

melomag

Free Health Guide!

Issue 14 | 2013

GIVE-AWAY

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

ALL ABOUT

Diabetes & your eyes

Healthy gifts for everyone & the dog!

Silent addiction to everyday medicines

It's the season to be jolly?


M E L O M E D
PRIVATE HOSPITALS

Health news and views | 2 |

First aid for the holidays | 14 |

Handy medical directory inside | 22 |

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contents

- 2 Health news & views
- 3 Give-away
- 4 Healthy gifts for everyone and the dog
- 7 All about diabetes and your eyes
- 10 The silent addiction to everyday medicines
- 13 Limit the toll of standing on the job ...
- 14 First aid for summer holidays
- 18 Have you got the holiday blues?
- 22 Medical directories
- 25 Housecall: Dr L Moodley
- 26 Recipe: Roasted vegetable wraps
- 28 Last word



CONGRATULATIONS!

Well done to **Melanie Kleinsmith**, the winner of the Melomed Coffee Machine give-away featured in our previous *Melomag* issue 13. We trust that you will enjoy your prize. Look out for this issue's give-away on **page 3**.



Health Bytes

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CHAIRMAN'S NOTE

Some exciting activities have taken place since our last edition of *Melomag*.

Our MeloCares initiative sparked off our "IHATA colour of hope challenge" held at the IHATA shelter for abused women and children, in which our Melomed employees and their family members volunteered their personal time and effort to paint and rejuvenate the shelter. We would like to take this opportunity to thank all those who participated in the IHATA paint challenge.

Melomed partnered with the Cancer Association of South Africa (CANSA) and hosted a floral-hat spring-themed breakfast for secretaries in September. The proceeds of the function will be donated to help fund the care and support programmes provided by the Cancer Association of South Africa. In addition, we will be hosting a Cuppa for CANSA high tea to raise awareness for breast cancer. The proceeds of this function will also be donated to help fund the care and support programmes provided by the Cancer Association of South Africa.

We recently launched our MeloCares Facebook page, which features our corporate social initiatives within Melomed and the community. We urge you to visit our Facebook page and, if you like what you see and wish to support our initiatives, please click "like"!

As this is our last edition of *Melomag* for the year, we wish you well for the remainder of the year and hope for a happy festive season and prosperous New Year. Happy reading.

EBRAHIM
 BHORAT
 CHAIRMAN
 MELOMED
 GROUP





"IF DETECTED EARLY, MOST CHILDHOOD CANCERS CAN BE TREATED SUCCESSFULLY."

GET TO KNOW

CANCER WARNING SIGNS 4 KIDS

The Cancer Association of South Africa (CANSA) highlighted childhood cancer in September through the Golden Statue awareness campaign. CANSA staff and volunteers, wearing gold or yellow, aimed to 'freeze' as human statues in over 30 public venues, to raise awareness and support of CANSA's Tough Living with Cancer (TLC) programme.

Through this campaign, CANSA hoped to create more awareness in order to improve the ongoing support provided to children and families affected by cancer. No child or family should have to face cancer on their own – CANSA's TLC programme is dedicated to providing tangible love, care and support to help those coping with the effects of cancer on the family.

WARNING SIGNS

If detected early, most childhood cancers can be treated successfully. These cancers share general

symptoms with other illnesses, but if one or more of the following persist, seek medical help urgently as children with cancer need to receive the right treatment, preferably in a paediatric oncology unit:

- + Continued, unexplained weight loss
- + Headaches, often with vomiting – early night/early morning
- + Increased swelling or pain in bones, joints, back, legs
- + Lump/mass in abdomen, neck, chest, pelvis, armpits
- + Development of excessive bruising, bleeding, rash
- + Constant infections

- + A whitish colour behind the pupil
- + Nausea that persists or vomiting without nausea
- + Constant tiredness or noticeable paleness
- + Eye or vision changes that occur suddenly and persist
- + Recurrent fevers of unknown origin

Parents in need of support can call toll-free 0800 22 66 22, or email tlc@cansa.org.za

Follow CANSA on Twitter: @CANSA (www.twitter.com/@CANSA) and join CANSA on Facebook.

HEALTH TIPS

Learn to cook: Think you know how much butter goes into those mashed potatoes at a restaurant? You're probably off by half. If you can cook, you not only save money but also gain control over what goes into your meals.

Sweets for the teeth? Chew liquorice sticks or whirls regularly to keep teeth and gums clean and reduce bacteria in the mouth.





WOMEN AND SMOKING

While South African women are less likely to smoke than men, ladies often smoke more cigarettes per day than guys. Here are eight facts you might not know about women and smoking.

- + **They get 'em young:** In South Africa, both boys and girls usually start smoking in their teens. Women usually start smoking around the age of 16 years and go on to smoke for about two decades before quitting, according to a recent Human Sciences Research Council (HSRC) report.
- + **Kicking the habit:** South African women are twice as likely to report having tried to quit smoking than men, according to the HSRC.
- + **"Light" doesn't mean safe, ladies:** Marketing strategies lure consumers with misleading categories, such as "light" or "low tar", often in the mistaken belief that "light" means "safer." Actually, "light" smokers often engage in compensatory smoking, inhaling more deeply and more frequently to absorb the desired amount of nicotine, according to the World Health Organisation (WHO).
- + **Puff, puff, pass:** Women smoke an average of ten cigarettes a day while men "lit up" about eight times a day.
- + **Hook, line and sinker:** Women are one of the tobacco industry's biggest targets. The industry gears richly-funded marketing campaigns towards women through advertisements that draw on gender stereotypes, and link tobacco use to concepts of beauty, prestige and freedom.
- + **Till death do us part:** Every year, 1.5 million women die from tobacco use, largely in low and middle-income countries. This number could double by 2030, according to the WHO.
- + **Back that baby carriage up:** Women who smoke are more likely than those who do not to experience infertility and delays in conceiving. Smoking during pregnancy increases risks of premature delivery, stillbirth and newborn death, and may cause a reduction in breast milk. Smoking also increases women's risk for cervical cancer, which kills eight women every day in South Africa.
- + **What you don't smoke, can still hurt you:** Women constitute about 60 percent of deaths from second-hand smoke. Worldwide, second-hand smoke causes 430 000 adult deaths per year. www.health-e.org.za

FULL MOON = LESS SLEEP

You don't have to be a werewolf to feel restless when the full moon rises.



A new study in the *Journal of Current Biology* suggests that people tend to get lower quality sleep around the time of full moons, snoozing an average of 20 minutes less than they do during a new moon. "If you ask people, about 40% blame the full moon for bad sleep".

TAKE A COFFEE BREAK TO COPE



Coffee breaks are an important part of workplace culture as they provide a crucial coping mechanism for stressful work.

A group of public workers in Denmark were studied after a large-scale merger. The study found that the stress from their jobs and the merger was relieved by forming "communities of coping" during coffee breaks with co-workers. These communities afforded social interaction with fellow employees, allowing them to share both professional opinions and personal frustrations. Coffee breaks should not be considered a 'waste' of productivity, as they have important social, and potentially monetary, value for organisations. Source: Medical News Today.

GIVE-AWAY

ENTER TODAY & WIN

We're giving away a beach set 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 10 December 2013. Prize sponsored by Melomag. **Where was Dr L Moodley born? (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 picture. Image is for visual purposes only.

HEALTHY GIFTS

for everyone & the dog!

From workout gear to kitchen gadgets, we've scoured stores to bring you healthy gift ideas that are guaranteed to make the people on your list feel good, inside and out - after all, aren't health and happiness the best gifts of all?

FOR THE YOGA GIRL WHO HAS EVERYTHING

Consider a custom option for your Zen friend: a monogrammed yoga mat that matches her personality.



FOR YOUR FFF (FAT FREE FRIEND)

Skip the oily fried eggs and opt for healthier poached eggs with the Fusionbrands PoachPod, set of 2 (R110).



FOR THE FIT ANIMAL LOVER

Do you like to keep your hands free when you walk your dog? Then the HIP HUGGER SYSTEM (R520) is just the leash for you! The HIP HUGGER also has a fitted treat bag so that you don't have to delve into your pockets for treats when you need them!



FOR THE SMOOTH(IE) OPERATOR

Mix up a single serving of your favourite smoothie in the Oster My Blend Blender (R1255).



FOR EVERYONE WHO WANTS TO STAY STYLISHLY FIT

The Fitbit Flex (R1299) tracks your steps, distance, calories burnt, and even monitors your sleeping. All your info can get synced with an app on your iOS or Android phone, or on your desktop.



FOR THE 'CONNECTED' KIDS

The Ultimate Ears Loud Enough Volume-Limiting Earphones for Children (R320) protects hearing. Most MP3 players have a limit on how loud they can go, with a typical max decibel level of 100. If your kid is blasting the tunes, they could be damaging their hearing. To let them listen without worrying about the volume, stuff their stockings with these ear buds. They come in fun colours and don't look any different than regular ear buds, so there won't be any complaints.



FOR YOURSELF — ICE ICE BABY

With the Zoku Quick Pop Maker or Slushie Maker (from R299) you can make sweet treats at home and keep fat and sugar to a minimum, while experimenting with your favourite flavours and ingredients.



FOR YOUR JOGGING PARTNER

The Grid Revolutionary Foam Roller from Trigger Point Performance (from R600), is designed to be rolled along your back and legs – and any place else that's stiff and sore. When combined with your body weight, the uneven foam surface acts like a massage to loosen muscles and work out knots.



GREAT GIFT



FOR THE HEALTH — CONSCIOUS GARDENER

Trying to cut back on salt and butter, but not taste? The compact Microplane Herb Mill (R430) minces those herbs with a flick of your wrist.

HONEY JAR FOR YOUR HONEY

Sweeten her cup of tea with this adorable honey pot and wood-and-silicone honey stick by Le Creuset (R200).



FOR THE SUN LOVERS

Emthunzini Hats (from R320) with UPFs of 50+ were designed to give you serious sun protection while making you look great. All hats have the CANSA Seal of Recognition.





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- **Increase efficiency during cataract removal** with OZil[®] Torsional Ultrasound⁴
- **Improve your OR set up time by 36%** with V-LOCITY[®] Efficiency Components⁵



1. In a 2014 retrospective study of vitreoretinal surgery, surgeons using the ULTRAVIT 5000 cpm probe with surgeon-controlled duty cycle reported a 36% reduction in iatrogenic tears and post-operative complications compared to surgeons using a standard 5000 cpm probe. 2. In a 2014 retrospective study of vitreoretinal surgery, surgeons using the ULTRAVIT 5000 cpm probe with integrated IOP compensation reported a 36% reduction in IOP spikes compared to surgeons using a standard 5000 cpm probe. 3. In a 2014 retrospective study of vitreoretinal surgery, surgeons using the ULTRAVIT 5000 cpm probe with ALCON MIVS platforms reported a 36% reduction in post-operative visual recovery time compared to surgeons using a standard 5000 cpm probe. 4. In a 2014 retrospective study of cataract removal, surgeons using the OZil Torsional Ultrasound reported a 36% reduction in cataract removal time compared to surgeons using a standard ultrasound. 5. In a 2014 retrospective study of vitreoretinal surgery, surgeons using the ULTRAVIT 5000 cpm probe with V-LOCITY Efficiency Components reported a 36% reduction in OR set up time compared to surgeons using a standard 5000 cpm probe.

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DIABETES & YOUR EYES

The prevalence of diabetes is on the increase worldwide, mostly owing to a trend towards a Western industrialised diet and lifestyle and an increase in the number of people who are classified as obese. By Ophthalmologist Dr MD Saloojee

Diabetes as a condition can, over years, affect various parts of the body, including the kidneys, heart, brain and limb circulation and nerves as well as the feet. It may also affect the eyes and vision.

If you have diabetes, regular visits to your eye doctor (ophthalmologist) for regular exams are important to avoid eye problems. High blood sugar (glucose) increases the risk of eye problems from diabetes. Diabetes is one of the leading causes of blindness of any age.

High blood sugar in diabetes causes the lens of the eye to swell, which changes your ability to

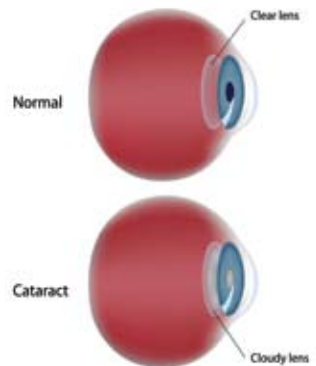
see and causes blurred vision. To control this kind of eye problem, you need to maintain your sugar levels within a target range. Your general physician will advise you regarding your blood control.

The three major eye problems that people with diabetes may develop and should be aware of are cataracts, glaucoma, and diabetic retinopathy (pathological condition in the retina).

CATARACTS

A cataract is a clouding or fogging of the normally clear lens of the eye that result in the in-

ability to focus light. People with diabetes get these eye problems at an earlier age than most and the condition progresses more rapidly than in people without diabetes. ▶▶



Women with diabetes who later become pregnant should have a comprehensive eye exam during the first trimester and closely follow up with an eye doctor during the rest of their pregnancy.

GLAUCOMA AND DIABETES

Fluid inside the eye maintains the shape of the eyeball and supplies the nutrients required to keep the eye healthy. When the fluid inside the eye does not drain properly, it can lead to excess pressure inside the eye. This is called glaucoma. The increase in pressure can damage the nerve and fibre of the optic nerve, causing changes in vision. Glaucoma can be treated by your ophthalmologist. About 6 – 8% of diabetics may have glaucoma and may be totally unaware of this until examined by an ophthalmologist. In this regard one should ask one's optician to do eye-pressure checks each time you visit them for spectacles and refer you to an ophthalmologist if there is a suspicion of glaucoma.

Periodic checkups are important since there may be no symptoms with glaucoma until the disease is well advanced and there is a significant loss of vision. Vision loss from glaucoma is

irreversible so early detection and treatment is important.

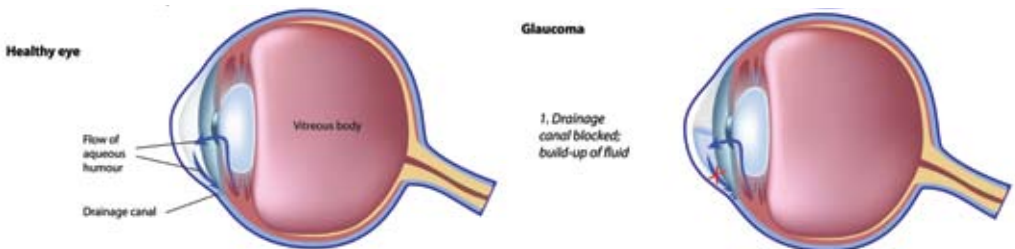
People with diabetes are also more likely to get an uncommon type of glaucoma, called neovascular glaucoma. In this form of glaucoma new blood vessels grow onto the iris, the coloured part of the eye. These blood vessels block the normal flow of fluid out of the eye, raising the eye pressure. Symptoms of this glaucoma include eye pain, blurred vision, halos around lights and even loss of vision.

DIABETIC RETINOPATHY

Diabetic retinopathy is one of the vascular (blood-vessel) complications related to diabetes. There is damage to these small vessels on the retina of the eye and is called a 'micro vascular complication'. Kidney disease and permanent nerve damage due to diabetes are also micro vascular complications. As eye specialists (ophthalmologists) we can view the blood

vessels of the retina and we are able to detect blockage of blood flow to the retina of the eye and leakage of the fluid component of blood from the blood vessels. The retina, which is the organ of the eye charged with producing vision, is damaged by a lack of available blood supply to it. This causes a reduction in vision.

Diabetic retinopathy is the leading cause of irreversible blindness in industrialised nations. The duration of diabetes is the single most important risk for developing retinopathy. So the longer you have diabetes, the greater the risk of this very serious eye problem.



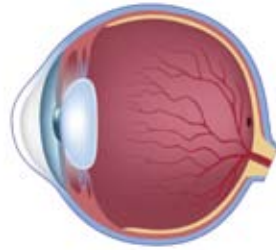
It has been recently found that control of diabetes (i.e. glaucoma control) over the first four to five years is crucial in determining the prevalence and severity of the long-term diabetic retinopathy. Regardless of the control of diabetes thereafter, there seems to be an inbuilt memory effect of the diabetic control in the first few years of diabetes. If retinopathy is not found early or is not treated, it can lead to blindness.

Fragile vessels can bleed and eventually cause a clot to form in the eye, which scars and causes detachments of the retina.

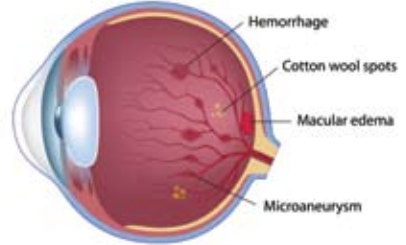
This eventually leads to irreversible vision loss. Control of blood sugar, blood pressure, and blood cholesterol has an important role in slowing the progression of retinopathy. There are different types of diabetic retinopathy and your ophthalmologist will explain to you what type you are classified as having, should you be diagnosed with diabetic retinopathy. To prevent retinopathy progressively, have your eye doctor screen your eyes annually.

Women with diabetes who later become pregnant should have a comprehensive eye exam during the first trimester and closely follow up with an eye doctor during the rest of their pregnancy to avoid serious eye problems with diabetes. (This recommendation does not apply to women who develop gestational diabetes, since they are not likely to be at risk for diabetic retinopathy.)

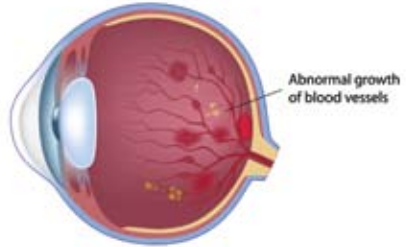
Normal



Diabetic Retinopathy



Nonproliferative Retinopathy



CONCLUSION

If you have diabetes, get a comprehensive eye exam at least once a year and remember:

- + Diabetic retinopathy can develop without symptoms. At this advanced stage, you are at high risk for vision loss.
 - + Macular oedema (poor central vision) can develop without symptoms at any of the four stages of diabetic retinopathy.
 - + You can develop both proliferative retinopathy and macular oedema and still see fine. However, you are at high risk for vision loss.
 - + Your eye-care professional can tell if you have macular oedema or if you are at any stage of diabetic retinopathy.
- Whether or not you have symptoms, early detection and timely treatment can prevent vision loss.
- + In fact, any visual changes like black spots in your vision, flashes of lights and 'holes' in your vision or blurred vision that you become aware of (even if you do not have diabetes) should prompt you to consult your doctor who would refer you to an ophthalmologist. If you are a diabetic then you should see your doctor as soon as possible to be referred to an ophthalmologist for the early detection of any eye problems.

THE SILENT ADDICTION TO

'everyday' medicines

Is your medicine cabinet a source for a family member's legal 'high'? Because a doctor's prescription is not needed, many mistakenly believe that over-the-counter (OTC) medicines are safer than prescription medicines and illegal street drugs.

Compiled by Health Bytes

They are in fact safe and effective when taken as directed, but even OTC medicines – including herbals – can cause serious and potentially fatal side effects when abused.

Abuse of OTC medicines is most common among teens between the ages of 13 and 16. But adults have also abused OTC medicines, particularly in combination with other medicines, alcohol, and illegal drugs, which increases the risks. The list that follows includes some of the medicines currently abused by teens and adults.

Dextromethorphan is the active ingredient in more than 100 OTC cough and cold medicines. Large doses can cause euphoria, distortions of colour and sound, and 'out of body' hallucinations

that last up to six hours. Other dangerous side effects include impaired judgment, vomiting, loss of muscle movement, seizures, blurred vision, drowsiness, shallow breathing, and a fast heart rate. When combined with alcohol or other drugs, a large dose can lead to death. Dextromethorphan is also addictive and can cause withdrawal symptoms, including

depression and difficulty processing thoughts.

Pain relievers like acetaminophen and ibuprofen are taken in doses higher than recommended to ensure that the medicines work faster. Liver failure can happen with large doses of acetaminophen, and stomach bleeding, kidney failure, and cardiac risks are heightened when taking large doses of ibuprofen.



Codeine is used in pain relief and for the suppression of coughs. Since codeine is a member of the opiate drug class, it has similar morphine-like effects on the body, including an impaired emotional response to pain and long-term impacts on the way the nervous system functions.

Caffeine medicines and energy drinks have all been abused for the buzz or 'jolt of energy' they seem to impart. Large doses of caffeine can cause serious dehydration, gastric reflux, panic attacks, and heart irregularities that have occasionally been linked to accidental deaths, particularly in those with an underlying heart condition.

Diet pills in large doses can create a mild buzz. Abuse of diet pills often starts with trying just a few in order to lose weight but can become highly addictive. Many other diet pill ingredients cause digestive problems, hair loss, insomnia, anxiety, irritability, extreme paranoia, blurred vision, kidney problems, and dehydration.

Laxatives and herbal diuretics (water pills) are also abused, to lose weight. Laxatives and herbal diuretics can cause serious dehydration and life-threatening loss of important minerals and salts that regulate the amount of water

in the body, acidity of the blood, and muscle function.

Motion sickness pills that contain dimenhydrinate or diphenhydramine taken in large doses can cause one to feel high and have hallucinations similar to street drugs. The dose needed to cause these symptoms varies widely according to body weight and tolerance. Extremely high doses have caused dangerously irregular heartbeats, coma, heart attacks, and death. Long-term abuse can cause depression, liver and kidney damage, memory loss, eye pain, itchy skin, urine retention, and abdominal pain.

Sexual performance medicines, often purchased via the Internet, can cause heart problems, especially when combined with alcohol or when taken in large doses.

Pseudoephedrine is a nasal decongestant and stimulant found in many cold medicines, taken as a stimulant to cause an excitable, hyperactive feeling. Dangerous side effects include heart palpitations, irregular heartbeats, and heart attacks. When combined with other drugs, such as narcotics, pseudoephedrine may trigger episodes of paranoid psychosis.

Herbal products are increasingly being abused for their stimulant, hallucinogenic, and euphoric effects.

Teens & young adults who learn about the risks of drugs at home are up to 50% less likely to abuse drugs.



TREATMENT FOR OTC MEDICATION ABUSE OR ADDICTION

Treatment for drug abuse or addiction to OTC medications depends upon several factors, including the type of over-the-counter medication being abused, the age and gender of the patient, the length and severity of the patient's drug problems, and the presence of any co-occurring disorders.

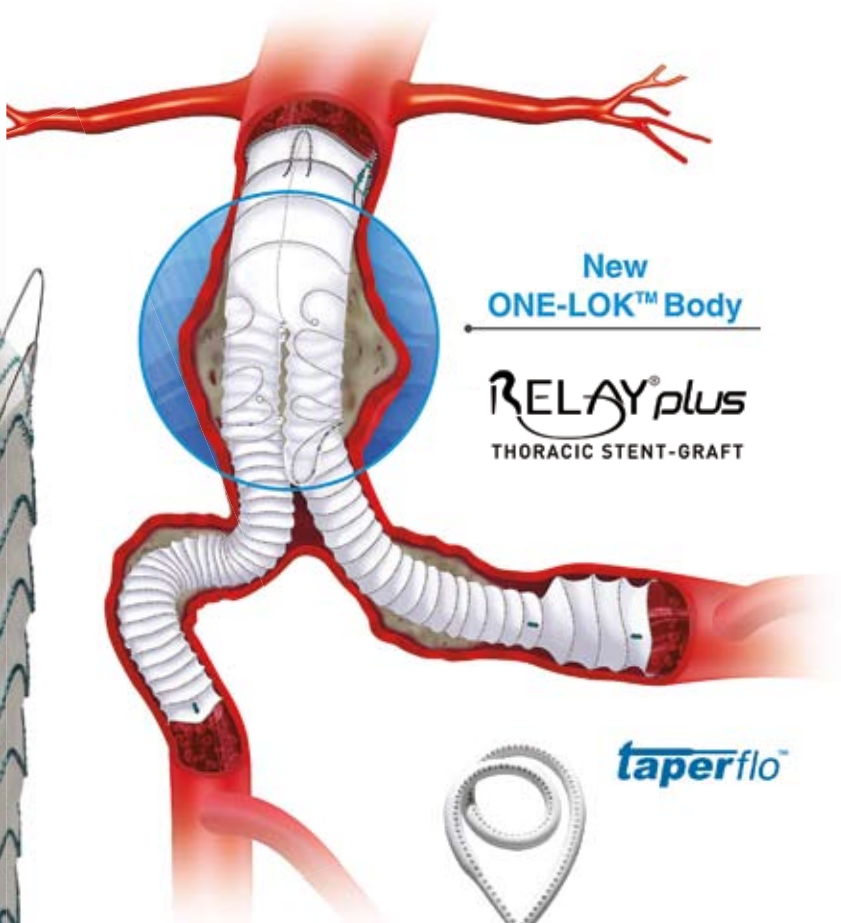
Treatment may include the following therapies and techniques:

- + Individual therapy
- + Group therapy
- + Family therapy
- + 12-Step education
- + Relapse-prevention instruction
- + Cognitive Behavioral Therapy (CBT)
- + Dialectical Behavioral Therapy (DBT)

One of the greatest difficulties with preventing OTC drug use is that few teens and adults realise the danger. Unlike the risks associated with illegal street drugs like cocaine and heroin, the risks associated with OTC drug abuse are given little thought and attention. Teens and young adults who learn about the risks of drugs at home are up to 50% less likely to abuse drugs.



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TAKE A STAND!

LIMIT THE TOLL OF STANDING ON THE JOB...

STANDING TO WORK ... IS MORE TIRING, AND IT DRAMATICALLY INCREASES THE RISKS OF CAROTID ATHEROSCLEROSIS.

Compiled by Health Bytes

Lots of published articles point to the dangers of sitting too long. It negatively impacts circulation and can increase the risk for blood clots in your legs. But did you know that standing for long periods of time also could have adverse health effects?

People who spend most of their time on their feet are at an increased risk for health problems, such as varicose veins, heart and circulation problems, swelling in the feet and legs and joint damage. There's also a risk of pre-term delivery or reduced

birth weights if pregnant women stand for more than three hours at a time.

Ergonomic specialists state that standing to work has 'long been known to be problematic.' It is more tiring and it dramatically increases the risks of carotid atherosclerosis, because of the additional load on the circulatory system.

PROLONGED STANDING AND WALKING CAN CAUSE:

- + swollen or painful feet or legs
- + bunions
- + plantar fasciitis (inflamma-

tion of the ligament on the sole of the foot).

- + stretched Achilles tendon (tendonitis)
- + varicose veins
- + knee problems
- + lower back pain
- + neck and shoulder stiffness
- + poor posture (and its effects)
- + restricted blood flow and circulation problems
- + increased chance of knee or hip arthritis
- + muscle soreness and fatigue.

FITNESS TIPS:

To combat the health risks of prolonged standing, get moving. Take periodic breaks every hour to walk around or sit. Other steps:

- + Stand with one foot in front of the other, not side by side.
- + Periodically shift your weight from one leg to the other.

- + Work with one foot slightly raised (e.g. use a footstool or box).
- + If you're pregnant, try to put your feet up at work and rest with your feet higher than your head.
- + Consider anti-fatigue mats on the floor to ease your joints.
- + Wear comfortable, supportive, low-heeled shoes.

- + Maintain a healthy weight to put less stress on your joints.

REMEMBER:

It's all a matter of ensuring movement throughout your day, regardless of whether you are a desk-jockey or a standing worker.



SUMMER HOLIDAYS

What to put in your first-aid kit?

Summer in South Africa, for many, will mean sunshine, beaches and camping. The holidays should not become 'horror-days' as long as you're packed and prepared to prevent or remedy the odd case of sunburn, mosquito bite or allergy. Compiled by Health Bytes

Knowing what to do and keeping a basic first-aid kit can help make sure your holidays are healthy and fun. The first kit that should be the basis of all the others is the 'Basic Travel Kit'. The centre of the kit is the person's chronic medications. Remember to pack

enough medication for the length of the trip, and spare for those unexpected layovers, cancellations, storms, or finding that perfect spot and staying an extra week. A spare set of spectacles and copies of all home medication prescriptions is also a good idea.



BASIC TRAVEL KIT:

This kit is made to be packed into a polycarbonate water bottle, which provides a crush-proof and watertight container. You can drink out of it too.

- + Paracetamol (pain and fever reduction)
- + Ibuprofen (pain and fever reducer, anti-inflammatory)
- + Antihistamine (allergies, sleep aid)
- + Pseudoephedrine (nasal decongestant, helps with 'ear pop' from planes)
- + Loperamide (anti-diarrhoeal)
- + Multi-tool (MacGyver always had his)

- + Safety pins (quick fix for clothing, making an arm sling, emergency cloth)
- + Sunscreen (SPF 30 minimum, small bottle)
- + Bandanna (sling for arm, dust mask)
- + Antiseptic towelettes (cleaning hands/wounds)
- + Electrolyte packets (for dehydration due to vomiting or diarrhoea)
- + Matches (light source, fires)
- + Tweezers (removing ticks, thorns, cactus, sea urchins, etc.)

- + Blister plasters (blisters on the feet)
- + Band-Aids (minor cuts and scrapes)
- + Gauze roll (minor cuts and scrapes)
- + Antibiotic ointment (minor cuts and scrapes)
- + Portable flashlight (looking into mouths, dark rooms)
- + Thermometer (for checking fever)
- + Latex gloves (protect yourself first)
- + 4 x 4 gauze pads (minor cuts and scrapes)
- + Hand sanitiser (dirty hands mean infected cuts)

MAKE THE MOST OF THE HOLIDAYS:

KNOW WHAT TO DO AND HAVE ALL THE THINGS YOU NEED IN YOUR FIRST-AID KIT, THEN GET OUT THERE AND ENJOY THE SUMMER.

WHAT TO DO?

ALLERGIES

If you know you get seasonal allergies on holiday, such as hay fever, start treating them before you come into contact with the allergen (e.g., pollen or grass).

Basic treatment options for allergies:

- + Nasal spray to relieve sneezing or a dripping nose.
- + Eye drops to help itchy, watery eyes.
- + For more generalised symptoms, non-sedating antihistamine tablets give fast relief without causing drowsiness in most people.
- + Older types of antihistamines cause drowsiness and you should not drive or use a boat or other machinery if taking them.
- + People with severe allergic reactions (anaphylaxis), e.g., to

bee stings, will need to carry injectable adrenaline (EpiPen) with them on holiday.

BITES AND STINGS

Mosquito or sandfly bites and bee, wasp or jellyfish stings are hopefully only occasional reminders you are outdoors

this holiday. They can cause anything from short-lived mild irritation to severe swelling and pain. A severe reaction to a bite or sting requires urgent medical assistance. Get help immediately if you:

- + feel unwell and are dizzy or vomiting
- + have significant swelling, especially in your face, eyes, lips, tongue or neck
- + have a fever, wheezing, tight chest, difficulty breathing or swallowing
- + have had severe reactions before.

Treating bites and stings:

- + Remove any stinger by scraping it with a blunt knife or fingernail. Avoid pinching it, as this may squeeze more venom into the wound.
- + Jellyfish tentacles should be washed off with salt water.
- + Apply an ice pack, wrapped in a towel, for 10–20 minutes to reduce pain and inflammation.
- + Mild reactions to insect bites can be eased with an anti-inflammatory hydrocortisone cream, antihistamine cream

or calamine lotion to cool and soothe. They should not be used if the skin is broken.

- + If the reaction is more severe, oral antihistamines may help relieve symptoms, including itching, swelling and hives.

Preventing bites and stings:

- + Keep flying insects away with insect repellents.
- + Try to cover up by wearing light, long-sleeved tops, full-length trousers and closed-in shoes, especially in the evening.
- + Avoid areas where there is stagnant water, a breeding ground for mosquitoes.
- + Dispose of rubbish daily in closed containers, and away from your accommodation. Rubbish decays rapidly in warm weather, attracting flies and wasps.
- + Don't leave sugary foods or drinks out in the open, where they will attract bees. A sting in the mouth from an open can of drink is an easy and very dangerous mistake. ▶▶





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021 948 8131

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021 392 3126

EYES

Sore, red eyes can be caused by infection, allergy, a condition called dry eye or an irritant such as sunshine, wind or smoke. The eyes may be red, itchy and watery, and feel gritty. If there is an infection the eye may have a thicker discharge and you should see a doctor.

What to do about red eye:

- + Sunglasses are essential to protect eyes from UV sunlight damage and also help relieve tired, strained eyes. People of all ages should have a good pair of UV-protective sunglasses.
- + Avoid wearing contact lenses while the irritation continues.
- + Red eye caused by allergy or an irritant can be treated with eye drops.
- + If you have dry eye, lubricants or artificial tear products and eye washes can be used to alleviate discomfort.

HEAT RASH

Prickly heat or sweat rash occurs where sweat ducts are blocked off, especially under clothing. The skin around the blocked follicles becomes red and highly irritated, with tiny nodules under each sweat gland.

Avoid heat rash by regular bathing, wearing loose clothing and drying the skin carefully.

SUNBURN

Sunburn is caused by ultraviolet (UV) radiation and is unrelated to the heat of the sun. South Africa has high UV radiation, even on cool and cloudy days.

Sunburn, skin damage and melanoma are a risk throughout the year, but particularly in summer, when we tend to spend longer periods outside.

To protect against sunburn:

- + Wear loose, cool clothing covering arms and legs and a hat that offers shade to all

parts of the head and neck.

- + Eyes can get sunburned too: wear sunglasses that give protection against both UVA and UVB rays.
- + Regularly apply sunscreen with an SPF of at least 30. Remember to cover all parts of the body, including your lips, ears, back of the neck and under the nose. Apply generously 15–20 minutes before going out into the sun.
- + Use a swimsuit that offers a high SPF.

Easing the pain of sunburn:

- + Mild sunburn can be eased with cool compresses, bathing in cool water or applying calamine lotion.
- + Drink plenty of water to prevent dehydration.
- + Paracetamol may reduce pain.
- + If you have severe sunburn, you should seek medical advice, as you would for any other burn!

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HOLIDAY BLUES ❖❖❖

It's the season to be jolly?

Are you looking forward to or dreading the festive season? It is a stressful time for many people.

There is a lot of social and financial pressure and many people also find themselves having to deal with relatives they usually avoid during the year, for a number of reasons. Finding presents and preparing meals can add to this pressure. Compiled by Health Bytes

These days the happy family is often as much a myth as Father Christmas. The myth of the perfect family is a burden many of us take to the grave, and at no time is it put under more stress than over the festive season. Conflicts and ambiguous feelings we've put on hold all year, often through distance,

bubble to the surface.

Then there's the eternal tug over who we'll spend the holidays with. Your parents or your in-laws? Your divorced father or your mother? What if your kids decide to go to your ex-husband and his new wife, proving once and for all that they've abandoned you? Or, and this is true for a growing

number of people, what if you have no one you really want to spend time with?

And finally, there's the pressure to try to solve it all with Mastercard or Visa, to prove your love with money because you just don't know how else to navigate the emotional rapids of relationships.

Christmas isn't about gorgeous ▶▶

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Use the holiday as a time of reflection – go on a spiritual journey. A time to reassess who you are and what adds meaning to your life. Ready, steady, go 2014!



decorations, insanely happy families and expensive gifts. To survive 'end-of-the-year' depression, don't fall into the trap of trying to be ecstatically happy. The stores, commercials, malls and advertisements turn Christmas into a merchandising cash cow – Christmas is not about being flawless and full of glitter. Don't fall into that which will send you headlong into an even deeper Christmas depression.

If you've lost someone you

love and this is the first holiday without them, allow yourself to grieve naturally. Holiday blues are okay to experience – as long as it doesn't last for months afterward.

Ironically, your family and friends may be the source of your holiday depression, but according to movies and television, they should really be easing your depression. You may not be able to change your family's dynamics or be aware of how your family and friends

affect you. Are you particularly fond of shopping with your mother?

If you're really struggling emotionally, and you know it's more than the holiday blues, then get help. Similarly, if a family member or a friend is struggling with a serious case of holiday blues, don't hesitate to help them. Consider calling for outside help. Many volunteers work over the festive season at suicide hotlines or help centres; your phone book will have a list.

The holidays can be joyous and magical; they can also be disappointing and stressful. Because you are sad or unhappy now doesn't mean that it will remain that way. Tomorrow, next month, or next year you will probably feel better than you do today. The holidays don't last forever, and even people who enjoy the holiday spirit are glad about that.

Use the holiday as a time of reflection – go on a spiritual journey. A time to reassess who you are and what adds meaning to your life. Ready, steady, go 2014!

THE HOLIDAYS CAN BE ... JOYOUS AND MAGICAL; THEY CAN ALSO BE DISAPPOINTING AND STRESSFUL.





TIP:

Use new sponges, and be sure not to wet them ahead of time; they are easier to cut straight out of the package.

HOLIDAY DIY FUN:

Sponge Ball ❖❖❖

Made from kitchen sponges that are cut up and tied together, they last longer than water balloons and are softer and splashier than regular balls. Best of all, after tossing them around, the kids will be as clean as the kitchen dishes.

**MATERIALS
(FOR 8 BALLS)**

- + 10 packs of coloured synthetic sponges
- + 2 packs of coloured cellulose sponges
- + Coloured zip ties
- + Scissors

1 Cut sponges into approx. 2.5 cm strips. You will have a LOT of strips.

2 Let the kids pick out 9 strips (in this case, 3 cellulose and 6 other) and line them up.

3 Gather up all the sponge strips and place a zip tie in the centre. Pull the tie as tight as it will go, then cut off the excess. Fluff pieces out into a ball.



1

2

3

That's it! Super easy and then the kids can have tons of fun splashing around a toy that they made!



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VITAL STATISTICS & QUESTIONS



I am ... a jovial person who is easy to get along with.

Where were you born?

Pietermaritzburg.

Who do you share your house with?

My wife, three children and a dog.

What would people be surprised to know about you? I can be very anti-social.

If you weren't doing what you do, you would be ... RETIRED!

I can't go a day without ...
hugging my kids.

What music are you listening to?
Contemporary music hits.

Perfect happiness is ... things going the way you expected.

Success to me means ... a satisfied patient.

Everything in moderation BUT ...
tandoori chicken.

I'd like to be remembered as ... a caring and modest cardiothoracic surgeon.

“ **One of my life mottos is:** Do unto others what you expect others to do unto oneself. ”

Likes



Honesty, efficiency & competence

Dislikes



Materialistic opinions, loud people & favouritism



Best places. Home sweet home



Recipe supplied by, **Jaco van den Heever**, Melomed Group Catering Manager

Roasted Vegetable Wrap

What you will need

50ml Olive oil

800g Mixed roasting vegetables

55g Veggie seasoning



150ml Mayonnaise

4 Wraps

Fresh lettuce and avo optional

Method of preparation

1. Drizzle the vegetables with the olive oil.
2. Mix 50g of the vegetable seasoning through the raw vegetables.
3. Bake at 180°C for ± 40–50 minutes.
4. Add the remaining 5g of the vegetable seasoning to the mayonnaise.
5. Spread mayonnaise on wrap, add the veg, roll and cut.



Perfect for summer. Take along to the beach for a picnic or have on the patio for lunch. Ideal for the family!



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Not guilty!

You can escape the burden of unnecessary self-reproach by learning when the feelings are warranted.

Compiled by Health Bytes



We all suffer it: from a faint pang to protracted agonising, guilt is commonplace. The good news is that it's entirely normal to experience such feelings, whether it be about not handing over your change to the parking attendant or because you missed your child's school concert due to work commitments. The upside is that guilt plays an important role in our society. Often, it's simply your conscience warning you that you have overstepped a boundary and motivating you to fix your mistake or to apologise.

Yet too much guilt can bring you down. When guilt becomes debilitating, it's time to act.

Understanding what triggered these feelings will help you decide whether the cause is in fact your responsibility. That way, you will avoid being manipulated by people who use guilt on you (knowingly or not), and help you to establish your boundaries. Here are some simple ways to

manage those embarrassing or uncomfortable moments:

FRIENDS

Understanding the frame of mind you were in during a certain time in your life usually gives a different perspective on how you accept and make peace with yourself. It may have been an especially difficult time for you that used a lot of your emotional energy. Sometimes it's necessary to admit that you made a mistake, but also to know when to stop punishing yourself. Learning from these mistakes is most important.

KIDS

If they are old enough, your children can also be guided to understand that certain actions are necessary to make it better for the whole family. To make it more concrete for them, take them out for a special day so that they experience first-hand the benefit of your overtime.

HEALTH

As an adult you choose what kind of lifestyle you want to lead. If not smoking is an essential choice for healthy living, smoking would contradict those personal commitments and could lead to feelings of guilt. The answer lies in balance. Rather be kind to yourself and positively motivational.

Are you too hard on yourself?

Ask yourself if you would have been as critical of others about the same action as you have been of yourself. Guilt and depression are two sides of the same coin. It becomes a problem when the inner voice is overly self-critical and judgemental towards the self. This irrational guilt can contribute to the development of depression.

Consider the intentions of your actions. If you understand your intentions you can view actions in a different light, allowing for internal forgiveness and harmony.

Our unconscious develops to guide us to survive and to be accepted as a part of society. The inner voice is that wisdom that we have accumulated — it usually contributes to our wellbeing.



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