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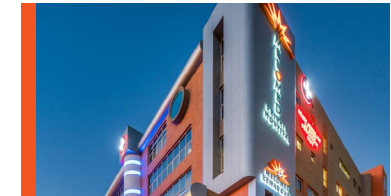
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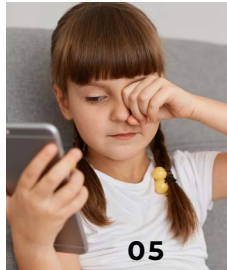


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PUBLISHER:
Health Bytes CC
CONTACT:
christa@health-bytes.co.za
GRAPHIC DESIGNER:
Marius Laubser
TEL: 021 913 0504

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Positive News on WORLD AIDS DAY

By Dr Jade Mogamberg

Human immunodeficiency virus (HIV) has become one of the most treatable chronic infections worldwide. The medication available is not only convenient but have very few side effects. These drugs are available in the public and private sector.

How do I take the leap?

- Get an HIV test. If you feel that your risk is high, test more frequently.
- A positive result is not a death sentence. Seek support and speak to your doctor about starting treatment. The earlier you start, the better for your health.
- Once you start antiretroviral therapy (ART), you may not stop without instructions from your doctor.
- If you develop side effects, see your doctor immediately so that your treatment can be adjusted.
- Your CD4 count should be above 500 cells/uL and should be increasing every month. This generally means that your immune system is working adequately.
- A drop in CD4 count may signal a new infection or another serious disease. Your viral load should be undetectable after six months of regular ART use. If not, see your doctor immediately.

How does one prevent the spread of HIV?

- HIV is predominantly sexually transmitted, so abstinence from sex or an exclusive sexual relationship where both individuals are aware of their HIV status significantly reduces the risk of transmission.
- Condoms are highly effective if used correctly and consistently.
- In cases where an HIV negative individual has a high risk of acquiring HIV, pre-exposure prophylaxis (PrEP) tablets may be prescribed by a doctor and taken daily in order to be effective.
- Studies are being conducted to investigate the efficacy of injectable ARVs in preventing ART. Injectable ARVs may be very convenient for those who struggle to swallow pills or forget to take medication.
- If you are HIV infected, your viral load must be undetectable. Studies have shown that a person with an undetectable viral load generally does not spread the virus.
- Pregnant women and women planning a pregnancy should have an HIV test as early as possible to protect the baby. An expecting mom with an undetectable viral load is unlikely to transmit the virus to her baby.

If HIV is so easy to treat, why should I protect myself against it?

HIV has profound and serious effects on the body. Long term, the infected individual has an increased risk of diabetes, kidney, and heart disease. For this reason, we must try to curb the spread of HIV.

South Africa is one of the major hubs of HIV research and cutting-edge technology. However, the available technology is only useful when it is applied.

Every individual can make a difference in curbing the spread of HIV in South Africa. Let us commit to knowing our HIV status and taking charge of our health and the health of those we love.

ABOUT THE AUTHOR



DR. JADE MOGAMBERY

FCP(SA) CertIDPhys(SA)

Dr. Mogamberry is a(n) Specialist Physician and currently practices at Melomed Richards Bay.

Tel: 035 772 2002

Email: jcmpractice@gmail.com



NURSING RECOGNITION & CERTIFICATE CEREMONY

At Melomed Mitchell's Plain Hospital, we gathered to shine a spotlight on the unsung heroes who are the backbone of our healthcare community - our dedicated nurses.

On the 7th of November, a Nursing Recognition & Certificate Ceremony was held, and it was a momentous occasion filled with gratitude, honor, and celebration. The first 3 year nursing diploma graduates completed their programme this year through Netcare Education Western Cape. This is a first for Melomed who have completed the new Nursing qualifications. These nurses achieved academic excellence and undertook their nursing pledge in a heartwarming ceremony. Another first for Melomed, was the pilot phase of the ICU Work-based orientation programme in which Gatesville and Mitchells Plain participated. As we look back on this memorable morning, we are reminded of the profound impact that our nurses have on the lives they touch. They are the caring hands, the comforting voices, and the advocates for health and healing. They embody the values of compassion, professionalism, and excellence, setting the standard for healthcare in our community. We are immensely proud of their achievements and are confident that their light will continue to shine in our hospital, guiding and inspiring others. They have highlighted that through education and training, that quality nursing care can be achieved and maintained.



NURSING AWARDS

LONG SERVICE AWARDS





In the digital age, screens have become an integral part of our daily lives. From televisions to smartphones, tablets to laptops, they are everywhere, and our children are not immune to their allure.

As a Specialist Paediatrician, I have observed the increasing trend of screen time among children and its potential effects.

Screen time refers to the time spent using a device such as a smartphone, computer, television, or game console. While these devices can be educational and entertaining, excessive screen time can have several short-term and long-term effects on children.

SHORT-TERM EFFECTS

In the short term, excessive screen time can lead to:



Physical discomfort:

Physical discomfort such as eye strain and headaches.



Cognitive and Attention Issues:

Excessive screen time can lead to difficulties in maintaining focus and attention. Children may struggle with tasks that require sustained concentration, impacting their learning and academic performance.



Sleep Disruption:

The blue light emitted by screens can interfere with the natural sleep cycle, leading to difficulties in falling asleep and reduced sleep quality. This can result in fatigue and decreased alertness during the day.

LONG-TERM EFFECTS

Long-term effects are more concerning.



Psychological Impact:

Prolonged screen time is linked to an increased risk of depression, anxiety, and lower self-esteem in children and adolescents. The constant exposure to idealized images and lifestyles on social media can negatively impact their mental health.



Physical Health Concerns:

Long-term excessive screen time is associated with a higher risk of obesity due to sedentary behaviour and unhealthy snacking habits. It can also lead to postural problems and musculoskeletal discomfort.



Social Skills Development:

Children who spend excessive time on screens may have fewer opportunities to engage in face-to-face interactions, which are crucial for developing social skills. This can lead to difficulties in forming and maintaining relationships.



Addictive Behaviours:

There is a growing concern about screen addiction, where children become overly dependent on digital devices, leading to neglect of other activities and responsibilities.



WHY THE INCREASE IN SCREEN TIME?

The reasons for the increase in screen time are multifaceted. The digital revolution has made screens a central part of education, communication, and entertainment. The ongoing pandemic has further exacerbated this trend, with remote learning and social distancing measures pushing children towards more screen-based activities.

RECOMMENDATIONS

As parents, it's essential to set healthy screen time habits. Here are some recommendations:



Set Clear Limits:

Establish daily screen time limits. The American Academy of Paediatrics recommends no more than one hour per day for children aged 2 to 5, and consistent limits for older children.



Encourage Physical Activity:

Encourage your children to engage in physical activities. This can help counteract the sedentary behaviour associated with screen time.



Promote Quality Screen Time:

Not all screen time is created equal. Encourage educational content over passive entertainment.



Lead by Example:

Children often mimic adult behaviours. Limit your own screen time and engage in offline activities.



Create Screen-Free Zones and Times:

Make certain areas of the home screen-free, like the dining table. Also, establish screen-free times, such as during meals or an hour before bedtime.

While screens are an integral part of modern life, it is crucial to balance their use with other activities that promote physical, mental, and social well-being. Parents and caregivers play a vital role in setting healthy screen time habits and providing alternatives that encourage a more active and socially interactive lifestyle.



ABOUT THE AUTHOR



DR. STRINI CHETTY

MBBCh(WITS)DCH(SA)FCPaed(SA)

Dr. Chetty is a(n) Paediatrician and currently practices at Melomed Richards Bay.

Tel: 035 791 5535

Email: strini_chetty@yahoo.com

Endo

...WHAT?

By Dr Jayeshnee Moodley

Every year, millions of women are told that they have IBS, ovarian cysts, or dismissively, hypochondria. But they don't... they suffer from endometriosis.



You may have heard the word, but do you really know what it is? Many women don't until they find out they have it... which would make sense if it weren't so common. Endometriosis affects an estimated 200 million women worldwide, or 10% of women of reproductive age. It is the second most common gynaecological disorder.

WHAT IS ENDOMETRIOSIS?

Endometriosis is an often painful, chronic condition that affects a woman's reproductive organs. It happens when the tissue similar to the cells lining the inside of the uterus - the endometrium - grow outside of it. Often it is found on, and around, the pelvic and abdominal organs, including the ovaries and fallopian tubes where it causes ectopic lesion growth, local inflammation and debilitating pain. Rarely, endometrial-like tissue may be found beyond the area where pelvic organs are located.

WHAT HAPPENS?

The endometrial-like tissue acts as endometrial tissue would and may:

- Have the same cyclical/ menstrual changes inside and outside the uterus - thickens, breaks down and bleed at the same time as your menstrual period but the misplaced blood has no place to go and it becomes trapped.
- Start to grow and may form patches, or nodules on internal organs or on the peritoneum (inside lining of the abdomen and pelvis)

When endometriosis involves the ovaries, cysts called endometriomas may form. The surrounding tissue can become swollen, irritated and inflamed, often resulting in cramps which become more intense during the latter days of a menstrual period. When menstruation ends, the abnormal bleeding also stops, but scar tissue and adhesions form as the endometrial clumps heal. These bands of fibrous tissue can cause the pelvic tissues and organs to stick to each other. Fertility problems also may develop. Fortunately, effective treatments are available.



WHAT ARE THE COMMON SIGNS AND SYMPTOMS?

The primary symptom of endometriosis is pelvic pain, often associated with menstrual periods. Some women have no symptoms whilst others may suffer debilitating pain even with mild disease. Although many experience cramping during their menstrual periods, those with endometriosis typically describe menstrual pain that's far worse than usual. Pain also may increase over time.

Endometriosis usually develops several years after the onset of menstruation (menarche). Signs and symptoms of endometriosis may temporarily improve with pregnancy and may go away completely with menopause, unless you're taking oestrogen.

The following symptoms are associated with endometriosis and each one of these can have a profound negative effect on a woman's quality of life.

- Excessive bleeding. You may experience occasional heavy menstrual periods or bleeding between periods (intermenstrual bleeding).
- Painful periods (dysmenorrhea). Pelvic pain and cramping may begin before and extend several days into a menstrual period. You may also have lower back and abdominal pain.
- Painful cramps (that can occur even when a woman isn't menstruating)
- Pain with intercourse. Pain during or after sex is common with endometriosis.
- Pain with bowel movements or urination. You're most likely to experience these symptoms during a menstrual period.
- Excessive bleeding. You may experience occasional heavy menstrual periods or bleeding between periods (intermenstrual bleeding).
- Infertility. Sometimes, endometriosis is first diagnosed in those seeking treatment for infertility.

You may also experience chronic fatigue, diarrhoea, constipation, bloating or nausea, especially during menstrual periods.

The severity of your pain may not be a reliable indicator of the extent of your condition. You could have mild endometriosis with severe pain, or you could have advanced endometriosis with little or no pain.

Endometriosis is sometimes mistaken for other conditions that can cause pelvic pain, such as pelvic inflammatory disease (PID) or ovarian cysts. It may be confused with irritable bowel syndrome (IBS), a condition that causes bouts of diarrhoea, constipation and abdominal cramping. IBS can accompany endometriosis, which can complicate the diagnosis.

RISK FACTORS

Several factors place you at greater risk of developing endometriosis, such as:

- Never giving birth
- Starting your period at an early age
- Going through menopause at an older age
- Short menstrual cycles - for instance, less than 27 days
- Heavy menstrual periods that last longer than seven days
- Having higher levels of oestrogen in your body or a greater lifetime exposure to oestrogen your body produces
- Low body mass index
- One or more relatives (mother, aunt or sister) with endometriosis
- Any medical condition that prevents the passage of blood from the body during menstrual periods





No one knows what causes endometriosis

So many aspects of endometriosis are misunderstood, and require further research so that we can better understand endometriosis and, most importantly, how to treat and help the women who suffer from it. Although the exact cause of endometriosis is not certain, possible explanations include:

- Reverse or retrograde menstruation and endometrial spill – that's when the menstrual flow goes backwards into the fallopian tubes instead of leaving the body. This can carry endometrial cells from the uterus and into the pelvis. These endometrial cells stick to the pelvic walls and surfaces of pelvic organs, where they grow and continue to thicken and bleed over the course of each menstrual cycle.
- A problem with the immune system may make the body unable to recognize and destroy endometrial-like tissue that's growing outside the uterus.
- Some research suggests that cells in any location may transform into endometrial cells that bleed cyclically.
- Endometrial tissue may travel via blood or lymphatic channels to other parts of the body and implant.
- Transformation of peritoneal cells. In what's known as the "induction theory," experts propose that hormones or immune factors promote transformation of peritoneal cells - cells that line the inner side of your abdomen - into endometrial-like cells.
- Embryonic cell transformation. Hormones such as oestrogen may transform embryonic cells - cells in the earliest stages of development - into endometrial-like cell implants during puberty.
- Surgical scar implantation. After a surgery, such as a hysterectomy or C-section, endometrial cells may attach to a surgical incision.



COMPLICATIONS

Infertility

The main complication of endometriosis is impaired fertility. Approximately one-third to one-half of women with endometriosis have difficulty getting pregnant.

For pregnancy to occur, an egg must be released from an ovary, travel through the neighbouring fallopian tube, become fertilized by a sperm cell and attach itself to the uterine wall to begin development. Endometriosis may obstruct the tube and keep the egg and sperm from uniting. But the condition also seems to affect fertility in less-direct ways, such as by damaging the sperm or egg.

Even so, many with mild to moderate endometriosis can still conceive and carry a pregnancy to term. Doctors sometimes advise those with endometriosis not to delay having children because the condition may worsen with time.

Cancer


Ovarian cancer does occur at higher than expected rates in those with endometriosis. But the overall lifetime risk of ovarian cancer is low to begin with. Some studies suggest that endometriosis increases that risk, but it's still relatively low. Although rare, another type of cancer - endometriosis-associated adenocarcinoma - can develop later in life in those who have had endometriosis.

WHAT CAN YOU DO?

If you think you have endometriosis, see your doctor who can refer you to a gynaecologist. Endometriosis can be a challenging condition to manage. An early diagnosis and treatment, a multidisciplinary medical team and an understanding of your diagnosis may result in better management of your symptoms and may reduce the severity of the disease.

Many women do not get a correct diagnosis for up to 7–10 years, often because the symptoms can be different between women and can change over time.

Endometriosis can be difficult to diagnose, especially in the approximately 25% of cases in which there are no symptoms. When a doctor suspects endometriosis, he or she may perform a pelvic examination during and shortly after the woman's menstrual period. Endometriotic implants are felt on the surface of affected organs as nodules (cobblestones). Diagnosis is confirmed by laparoscopy, a minimally invasive surgical procedure that uses a thin tube, lenses and a light source to examine the pelvis. A biopsy of suspicious tissue which is then examined microscopically can also confirm the diagnosis. Other tests include a pelvic ultrasound, CT scan or MRI.



“Most women don’t realise they have endometriosis until they try to conceive a child, and approximately 30–40% of women who have endometriosis experience issues with their fertility”

MANAGING AND TREATING ENDOMETRIOSIS

There is no known cure for endometriosis and most available medical treatments have certain limitations. Treatment options include:



Not treating or “Watchful waiting”

If symptoms are mild and fertility is not an issue for you then you may not want any treatment. In about 3 in 10 cases, endometriosis clears and symptoms go without any treatment. You can always change your mind and opt for treatment if symptoms do not go, or become worse.



Pain killers

Pain killers and non-steroidal anti-inflammatory medicine to alleviate the symptoms.



Hormone therapy

Hormone therapy can slow growth by temporarily changing the normal patterns of female hormones. One tactic is to mimic the hormone levels of pregnancy by giving high oestrogen oral contraceptives. Endometriosis disappears when a woman is not ovulating, such as during pregnancy. Another tactic is to produce an artificial menopause by giving medications that halt ovulation temporarily. Without the monthly hormonal stimulation of a menstrual cycle, endometriosis tissue shrinks and eventually disappears.



Surgery

Surgery may be performed to remove endometrial tissue growing in abnormal locations. Options include:

- Laparoscopy, a thin tube with a lens and a light inserted into a small incision in the abdominal wall to see into the pelvic area and remove endometrial growth
- Laparotomy, a more extensive surgery to remove as much of the endometriosis as possible without damaging healthy tissue
- In severe cases, a hysterectomy (a surgery to remove the uterus and/ or the ovaries) may be recommended to alleviate the symptoms. However, this course is reserved for women with incapacitating menstrual pain who do not plan a future pregnancy.

Endometriosis is a lifelong diagnosis with often quality of life limitations. It can greatly impact a woman's social, professional and personal life, and women with endometriosis often experience a higher incidence of depression and emotional distress due to the uncertainty of diagnosis and unpredictability of symptoms and living a normal life. Knowing your diagnosis and seeking help from your gynaecologist early will limit the extent of your disease and ensure your quality of life remains a good one.



ABOUT THE AUTHOR



DR. JAYESHNEE MOODLEY

MBChB, FCOG (SA), MMed (O&G), AHMP (YALE)

Dr. Moodley is a(n) Obstetrician/Gynaecologist and currently practices at Melomed Richards Bay.

Tel: 035 772 1581

Email: jayeshnee.moodley@gmail.com



DO YOU HAVE THEM?

THE TELL-TALE SIGNS OF

BURNOUT

Feeling depleted of energy? You should recognise the signs of a burnout before it's too late. Burnout is long-term exhaustion meets diminished interest, energy and passion.

WHAT CAN YOU DO ABOUT IT?

If constant work stress has you feeling exhausted, worn out or just plain sick to your stomach, you may be suffering from burnout. You would think it would be easy to recognise the signs, but often burnouts happen over time with very few indicators that your work and life have taken a turn for the worse.

Do any of these traits sound familiar? If so, you may need to slow down.

Burnout is a state of emotional, mental and physical exhaustion caused by unbalance; too much work or responsibility and too little time to do the things that need to be done, causing a prolonged period of excessive stress.

More simply put, if you feel exhausted, start to hate your job, and begin to feel less capable at work, you are showing signs of burnout.

The symptoms of burnout are not always dramatic. They're often overlooked or attributed to something else.

BURNOUT ISN'T LIKE THE FLU; IT DOESN'T GO AWAY AFTER A FEW WEEKS UNLESS YOU MAKE SOME CHANGES IN YOUR LIFE.



SIGNS AND SYMPTOMS

CHRONIC EXHAUSTION

When you are burned out, you often feel exhausted physically and emotionally.

- You go long periods of time without taking care of your body or getting proper rest. It's a feeling of being completely drained of energy to move or think.
- You go to bed physically and mentally exhausted every night and you wake up tired every morning. Even when you get enough hours of sleep, you're not waking up feeling rested and refreshed.
- Everything feels like it takes too much energy and effort: visiting friends, going out to dinner, or going shopping – things you would otherwise enjoy and look forward to doing.

DETERIORATING HEALTH

A burnout in most cases is caused by mental stress and that can take a toll on the body.

- Some people begin to experience a deterioration in their health such as high blood pressure, insomnia, hair loss, vision problems and back pain.
- You have an illness that you can't seem to recover from. Like having a cold that seems to last forever

INCREASED IRRITABILITY

A clear sign that you are burned out is becoming short-tempered or easily frustrated with your work, co-workers and family.

- You're unusually cranky and overly emotional. You feel like you're frequently on the verge of tears and it's not always obvious as to why.
- It's a challenge to find contentment and happiness in life.
- You feel "off" and you're not sure why or how to fix it.
- You act irrationally, like having an emotional meltdown or quitting suddenly.

Irritability often stems from feeling ineffective, unimportant, useless, and an increasing sense that you're not able to do things as efficiently or effectively as you once did. In the early stages, this can interfere in personal and professional relationships. At its worst, it can destroy relationships and careers.

DEPRESSION

In the early stages, you may feel mildly sad, occasionally hopeless – and you may experience feelings of guilt and worthlessness as a result.

- You feel trapped and hopeless - especially after long periods of time working with no breaks or time off.
- You are constantly bombarded with negative thoughts and perceptions about the workplace. You feel like you're never doing enough.
- It's a challenge to find contentment and happiness in life.
- You constantly feel like you have to prove yourself to others.
- You seek the approval of others more often.

At its worst, you may feel trapped, severely depressed, and think the world would be better off without you.

If your depression is to this point, you should seek professional help immediately.

FOMO (FEAR OF MISSING OUT) ON WORK

Being preoccupied with work to the point where it stops you from engaging in other activities is a sure sign of a burnout.

- You stress about work 24/7.
- You need time to find a release to let go of work issues, so that you can engage and enjoy your downtime.

RELIANCE ON DRUGS AND ALCOHOL

- A nightly need to turn to self-medication, drugs and alcohol to cope with stress is worrisome and a signal for burnout help.
- You depend on coffee to perk up, alcohol to “relax”, and sleeping pills to rest.

POOR WORK PERFORMANCE

When burned out, your thinking isn't as sharp and your overall work begins to decline.

- You start making more mistakes and becoming less productive.
- You may also get more complaints about your work, too.

WHAT CAN YOU DO TO COMBAT BURNOUT?

Burnout isn't like the flu; it doesn't go away after a few weeks unless you make some changes in your life.

And as hard as that may seem, it's the smartest thing to do because making a few little changes now will keep you in the race with a lot of energy to get you across the finish line.

Get organised.

When you have order in your day, you feel more in control of how it turns out.

Assess your interests, skills and passions.

Are the things you're doing a match to your interests or core values?

Set personal goals.

Although your boss may have a goal for your assignment, set personal goals to achieve milestones and celebrate your success. When you can clearly measure your progress, it will increase your confidence and overall well-being.

Identify and manage the stressors that contribute to burnout. Look at your stressors individually instead of the big picture. They're a lot less overwhelming and making changes can be easier.

Get enough sleep.

Sleep restores well-being and helps protect your health.

Evaluate your options.

What can you realistically change about your lifestyle?

Get some exercise.

Regular physical activity can help you to better deal with stress.

Seek support.

You're not alone.

The support of loved ones helps with stress and feelings of burnout. You can also try communicating more with co-workers and your boss about your concerns, as well as sharing ideas to enhance projects or improve workflow.

Adjust your attitude.

Consider ways to improve your outlook. Rediscover enjoyable aspects of your life. Make the time to do things you enjoy.

Set boundaries.

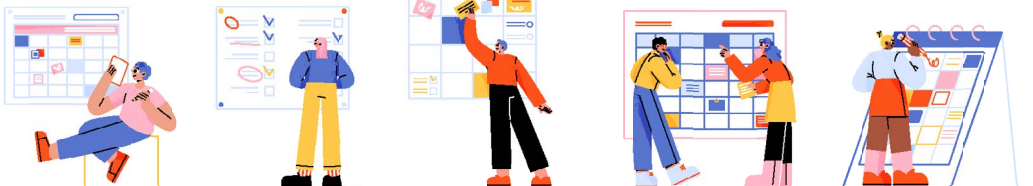
Set an end to your workday. Determine what needs to be done for you and your boss to feel you've had a productive day. Work to achieve the goals so that you can leave at a specific hour and feel good about ending your workday.

Improve your diet.

Drink a lot of water and eat well-balanced meals. Certain food gives you energy and clarity of mind. Try not to consume junk food while working as it can make you sluggish and unproductive. Some or all of these can be part of your anti-burnout new year's resolutions.

HERE'S TO A HEALTHY, STRESS-FREE YEAR!

Source: www.jillconyers.com



Keeping kids safe during the HOLIDAY SEASON

By Dr Strini Chetty

As the festive season approaches, it is crucial to focus on the safety and well-being of our children. While the holidays are a time for joy and family gatherings, they also present unique challenges to child safety.

We can all agree that the holiday season can disrupt regular routines, which might lead to safety measures being overlooked. Parents and guardians might be preoccupied with holiday preparations and socializing, leading to less supervision of children. This change in routine and increased household activity raises the potential for accidents. To counter this, it's important to maintain a level of normalcy in children's routines and ensure that safety measures are consistently followed and the first step towards ensuring a safe holiday season is being aware of the various risks that children face during this time.



Decorations, though integral to the festive spirit, can pose significant hazards. Shiny, breakable ornaments often attract the curiosity of young children, leading to potential injuries or choking incidents. It's essential to place these decorations out of children's reach to prevent such accidents.



Fire-related accidents happen all too often during the holidays. From kitchen accidents, candles and accidental fires, burns are one of the most common holiday-related injuries. Children, unaware of the dangers, might get too close to these fire sources, risking burns or inadvertently starting a fire. Therefore, it's critical to keep matches, lighters, and candles away from children and never leave open flames unattended.



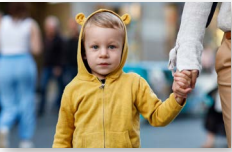
The festive season also often involves more **travel and outdoor activities**, including water-related activities. While these activities are enjoyable, they come with their own set of risks, especially for children. Drowning is a significant concern, and it's vital to ensure constant supervision when children are near water bodies, be it a pool, beach, or lake. Ensuring children wear appropriate flotation devices and teaching them basic water safety can significantly reduce these risks.



In addition to these precautions, teaching children about safety in a fun and interactive way can be highly effective. Demonstrating safe behaviours and consistently repeating safety rules helps instil a sense of awareness and responsibility in children.



An often-overlooked aspect of child safety, especially during the festive season, is the risk of children going **missing or being abducted** in crowded places like malls, beaches, or any venue where large numbers of people congregate. While abductions by strangers are rare, they do occur, and the chaos and distractions in such environments can create opportunities for these incidents.



During the holiday season, when families often visit crowded places for shopping or leisure, it's crucial to maintain close supervision of children. Simple measures like holding hands, having a designated meeting place in case of separation, and teaching children to identify and approach security personnel or store staff for help can significantly reduce the risk. Parents should also be cautious about sharing too much personal information, as abductors can use details like a child's name to gain their trust.

In addition to these precautions, it's important to educate children about the dangers of wandering off and talking to strangers. Encouraging them to stay within sight and to always check with a parent or guardian before going anywhere with anyone can provide an additional layer of safety. While the thought of child abduction is alarming, being prepared and aware can help ensure a safe and enjoyable experience for the whole family during these busy times.

Remember, while the festive season is a time of celebration, it is important to remain vigilant about child safety. By understanding the risks, implementing preventive measures, and educating children about safety, parents and guardians can ensure a joyous and safe holiday season for their families.



ABOUT THE AUTHOR



DR. STRINI CHETTY

MBBCh(WITS)DCH(SA)FCPaed(SA)

Dr. Chetty is a(n) Paediatrician and currently practices at Melomed Richards Bay.

Tel: 035 791 5535

Email: strini_chetty@yahoo.com



The importance of **EARLY DIAGNOSIS AND CONTROL OF** *Diabetes*

Dr Ashley Murugan

What is diabetes?

Diabetes mellitus, commonly known as diabetes, is a chronic condition in which the body is unable to control its glucose (sugar) levels as a result of a deficit of insulin or insulin resistance. This results in elevated blood glucose levels.

Type 2 diabetes is the most common type of diabetes affecting about 90% of patients.

The prevalence of diabetes has almost tripled from 4.5% in 2012 to 12.7 % in 2019. South Africa has the second highest number of diabetics in sub-Saharan Africa.

By controlling blood sugar levels early, you can prevent the many complications of diabetes such as stroke, heart attack, visual impairment, kidney failure and diabetic foot, leading to amputation of limb.

Over the last few years there have been significant advances in the management of diabetes, mainly due to newer medications.

With the newer oral agents, we've been able to delay the use of insulin in some type 2 diabetes and in some case, get a few type 2 diabetes patients off insulin.



Diagnosis of diabetes

This is done by blood test. Either fasting blood/glucose level of 7.0mmol/l or higher, random blood glucose level of 11.1 mmol/l or higher with typical symptoms of diabetes HBA1c of 6.5% higher or 75g glucose tolerance test with a 2-hour blood glucose level of 11.1 mmol/l or higher.



Risk factors for developing diabetes include the following:

- Obesity/overweight (most common cause of type 2)
- Family history of diabetes
- Hypertension
- High cholesterol
- History of polycystic ovary syndrome
- History of gestational diabetes (diabetes that occurs during pregnancy for the first time)

Common complications of diabetes

- Stroke
- Poor vision
- Kidney failure
- Nerve damage
- Sexual dysfunction
- Heart disease
- Foot problems
- Gangrene

Who should be tested for diabetes?

Everyone over the age of 45 should be tested for diabetes, particularly those with a strong family history of diabetes. If results are normal, the test should be repeated every three years.

How to prevent diabetes

- Regular exercise for about 30 mins, three to five times a week.
- Weight loss
- A healthy diet, free of processed sugars

ABOUT THE AUTHOR



DR. ASHLEY MURUGAN

*MBChB, FCP (SA), MMed (UCT), Dip HIV Management (SA),
Advanced Diabetic Care (CDE)*

Dr. Murugan is a(n) Specialist Physician and currently practices at Melomed Richards Bay.

Tel: 035 791 5420

Email: dramuruganpractice@gmail.com



AFFORDABLE, ROMANTIC WEEKEND ESCAPES

It is well known that one of the best ways to keep your romance alive is through quality time. If you have tried the date night strategy, why not up your game with a romantic weekend away? With this list of weekend escapes across the country, you have no excuse! Life together is short and worth the effort of getting out and about with that special someone.



OUTDSHOORN

SOETDORING SELFSORG

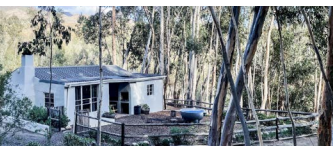
The two-sleeper cabins on this lovely, peaceful farm seven kilometres from Oudtshoorn are ideal for a couple's getaway and are surrounded by nature and the Outeniqua Mountains. The well-equipped amenities provide convenience, while the cosy fireplace in each self-catering cabin adds warmth during winter months. Units open onto patios with outdoor seating and braai facilities, allowing guests to soak in the picturesque surroundings and watch the birds fly over the dam. Oudtshoorn's array of activities, including walking trails, mountain biking, and 4x4 adventures, awaits exploration. Guests can also discover local attractions like the Cango Caves, the Ostrich Farm, and the CP Nel or CJ Langenhoven Museums.

MARINA VIEWS

Perched at the picturesque tip of Marina Da Gama, Marina Views beckons with comfortable self-catering accommodations boasting breathtaking mountains and marina panoramas. Each unit at this guesthouse offers access to a private patio with braai facilities. Wake to a view of the canal, take a kayak or a pedal boat out on the water, and have a sundowner on the patio after a day traversing the Mother City. Marina Views seamlessly combines comfort, convenience, and captivating views for an unforgettable stay.



MUIZENBERG



MONTAGU

WONDER FARM STAY

The Wonder Farm Stay is located on Route 62 at the foot of the Langeberg Mountains. All five cottages at Wonder Farm stay are a good fit for a couple. The cottages sleep between two and eight guests, some are even pet-friendly. Go for a walk on the farm and in the eucalyptus forest, swim in the farm dam, or take a trip into town.

L'AUBERGE COUNTRY HIDEAWAY

Escape Gqeberha for a countryside pet-friendly stay surrounded by indigenous forest. L'auberge Country Hideaway offers guest house accommodation in three beautiful forest rooms, each with its own bathroom, Netflix and deck. Relax next to the dam, chill at the communal lapa or book breakfast as an added treat.



GQEBERHA



HIGHLANDS MEANDER

RIVERMAN CABIN COUNTRY LODGE

Be lulled to sleep by a melodious choir of crickets and frogs when you pick one of the quaint stone cottages or self-catering cabins at Riverman Cabin. This farm in the Tonteldoos Valley is just a 3-hour drive from Johannesburg. Pet the donkeys that graze lazily, picnic next to the river, go for a hike and remember to bring your four-legged friend with! On-site amenities include bass and flyfishing, a driving range, boma facilities, and sunset benches overlooking the 2 dams and the views of the Steenberg Mountains.

KOMYNTJIE 2

First Group Magalies Park is located in Hartebeespoort, North West, and offers an idyllic mountain breakaway. Accommodation is available in ten units that sleep a total of 38 guests, so feel free to invite the grandparents and cousins too! These units include the Hotel Room, One-Bedroom Cabana, One-Bedroom Chalet, Two-Bedroom Chalets and Four Bedroom Villa. Each unit has its own veranda, and a private entrance and has been designed with first-class holiday facilities in mind, such as comfortable beds for an excellent night's rest, braai facilities, a view of the garden, as well as a gorgeous large swimming pool on site.



PATERNOSTER



HLUHLUWE

HLUHLUWE BUSH CAMP GLAMPING VILLAGE

From Tipi tents to Adventure tents on decks, Hluhluwe Bush Camp offers a beautiful retreat in nature that is sure to remain a memorable couple's experience. Situated in the heart of Zululand nearby Lake St Lucia, each tent has a dedicated braai area and a private open-air bathroom. The main area of the lodge offers free Wi-Fi access, a splash pool, and a farm stall with delicious nibbles and treats, as well as fresh pastries. There is also a climbing wall, a jungle gym and swings for kids to play on. Adventure lovers can explore the 2.5 km walking trail called the 'Kambusha Trail', book guided game drives or visit the Zulu Croc Park located nearby.

HEARTWOOD HOMESTEAD

How about some off-the-grid peace? Heartwood Homestead near East London offers eco-friendly accommodation in a beautiful little house with a view of the Gonubie River Valley. The cabin is completely solar-powered and couples can come and relax with free-range chickens and milk cows roaming around.



GONUBIE

SUMMER IS THE PERFECT TIME TO ENJOY SEASONAL PRODUCE THAT'S FULL OF FLAVOUR.



GET STARTED WITH THESE HEALTHY IDEAS

Summer brings plenty of nutritious, seasonal food. But it also means Christmas parties, New Year get-togethers and holidays. Here are some simple ways to help you stick to a healthy eating plan.

Make the most of seasonal produce and add natural flavour to dishes with ginger, lime, chilli, garlic, lemongrass and coriander. The summer months offer wonderful opportunities to take advantage of stone fruits, berries and melons, and enjoy lovely salads that are nutritious. Summer dinner and party invitations also bring temptation to over-indulge. Before going to a party, have a light meal so you don't arrive hungry. If you're at a braai or buffet, fill your plate once — and make half of it salad or vegetables. If you're asked to bring a plate, take a platter or sliced watermelon or veggie sticks and dips. And use your imagination when whipping up a backyard braai. Enjoy fresh seafood on the braai, and add some variety with vegetable skewers with haloumi cheese; grilled sweet corn and baked potatoes topped with some spicy beans.

BEEF KOFTA WITH TZATZIKI

Ingredients

- 2 cloves garlic, peeled
- 2 cups mint leaves
- 1 cup low-fat Greek yoghurt
- 1 small cucumber, grated and squeezed of extra moisture
- 400g lean beef mince
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 tsp ground cinnamon
- 1 brown onion, peeled and quartered
- ½ cup flat-leaf parsley
- pepper, to taste
- 2 cucumbers, cut into 1cm dice
- 2 tomatoes, cut into 1cm dice
- 1 red pepper, cut into 1cm dice
- 2 spring onions (including green tops), sliced
- 4 wholegrain wraps

Prep Time: 20 minutes
Cook Time: 10 minutes
Servings: 4



Instructions

- To make the tzatziki: Finely chop garlic and mint or place them into the bowl of a food processor and process until finely chopped. Transfer one third of garlic and mint mixture to a small bowl and mix with grated cucumber and yoghurt to make tzatziki. Set aside.
- For the kofta: Add onion and parsley to the rest of the garlic and mint mixture and chop or process finely then combine with mince, spices and season with pepper. Use clean hands to divide into 8 portions, shape each into a 12cm long sausage. Spray a barbeque, chargrill or griddle with oil and heat on high. Cook kofta for 8 minutes or until cooked through, turning every few minutes.
- In a medium sized bowl, combine cucumber, tomatoes, pepper and spring onion.

To serve, divide wraps, salad and tzatziki on plates and add 2 kofta skewers to each.



HOUSECALL

MEET ONE OF OUR DEDICATED SPECIALISTS

DR ANEES ISMAIL



DR. ISMAIL IS THE HEAD TRAUMA DOCTOR AT MELOMED HOSPITALS.



WHAT IS YOUR DEFINITION OF "HAPPINESS"?

Summer in Cape Town

WHAT IS YOUR BEST CHILDHOOD MEMORY, AND WHY?

Playing soccer everyday, loved every minute.

WHAT IS YOUR MOST MEMORABLE TRAVEL EXPERIENCE?

Umrah Pilgrimage with my wife to Mecca and Medinah

WHERE DO YOU MOST WANT TO TRAVEL, BUT HAVE NEVER BEEN? Japan (For the food)



WHO WOULD YOU WANT WITH YOU IF YOU WERE STRANDED ON A DESERTED ISLAND? My wife - to remind me to apply sunblock

WHAT IS YOUR MOST EMBARRASSING MOMENT?

Asking someone how far they are in their pregnancy, only to be told that they're not pregnant.



WHICH CHILDHOOD MOVIE DO YOU STILL LOVE TODAY, AND WHY? Home alone, its a classic

WHAT ACCOMPLISHMENT ARE YOU MOST PROUD OF?

I've won "The Best Father of the Year" award many times. The awards are given by my daughters annually on my birthday.

WHICH THREE SONGS WOULD YOU LISTEN TO FOR THE REST OF YOUR LIFE, IF YOU HAD TO PICK? Oasis - Wonderwall;

Smashing Pumpkins - Tonight, tonight;
The Verve - Bittersweet symphony



HOW DO YOU THINK PEOPLE WILL REMEMBER YOU?

Hopefully as someone who was a benefit to others

WHAT IS YOUR HAPPIEST MEMORY? Not the happiest, but a good memory; travelling to Anfield to see Liverpool play live, singing "You'll never walk alone". ■



MELOMED24 EXPANDS AND UPGRADES IT'S AMBULANCE FLEET WITH NEW VEHICLES AND STATE-OF-THE-ART FEATURES

Melomed 24 is a private ambulance service, servicing the needs of the communities of Cape Town and is dedicated to provide the highest quality emergency medical care.

That's why we're excited to announce the addition of our brand new ambulances equipped with the most advanced life-saving tools and cutting-edge innovative equipment available.

Melomed24's vehicles are operated by a team of highly trained and experienced paramedics. With our extensive coverage within Cape Town, we are readily available to assist you in any emergency situation.

We also offer standby medical assistance for events at extremely competitive rates.

We believe that everyone deserves access to quality medical care, which is why we've expanded our medical aid coverage to almost all medical aids. We are committed to providing the quickest and most efficient route to the best available care, to you and your loved ones.



Call **Melomed 24** now at **0800 786 000** to learn more about our services and to experience the quickest route to quality medical care.



DIPHTHERIA

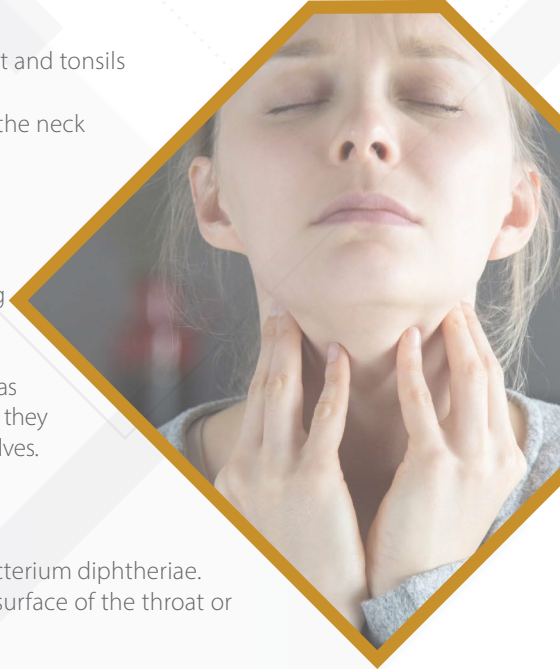
Diphtheria is a serious bacterial infection that usually affects the mucous membranes of the nose and throat.

SIGNS AND SYMPTOMS

Diphtheria signs and symptoms usually begin 2 to 5 days after a person becomes infected. Signs and symptoms may include:

- A thick, grey membrane covering the throat and tonsils
- A sore throat and hoarseness
- Swollen glands (enlarged lymph nodes) in the neck
- Difficulty breathing or rapid breathing
- Nasal discharge
- Fever and chills
- Tiredness

In some people, infection with diphtheria-causing bacteria causes only a mild illness — or no obvious signs and symptoms at all. Infected people who stay unaware of their illness are known as carriers of diphtheria. They're called carriers because they can spread the infection without being sick themselves.



CAUSES

Diphtheria is caused by the bacterium *Corynebacterium diphtheriae*. The bacterium usually multiplies on or near the surface of the throat or skin. *C. diphtheriae* spreads through:

- Airborne droplets.
- Contaminated personal or household items.
- Touching an infected wound also can transfer diphtheria-causing bacteria.

People who have been infected by the diphtheria bacteria and who haven't been treated can infect people who haven't had the diphtheria vaccine — even if they don't show any symptoms.

COMPLICATIONS

Left untreated, diphtheria can lead to:

- Breathing problems.
- Heart damage.
- Nerve damage.

Please contact your doctor for more information.