



*Fighting Disease, Fighting Poverty, Giving Hope*

# urThongathi

Issue. 3

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*Due to budget considerations,*

*The boss said we have to cut down on our Christmas greetings this year.*

*So, Merry and Happy!*



# Happy Holidays

Update  
December 2008

## Tongaat CHC receives HIV/Aids Management Training Course



Project Co-ordinator in action Mr Shaun Beru from Damelin

From the 8th to the 10th of July 2008 all the managers and supervisors of Tongaat CHC underwent a training programme in HIV and AIDS.

The training was facilitated by Tongaat CHC Human Resources Development and Training unit together with Damelin College and the training was funded by Durban Chamber of Commerce.

The course content was relevant as it contained subjects of importance such as workplace HIV and Aids prevention and care programme, measuring for managing HIV/Aids in the world of work.

Commenting about the training, most of the managers especially non-medical expressed how some of them have been ignorant about HIV and Aids just because they merely come into contact with infected or affected by this killer disease. They also commented on how little they knew about the challenges that are faced by the people living with Aids with regards to stigma and discrimination.

All the managers that attended this course were awarded with certificates at the end of the intense 3 days training.

*“HIV/AIDS is not just a public health issue; it is a workplace issue, a development challenge and the source of widespread insecurity...”*



Tongaat CHC Management and Supervisors after completing the 2 days of training

## Ensuring children in schools are healthy and safe



Children who participated in an educational stage



Sr V Reddy demonstrating good hand washing method

Ensuring that children are healthy and safe in school is a responsibility of all those who come in contact with them. The Tongaat CHC School Health Services in partnership with Tongaat SAPS, Metro Police and Fire and Rescue Services held an extremely educational event at the Tongaat town hall in September.

Topic ranging from reporting crime in schools, road crossing tips, emergency numbers, violence and abuse and keeping healthy and clean in school were discussed. There was also a stage play which educated the children about safety on the roads, this play drew a lot of attention from the children as it was hilarious and also packed with information.

At the end of the eventful day, the fire rescue services displayed how people are rescued from a car accidents. A old vehicle was brought to display this properly and they showed the children how the jaws of life are used.

# Oral Health Month taken to another level

**"No health without oral health"** was this year's oral health month theme. Tongaat CHC Dental department took this awareness month seriously. Each week of August had certain activities scheduled, this goes to show that necessary planning was done and the plans were executed properly.

In the first week of August our institution was decorated with colourful posters reminding patients about the importance of oral health. Our dental team took to time to educate patients. A group of external stakeholders were also involved in making this awareness fun and successful. Colgate-Palmolive was our main sponsor. They sponsored the institution with toothpastes, toothbrushes, posters and competitions for local primary schools.

Our dedicated team visited local schools accompanied by our School Health Nurse as well as our Dietician.

Amongst the schools visited were Embonisweni Primary School, Tongaat Junior Primary School and Hambanathi Higher Primary School. These school enjoyed all the activities and got the chance to participate in drawing competition where the winners received gift packs that contained lots of goodies from Colgate, Nedbank and Absa.

This awareness campaign is a sign that the Department of Health is concerned the health of our people and in this case we focused on oral health in children. This is because reports show that there are a lot of children who visit the clinic with decayed teeth and our dental team strongly believe that this can be easily prevented.

Children were given educational talks and advices about the right food that they should eat in order to prevent that dreadful visit to the dental clinic. As much as they didn't want to hear it but they were told that they should stay away from all the sugary foods instead they should eat all the nutritious foods to help them grow and prevent diseases, including oral diseases.



**Dr K Naicker, Senior Dentist examining some of the learners teeth from Embonisweni Primary School**



**The winning team from TCHC comprised of from L to R: Sr V Reddy (School Health Nurse), Ms B Roberts (Dietician), Ms Y Mwelase (Oral Hygienist) and Dr K Naicker (Dentist)**

## Breast milk is the best — Breastfeeding week



**Sr Zondo from maternity demonstrating proper way to breastfeed**

The first week of August was World Breastfeeding Week. The team from TCHC maternity together with our resident Dietician took time to educate mothers and mothers-to-be about the importance of breastfeeding. It has always been said the nothing beats breast milk as it is natural with no artificial colourants, preservatives etc.

The mothers listened attentively as different speakers spoke about different topics such as baby formulas, pacifiers and different postures when nursing.

The whole week was filled with different



**Beautiful decoration at the ANC for the Breastfeeding week**

activities, the mothers got the chance to interact with each other as well as the opportunity to ask questions. The team wish to thank everyone who assisted them in order to make the breastfeeding week a success.

# 10 easy steps to loose weight



## 1. CUT THE SIMPLE CARBS

Your body absolutely needs carbohydrates, but you may need to learn to appropriately reverse the ratio of simple carbs to complex carbs.

- Simple carbohydrates are digested quickly. Many simple carbohydrates contain refined sugars and few essential vitamins and minerals. Examples include fruits, fruit juice, milk, yogurt, honey, molasses, maple syrup and sugar.
  - Complex carbohydrates take longer to digest and are usually packed with fiber, vitamins and minerals. Examples are vegetables, breads, cereals, legumes and pasta.
- Most importantly you'll need to reduce the amount of sugar you take in. Having a good ratio of complex to simple carbs will let your body regulate blood sugar levels more efficiently, burn more fat as fuel, and ultimately lose more weight.

## 2. EAT SMALLER, MORE FREQUENT MEALS

Eating about every 3-4 hours prevents your blood sugar levels from spiking dramatically throughout the day. This helps your hormones stay in check, while regulating hunger as well. Ultimately, it helps elevate metabolism, it's easier on your digestive system, and it can eventually provide you with more energy throughout the day.

## 3. CONSUME MORE FUNCTIONAL FATS

Essential fatty acids, such as omega-6 and omega-3 consumed in appropriate ratios of 2:1 or better yet at 1:1 will allow the body to regulate your hormones, calm down inflammation, and stabilize blood sugar levels. This eventually leads to greater fat loss.

## 4. DOWN THAT WATER

Water is often overlooked, but it's the number one nutrient for your body to survive. Staying hydrated aids with digestion, curbs your appetite, and flushes out metabolic waste. Make sure to get in at least 1 oz for every pound you weigh.

## 5. INCREASE FIBER INTAKE

Fiber keeps your meal moving along your gastrointestinal tract, and like water, it aids in flushing metabolic waste. It also helps you maintain consistent energy levels, slows your rate of carbohydrate digestion, which steadies your blood sugar levels.

## 6. REDUCE OR ELIMINATE ALCOHOL

At least while you're training. Not only is alcohol estrogenic (negatively affects testosterone for men), it can lead to fat gain, and has a whopping nutrition-empty 7 calories per gram. Alcohol takes precedence over fat metabolism when present in your body. Alcohol actually shuts down your fat burning mechanism for up to 48 hours, so avoid it as much as possible.

## 7. SPICY METABOLISM

Including a variety of spices in your foods such as curry, cayenne pepper, cinnamon and certain herbs may help boost your metabolism. Spices also help with stabilizing blood sugar levels. Cayenne pepper is possibly the healthiest herb available to mankind. Put it on as much as you can if you can stand the heat.

## 8. MAKE WEIGHT TRAINING YOUR FOCUS

While aerobic activity may burn a great deal of calories, especially when maintained at a high intensity, you'll also be burning muscle mass. You'll achieve greater results by focusing on resistance training. This is because proper resistance training stresses all of your muscles fiber types and promotes a leaner body. When you stress your muscles effectively, you either maintain and strengthen your current muscle mass or you even gain some. For every pound of muscle you gain it equates to 50 extra calories you can burn per day while doing nothing. This melts the fat away quicker and provides you with more strength than you would ever get doing cardio alone.

## 9. SLOW DOWN YOUR EATING

Be conscious of how fast you eat, slowing down the pace prevents compulsive overeating and helps your digestion. It takes at least 20 minutes between the time you're full and when your brain actually realizes it. If you're too busy to eat slowly then skip the meal and opt for a meal replacement shake instead. Your body will thank you because it makes your goals easier to achieve.

## 10. WATCH FOR FOOD ALLERGIES

Many people are allergic to dairy and wheat products. Being sensitive to these two food categories have been shown to cause weight gain. If you're consuming a diet high in refined foods, these sensitivities become more obvious. This causes digestive problems such as bloating, stomach pain, and water retention.

If you think this may be happening to you consider an allergy test. You shouldn't be eating all those refined foods anyway.

## 11. GET YOUR ANTIOXIDANTS

Getting your daily dose of antioxidants from a good multi-vitamin or a specific antioxidant supplement combination, or even a healthy combination of fruits and vegetables is important for combating toxins held in fat cells. Antioxidants such as vitamins A, C, E, polyphenols in green tea, etc. help your body reduce the time that toxins stay in your system.

So there it is — 11 basic tips to help you achieve a healthier and leaner physique. It's never too late to take action. Stay motivated and consistently remind yourself of your fitness goal.



# Events Galley



**Top left** is our Oral Hygienist doing conducting her educational talks, **top right** Yolanda and Dr Naicker handing over a prize to the winner of the best drawing, **middle left** is Dr Naicker interacting with the crowd of kids, **middle right** is the team that contributed to the success oral health awareness campaign and all **the bottom** photos are from the school health and safety programme.





TCHC PRO: Philile Manzi

# Back Chat.....

What a year 2008 has been! It is a great pleasure to write this column again. This year has been both good and bad for our CHC. We have lost a number of our beloved staff which was indeed sad. On the other hand TCHC has received a biggest gift for Christmas, one that we desperately needed A NEW PARK HOME! I will tell you more about that on our next issue.

As we bid 2008 farewell, I would like to take this chance to wish everyone at TCHC all the best for the festive season and prosperous new year!

Till next time

*Philile*

## Personal's Corner



### Births

TCHC would like to congratulate:

- ◆ Nobuhle Slender Cele (Pharmacy Assistant) on the birth of her lovely daughter Minenhle who was born on the 3rd of October 2008. Congrats girl!
- ◆ Shivani Naidoo (Senior Radiographer) on the arrival of her beautiful bundle of joy, a baby girl Lyshka, who was born on the 13th of October 2008. Siyakubongela Shivs!



### Deaths

In loving memory of Dumisani "Madumi" Ngcobo who was called to rest in November 2008. Your memory will live on, Rest in peace Fuze.



### Weddings

Li li li, Kwakuhle kwethu! Uyothi wabonani mfaz' ongazalanga.....Congratulations to Mrs Nomaswazi Ncemane (nee' Hlatshwayo) for tying a knot with the love of her life Mr Loyiso Ncemane on Saturday 06 December 2008 at lavish do, held at Maidstone Country Club. Wishing you all the best for the future!

### Thoughtful Thought

*"We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop" - Mother Teresa*