### **Beware of fast food “treats”**

Every child loves pizzas and burgers, but parents should be careful about rewarding kids with fast food. It may seem like a good idea at the time, but remember that meals from fast food outlets generally give your kids more fat and salt at a meal than they need. There’s also the risk that they’ll associate junk food with feelings of rewarded- and that’s not a habit you want them to take into adulthood.

### **Exercise keeps cancer away**

Men who regularly do exercises that increase their heart rate are less likely to develop cancer. Aerobic exercises such as jogging squash and cycling can all reduce the risk of cancer.

### **Say cheese!!**

People who diet often try to limit their kilojoule intake by avoiding calcium rich dairy foods but a number of studies have now shown this is a bad idea. It seems the body burns more fat when it gets enough calcium. So eat cheese & yoghurt and drink milk.

### **Peanut power**

Eating peanuts or peanut butter at least five times a week can reduce your risk of suffering a heart attack by up to 50 Per cent.

### **How to loose weight with water**

You can loose weight if you regularly eat food with high water content. Researchers say the water in the food helps fill you up & so you tend to eat less. Make it work for you by adding the following vegetables to your meals: broccoli, cabbage, cauliflower, spinach, lettuce and grape fruit. Believe it or not, they are made up of at least 90 per cent water.

### **Breast cancer alert**

A lump is the most common but not the only sign of breast cancer. There is another dangerous form called inflammatory breast cancer which shows up as an infection so is diagnosed late. Signs to look out for are redness and swelling of the skin. The breast may also feel warm although the infection doesn't necessarily produce a general fever. It also isn't usually painful. In the early stages the redness may look like an insect bite & may move during the course of a few days. Whilst this form of breast cancer is rare, it is very much aggressive.

*MEET THE STAFF OF:  
PMTCT*



Phindile Nkosi, Makhosi Buthelezi, Thoko Mbanjwa,  
Ntombifuthi Sibisi, Ntombikayise Khumalo, Sr. G. Slava and  
Nomusa Nkosi

*PHC:*



Thami Zikhali, Zinhle Kubheka, Sir Makhosonke Dlamini, Sr. Mvelase,  
Student Nurse

## MATERNITY WARD



Busi Ngema, SR. Sihle Mayise, Sr. Fiko Dlamini and Sr. Boni Mchunu

## OPD



Sr. Connie Bekker, Khanyi and two student nurses

*WARD 1: FEMALE WARD*



Sr. Fiko Dlamini, Mdu Selepe and Nesi Shabangu

*WARD 2: PAEDIATRIC WARD*



Student nurses, Sr. Ndaba, Dr. Yende, G. Visagie and T. Hlatshwayo



*WARD 3: MALE WARD*



G. mac Donald, Sr. Nsele, T. Ngcobo, Sr, H. Nyandeni, S.Khumalo and Student nurses

## *HAPPY BIRTHDAY TO YOU!!!*

### January

- *S. Buthelezi*
- *M. Sibiya*
- *HSS Dlamini*
- *BD Mthembu*
- *DJ Maboya*
- *TP Ntombela*
- *E. Wagner*
- *M. Mncube*
- *TG Mbanjwa*
- *BS Hlatshwayo*

### March

- *S. Sibiya*
- *C. Madonsela*
- *P. Mbatha*
- *G. Mac Donald*
- *WE Hartwell*
- *N. Nkomentaba*
- *SC Nene*
- *ML Dlamini*
- *NF Dlamini*
- *B. Mdletshe*

### FEBRUARY

- *T. Nkosi*
- *N. Mtshali*
- *X. Mthethwa*
- *M. Mabuzza*
- *P. Simelane*
- *CCJ Khoza*
- *BM Ndaba*
- *MFB Mbatha*
- *TSE Zulu*
- *SM Zietsman*
- *G. Visagie*
- *P. Masondo*
- *S. Thwala*
- *NH Ngema*
- *NS Mbatha*
- *SL Phangwa*
- *SQ Khanyile*
- *N Khumalo*