



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

GAMALETHU NEWS SPECIAL EDITION



HYPERTENTION AND NO
TOBACCO AWARENESS DAY

GAMALAKHE CHC HEALTH
PROFFESIONALS AGAINST
HYPERTENTION AND
TOBACCO

16 MAY 2014

PRESANTATION BY DR KAYEMBE



Dr. Kayembe explained that Hypertension or high blood pressure, is a chronic medical condition in which the blood pressure in the arteries is elevated. Blood pressure is summarized by two measurements, systolic and diastolic, Hypertension is classified as either primary (essential) hypertension or secondary hypertension; which means high blood pressure with no obvious underlying medical cause and (secondary hypertension) are caused by other conditions that affect the kidneys, arteries, heart or endocrine system Hypertension puts strain on the heart, leading to hypertensive heart disease and coronary artery disease if not treated. Hypertension is also a major risk factor for stroke, aneurysms of the arteries and is a cause of chronic kidney disease.. Dietary and lifestyle changes can improve blood pressure control and decrease the risk of health complications, drug treatment is still often necessary in people for whom lifestyle changes are not enough or not effective.

His presentation was further elaborated using visual aid to put further emphasis on a what hypertension is and how the human body functions in relation to this diseases.

ROLE PLAY BY CCG'S



- The community Care Givers performed a role play that educated the audience of the danger of Hypertension.
- They also informed the audience on the dangers of sharing the medication given to them by the health professional, as the direction of use differs from person to person and this may hinder the proper management of this condition.
- They also warned on the negative implication of a negative lifestyle and consuming of alcohol whilst on treatment.
- The role play also highlighted the importance of adherence to one's medication and discouraged the use of home remedies to cure hypertensive illnesses.

THANK YOU CCG'S THE SKIT WAS FUN AND EDUCATIONAL

EATING HEALTHIER



◎ Salt

Use less salt when cooking. Avoid “hidden” sources e.g. stock cubes, Aromat, chips, salted nuts, polony, bacon, biltong, tinned foods, processed meats and take-always.

Use other ways to flavor your food e.g. onion, garlic, herbs, spices, lemon juice, pepper.

Your taste buds will adjust to the flavor of less salty foods over time.

◎ Fat

Some fat is important for our bodies and avoiding fats completely will also mean a very bland diet.

Rather choose ‘good fats” e.g. olive oil, unsalted nuts, seeds, oily fish, avocado and soft margarine or sugar and salt free peanut butter.

Avoid deep frying foods and heating oil for too long at too high a temperature as this damages it and produces “trans fats”. These bad fats are also found in take-always, pies, biscuits and other baked goods.

The best way to ensure what you are eating is nutritious is to prepare it yourself and include lots of colorful vegetables.

◎ Sugar

As much as salt is a problem for high blood pressure - so is sugar. Too much sugar in the diet can also cause high fat levels in the blood increasing your risk for a heart attack or stroke.

Sugar can be found in sweet tasting foods e.g. juice, cold drinks, sweets, cakes, biscuits, jam and white/brown sugar. Avoid these foods where possible or keep to a minimum.

It can also be found in all starches e.g. bread, cereals, porridges, pasta, meal meal and potato as well as pumpkin. Be careful of the portion size on your plate - use your fist as an indicator and choose the brown/whole grain option where possible.

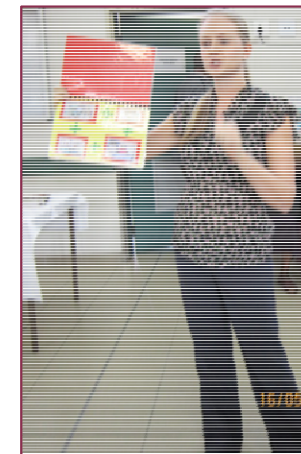
▪ Lifestyle

Avoid alcohol - rather just drink water or sugar free beverages occasionally.

Exercise on most days e.g. play sports or do housework/gardening.

If you are stressed talk to a friend or listen to music to relax.

If you are overweight lose weight - especially around the stomach.



GALLERY



The event was graced by members of our hospital board. Thank you to all who participated and assisted in making this day a huge success and we hope the message of the day made a difference to the lives of all staff and patients who attended

THAT'S ALL FOLKS THE END



Compiled by the Public Relations Department:
Ms. Okuhle Nyembe

Should you have any comments or suggestion
you are welcome to contact us on:

039 318 1113

Or email : okuhle.nyembe@kznhealth.gov.za