



health

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# Newsletter Zigeleza noMsele



## MSELENI HOSPITAL

PO Sibhayi Sibhayi 3967

Tel: +27 (0) 35 574 1004

Fax: +27 (0) 35 574 1559

Email: [Mdluli.Thulani@kznhealth.gov.za](mailto:Mdluli.Thulani@kznhealth.gov.za)

Web: <http://www.kznhealth.gov.za/mselenihospital.html>

JAN – MAR 2012

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## Estimated worth 34,2 million rands clinic to be built in Hluhluwe town.



Health Department and Big Five Local Municipality officials behind the grassy land where Hluhluwe clinic will be built.

“Kade Sahlala kuleli-dolobha lase Hluhluwe kodwa njalo bekumele siye emaphandleni uma sidinga usizo lwezempilo, siyabonga ngalomtholampilo osozokwakiwa endaweni yethu” “We have lived in Hluhluwe town for a long time, but we still had to go to rural areas for health services, we are thankful for the clinic that is set to be built in our area” said

Hluhluwe residents on 28th March 2012 when the Big Five Local Municipality officially handed over the land to the contractor to start off the construction of long awaited clinic at Hluhluwe town which will be the 9<sup>th</sup> clinic under Mseleni Hospital catchment area. Hluhluwe area has townships and informal settlements which result to its highly dense population, however the

place didn't have easy access to health services while it is riddled with diseases and lack of information about health matters. Its people had to go about 20 kilometers west to get to Makhowe Clinic. The clinic is expected to be finished within 18 months; the clock for the contractor is already ticking!

## INSIDE

PAGE 4



Mseleni Hospital's only Leap Year Baby

PAGE 6

Ezempilo ngisho emasantweni imbala



PAGE 11

## The Acting Hospital Manager - Dr. V.G. Fredlund



**W**e are at the beginning of a new financial year. We have to ask ourselves what are we going to achieve this year. We all have many plans and lots of areas to improve.

In the river of life, if you are not swimming upstream, you will soon be washed out to sea! However, it is not only what you do but the way you do it that is important. For this financial year, Mseleni Hospital management

has adopted the motto: "Mseleni Making You Healthy and Happy". Let's endeavour to make that a reality each day for our patients and our fellow staff members. Then they in turn will make it a reality for us.

## Mseleni Hospital saying goodbye to its Public Relations Officer, Mr. T.P. Mdluli



Thulani Mdluli (*pictured*), who has been a Public Relations Officer (PRO) at Mseleni Hospital since 2007 has moved to a Ngwavuma located Mosvold Hospital.

Although it's always sad to part, but Mseleni Hospital wishes okamfumbathi the best of luck and blessings ahead; so much has been learned from him.

His passion for patient justice, communication skills that kept the institution glued together, religious belief that spiritually inspired everyone around him, and love for the community won't be forgotten. IsiZulu sithi: umuntu ubongwa esaphila.

## HIV UPDATE

Being on HIV medication is only one aspect of keeping healthy. Emotional, mental and spiritual health is more important too.

Start by:

- Resolving any "unfinished" emotional, family or spiritual difficulties.
- Talk to friends and family or a professional therapist.
- When you feel overwhelmed or depressed, talk to someone to work through these feelings.
- Learn coping skills and a sense of proportion, you may not be able to do much about the circumstances of your life, but you can do something about how to react to them.

## Batho Pele Principles, key to an improved service delivery.



**Service standards:** Anticipating customer needs  
**Information:** Going beyond the call of duty  
**Value for money:** Delivering solutions



**Access:** Offering integrated service delivery  
**Openness and Transparency:** Creating a culture of collaboration  
**Customer Impact:** customer satisfaction & Active involvement  
**Leadership and Strategic Direction:** ensure that the strategy for achieving the vision is owned

**Consultation:** Listening to customer problems  
**Redress:** Apologizing when necessary  
**Courtesy:** Service with a smile  
**Encouraging Innovation and Rewarding Excellence:**  
 Incentives for those who go extra miles

## Health Department at Mseleni Hospital set to extend its mobile services to the disadvantaged community of Tin Town in Hluhluwe.



**There is high birth rate in poverty stricken Hluhluwe's Tin Town community. Children suffer from malnutrition, but the Health department will offer health education on family planning and ensure condom distribution.**

The health department at Mseleni Hospital will extend its mobile services to the detached communities that find it hard to access health services. In February 2012, health mobile services started operating at Bodernhost farm in Hluhluwe. Another mobile point is expected to be started at the community hall of Phumlani township which is also located in Hluhluwe town. This was realized when various government de-

partments, civil society structures and even the Minister of Economic Development & Tourism who is also the Sukuma Sakhe MEC Champion in Umkhanyakude Mike Mabuyakhulu visited that highly disadvantaged community of Tin Town on 29<sup>th</sup> February 2012 with a purpose of establishing a solution to rescue that community from their awful misery of: poverty, diseases, malnutrition and unemploy-

ment. The Health Department discovered that Tin Town community has massive health problems as most of its people feed on dumping sites and they cannot access health care easily. Therefore, a health department at Mseleni Hospital committed to render the following services to that community through mobile services: HIV Testing & Counseling (HCT), tracing of ARV defaulters, immunization of children

under the age of 5 (PCV), immunization of 6 months to 5 years old children, HIV patients, and 65 years old and above community members for (H1N1); provide health education to promote wellness and healthy living style and continue with medical males' circumcision.

### Keep your eyes safe

Did you know?

Obesity can cause cataracts, glaucoma and other eye problems, as well as increase your risk of developing diabetes, which can destroy your eyes. So keeping your weight under control also helps your eyes.

### TVs, computers and reading

- When you are watching TV, sit at least 2.5 metres away from the screen.
- Don't read (or work) in a dimly lit area- this can cause eye strain.
- If you work on a computer, make sure the screen is at least an arm length away from your eyes, and take regular breaks to give your eyes a rest.

Do this eye exercise once a day: rotate both eyeballs, first from left to right 25 times, then from right to left 25 times, without moving your head.



## Mseleni Leap Year Baby



Mseleni Hospital had only one leap year baby who was named as Amanda Gumede

(pictured); she was born on 29<sup>th</sup> February 2012 at 6:30 am. She weighed 3.6 kg and was 5cm tall. She



was given birth by pictured Thobile Sithole (27) from Mduku area. The next 29<sup>th</sup> February will be in 2016!

## National Health Insurance (NHI) kicks off in April



Dr Zungu reported; “We have already identified a team of managers who will champion the NHI in the Province. They will be tasked with ensuring that the public is brought on board and there is clear communication on how the NHI will work so that people are able to participate having the correct and necessary information.”

The Department established an NHI Project Management Office that will report to the MEC and the HoD on a fortnightly basis. The main focus of the pilot phase was the strengthening of healthcare delivery and performance of various institutions. The pilot phase will mainly focus

**M**EC for Health in KwaZulu-Natal Dr Sibongiseni Dhlomo and the Head of

the Department Dr Sibongile Zungu reported to the Health Portfolio Committee that ground work had already been

done to ensure that the pilot phase of the National Health Insurance runs smoothly.

on Primary Healthcare Re-engineering, including the appointment of District Specialists teams, establishment of family health and school health teams.

The NHI Project Management Office will be responsible for the management of the pilot phase, management of the NHI grant, coordinate the functioning of the department as a whole, and establish a Public Relations Office and a research desk as well as performing the monitoring of the pilot phase.

MEC Dhlomo further told the committee that during this phase the department will “work with and learn from the private



**Health MEC in KZN Dr. S. Dhlomo**

sector especially in areas around patient information systems, the establishment of the KZN Information Nerve centre and the management of the billing system.”

MEC Dhlomo said; “Contrary to common belief, we will be engaging the private sector vigorously as we implement

the NHI. We would, for an example explore innovative models for service provider billing and payment of general Practitioners, pharmaceutical companies, etc.”

An allocation of about R33 million has been given to the Province for the pilot phase. A Provincial Human resource Strategy is being developed in line with the National Department’s one.

MEC Dhlomo concluded by saying; “The impact of NHI is dependent on indi-

viduals and communities taking responsibility for their own health and we have started with a healthy lifestyle programme that we wish to roll out in all communities.”

“The national minister (Aaron Motsoaledi) is also very keen to see KZN pushing on the NHI non-negotiables.”

The non-negotiables of the NHI include ensuring that there are enough medical supplies, infection control measures, children’s vaccines and adequate equipment and infrastructure.

## MSELENI HOSPITAL NEW INTERIM BOARD MEMBERS



**Mr. KS Gumede  
Chairperson**



**Mr. H.S. Nxumalo  
Vice Chairperson**



**Mrs. C.S. Mthethwa**



**Mr. B.J. Gumede**



**Rev. S.E. Dlamini**



**Ms. B. Mthethwa**



**Mr. J.S. Mkhabela**

## Healthcare Christian Fellowship (HCF) Seminar Conference held at Mseleni Hospital in February



Health workers singing and rejoicing

**H**ealth Workers from different health institutions gathered at Mseleni Hospital for the Healthcare Christian Fellowship (HCF) conference on 18<sup>th</sup> February 2012. Theme of the day being **“My workplace, my responsibility”**, the health workers reminded each other about a very huge responsibility they uphold to take care and save people’s lives. “Although you cannot stop people from passing

away when it’s time, but at least you should be able to offer them spiritual services for their soul which is the word of God” preached Pastor Khumalo (*pictured*).



## Kufundiswa ngezempilo ngisho emasontweni imbala



**Umhlangikazi N.E. Ntsele efundisa ibandla ngezempilo**

“ Igciwane lengculazi lali dume ngokuthi lingumashayabhuqe kudala, hhayi manje; uHulumeni uzama ngayo yonke indlela ukunciphisa umthelela walesi sifo emphakathini yethu!” Kwa-kusho u Sister N.E. Ntsele ongumphathi

womtholampilo oyi Gateway esibhedlela saseMseleni mhla zingama 26 February 2012 efundisa ibandla lenkolo le African Evangelical Church endaweni ya-kuQongwana, eMbazwana. “Kubalulekile ukuthi wonke umuntu azazi isi-

mo sakhe sezempilo ukuze phela athole usizo kusenesikhathi uma enalo igciwane; kanti-ke uma enganalo ukuze azokwazi ukuthi aziphathe ngendlela ephephile.” Kusho uNtsele efundisa kabanzi ngegciwane lengculazi.

Waphinde wagcizelela ukuthi inkinga ejwayele ukuhlangabezana nesibhedlela eyokuthi abesifazane abazithwele baze baqale ukuhambela umtholampilo sebenezinyanga ezilinganiselwa kweziziyisikhombisa kuya kwezizishagalombili, lokhu-ke kuye kubeke umntwana kwenkulu ingozi yokutholakala ezelwe negciwane

lengculazi. Wagquguzela-ke ukuthi kubalulekile ukuba abazithwele baqale umtholampilo benenyanga eyodwa ukuze phela banikezwe imishanguzo ezo-kwenza ukuba igciwane lingatheleleki kumntwana. Le sifundo sathakaselwa kakhulu abazalwane bebandla njengoba phela babebuza imibuzo lapho besala khona. Umfundisi u Mnumzane Simon Nsele wasishayela ihlombe lesi sinyathelo sokuthi kukhulunywe nangezempilo emasontweni ngoba phela lokho kuyasiza abantu ezimpilweni zabo. Umnyango weZempilo ulwa nezifo, ulwa nobubha, unikeza ithemba.

**Concerned about telling your kids about your HIV status—here is how!**



your children about your HIV.

**Know your child.** Is your child mature enough to handle the information?

**Educate yourself about HIV so you can talk to your children about the illness.**

**Plan for what you're going to say ahead of time.**

Write out some notes to help keep you on track.

**Plan the time and place**

Here are some tips for talking to your kids about your HIV status:

**Take care of yourself first.** Make sure you have the help you need and are in control of your feelings before you talk to

**where you will tell the news.**

**Make sure your children know they can't "catch" HIV from living with you.** Kids are likely to worry about their own health.

**After you tell your children, get them additional support.** They could talk to a health professional who can talk more with your children about HIV.

**If you have children who were born before you were diagnosed, and you do not have a previous negative HIV test from after the time of their birth, your children will need to be tested for HIV.** Many people can be without symptoms for a long time after they get infected with HIV. This is also true for children who may have been infected through mother-to-child transmission.

**Thank you to Africa Centre for donating this gazebo for mobile HIV Testing and Counseling HCT).**



**A**frica Centre established in 1997 by the University of KwaZulu-Natal ("the University"), the South African Medical Research Council ("the MRC"), and the UK based charity, the Wellcome Trust ("the Trust"). Since its inception in the UMkhanyakude district of KwaZulu-Natal, where the burden of disease from HIV is immense. The centre currently has its headquarters at Somkhele in KwaZulu-Natal, with access to laboratories and offices at the University in Durban, including the first floor of the Doris Duke Medical Research Institute building.

**Opening prayer for starting off a new year**

**G**od was put first at Msele-ni Hospital when the Year Opening Prayer was held to officially begin the new year of 2012 on the 1<sup>st</sup> February 2012. Pastor Tembe (Hospital's chaplain *pictured right*) stressed that a relationship with God for health workers was essential as they work to save people's lives.



## Dangers of smoking

### The following are well known facts:

Every time you smoke a cigarette, you are inhaling poisons.

Cigarettes smoke contains more than 4,000 chemicals -- and more than 40 of those chemicals are carcinogenic (cancer causing) toxic substances!

Approximately half of all long-term smokers will die early from tobacco related illness.

Every cigarette smoked cuts around five minutes of life on average.

Smoking is the single largest preventable cause of disease and premature death. It is a prime factor in heart disease, stroke and chronic lung disease. It can cause cancer of the lungs, larynx, oesophagus, mouth, and bladder, and contributes to cancer of the cervix, pancreas, and kidneys.

### Main poisons cigarettes contain:

1. **Ammonia** - used in floor cleaner
2. **Arsenic** - used in rat poison
3. **Butane** - substance of lighter fluid
4. **Cadmium** - used in batteries
5. **Carbon Monoxide** - car exhaust
6. **Formaldehyde** - used to preserve body tissue
7. **Hydrogen Cyanide** - poison used in gas chambers
8. **Methane** - used in rocket fuel
9. **Nicotine** - used in rat poison



**Smoking is a slow and for many a painful way to die.**

**Emphysema** slowly rots your lungs leading to constant bronchitis and difficulty with breathing.

**Lung cancer** is caused by the tar and poisons found in tobacco smoke. Nine out of ten lung cancers are caused by smoking. Most people who get lung cancer die. Lung cancer is a very unpleasant way to die.

**Heart disease and strokes** are much more common among smokers than non-smokers.

## Health Fun

### The Dentist's Bill



A woman received a huge dental bill and phoned her dentist about it. "I'm shocked!" she complained. "This is three times what you normally charge!"

"Yes, I know," said the dentist, "but you yelled so loud that you scared away two other patients and I had to make it back up somehow!"



## New staff members are welcomed with warm hands



From far top left: S.T. Mavundla (Systems Manager), Dr. Bezuidenhout (Medical Officer), Mathenjwa and KA. Sibiya (Enrolled Nurse Auxiliary).



Mr. S. Mbonambi former Human Resource Practitioner is now Systems Management Officer.



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Ukukhuluphala ngokweqile kungachazwa njengokuba namafutha amaningi emzimbeni futhi kuthathwa njengesifo esiyingozi negciwane elibulalayo njengoba siyimbangela yesifo senhliziyo, umdlavuzwa, amathambo, kanye nezinkinga zomqondo.

Kubalulekile-ke ukuzivocavoca njengoba phela kunciphisa amathuba amaniningi okutholwa izifo! Phambili ngokudla ukudla okunempilo, phambili ngokuphuza amanzi anele, phambili ngokujwayeza umzimba ukuthi unyakaze.

## LIVE A HEALTHY LIFESTYLE

SILWA NEZIFO, SILWA NOBUBHA, SINIKA ITHEMBA



**Eat Healthy**  
Eat 3 meals of various healthy food per day. Drink 8 glasses of clean water per day



**Be Active**  
Walk, run or dance for at least 30 mins per day - 5 days a week.



## Protect Your Ears!

1. Avoid exposure to noise when you can.
2. Consult with your occupational health and safety officer if you are concerned about noise levels in the workplace.
3. When unavoidably exposed to loud noise, wear personal hearing protection such as earplugs, ear muffs or both.
4. Wear earplugs in noisy environments, such as motor racing events.
5. Remember that everyday equipment, such as lawnmowers, power tools and personal stereos, may be loud enough to be damaging your ears.



## Letter from a patient

### Ngifisa ukuncoma isibhedlela saseMseleni

Ngifisa oDokotela beseMseleni, banothando, bayazimisela ngomsebenzi wabo kanti bayanakekela; ngiphinde ngincome abahlengikazi ngokuhlukana kwezigaba zabo banothando, banesineke, bayanakekela kanti futhi bayazimisela; ngincoma nama Social Worker ase Mseleni, anothando ayanakekela futh ayazimisela ngomsebenzi wawo; ngincoma nabasebenzi beseLaundry abasiwashela izimpahla zokugqoka zokulala sigqoke izimpahla ezihlanzekile silale nasemibhedeni enamashidi ahlanzekile; ngincoma nabasebenzi abasiphekela ikudla okumnadi futh okuhlanketile; ngibuye ngincome abasebenzi abahlanza igceke, bayazimisela futh bawenza kahle umsebenzi wabo; ngike ngalaliswa kwesinye isibhedlela ngathola okukhulu ukuhlukumezeka; ngakho-ke isibhedlela saseMseleni asifani nezinye izibhedlela, sona siyanakekela abantu abagulayo. Isiguli sishona nje ngoba kusuke sekufike isikhathi.

Thobile Ntuli, KwaNhlamvu (Under Mseleni Area)

## Ukudla okunempilo nokunomsoco kukhona emhlabathini yethu



UMnyango weZolimo esifundazweni saKwaZulu Natal ugqugquzela abantu emiphakathini yabo ukuba amathuba okuhlaselwa izifo ezifana no: shukela (Diabetes), umfutho wegazi ophezulu (BP), isifo senhliziyo (Heart attack) kanye nezinye. Phela lokhu kwenziwa ukuthi iningi lokudla ukuyizitshalo akunawo lamafutha okuyiwona ajwayele ukudala izifo emzimbeni, ngakho-ke qinisekisa ukuthu udla ukudla okunempilo.



## Have information about Diabetes



### Description

Diabetes is a disease where your blood glucose levels are above normal. Most of the food we eat is turned into glucose or sugar for our bodies to use as energy. The pancreas makes a hormone called insulin to help glucose to get into the cells of our bodies. When you have diabetes your body either does not make

enough insulin or cannot use its own insulin. This causes sugar to build up in your blood. Diabetes can cause serious health complications including heart disease,

blindness, kidney failure and lower-extremity amputations. You get two kinds of diabetes – Type 1 and Type 2.

### Causes

Type 1 diabetes seems to be caused by autoimmune, genetic and environmental factors. Type 2 diabetes is more likely in older people, obese people, those with a family history of diabe-

tes and people who are physically inactive.

### Signs & Symptoms

If you have diabetes you may have some of the following symptoms: frequent urination, excessive thirst, unexplained weight loss, extreme hunger, sudden vision changes, tingling or numbness in hands or feet; feeling very tired much of the time, very dry skin, sores that are slow to heal and more infections than usual.

### Prevention

There is no known way of preventing Type 1

diabetes. You can prevent Type 2 diabetes by: getting more physical activity, eating food with plenty of fibre and eating whole grain food.

### Treatment

Healthy eating, physical activity and insulin injections are the best treatment for Type 1 diabetes. Healthy eating, physical activity and blood glucose testing are the basic treatment for Type 2 diabetes. In addition, many people with Type 2 diabetes require oral medication, insulin, or both to control their blood glucose levels.



## Information is power, the more we know about TB, the sooner we shall stop it.

### What is T.B?

TB is a disease that mainly affects the lungs, but can be found in any other body organ. It is caused by a germ called *Mycobacterium tuberculosis*. The germs are present in the sputum coughed up by those that have TB of the lungs. The germs usually destroy the soft tissue of the lungs, and this causes cavities (holes) in the lungs, resulting in difficulty with breathing, and blood can be coughed up. If untreated, TB can cause death.

### How do people get TB?

The disease is passed on from person to person. When a person who has TB coughs, sneezes or spits, germs are spread into the air from where they can be breathed in. Fortunately not all those infected contract TB, in

most cases the germs are sealed off in the body and they do not multiply. However, if the body's



defences can no longer control the germs, they become active and the person gets TB.

### Who is at risk

Close contacts of TB patients; Children under 5 years; Persons with diseases like diabetes and AIDS; HIV positive persons with lowered immune systems; Persons who take excessive alcohol and drug addicts; Per-

sons with poor nutrition and lack of food ; Persons suffering from stress; Persons living in poorly ventilated, over-crowded rooms

### What are the signs and symptoms of TB?

A cough for longer than 2 weeks, chest pains, tiredness and weakness of the body; loss of appetite and weight; night sweats, even when it is cold and coughing up blood

### How can TB be prevented?

- People on TB medication must complete their treatment; this prevents the spread of TB.
- Cover your mouth and nose with tissue paper or your hands when coughing or sneezing. Do not cough / sneeze / spit on other people. Do not let other people cough, sneeze or spit on

you.

- Wash hands with soap and water.
- Immunize of all babies at a clinic within 1 year of birth.
- Keep your body healthy by eating balanced meals consisting of food like meat, fish, eggs, beans, mills, amasi, brown bread, maize meal, vegetables, and fruits. Alcohol should be avoided because it lowers the body's resistance to sickness and affects the treatment.
- Smoking causes further damage to the lungs and can also cause heart disease and lung cancer.
- Keep your window open in your home - fresh air blows the TB germs away and sunshine kills the TB germs. Keep your body healthy by exercising.



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WORLD TB DAY : 24 MARCH 2012

# STOP TB in my lifetime

## ZERO

infections      stigma  
deaths      discrimination

SILWA NEZIFO, SILWA NOBUBHA, SINIKA ITHEMBA

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## What are benefits of Male Medical Circumcision



Male Medical Circumcision camps held at Mduku, under the Mseleni Hospital catchment area.

**M**edical circumcision is the full removal of the foreskin, fully exposing the head of the penis. Getting circumcised is the right thing to do for your health as it:

- Improves your hygiene as it is easier to keep the head of the penis clean.
- Reduces your risk of sexually transmitted infections (STIs) such as chancroid, syphilis, genital warts and herpes.

## What male circumcision does not do

Male circumcision:

- Does not prevent pregnancy
- Confers only partial protection against HIV infection
- Does not benefit the partner of an HIV-positive man.
- Does not reduce the risk of HIV infection during anal sex.

Getting circumcised does not prevent pregnancy and only reduces the risk of HIV infection. This means that you cannot let your guard down. If you are circumcised, you should still use a condom every time you have sex, keep to one sexual partner and test for HIV to know your status so that you can make the best decision for your health.

If you are HIV-positive, you may also be circumcised, but this does not protect your partner from HIV. If you test positive for HIV you should have your CD-4 cell

- Reduces your risk of HIV infection as it decreases the risk of tearing and bruising that can be an entry point for HIV.
- Removes certain cells within the foreskin that act as an entry for HIV.
- Lowers the risk of penile cancer. Reduces your partner's risk of cervical cancer.

No benefits for uncircumcised male

- The foreskin covers the head of the penis and it's more difficult to keep clean.
- The skin inside the foreskin is soft, and prone to bruising and tearing during sex that allows an entry point HIV and can cause discomfort during sex.
- The foreskin contains cells that act as an entry point for HIV.
- There is higher risk of HIV infection.
- Higher risk of STIs and diseases that affect uncircumcised men.

Men are more likely to get the Human Papilloma Virus which they transmit to their partner, which increases their partner's risk of cervical cancer.

count taken to determine the strength of your immune system and you will be referred to care and support services.

HIV-positive men who choose to be circumcised should continue to use condoms at all times to protect their partners from HIV and themselves and their partner from re-infection if both are positive.

Circumcision does not reduce your risk of HIV infection if you have anal sex.

Medical male circumcision is the best option for your sexual and reproductive health. Circumcision offers a lifetime of benefits including better hygiene, reduced risk of sexually transmitted infections and HIV. It reduces your risk of penile cancer and partner's risk of cervical cancer.

## Cross-generational sex was slammed and stigmatized by Health Department in KwaZulu Natal.

**E**ven health workers

from Mseleni Hospital were present at KwaHlabisa Sports Ground on 17th January 2012 when the Provincial Department of Health KZN launched its campaign to cut sugar daddies short!

MEC Dr. Sibongiseni Dhlomo fiercely slammed



**Health workers marching against sugar daddies during the launch**

Sugar Daddies saying: "A male who sleeps with a child is not a man!"

A male who lies to a child and give her money in return for sex is not a

man! Such characters are very dangerous in our community." Although the campaign was kicked off at KwaHlabisa area as it seemed to be one of badly affected places by teenage pregnancy and spread of HIV/AIDS, but the challenge of Sugar Daddies is also a challenge in so many other areas.

## How teenage pregnancy can be prevented

**W**hen it comes to teenagers and sex, abstinence undoubtedly has been recognized and acknowledged by many experts as the best option to prevent teenage unwanted pregnancy.

However, the speeding number of teenagers who fall pregnant shows that only few of them stick to abstinence principle!



- ◆ Emergency contraception (should be used within 5 days of unprotected sex, or condom breakage)
- ◆ Male and female sterilization.

### What can I do if I fall pregnant?

Take someone you trust with you and visit the clinic to start antenatal care at 8 weeks (months) of pregnancy.

This here can be considered when one decides that abstinence is not the best decision for them.

### Contraception

Contraception simply means using a method (mechanical or chemical) to prevent pregnancy. There are various contraceptives that work in different ways, but they are all designed to prevent pregnancy. Even if you wish to practice abstinence of delay sex, it's important to learn as much as you can about contraception.

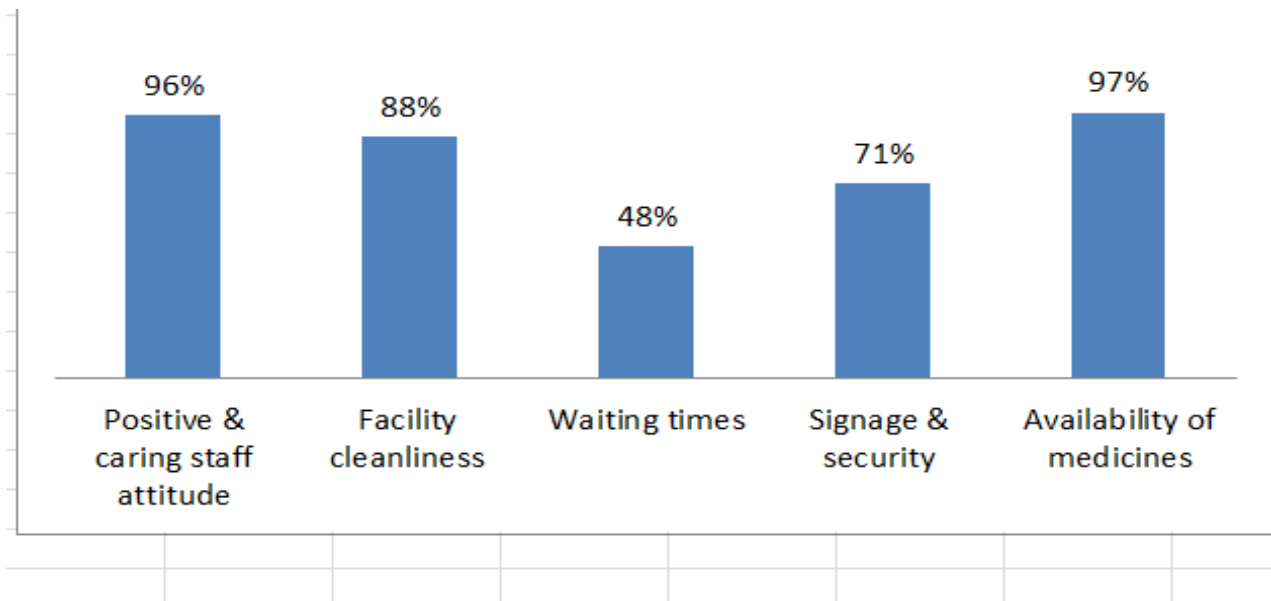
### Methods

- ◆ Oral Contraception (the pill)
- ◆ Injectable contraception (injection)
- ◆ Male and female condoms
- ◆ Dual protection

### Benefits of starting Antenatal Care (ANC) early

- ◆ Receive knowledge about pregnancy and HIV testing.
- ◆ Voluntary counseling and HIV testing.
- ◆ Health care worker will assist in developing a plan that is suitable for you and your baby during antenatal, delivery and postnatal and you have to put this plan into practice as soon as you can.
- ◆ Prevention mother to child transmission (PMTCT) is available for all HIV positive pregnant women.
- ◆ Eat healthy nutritious food, exercise, and get plenty of sleep.
- ◆ Avoid drugs and alcohol.
- ◆ Prevent further sexuality transmitted infections (STIs and HIV) during pregnancy.
- ◆ Practice safe sex and use a condom
- ◆ Infant feeding counseling.

## Mseleni Hospital Patient Satisfactory Survey Results, January-March 2012 quarter



## Mseleni Hospital Clinics Patient Satisfactory Survey Results, January-March 2012 quarter

	Positive & caring staff attitude	Facility cleanliness	Waiting times	Signage & security	Availability of medicines
Manaba Clinic	98%	93%	60%	97%	97%
Mabibi Clinic	100%	100%	10%	100%	100%
Mduku Clinic	100%	76%	32%	31%	85%
Mnqobokazi Clinic	100%	86%	28%	56%	100%
Mbazwana Clinic	100%	100%	45%	100%	100%
Tshongwe Clinic	87%	80%	26%	57%	93%
Oqondweni Clinic	88%	68%	65%	76%	100%

**NB: Percentages on Waiting Times represent patients who experienced long waiting times before they got help at Mseleni Hospital facilities.**

### Did you know?

Type 2 diabetes patients have twice the risk of developing inflammation of the gums (which can lead to tooth loss) compared to non-diabetics.

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Scriber: Mr. Thabani Ntuli (Public Relations intern),  
 Editor: Mr. Thulani Mdluli (Public Relations Officer),  
 Photographers: Mr. T.P. Mdluli and T.S. Ntuli.