

melomag

Free Health Guide!

Summer 2013 | Issue 11

Fitness tips for teens
on the move



Common ailments
during pregnancy

How to get a
healthy start
to your day

Your
"mammy"
can be a
life-saver

GIVE-AWAY

Melomed is giving away
a cooler bag to enjoy this
summer to three lucky
readers! See page 3 for
competition details!

6 TIPS TO

create a happy family



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to get picky eaters back
on the path to healthy
development.**



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can be a life-saver



CONGRATULATIONS

Well done to **Graham Minnaar, Theodora Mdzula and Charlene Adriaanse** the winners of the camping chairs give-away featured in our previous *Melomag* issue 10.

We trust that they will enjoy their prizes.
Look out for this issue's give-away on **page 3**.



Health Bytes

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CHAIRMAN'S NOTE

2013 is finally here!

We are certain that most of our readers and patients have enjoyed a festive season and much needed holiday period with family and friends and are fully invigorated for the exciting year ahead.

This certainly rings true to our Melomed Group as we enter into a New Year full with developments and milestone achievements.

Before we elaborate however, we wish to welcome all our new Specialists and staff members and a special welcome goes to our new Group Human Resources Manager Mr Ebrahim Hendricks. We are sure that Mr Hendricks will be a valuable asset to the Melomed Group and wish him all the success in his role in the Melomed Family.

Our Melomed24 Ambulance Services turns 10 this year; Melomed24 has grown in leaps and bounds starting with its humble beginnings in 2003 with only a few ambulance and emergency staff members. Melomed24 now boasts a fleet currently consisting of eight ambulances, one emergency-response vehicle and one fully equipped rescue vehicle encompassing the latest extrication equipment able to assist in mountain and fire rescue. We wish them well and hope that these developments continue to develop and grow.

An indication of further development throughout the Group can be illustrated by our in-house Radiology Department, "Morton & Partners" who have launched the "Xero footprint" initiative. This initiative provides immediate access to medical images, reports and other evidence documents intended for use by a Health Professional at any location using only a web browser and network connection.

Further Advance in the Melomed Group belongs to our future "Flagship" facility, Melomed Tokai Hospital and our Melomed Claremont Day-Clinic. Both developments are swiftly underway. We anticipate that both facilities will be fully operational by 2014 and shall keep our readers informed at significant stages of developments, so watch this space Melomag readers!

February 2013 celebrate's "pregnancy awareness" month and as a result of the huge success of the introduction of our Melobabe programme which was launched in 2012, we have endeavoured to offer complimentary antenatal classes at all our Melomed Hospitals and also offer free birth registration for those babies born at any Melomed Hospital.

These are merely tilbits of many more exciting developments to come. We will inform our readers of all our developments which are to be published in our quarterly Melomag Editions.

We at Melomed sincerely wish our readers all the best for 2013 and hope that our patients, surroundings communities and staff members experience our achievements together making 2013 surely a year to remember.



EBRAHIM BHORAT
CHAIRMAN
MELOMED GROUP

GOT 3 MINUTES?

RELAX

Mini-relaxations are stress busters you can reach for any time.

These techniques can ease your fear at the dentist's chair, thwart stress before an important meeting or calm you when stuck in traffic. Whether you have one minute or three, these exercises work.

When you've got one minute

Place your hand just beneath your navel so you can feel the gentle rise and fall of your belly as you breathe. Breathe in. Pause for a count of three. Breathe out. Pause for a count of three. Continue to breathe deeply for one minute, pausing for a count

of three after each inhalation and exhalation.

When you've got two minutes

Count down slowly from 10 to zero. With each number, take one complete breath, inhaling and exhaling. For example, breathe in deeply, saying "10" to yourself. Breathe out slowly. On your next breath, say "nine", and so on. If you feel lightheaded, count down more slowly to space your breaths further apart. When you reach zero, you should feel more relaxed. If not, go through

the exercise again.

When you've got three minutes

While sitting, take a break from whatever you're doing and check your body for tension. Relax your facial muscles and allow your jaw to open slightly. Let your shoulders drop. Let your arms fall to your sides. Allow your hands to loosen so there are spaces between your fingers. Feel your shins and calves become heavier and your feet grow roots into the floor. Now breathe in slowly and breathe out slowly.



HEALTH
TIPS

Male infertility: Smoking, drinking and not eating enough fruit and vegetables can all affect the health of a man's sperm and contribute to infertility.

Pet friendly: Children who share their home with a pet before the age of three are less likely to develop pet allergies – even if they're allergy prone.

GO BANANAS AND FEEL GOOD!

You might think of bananas as just something to decorate your cereal with, or to hold up three scoops of ice cream and syrup. But they have far more important roles.

Bananas are not only tasty but also rich in assorted vitamins and minerals. Although they are renowned for their healthy levels of beneficial potassium, bananas are also a good source of the amino acid tryptophan.

Tryptophan helps your body produce serotonin, the natural "feel good" chemical. While tryptophan plays an important role in both healthy sleep and mood, as well as in the production of vitamin B3, or niacin, your body cannot produce the amino acid.

Other good sources of tryptophan are poultry, meat, dairy products, peanut butter and soy. One medium banana contains 0.011g of tryptophan – roughly one-third more than the amount found in half a grapefruit and almost five times the amount contained in a medium apple. It also provides 1.29g of protein, 26.95g of carbohydrates, 3.1g of dietary fibre and 14.43g of sugar. Bananas are low in salt and fat and are cholesterol-free.



NEED FOR SLEEP ... ZZZZZ

If you say that you're dying to get a good night's sleep, you could mean that literally. You can go without eating for weeks without succumbing, but 11 days is tops for going without sleep. After eleven days, you'll be asleep – forever!

DID YOU KNOW?

- + Glare tends to affect individuals with lighter eye colours more than those with darker-coloured eyes for the same reason that lighter skin is more susceptible to burning, as there is less pigmentation.
- + The average child receives three times more UV exposure than an adult annually.
- + Variable tint lenses are gathering momentum as the must-have accessory for the fashion-conscious thanks to celebrity fans such as Brad Pitt and Angelina Jolie.

GIVE-AWAY

We're giving away a *Melomed cooler bag* to enjoy this summer to three lucky readers!

To stand a chance to qualify, **SMS your answer to the following question and your name to 34298** (R2 per SMS). Competition closes 7 March 2013. Prize sponsored by Melomed.
What can't Dr Delano Rhode go a day without? (See our Housecall article).

Give-away terms and conditions: The winner will be the first correct entry drawn after the closing date. In the event of the judges not being able to get hold of winners on details supplied, alternative winners will be selected. The judges' decision is final and no correspondence will be entered into. The winner must be prepared to be photographed for publicity purposes. The prize is not transferable and may not be converted into cash. Prize may differ from pictured. Image is for visual purposes only.



ENTER TODAY & WIN

6

Tips for creating a HAPPY FAMILY

With just a little bit of work every day, you can build something great.

Everyone hopes to have a happy family some day, but without daily attention, families can spin out of control quickly. Here's what you can do to get the best out of family life.

1 JUST ENJOY

We all live stressful lives, but be happy when your husband or wife gets home – same goes for when the kids get back from school or extra-murals. Joy can be built up through everyday interaction. The happier you look to see people, the more wanted they'll feel, which will make them happy in turn.

2 ASK ABOUT THEIR DAY AND LISTEN

Turn off the TV. Make a point of having family time at the start of the evening. Ask about everyone's day, and really listen. Tell about your own day, and focus

on the positive. It's something for everyone to look forward to, and it makes the family an interesting place to be. You need to guard against boredom at all costs, because boredom is what will make kids turn to the Playstation, TV, the mall ... If you don't pay attention, your kids could become strangers.

3 MARRIAGE COMES FIRST

Family starts, ideally, with a stable marriage or partnership. Let the kids come between you, and their very security is in trouble. Put your marriage first, and the kids will have the privilege of seeing true love in action.

4 EAT TOGETHER

They say families that pray together, stay together, but eating together is just as important. Dinners around a table, no TV in sight, are a time to connect and share. Keep dinner times as relaxed as possible.

5 PLAY

Play is very important to create a happy, relaxed atmosphere. Set aside a little time for this before dinner every evening. (Active play will work toddlers up, so is not ideal for bed time.) For older kids, play could mean listening to music while you chat and make dinner, and then having a board game afterwards. Reading is also a fun leisure activity that should not be forgotten. This is perfect for bed time.

6 FAMILY COMES BEFORE FRIENDS

Keep kids happy at home – it's their base. If you let them become bored, they'll end up spending too much time with their friends. Friendship is great, but friends' houses have different rules, and some friends can be an undesirable influence. What's more, kids grow up so quickly, if they spend their days out of the house.

“Dinners around a table, no TV in sight, are a time to connect and share.”



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Edries Adams, Pharmacy
Manager at Melomed Bellville
(B.Pharm (UWC), MBA (US))

ARE YOU

EQUIPPED FOR A PET EMERGENCY?

In our last issue we dealt with the importance of having an adequately equipped first aid kit on hand to deal with medical emergencies in the home and at work. Here we take a look at what a first aid kit should contain to handle an emergency you may have with a pet.

By Melomed Bellville's Pharmacy Manager, Edries Adams

The guide dog leading its trusted owner is an expensive asset; the family dog or cat is a trusted companion. Just like you, animals living in your home can be the victims of accidents too. Are you equipped to deal with a broken leg if your dog is hit by a car, or hurt in a fight or steps on glass during a walk?

Remember, a first aid kit equipped to deal with a pet emergency should contain medical supplies and equipment that allows you to provide first aid to an animal in distress, quickly and effectively, before seeking qualified veterinarian assistance.

Having a first aid kit on hand can help you to provide essential care immediately, before critical care becomes available.

Remember to keep your

pet first aid kit somewhere easily accessible and check it regularly so you can improve on and replace any items that have been used.

USEFUL TIPS

- + If your first aid kit is going with you on a hike or any other outdoor activity, make sure it's waterproof.
- + Check the container in which your first aid kit is kept regularly to make sure it is not damaged.
- + Check the medical supplies and equipment for any expired items and remove these and replace them with fresh supplies immediately.
- + Keep a list of the contents of your first aid kit on the inside of the container. This will serve as a quick and useful checklist to make sure that all the required items are always available.



Basic contents for an animal first aid kit

No	Supply
1	Adhesive tape roll, e.g. Micropore®
2	Gauze roll 50mm
5	Sterile gauze pads 100mm x 100mm
1	Tweezers
1	Scissors
	Paper towels
	2 towels or blankets (one for stretcher, one for keeping pet warm)
	Magnifying glass
10	Cotton wool buds
	Trauma pad, 50mm x 100mm (absorbent dressing that helps stop bleeding)
	Hydrogen peroxide 3% (100ml)
1	Antibacterial ointment, e.g. Betadine® ointment
10	Antiseptic cleansing wipes, e.g. Weibcal®
	Eyewash and eyedropper
	Ear cleaning solution
1	Rectal thermometer
1	Cold and heat packs
	Leather work gloves (to protect you from being bitten)
4	Disposable latex gloves
4	Splint materials/ tongue depressors
3	Sting relieve pads containing a local anaesthetic
2	Splinter removers (langets)



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References: 1. IMS June 2010.
2. Impact Rx data. June 2010.
A12028 09/10.

Do you have

kissing disease



Feverish? Lethargic? It could be glandular fever. By Health Bytes Publishers

Glandular fever, or mononucleosis, is a viral infection caused by the Epstein-Barr virus (EBV), which belongs to the herpes group of viruses, and is passed on through saliva. EBV infects both the salivary glands and B lymphocytes (a kind of white-blood cell).

The infection starts off in the salivary glands, and then moves on to the white blood cells, resulting in swollen, painful lymph glands, a high B-cell count, a headache, fatigue, fever and a sore throat.

Glandular fever is a very widespread infection. Most people will be exposed to it at some point in their lives, and once infected, the virus remains dormant in the body's cells for

a lifetime. Even so, glandular fever is not that infectious, and most people don't even know they're infected.

ARE THERE RISKS?

Because the virus is spread in saliva, kissing is one of the most common ways of catching the disease, but coughing and sneezing also spread glandular fever. It usually takes four to six weeks for symptoms to start showing. Glandular fever is most contagious during the feverish stage.

Almost half of all children under five get glandular fever without ever becoming ill from it. It can occur at any age, but is most common between the ages of 15 and 25. Even in teenagers and adults, symptoms often don't occur. This is known as subclinical infection.

WHAT ARE THE SIGNS AND SYMPTOMS?

The four major symptoms mentioned above are fatigue, fever, a sore throat and swollen glands, but you might also see the following:

- + A fever above 39°C, usually in the afternoon and early evening
- + Discharge from throat that may be mistaken for tonsillitis
- + Lack of energy (especially in the second and third weeks)
- + Loss of appetite
- + Headache
- + Sore muscles
- + A rash. About 5% of people get a primary rash, and 90% get it from being given ampicillin and 50% of those on a penicillin antibiotic
- + Weight loss
- + Abdominal pain occurs as a result of an enlarged spleen

in half of all cases, and an enlarged liver in 10% of cases.

- + Patients generally feel unwell up to a week before the fever, while a sore throat and swollen glands flare up.

DIAGNOSIS

Because glandular fever can appear a lot like flu, tonsillitis and other illnesses like cytomegalovirus, toxoplasmosis or HIV, your doctor will probably take a blood sample for antibodies, white cell count and a blood film.

A blood test can detect antibodies to the Epstein-Barr virus, as well as the T-cells that the body produces to fight this infection. The immunoglobulin IgG shows whether one has had previous exposure and so mounted an immune response, and the immunoglobulin IgM shows whether active infection is present.

TREATMENT

As with any viral infection, there is no particular treatment for glandular fever, although your doctor can provide pain relief (usually with paracetamol or ibuprofen). Antibiotics are not recommended; they may trigger a rash. It is best to avoid fatty foods and alcohol, and you will need plenty of fluids and rest.

It can take a week or two to recover, but in a small percentage of cases, the tiredness may endure over several weeks, when it may be aggravated by exertion. Rest is important in glandular fever and it's usually recommended that you don't take part in strenuous sports for a month after recovery.

Complications are rare but need intensive medical support. For a few children, the infection leads to chronic fatigue syndrome.

Kissing is one of the most common ways of catching the disease, but coughing and sneezing also spread glandular fever.

Prevention

No vaccine is available, so avoiding kissing and close bodily contact is the best prevention. Don't share towels, cups and clothing while you're ill. Try to avoid any rough or contact sport for about six to eight weeks, especially if you've suffered an enlarged spleen – there may be a risk of splenic rupture.



Further facts

Patients with glandular fever usually recover without treatment. Studies have shown that 20% can return to school or work within one week and 50% within two weeks. Occasionally fatigue lasts for months. This extended (chronic) form of the illness occurs in about 2% of patients.

Serious complications are rare but can include:

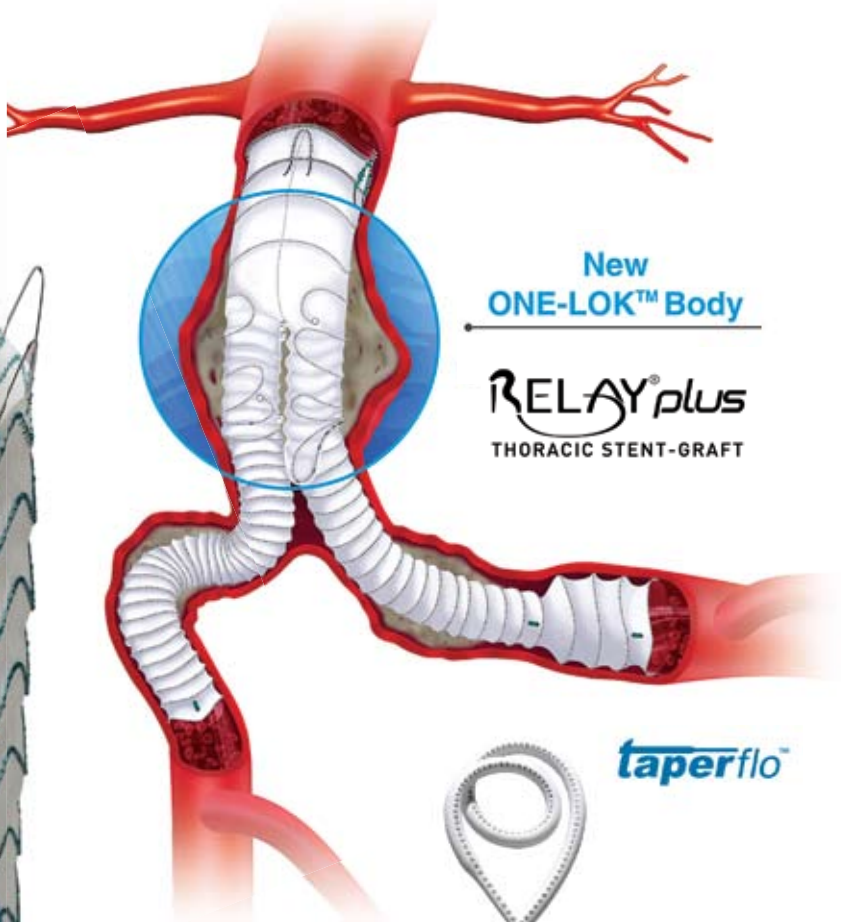
- + Obstruction of the airways due to the swelling of throat tissue

- + Jaundice
- + Anaemia
- + Bleeding due to low blood platelets
- + Ruptured spleen
- + Inflammation of the brain (encephalitis) or brain lining (meningitis), and various other nerve or behavioural abnormalities

See your doctor without delay if you notice any of these symptoms.



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Battling baldness

➔ HAIR LOSS IN MEN

Hair loss causes many men extreme anxiety. A receding hairline or the arrival of a bald patch can have a dramatic effect on a man's confidence and body image.

By Health Bytes Publishers

WHAT IS MALE HAIR LOSS?

Male pattern baldness affects up to 30 per cent of 30-year-old men and 50 per cent of 50-year-old men. It occurs in a distinct way (and sometimes can affect women too, especially after menopause when the protective effect of oestrogen is lost). Hair may

start to disappear from the temples and the crown of the head at any time. For a few men this process starts as early as the later teenage years, but for most it happens in their late 20s and early 30s. A little thinning of the

hair may be noticeable first, followed by wider hair loss allowing more of the scalp to become visible.

Some men aren't troubled by this process at all. Others, however, suffer great emotional distress associated with a lack of self-confidence and sometimes depression. ▶▶



MANY MEN FIND THEIR HAIR LOSS SLOWS DOWN OR STOPS FOR NO APPARENT REASON AT A CERTAIN AGE.

CAUSES AND RISK FACTORS

Male baldness has been found to be linked to a certain gene and so is inherited. The hair is usually lost at the temples and the crown. **This happens because of an oversensitivity of hair follicles to a hormone called dihydrotestosterone (DHT) which the body makes from testosterone (present in normal levels in the blood).** This causes the hair follicles to make thinner and thinner hair until they eventually pack up completely. The receding hairline will gradually meet the bald patch to leave a ring of thinning hair, which for some men eventually is lost, leaving a completely bald scalp.

Other causes of hair loss, which may not follow this pattern, include the following:

- + Iron-deficiency anaemia
- + Under-active thyroid
- + Fungal scalp infection
- + Some prescribed medicines
- + Stress and trichotillomania where the anxious person pulls so much on their hair that it breaks or comes out

CAN I STOP IT?

If there's a reversible cause, it's normally possible to stop hair loss. For instance, if it's caused by iron deficiency you can stop hair

loss by replenishing the body's iron stores.

A huge number of treatments have been tried to slow down and even reverse the process of male pattern hair loss – some are successful, others aren't. But many men find their hair loss slows down or stops for no apparent reason at a certain age anyway.

SHOULD I SEE A DOCTOR?

It's a good idea to ensure an illness isn't responsible, particularly if the hair loss is patchy rather than being in the typical male pattern distribution. Moreover, if the hair loss is accompanied by other symptoms (such as tiredness) then blood tests may be necessary. Your doctor will examine you to look for any evidence of skin disease affecting the scalp or fungal infection. He may request a blood count and ferritin level to look for low iron and anaemia, and thyroid function tests. Skin scrapings may be done if there is skin disease, in order to look for fungal infection.

Women with male pattern baldness should be tested for raised testosterone levels and for polycystic ovarian syndrome, which can also show high testosterone.



Treatments

Wigs, weaves and hair transplants are, obviously, the most direct form of treatment, while some advocate shaving or close cutting which simply makes the hair loss less obvious. Different hairstyles can create the appearance of a fuller head of hair, or a close shave cut can make baldness less apparent.

Herbal preparations that contain zinc, magnesium, iron, vitamin E and other substances in various combinations can help.

Finasteride is an oral drug treatment. It works by preventing the conversion of testosterone to dihydrotestosterone and so the hair doesn't thin. It can take several months to start to show an effect and may take up to two years for hair to re-grow, but works for the majority of men, although not all and cannot be used by women with male pattern baldness. It's only available on prescription from your GP.

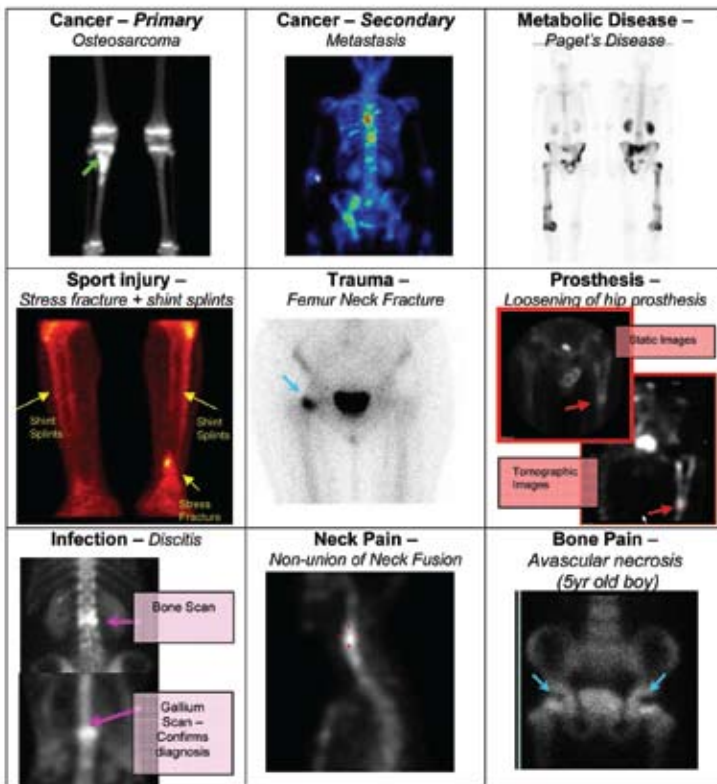
Scalp surgery was originally used, moving flaps of skin with hair to areas without, but is used less now because hair transplant techniques have become refined, transplanting hair follicles from areas such as the back of the head by the removal of a thin strip of scalp and then the follicular units in it are replanted into the bald area. This is also suitable for women with male pattern baldness.

NUCLEAR MEDICINE – BONE SCAN

Article submitted by the Nuclear Medicine Specialists at Melomed Gatesville

For any further information on the services offered please contact:
Nuclear Medicine
Melomed Gatesville Hospital
Tel: 021 637 4277

A bone scan is the most frequently performed Nuclear Medicine study, which in most clinical situations outperforms conventional X-rays for the detection of diseases affecting the bones, e.g. infection, cancer, trauma and sports injuries, as well as metabolic bone disease. It is also often used in patients with unexplained back or bone pain. The bone agent is absorbed on the surface of bone with particular affinity for sites of new bone formation.





TIPS FOR A

HEALTHY START TO YOUR DAY

A good breakfast can help give you the energy you need to face the day.

Additionally, people who eat breakfast are significantly less likely to be

obese and have diabetes than those who don't.

By Health Bytes Publishers



The most important tip is to eat breakfast every day. The key is to choose energy-enhancing, health-invigorating foods.

BE CONSISTENT WITH YOUR PORTIONS

For most people, a perfect breakfast has three components: one serving each of

a wholegrain carbohydrate, a dairy or high-calcium food, and a fruit. A high-protein serving (i.e. a meat or an egg) is unnecessary but certainly acceptable, as long as it doesn't add too much fat or calories to the mix. **Here are a few winning combinations, based on this formula:**

+ A bowl of high-fibre,

multigrain cereal, lots of strawberries, and low-fat milk ontop.

- + A granola bar, an apple, and a cold glass of milk.
- + A cup of non-fat yogurt, fresh blueberries mixed in, and a slice of wholewheat toast with a fruit spread ontop.
- + A scrambled egg, a whole-

wheat roll, fresh fruit salad, and a cup of low-fat milk.

POUR A CUP OF FRUIT SMOOTHIE

Simply whirl a cup of strawberries and a banana in the blender, add a scoop of protein powder and a cup of crushed ice, and you've got a healthy, on-the-go breakfast filled with antioxidants.

USE ORGANIC EGGS

They're not much more expensive than regular eggs but are much higher in all-important omega-3 fatty acids.

SPRINKLE ON A TEASPOON OF GROUND FLAXSEEDS

It could be over your cereal, over your yogurt, over your smoothie, or over your eggs.

Next to fish and organic eggs, flaxseeds are one of the best sources of omega-3 fatty acids.

MAKE YOUR OWN GRANOLA

Most store-bought brands are filled with sugar and fat. To make your own, mix 2 cups rolled oats with 1 cup dried fruits and seeds and a little brown sugar. Toast 3–5 minutes in a warm oven and store in an airtight container.

EAT HALF A GRAPEFRUIT TWICE A WEEK

Grapefruits are loaded with foliate, found to significantly reduce the risk of stroke.

HOST THE BREAKFAST EQUIVALENT OF "BUILD YOUR OWN SUNDAE"

Choose a selection of sliced fruit, yogurt, wholegrain cereals, and/or wholegrain pancakes or toast, and let everyone mix and match to create their own toppings.

ADD A VITAMIN

Taking supplements with food reduces the chance they'll upset your stomach, and improves the absorption of minerals.

HAVE A BREAKFAST SANDWICH

Top a wholewheat English muffin with melted low-fat cheese, a sliced tomato, and a sliced, hard-boiled egg.

CRUSH COLD CEREAL IN A BAGGIE, ADD A PEELED BANANA, AND COAT WITH THE CEREAL

Voilà! Breakfast on a banana (as well as a healthy dose of potassium, beneficial in preventing strokes).

SPRINKLE 1/2 CUP OF BLUEBERRIES ON YOUR CEREAL

These tiny purple berries are loaded with valuable antioxidants that can slow brain aging and protect your memory.

SPREAD APPLE SLICES WITH PEANUT BUTTER

The protein and fat in the



Sip a cup of green tea with your breakfast

peanut butter provide a good start to the day, while the apple provides fibre and protection against some cancers and heart disease.

DRINK A CUP OF UNSWEETENED ORANGE JUICE EVERY MORNING

The vitamin C in OJ not only boosts your immunity, but also improves your cholesterol levels.

GET AT LEAST FIVE GRAMS OF FIBRE DURING BREAKFAST EACH MORNING

Fibre is quite filling, with no extra kilojoules.

CHOOSE THESE TOPPERS FOR YOUR (WHOLEWHEAT) BAGEL OR TOAST:

- + Two tablespoons non-fat cottage cheese sprinkled with flaxseed
- + One slice low-fat cheese melted over a slice of mango
- + One slice baked ham and one sliced tomato

COMMON
AILMENTS DURING

PREGNANCY

Although most women have completely normal and healthy pregnancies, various minor ailments may trouble you during these special nine months. Most are actually more irritating than real cause for concern, and many of the aches and pains can be explained away as a combination of carrying that extra weight, hormonal changes and resulting tiredness. By Health Bytes Publishers

A few of the more common complaints during pregnancy and what to do about them:

BACKACHE

Progesterone – a hormone that is increased 50 to 60 times during pregnancy – causes softening and stretching of the ligaments that support the lower back and pelvic bone. It also relaxes the ligaments that support the spine, putting extra strain on the muscles and joints of the lower spine, pelvis and hips. The increasing load of the uterus, as well as bad posture, can aggravate the problem of backache.

What to do

- + Try to maintain a good posture and do exercises to strengthen the muscles supporting the spine
- + Wear sensible shoes and avoid high heels
- + Avoid heavy lifting
- + Try to rest on a good, firm mattress

Try to maintain a good posture and do exercises to strengthen the muscles supporting the spine.



- + Massage may relieve some of the discomfort

CONSTIPATION

The pregnancy hormone progesterone also relaxes the muscles of the intestine, which results in a slowing down of bowel movements. The bowel contents tend to stagnate and dry out, making the stools hard and difficult to pass.

What to do

- + Increase your fluid intake to 2 to 3 litres of water per day
- + Include plenty of fibre, fresh fruit and vegetables in your diet
- + Regular exercise will help alleviate the problem
- + Avoid laxatives
- + Iron supplements may worsen constipation

CRAMPS

Cramps in the calf muscle, thigh and feet are common during pregnancy. They are usually caused by low levels of calcium and/or magnesium in the blood or, in rare cases, by lack of salt in the diet.

What to do

- + Firmly massage the affected area, flexing your feet upwards

- + Eat calcium-rich foods, such as dairy products, fish, almonds, lettuce and broccoli, to name a few
- + If cramps persist, your doctor may prescribe a calcium/magnesium supplement

HEARTBURN

In early pregnancy, the muscular valve at the entrance to the stomach relaxes, allowing stomach acid to flow up into the oesophagus, causing a burning sensation. In later pregnancy, the baby may press upon the stomach, forcing the acidic contents back into the oesophagus.

What to do

- + Avoid spicy foods and carbonated drinks (low pH means they're highly acidic)
- + Avoid too much tea, coffee and smoking, as they all cause acidity
- + Have smaller and rather more frequent meals and don't eat a meal just before going to bed
- + Prop yourself up in bed so your head and upper body are slightly elevated
- + Drink a warm milk drink at night – it may help
- + Use antacids to provide symptomatic relief, but avoid excessive use

HAEMORRHOIDS (PILES)

Piles are varicose veins that occur in the rectum. As your baby grows, the pressure it places on the rectum hinders the blood flow to the heart. This causes blood to pool and the veins to dilate to accommodate the extra blood. Although piles could lead to constipation or painful stools, they are mostly harmless and usually disappear after childbirth.

What to do

- + Drink plenty of fluid
- + Eat high-fibre food and lots of fruit and vegetables to avoid constipation
- + Relieve discomfort by using old compresses or, in more severe cases, a local anaesthetic ointment

INSOMNIA

Sleeplessness is a common complaint during all three trimesters in pregnancy. It is usually caused by a general increase in your metabolism and also simply by the fact that you need to urinate more often and consequently wake up during the night. Also, your growing baby does not recognise night from day and is usually on the go, whatever the hour. ▶▶

What to do

- + Try to rest during the day
- + Take a warm bath and a hot milky drink before going to bed
- + Avoid heavy meals close to bedtime

MICTURITION

(Frequency in passing urine)
Early in pregnancy, hormonal changes stimulate the muscular wall of the bladder and the growing foetus presses on the bladder, resulting in an urge to pass urine more often. Later in pregnancy the weight of the uterus on the bladder reduces its capacity.

A mother's joy begins when new life is stirring inside ... when a tiny heartbeat is heard for the first time, and a playful kick reminds her that she is no longer alone.



Morning sickness

The main causes of morning sickness are high levels of hormones, particularly the hormone human chorionic gonadotrophin (HCG), and low blood sugar levels.

Despite its name, morning sickness can occur at any time of the day and can vary from mild nausea to vomiting. The worst time, however, seems to be first thing in the morning when

What to do

- + Not much can be done, except to reduce your liquid intake before going to bed
- + In case of pain, burning or blood in the urine, consult your doctor

VARICOSE VEINS

In the last month of pregnancy the baby's head can press down on the pelvic veins, causing blood to pool in the veins of the legs and resulting in ballooning of these veins. Standing for long periods of time can worsen varicose veins.

What to do

- + Avoid standing for long periods of time and try to put your feet up as often as possible
- + Avoid crossing your legs while sitting
- + Avoid wearing high-heeled shoes
- + Wear support tights
- + Exercise will improve circulation in the legs and feet



your stomach is empty, although nausea can also be triggered by strong smells, certain foods and cigarette smoke. Symptoms usually disappear after the first trimester.

WHAT TO DO

- + Eat several small meals throughout the day instead of three larger ones; have some plain or ginger biscuits first thing

in the morning

- + Avoid high-fat foods, too many spices and all foods that make you feel ill
- + Avoid alcohol and tobacco
- + Drink plenty of fluids; teas like ginger, peppermint or camomile may also help
- + Try to get a lot of rest, as being overtired will make your nausea worse

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This editorial is sponsored by Promise PE Gold, a Pfizer Nutrition product.

Karen van Zyl is an early childhood development expert and play therapist and often consults with parents and children dealing with picky eating behaviour.

PART TWO



FEEDING THE PICKY EATER

Tips for getting your picky eater to eat By Karen van Zyl, MA (MW) Play Therapy

Good grazing behaviour

Behaviour is reflected in a child's eating patterns. Ensure your child eats regularly and healthily. Use these guidelines to help your picky eater.

- + **Sweeten** bitter vegetables with honey.
- + **Serve** vegetables raw.
- + **Link foods** to your child's interest, i.e. colour.
- + **Respect your child's tastes** and don't force them to eat food they don't like.
- + **Offer a snack tray** – different bite-sized portions of nutritious foods stored in snack sizes (ice cube tray or muffin tin). Ensure your child can access these snacks on his/her own.

Dip it. This concept creates a fun element to eating. Use healthy dips like cottage cheese or yogurt.

Spread it. Use a healthy spread on toast, rice cakes, etc.

Top it. This concept also creates a fun element to eating. Top meals with healthy foods such as cheese or avocado.

Drink it. Use a meal supplement, like S26 Promise PE Gold.

Cut it up. Make interesting patterns of sandwiches, pizzas, etc.

Package it creatively.

Creative marketing for vegetables. Children require 3 to 5 servings of vegetables per day. So if you aren't the proud parent of a veggie lover, try the following:

- + Plant a garden with your child
- + Make veggie art such as colourful faces

Respect tiny tummies and keep food portions small.

Step-by-step bite rule

Through a process of systematic desensitisation, you can introduce the five-step bite rule.

Day 1: Only touch the food (touching)

It may be helpful for parents who are concerned about their toddler's intake to plot the weight and height on the growth chart to make sure that their child's growth is normal. If you suspect your child is failing to thrive, seek professional help.

Day 2: Only give the food a kiss (touching, tasting, smelling)

Day 3: Only touch the food with your front teeth (touching, tasting, smelling, texture)

Day 4: Only touch the food with your back teeth (touching, tasting, smelling, texture, in mouth)

Day 5: One bite, chew and swallow (touching, tasting, smelling, texture, chewing, swallow, eat)

This process is very successful if coupled with the use of a meal supplement like S26 Promise PE Gold that will help maintain good nutrition while you teach your child healthy eating habits.

Use a reward system using tokens, stickers, etc. (Never reward with food). Reward your child for trying a new food after day 5, even if she only took one bite. Praise, praise, praise – positive reinforcement! No punishment!

My feet dangle. Toddlers can concentrate better if their feet are not dangling.

Let them cook

Make every calorie count

Offer food that pack lots of nutrition into small doses. Nutrient-dense foods that most children are willing to eat include:

- + Avocados
- + Chicken
- + Pasta
- + Eggs
- + Broccoli
- + Squash
- + Peanut butter
- + Fish
- + Sweet potatoes
- + Brown rice
- + Yogurt
- + Potatoes
- + Cheese

Use a fresh food feeder

This allows children to experience new foods without the risk of choking. It consists of a mesh bag that seals and enables the child to chew the food through the mesh bag.

Add new to the old

Introduce new foods with well-liked old ones.

Be a good role model and eat healthy food choices in front of your kids.


Watch drinks and snacks

Make sure your child is not eating filler foods before or between meals. Is it a problem? Should I be worried?

These questions will help you

find out if your child is a picky eater. If you answer “Yes” to any of these questions, discuss it with your Health Care Provider to ensure that the problems are addressed professionally:

- + Does your child only eat certain types of food (e.g. fast foods, fried food, etc.)?
- + Does your child dislike trying new foods?
- + Does your child refuse to eat vegetables and/or items from other food groups?
- + Does your child have strong likes and dislikes for certain foods?
- + Do you use incentives to encourage your child to finish his/her meal?



To help picky eaters get back on the path to healthy development, provide them with a meal supplement. A meal supplement takes away the parents' anxiety around meal times about adequate intake and provides a platform from where nutritional counselling by a professional can take place. Children who are picky eaters consume fewer calories and less fat and protein than non-picky eaters. As a result, picky eaters are at risk for several nutrition-related problems. A meal supplement like new Promise PE Gold builds a foundation of nutrition for picky eaters and is specifically designed for picky eaters aged 2 to 10 years.

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General Cardiologist with a special interest in coronary intervention. Trained at Groote Schuur Hospital Cardiac Clinic and completed interventional training in Cambridge, United Kingdom.

Spinach, walnut and sundried tomato egg white omelette

What you will need

6 egg whites

pinch salt and pepper (or salted herbs)

2 cups baby spinach leaves, coarsely chopped

40g sun dried tomatoes, chopped

20g walnuts, chopped

3-4 tbsp low-fat cottage cheese

Pinch of salt and pepper



A cucumber
topping gives
a nice fresh
twist!

Method of preparation

1. Coat a medium non-stick pan with cooking spray and heat over medium heat.
2. Add the egg whites, salt and pepper into a small mixing bowl and give this a quick whisk with a fork until slightly frothy.
3. Pour the mixture onto the preheated pan and swirl it around a little bit to spread your omelette evenly over the entire surface of the pan. Cover loosely and cook for about 5 minutes, until almost completely set.
4. Meanwhile, place the spinach in the microwave and cook on high heat for about 30 to 45 seconds, until they just start to wilt.
5. Spread the wilted spinach in a strip down the middle of your omelette. Top with cottage cheese, walnuts and sundried tomatoes, sprinkle with salt and pepper. Fold one edge of the omelette over this filling.
6. Delicately slide omelette onto serving plate, folded side first, then fold remaining edge over filling and slightly press it down.

Serve with a few fresh vegetables of your choice.

TIPS FOR

TEENS ON THE MOVE

Fitness plans for teens can be fun and exciting because most teens are very open minded

when it comes to exercising and new activities.

Since teenage bodies are still in the growing stages, it's important not to over-stress muscles, bones and joints too early on. Let your body adapt to exercise gradually.

CARDIO PLAN

This can consist of running, sprinting, cycling or swimming. If you are new to these activities or are overweight, begin slowly. Some non-conventional cardio activities for teens can include laser tag, paintball or dancing. Doing these with friends will add to the enjoyment and motivation.

WEIGHT TRAINING PLAN

This should be approached with caution. Remember your body may still be growing so you don't want to stress the process by training too much or too hard. Start by doing basic exercises such as push-ups, sit-ups and squats to get your body used to the breakdown and repair of muscle. When you're ready, move to free weights and proceed with light to medium weights. Hiring a personal trainer or other professional is advised if

you're new to exercise and to avoid injury.

NUTRITION PLAN

A nutrition plan should always be part of the overall fitness programme. Dieting can be tough because being surrounded by friends and other temptations makes it very hard to eat healthy. **If your school tuck shop does not have any healthy alternatives, try packing a lunch box with healthy snacks such as fruit, vegetable sticks, chicken sandwiches and low-fat milk.** Try not to binge on candy, pastries and chips. Also try to keep your meals small and frequent throughout the day.

SPORTS TEAM PLAN

The benefits to joining sports teams are endless; exercise, camaraderie, discipline and the development of teamwork skills all add to the motivation for staying fit.

GROUP FITNESS PLAN

If you're not much of a sports fanatic but still want to be around others your age who enjoy exercising, try joining a teen fitness boot camp or local fitness group. Most gyms have classes going on all week and you can usually participate for free if you're already a member.



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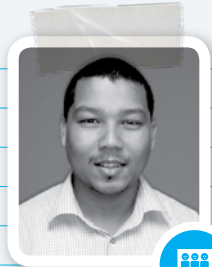


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HOUSE CALL

Meet one of our dedicated Specialists,
Dr Delano Rhode who is a Paediatric
Pulmonologist at Melomed Bellville.



VITAL STATISTICS & QUESTIONS

Where were you born? Cape Town.

Who do you share your house with?

My wife, Carlyn, son Nahum
and daughter Mecah.

What would people be surprised to know about you? That I actually do have a life outside the hospital.

If you weren't doing what you do, you would be ...
I honestly do not know. I love what I am doing now.

One of my life's mottos is ... carpe diem and
cherish life and its little moments.

I can't go a day without ... coffee.

My friends and I like ...
the outdoors and good food.

What music are you listening to?
Easy listening music, R&B and jazz.

Perfect happiness is ...
peace within yourself about yourself.

Success to me means ... living life to the fullest.

Everything in moderation BUT ...
always doing the best I can.

I'd like to be remembered as ... a good and
caring person who has always tried to make life
better for everyone around me. Someone who
cared about the smaller things in life.

“ One of my life's mottos is ...
carpe diem and cherish life and its little moments. ”

LIKES

- Any challenge
- Lovable and honest people who enjoy and appreciate life
- Quality time with my family



DISLIKES

- Dishonesty
- Selfishness
- Degrading people



Favourite things

Restaurant: Willoughby's and Co. | Place: Cape Town | Shop: Any shop with high-tech gadgets

YOUR “MAMMY” CAN BE A life-saver

Welcome to your first mammogram. Life is a meandering road of many milestones: our first cry, first tooth, first uncertain step, first haircut, first day at school, first love, first job. Indeed, so many firsts...

By Health Bytes Publishers



And then eventually, as a woman who has endured so many firsts, you start heading to that place in your life where understanding and acceptance are just about coming together and the purpose of life has become clear. At last you can begin to focus on the fortunate forties...

The kids are well on their way to teenage independence. Hubby's career has finally sorted out its challenges and he is past his first midlife crisis. And you? Well, you've accepted that gravity can be a comfortable friend along with a wonder bra and botox. Life is beginning to make sense... Then, all of a sudden, it hits you from the pages of the women's magazine you're reading while having your grey hair tinted...

ARE YOU 40? HAVE YOU HAD YOUR MAMMOGRAM?

The dread of yet another new experience attacks the belly and you know your first mammogram is imminent! It is true that a first mammogram is not the nicest, most dignified, most advertised, or most raved about first experience, BUT it could be a life-saver. Ultimately it becomes a routine dislike that you diarise religiously, and celebrate minutes after the session. I have a girlfriend, a few years older than me, who has been the mentor of all my first experiences.

February is the month we choose to have our annual mammogram. The “we” is a bunch of longstanding friends, ranging in age from 45 to 59 years, who have supported

each other through births, teenagers, gynae visits and “mammies” (our nickname for mammograms). As we arrive, the usual receptionist greets us like her long-lost friends – thus taking the edge off a little.

“Strip! All clothes off except panties!” (now you know the reason for choosing underwear so carefully!) “Choose a gown to wear over your panties,” says the warm voice, “and just relax until we call your name.”

Clearly, the most important step towards having your first mammogram is finding a friend or friends with whom you are willing to share this amazing experience. Be brave, be bold, take that step! Don't be fearful and preclude this important event from your life ... it may very well become your life-saver.

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