



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Newsletter Zigeleza noMsele



MSELENI HOSPITAL

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Mseleni Hospital celebrated World TB day



Mseleni Hospital celebrated the World TB Day on 25th March 2014 at Mbazwana Thusong Centre. The area was identified by tracing that there were lots of patients infected with TB from Mbazwana.

The team consisting of nurses from Mseleni Hospital's eight residential clinics, Community Care Givers, members of the community, other government departments walked through Mbazwana Shopping Centre parading and spreading the word in fighting against TB.

Furthermore, community members were given the chance to do TB testing on sight through a "Khwehlela Manje/ Cough now" scheme. HIV and Testing services were offered as well as the department of health is reinforcing that everyone should know their status.

The TB celebration also took place in all Mseleni Hospital's residential clinics where thorough education was conducted to Community Care Givers and community members about details on the epidemic. Mseleni Hospital would like to express special thanks to MATCH and URC for their contribution. The community was very excited about this services specially those who do not get time to visit health centers.

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The Note from the Hospital Management



**Dr. Victor Fredlund
(Acting Hospital Manager)**

Our hospital is what people make it. All the staff seen in this edition are just part of the whole team that can make our hospital the place to be made well. Even our patients are part of our success as they respond with care and cooperation to the initiatives in health care. The 500 minds project is telling you that management do not have the monopoly on ideas that will improve our service. Get ideas from each other and from the community and let's share them.

TB remains a big challenge that means all of us must take it

seriously and keep cross infection to a minimum. Fresh air and using of masks, early detection and consistent taking of treatment are vital. The genexpert testing allows us to detect quickly if sputum is infectious and if the usual treatment will work or special injections are needed! But we need to get the samples and follow the results efficiently.

With new clinics opening (both mobile and Hluhluwe) we have further opportunities to set high standards in our work and enthusiastically serve the new clients.

The achievement in Batho Pele is the not the end but a step to further hard work and performance to represent the whole of the department of Health in the Premiers' Award. We have so much we are doing and we need to demonstrate it in the assessment. Whilst this refers to the previous year 2012-13 lets not lose sight of the principles and continue to deliver all the standards. It is not the duty of a few but the task of us all.

New Fixed Dose Combination ARVs

ONE ARV PILL A DAY

New Fixed Dose Combination ARVs



Recognise your FDC ARV medications.



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

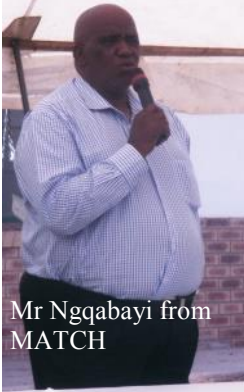
- When you are watching TV, sit at least 2.5 metres away from the screen.
 - Don't read (or work) in a dimly lit area- this can cause eye strain.
 - If you work on a computer, make sure the screen is at least an arm length away from your eyes, and take regular breaks to give your eyes a rest.
- Do this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



World TB day celebration



Parade around Mbazwana town creating awareness about TB



Mr Ngqabayi from MATCH



Mr Dlamini educated about HIV/AIDS



Left: Sir N.D Konyashe Right: Sister STH Sibiyi educating about TB



URC was represented and also donated food for the event



Dr Victor Fredlund singing health promoting songs



Former TB patients giving testimony that the epidemic can be healed



PHC Manager Mr. MP Nxumalo spreading the word

Mseleni Hospital Clinched Batho Pele Award!



KwaZulu Natal MEC for Health Dr. Sibongiseni Dhlomo crowned the Mseleni

District Hospital for outstanding achievement on the Batho Pele Principles. The occurrence took place in Durban's International Convention Centre (ICC) on Friday 21st February 2014 during MEC for Health's Annual Service Excellence Awards Ceremony (MASEA).

Batho Pele (abantu phambili/people first) Principles enforces quality in the service delivery of the public service institutions across South Africa. These principles ensure that: citizens are consulted about the service provided to them; they are aware of the standards of those services; they are able to easily access the

services; public servants treat them with dignity and respect; information on new government developments is shared with communities; complaints are resolved speedily and used to improve service delivery; taxpayers 'money is used sparingly; departmental managers head the institutions properly and the holistic service delivery impact to the citizens is achieved; hence Mseleni Hospital was found to have gone an extra mile to achieve all the principles.



The hospital is expected to represent the entire KwaZulu Natal Department of Health in Premier's Service Excellence Awards when the competition will be against all government departments in the province.

"It was not for the first time that the hospital from Umkhanyakude Health District

excelled on this category. In 2013, Mosvold Hospital represented Department of Health, and in 2012 Manguzi Hospital achieved Gold Award in Premier 'Service Excellence Awards. Moreover, Hlabisa Hospital was crowned an award for excellent waste management innovative ideas; and Dr Kelly Gates for Bethesda Hospital also received an award for outstanding performance on the Batho Pele Principles!" said Umkhanyakude Health District Manager, Ms. M.P. Themba expressing excitement on the achievement!

The Umkhanyakude Health District is also expected to have its first community healthcare center which is expected to start working in 2015!

UMkhanyakude Health District Management gave back to the community



On 30th January 2014 the UMkhanyakude Health District Management Team consisting of representatives from its five hospitals, EMRS, Forensic Services and National Health Laboratory donated monetary gift for Lulusandla KuMntwana, an NGO based in Mseleni, northern KwaZulu Natal.

“It is a privilege that we are working and we live comfortably in our homes as public servants, but there are those that are less -fortunate and we must not forget them.” Said Umkhanyakude Health District Manager, Ms. M.P. Themba, as she was strengthening the spirit of giving among the members of the Health District Management Team.

Mrs Rachel Fredlund, Lulusandla KuMntwana leader alluded that the money donated by the UMkhanyakude Health District Management Team would be channeled to support the HIV support groups that they have; she further thanked the Department of Health for having such public servants who cares about those around them.

Lulusandla Kumntwana, which means ‘Reach Out to the Child’ is a project working in the community with local churches caring for children who have been orphaned. Most of these have been orphaned because of HIV/AIDS.

“Our approach is that first we contact lots of local churches in an area and we present the Biblical call to minister to those in need and we offer an opportunity to do this through joining a Lulusandla Kumntwana team. Those who want to do so are trained in workshops and the aim is that each local area should have a team of Christians from different churches that care for the orphans in their community.” Said Mrs Rachel Fredlund. The UMkhanyakude Health District Management Team will continue to support other non-profit organizations within it’s catchment area to continue in fighting diseases, fighting poverty and giving hope!



Umkhanyakude Health District Manager, Ms. M.P. Themba sharing a hug with Mrs Rachel Fredlund, Lulusandla KuMntwana leader

Isikhungo somphakathi sezempilo esisha eMkhanyakude

Isifunda saseMkhanyakude sizoba nesikhungo sezempilo somphakathi sokuqala ngqa phecelezi i Community Health Centre! Le sikhungo phela silindeleke ukuba siqale ukusebenza usanda kuqala nje unyaka u 2015 endaweni yaseJozini, enyakatho yesifundazwe saKwaZulu Natal.

Phela lokhu kuwuphawu lokuthi Umnyango WeZempilo uyaqhubeka nokulwa nezifo emphakathini ubuye unikeze ithemba ukuze phela abantu baseNingizimu Afrika bazophila impilo ende phecelezi *“A long and healthy life for all South Africans”*; phela vele kuyisifiso soMnyango WeZempilo ukwenweba isikhathi esiphilwa umuntu ngamunye ukuba okungenani akwazi ukuphila iminyaka engase ifinyelele kwengama-70.

Isikhungo sezempilo iHluhluwe Clinic

Umphakathi waseHluhluwe nawo usuzoluthola eduze usizo lwezempilo njengoba phela wakhelwa umtholampilo osezingeni eliphezulu! Umnyango WeZempilo ulwa neZifo, Ulwa nobubha, Unikeza ithemba.



A new extension building for Women and Children at Mseleni Hospital's Mduku Clinic.



Mduku clinic choir singing in joy



Clinic Committee Chairperson Mr Mathenjwa

On 21st January 2014, Mseleni Hospital's Mduku Clinic which is located in Hluhluwe was handed-over the new building for Women & Children (TB Wing) donated by an American based Audrey Irmas Foundation for Social Justice through the assistance of a nature conservation non-profit organization, Africa Foundation which is working closely with Phinda Private Game Reserve & Beyond.

The excitement of the community and staff members was overwhelming as the new building was handed over. The clinic committee played a vital role in securing the donation for the extension of the clinic.

The health department applauded the community initiative as it is also enforcing its care for women & children, this is proven by the fact that each hospital in UMkhanyakude has an obstetric ambulance which is only for women and children.

Furthermore, Phila Mntwana Centers have been rolled out to the community for achieving maximum care for the children.

In terms of infrastructural development, Mseleni Hospital will be having the newly built Hluhluwe Clinic which is expected to be completed in March 2014.

The UMkhanyakude District is also expected to have its first Community Health Centre (CHC) which is expected to start operating in 2015 for the community of Jozini.

The department of health is continuing to fight diseases, fighting poverty, and giving hope.



New building



Mduku Community



Left: X.A. Nqandeka (Primary Health Care Coordinator) and Sister P.M. (Mduku Clinic Operational Manager)

Donor: Rob Irmas and Africa Foundation C.E.O. David Millard

What does providing health care mean to us?



We believe that Health Care is a basic human right. It must be available, coordinated and provided in a comprehensive way, combined with other human services when appropriate. Primary Health Care is an important part of the continuous health care system and it will be provided in the most cost-effective way possible.



Food for thought for nurses in practice

Use the best available evidence

- You must deliver care based on the best available evidence or best practice.
- You must ensure any advice you give is evidence based if you are suggesting healthcare products or services.
- You must ensure that the use of complementary or alternative therapies is safe and in the best interests of those in your care.

Keep your skills and knowledge up to date

- You must have the knowledge and skills for safe and effective practice when working without direct supervision
- You must recognise and work within the limits of your competence
- You must keep your knowledge and skills up to date throughout your working life
- You must take part in appropriate learning and practice activities that maintain and develop your competence and performance

Keep clear and accurate records

- You must keep clear and accurate records of the discussions you have, the assessments you make, the treatment and medicines you give and how effective these have been
- You must complete records as soon as possible after an event has occurred
- You must not tamper with original records in any way
- You must ensure any entries you make in someone's paper records are clearly and legibly signed, dated and timed
- You must ensure any entries you make in someone's electronic records are clearly attributable to you
- You must ensure all records are kept securely

Mseleni extends its mobile services

On the 1st of March 2014 Mseleni Hospital added one more Mobile Point rotation (MOBILE D) that is expected to cover places under BIG 5 False Municipality and Umhlabuyalingana Municipality. Among their new points are: KLEIN, KAAS, AUSTEN HUISEN, MAYOR, Bes Boks, MABACKUM, COASTAL CASHEWS, PINNARY, MDUDLA situated at Mduku area, Mahongoza, and Nibela under BIG 5. Qongwane, Khiphimbazo, Buyani, Mahlakwe, Mboma, under Mhlabuyalingana.

The PHC Coordinator Ms. N.J Kunene stated that due to the high number of people affected by different diseases; others are already ill but they do not have time to go and visit health centers because they are too far from clinics and due to a high defaulter rate, Mseleni Hospital decided to place the Mobile Point in the middle and to cover all places they were not able to reach but as from now they would be able to.

She continued and stated that they are positive that the service they offer will have a good impact. "I promise that by end of April we will see the difference after collection of Statistics. I am very grateful about having another Mobile because it will also reduce defaulters because we will be visiting them twice a month especially those having a high population" said by The PHC Coordinator Ms. N.J Kunene.

Meanwhile, the Community Services department had a great day with Mntanenkosi community next to the place called Manzibomvu, the community was very excited to hear that the Mobile clinic would be available as soon as possible. The chairperson of this meeting was Induna (Mthembu) he addressed the community of uMntanenkosi about the center where the Mobile clinic would be situated and everybody were happy about that. The community thanked the Hospital about their support and their contribution to offering the primary health care to the community.



Induna J. Mthembu and Mntanenkosi Mobile Clinic Committee



Mobile Clinic Team



Engaging the community

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.

Resuscitation Training awards went out to Peadriatic and Male wards

Congratulations to Sister Qwabe from Male Ward (Right) and Sister Mntambo (Far Right) as Dr. Kgabo handed them certificates of active performance during Resuscitation Workshop held for wards in February 2014.

Rewards for excellence!



Systems Management team– supporting healthcare initiatives



Back Row : S.C. Zulu (Registry Services) , S.T. Mavundla (Systems Manager), B. M. Mdletshe (Transport), J.A. Mnguni (Patient Administration), G.V. Mthethwa (Laundry Services) and Mr. S. Mbonambi (Senior Systems Management Officer).
Middle Row: N.T. Mahlobo (Maintenance) , B.R. Dlamini (Systems Management Officer), Mr Nxumalo (Mortuary services) , N.P. Myeni (Switchboard), PP Nyawo (Security Services) G. Mtolo (Cleaning Services).
Front Row: S. Zulu (Food Services) and V.M. Mngomezulu (Grounds).

Provision of health care to the patients certainly does not revolve around clinical side only; it also seeks intervention of other various support services. Moreover, National Core Standards for Health touches on the likes of: facilities infrastructure and patient safety, and success on those elements are achieved in cooperation with services from Systems Management team that comprises of services from: Laundry, Cleaning Services, Maintenance, Food Services, Security Services, Transport, Mortuary, Grounds, Switchboard, Registry and Patient Administration. Joined participation of clinicians with this team is highly valued at Mseleni Hospital in pursuit of achieving the promised healthcare standards to the patients.

Training of Security Guards on how to handle Mental Health Care users

1 Determine why the psychiatric patient is upset or needs calming by attempting to talk with him, or with family members. Depending on her diagnosis, she may be upset over something that may not seem like a big deal to you, but is a major issue for her.

2 Talk to the psychiatric patient. Sometimes all it takes to calm him down is a calm conversation, mostly focused on you listening to his concerns. Use active listening, by rephrasing what he tells you; such as, "I understand what you are saying is..."



3 Determine if the psychiatric patient has been taking his medication and/or attending counseling sessions regularly. Ask the patient directly, if you trust his response, or ask family members. The patient may have special medication to take in situations where he loses control. Call the counselor familiar with the patient's situation, as she may have ways of calming down the patient.

4 Do not touch the psychiatric patient unless you are very familiar with her. Touching a psychiatric patient can set off a violent episode, or lead you into physical displays of affection you may not be comfortable with (such as hugging or cuddling).

5 Don't tell a psychiatric patient to "get a hold of yourself" or "stop crying." Psychiatric patients cannot control their brain chemistry or emotions; that's why they have sought help.

Workshop of mental healthcare users

Mental Health Care team had a workshop with people living with mental disability about their freedom and they were encouraged about the importance of taking treatment properly that was the main purpose of this workshop.

Thandazile Buthelezi living with Mental disturbance testified that one can be productive regardless of their mental condition; she told other mental health care users that she has long time living with disability but no one recognizes that even in the community because she making sure that she takes her treatment accurately, she also emphasize others to keep themselves busy with things to be productive as well.



What you should know

How wide-spread are mental illnesses?

The World Health Organisation estimates that about one in four people will experience mental health problems during their lifetime.

Who is at risk of getting a mental illness?

Mental illness can affect people of all ages, races, religions, countries.

Intokozo, injabulo nenhloko kwakugcwele isibhedlela sonke

Abaphathi besibhedlela bajabulela impumelelo yendebe ka Batho Pele namalungu omphakathi kanye nabasebenzi.



Anti-Cancer Superfruits

- | | | | |
|---|---|---|---|
| 
Blueberries | 
Goji Berries | 
Grapes | 
Mangosteen |
| 
Dragon Fruit | 
Avocado | 
Noni | 
Apple |
| 
Acai Berries | 
Soursop | 
Kiwi | |
| 
Citrus | 
Strawberries | | |
| 
Pomegranate | | | |

Don't skip breakfast!



Studies show that eating a proper breakfast is one of the most positive things you can do if you are trying to lose weight.

Breakfast skippers tend to gain weight. A balanced breakfast includes fresh fruit or fruit juice, a high-fibre breakfast cereal, low-fat milk or yoghurt, wholewheat toast, and a boiled egg.

uMnyango weZempilo esibhedlela saseMseleni ugqugquzela bonke abesifazane ukuba babambe iqhaza ekuphuculeni impilo yomama nezingane esifundazweni.

LOKHU KUNGENZIWA NGO:

- Kuya ngokushesha emtholampilo uma sewazi ukuthi ukhulelwe.
- Kudla ngendlela efanele kanye nokuzivocavoca.
- Ingane yakho ithole yonke imigomo edingekayo.
- Kuhlanguka nokuphumela obala ngokuhlukunyezwa.
- Kwenqaba ukwenza ucansi olungaphephile.

Okumele ukubheke ngesikhathi uncelisa ibele

Izingono ezibuhlungu neziklayekile

Uma uzwa ubuhlungu ngesikhathi uncelisa, lokho kusho ukuthi ingane ayilutholi ubisi olwanele. Uma ingane idonsa izingono ziyoba buhlungu noma ziklayeke okungaholela ezifweni.

Ukukuvimba kanye nokukwelapha

Bamba ingane ngendlela yokuthi iwufake wonke umlomo engonweni. Ungawadonsi amabele uma uwakhipha emlonyeni wengane. Ayincele ngokuthanda kwayo. Uma ufuna ukuyiyekisa ingakaqedi ukuncela, yikhiphe kahle. Yelapha izingono ezibuhlungu ngokuzigcoba ngobisi lwebele uma uqeda ukuncelisa. Ungasebenzisi insipho noma ukhilimu – umzimba ukhiqiza amafutha emvelo agcina izingono zihlanzekile. Gwema izimpahla ezikubambayo. Ukuze izingono zingabi buhlungu, zishayisengomoya kanye nelanga uma kungenzeka. Ncelisa ngawo omabili amabele. Uma zibuhlungu kakhulu, ncelisa ingane ubisi lwebele ulukhamele esipunwini ngesandla zize zibe ngcono izingono – izingono ziba ngcono emva kwezinsuku ezimbili (Buza umsebenzi wezempilo ukuthi ulukhama kanjani ubisi ebeleni).

Ubuhlungu nokuvuvukala Kwamabele

Amabele ayavuvukala aqine uma kusaphuma ubisi okokuqala. Uma uncelisa kancane nobisi luyehla ngakho-ke kubalulekile ukuncelisa ingane uma ifuna ukuncela. Ukukuvimba kanye nokukwelapha. Qala ukuncelisa ngehora lokuqala ingane izelwe. Qiniseka ukuthi ingane uyibambe ngendlela efanele. Ncelisa



ingane kuwo womabili amabele ngokuwashintshanisa. Emva kokuncelisa, beka izindwangu ezipholile futhi ezimanzi ukukusiza ekuvuvukaleni okuyophela emva kwezinsuku.



Imithambo evalekile

Uma ibele linesigaxa esibuhlungu uma uncelisa lokho kusho ukuthi umthambo uvalwe ubisi. Kubalulekile ukuba uqhubeke uncelise ukuze ibele lingabi nobuthi. Kusuke kusaphephile ukuncela kwengane. Ukwelapha umthambo ovalekile. Beka izimpahla ezimanzi ebeleni elibuhlungu ngaphambi kokuba uncelise. Qhubeka nokuncelisa ingane kulo lelo bele elibuhlungu uqinisekise ukuthi ingane idonsa ngendlela efanele. Hlikihla ngobunono

isigaxa ngesikhathi ingane incela, lokhu kuzosiza ukuvula umthambo ovalekile. Ncelisa ngezindlela ezahlukene ukuze ubisi luphume ndawo zonke. Uma ungeke uncelise, khama ubisi ngesandla ukuze kuvuleke umthambo ovalekile. Gqoka izimpahla ezikukhululayo bese uphumula ngokwanele. Imithambo eminingi evalekile ivuleka emahoreni angama-24. Uma unemfiva kuze kuphele izinsuku ezimbili, udinga ukwelashelwa ibele ngakho udinga ukuxhumana nomsebenzi wezempilo okunguyena oyokusiza kulokhu.

Khumbula ukuthi ukuncelisa ibele kuyisiqalo esifanele enganeni yakho. Kumahhala kanti kunazo zonke izinto ezivikela ingane, ngakho yenza okufanele enganeni kanye nakuwe!

Drinking water at a at the correct time maximizes it's Effectiveness on the body.

- 2 glasses after waking up – helps activate internal organs.
- 1 glass 30 minutes before a meal – helps Digestion.
- 1 glass before taking a bath – helps lower Blood Pressure.
- 1 glass before going to bed – avoids Stroke or Heart attack.

So, since the recommended daily intake of water is at least twelve (12) glasses of water a day, the remaining seven (7) glasses could be taken in between these suggested time.

NSL Note: 8 glasses of water is not enough to rehydrate this summer or if you are living in tropical countries, or if you have an active lifestyle, etc.

Source: Adopted from "Correct Time to Drink Water" by Abdul Matin Sattar Khan



A warm welcome to new staff at Mseleni Hospital

The beginning of the new year (2014) has seen arrival of new staff of wide range of expertise at Mseleni Hospital; the management welcomes them warmly in the train of providing the best healthcare service to the patients in the community.

Vision

To Provide Holistic and Affordable District Health Care Service which is integrated to the District Health System.

Mission

We are committed to deliver Holistic, High quality comprehensive Health Care to our Community through preventive, promotive, curative and Rehabilitative level of Primary Health Care-promoting Personal Development and Health of both Workers and Community members.



M. Linda, ASO

OD Tembe
Speech
Language
Therapist

T.R. Mabuza
General Orderly

T.L. Manikuza
General
Orderly

N.M. Mabika
General
Orderly

T.I. Mavundla,
General Orderly

NP Lombeni,
General
Orderly



B. Mthembu
General
Orderly

S. Mhlongo,
General
Orderly

D.S Ncube,
General
Orderly

P.J. Myeni,
General
Orderly

L.R. Dlamini,
General
Orderly

N.F. Ndlela,
Enrolled Nurse
Auxilliary



T.A. Aylife, Occupation
 Z.N. Mtshali, PRO intern
 D.N. Prinsloo, Medical Officer
 B.S. Mabika, Electrical Engineer
 N.P. Gama, Pharmacist
 N.N. Sokhela, Finance
 M.L. Ngobane, ASO



N.E. Stannig, Physiotherapist
 S. Gungandeen, Radiographer
 G.N. Mlambo (CNP)
 C.F. Willows, Occupational Therapist
 F.N. Gumede, Sewing Orderly
 S.S. Manyoni, Optometrist



N. Nene, Professional
 B. Tshezi, Audiologist
 P.N. Mbuyazi, Professional Nurse
 N.N. Jwara, Enrolled Nurse Auxilliary
 C.B. Mdluli, Lay Counselor
 S.S. Ntuli, Lay Counselor
 N.T. Gumede, Lay Counselor



S.D. Zikhali, Lay Counselor
 Z.N. Nsele, Lay Counselor
 N.D. Zulu, Lay Counselor
 S.N. Gumede, Lay Counselor
 A.N.W. Ngubane, Lay Counselor
 L.F. Mlambo, Lay Counselor
 P.G. Ntuli, Lay Counselor



S.J. Bailey, Physiotherapist
 S. Mthembu, Professional Nurse
 K.A. Martin, Dietician
 J. Forrester, Medical Officer
 M. Jele, Enrolled Nurse
 N.M. Mkhwanazi, Social Worker
 B. M. Ngwenya, Professional Nurse

Mseleni Hospital Transportation Team



It is true that adequate provision of and access to health care services that are necessary to meet the Millennium Development Goals (MDGs) for Health by 2015 depend on complex inter-sectoral linkages to which transport makes essential contributions. The transport sector affects the availability of both preventive and emergency care, potentially affecting service delivery rates. Transport is essential for the distribution of drugs, blood and other supplies to health facilities. It enables the timely transfer of patients between health facilities and to the different levels of care of health referral systems.

Mseleni Hospital acknowledges its transport section for tireless role in provision of health services especially in Primary Health Care.

Left: S. Mthethwa, (Transport Officer), **Right:** B.M. Mdletshe (Transport Management Office)



Jorge Valera Naturista

How to Whiten Your Teeth with Banana peel



Take a piece of the inside of the banana peel and gently rub around on your teeth for about 2 minutes. The amazing minerals in the peel like potassium, magnesium and manganese absorb into your teeth and whiten them.



health

Department: Health
PROVINCE OF KWAZULU-NATAL



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