

IMPILO CHAT

MY HEALTH | YOUR HEALTH | OUR HEALTH

SEPTEMBER 2021

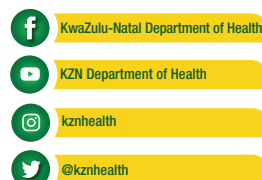


EXCITEMENT AS “Ama-2000” BEGIN VACCINATING

THIRD WAVE: “COVID FATIGUE” A REAL THREAT AS NUMBERS GO BEYOND 4000 CASES PER DAY; HEALTH MEC PLEADS WITH THE PUBLIC TO FOLLOW PRECAUTIONS, WARNS THAT COVID – 19 IS STILL DEADLY



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA





ANYONE 18 YEARS AND OLDER CAN REGISTER FOR THEIR FREE COVID-19 VACCINATION



WhatsApp

Internet access or data required

Send the word **REGISTER** to **060 012 3456** on Whatsapp

OR



USSD

FREE on all South African Mobile Networks

Dial ***134*832*IDNumber#**
No ID Number?
Just dial ***134*832#**

OR



WWW.

Any device with Internet Access

Connect device to the internet and go to: <https://vaccine.enroll.health.gov.za>

OR



Hotline

Toll free on all South African Mobile Networks

Register by calling **0800 029 999** (08h00 to 18h00 Monday through Sunday)

YOU CAN ALSO **SCAN THE QR CODE** BELOW TO REGISTER



YOU WILL NEED THE FOLLOWING INFORMATION WHEN REGISTERING:

- Your Identification number (Passport, Asylum seeker number, RSA ID or refugee number)
- The location where you want to be vaccinated (home or work)
- If you are a member of a medical aid you will need your medical aid provider name and your medical aid number

Don't delay. Register today!



KWAZULU-NATAL PROVINCE
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Should you encounter problems during the registration process contact the COVID-19 hotline: 0800 029 999

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EXCITEMENT AS “Ama-2000” BEGIN VACCINATING

THIRD WAVE: “COVID FATIGUE” A REAL THREAT AS NUMBERS GO BEYOND 4000 CASES PER DAY; HEALTH MEC PLEADS WITH THE PUBLIC TO FOLLOW PRECAUTIONS, WARNS THAT COVID - 19 IS STILL DEADLY



KWAZULU-Natal Health MEC Ms Nomagugu Simelane has sounded alarm bells over “COVID – 19 fatigue,” warning that, in the face of rising new infections, citizens of the province can ill-afford to be complacent and not follow precautions.

As new COVID – 19 cases soared beyond the 4000 mark recently, the MEC expressed her concern that many people now appear to be taking the pandemic for granted, to the point where they have stopped taking non-pharmaceutical measures, such as the wearing of masks, washing their hands with soap and water or hand sanitizer, and practicing social distancing.

Speaking on her Department's innovative and popular weekly multimedia programme KZN Health Chat, MEC Simelane said: "We know that, perhaps because we talk about COVID – 19 on a daily basis, people may feel like they're growing 'tired' of consuming this information. But the truth is that things are really getting bad. We've been saying in the past months that we were not in the third wave... and it seemed as though when it would eventually come, we would not be hit that hard. But in the past two weeks or so, we've seen an exponential growth in the number of new daily infections, which is extremely concerning."

MEC Simelane said: "Instead of the numbers going down, they're rising. That is why we are pleading with the people of this province to adhere to non-pharmaceutical measures."

Among other observations that have been noted, said the MEC, are that: "When COVID – 19 was still new, everywhere you went, hand sanitizer was everywhere, and everyone was using it. But now, it appears that we've let our guard down. We really

need to go back to that vigilance of old. When we have meetings, let us adhere to the stipulated regulations."

She also urged the public to acknowledge the even more contagious and deadly nature of the new COVID – 19 variant that is dominant in South Africa, and take the necessary precautions.

"Scientists have told us that the Delta virus that we are dealing with is a lot more infectious. That is manifesting in the high rate of infections among young people and at schools. We are seeing a lot of people dying because of COVID – 19. It's something that we all should be worried about.

"Let us not fool each other by pretending that COVID – 19 doesn't kill. It is here, and it is deadly. Let us look after ourselves, and follow all non-pharmaceutical measures, and not wait until we need to go to hospital. Look after yourself now; and minimise unnecessary movement and visits."

Meanwhile, with "Ama-2000" (people born around the turn of the millennium) having started vaccinating on Friday, the 20th of August 2022, the MEC said she found vaccine enthusiasm among this cohort both encouraging and exciting.

More than 1,8 million people have now been vaccinated in KwaZulu-Natal since the programme started earlier this year, and - in a bid to grow numbers - the province is now diversifying its vaccination strategy by adding drive-through vaccination sites to minimise the congestion of people; as

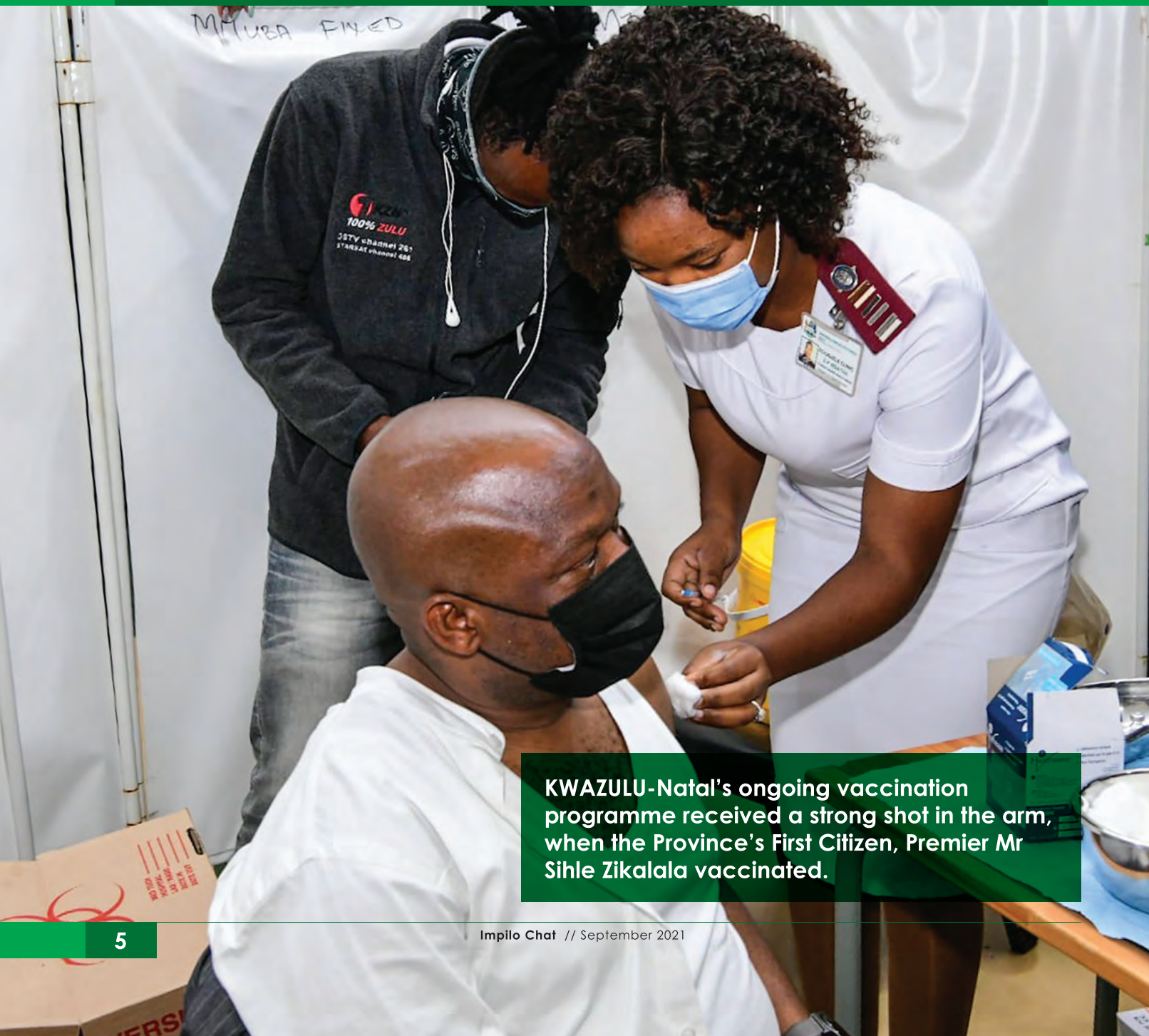
well as vaccinating people at churches, taxi ranks, and tribal courts, to mention but a few.

Referring to the vaccination of "Ama-2000," the MEC said: "The President announced that people aged 18 and above will start to register to get vaccinated at the beginning of September. But recently, the new Health Minister Dr Joe Phaahla has been receiving many calls from youth organisations and the public in general, asking why they need to wait until the 1st of September to register, because they're ready as it is. He then had a number of consultations, and it became clear that young people are ready to get vaccinated. That is why from Friday onwards, everyone has been getting vaccinated. As a province, we are 100% ready to vaccinate these young people. They are the future, and if you do not protect them, it is tantamount to not taking care of the future.

"They're very excited. And we're ready for them. We've explained in the past that we have more than 600 vaccination sites in the province. It is just that we haven't opened all of them. But if these young people come out in numbers and we need to open all those sites, we will do so. We are ready. We have the personnel to operate them. And we even have the vaccine doses. We are also ready to vaccinate them in their own communities, as part of our community outreach. But we are urging them to register, so that there is order."

BOOST FOR KZN'S VACCINATION PROGRAMME AS

PROVINCE'S FIRST CITIZEN GETS HIS JAB



KWAZULU-Natal's ongoing vaccination programme received a strong shot in the arm, when the Province's First Citizen, Premier Mr Sihle Zikalala vaccinated.

The Premier, recently got his jab at the Inkosi Mzondeni Hall, at KwaMsane in Mtubatuba .After getting vaccinated and going under observation for 15 minutes, an upbeat Premier Zikalala was pleased to have finally given his body the strength it would need to fight the virus, through getting vaccinated. "It's an opportunity I've been waiting for quite a long time... for our age cohort to be vaccinated," he said.

"We call on all the people of KZN to ensure that they vaccinate. They must register on the Electronic Vaccination Data System. We have more than 200 vaccination centres across KZN."

The Premier re-iterated Government's concerns about the reluctance of some senior citizens to get vaccinated, and urged them to get inoculated against the deadly COVID - 19.

"We take note of the fact that the elderly are not responding as envisaged in other parts of the Province. But here in Umkhanyakude, we have surpassed the target for those in the category of age 60 and above. We want to emphasise that as we will start vaccinating the youth soon, we request young people to ensure that when they come to vaccinate they also bring their mothers, grandmothers, fathers and grandfathers. It is a responsibility that we all have. We must protect our lives, and those of our loved ones. It is the responsible thing to do.

"After getting vaccinated, I think I can confirm with certainty that there is no problem at all with the vaccine. And everyone can vaccinate. That is the message that we want to send to all people of KwaZulu-Natal."

Also getting his jab today was the mayor of Mtubatuba, Cllr Veras Ngcamphalala, as well as other community leaders.

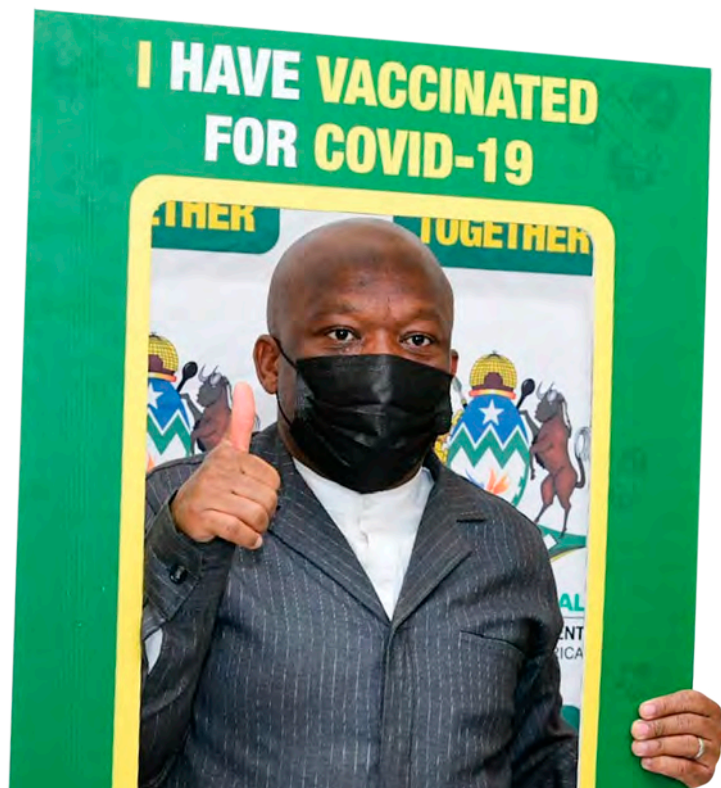
Premier Zikalala said: "We are also emphasising that we want leaders in our respective districts to also take responsibility of encouraging people, and organising them to go out and vaccinate. That is what we are appreciating with the leadership of Umkhanyakude. The mayors, councillors, our traditional leadership have been very helpful in spreading the message and encouraging people to go and vaccinate. We

appreciate that. And it needs to continue."

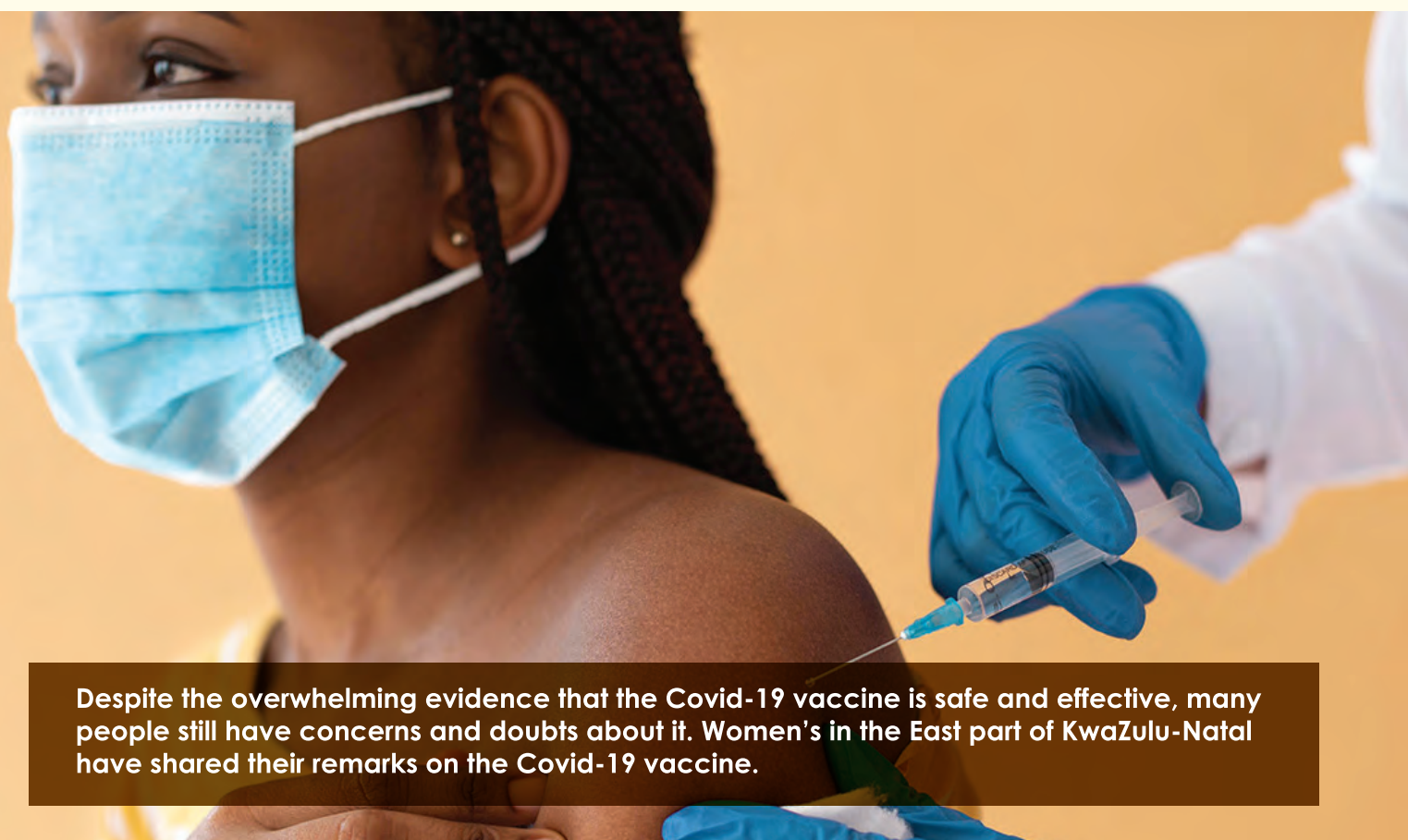
KwaZulu-Natal Health MEC, who was accompanying the Premier, encouraged all those who want to get vaccinated to get registered, in order to avoid long queues.

"We are starting to vaccinate those aged 18 years and above from the 1st of September, as announced by the President, and we are making a call that young people should register because many of them have access to technology, and they understand how it works.

"Of course when people come to our facilities we will not turn them away, but we are urging them to register. If they heed our call, it will mean that long queues will be averted."



KZN WOMEN'S ANECDOTES ON THE COVID-19 VACCINE



Despite the overwhelming evidence that the Covid-19 vaccine is safe and effective, many people still have concerns and doubts about it. Women's in the East part of KwaZulu-Natal have shared their remarks on the Covid-19 vaccine.



Thuthukile Dlamini - 55years

What exactly motivated you to get vaccinated?

It is important to vaccinate because our lives matter and we should stay protected. It was announced on television,

newspapers and on the radio that people must come forward and take advantage of this opportunity, and that by getting vaccinated, our lives will return to normalcy. So I volunteered today and got vaccinated, I am very proud of myself.

Tell us how you feel now that you have been vaccinated?

I feel fine and content; there are no adverse effects other than a sore arm, which is a little price to pay. After a year of fear, I am relieved and protected, and I have chosen to defend myself

and my family. I also have done my part to help others.

What advice would you give to people who are still hesitant to get vaccinated?

People should take advantage of this opportunity and get vaccinated; the process is free and painless. The issue is that we can't make people get vaccinated; if that were feasible, I would have offered to get vaccinated on behalf of everyone who is terrified of obtaining their vaccines.



Constable Nonsikelelo Gumede 34years

What exactly motivated you to get vaccinated?

I support Covid-19 vaccination because as a police officer I work with people and care about the well-beings of communities and families.

Are you nervous about COVID-19 vaccination?

At first I was nervous because I heard tales and rumors about the vaccine, but now I understand better that the vaccine provides protection for all of us, and I am glad that I can perform my duties with confidence after receiving the COVID-19 vaccine.

What is your advice for people that are still skeptical to get a vaccine?

My message is simple; people must take advantage of this opportunity and get vaccinated.



Nomonde Khanyile 27 years

What made you want to register and get vaccinated?

I want to protect myself and keep safe from this new disease, therefore I'm eager to register and get vaccinated.

Are you nervous about taking your first COVID-19 jab?

To be honest, I'm not worried; there are others in my families who have had their Covid-19 vaccine and are living a normal, healthy life with no problems.

What is your advice for people that are still skeptical to get the vaccine?

There is nothing sinister about Covid-19 vaccine. Hence, people are not forced to take the vaccine; but, by doing so, you are not only protecting yourself but also saving your loved ones.



Lindy Steel - 59years

What exactly motivated you to get vaccinated today?

I am really delighted that the vaccine is available; I feel it's a miracle from God that we can obtain the vaccine, and so I am very happy, and I believe that now everyone must choose between getting the virus and having the vaccine. As a result, I prefer to get the vaccine than the virus.

Did you experience any side effects after obtaining the vaccine?

I'm happy to report that I just had mild pain; I had a sore arm for about 2 to 3 days, which felt bruised and was a little sore but not too severe. It only took a few days for me to feel normal again, and it didn't prevent me from going to work; it wasn't a problem at all.

Are you going to be first person in your family and friends to get vaccinated?

My parents were able to get vaccinated before me, because of their age, they're old. My husband and I went as soon as it was open to my age group. Our siblings in our age group are also going, and we are waiting for our children, who

are in their 30s to go when their turn comes, but we are all extremely optimistic about the vaccine; no one has had a bad effect from it.

What advice would you give to people who are still hesitant to get vaccinated?

The vaccine has been meticulously prepared and well researched; and the vaccination process is simple and straightforward, here in Pietermaritzburg it is handled in a very pleasant manner; the process is quick and the staff is welcoming. However, the most important thing is to protect yourself and the society and family around you. When you're sick, it will be too late to say, "I wish I took a vaccine."



Prashnee Chetty - 60years

What motivated you to get vaccinated today?

We don't want Covid-19, and we want to live in a secure country where everyone is safe.

Did you experience any side effects after obtaining the vaccine?

I had no side effects and was in excellent health; the process was straightforward and painless, and people should not be frightened to take vaccines.

What advice would you give to people who are still hesitant to get vaccinated?

Please! Those who say they don't want to get the vaccine; we implore you to come forward and take advantage of this opportunity to get vaccinated, for the sake of yourself, society, and your family.

SAVE YOUR LIFE; COME FORWARD AND SEEK HELP EARLY LET'S BEAT THE 3RD WAVE TOGETHER



THE NUMBER OF NEW COVID - 19 CASES HAS NOW REACHED A PEAK IN KWAZULU-NATAL, AND THE VIRUS HAS BEGUN WREAKING HAVOC.

We are officially battling the third wave of infections, and the situation is really bad, as we are now registering more than 4000 new cases on some days.

This alarming rate of new infections also means that more people are now losing their lives due to COVID – 19.

What is also very concerning for us is that some patients are dying at home due to lack of care; while others are dying in hospital, having delayed themselves and arrived too late to seek help.

However, some of these deaths can be averted if we were to adopt an early health-seeking behaviour.

It is extremely important to seek medical help as soon as you observe COVID – 19 symptoms or even suspect exposure to a person who is infected with COVID-19.

HOW TO SEEK HELP:

You should visit a clinic or a hospital if you have any of the COVID – 19 symptoms such as a fever, dry cough, tiredness, body aches and pains, sore throat, headache, and loss of taste or smell.

They will help you get a thorough examination, which will include running a laboratory test for COVID-19 in order to have the right diagnosis and determine the correct treatment approach.

It is important to be seen by healthcare professionals as soon as possible, for the following reasons:

- You will be examined, monitored and managed by trained healthcare professionals early enough, before complications set in;
- You may receive supportive care for severe illness, such as being given oxygen;
- You may receive advanced respiratory support, such as ventilation for patients who may be critically ill;
- You may be directed to the appropriate state-sanctioned environment for isolation or quarantine.

THE DANGERS OF HOME TREATMENT

The home environment may not always be suitable for the adequate management of COVID-19 cases. Even for mild cases of COVID – 19, reliance on home isolation, quarantine or self-care methods may prove dangerous if the illness suddenly becomes severe.

In fact, this is why our province has seen a number of home deaths, which potentially could have been averted.

We therefore strongly recommend that patients should urgently come to our health facilities, where expert help will be on hand.

We really need to work together in order to win this battle and avoid unnecessary loss of life and the associated pain and suffering.

We must change our behaviour if we want to change the situation for the better in our province.

GET VACCINATED

We are nevertheless encouraged by the positive response to the vaccination programme from the people of our province. We have now vaccinated more than 1,8 million people since the programme began earlier this year.

The vaccination roll-out programme is now open to everyone from the age of 18 onwards. By getting vaccinated, you can give your immune system a better chance to fight COVID-19.

The province has a target of vaccinating 7.2 million people by the 31st of March 2022.

We therefore call on all eligible people who have not yet come forward to get their vaccine, to register as soon as possible in order to get vaccinated. This will vastly improve their bodies' ability to fight COVID - 19 infection. Those who have been vaccinated are urged to encourage others to come through.

The Department has numerous vaccination sites across all districts; and details of these are shared regularly on our official social media platforms, such as our Facebook page, which is KwaZulu-Natal Department of Health.

Together, we can defeat COVID - 19. Let us do it, KZN. Let's protect our lives and our future.

THE KWAZULU-NATAL DEPARTMENT OF HEALTH HAS PARTNERED WITH GAGASI FM TO ENHANCE IT'S

COVID-19 VACCINE INFLUENCERS' PROGRAMME



The Siyagoma Waya-Waya Vaccination drive has kick-started in earnest where the KwaZulu-Natal Department of Health has partnered with Gagasi FM for the demand creation of COVID-19 Vaccination roll out programme. The main aim of the partnership is to see galvanise more people to come forward for vaccination in the province.

Some of the KZN regional radio station's well-known personalities who received their first COVID-19 inoculation were Felix Hlophe, Alex Mthiyane, Njabs Zwane and Bright Ntuli, who also expressed their own personal opinions and experiences after getting vaccinated at the General Justice Gizenga Memorial (former Stanger Hospital) in the ILembe District, north of Durban.

MEC Simelane said: "I'm hoping that we are really going to have a partnership

that we are not just going to talk about today and leave it here. We must really do it. Our programme, the one that we are embarking on that we are talking about today, is a programme that aims to have a proper and solid partnership between ourselves and Gagasi FM by identifying influencers. We have a programme that we are running that we call a COVID-19 influencers' programme and this is where this partnership comes in. The reason why we think we need people like yourselves

at Gagasi FM is because in the rural areas and townships particularly, that is where we find that our people are very reluctant to get the vaccination. And when you engage and listen to what their thought process is about - it's not necessarily flawed, but they are misinformed. Misinformed by a number of myths, a number of issues that are out there in the communities.

"I have just taken my vaccination and it's really not painful at all... This was

GAGASI FM STAFF WERE THEN VACCINATED AND THIS IS WHAT THEY SAID:



absolutely a breeze. I would encourage everyone to vaccinate because if you get vaccinated you're not only protecting you, but you are protecting your loved ones as well. Don't listen to any things they say on social media or anywhere. Just come and get your vaccine. It's your responsibility," said Ntuli.

Bright Ntuli



"I just received my first COVID-19 jab. I'm really excited and the only thing that I was dreading is the waiting between registering and actually getting the jab. Only to find that it's a seamless exercise. It's taken me less than a half an hour and I was done. So for those who are doubting to get a vaccine because they don't want waiting the whole day at a hospital and clinic, don't have those reservations. It's very quick. The Department of Health really worked very hard to make this a seamless process and a very time efficient process as well. So, come young people of my age, and to the youth let's come out in our big numbers and really show that we also care about our community and we care about ourselves. Thank you Department of Health," said Zwane.

Njabs Zwane



"Today I got vaccinated and I'm proud. I can even walk out at 10pm because I no longer have a curfew. No I'm just joking... But I'm super proud and I'm grateful to the KZN Department of Health for this wonderful opportunity. I suggest that you also get vaccinated. Be smart, be wise, be like Felix. Get vaccinated, protect yourself. For the sake of those that depend on you. So give your body a fighting chance and get vaccinated. Protect yourself, protect others, cover your sneezes, cover your coughs, keep a safe distance, wash your hands, sanitize and also use just a wave and a bow when you meeting your friends. No touching. Be careful guys and make sure that you get vaccinated. Let's be safe out there, stay alive," said Hlophe.

Felix Hlophe



"Yes, I just took the jab and I feel like this was an opportunity for me to vaccinate against COVID-19... So I was looking forward to this opportunity. I'm grateful. I must say I was nervous at first, but as soon as I felt the injection, and you think of the time when you were still sick. I have had COVID last year, so I understand that it's a person's right to take the vaccine or not. But in my case I think that where the solution and the vaccine was not there, this is the only way I can protect myself. I feel proud and grateful that I had the opportunity to get the vaccine... I do know that people are hesitant to get the vaccine because there are a lot of things that they are being told. Forget all of that and think about yourself and your own survival. From the first pandemic of HIV, the question was always when its vaccine will arrive. So I would say take this opportunity and think about the people who have lost their lives because of COVID-19 without being vaccinated. So when the first help comes, which is vaccination, take it with both hands to save your lives and of those that are close to you," said Mthiyane.

Alex Mthiyane

LETS TALK ABOUT BREASTFEEDING



The 1st -7th of August 2021 was observed as World Breastfeeding Week. It was operating under the theme “Protect breastfeeding: A shared responsibility”. World Breastfeeding Week is a global campaign that aims to raise awareness and galvanise action on themes related to breastfeeding. Here are some fast facts about breastfeeding:

- With the ongoing threat of COVID-19, breastfeeding is more important than ever to ensure that your baby is healthy and strong. Breastfeed your baby to build their heritage of immunity.
- Breastfeeding gives babies the best nutrition they need in the first six months of life. It helps in preventing illnesses and helps boost brain development.
- Breast milk can provide half or more of the child’s energy needs between the ages of 6 to 12 months, and one third of energy needs between 12 and 24 months.
- Breastfeeding is not only a sustainable and natural source of nutrition,

but it is also cost-effective, especially in the current climate where many families were/are affected by job losses and salary cuts, due to the COVID-19 pandemic.

- The KwaZulu-Natal Department of Health offers milk banks in some of our facilities to help mothers who are unable to breastfeed. This milk is screened, tested, and pasteurized to ensure all safety protocols are carried out. Contact your nearest health care facility to find out which facility near you offers this service.

- Give children the best start in life and: Start breastfeeding within one hour after birth. Breastfeed exclusively without giving other food or water for the first six months. Continue breastfeeding together with solid foods from six months to two years or more.

- Breastfeeding provides psychological protection to both mother and baby by helping mothers feel close to their babies and helps babies feel secure, loved, and protected. Breastfeeding also helps protect mothers from postnatal depression. Let's all encourage and support all mothers to breastfeed.

- Fathers can support their breastfeeding partner, by helping around the house, and doing chores. They can also assist by getting access to available resources and support to help their breastfeeding partner through any difficulties they might encounter.

- Health care workers across our facilities are there to offer any practical assistance to breastfeeding mothers. They offer support in teaching women how to express and store milk for situations where mother or baby is too sick or too weak to breastfeed directly. With adequate support, almost all mothers can breastfeed, especially in emergency situations.

FREQUENTLY ASKED QUESTIONS (FAQ) ON BREASTFEEDING:

QUESTION:

I've tested positive for COVID-19, can I still breastfeed my baby?

ANSWER:

Yes, you can still breastfeed, just make sure you:

- Wash your hands with soap and water before and after touching your baby
- Wear a mask during feeding
- Routinely clean and disinfect surfaces after touching them.

QUESTION:

I'm HIV positive, can I breastfeed?

ANSWER:

It is important to discuss feeding choices with your HIV counsellor. If you choose to breastfeed, be sure to breastfeed exclusively for the first 6 months.

Research has shown that the baby has very little chance of getting HIV from breastmilk if the mother exclusively breastfeeds. During the months that you are pregnant, and breastfeeding, be sure to use a condom during sexual intercourse to prevent any new infection. If you have any problems, such as painful nipples or breasts, be sure to go to the clinic early for help.

QUESTION:

What are the most important things to remember for a breastfeeding mother?

ANSWER:

- Babies under 6 months need breastmilk only, and mothers can make all the milk their baby needs. Good positioning is important for this
- The more a baby suckles at the breast, the more milk is made
- The healthiest babies are exclusively breastfed babies.

QUESTION:

I'm experiencing COVID-19 symptoms, and feel too ill to breastfeed, what should I do?

ANSWER:

You can opt for expressing your breastmilk to feed your child, instead of breastfeeding them directly.

SAVE YOUR LIFE

LOOK - FEEL - CONSULT



While Breast Cancer Awareness month may be in October, it is still important to shine a light on health-related issues all year round. With August observed as Women's Month, we talk about health-related issues that affect women, like breast cancer, what is it, look at symptoms and how to self-examine yourself. Early detection is crucial as it can save your life.

What is breast cancer?

According to the Centers for Disease Control and Prevention (CDC) breast cancer is a disease in which cells in the breast grow out of control. Breast cancer can begin in

different parts of the breast, the lobules; those are the glands that produce milk. Ducts: are the tubes that carry the milk to the nipple. And the connective tissue; is what surrounds and hold everything together. It is said that most breast

cancers occur in the ducts or lobules.

A common misconception that many have is that breast cancer only affects women, however males can also be victims to breast cancer.

What are the symptoms?

- Swelling of all or part of the breast (even if there is no distinct lump)
- Skin irritation or dimpling
- Breast or nipple pain
- Nipple retraction (turning inward)
- Redness, scaliness or thickening of the nipple or breast skin
- Nipple bleeding or discharge (other than breast milk)
- Swelling in armpit or collarbone
- change in the shape, or size or skin texture of your breast or nipple
- A lump that feels different from the rest of the breast.

How do I examine myself?

Standing up

Step 1

Place your hands at your sides and look at your breasts for any changes in colour, size, shape, dimpling or texture of the skin

Step 2

Now raise both your hands above your head. Check if both breasts rise together

Step 3

Place your hands around your waist, pressing waist, shoulders, and elbows forward. Bend forward and check if both breasts fall forward together

Now raise your left arm. With the flat part of the fingers of your right hand, carefully examine your left breast. In a circular pattern, start from the outer top, pressing firmly enough to feel the tissue beneath. After one full circle, move in towards the nipple a few centimetres and circle again, continuing until you reach the nipple. Check the area above the breast, especially the armpit area, for lumps or hard knots. Repeat on right breast.

Lying down

With a pillow under your left shoulder, place your left hand behind your head to flatten the breast tissue. Examine your entire breast in the circular motion described in step 3. With your right hand behind your head, repeat the procedure with your right breast. Also gently squeeze each nipple to check for discharge.

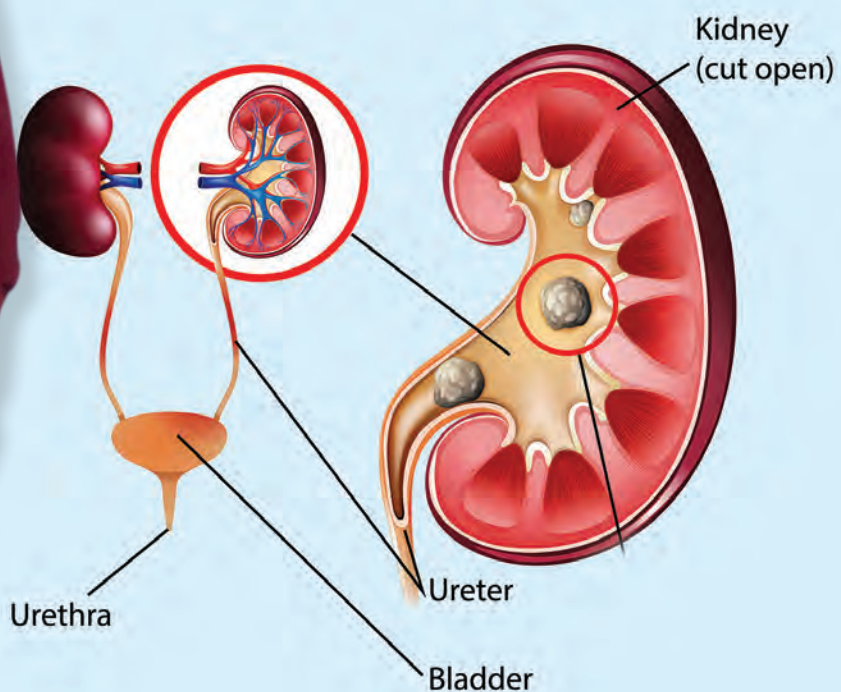
The bottom line

- Breast self-examination should be done once a month. Report any changes or irregularities to your doctor or primary health care clinic.
- See your doctor or go to the nearest health clinic for a breast examination annually

If there is a family history of breast cancer, inform your doctor or clinic sister.

LIVING WELL WITH KIDNEY DISEASE

We're focusing on ways to take charge of your health and manage chronic kidney disease with DR Onke Nonkala, the kidney specialist from the KZN Department of Health at Inkosi Albert Luthuli Hospital.



DR ONKE NONKALA
KIDNEY SPECIALIST

1. WHAT IS THE FUNCTION OF KIDNEYS?

The kidneys are small powerful chemical factories in the body that perform some of the following functions:

- Regulating blood pressure
- Producing urine
- Removing waste from the body

2. HOW CAN I PREVENT KIDNEY DISEASES?

- Through early screening and detection
- Exercise
- Drink almost 8 glasses of water per day (hydrated body)
- Limit alcohol
- Diabetes and high blood pressure are the most common causes, keep them under control.

3. WHAT ARE THE SYMPTOMS OF KIDNEY DISEASE?

Kidney failure is often difficult to predict, it attacks silently and the following symptoms might be an indication of kidney failure;

- Fatigue (extreme tiredness)
- Swelling of face or feet
- Not feeling hungry
- Loss of memory or trouble with concentration
- Troubling with congestion

4. HOW IS KIDNEY FAILURE DIAGNOSED?

A variety of tests are used by doctors to assess kidney function and diagnose kidney failure. If your doctor or nurses suspect you are at risk of kidney failure, they may recommend you to:

- Get your urine checked (dipstick device)

5. WHO CAN BE AFFECTED BY KIDNEY DISEASE?

- It can affect anyone; both children and adults. Anyone can suffer from kidney disease.
- Do not wait for symptoms, Get your urine checked every once or twice a year

COMPILED BY:

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(KZN DEPARTMENT OF HEALTH)

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