



# ORAL HEALTH MONTH



The dental clinic celebrated Oral Health Month in September. They hosted an exhibition within the hospital setting MOPD. The aim was to educate patients with

common dental diseases such as gingivitis, periodontitis and caries amongst adults and children. Gingivitis is the early onset of Gum disease which is characterized by symptoms of

reddening and bleeding gums caused by the build-up of plaque and calculus. If Gingivitis is not treated it further progresses to periodontitis. ....(Cont. pg. 2)

# Wentworth Hospital Celebrates ORAL HEALTH MONTH

If Gingivitis is not treated it further progresses to periodontitis, which then affects not only gums, but all supporting tooth structure including bone which leads to tooth mobility and loss.

People mostly prone to gum diseases are as follows:

- Pregnant woman
- Diabetic patients
- Smokers
- Stress
- Over 40

They need to ensure that the mouth is well taken care of. That brushing and flossing are practiced every day, twice a day to prevent worsening of symptoms.

Tooth decay/ Caries is a condition mostly due to a sugary diet, in the form of sweets,



drinks and foods. The tooth has a protective top layer called enamel. This surface is compromised when the bacteria in plaque feeds on the sugary foods, causing acid which then attacks the tooth's surface. Over time the enamel weakens and holes form known as cavities/ caries. If left untreated with

fillings or other measures, it leads to the tooth needing an extraction. It is important for patients to cut down the intake of sugary foods in order to prevent tooth decay and brush twice daily to limit the amount of plaque within the oral cavity.

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# Nelson Mandela Day

The Wentworth Hospital Social work department initiated this year's Mandela day project.

The team facilitated the contribution of stationary, food items and toys which were delivered to the Isaiah 54 Children's Home on the Bluff.

The contributions were received with much joy and appreciation by the children at the home. The Wentworth hospital team also spent some time with the children at the home.

The Isaiah 54 children's home houses children from as young as 3 months to 18 year old teenagers.

The radiology department contributed greatly towards this project and in addition they decided to give back a little to the patients who came to the radiology department for services on the day. The team provided a prepacked healthy snack pack to these patients. The patients were very appreciative and this boosted staff morale greatly.

The take home message for the day was that we should not wait for this day that comes once a year for us to extend a helping hand to those less fortunate than us.



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# Pharmacy Month



**Pharmacy Staff at the Children's ward**



September is Pharmacy month, and the Wentworth hospital Pharmacy team dedicated an entire week to doing activities within the facility to raise awareness and to commemorate this Month. On Monday 12 September the theme for the day was "blue Monday" and topic that was covered was Healthy lifestyle. On Tuesday, the team was all about shades of sunshine in yellow and raising awareness about healthy eating. Wednesday came around and Pharmacy was daring in red, ready to tackle all issues relating to diabetes and diabetic foot care. As the week was nearing the end, the team was blushing in Pink educating our clients about hypertension and on the last day of Pharmacy week the team visited Ward C4 (the children's ward).

For the Friday finale, the following items were donated to Ward C4:

- 9 x Reading books
- 7 X Box of crayons
- 1 X Blow-up ball pit
- 2 X Plastic Mobile Kids desks
- 2 X Plastic Kids chairs
- 1 X Square Plastic kids table
- 1 X Alphabet mat (multipurpose mat)
- 1 X box of 50 balls for the ball pit
- 20 X coloring books + 20 X crayons



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# JULY

## HEPATITIS AWARENESS MONTH

### What is hepatitis?

Hepatitis refers to an inflammatory condition of the liver. It is commonly the result of a viral infection, but there are other possible causes of hepatitis.

These include autoimmune hepatitis and hepatitis that occurs as a secondary result of medications, drugs, toxins, and alcohol. Autoimmune hepatitis is a disease that occurs when your body makes antibodies against your liver tissue. The five main viral classifications of hepatitis are hepatitis A, B, C, D, and E. A different virus is responsible for each type of viral hepatitis.

The World Health Organization (WHO) estimates that 354 million Trusted Source people currently live with chronic hepatitis B and C globally.

**Hepatitis A** - is the result of an infection with the hepatitis A virus (HAV). This type of hepatitis is an acute, short-term disease. Hepatitis A is a short-term illness and may not require treatment.

**Hepatitis B** - The hepatitis B virus (HBV) causes hepatitis B. This is often an ongoing, chronic condition. The Centers for Disease Control and Prevention (CDC) estimates that around 257 million people worldwide are living with chronic hepatitis B. If you have chronic hepatitis B, you will require Trusted Source antiviral medications. This form of treatment can be costly, as you may have to continue it for several months or years.

**Hepatitis C** - comes from the hepatitis C virus (HCV). HCV is among the most common blood borne viral infections and typically presents as a long-term condition. Typically, people who develop chronic hepatitis C will use a combination of antiviral drug therapies. They may also need further testing to determine the best form of treatment.

**Hepatitis D** - This is a rare form of hepatitis that only occurs in conjunction with hepatitis B infection. The hepatitis D virus (HDV) causes liver inflammation like other strains, but a person cannot contract HDV without an existing hepatitis B infection. pegylated interferon alpha as a treatment for hepatitis D. However, this medication can have severe side effects. As a result, it's not recommended for people with cirrhosis liver damage, those with psychiatric conditions, and people with autoimmune diseases. Globally, HDV affects almost 5 percent Trusted Source of people with chronic hepatitis B.

**Hepatitis E** - is a waterborne disease that results from exposure to the hepatitis E virus (HEV). Hepatitis E is mainly found in areas with poor sanitation and typically results from ingesting fecal matter that contaminates the water supply. Hepatitis E is usually acute but can be particularly dangerous in pregnant women. currently, no specific medical therapies are available Trusted Source to treat hepatitis E. Because the infection is often acute, it typically resolves on its own. There are vaccines that can help protect against many hepatitis viruses. Minimizing your risk of exposure to substances containing these viruses can also be an important preventive measure.

### PREVENTION

A vaccine for hepatitis A is available and can help prevent the contraction of HAV. The hepatitis A vaccine is a series of two doses and most children begin vaccination at age 12 to 23 months Trusted Source. This is also available for adults and can also include the hepatitis B vaccine. The CDC Trusted Source recommends hepatitis B vaccinations for all newborns. Doctors typically administer the series of three vaccines over the first 6 months of childhood.

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# AUGUST

## BREASTFEEDING AWARENESS MONTH

### Breast milk helps keep your baby healthy.

- ⇒ It supplies all the necessary nutrients in the proper proportions.
- ⇒ It protects against allergies, sickness, and obesity.
- ⇒ It protects against diseases, like diabetes and cancer.
- ⇒ It protects against infections, like ear infections.
- ⇒ It is easily digested – no constipation, diarrhea or upset stomach.
- ⇒ Babies have healthier weights as they grow.



### Breast milk changes constantly to meet babies' needs.

The milk changes in volume and composition according to the time of day, nursing frequency, and age of baby to promote healthy growth. Breast milk is the perfect food for your baby.

- ⇒ It is available wherever and whenever your baby needs it.
- ⇒ It is always at the right temperature, clean and free.
- ⇒ No bottles to clean.
- ⇒ Breastfeeding has no waste, so it is good for the environment.

### Why is Breastfeeding Important for You?

Mothers who breastfeed:

- ⇒ Have a reduced risk of Type 2 Diabetes and certain cancers such as breast cancer
- ⇒ Strengthen the bond with their children May find it easier to return to what they weighed before they got pregnant



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# SEPTEMBER

## HEART AWARENESS MONTH

**Heart Awareness Month** is earmarked for September on an annual basis in South Africa. September is dedicated to raising awareness about heart disease and its risk factors in South Africa, and the importance of living a healthy lifestyle to prevent disease onset.

In this month, the importance of the correct treatment for those who have cardiac related medical conditions, is also highlighted. Heart Awareness Month culminates in World Heart Day on the 29th of September. The World Heart Federation (WHF), an organization from which the Heart and Stroke Foundation South Africa (HSFSA) has a membership, takes the lead on this initiative.

In keeping with the WHF, the HSFSA upholds the World Heart Day 2018 theme, My Heart, Your Heart and carries it through the entire Heart Awareness Month programme in September which culminates on 29 September.



### Why Heart Awareness Month and World Heart Day?

- Cardiovascular disease (CVD – which includes heart disease and stroke) is the leading cause of death in South Africa after HIV/AIDS
- Heart disease is responsible for 18% of all deaths in South Africa
- 120 people suffer from a heart attack daily

#### Campaign aim:

1. Reinforcing the knowledge and awareness of heart disease and other circulatory diseases
2. Influencing the behavioral uptake of a healthy lifestyle and reducing risk for cardiovascular disease onset
3. Promoting the detection, prevention, treatment and care over a 4 – 5 week period with the main events occurring in September and on World Heart Day

Reduce preventable heart disease by discouraging smoking, reducing salt intake, eating well, moving more, and getting your health risk assessment

### To help prevent heart disease, you can:-

- Eat healthy.
- Get active.
- Stay at a healthy weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- Drink alcohol only in moderation.
- Manage stress.



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# Chuckles

LAUGH A LITTLE



"If your boyfriend's name is Richard, you are Richards bae"



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# What's Cooking Good Looking?

## SHREDDED CHICKEN TACOS

### Gluten-Free

COURSE: LUNCH, DINNER, APPETIZER

CUISINE: MEXICAN

COOK TIME: 30 MINUTES

TOTAL TIME: 30 MINUTES

SERVINGS: 6 TACOS

CALORIES: 128 KCA

### Ingredients

- □ 2 thinly sliced chicken breasts
- □ 6 corn tortillas
- □ 1 cup chopped red cabbage
- □ 1/2 cup chopped peppers
- □ 1/4 cup feta cheese
- □ 1 lime

### Instructions

Preheat oven to 375 degrees.

Place the chicken breasts on a baking sheet and top w.

Bake for 30 minutes (or until they're fully cooked).

While the chicken is baking, heat the tortillas up (optional).

Top each tortilla with chopped red cabbage and chopped peppers.

When the chicken has finished baking, shred it and place in the tortillas.

Top each taco with feta cheese and a drizzle of lime. Enjoy!



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# PHOTO GALLERY



Spring Day



Mandela Day



Heritage Day



Heritage Day



Pharmacy Week



Pharmacy Week



# ACKNOWLEDGEMENTS



I would like to take this opportunity to thank all the Staff of Wentworth hospital who have worked tirelessly everyday to ensure that patients are taken care of and that service delivery is not compromise. As you let your light shine, you allow others to experience the beauty of your love for humanity. I am humbled and grateful.

The CEO

*OT Khanyile*

## EDITORIAL TEAM / DETAILS

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- ♦ Mrs. Gonam Cotchobos - AD Radiography
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- ♦ Serisha Chetty - Pharmacist

