



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# Amajuba Health District

## Siyakhuluma

## NEWS

STAY INFORMED

Oct – Dec 2017

### COMMEMORATION OF WORLD AIDS DAY



Dr SM Dhlomo is flanked from left by Amajuba District Municipality Mayor Cllr Dr M.G. Ngubane who is lighting a HIV / AIDS candle and Emadlangeni District Mayor Cllr Pastor Ndlovu, holding the candle is local Amajuba District Municipality Whip Cllr V.P Mzima, Cllr S.A. Yende member of the Finance Portfolio Committee Newcastle Local Municipality,

The Durnacol Sports Complex was full to its capacity by the community gathered to attend the commemoration of World AIDS Day which is held worldwide annually to create awareness and to bring about hope and support to the people who are affected and infected with HIV / AIDS. The event started with a 2 kilometer walk ( Phila Walk ) followed by aerobics exercise which was led by Dr Honourable KZN MEC for Health, Dr. SM Dhlomo. "South Africa has the highest numbers of peo-

ple who are on Antiretroviral drugs. Dhlomo urged men and women to know their status so that they can be initiated on antiretroviral drugs therapy since persons whose HIV status is positive, do not have to wait. Medical Male Circumcision (MMC) decreases the risks of infection by 60%.

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

# Defeating diabetes



First Lady Bongki Ngema - Zuma urged people to adhere to their treatment. Mrs. Africa finalist, Mrs. Zwane and Dr A.M.E.T. Tshabalala are seated on her far right.

The community braved the scorching sun to attend World Diabetes Day which was held at Sithobelumthetho Primary School sports grounds at Madadeni. The day started with aerobics followed by two kilometers walk to create an awareness about diabetes. KwaZulu-Natal Honorable MEC for Health, Dr S.M. Dhlomo and the First Lady Bongki Ngema - Zuma and her Foundation, which is creating awareness about diabetes led both activities.

During the month of November the global spotlight falls on diabetes, to create awareness about prevention and manage-

ment of a lifestyle disease or silence disease. Diabetes can be prevented by engaging on healthy lifestyle activities. It affects millions of adults and children globally. Diabetes is sometimes called the “silent killer” because the signs of the disease are not noticeable or dramatic. Blurry visions, slow healing sores, frequent urination, weight loss are some of the most common symptoms.

Dr S.M. Dhlomo said that a number of people who had been diagnosed with diabetes is shocking. He also added that people used to walk long distances and drink water which was healthy for their lives but

now their lifestyle has suddenly changed. Dr S.M. Dhlomo said that smoking kills the brain, kidneys, lungs and the heart without one noticing, which destroys internal organs and spread throughout the body.

The First Lady Bongki Ngema - Zuma reminded the people that diabetes is not a death sentence. She also encouraged people to adhere to their medication and to grow their own vegetable gardens using small spaces they have. Ngema - Zuma shared her personal story about coming from a diabetic family and that her mother died of diabetes.

World Diabetes Day 2017 theme announced: Woman & Diabetes



**IXOXWA NGEZITHOMBE**



**Dr. A.M.E.T. Tshabalala**



**Community engagement at Osizweni Art centre**



**Acting Head :Dr. M. Gumede**



**Chaplain S. Shangase**



**Religious Leaders who received access cards**



**Durnacol health walk**



**Be physical active**



**MEC for Health, Dr S.M. Dhlomo, District Mayor, Cllr Dr M Ngubane and District Health Director A.M.E.T. Tshabalala**



**Officially appointed Mndoza Clinic Committee members**



## THE LAUNCH OF RELIGIOUS PROGRAMME TO OPTIMISE ACCESS



**Religious leaders from Amajuba , Uthukela and Umzinyathi District receiving**

Religious fraternity representatives packed the hall to receive access cards and recognition from the KwaZulu-Natal MEC for Health, Dr S.M. Dhlomo. The event was graced by the attendance of the Acting Head : Health, Dr Musa Gumede and Provincial Chaplain Pastor Sgungu Shangase. Access to the health institutions is going to be seamless when men and women who are ordained for religious duties visit patients to conduct special requests such as prayers or talks. An access card launch marked an end to delays that were experienced by men and women of the who previously had to wait for visiting hours to enter hospital premises. This gesture will strengthen an existing good relations between the department and civil society groups and encourage active public participation.

# ACKNOWLEDGEMENTS

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