

**Speech by KZN Health MEC, Neliswa Nkonyeni on the occasion of the Diabetes Day at St Chads in Ladysmith.**

22 November 2007

Programme Director

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Hospitals CEO's

Members of Hospital Boards and Clinic Committees

Malunga omphakathi ahloniphekile

All protocol observed

**Diabetes**

Isifo Sikashukela

Namhlanje sithe asizohlanganyela nomphakathi wase Thukela sizobonisana ngesifo se Diabetes osekubonakele ukuthi baningi abahlali balelizwe abanaso kodwa bengazi.

Ukugubha usuku lwe Diabetes kwenziwa umhlaba wonkana ngo November 14, kanti ke kwenzelwa ukuqwashisa umphakathi ngobungozi balesisifo kanye nokuchaza ngosizo olukhona kulaba asebaphathekile.

Okugqamile manje ukuthi iningi labantu licabanga ukuthi lesi isifo esikhatha abantu abadala kuphela kanti ke cha nabantwana bayahlaselwa ilesisifo.

Umkhankaso wethu wanonyaka ubheke kakhulu kubantwana, yingakho nje ingqikithi, theme, esisebenzela phezu kwayo ithi:

*“Diabetes in children and adolescents”.*

The key message is that every child has a right to a long and healthy life.

Ngaphezu kwaloko, singuMnyango, sithi:

## **NO CHILD SHOULD DIE OF DIABETES!**

Okubalulekile okufanele sikwazi ukuthi i Diabetes ingesinye sezifo eziwayelekile ezihlasela abantwana.

Lesifo, singena ebantwaneni kumazinga ahlukene kubalwa nalabo abase pre-school. Inkinga ekhona ukuthi lesisifo kubantwana sixilongwa sekukade sibangenile, okuyinto eyingozi ngoba lapho sisuke sesingababulala.

### **What is Diabetes, iyini vele le Diabetes?**

Lesi isifo isihlasela umzimba esenzeka uma ushukela ungakwazi ukunikeza umzimba umdlandla kanye namandla okuthi ukhule.

Ngokokuxilongwa, i Diabetes iqalisa uma umzimba ungakwazi ukukhiqiza i **insulin** ngokwanele. I insulin iyona enikeza umzimba edonsa amandla ekudleni umuntu asuke ekuthathile.

Masazi namhlanje ukuthi zimbili izinhlobo ze Diabetes, nezaziwa ngele:

- **Type I**, lena iyona ehlasela kakhulu abantwana. Loluhlobo ludaleka uma amasosha omzimba, immune system, ingakwazi ukukhiqiza i insulin esebenza ukukala ushukela emzimbeni.
- **Type II**, lolu uhlobo lwe diabetes oluxilongwa kubantu abadala. Lapha i insulin isuke isakhiqizeka emzimbeni kodwa ingasebenziseki ngendlela.

## **Umuntu wazi kanjani ukuthi une Diabetes? Iziphi izinkomba zayo?**

Masazi ukuthi azikho izinkomba ezibonakalayo uma umuntu ene Diabetes kodwa kufanele uqaphele lezimpawu:

- Uma uhlale womile, *Always thirsty*
- Uma uhlale ukhathele, *Always tired*
- Uma kuthi chama njalo, *Frequent urination*
- Ukwehla emzimbeni ngaphandle kwesizathu, *Unexplained weightloss*
- Uma uhlale ulunywa, *Itching*
- Ukungaboni kahle emehlweni, *Changes of vision (blurry)*
- Ukuphola kancane kwezilonda, *Slow healing cuts and bruises*
- Ukulahleklwa imizwa ezandleni nasezinyaweni, *Numbness in hands and feet*

Konke loku kukhomba ukuhluleka komzimba ekuguquleni amandla kashukela ukuthi usebenzele zonke izicubu.

## **Obani abasengcupheni? Who is at risk?**

- Wonke umuntu usengcupheni. *Anyone, anywhere, at any age can get diabetes.*
- Uma udedela umzimba ukuthi ukhuluphale, *Being overweight, and*
- Uma kukhona oke wahlaselwa ilesifo emndenini, *Having a family history of diabetes increase the risk.*

**How is diabetes treated?** Make sibheke ukuthi ilashwa kanjani i Diabetes:

Lapha kuya ngokuthi isihlasele kangakanani kodwa imvamisa kuba:

- Ukudla kanye nokuzivocavoca, *Diet plus exercise*, Noma kuhlanganise
- Ukudla, ukuzivocavoca kanye nokuthatha imithi, *Diet, exercise and medication*.
- Imithi esetshenziswayo imvamisa kuba umjovo noma amaphilisi, kwesinye isikhathi kusetshenziswe kokubili, *Medication may be insulin or tablets, or both*.

Make sibheke nje ukuthi abantu esibabonile kuleminyaka emithathu ngendaba ye Diabetes mangakanani. Lapha sikhuluma ngabantu nyanga zonke abathola imithi mayelana nokunqandwa kwayo i Diabetes

	<b>2005</b>	<b>2006</b>	<b>2007</b>
Emnambithi Local municipality	6 090	11 342	10 991
Imbabazane Local Municipality	4 007	5 879	5 555
Indaka Local Municipality	2 682	4 340	4 823
Okhalamba Local Municipality	2 192	4 770	5 064
Umtshezi Local Municipality	4 867	6 951	6 278
<b>District Total</b>	<b>19 838</b>	<b>33 282</b>	<b>32 711</b>

Kubalulekile ke ukuthi sazi ukuthi ukuba ne Diabetes akusho ukuthi impilo yakho isiphelile. Okusemqoka lapha ukuthi wazi ukuthi uzophila kanjani nayo, uhlela kabusha indlela ophila ngayo, ubheka nokudla ozipha kona.

Okubi ukuthi uma ungayinakile i Diabetes usengcupheni yokuhlaselwa ilezifo ezilandelayo:

- Isifo senhliziyo, *heart disease*
- Ukungasebenzi kwezinso, *kidney disease*,
- Ukungaboni emehlweni, *blindness* and
- Nokunqunywa izitho ezithile, *amputation*

**Masibonisane ngelokuthi ikuphi ongazenzela kona ukuvimbela ukungenwa i Diabetes:**

- Yidla ukudla kwasekuseni, emini kanye nokwasebusuku, uzame okunhlobonhlobo.
- Yehlisa ekudleni okunamafutha.
- Zijwayeze ama vegetables kanye nezithelo.
- Nciphisa kusawoti nasekudleni okunosawoti omningi.
- Qinisa emanzini aphuzwayo (6-8 glasses).
- Uma uphuza utshwala, musa ukubuxhaphaza and **never drink on an empty stomach**
- Zivocavoce unakekele isisindo somzimba wakho, nawa ama tips:
  - Hamba ngezidebhisi, uyeke i lift.
  - Hamba ngezinyawo ukuya ezitolo, ushiye imoto
  - Shaya i skipping rope uzame ukudlula ku 50 ngosuku.

Leziluleko uma sonke singazilandela zingasiza kakhulu ukuvimbela nezinye izifo ezenza abantu bagcine bephelele ezibhedlela isidingo singekho.

Khumbula uMnyango wezeMpilo ulwisana neZifo, ulwisana noBubha, unikeza neThemba.

I thank you.