

melomag

Summer 2024 | Issue 51



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LAUGHTER: THE
BEST MEDICINE
04

LOOK BEFORE
YOU LOCK
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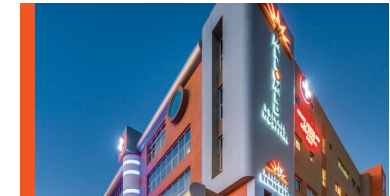
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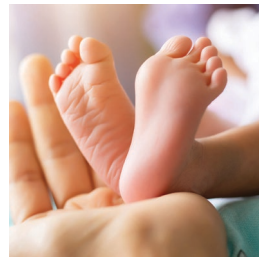
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Book your hospital tour today.

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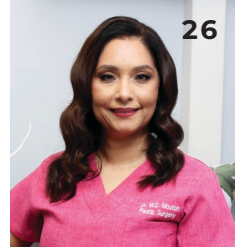
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MELO **babes** is on 

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7 GREAT REASONS TO TAKE A STAYCATION

Don't have the money or the energy to travel? You can still benefit from disconnecting from work with a staycation. **Here's how:**



You can catch up on all the TV shows and movies you haven't had time to watch.



You'll finally have time for that special project you've been pushing from weekend to weekend.



You can be a tourist in your own city, taking in all the attractions you've never tried – or revisiting favourites.



You'll have time to rest and relax (naps and staycations go hand in hand)!



You can meet up with friends for lunch or dinner without being a slave to a schedule.



You can splurge on your city's best restaurants since you won't be spending on airfare or lodging.



You can recharge by doing the things you love most, whether its gardening, golf or scrapbooking. ■





LAUGHTER: THE BEST MEDICINE



Brain releases feel-good endorphins



Reduces depression and anxiety



Boosts creativity and problem-solving



Improves memory



Makes relationships stronger



Attracts us to others



Soothes tension in your body and relaxes muscles



Anti-aging



Boosts immune system

TIPS FOR A STRESS-FREE HOLIDAY



Rest well-take naps or sleep in



Take a break from technology



Keep your possessions and family safe



What is the best way to relax this holiday? Good belly laughs! Humour beats stress and boosts happiness. A little giggle has health benefits for your whole body:



**Stimulates circulation
in heart, lungs
and muscles**



Improves your mood



Boosts your energy



Cools stress hormones



Improves sleep quality



Protects your heart



Increases blood flow



Reduces food cravings



Burns calories



**Protect your skin
with sunblock**



**stay active and keep
well hydrated**



**Don't overeat: Eat
healthy, light and fresh** ■



7 TO DO'S FOR OPTIMAL KIDS' HEALTH

We live longer than at any other time in history. Children born today have every hope of living to their 80s, 90s and even beyond. So our children (and we parents) should be in the greatest physical shape ever, but are we?



BREASTFEEDING IS BEST

Breastfed babies and their mothers experience many health benefits while they are a nursing duo. These benefits often continue far into the future. Breastfed children are smarter and keep their IQ advantage into adulthood. For the infant, long-term effects of breast-feeding include reduced risk of coeliac disease, diabetes, obesity, some childhood cancers, Crohn's disease, urinary tract infections, atopic disease, and in female infants reduced endometriosis later in life. For the breastfeeding mother, there is reduced risk of breast cancer, ovarian cancer and osteoporosis.



SLEEP

Or lack of it – is probably the most-discussed aspect of child care. Still, sleep is very important to an adult and a child’s well-being. When kids are tired, they can become hyperactive, disagreeable and display extreme behaviours. Here are some approximate numbers based on age.

Newborns: Sleep pattern irregular because their internal clocks aren’t fully developed yet. Sleep or drowse for 14- 17 hours a day, divided about equally between night and day.

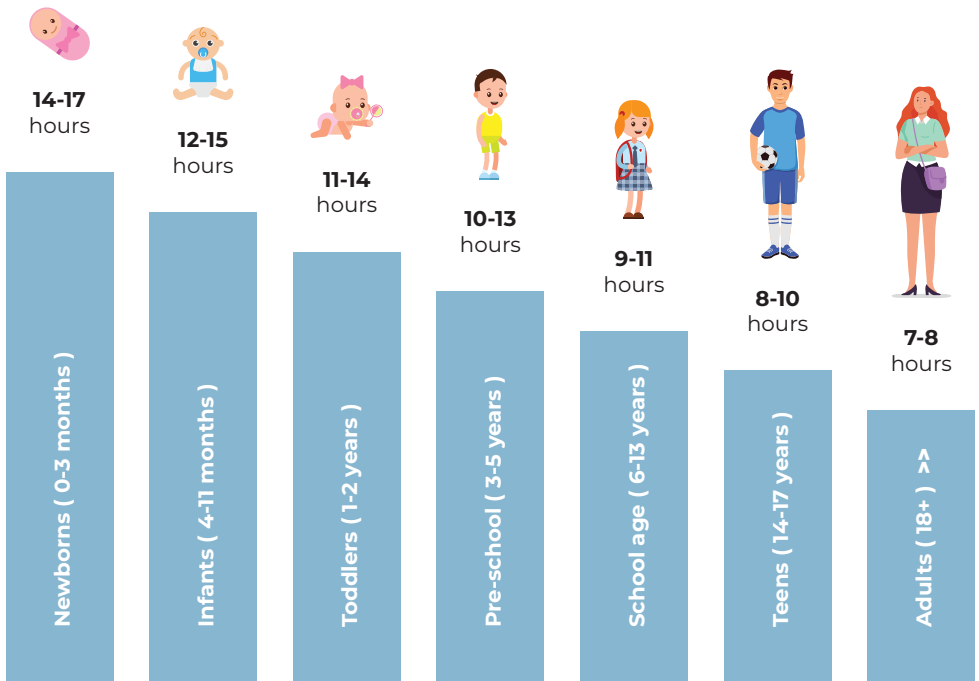
Infants 4 – 11 months: Sleep about 3 hours during the day and 11 hours at night.

Toddlers 1 – 2 years: Most toddlers sleep about 10 – 14 hours at night. Don’t force your child to nap during the day unless he/she gets cranky, because kids can have a harder time sleeping if they’re overtired.

Ages 3 – 5: Preschoolers should sleep about 10 – 13 hours per night. A 5-year-old who gets adequate rest at night no longer needs a day-time nap. Instead, a quiet time may be substituted.

Ages 6 – 9: Kids of this age need about 10 hours of sleep a night.

Teens, aged 14 – 17 years: These children need a little over 9 hours of sleep a night. However, it’s up to parents to judge the exact amount of rest their children need and to see that they’re in bed in time for sufficient sleep.





LIVE HEALTHY

In South Africa, one out of four children struggles with weight. Your role as parent is very clear: eat healthy foods and stay active to be a good role model for children in your care. Change the way your family operates – it's a lifelong gift to your children. Choose a variety from the main food groups every day. Provide small meals and snacks that are nutritious and low in salt and sugar.



THE DRINK OF CHAMPIONS

Children should be limited to having regular soft drinks, energy drinks, sports drinks and fruit drinks once a week only. All of these can lead to obesity and tooth decay. If you choose flavoured water, flavoured milk, 100% fruit juice or diet drinks, limit intake to 250ml in total per day. Plain water and reduced-fat milk are the best drinks for children. Avoid drinks high in caffeine, which is a diuretic.



FISH IS BRAIN FOOD

Fish is a good source of omega-3 fatty acids – very important for brain function. Eat oily fish two to three times a week. Eat seeds (especially flax and pumpkin seeds) daily. Also include three to six eggs (especially omega-3-rich) a week, as well as a supplement rich in EPA, DHA and GLA daily.



WASHING HANDS

Good hand washing is your first line of defence against the spread of many illnesses. Wash hands regularly in warm water using soap (it doesn't need to be antibacterial), especially before handling food, after using the toilet and after touching animals.



BRUSH AWAY

Proper dental care begins even before a baby's first tooth appears. At birth your baby has 20 primary teeth, some of which are fully developed in the jaw.

- Run a damp washcloth over your baby's gums following feedings to prevent buildup of damaging bacteria.
- Never put your baby to sleep with a bottle as this can harm the teeth.
- Brush first teeth with a child's soft toothbrush or rub them with gauze at the end of the day.
- Start flossing as soon as your baby has two teeth that touch.
- Your child's first visit to the dentist should take place by the first birthday.
- Check with your dentist whether you should give your child fluoride supplements once all primary teeth have come in, as it helps to prevent decay.
- The general rule is to brush at least twice a day and to floss regularly.



SUPPLEMENTATION

Children are often picky eaters, so supplementation is a reliable way of ensuring they get all the vitamins and minerals they need. In the early 1980s, a study on the effect of an optimal intake of vitamins and minerals on the intelligence of schoolchildren was done. After eight months, the non-verbal IQs of those taking the supplements had risen by nine points! Since then, 10 out of 13 studies have shown IQ-boosting effects from giving children multivitamins. ■



Sources:

Smart Food for Smart Kids by Patrick Holford & Fiona McDonald Joyce

American Heart Association at www.americanheart.org

www.health-e.org.za

La Leche League

www.kidshealth.org

American Academy of Pediatrics

www.kidshealth.org.nz – The Pediatric Society of New Zealand in conjunction with the Starship Foundation

FitKIDS by DK Publishers

LOOK BEFORE YOU

LOCK

HIGH TEMPERATURES AND HOT CARS

The arrival of summer signals long, hot days outside. But as temperatures and humidity go up, so does the risk of heat-stroke. To help ensure a safe, healthy summer, make sure you know how to prevent, recognize and treat heat-related illness.

The majority of parents and caregivers are misinformed and would like to believe that a hot car tragedy will never happen to them. In over half of hot car deaths, the person responsible for the child unknowingly left them in the vehicle. In most situations, this happens to loving, caring, and protective parents. It has happened to a teacher, dentist, social worker, police officer, nurse, and even a rocket scientist. It can happen to anyone... Unfortunately, heatstroke is one of the leading causes of death among children. >>



DID YOU KNOW?



Child heatstroke in cars can lead to:



Severe injury or death



Being arrested and jailed



A lifetime of regret

A child's body overheats up to five times faster than an adult body.



In 10 minutes, a car's temperature can rise over 10°C.



Even at an outside temperature of 15°C, your car's inside temperature can reach 40°C degrees.



A child dies when their body temperature reaches 42°C

A change in daily routine, lack of sleep, stress, fatigue, and distractions are things ALL new parents experience and are just some of the reasons children have been unknowingly left alone in vehicles. Be especially careful during busy times, and periods of crisis or holidays. This is when many tragedies occur.

Rear-facing car seats look the same to the driver whether there is a baby in it or not.

Children, especially babies, often fall asleep in their rear-facing child safety seats; becoming quiet, little passengers.

Be sure to follow these three important rules to prevent child heatstroke in your car:



1 NEVER LEAVE A CHILD ALONE IN A CAR

- It's never OK to leave a child alone in a car, not even for a minute.
- Opening windows will not prevent heatstroke.
- Heatstroke happens even on cloudy days and in outside temperatures below 21°C.
- Don't let kids play in an unattended vehicle.





2 LOOK BEFORE YOU LOCK

- Always check the back seats of your vehicle before you lock it and walk away.
- Make it a habit of opening the back door every time you park to ensure no one is left behind. To enforce this habit, place an item that you can't start your day without in the back seat (employee badge, laptop, phone, handbag, etc.)
- Keep a stuffed animal or other memento in your child's car seat when it's empty, and move it to the front seat as a visual reminder when your child is in the back seat. Or, place the child's nappy bag or item in the front passenger seat as a visual cue that the child is with you.
- Ask your childcare provider to call you right away if your child hasn't arrived as scheduled.
- If someone else is driving your child, or your daily routine has been altered,

3 TAKE ACTION IF YOU SEE A CHILD ALONE IN A CAR

- Don't wait more than a few minutes for the driver to return.
- Don't worry about getting involved in someone else's business – protecting children is everyone's business.
- If the child is not responsive or is in distress, immediately:
 - Call an ambulance.
 - Get the child out of the car.
 - Spray the child with cool water (not in an ice bath).
- If the child is responsive:
 - Stay with the child until help arrives.
 - Have someone else search for the driver or ask the shop or mall to make an announcement.

Sources: www.kidsandcars.org/heatstroke.html
www.safercar.gov/heatstroke | Safe Kids - www.safekids.org | www.abcnews.go.com

REMEMBER

Kids in hot cars are a deadly combination. Don't take the chance. Look before you lock. ▀



PREGNANCY AND HIGH BLOOD PRESSURE: WHAT EVERY MOM-TO-BE MUST KNOW

By Dr Jayeshnee Moodley

Pregnancy is a wonderful journey in a woman's life. Most women have uncomplicated pregnancies and deliveries, however there are a subset of women who are at risk for medical disorders during the antenatal and postnatal period. High blood pressure and pregnancy isn't necessarily a dangerous combination.

WHAT ARE THE TYPES OF HIGH BLOOD PRESSURE DURING PREGNANCY?

Gestational hypertension. Women with gestational hypertension have high blood pressure that develops after 5 months of pregnancy. There are no signs of kidney or organ damage. Some women with gestational hypertension eventually develop preeclampsia.

Chronic hypertension is high blood pressure that was present before pregnancy or that occurs before 5 months of pregnancy.

Preeclampsia occurs when hypertension develops after 5 months of pregnancy and is associated with signs of damage to other organ systems, including the kidneys, liver, blood or brain. Untreated preeclampsia can lead to serious fatal complications for mother and baby.



WHAT IS PREECLAMPSIA?

Preeclampsia is a serious health concern that can happen during pregnancy. Out of every 100 pregnancies, between 2 to 8 percent may develop this condition. Doctors aren't sure exactly why some women get pre-eclampsia, but they do know what happens in the body:



The blood vessels to the placenta (which feeds your baby) become too narrow



This means less blood can reach your baby



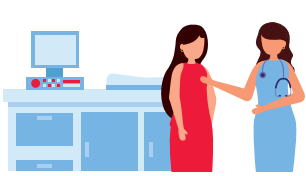
This problem might run in families (genetic link)

Besides high blood pressure, other signs and symptoms of preeclampsia include severe headaches, blurred vision, upper abdominal pain, nausea or vomiting, shortness of breath, sudden rapid weight gain and swelling (particularly your face and hands). Your doctor will check for signs of preeclampsia because it can develop quickly. Your weight and blood pressure will be checked at every visit, and you might need frequent blood and urine tests. If your doctor finds signs of hypertension or preeclampsia, they can start treatment right away to keep both you and your baby safe.

The only cure for preeclampsia and eclampsia is to deliver your baby. Your obstetrician will talk with you about when to deliver based on the gestation, the severity of your preeclampsia and the foetus's well-being. The good news is that most women who get preeclampsia have healthy babies. >>

PLANNING FOR PREGNANCY? HERE'S WHAT TO DO

Getting checked before pregnancy gives you and your baby the best start possible. Your doctor is there to help you plan for a healthy pregnancy. If you have high blood pressure and want to have a baby, take these steps:



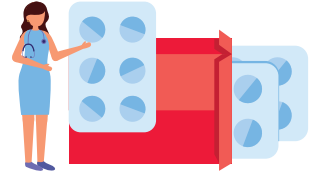
See your doctor first

- Make an appointment before trying to get pregnant
- Your doctor will check if your blood pressure medicine is safe for pregnancy
- They might need to change your medicine to keep you and your future baby safe



Think about your weight

- If you're carrying extra weight, your doctor might suggest healthy ways to lose it
- This can help make your pregnancy safer
- Ask your doctor about what weight is healthy for you



Special care for some women

- Some women need to take a low-dose aspirin
- Your doctor will tell you if you need this
- Never start taking aspirin without talking to your doctor first



TAKING CARE OF YOUR HIGH BLOOD PRESSURE WHEN PREGNANT

Taking good care of yourself is the best way to take care of your baby.



Keep your prenatal appointments. Visit your doctor regularly throughout your pregnancy.



Take your blood pressure medication as prescribed. Your doctor provider will prescribe the safest medication at the most appropriate dose.



Stay active. Follow your health care provider's recommendations for physical activity.



Eat a healthy diet. Ask to speak with a nutritionist if you need additional help.



Know what's off-limits. Avoid smoking, alcohol and illicit drugs. Talk to your obstetrician before taking over-the-counter medications.



Take time to rest. Resting helps bring the blood pressure down, which in turn increases the flow of blood to the placenta, which benefits the baby.



Pregnancy is one of the most satisfying experiences in a woman's life. Preeclampsia can make this journey a bumpy ride! Your obstetrician is there to assist and guide you throughout your pregnancy. A well monitored pregnancy is a healthy pregnancy and will result in a healthy baby. ■

REVIEWED BY



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GET SUN Smart

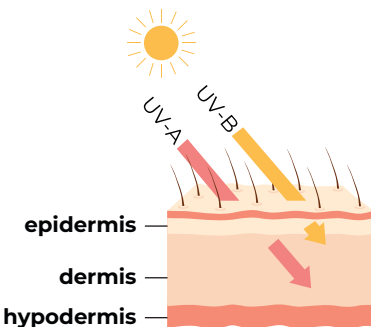
By Dr Sihan Waghid



BRUSH UP ON YOUR SUN SAVVY BEFORE YOU HEAD OUT THIS SUMMER AND REMEMBER TO USE SUNSCREEN...

WHAT ARE UVA AND UVB?

UVA and UVB are radiation from the sun that affects the human skin. UVB radiation is the main cause of sunburn, whereas UVA radiation penetrates deeper into the skin, causing premature aging. Visible light, particularly high-energy blue or violet light, also impacts skin health, contributing to pigmentary disorders, especially in medium to dark skin tones. Tinted sunscreens containing iron oxides are effective against visible light and are recommended for those with hyperpigmentation.



HOW DOES SPF WORK?

A sunscreen or sunblock absorbs or reflects the sun's radiation. Sun Protection Factor (SPF) indicates how long a person can be exposed to sunlight before burning with sunscreen compared to without. You can calculate it: take the time it would usually take you to start burning without sunscreen and multiply it by the SPF. For example, if it takes you 10 minutes to start burning, an SPF 15 sunscreen will protect you for 10×15 minutes = 150 minutes. Other factors that may affect how fast you start burning are:



The amount of sunscreen applied (using the "2-finger method" for each body part ensures effective coverage)



Your skin type



Activities, such as swimming and sports



The frequency of sunscreen reapplication



THE HIGHER THE SPF, THE BETTER?

A higher SPF only provides a small percentage more UVB protection but does enhance UVA protection. Since many people underapply sunscreen, using SPF 50 or higher is often recommended to compensate. However, even with sunscreen, you shouldn't stay in the sun all day.



HOW DO I PROTECT MY KIDS?

Keep children, especially babies under six months, out of direct sunlight, as they are especially vulnerable to UV damage. When exposure is unavoidable, use shade, protective clothing, and hats to protect their delicate skin.



WHAT ABOUT DARK SKIN?

People with darker skin tones should still use sunscreen to prevent photoaging, pigmentation issues, and sunburn. Tinted sunscreens can protect against both UV and visible light, helping prevent hyperpigmentation in medium to dark skin tones.

HOW DO I GET THE MOST OUT OF MY SUNSCREEN?



Use sunscreen with at least SPF 30, but SPF 50+ is ideal for better protection.



Use the 2-finger method for the face and neck, and about two tablespoons (35ml) for the body to ensure adequate coverage.



Consider tinted sunscreens with iron oxides for visible light protection, especially for pigmentation issues.



Apply sunscreen 15–30 minutes before going outside.



Reapply every 2 hours, or immediately after swimming, sweating, or towel-drying.

WHAT ABOUT PROTECTING THE EYES?

Eye protection is crucial. UV exposure can lead to eye conditions like pterygium and cataracts. Look for wraparound sunglasses with 100% UV resistance, or consider variable-tint lenses to cut out UV rays. >>



AND IF YOU DON'T...

Excessive sun exposure, especially with blistering sunburn episodes, is a major risk factor for melanoma, the most dangerous and lethal of all skin cancers. Skin cancer is the most common form of human cancer, and over 90% of cases are caused by sun exposure.

THE TEN GOLDEN RULES



If your shadow is shorter than you, stay out of the sun.



UV rays penetrate clouds, so treat cloudy days as sunny.



Cover up with a broad-brimmed hat and long-sleeved clothing.



Apply an SPF 30+ sunscreen to any exposed skin.



Remember that early melanoma detection offers the best chance for a complete cure.



See your doctor or dermatologist immediately if you become aware of any changes in moles or new irregular patches.



Avoid sunbeds at all costs.



Make sun safety a habit!



Keep children under the age of one out of the sun.



Avoid sunburn, and even with sunscreen, don't stay in the sun longer than necessary.



THE FACTS - THE ABCD'S OF MELANOMA

Excessive sun exposure, especially with blistering sunburn episodes, is a major risk factor for melanoma, the most dangerous and lethal of all skin cancers. Skin cancer is the most common form of human cancer, and over 90% of cases are caused by sun exposure.

ASSYMETRY



One half is unlike the other half.

BORDER



Melanomas frequently have irregular, uneven borders with scalloped edging. Benign moles usually have smooth, even borders.

COLOUR



Common moles are usually a single shade of brown or black. Melanomas are often multicoloured, with shades of brown, black, red, white, grey, pink, or blue.

DIAMETER



Check for moles larger than 6mm (about the size of a pencil eraser).

Even though we use this ABCD criteria as a guideline, if you notice any mole changing in appearance – whether in shape, colour, size, or texture – consult a dermatologist. Early detection can be life-saving. ■



ABOUT THE AUTHOR



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SUMMER ACTIVITIES IN THE **WESTERN CAPE**

The Western Cape boasts vibrant landscapes, an iconic coastline and invigorating summer experiences. As the sun colours the sky with its golden warmth, the Western Cape becomes a haven for those looking for a mix of natural beauty and leisure activities for the whole family. From the golden beaches of Cape Town to the lush winelands of Stellenbosch, this region attracts visitors from far and wide with a variety of summer activities for young and old and we tell you a little more about our favourite summer activities.



SURF LESSONS IN MUIZENBERG

Dive into the exciting world of surfing with lessons at Muizenberg Beach. Muizenberg is known for its gentle waves and colourful beach huts and is the ideal place for both beginners and experienced surfers. Feel the adrenaline rush through your veins when you catch your first wave as the instructors guide you through the basics of this water sport. Surfers Corner is just opposite the popular main beach and numerous surf shops offer lessons and rent the necessary equipment. Just remember to contact them in advance to book a lesson.



VISIT THE OUTDOOR MARKETS

Markets are extremely popular these days among local residents and visitors who want to experience the culture and people of a specific area, and on top of that, there is always delicious food, handmade items and fresh produce for sale. The Old Biscuit Mill in Woodstock, Bay Harbour Market in Hout Bay, Oranjezicht City Farm in the V&A Waterfront and Root44 and Blaauwklippen Family Market in Stellenbosch are just a few options where you can taste delicious street food, buy unique crafts and enjoy the lively atmosphere.



STAND-UP PADDLE BOARDING (SUP) IN SIMONS TOWN

Stand-up paddle boarding is a popular water sport that allows you to be active in the water while taking in and experiencing the incredible natural beauty. Simons Town is the ideal place to do this, as the calm waters make it ideal for both beginners and experienced paddlers. You can start the adventure in the harbour and stay there or paddle further around the coast to get to the penguins. Paddle past naval vessels, friendly penguins and secret beaches while enjoying a panoramic view of the False Bay coastline.



A PICNIC PARADISE AT KIRSTENBOSCH

Kick off your summer adventure with a peaceful picnic among the botanical wonders of Kirstenbosch National Botanical Garden. This lush garden is nestled against the eastern slopes of Table Mountain and offers a peaceful environment where you can enjoy delicious treats while surrounded by native flora and the melodious sounds of the local bird life. There is plenty of space for children to run around safely and enjoy themselves in nature.



AN ICONIC TABLE MOUNTAIN HIKE

For the adventurous souls, a hike on Table Mountain is a must! Choose from several routes that each offer breathtaking panoramic views of the city, sea and surrounding landscapes. If you are not an adrenaline junkie, you can also take the ever-popular cable car to the top to take in the incredible view.



FLOWER PICKING AT ADENE'S FARM FLOWERS

Celebrate the vibrant and bright colours of summer by visiting Adene's Farm Flowers near Wolseley. This flower farm allows you to handpick your own bouquet of fresh flowers on weekends between mid-December and April and stroll among the thousands of flowers. Delight in the beauty of the fields as you create a personal arrangement to brighten your day.



STEAM TRAIN TO ELGIN

A steam train to Elgin? You read that right! The nostalgic train ride starts at Cape Town Station and winds through the picturesque landscapes all the way to the popular Elgin Railway Market. You can spend the day at the market and enjoy delicious food and drink, live music, unique products and, of course, wine from the valley before the train returns to the Mother City.



A SIGNAL HILL SUNSET

Make your way to Signal Hill as the sun begins to set for an enchanting sunset experience. With Table Mountain as your backdrop and the blue ocean in front of you, the city comes alive with twinkling lights – a perfect place for a romantic evening or a quiet moment of reflection. Just pack yourself a basket of food to properly enjoy the evening on the mountain.



EXPLORE THE MOTHER CITY ON THE CITY SIGHTSEEING BUS

Hop on the iconic red City Sightseeing Bus to embark on a comprehensive tour of Cape Town's most iconic landmarks. From the vibrant V&A Waterfront and Table Mountain to Cape Point and the Atlantic Coast, this adventure offers a convenient glimpse of the city's diverse culture, history and beautiful architecture while you sit back. There is also an option to do a wine tour in Constantia and you can drive even further and visit the Winelands and Hermanus on a day trip. ■

W A T E R M E L O N



WATERMELON WHOLE FRUIT POPSICLES

Servings: 12 (depending on mould size)

Instructions

1. Cut the watermelon into chunks and puree it in a blender until smooth.
2. Fill each of your popsicle moulds with chopped fresh fruit. Pour in the watermelon puree until each mould is full to the top. Place a popsicle stick into each one. Place them into your freezer and freeze for about 6 to 8 hours.
3. When ready to serve, run the popsicle moulds under warm water for a few seconds to easily pull them out.

Ingredients

- About 1/4 to 1/2 a watermelon (peeled and cubed)
- 1/2 cup fresh blueberries
- 1/2 cup chopped fresh strawberries
- 1 kiwi, peeled and sliced
- 1 peach or nectarine, diced small
- Handful fresh cherries, pitted and chopped

Recipe: www.nourishingmeals.com, Photo Credit: Liz Andrew



WATERMELON.....

Ingredients

- 1/2 cup feta cheese, in a block
- 1/4 of a large watermelon
- Mint leaves
- Skewers
- Balsamic vinegar for drizzling



ONE INGREDIENT WATERMELON SORBET

Servings: 8 cups (depending on the size of the watermelon)

Instructions

1. Arrange the watermelon cubes in an even layer on a baking sheet. Transfer the baking sheet to the freezer and freeze until the watermelon is solid, about 2 hours.
2. Working in batches, transfer the watermelon cubes to a blender or food processor and puree until smooth.
3. Divide the puree among two loaf pans, or pour the puree in one deep baking dish, packing it down as you add more on top.
4. Transfer the pans to the freezer. Freeze until the sorbet is scoopable, 1 to 2 hours more.
5. To serve, scoop the sorbet into dishes and eat immediately.

Ingredients

Recipe: www.purewow.com

- 1 Seedless watermelon (peeled and cubed)

.....FETA AND MINT SKEWERS

Servings: 12–24 skewers (depending on the bite size)

Instructions

1. Cube the watermelon into bite-sized pieces.
2. Cube the feta into the same sizes.
3. To assemble, stack the feta and watermelon with a mint leaf in between.
4. Using a skewer or toothpick, skewer the stack.
5. For added flavour, use a reduced balsamic vinegar drizzle. ■

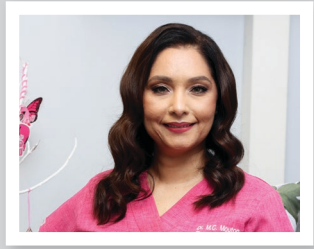
Recipe: www.bitesofbri.com



HOUSECALL

MEET ONE OF OUR DEDICATED SPECIALISTS

DR MARIËTTE MOUTON



DR. MOUTON IS A PLASTIC & RECONSTRUCTIVE SURGEON AND CURRENTLY PRACTICES AT MELOMED RICHARDS BAY.



WHAT IS YOUR DEFINITION OF “HAPPINESS”?

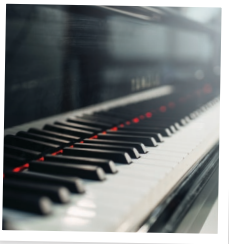
To live a life free from any worry, experiencing life with family and finding joy in small everyday experiences.

WHAT IS YOUR GREATEST FEAR?

Getting caught up in the rat race of life and not appreciating the small things.

WHAT IS YOUR GREATEST HOPE?

To live a life of purpose and achieving all that I was created to be and do and to see my daughter grow up and fulfilling her greatest potential.



CAN YOU PLAY ANY INSTRUMENTS, OR WHAT WOULD YOU PLAY IF YOU COULD?

I can not play any instruments, But I would love to play the piano and the guitar.

HOW DO YOU THINK PEOPLE WILL REMEMBER YOU?

I hope people will remember me for my kindness and loving and gentle nature.



WHY DID YOU CHOOSE YOUR PROFESSION?

I was inspired by a plastic surgeon and that drove me to specialise. I would like to make people feel better about themselves.

WHOSE BIGGEST FAN ARE YOU?

I am my husbands biggest fan, he does life with so much joy and enthusiasm irrespective of the circumstances.



WHAT DO YOU LIKE TO DO IN YOUR SPARE TIME?

I like to go for outdoor walks and to spend time with my family.

WHO IS YOUR BIGGEST FAN?

My daughter is my biggest fan, so grateful that she loves me unconditionally.

WHAT’S YOUR SECRET PHOBIA?

I have a fear of very small, dark enclosed spaces, feels like I can not breathe if I am in there.

EMPATHY, EXPERTISE, AND EXCELLENCE: Unveiling the **Leading Obstetric and Gynaecological Team at Melomed Tokai!**



Dr. Aneeqah Hendricks
Bringing New Life into the World

☎ 021 712 2691
✉ secretary@aneeqahhendricks.co.za

Meet Dr. Aneeqah Hendricks, a compassionate Gynaecologist and Obstetrician who finds immense joy in welcoming new life into the world. With a focus on achieving positive outcomes, Dr. Hendricks not only provides expert medical care but also connects on a personal level, drawing from her experience as a mother herself.

Dedicated to comprehensive patient care, Dr. Hendricks considers every aspect of her patients' well-being, including socioeconomic and cultural backgrounds. She takes the time to understand individual needs, offering clear explanations and support throughout the journey. Beyond the hospital walls, Dr. Hendricks enjoys exploring the world through travel, indulging in movies, and cherishing quality moments with her own family.

Specialising in vaginal surgery, adolescent gynaecology, hormonal disorders, and reproductive endocrinology, Dr. Hendricks is your partner in women's health at every stage. From family planning to menopause, she ensures her patients receive the best care, including surgeries, screenings, and personalized attention.



Dr. Matshidiso Agnes Tisane
Holistic Care for Women's Health

☎ 021 023 2046
✉ drtisanesecretary@gmail.com

Introducing Dr. Tisane, a dedicated Gynaecologist and Obstetrician committed to the holistic well-being of women. As an Obstetrician, she brings vast experience in maternal and fetal care, guiding expectant mothers through the beautiful journey of pregnancy. Dr. Tisane believes in building strong patient relationships, ensuring effective communication, and providing comprehensive care with a personal touch.

Beyond her medical expertise, Dr. finds joy in the outdoors and values quality time with her own family. With a passion for helping mothers navigate the challenges of newborn care, she strives to make each patient feel heard and supported.

In addition, to her passion and expertise in Obstetrics, she also specialises in addressing gynaecological issues such as abnormal bleeding, infertility, and recurrent miscarriages. Dr. also conducts crucial screenings for cervical and breast cancer.



Dr. Tladiso Motsema
Nurturing Life with Expertise & Passion

☎ 021 110 5940
✉ drtmog@gmail.com

Meet Dr. Tladiso Motsema, an experienced Obstetrician and Gynaecologist dedicated to nurturing life with a blend of medical and surgical expertise. Dr. Motsema's journey in Obstetrics and Gynaecology started in 2011, driven by a passion for integrated patient care.

With a wealth of experience gained through a Diploma in Obstetrics and a fellowship in 2016, Dr. Motsema's commitment extends beyond clinical practice. He takes pride in teaching and guiding future healthcare professionals, ensuring the legacy of compassionate and knowledgeable practitioners.

Patient care and wellness are at the forefront of Dr. Motsema's priorities. From general obstetrics and gynaecology to contraception and family planning, he contributes to the community's health, emphasizing the importance of a healthy mother for a healthy baby.

Join Dr. Motsema on the journey of well-rounded women's healthcare.

Contact our Obstetricians for the best quality & service and most affordable price. Our Drs accept most medical aids.

What is fasting for a blood test?

If your health care provider has asked you to fast before a blood test, you should not eat or drink (except water) before your test. While you're fasting for a blood test, you also should not:

- Chew gum
- Smoke
- Exercise

How long do I have to fast before the test?

You usually need to fast for 8 to 12 hours before a test, but your care provider will tell you exactly how long to fast. Sample collection is usually performed early in the morning (generally no later than 9am), so most of your fasting time will be while you are sleeping.

Why do I need to fast before my blood test?

When you eat and drink, your bloodstream absorbs sugar, fat, protein, and other nutrients in foods and beverages. This could affect the results of certain blood tests and lead to an incorrect diagnosis.

What types of blood tests require fasting?

Some examples of common blood tests that usually require fasting are:

- **Blood sugar (glucose) tests.** These tests measure the level of blood glucose in a sample of your blood. They are used to help diagnose and monitor diabetes, prediabetes, and gestational diabetes (diabetes that starts during pregnancy). Not all blood glucose tests require fasting, so ask your provider if you need to fast for your test.
- **Cholesterol tests (lipid panel).** These tests measure the level of fats, called lipids, in your bloodstream, and may include cholesterol and triglycerides. The test results help indicate your risk of developing blood vessel disease which may increase your risk of heart disease or stroke.

Other types of tests may also require fasting, so always ask your provider if you are not sure whether you should fast before your test.

Can I drink anything besides water during a fast?

No. Juice, coffee, soda, and other beverages can affect your results, but you can drink water. It is good to drink water before a blood test as it helps keep more fluid in your veins, which can make it easier to get a sample of your blood.

Can I continue taking medicine during a fast?

Ask your care provider whether it is acceptable to take your usual prescription medicines and/or over-the-counter medicines, but do not stop taking your medicines unless your care provider instructs you to. Let your care provider know about any vitamins and supplements that you take, so that you will be sure to avoid taking anything that could affect your test results. Please supply the laboratory with a list of all medicines and supplements you are taking.

What if I make a mistake and have something to eat or drink besides water during my fast?

Tell your care provider or the laboratory if you eat or drink before your test. You may need to reschedule the test for another time after a successful fast to ensure your results are accurate.

When can I eat and drink normally again?

You will be able to eat and drink as soon as your test is over. You may want to bring a snack with you so you can eat right away.

Is there anything else I need to know about fasting before a blood test?

If you don't know whether you should fast for your blood test, ask your provider at least a day before your test so you will have time enough time to fast. If you fast before a test when you don't need to, that may also affect your results. That's why it's important to find out for sure whether you need to fast.

