

USE ALL AVAILABLE OPTIONS FOR FAMILY PLANNING, MEC CALLS ON MEN TO CONSIDER VASECTOMY



"The Department is promoting "Safer contraception" to all women of child bearing age - especially young women in and out of school. This campaign *also targets men* as they have a role to play in safer contraception through consistent and regular condom use, and encouraging their partners to discuss the use of contraception until they are ready for another child. We also encourage *men* who no longer wish to father a child to consider opting for *vasectomy*." said KZN Health MEC Ms Nomagugu Simelane-Zulu.

While looking at the available package of reproductive health services and the aspect of family planning, KZN Health MEC Ms Nomagugu Simelane- Zulu decided to also zoom in on the role of men. Simelane-Zulu said men can assume an active and

meaningful role in leading discussions on family planning and undertaking certain reproductive health measures.

These are:

REGULAR CONDOM USE

The most common and safe contraceptive for men for prevention of Sexually Transmitted Infections (STIs),

unplanned and unwanted pregnancies.

VASECTOMY

A contraceptive method for males which involves excision of a segment of the vas deferens which is a tube through which sperm is transported from the testes to the urethra or penis. Excision of this tube prevents the movement of sperm from the testes rendering the man sterile (unable to impregnate a female through sexual intercourse).

The MEC called on men who no longer wish to have

children to consider "vasectomy" as a good measure which can enhance family planning. The MEC is advocating for men to come on board, fully understand all the choices that are available for them and then use their own discretion to make informed choices. The Department's urology centre where most of vasectomy procedures are done is at St Aidans Hospital in Durban. Healthcare users who want to take up this option must consult with their nearest health facilities and they will then be referred to a relevant facility.

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DR BATUULE TELLS ALL THERE IS TO KNOW ABOUT VASECTOMY



Dr David Batuule
Head of Clinical Unit in the Department of Urology
Durban's St Aidan's hospital

Dr David Batuule, Head of Clinical Unit in the Department of Urology at Durban's St Aidan's hospital shed some light on this contraceptive method for men. He is in charge of the urology department which does not only offer a clinical service but also provides training to registrars (specialists in training) and conducts research studies. Health Chat Bulletin spoke to Dr Batuule and asked him to explain the procedure for this male contraceptive.

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What are the advantages and disadvantages of choosing to have this procedure?

I can list some advantages like, it's a day procedure which can be done under local anaesthesia. It's a small incision

with no major side effects. It's effective with 98 % success rate. It's cheap, permanent and has no interference with sexual activity.

Disadvantages include sterility not being immediate (takes up to 8 to 12 weeks to be effective which means you must use other contraceptives in the meantime)

Some people may develop surgical complications like pain, bleeding, hematoma and infection

Which age is appropriate for men to undergo this procedure?

There is no specific age but majority of patients present between 40 and 50 years of age. However, any male who does not wish to father children or has completed his desired

family can opt for a vasectomy. All patients are counselled that the procedure is permanent and it is advisable to involve the partner if married.

Dr you have been at the helm of the urology clinic for years now and you have done outreaches to other hospitals, what has the uptake been like for this particular service "Vasectomy"?

The only "vasectomy" service that I know of was run at King Dinuzulu (formerly King George) hospital at the family planning clinic which is run by Dr Panday. We previously seconded 2 doctors to go there on the last Friday of every month to do vasectomies on patients the clinic had counselled and prepared. On average we did 2 to 3 patients per month. Due to a reduction of our staff numbers we discontinued the service about 5 years ago.

Currently any patients requiring vasectomies are referred to our urology clinic at St Aidan's and booked into the clinic and managed as any general urology patient. Generally, uptake is poor especially among African males probably

due to the fear of loss of virility. Majority of patients requesting the option are Caucasian and Indian origin.

What should people who now want to take the option do, how can they secure a booking?

Patients requiring the vasectomy option should be referred to our urology clinic at St Aidan's by their local clinic or hospital or health care provider to secure an appointment date. On the booked date, we offer counselling and then set a date for the operation.

Lastly, is there any important message you want to relay to men about Vasectomy? Vasectomy is a safe, effective, cheap and permanent contraceptive method for males which is relatively easy to perform. Men should be aware that it will not adversely affect their sexual activities or performance at all and on the contrary it might improve their sexual life because the risk of unplanned pregnancy is eliminated. Men should be encouraged to take up family planning seriously to only have families they can afford to take care of and reduce the incidence of "fatherless" children.

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RANDOM SENTIMENTS ON VASECTOMY

Health Chat Bulletin solicited some views from a few men just to understand if they ever pondered choosing to do a "Vasectomy" as part of their role in family planning. We spoke to some random men in Durban and this is what they had to say:



Greg Govender 32,
Chatsworth

I am totally against it. I think we should leave it all to God's hand, whether you should have many kids or not. I don't have any kids at the moment. In future I am planning to have 2 kids only, because life is very expensive in our days. But nevertheless children are a gift from God, so you cannot limit yourself when God gives you more children. We thank our Government for advising men on family planning but it's up to individuals.



Younger Mathandela 24,
Bellair

I totally disagree with vasectomy, because many young people are not going to use protection because they know they won't be impregnating any woman. If they have HIV they will spread it to so many people. I have 2 kids with different mothers and I am dating someone else now and I am hoping to have a baby with her. I don't think vasectomy is a good idea at all. Even if it was there long time ago, I don't think many people are using it.



Olivia Elliot 30,
Durban Central

I have 2 kids at the moment a girl and a boy. I would love to have more children because I love kids. I am a family man; I was brought up by a family. Well, it is a good thing for those who don't want kids. But at the end of the day it's your choice to have kids. I am aware with the expenses and everything but at the end of the day when you can afford them nothing can stop you to have as many kids as you want.



Stanley Marcus 35,
Bellair

I think the Government should allow each person to have one kid, because it is taking a lot of tax payers' money. If you think about the social grant that Government is spending paying for children who do not have parents, that money can play a pivotal role in terms of creating job opportunities and infrastructure development. I can bet you a lot of young women are giving birth because they know the Government will give them a grant. I support vasectomy after having one child.

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PRAISES FOR THE GOOD MEN

On Sunday 21 June 2020 Father's Day Men from all walks of life were put on the spotlight when individuals flaunted their pictures with captivating captions. People posted pictures of their beloved "Dads" with hearty blurbs depicting vast characters of "Responsible Men" behind the photographic images.

Lately news platforms are brimming with negative stories of cases of violence against women and children at the hands of men. Not too long ago, the topics #MenAreTrash and #MeToo were also the object of much attention on Twitter and other media platforms, again underlining the nature of bad men. With

so much negative attention on men, it can be easy to forget that there are still good men in the world.

Father's Day offered an opportunity for people to share their fond memories and proclaim what they love the most about the men who raised them.



28 410 likes

mmaponyane Happy Fathers' Day Papa! 🙌🙌
(Slide #3 used to scare the crap out of me - I just knew I was in trouble 😭😭😭)



37 807 likes

minnielamini Happy Father's Day Dlamini ❤️ I love you more than any words I could possibly type on this post. I wanted to come home but you said no so I'm still upset 😭 Thank you for not only being the best dad to us but for being isibonelo to other fathers. You're the blueprint ❤️ I am a strong powerful woman because I was raised by you. I don't fear parenthood, in fact I look forward to it because of you. **This image was the moment he allowed the Joneses through the gate, into his yard, to fetch his daughter.. 💎 #Sibalukhulu

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PRAISES FOR THE GOOD MEN



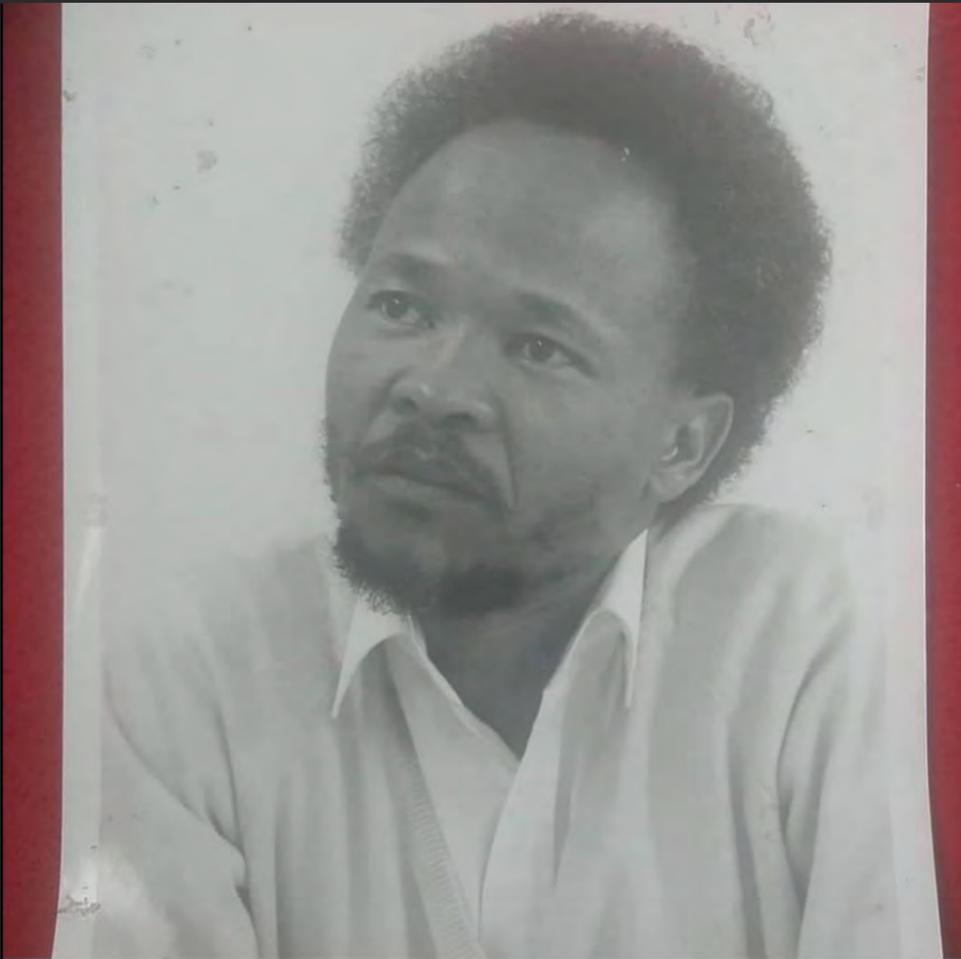
82 758 likes

casspernyovest Happy Father's day to the dude in the black hoodie. Thank you for giving me life and being the greatest father in the world. Love you dude. Superman, thank you for making me a great man.



20,038 likes

ferguson_films Remembering you on FATHERS DAY. I am the father I am today because of you. You led by example. I could not have asked for a better father. Thank you DAD for being my hero. I LOVE YOU ALWAYS. #HappyFathersDay #DadsCare @dovemencare #ChampionsOfCare



9 023 likes

manakaranaka To Papa with ❤️🙏 #Nare🐘 #Kgomo🐘 Happy Father's Day



14,929 likes

amochidi The bond between my little peanut and daddy is unmatched! I can't help but get a little jealous, seeing how she lights up when spending time with daddy! It's true what they say, a daughters first love is her dad and I wouldn't have it any other way ❤️ Happy fathers day to all the dads and father figures who make life extra special, we appreciate you*

#huggiessa #ad @huggies_sa

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SA ROLLS OUT COVID-19 VACCINE TRIAL

This week, South Africa has made a good stride in the COVID-19 response, with the launch of the first ever vaccine trial in the African continent. The yearlong South African Ox1Cov-19 Vaccine VIDA-Trial will be led by Wits University in collaboration with the University of Oxford and the Oxford Jenner Institute.



PHOTO: SOURCED

The South African Ox1Cov-19 Vaccine VIDA-Trial is aimed at finding a vaccine that will prevent infection by SARS-CoV-2, the virus that causes Covid-19. This vaccine contains genetic material that codes for the spike glycoprotein expressed on the surface of the SARS-CoV-2 virus.

glycoprotein that will help stop the SARS-CoV-2 virus from entering human cells and causing COVID-19.

VOLUNTEERS

The South African trial will target about 2000 volunteers of which 50 amongst them, will be people living with HIV/Aids. There is currently an ongoing clinical trial of the vaccine in the United Kingdom (UK) and countries like Brazil and the United States (US) have also announced their imminent start.

South African volunteers went through a screening process prior to some of them receiving the vaccine this week. They will be closely monitored through regular check-ups and immune response assessments to the vaccine.

The COVID-19 vaccine trial in South Africa will be led by a Professor of Vaccinology at Wits University, Prof Shabir Madhi and has sparked a lot of interest amongst many scientists and healthcare professionals.

DIAGNOSTIC FACTS

- The Virus that causes COVID-19 uses this spike protein to bind to ACE2 receptors on human cells. Researchers have already shown that antibodies produced against sections of the spike protein after natural infections are able to neutralize the virus when tested in the laboratory.
- By vaccinating volunteers with ChAdOx1 nCoV-19, scientists hope to make the human body recognise and develop an immune response to the spike



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TREATING COVID-19- TRIAGING AND CLINICAL MANAGEMENT OF CASES

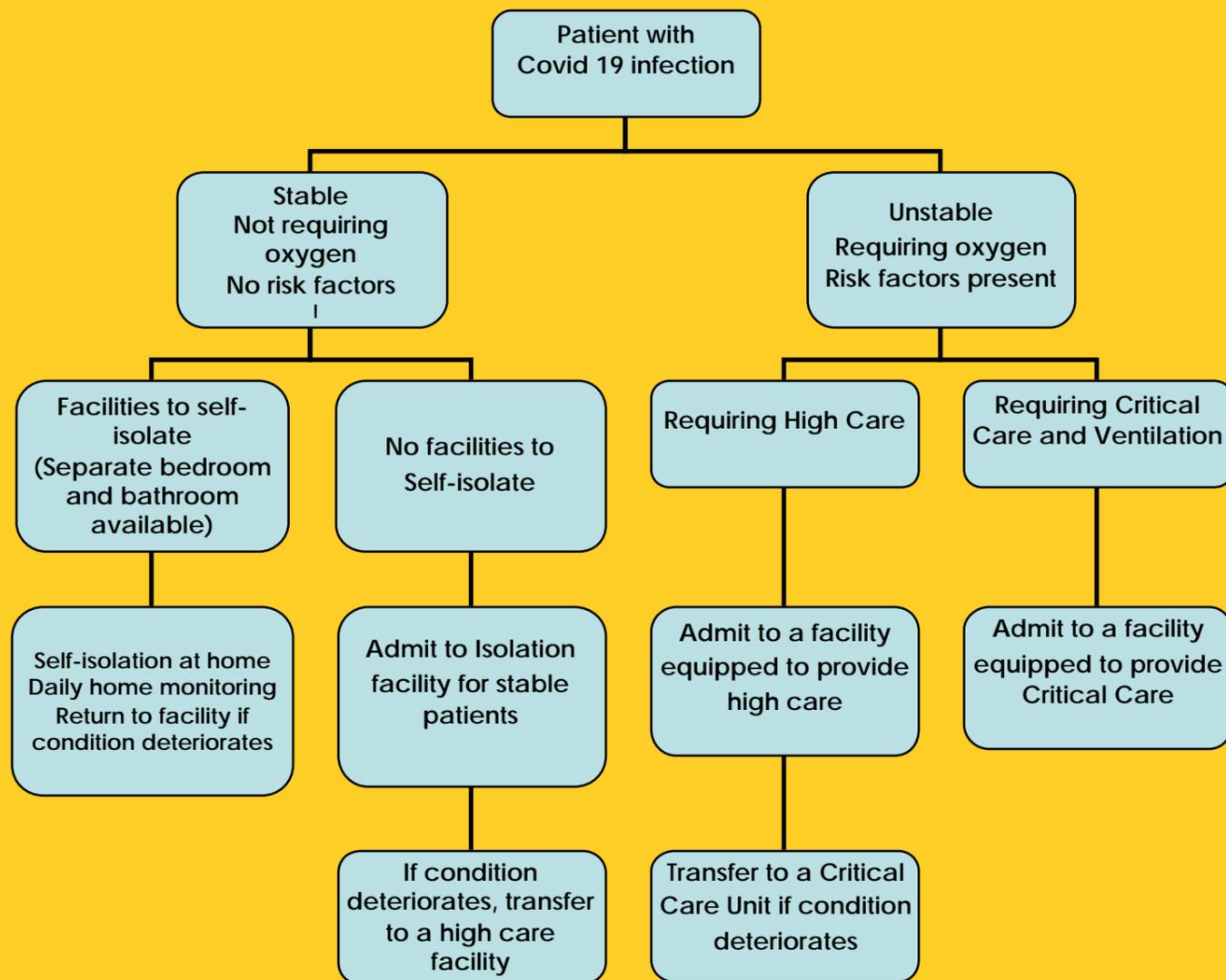
Symptoms and severity of infection, with coronavirus, differ from person to person. On average it takes 5 -6 days from the time of infection for symptoms to start developing. A majority of infected people develop mild to moderate illness and recover without needing any medical intervention.

The most common symptoms include :fever, dry cough, sore throat and tiredness. However, less common symptoms such as aches and pains, diarrhea, conjunctivitis, headache, loss

of taste or smell and skin rashes have also been reported. Most patients experiencing such symptoms can safely self-isolate at home if suitable

facilities are available or they can be managed at a facility that admits patients requiring low care. These patients require monitoring and very little medical intervention. Serious symptoms of COVID-19 infection include: difficulty breathing or shortness of breath, chest pain, and loss of speech or movement. Patients experiencing serious symptoms and those with co-morbid conditions usually need admission to a regional

facility that provides high care. Medical Management includes optimization of the co-morbid conditions and supportive treatment of the shortness of breath with oxygen therapy. Some patients with serious symptoms continue to deteriorate despite the supportive management. The majority of such patients require ventilation and need to be managed in a critical care unit.



People who are at risk of having more severe and/ or fatal consequences of COVID-19 include the elderly and those with co-morbidities such as Diabetes, Hypertension, Heart Disease, TB, cancer treatment, HIV (with poor adherence to ARVs), Obesity and Chronic lung diseases such as Asthma, Emphysema and chronic Bronchitis.

COVID-19 PROJECTIONS FROM THE SUPPLEMENTARY BUDGET SPEECH 2020

Finance Minister, Mr Tito Mboweni tabled the Supplementary Budget Speech this week and announced a R21.5 billion slice for COVID-19-related health care spending. There is a further allocation of R12.6 billion to services at the frontline of the response to the pandemic.

The minister said that allocations have been informed by epidemiological modelling, a national health sector COVID-19 cost model and our experiences over the past 100 days. "This money partly supports increased screening and testing, allowing us to open up more and more of the economy" said Mboweni.



PHOTO: SOURCED

BUDGET SPEECH

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LET'S FIGHT DRUG AND ALCOHOL ABUSE

Dagga, Nyaope, Cnnabis, Heroin and Cocaine are some of the most common drugs which are endangering the lives of many users in South Africa.

During the Youth Month the challenge of Drug and Alcohol gets a sharp focus during the South African National Council on Alcoholism and Drug Dependence (SANCA) Drug Awareness Week on **22-28 June 2020**. This week serves to raise awareness on drug and alcohol addiction, prevention and treatment.

SANCA's theme for this year's awareness week is "Kick Your Habit" which aims to raise awareness around the complexities related to addiction and dependence. This challenge was thrown to all South Africans to give up something for one week, for them to be able to experience just a little touch of what substance dependents might experience in their withdrawal stage. It is important for us to look at drug and alcohol abuse in South Africa and be able to understand what leads people to abuse these substances, and how can we identify if a colleague, friend, family member or anyone else is addicted and what can we do to help them escape the addiction.

What leads people to drug and alcohol use?

In a lot of cases, substance abuse starts at a young age. In a 2005 survey of persons aged 14 to 22 years old, it was found that 60% of them were drug users, with the youngest one being only eight years old. These habits are often carried out into their adult life.

Factors leading to substance abuse may include:

- Starting at an early age/peer pressure
- Family history and genetics
- Mental health issues – such as depression and anxiety
- History and trauma
- Social factors – including work stress, finances, relationship and family issues.

What effects can drug and alcohol abuse have?

The longer the addiction of substances is, the more strain it has on the individuals physical, emotional and mental health. Substances have different effects but some of the most common long-term effects include



PHOTO: SOURCED

depression and anxiety. These substances overtime could also lead to liver diseases, heart and eyesight problems, also impacting on one's general safety such as motor vehicle accidents that are led by driving under the influence, engaging in unprotected sex or experiencing sexual abuse i.e. date rape drugs and an increased likelihood of committing violent crimes or being the victim of a crime.

Signs and symptoms to look out for

While some people will often be too embarrassed to ask or seek for help, there are a couple of physical, psychological and social signs and symptoms that you could look out for if you suspect someone might be struggling

with a drug or alcohol addiction, some of these may include:

- Sudden weight loss or weight gain
- Change in skin colour and skin breakouts
- Changes in personality and behaviour – exhibiting irritability and mood swings
- Bloodshot eyes
- Enlarged or small pupils
- Insomnia
- Unusual body odours
- Anxiousness.

The drug awareness week therefore calls for intensified messaging on discouraging drug and alcohol abuse and call for behavioral change.

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WORLD VITILIGO DAY RAISES PUBLIC CONSCIOUSNESS ON SKIN DISEASES

Talks about major skin disorders and diseases are very rare topics that do not get enough attention in a contemporary world that idolizes beauty and is so big on marketing commercial skin products.



World Vitiligo Day **25 June 2020**, is one of those days which seeks to highlight a major skin disease called Vitiligo. Vitiligo is a disease which is caused by loss of colour in the skin creating a variety of patterns on the skin from loss of pigment. It is reported to occur in 1-2 % of the population worldwide. World Vitiligo day is therefore aimed at raising extensive awareness about Vitiligo and also dedicated to all people living with Vitiligo across the globe. The day is also memorial of musical artist Michael Jackson who suffered from the disease from the early 1980s until his death on 25 June 2005.

surgery to change the colour of his skin. However, he suffered from this skin disease, the only reason why one of the most famous men on the planet, the King of Pop, went from black to white. There is also a host of other local and international celebrities who have been affected by this disease. Vitiligo disease affects all nationalities, ages, genders, and every level of social strata. One can find them in schools, hospitals, on TV and movies screens, sport arenas, and churches.

FACTS ABOUT VITILIGO

What is Vitiligo?

According to the World Health Organisation, vitiligo is a disease that can affect people of all ages, groups, gender, culture and sex.

Vitiligo is caused by a loss of pigment in the skin, due to the destruction of pigment-forming cells known as melanocytes, causing skin to lose its pigment cells and change colour. Vitiligo has no cure, and it is a lifelong condition. Vitiligo usually starts as small areas of pigment loss that spread and become larger with time. This changes in your skin can result to stress about appearance.

What causes vitiligo?

Vitiligo occurs when pigment-producing cells (melanocytes) die or stop producing melanin — the pigment that gives your skin, hair and eyes colour. The involved patches of skin become lighter or white. Doctors don't know why the cells fail or die. It may be related to: Skin family history, inheritance or trigger events

such as sunburn, stress or exposure to industrial chemicals.

Treatment

There is no cure for vitiligo; however, there are options for skin protection. It is normal to feel self-conscious about the changes in your skin. It is important to encourage protection of your skin, whether or not you have vitiligo. Use sunscreen to protect your skin from the harmful rays. Sunscreen helps protect your skin from sunburn and long-term damage. Cosmetics that cover white patches on the skin may improve the appearance and can help a person to feel better about them. These cosmetic products may be particularly effective if you have vitiligo that is limited to exposed areas of your body.

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TIPS ON HOW TO ESCAPE WINTER CHILLING FRONTS

As June marks the beginning of winter in the southern hemisphere of the globe, South Africans have already begun to feel the chill. People scramble to prepare their favourite way of keeping warm from heaters to fireplaces. However, it's important to be safe during these times and exercise energy saving practices.

Use Socks and Gloves

Our hands and feet can become the coldest parts of our bodies as our bodies strive to protect and heat our most vital organs. Use socks and gloves to keep these vulnerable limbs warm

Use Heat Bottles

Our bed sheets can be very cold in winter so heat pads and hot water bottles insure that by the time we slip into our beds, the sheets are warm.

Drink Hot Beverages

Drinking hot beverages (preferably with honey or minimum sugar!) can help warm you up. Opt for healthier options such as herbal teas over hot chocolate which can contain alot of sugar.



PHOTO: SOURCED

Blankets

Using blankets while watching TV or working can save alot of energy in comparison to using high electricity-consuming devices such as heaters.



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KZN HEALTH IN PICTURES

On Wednesday KwaZulu-Natal Health MEC Nomagugu Simelane-Zulu attended a provincial Cabinet meeting whereby Premier Sihle Zikalala signed service delivery agreements for the current financial year with the Members of the Executive Council (MECs).



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