



## ZIBHEKE DURING THE “MONTH OF LOVE” USE CONDOMS AND CONTRACEPTIVES TO AVOID UNPLANNED PREGNANCY AND STIs

**The re-opening of institutions of higher learning as well as schools heralds an opportunity of new beginnings for young people.**

As we enter February, which is widely regarded as “The Month of Love”, we are urging young people to pause and consider how to minimise their exposure to unnecessary and avoidable life complications such as unplanned pregnancy, and/or contracting a sexually transmitted infection, including HIV.

Although there is a strong sense that “Love Is in the Air” we are encouraging young people to delay their sexual debut for as long as possible, as this is key in helping them realise their full academic potential, and in safeguarding their positive educational and health outcomes without disruptions.

We are also urging those who have begun engaging in sexual activity to take precautions so that they can avoid any unpleasant surprises such as unplanned pregnancy and acquiring sexually-transmitted infections, including HIV and AIDS.

Research shows that young women aged 15 and 24 are at a significantly higher risk of contracting HIV due to intergenerational and transactional relationships with “Sugar Daddies” and the so-called “Blessers” and that older men who have had years of sexual experience – the so-called “Blessers” - are the ones who infect young women with HIV.

The young women then, in turn, infect boys of their own age. Therefore, as we navigate our way through the “Month of Love” and beyond, we are imploring young people to adopt a

“First Things First” approach, and prioritise all that is important to their lives and future.

This means their studies and good health should come first. It means they must either abstain from sex, or use condoms or family planning methods at all times. This will ensure their protection from social ills such as unplanned pregnancy, STIs and HIV. It will also ensure that they are able to graduate alive and secure themselves a better future.

Young people who cannot abstain from sex are encouraged to rather use Dual Protection, which is a combination of medical male circumcision and using condoms during every sexual episode; while combining this with contraceptive methods for women.

These health services are free and available to the public.



IUD (LOOP)



IMPLANT



INJECTION



PILL



MALE  
CONDOM



FEMALE  
CONDOM

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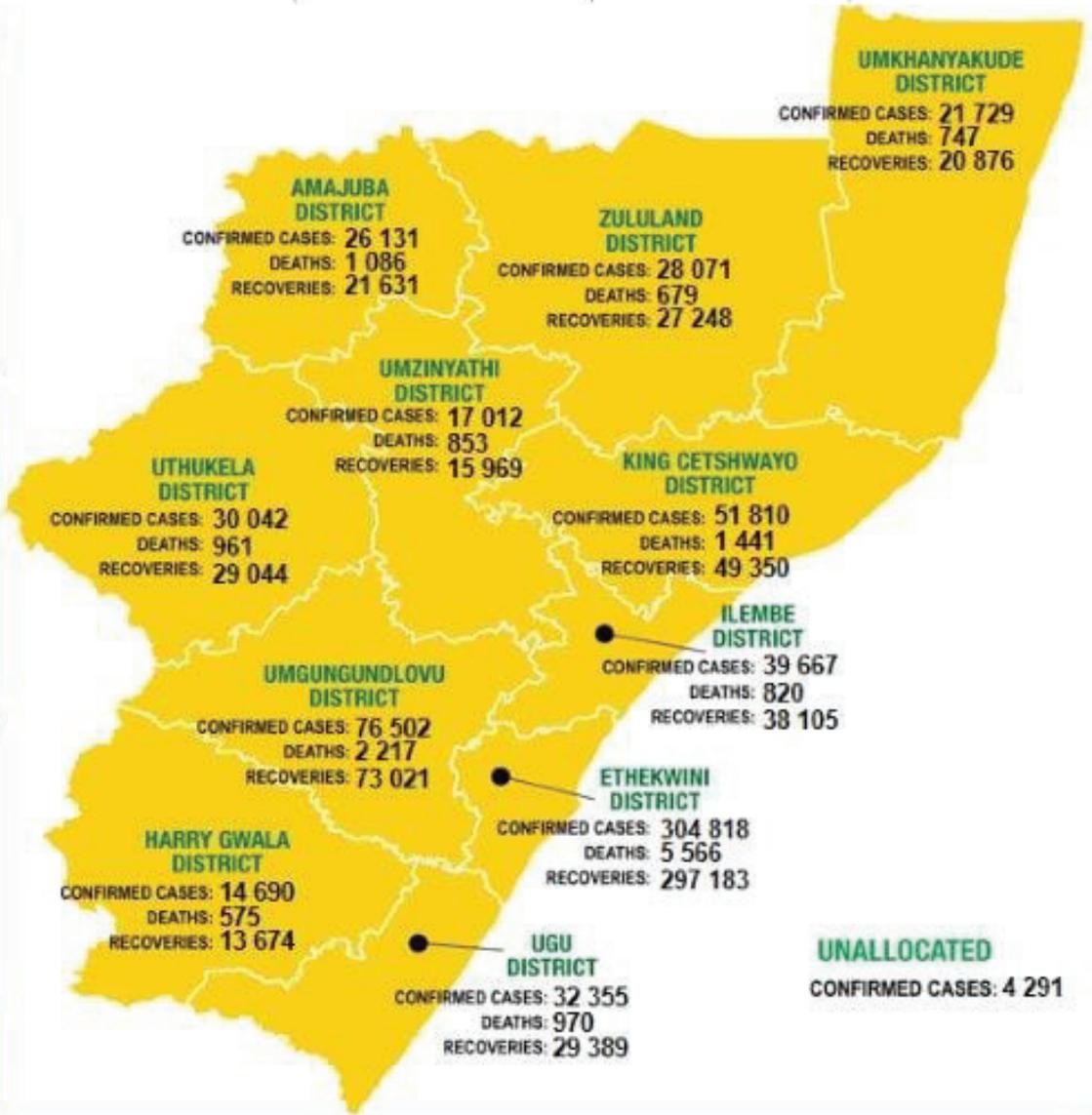
# COVID-19 STATISTICS IN KZN

				
<b>647 982</b>	<b>11 486</b>	<b>619 707</b>	<b>15 925</b>	<b>326</b>
POSITIVE CASES IDENTIFIED	ACTIVE CASES	RECOVERIES	DEATHS	NEW CASES

**WEDNESDAY**  
**16**  
**FEBRUARY**  
**2022**

Learn more to **Be READY** for #COVID19:  
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WhatsApp 'Hi' to  
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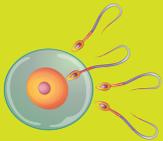
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# Know your rights and live a healthy satisfying reproductive life

## FETAL DEVELOPMENT



Fertilized egg



2-cell stage



4-cell stage



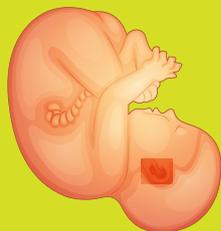
8-cell stage



16-cell stage



Blastocyst

Foetus  
(5 weeks)Foetus  
(40 weeks)Foetus  
(20 weeks)Foetus  
(10 weeks)

**Reproductive health implies that people are able to have a responsible, satisfying and safe sex life and that they have the capability to reproduce and the freedom to decide if, when and how often to do so.**

During the month of February, South Africa observes Reproductive Health Month to highlight the significance of human reproduction and the best way to ensure that all people are living a healthy and better life to achieve their reproductive goals.

Implicit in this are the rights of men and women to be informed of and to have access to safe, effective, affordable and acceptable methods of fertility regulation of their choice, and the right of access to appropriate health care services that will enable women to go safely through pregnancy and childbirth and provide couples with the best

chance of having a healthy infant.

According to the World Health Organisation: "Gender inequity, poverty among women, weak economic capacity, sexual and gender-based violence, including female genital mutilation (FGM), are major impediments to the amelioration of women's health in the African Region."

"To ensure that women and men have equal access to the necessary opportunities to achieve their full health potential and health equity, the health sector and the community need to recognize that women and men differ in sex and gender. Because of social (gender) and biological (sex) differences, women and men experience different health risks, health-seeking behaviour, health outcomes, and health systems responses. Furthermore, gender social stratifications have resulted in unequal benefits among various social groups of women and men, as well as between women and men. Hence, continued

support to Member States to roll out the Women's health strategy and its resolution and integrating gender into health policies and programmes have been the significant achievements."

According to the World Health Organisation, the COVID-19 pandemic has rapidly become a significant global public health crisis by causing disruptions in the supply and use of health services with a potential risk of adverse impact on maternal and child health.

### Other significant days which are observed this February that are related to the Reproductive Health Month:

- World Cancer Day (cervical and prostate cancer) - 4 February 2022
- Pregnancy Awareness Week - 10-16 February 2022
- STI Condom Week - 12-16 February 2022

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# TAKE CARE OF THE ONE YOU LOVE

**As part of this February Sexual and Reproductive Healthy Lifestyle Month activities, the KwaZulu-Natal Department of Health will embark on a campaign to raise awareness about condom use.**

International Condom Day reminds us of the importance of using condoms to avoid unplanned pregnancies and sexually transmitted infections (STIs), including HIV.

Both male and female condoms are freely available at public health facilities and other public institutions.



## KNOW YOUR CONDOM DO'S AND DON'TS



- Check the expiry date on the package.
- Use only condoms that are made of latex or polyurethane (plastic).
- Use a pre-lubricated condom to help prevent it from tearing. Put a little bit of water-based lubricant ("lube") outside the condom.



- Do not use condoms that are already opened, torn or expired.
- Do not use condoms made of animal skin.
- Do not keep condoms in a place that can get very hot, such as in a car. If you keep a condom in your wallet or purse, be sure you replace it with a new one regularly.
- Do not use male and female condoms together (at the same time).
- Do not reuse condoms.

### It is my responsibility to:

- Know the signs and symptoms of STIs.
- Seek medical help with the first sign of STIs.
- Know my HIV status by testing regularly.
- Invite my partner to be treated for STIs.
- Delay my sexual debut.
- Have one faithful partner.
- Use condoms correctly and consistently.
- To always communicate my health status (including my HIV status) to my health care provider in order to receive appropriate care.

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# KZN DEPARTMENT OF HEALTH SHARES A COMMON GOAL WITH ALL PREGNANT WOMEN - TO EXPERIENCE LIFE WITH A BUNDLE OF JOY

**Pregnancy Awareness Week takes place in February each year and is a way to drive awareness about how mothers can have a healthy and safe pregnancy for themselves and their babies, before and after they are born.**

**All women are urged to follow the below steps to have in order to be safe:**

- **PLAN** for conception and have a birth plan.
- Start attending ante-natal care as soon as you suspect you are pregnant and within the first trimester (1st 3 months);
- Attend ante-natal care visits as scheduled by a health care worker.
- Delivery in a facility - plan for your own transport or, if you live far from your clinic or hospital, enquire whether your facility has a Maternity Waiting Home.
- Attend post-delivery check-ups as advised.

- Family Planning - **CHOOSE** your contraceptive method before going home!

**This is extremely important and critical because of the following: -**

- Health care workers are given an opportunity to exclude and manage existing medical conditions which can be aggravated by pregnancy, e.g. Hypertension, Diabetes Mellitus, Infections and Anaemia.
- HIV testing and Voluntary counselling.

**Early recognition of Danger Signs in pregnancy and post-delivery, which are: -**

- o Severe headache with/without: hands stiff, ring is tight, feet are swollen, blurry vision.
- o Feeling tired, weak or no energy
- o Water has broken and baby is not yet due.
- o Baby has stopped moving/kicking
- o Pains in stomach or back – premature labour.
- o Bleeding from vagina while pregnant and vaginal bleeding that is soaking pads

- o post-delivery.
- o High fever or chills.
- o Severe swelling or pain in the calf
- o Baby feels cold.

- Birth preparedness and complications readiness.
- Self-care including nutrition and high standards of hygiene.
- Information on the role of father, male partner and family.

**Pregnant women need to understand their rights, which includes: -**

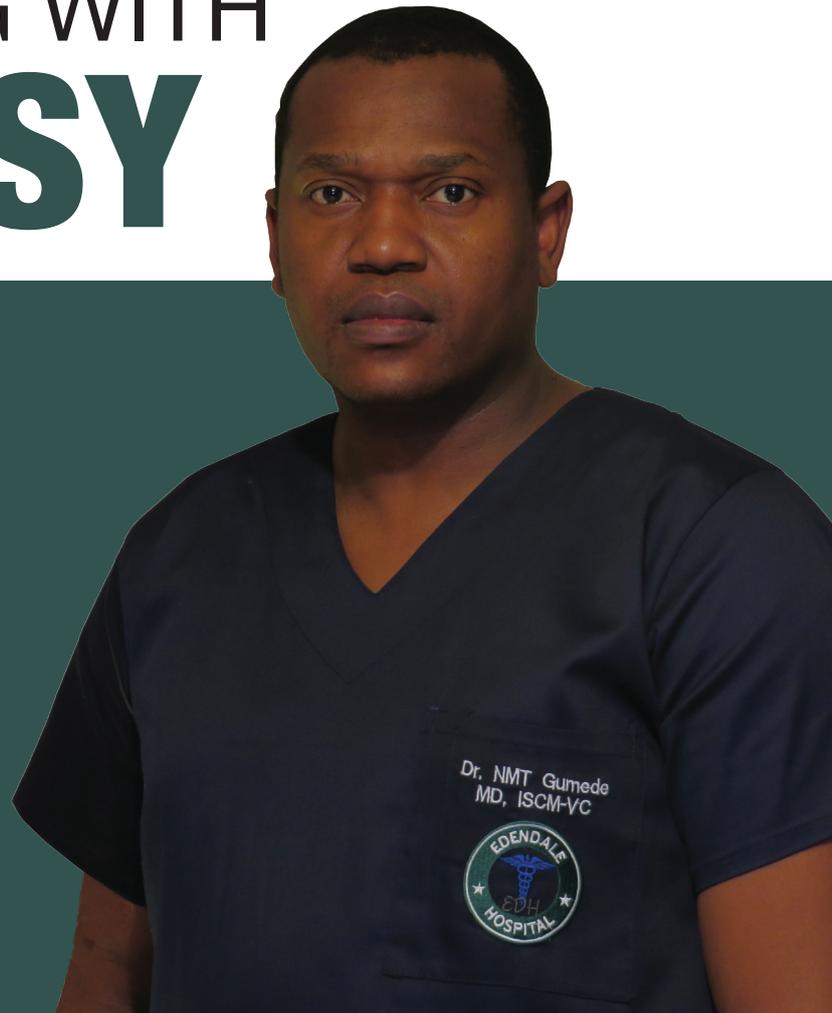
- o The right to choose her companion who will provide her with the necessary support during pregnancy and childbirth and accompany her to antenatal care and when she goes into labour.
- o Women's right to be treated with respect, dignity and confidentiality.
- o Rights to be given the necessary information regarding her pregnancy, childbirth and newborn baby.

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# ALL YOU NEED TO KNOW ABOUT LIVING WITH EPILEPSY

## Health Chat Bulletin caught up with Dr. Nhlakanipho Gumede, Clinical Manager:

Medical Services at Harry Gwala Regional Hospital in Pietermaritzburg to share information on Epilepsy for all those who live with people who suffer from this central nervous system (neurological) disorder.



It is very common that we as a society visit hospitals and get diagnosed with conditions and start treatment without fully understanding what the condition is and why is it important to take treatment for it, and to do so as prescribed.

I hope this information helps you and your loved ones to manage your condition better.

I will be using information from Epilepsy South Africa to help you understand this disease.

### What is Epilepsy?

It is a neurological disorder marked by sudden recurrent episodes of sensory disturbance, loss of consciousness, or

convulsions, associated with abnormal electrical activity in the brain.

A single seizure does not necessarily mean that you have epilepsy. A diagnosis by a medical practitioner needs to confirm this, but in more privileged people a neurologist would confirm this diagnosis.

Epilepsy is not a psychological disorder, disease or illness and it is not contagious. The brain comprises billions of nerve cells (neurons) communicating through electrical and chemical signals. When there is a sudden excessive electrical discharge that disrupts the normal activity of the nerve cells, a seizure may result.

### How common is Epilepsy?

Epilepsy affects 1 in every 100 people

in South Africa, i.e. approximately half a million South Africans based on a total estimated population of 52 million. If every person with epilepsy has 4 immediate family members, at least another 2 million South Africans are affected by the condition.

The good news is that, according to Epilepsy South Africa, up to 80% of people with epilepsy will be able to control their seizures with medication.

### What causes Epilepsy?

6 out of 10 people diagnosed with Epilepsy we do not know the cause. This is called Idiopathic Epilepsy (Epilepsy of unknown cause).

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### The last 40% we can put a cause to Epilepsy. Causes in such cases may differ and may include:

- Head injuries which may occur at any age;
- Birth injury such as the lack of oxygen during the birth process;
- Alcohol and drug abuse;
- Degeneration (aging);
- Metabolic or biochemical disturbances or imbalance.

### What do you look for in a person to tell if they may have epilepsy?

Epileptic symptoms vary and can present in many different ways. That is why it is important for us to outline different symptoms a person with epilepsy may present. I will not use any medical terms but explain the symptoms to look for.

### Generalised absence seizures (previously known as petit mal)

The person looks blank and stares. There may be blinking or slight twitching. This may last a few seconds before normal activity continues.

### What can you do when you see the above?

Reassure the person who may be unaware of the seizure. Note that a seizure has occurred and what has happened, including the duration thereof.

### Generalised tonic clonic seizures (previously known as grand mal)

This type of seizure commonly starts with staring followed by a stiffening of the body and the person falling down with jerking movements. There may be a blue colour around the mouth, but as normal breathing resumes colour returns.

There may be blood-flecked saliva and incontinence. The seizure usually lasts a few minutes.

### What can you do when you see the above?

Protect the person from injury by moving objects away and cushioning his/her head (if possible). Do not restrict movement or put anything in the mouth. Help their breathing by laying the person on their side once the seizure ends. Stay with the person until he/she has fully recovered.

### Complex partial (affecting a specific area of the brain)

The seizure may start with a warning (aura). The person may appear confused, distracted or drunk. There may be repetitive movements such as plucking at clothes.

### What can you do when you see the above?

Remove harmful objects and guide the person away from danger. Talk quietly to reassure him/her. For most people if you have Epilepsy and it is well controlled, you may live a life like people without epilepsy but this will depend mostly on your compliance to medication and understanding more about your condition.

You will realize that at first you may need to visit the hospital more often to ensure that you are put on the right medication; and to undergo blood tests to ensure that your level of medication in your body is at a therapeutic level.

You may be given a time sheet where you can document your seizures to help the treating doctor understand the number of seizures; including when they happen and the circumstances of recreational activities are very important for socializing and happiness. With some adjustments people with epilepsy can enjoy activities that may be considered dangerous by many people. The truth is that the risks are often no greater for people with epilepsy than for others.

I hope you now have a better understanding of this condition and will be able to recognize someone who may have this disease and advise them to visit a health facility for help.

Epilepsy does not have to stop you from living your life. Control it well and live a happy and fulfilling life.



PSYCHOLOGICAL SYMPTOMS  
(ANXIETY, DEPRESSION OR FEAR)



EPILEPSY



CONFUSION, LOSS OF  
CONSCIOUSNESS OR AWARENESS.



UNCONTROLLABLE  
JERKING MOVEMENTS



STIFF MUSCLES



GENETIC DISORDER



BRAIN INJURY



ABSTINENCE



TREATMENT

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# KZN FOOTBALL LEGENDS PROMOTE COVID-19 VACCINATION TO KICK OUT DEADLY VIRUS

**KZN Health MEC Ms Nomagugu Simelane has teamed up with her counterpart from the Department of Arts, Culture, Sport and Recreation Ms Hlengiwe Mavimbela to launch the “Let’s Play Sigomile: Sporting With The Legends” vaccination programme, at Sibongile Township in Dundee.**

The programme is taking place amid much fanfare, and has featured door-to-door visits in the local community, as well as a well-attended football match between the provincial legends and an Umzinyathi District side. Its aim is to use public influence of KZN’s football legends to encourage the citizens of this Province to vaccinate.

Among the players who are participating are Brilliant Khuzwayo, Siyabonga “Nsimbi” Sangweni, Phumlani Mkhize, Bryce Moon, Japhet Zwane, Mbulelo “Old John” Mabizela, and Ntokozo Sikhakhane, to mention but a few.

Remarking about the significance of this programme, MEC Simelane says: “One of the biggest challenges that we are confronting is the reluctance of people to get vaccinated. As we continue with our efforts to encourage our fellow compatriots protect themselves against this virus through vaccination, we have decided to team up with our football legends.

We acknowledge that these legends carry many special memories for many people. They hold a very dear place in people’s hearts. By merely mentioning their names, people get taken down memory lane, and are then bound to listen

and take note of what we are saying. We believe that if this massive social capital is harnessed properly, it can cause people to act on the messages that we have been spreading about COVID - 19 vaccination.” MEC Mavimbela said the partnership with the Department of Health is critical in driving the vaccination message across the province.

“The Department of Sport and Recreation runs a number of programmes with our sports legends, especially in unearthing and developing talent. They have vast knowledge and influence. We are excited that they are part of this programme to encourage people to vaccinate.

For people participating in sports, including players and supporters, it is important to vaccinate so that life can quickly return to normality and we will be able to return to the stadiums.” Since May 2021, the Province of KZN has so far managed to vaccinate 2.9 million people, with 4.3 million still yet to be vaccinated. A further 351 000 still need to come back for their second dose.

The 12-17 age group has seen very low vaccination numbers, at just 10%. Among the 18-34 age group, just 26% have been vaccinated, while within the 35-49 age group, 45% have received the jab. From the 50-59 age group, 58% have been vaccinated; while in the 60 years and above category, we have vaccinated 66%.

The Let’s Play Sigomile: Sporting With The Legends vaccination programme will be taken to other parts of the province.



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# EARLY DETECTION MAY JUST SAVE YOUR LIFE

**The 4th of February every year is reserved as World Cancer Day. It's commemoration seeks to raise awareness of cancer and to encourage its prevention, detection and treatment.**

## The 5 most common cancers are:

- Breast cancer
- Cervical cancer
- Colorectal (Colon) cancer
- Prostate cancer
- Lung cancer

**Cancer comes in different stages. The “staging” of cancer tells you where the cancer cells are allocated, their size and how far they have grown into nearby tissues. Here is a breakdown of the different cancer stages:**

## STAGE 1

The cancer is relatively small and contained within the organ it started in.

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**STAGE 2**

The tumour is larger than in stage 1, but the cancer has not started to spread into the surrounding tissues. Sometimes stage 2 means that cancer cells have spread into lymph nodes close to the tumour. This depends on the particular type of cancer.

**STAGE 3**

The cancer is larger. It may have started to spread into surrounding tissues and there are cancer cells in the lymph nodes in the area.

**STAGE 4**

The cancer has spread from where it started to another body organ. This is also called secondary or metastatic cancer.

**Cancer Treatment**

- **Radiation Oncology** - is a medical specialty that involves the controlled use of radiation to treat cancer either for cure, or to reduce pain and other symptoms caused by cancer. Radiation therapy (also called radiotherapy) is the term used to describe the actual treatment delivered by the radiation oncology team.
- **Chemotherapy** - is the use of any drug to treat any disease, but to most people, the word chemotherapy means drugs used for cancer treatment. Surgery and radiation therapy removes, kills or damages cancer cells in a certain area, but chemotherapy can work throughout the whole body. This means that chemotherapy can kill cancer cells that have spread (metastasized) to parts of the body far away from the original (primary) tumour.

If your doctor has recommended chemotherapy to treat your cancer, it's important to understand the goals of treatment when making treatment decisions.

The three main goals for chemotherapy in cancer treatment are cure, control and palliation (pain alleviation and relative comfort). Both of these have side effects, and they include fatigue, hair loss, low blood count (anemia), infection, vomiting and nausea.

**Prevention is always better than cure, here are some ways that you can take to reduce your risk of cancer today:**

- Do not smoke or use any form of tobacco. Make your home smoke free.
- Be physically active.
- Limit your alcohol intake.
- Vaccinate your children against Hepatitis B and HPV
- Breastfeeding reduces the mother's cancer risk.
- Enjoy a healthy diet.
- Avoid too much sun exposure, use sun screen.
- Get regularly screened for cancer.



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