



PHOENIX NEWS

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JULY— SEPT 2008

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MESSAGE FROM THE ACTING CHC MANAGER(MR.T GOVENDER)



Mr Tees Govender (Acting CHC Manager)

In the last issue of *Phoenix News*, the CEO, Ms RT Ngcobo, concluded her message with the following statement: ***“I would like to congratulate all staff who have been recently promoted in PCHC and elsewhere. WELL DONE!!!”***. Little did we know then, that Ms Ngcobo herself would be leaving PCHC, going on promotion to Mahatma Gandhi Memorial Hospital. The announcement was sudden, and her commencement of duty at MGMH was immediate.

I think it would now be appropriate, in this issue of the *Phoenix News*, to say ***“WELL DONE”*** to Ms Ngcobo as well. Your hard work, dedication and commitment to service delivery have been justifiably rewarded! ***Uhambe kahle sisi, unkulunkulu akubusise emsebenzini wakho omusha.***

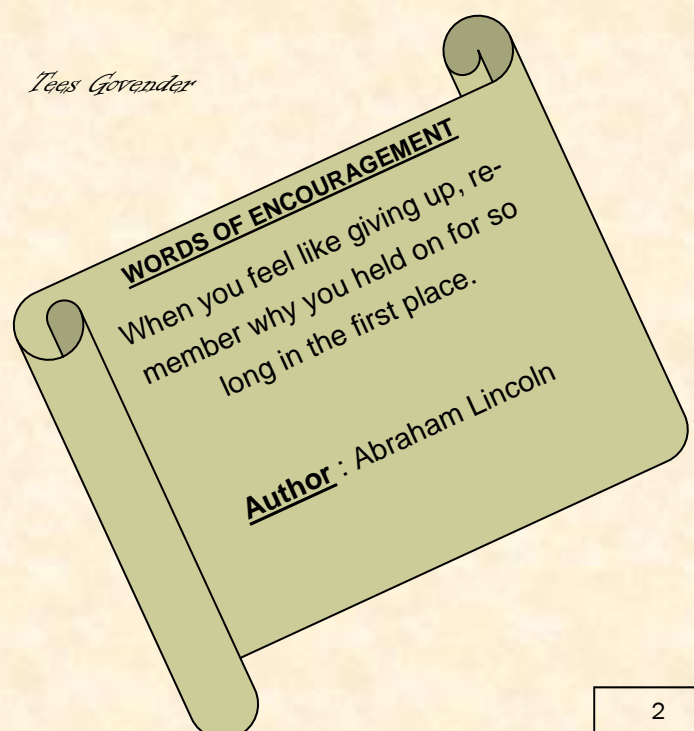
The appointment of me by District Office as the acting CEO came as a surprise! I must acknowledge that I had mixed feelings, since the job at hand entailed the overall management of PCHC, as well as finance and systems. No mean task, I must add. The 2008 / 2009 financial year did not have the best of starts; firstly with the announcement of the department’s over-expenditure, and secondly, the projected budgetary constraints, meant that there was going to be lots of hard work ahead us with regards to financial management alone. The appointment as acting CEO therefore meant double responsibilities.

However, at the end of the day, there was a need for someone to hold the fort, and the fact that District Management had faith in me, persuaded me to accept the responsibility. I would like to thank the District Management for affording me this opportunity as well.

This is also an opportune moment for me to thank the staff, and management team of PCHC for their continued support and dedication in the provision of quality healthcare services. Your support and commitment is noted and appreciated. **THANK YOU!**

Finally, I would like to emphasize the need for financial restraint that needs to be applied for the remainder of the 2008 / 2009 financial year. I earnestly appeal to all staff to use resources sparingly and to ensure cost-containment. The present budgetary constraints is not only proving to be difficult, but also frustrating for many of us. However, we need only to apply our minds together, and adopt a united approach to overcome this crisis. This will involve lots of planning and re-planning, lots of prioritization and re-prioritization, and yes, lots of frustrations as well. However, ***together***, we shall overcome!

Tees Govender



BREAST CANCER

WHAT IS BREAST CANCER : Breast cancer is a malignant tumor that starts from cells of the breast. A malignant tumor is a group of cancer that may invade surrounding tissue or spread (metastasize) to distant areas of the body. The disease occurs almost entirely in women, but men get it, too. For more information on breast cancer in men, see the American cancer society documents.

WHAT ARE THE SYMPTOMS OF BREAST CANCER

Common symptoms of breast cancer include :

- A change in how the breast or nipple feels.
- A lump or thickening in or in or near the breast or in the underarm area.

Nipple tenderness

A change in how the breast or nipple looks

A change in the size or shape of the breast.

The skin of the breast, areola, or nipple may be scaly, red or swollen. It may have ridges or pitting so that it looks like the skin of an orange.

Nipple discharge (fluid)

Early breast cancer does not cause pain. Still, a woman should see her health care provider about breast pain or any other symptoms that does not go away. Most often these symptoms are not due to cancer. Other health problems may also cause them. Any woman with these symptoms should tell their doctor so that problems can be diagnosed and treated as early as possible.

WHAT IS THE SCREENING PROCESS FOR BREAST CANCER

Screening for breast cancer before there are symptoms is important. Screening can help doctors find and treat cancer early. Treatment is more likely to work well when cancer is found early.

Your doctor may suggest the following screening tests for breast cancer.

- Screening mammography
- Clinical breast exam
- Breast self- Exam



TIPS FOR 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 color.
- 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 become inverted (pushed inward instead of sticking out).

Redness, soreness, rash, or swelling.

STEP2 AND 3

Raise your arms and look for the same changes.

While you're at the mirror, gently squeeze each nipple between your finger and thumb and check for nipple discharge (this could be a milky or yellow fluid or blood).

STEP 4

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 fingers of your hand, keeping the fingers flat and together.

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 described in Step 4.



UMKHANKASO WOKUVIKELA ISIFO SOMDLAVUZA



1



2



3

1. Isiqubulo sosuku : Cancer Prevention week.
2. Unkosikazi. Tina ophuma kwa Cancer Association KZN uthwetshulwe ngesikhathi ethula inkulumo yakhe kumphakathi.
3. Umphakathi bowuphume ngobuningi uzolalela.

Usuku lomhlaka 1-8 kwakuwusuku lokuqwashisa ngesifo somdlavuza. Yingakho thina Kulomtholampilo siye saba nentshisekelo yokuthi siqwashise umphakathi ngalesisifo. Siye saba nesikhulumi esiphuma kwa Cancer Association KZN unkosikazi u Tina ekuthe yena wagcizelela enkulumeni yakhe ukuthi yiziphi izimpawu umuntu ekumele azihlole uma esola ukuthi unaso lesisifo somdlavuza. Uye wahlukanisa izifo zomdlavuza eziye ziphathe abantu besifazane nabe besilisa zifana nalezi ezilandelayo.

Isifo ekuyisona esibucayi esingathinta abesifazane bonke yisifo somdlavuza webele wathi kodwa uma sitholakele selashwa kusekhona Isikhathi ungaphila ngempumelelo. Ungehlisa ubungozi bokuba nomdlavuza webele ngokuthi

- Uzilolonge njalo,
- Udle ukudla okunamafutha amancane.
- Udle ifayibha eningi.

- Hlola amabele akho nyanga zonke, isonto emuva kokuya esikhathini bhaka izinguquko zebele.,isigaxa yizinhlungu noma yiziphi izimpawu.
- Uma ungaphezu kuka 40 weminyaka hamba uyokwenza imammogram ngeseluleko sika-dokotela wakho.
- Kanti zona izifo ezibucayi ebantwini besilisa yilezi ezilandelayo:

Isifo somdlavuza wesitho sangasese. Izimpawu zokwexwayisa ezisheshe zibonakale ngalesisifo.Ukuzwa ukusinda kwesikhwama sesitho sangasese, ukukhula kwezinhlavu kulesisitho nokunye nokunye, Uma udinga ezinye izeluleko mayelana nezifo zomdlavuza vakashela kule website ethi www.cansa.org.za.

On the 19th and the 20 of August 2008 Phoenix CHC was visited by Grade 2 and 3 pupil from Green-bury Primary School which is Phoenix area. This schools is one of the Health Promoting Schools it was launched in October 2007. The tour was organized by the school health nurses in partnership with the Principal and staff from Green-bury primary school. The programme started at 9H00. Welcoming was done by the (Nursing Service Manager) Ms L.Y. Langa. The school children were taken to the following departments for their tour.

- Dental
- X-ray
- General clinic
- MOPD
- Pharmacy

The above departments were tasked to do a 5 minutes talk about their department and afterwards the children were taken for a sight-seeing tour. The teachers and the children were impressed and happy about the way the tour was conducted.

Programme for the Day

1. First Tour Session

The tour started at Dental clinic then proceeded to X-ray department and General clinic, after which the children adjourned for tea break..

2. Second Tour Session

After tea break the tour continued with a visit to MOPD and the TB and Baby-clinic and finally the children visited pharmacy department where the children were given a talk on medication.

Lastly the vote of thanks was done by Sr R. Govender (School Health Nurse) she thanked the Management team for allowing them to conduct the programme, and also thanked the Principal and the teachers of Green-bury primary school.



Dr Gangar (Dental department) demonstrating how you extract the tooth.



Ms N..Pillay (X-ray department) demonstrating X-ray machine to school children.



Sr Debising (Operational Manager)from General Clinic seen talking to school children in General Clinic.

IXOXWA NGEZITHOMBE



Grade 2 and 3 from Green- Bury primary school at Outpatients waiting Area.



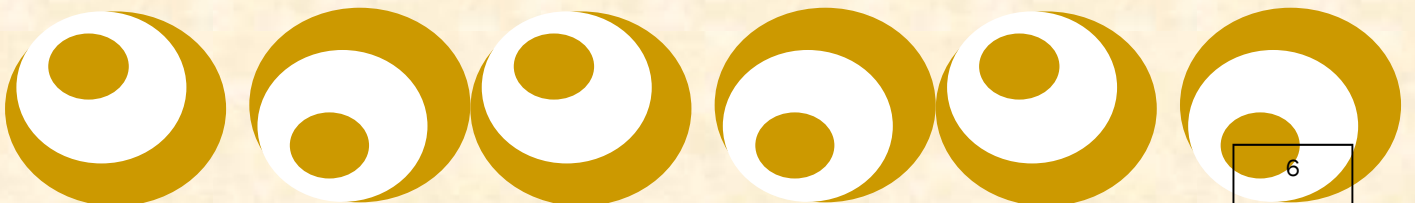
Mr. S. Naicker talking to grade 2 and taking them around the Pharmacy Department.



Sr R.Govender (School Health Nurse) showing Grade 2 consultation rooms at General Clinic.



Sr. Debising (Operational Manager) seen talking to grade 2 on how her department operates (General Clinic)



HEALTH ISSUES

EAT PLENTY OF FRESH FRUIT AND VEGETABLES DAILY

Did you know that when it comes to preventing cancer, vegetables and fruits are the most important part of a plant-based diet. Studies have identified the highest incidence of certain types of cancer in countries where people eat the least fruits and vegetables, which provide the strongest protection against the disease. If the only change people make to eat at least five servings of fruits and vegetables each day, the rate of cancer could drop by as much as 20%. Diets high in fruits and vegetables protect against cancers of the colon, stomach, oesophagus, lungs and throat and may also protect against cancers of the breast, bladder, pancreas, prostate and voice

and may also protect against cancers of the breast, bladder, pancreas, prostate and voice box. Fruits and vegetables provide powerful protection in addition to vitamins and minerals, they contain thousands of natural anti-oxidants associated with reduced risk of cancer. Buy plenty of fresh fruit and vegetables/ when you shop. Use the varieties that spoil easily first and keep the harder ones for later in the week. Keep a fruit bowl at home and in the office. Drink fruit juice with your breakfast or add fruit to your cereal. Add fresh fruit or vegetable to your lunch by having them in soup, salads or cut up raw.

LIVE LIFE TO
THE FULL WITH
RIGHT FUEL



ORAL HEALTH WEEK



Dental Staff Members



Mrs. M.Cira from Addington Hospital (Oral Hygienist) seen educating patients on oral health week.



Mrs. M Cira Demonstrating to patients the correct way on how to brush your teeth.

ASIWANAKELENI
AMAZINYO
ETHU

On the 27 of August 2008 the Dental Department took the initiative of promoting Oral Health Week. The programme was organized by Dental Department and they invited the Oral Hygienist from Addington (Mrs.M.Cira) who in her talks reiterated important topics such as : A healthy tooth, Brushing your teeth, Preventing tooth decay, Gum diseases, Tooth decay, Making your teeth last ,etc.

After the talk patients were assessed and given a toothbrush and a toothpaste as a gift. Dental Department would like to thank Oral Hygienist from Addington for her contribution to this programme.

8 TIPS ON HOW TO MAKE YOUR TEETH LAST

You can easily keep your teeth healthy for the rest of your life. Just remember these very important rules:

1. Brush your teeth every morning and evening after meals.
2. Use a fluoride toothpaste.
3. Use a toothbrush with soft and rounded bristles.
4. Floss daily to remove plaque.
5. Replace your toothbrush at least every three months.
6. Eat lots of healthy food.
7. Don't eat too many sweets and sticky food.
8. Visit your dentist every year.

FUNDRAISING EVENT FOR PHARMACY WEEK

On the 7th of August pharmacy staff took the initiative of raising funds for Pharmacy Awareness week which was on the 1-7 of September 2008. They sold cakes, cool drinks etc. The sale started at 10h00. They received great support from staff and patients. The main purpose of this fundraising was to utilize the cash to buy gifts, refreshments, stationery etc for the patients.

The Pharmacy Manager together with staff would like to extend their gratitude to those people that supported them.

Thank you



Pharmacy Staff Members



Cake Sale Display

Cake Sale Display

PHARMACY AWARENESS WEEK AT IMMUNIZATION DEPT



Kiddies Display at Immunization



Pharmacy Staff Members



Sir Maswazi seen giving token to baby's mother.

PHARMACY AWARENESS WEEK

From the 1 - 7 of September the pharmacy department took the initiative of celebrating pharmacy week with the patients they are serving. The programme was planned to cover for the whole week. All the departments were visited and they had different talks in different department.

This type of programme is vital because it assists the patient and make them aware of the pros and cons of medication. Sometimes we do get patients who do not take their medication as prescribed.

In the pictures that you see below, it shows you exactly what you need to do if you are an Asthmatic patient. Rotasha and Sagren were demonstrating to patients the correct way of using the pump.

They explained the procedure of using the inhaler **step by step** to the clients. After the talk they had a question and answer session whereby patients were asked questions and whoever got the answer won a prize.

Pictures taken during pharmacy week



SECRETARY'S DAY



Nursing Service Manager (Ms L.Y Langa) with her secretary Ms. Mandisa Mbokazi.

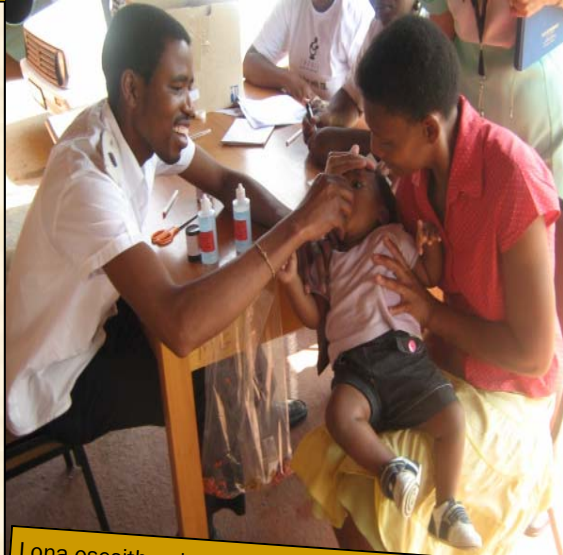


Right to Left : Acting CHC manager Mr T. Govender, Mrs N.C Cele (HR Manager) ,Dr L.P Mtshali (Medical Manager), Ms L.Y Langa (Nursing Service Manager) showing appreciation to Ms. Ntobe Sithole for her Excellent Secretarial Skill.

VITAMIN A CAMPAIGN

Usiphindile umkhankaso we Vitamin A Campaign isihlandlo sesibili. Umkhankaso lona uqale ngomhlaka 08-09-2008 uyoze uphele ngomhlaka 20/09/2009. Izindawo ezikade kusetshenzelwa kuzo ngesikhathi salomkhankaso:

- Yise Mtholampilo
- Amaoti
- Starwood Clinic



Lona osesithombeni Umhlangi wase Maoti Clinic nabo bebeyingxanye yalomkhankaso.

Bese kuthi ngempelasonto basebenzele Kulezidawo :

- Acropolis Mall
- Phoenix Plaza.

Nakube lomkhankaso usubuya okwesibili onyakeni kubukeka usanesasa ikakhulukazi ezindaweni lapho umphakathi ungenawo imitholampilo eseduze.

Kubonakele ukuthi omama sebefundisekile ngokubaluleka kwalomkhankaso indlela ababephume ngobuningi kuzozonke indawo ebekusethenzelwa kuzona.

STAFF NEWS



It is sad to announce the passing away of

Ms. S A Msimango (General Orderly) who passed away on the - 29/08/2008

and Ms P. Cele (Lay counselor) who passed away on the - 12/09/2008

They will be greatly missed, May their souls, rest in peace.

I would like to take this opportunity to thank the Management and everyone who contributed with his/her input in this publication.

Ngiphinde ngibonge kubasebenzi bonke ngomsebenzi omuhle abawenzile kade sehlelwe yifu elimyama loku-shiywa wozakwethu, Ngithi kinina nonke qhubekani njalo ningakhathali.

Inputs, comments,
Suggestion, Enquiries, kindly
contact the PRO at ext 248.

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