

melomag

Free Health Guide!

Issue 16 | 2014

ALL ABOUT POLYCYSTIC OVARY SYNDROME

In the know:
HPV – cancer
causing virus

Grab-
and-go
breakfast
ideas

Useful facts
on flu season

MELOMED GATESVILLE

celebrates 25 years of affordable, quality healthcare

Understanding
teenagers'
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Taking care of vascular



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GIVE-AWAY

Melomed is giving away a coffee machine to enjoy to one lucky reader! See page 3 for competition details!



Health Bytes

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CHAIRMAN'S NOTE

We have once again completed a prosperous first quarter of the year 2014 within the Melomed Group and celebrated many achievements and milestones already.

One such important event was the traditional "turning of the sod", which occurred on the 25th of March 2014. This ceremonial tradition was performed, amongst others, by the Honourable Minister Theuns Botha, marking the date upon which the official construction of our new flagship Melomed Hospital in Tokai commenced.

Our Melomed Claremont psychiatric facility is in its final stages of completion and is scheduled to open in June of this year, indicating truly exciting times ahead!

As is customary in the Melomed family we welcome our new Specialists Dr R Kader (female Gynaecologist) and Dr MC Hendrickse, a Cardiologist practising at our Melomed Gatesville Hospital. April 2014 is also the celebration of the 25th Anniversary of Melomed Gatesville since it was first commissioned in 1989.

On the 11th of May we will be celebrating Mother's Day to show our sincere appreciation to our mother and mother figures. Apty, the following day, Melomed will once more be paying due recognition to our nursing staff on Nurse's Day on the 12th of May and we wish to thank all our nurses sincerely for all your dedication, commitment and loyalty to both the Organisation and its patients.

The year 2014 also reflects on a very important milestone for all South Africans, as we celebrate 20 years of democracy and the anticipation of our national elections in May.

With all the past achievements and hard work now coming to fruition, and the emergence of new and ever-challenging goals, the Melomed family looks forward to the year ahead. These achievements could not have been possible without you, our dedicated staff and doctors.

Happy reading everyone!

EBRAHIM
BHORAT
CHAIRMAN
MELOMED
GROUP



BALANCED LIFESTYLE

IS KEY!



The Cancer Association of South Africa (CANSA) encourages everyone to keep their health top of mind as part of its *Balanced Lifestyle* campaign and places the focus on obesity and cancer, as well as reducing the intake of salt and sugar to reduce the risk of cancer.

Obesity and being **overweight** are major risk factors for a number of chronic diseases, including cancer, type 2 diabetes and cardiovascular diseases. In South Africa there is an alarming increase in obesity with more than 29% of men and 56% of women classified as being overweight or obese, which resulted in over 36 500 deaths in 2004.

“We encourage leading a balanced lifestyle by maintaining a healthy weight and being active, eating a healthy diet that includes plenty of vegetables and fresh fruit in season, limiting and even avoiding alcohol and tobacco products, as well as cutting down on fats, salt and sugar,” says Professor Michael Herbst, CANSA’s Head of Health.

1 Salt

Salt is essential for the body to function normally. Salt intake from all sources should be 5g per day, of which sodium should be less than 2,4mg (= one teaspoon of salt per day). Herbst continues, “CANSA advises also to avoid

processed foods and not to add additional salt to food as this increases the risk for stomach and naso-pharyngeal cancers, high blood pressure, heart disease and stroke.”

2 Sugar

High intake of added sugar contributes to the incidence of behavioural problems in children, dental cavities and obesity that leads to the increased risk for non-communicable diseases such as various cancers, type 2 diabetes, cardiovascular disease and high blood pressure. Added sugar in the diet should not exceed 100 calories (25g) a day for women and 150 calories (37,5g) for men.

3 Physical Activity

Physical activity helps to maintain a healthy weight that will assist in lowering the risk for various types of cancer, including cancer of the breast, prostate, lung, colon and kidney. Exercise tips to help you live

a healthy life:

- + Use stairs rather than an escalator or elevator
- + If you can, walk or bike to your destination
- + Exercise at lunch with your work colleagues, family, or friends
- + Take an exercise break at work to stretch or take a quick walk
- + Walk to visit co-workers instead of sending an e-mail
- + Go dancing with your spouse or friends
- + Plan active holidays rather than only driving trips
- + Wear a pedometer every day and increase your daily steps
- + Join a sports team or club
- + Use a stationary bicycle or treadmill while watching TV
- + Plan your exercise routine to gradually increase the days per week and minutes per session
- + If you have children, spend time playing with them
- + Limit sedentary habits like watching television for hours on end.

GIVE-AWAY

ENTER
TODAY &
WIN

We're giving away a coffee machine to one lucky reader!

To stand a chance to qualify, **email** your answer to the following question and your name to: **melomag@melomed.co.za** with *Melomag 16* in the subject line. Competition closes 10 June 2014. **What can't Dr MC Hendrickse go a day without? (See our Housecall article).**

Prize sponsored by Melomed.



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LET THERE BE LIGHT – BUT NOT AT NIGHT

Autumn sees our daylight fading quickly. Scientists say light is the principal cue in our 24-hour natural cycle, or circadian rhythm.

To maintain regular sleep habits, in addition to avoiding alcohol or caffeine close to bedtime, we need to avoid night-time light, which suppresses the secretion of the sleep-inducing hormone melatonin. Is there a streetlight outside your window? Be sure to close the blinds. If you get up at night to go to the bathroom, avoid turning on the light. During the waking hours, reverse the process and try to expose yourself to as much light as possible.



Source: WebMD

Need another reason to bother with eating well?

There's increasing evidence a good diet doesn't just prevent disease, but may help ward off mental health problems too.

Learning to manage your anger might extend your life. Meditation may help as it can involve training yourself to become less reactive to intense feelings.

HEALTH
TIPS

HAVE A BREAK – HAVE SOME

TEA!

In the beverage world, tea reigns supreme for its multitude of health benefits.

A product of the *Camellia sinensis* plant, a shrub native to China and India, tea contains unique antioxidants called flavonoids. The most potent of these, known as **ECGC**, may help defend the body against free radicals that can contribute to cancer, heart disease and clogged arteries.

Green tea: Its antioxidants may interfere with the growth of bladder, breast, lung, stomach, pancreatic, and colorectal cancers; prevent clogging of the arteries; burn fat; counteract oxidative stress on the brain; reduce risk of neurological disorders and stroke; and improve cholesterol levels.

Black tea: May protect lungs from damage caused by exposure to cigarette smoke. It may also reduce the risk of stroke.

White tea: One study showed that white tea has the most potent anticancer properties, compared to more processed teas. Choose a colour and brew a bag or two today, in the microwave or on the stove. Enjoy it hot or iced by itself, or pair it with lemon, mint or orange.

Source: WebMD.com

GRAB-AND-GO

BREAKFAST

IDEAS

Fruit and cheese

A balanced, easy-to-assemble make-ahead morning meal: Grab an apple, wrap a few cubes of Cheddar in plastic, and toss $\frac{1}{4}$ cup of fibre- and protein-rich nuts into a re-sealable plastic bag.



Peanut butter waffle

Instead of dousing a waffle in syrup, cut the sugar and boost the protein and fibre by spreading it with peanut butter. You can also sprinkle on some raisins, sesame seeds, or extra peanuts for even more fibre, which helps deliver the meal's nutrients slowly and steadily.



Strawberry shake

In a shaker, combine vanilla or strawberry instant-breakfast porridge (look for the no-sugar-added kind) and 1 cup of low-fat strawberry cow's milk or soy milk. (You can also mix this the night before.) If you have time, use a blender to add strawberries or a frozen banana.





Cereal "sundae"

A bowl of fibre-rich bran flakes (about 1½ cups) with low-fat milk is nearly the perfect breakfast. Make it portable by replacing the milk with vanilla yogurt and mixing it in a to-go container. Increase the fibre and vitamins by adding nuts or fresh or dried fruit, such as chopped pecans or blueberries.

Egg tortilla

One of the most "portable" proteins is a hard-cooked egg, but it has no fibre or carbohydrates. So slice it, then roll it in a whole-wheat tortilla with a piece of macon or pastrami and, if you like, a slice of cheese. Add a tablespoon of salsa for a shot of flavour and a smidgen of vitamin C.



Breakfast muffin

This sandwich packs protein from egg, calcium from cheese, and fibre and B vitamins from the whole-grain muffin. Halve the muffin, spread mango chutney over bottom half; top with 2 pastrami slices, 1 fried egg, and grated cheese. Place top half of the muffin over the bottom.

Morning pizza slice

You could have a slice of last night's pizza (it's preferable to filling up on sugar or skipping breakfast). Or you could try a more sophisticated spin: Take a slice of crusty bread, spread it with 3 tablespoons of ricotta, and add tomatoes. Finish with a drizzle of olive oil (about 1 teaspoon) and a little salt and pepper.



Antenatal classes

at Melomed
Private Hospitals

contact ❖❖❖

Lucille Bailey at Melomed
Gatesville on 021 637 8100

Nuraan Cader at Melomed
Mitchells Plain on 021 392 3126

Tanya Botha at Melomed Bellville
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POLYCYSTIC OVARY SYNDROME



Polycystic Ovary Syndrome (PCOS) is a hormonal disorder among women of reproductive age.

By Dr Rahel Kader, Gynaecologist at Melomed Gatesville, MBChB, FCOG (SA).

WHAT IS POLYCYSTIC OVARY SYNDROME?

The name of the condition comes from the appearance of the ovaries in most, but not all, women with the disorder – enlarged and containing numerous small cysts

(fluid-filled sacs) located along the outer edge of each ovary (polycystic appearance).

Infrequent or prolonged menstrual periods, excess hair growth, acne and obesity can all occur in women with polycystic

ovary syndrome. In adolescents, infrequent or absent menstruation may signal the condition.

In women past adolescence, difficulty becoming pregnant or unexplained weight gain may be the first sign. ▶▶

PCOS has for a long time been thought of as solely a gynaecological problem, but it is a syndrome that also encompasses the metabolic, cardiovascular, dermatological and psychological condition with which it is associated.

The exact cause of PCOS is unknown. But most experts think that several factors, including genetics, could play a role. Women with PCOS are more likely to have a mother or sister with PCOS. The metabolic syndrome, which is common in PCOS, in itself has various health implications and these should be screened for and managed in conjunction with the gynaecological symptoms present.

WHAT ARE THE SYMPTOMS OF PCOS

The symptoms of PCOS can vary from woman to woman. It must be noted however, that in up to 20% of cases PCOS is asymptomatic.

Symptoms tend to present at the time of the first menstrual period (menarch), though symptoms can present at any time throughout a woman's reproductive years and to varying degrees with less frequent or a complete lack of menstrual periods.

The principal presenting symptoms are usually:

Menstrual abnormalities

Irregular ovulation (oligoovula-

tion) or no ovulation (anovulation) which result in infrequent, absent, and/or irregular menstrual periods and /or infertility.

Excess male hormone (androgen):

Elevated levels of male hormones (androgens) may result in physical signs such as:

- + excess facial and body hair (hirsutism),
- + acne,
- + male-pattern baldness (androgenic alopecia),
- + patches of skin on the neck, arms, breasts, or thighs that are thick and dark brown or black (Acanthosis nigricans) and
- + weight gain or obesity.

WHY?

do women with PCOS have trouble with their menstrual cycle and fertility?

In women with PCOS, the ovary doesn't make all of the hormones it needs for an egg to fully mature. The follicles may start to grow and build up fluid but ovulation does not occur. Instead, some follicles may remain as cysts. For these reasons,

ovulation does not occur and the hormone progesterone is not made. Without progesterone, a woman's menstrual cycle is irregular or absent. Plus, the ovaries make male hormones, which also prevent ovulation. Many women with PCOS will present with

menstrual abnormalities which include menstrual intervals longer than 35 days to six months with no more than nine menstrual cycles a year (oligomenorrhoea) and failure to menstruate for six months or longer (amenorrhoea).

THE EXACT CAUSE OF PCOS IS UNKNOWN.

BUT MOST EXPERTS THINK THAT SEVERAL FACTORS, INCLUDING GENETICS, COULD PLAY A ROLE.

Polycystic ovaries

Enlarged ovaries containing numerous small cysts can be detected by ultrasound. A polycystic ovary is one which has 12 more immature follicles (cysts) measuring 2–9mm in diameter, often described as a “string of pearls”.

Despite the condition's name, polycystic ovaries alone do not confirm the diagnosis.


To be diagnosed with PCOS, you must also have abnormal menstrual cycles or signs

of androgen excess. Some women with polycystic ovaries may not have PCOS, while a few women with the condition have ovaries that appear normal. It is important to exclude other causes or other related disorders

HOW IS PCOS TREATED?

Because there is no cure for PCOS, it needs to be managed to prevent problems.

Treatment goals are based on ▶▶

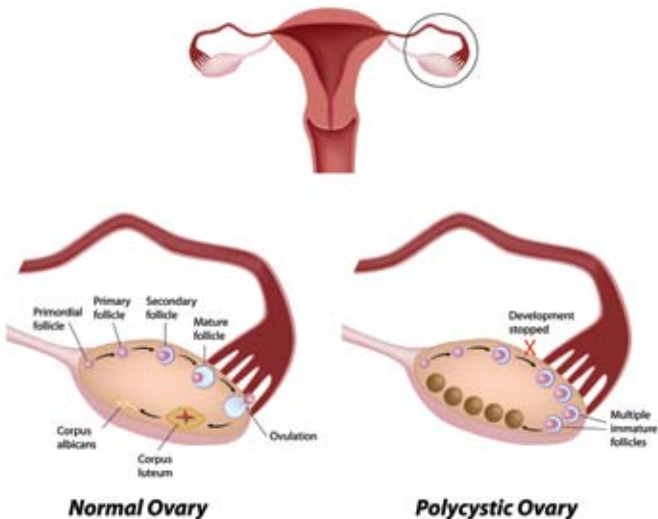
A woman with long brown hair, wearing a white tank top, is looking upwards and to the right. She is holding a blister pack of yellow pills in her right hand. The blister pack is tilted, showing the pills. The background is a bright, soft white light.

Lack of ovulation is usually the reason for fertility problems in women with PCOS.

your symptoms, whether or not you want to become pregnant, and lowering your chances of getting heart disease and diabetes. Many women will need a combination of treatments to meet these goals. Some treatments for PCOS include:

Lifestyle modification

Many women with PCOS are overweight or obese, which can cause health problems. You can help manage your PCOS by eating healthy and exercising to keep your weight at a healthy level. Even a 10% loss in body weight can restore a normal period and make your cycle more regular.



Birth control pills

For women who don't want to get pregnant, birth control pills can:

- + Control menstrual cycles
- + Reduce male hormones
- + Help to clear acne

Keep in mind that the menstrual cycle will become abnormal again if the pill is stopped.

Fertility medications

Lack of ovulation is usually the reason for fertility problems in women with PCOS.

Several medications that stimulate ovulation can help women with PCOS become pregnant. Even so, other reasons for infertility in both the woman and man should be ruled out before fertility medications are used. Also, some fertility medications increase the risk for multiple births (twins, triplets). Treatment options include:

- + Clomiphene – the first-choice therapy to stimulate ovulation for most patients.
- + Metformin taken with clomiphene – may be tried if clomiphene alone fails.
- + Alternatively, gonadotrophin treatment can be initiated under careful monitoring.

WHEN?

to see a doctor

Talk with your doctor if you have menstrual irregularities – such as infrequent periods, prolonged periods or no menstrual peri-

ods – especially if you have excess hair on your face and body, or acne. Early diagnosis and treatment of polycystic ovary syndrome

may help reduce your risk of long-term complications, such as type 2 diabetes, high blood pressure and heart disease.

+ Less frequently and in certain cases, ovarian drilling surgery can be considered to restore ovulation.

However, even if these women are successful in conceiving with fertility treatment, once they do become pregnant, they are also at an increased risk of complications.

HOW DOES PCOS AFFECT A WOMAN WHILE PREGNANT?

Women with PCOS appear to have higher rates of:

- + Miscarriage
- + Gestational diabetes
- + Pregnancy-induced high blood pressure (preeclampsia)
- + Premature delivery

Babies born to women with PCOS have a higher risk of spending time in a neonatal intensive care unit or of dying before, during, or shortly after birth. Most of the time, these problems occur in multiple-birth babies (twins, triplets).

Obesity has a profound effect on a woman's fertility, both natural and assisted. Not only does it impact on the chances of conceiving, it also impacts on the risks of maternal and foetal complications during the pregnancy and delivery process. Additionally, there are also peri- and post-natal implications for mother and baby.

Women who are known to have PCOS should be monitored for complications and should have their babies delivered in secondary care.



**SEVERAL
MEDICATIONS
THAT STIMULATE
OVULATION CAN
HELP WOMEN WITH
PCOS BECOME
PREGNANT.**



HPV:

a virus that causes cancer

Statistics show that one in every eight women who dies in South Africa, dies from complications

as a result of cancer of the cervix. Compiled by Health Bytes

Simply translated, this indicates that if your daughter attends a party with seven other little girls, one of them may die as a result of cervical cancer. Almost 80% of cervical cancers are caused by the human papillomavirus (HPV). During the last few years vaccination against HPV infection has become available. Due to the high prevalence of HPV-related cervical cancers in South Africa, it has been decided to make this vaccination available free of charge to all Grade 4 girls who are 9 years and older.

WHAT IS HPV?

HPV is not a single virus, but a family of over 120 known viruses. These can infect our skin and mu-

cous membranes, such as those lining our nostrils, mouths and genital tracts. Some HPV types cause warts – common warts, flat warts, plantar warts, and genital warts – and around 15 to 20 types are oncoviruses, which are able to cause cancer.

HPV infects our tissues through cuts and micro-abrasions, which would commonly occur during sexual intercourse or while brushing your teeth. It readily passes from person to person through sexual intercourse and other skin-to-skin contact. Most of us will be infected with HPV of some type at some point in our lives.



In many cases our immune system will help us fight off HPV infections within a few months without us realising we were infected. But in 5-10% of cases HPV evades the immune system and lingers for years, and these infections can result in cancer.

HPV infection does not cause symptoms, so even a long-lasting infection will go undetected.

In addition to causing genital warts, an HPV infection can mean trouble for both girls and guys:

- + In females, HPV infection can cause problems with the cervix that may lead to cervical cancer. HPV infection also can cause problems that may lead to cancer in the vagina, vulva, anus, mouth, and throat.
- + In males, HPV infection may lead to cancer in the penis, anus, mouth, and throat.
- + New research suggests that HPV may be linked to heart disease in women.

HPV AND CERVICAL CANCER

You may have heard of HPV's ability to cause cervical cancer. The doughnut-shaped cervix at the top of the vagina is an attractive site for HPV infection.

Two HPV family members, HPV-16 and HPV-18, account for 70% of cervical cancers.

Cervical cancer usually takes 10 to 20 years to develop. Pre-cancerous changes to cervical cells can be detected by looking at a small scraping of tissue under the microscope. This is why women are encouraged to get

a pap smear every two years, starting two years after first sexual intercourse. If pre-cancerous tissue is found, removal of this tissue will prevent cancer from developing in 90% of cases.

HPV AND THROAT CANCER

It was only in 2004 that HPV infection was clearly linked to head and neck cancers.

The throat is comprised of the tonsils and back of the tongue. This area, along with the oesophagus – the muscular passage that connects throat to stomach – can be sites of HPV-causing cancers. Oral infection with HPV16 increases the risk of developing oropharyngeal cancer by 14 times, and a recent study suggests infection with HPV triples the risk of developing oesophageal cancer.

But HPV is not the only, or even the main cause of throat cancers: factors such as smoking and alcohol cause a larger proportion. But the rates due to smoking and alcohol are falling, whereas rates of HPV-caused cancers are on the rise.

Throat cancers can take longer than cervical cancers to develop. While dentists can identify some visible changes that occur in the early stages, there is no pap smear equivalent for throat cancer. For reasons unknown, men are at greater risk of developing a HPV-caused throat cancer than women.

HPV is not a single virus, but a family of over 120 known viruses.



CANCER PREVENTION

- + The best protection against HPV infection, and the cancers that may result, is vaccination with one of the two HPV vaccines that have been developed. Both Gardasil and Cervarix protect against the two main types of cancer-causing HPV (HPV16 and 18), with Gardasil also protecting against two types that cause genital warts.
- + All grade 4 girls from 9 years and older in public and special education schools are now offered vaccination against HPV, via the school-health system before they are likely to have come into contact with the virus.
- + As a result, rates of infection and HPV-related cancer cases are expected to drop over the coming years. Clinical studies have shown that vaccination reduces the occurrence of pre-cancerous cervical lesions by 99% and that vaccination provides 93% protection against oral HPV infection.
- + However, pap smears remain an important strategy to pick up cervical cancers caused by HPV types not covered by the vaccine.
- + Other measures, such as reducing alcohol consumption and not smoking can reduce the risk of HPV infections progressing to cancer.
- + Even though the idea of a cancer-causing virus sounds frightening, being able to identify such a culprit means we can arm ourselves against HPV infection, and prevent some cancers from taking hold.



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ADOLESCENCE:

FATHOMING TEENAGERS' BRAINS TO CATCH THEIR DRIFT

"Why fit in when you were born to stand out?" Dr Seuss famously asked.

By Dr Anusha Lachman, Child and Adolescent Psychiatrist at Tygerberg Hospital Child & Family Unit

People have long questioned this class of human beings that we call teenagers ...

What on earth are they doing? What is wrong with these kids? Why do they act like they have marshmallows for brains?

These questions pass judgement even as they begin to enquire. Through the ages, most answers have cited "dark forces disguised as hormones" that uniquely affect the teenager. Freud saw adolescence as an expression of tortuous psychosexual conflict; Erik Erikson saw it as the most tumultuous of life's several identity crises.

ABOUT HORMONES ...

If we are to believe the popular media then the prototype of a teenager is typically a rude, volatile, rebellious brat who is ungrateful, irresponsible and whose purpose in life is to upset, stress and raise the blood pressure of his long-suffering parents. This is of course a gross misrepresentation – most teenagers go through adolescence smoothly and happily, without falling pregnant, becoming addicted to drugs, landing in jail or dropping out of school! ▶▶

Freud saw adolescence as an expression of tortuous psychosexual conflict.



Still, there remains a stubborn tendency for us to blame the difficulties experienced in this life phase on hormones.

Hormones most certainly are responsible for the changes in physical growth and development characteristic of puberty. But the full extent to which hormones actually influence adolescent brains remains unknown. Hormones may have nothing to do with the fact that your daughter can't stand the sound of your singing voice or your dress sense, but it's a safe bet that your teenager's fixation on sex and social standing is pretty much hormone related.

Adolescence may be a time when the process of growing up can help people make positive changes.

THE BRAIN CHANGES ...

In the past few years, research has shown that the brain of a teenager really does function very differently from an adult's. Two technologies – PET (positron emission tomography) scans and fMRI (functional magnetic resonance imaging) – have enabled the study of the teenage brain over time, and what research shows is that this teen brain is very much a work in progress. There are areas that deal with motor control and hand-eye coordination that are at optimal functioning, which explains why your teen

is so much more techno-savvy (think iPad/Xbox/DVD remote/DSTV settings) than you could hope to be! But there are other areas – not surprisingly, the ones responsible for “executive functioning” (such as planning ahead and weighing priorities) – that continue to develop well into young adulthood. During adolescence there are changes involving the way the brain processes rewards and pleasure. “Rewarding stuff feels more rewarding.” This is accompa-

nied by an increase in attentiveness to

social rewards and information and can lead to risky, sensation-seeking

behaviours,

such as driving too fast or drug experimentation.

Maturation of the brain, including the regulation of impulses, thinking ahead, planning and weighing risk lead to improvements in self-regulation and can permit the individual to put the brakes on the sensation-

seeking behaviours, but they occur very gradually and are not complete until the mid-twenties.

This can have a big effect on how parents understand their children. It's important for parents to realise that teenagers may not be as able as adults to think ahead and envision the future consequences of their actions, resist pressure from others and to forgo immediate rewards to get a bigger payoff later.



As difficult as it is for parents to grasp, adolescents don't always make poor choices just to be annoying or due to temporary insanity – this sort of behaviour appears to be a predictable part of the identity-formation process, which begins in the early years but dramatically accelerates during adolescence. That's when children begin playing different roles, figuring out if they're gay, straight, or bisexual, whether they're nerds or cool. At the same time, their frontal lobes aren't fully developed, which means that the appetite for experimentation doesn't necessarily go along with the capacity to make sound judgements or to see into the not-so-distant future. In other words, by their very nature, teenagers are not especially focused on or equipped to assess the consequences of their actions.

A recent review in *NATURE Neuroscience* (2012) suggested that adolescent brains appear more responsive to changes in

environmental and social cues than any other phase of life. So on the one hand it makes the adolescent brain more adaptive to social competencies in adulthood, but on the other hand it hints at the vulnerabilities of this system.

SLEEP PATTERNS

Another fascinating phenomenon that plays havoc with parents is the adolescent sleep pattern. Suddenly the child who always woke you up at the crack of dawn when you were desperate to sleep turns 13 and can neither be dragged out of bed in the morning or be forced into bed at night. It may just seem like a case of teenage rebellion, but actually it's biology – the circadian rhythm of the brain has changed. Teenagers simply can't or don't want to get out of bed that early. Research has shown that the amount of melatonin (the hormone that regulates sleep-wake cycles) increases later in the day in teenagers than in adults. In addition, the

biological trigger for sleep, called the sleep pressure rate, slows down in adolescence.

WHAT ABOUT SUBSTANCES?

Many teenagers may diet or experiment with substances as a necessary experience when negotiating their social and environmental pressures. The good news is that most teenagers will not develop a major eating disorder or drug addiction – an important thing to remember when times get difficult. But teenagers who feel unable to trust an adult in a safe home base to be understanding and supportive are more likely to develop ongoing emotional and psychological problems. However difficult it may feel, parents need to try to be as honest and consistent as is possible with their teenagers. Experimenting and challenging teenagers need a home to return to that is safe, respectful and accepting and with rules and boundaries that help contain them from within.



USEFUL ADVICE

AM I A BAD PARENT?

Research has shown that most teenagers actually like their parents and feel they get along well with them. Adolescence may be a time when the process of growing up can help people make positive changes. Parents may sometimes start to feel that they have failed, but although adolescents are becoming more independent, they still have a lot to learn from you about how to behave. Adolescents can be

irritating and test one's patience, but choose your battles carefully. If you don't want them to swear, don't swear yourself, if you don't want them to get drunk or violent, don't get drunk or use violence yourself. All parents hope that their children will get through adolescence unscathed so that they will grow to happy independence. But the reality is that adolescence is a bumpy ride between their need for independence and their need for reassurance.

The secret is to accept that you have to give up control over your child. It's no longer desirable or possible to order them to do things – you'll only create battles and even more resistance. For right now it will help to kick off your shoes, sip on your drink and wish their developing brains a smooth ride and remind them of the echoing words of Dr Seuss: "Today you are You, that is truer than true. There is no one alive who is You-er than You."

YOUR GUIDE TO:



Sports injuries



The rugby, hockey and soccer season is upon us! Brace yourself against these common injuries.

Accidents, poor training practices, or improper gear can cause them. Some people get hurt because

they are not in shape. Not warming up or stretching enough can also lead to injuries.

Compiled by Health Bytes

Sports injuries are commonly caused by overuse, direct impact, or the application of force that is greater than the body part can structurally withstand. There are two kinds of sports injuries: acute and chronic. An injury that occurs suddenly, such as a sprained ankle caused by an awkward landing, is known as an acute injury.

Chronic injuries are caused by repeated overuse of muscle groups or joints. Poor technique and structural abnormalities can also contribute to the development of chronic injuries. Medical investigation of any sports injury is important, because you may be hurt more severely than you think. For example, what seems like an ankle sprain may actually be a bone fracture.

TYPES OF SPORTS INJURIES

Some of the more common sports injuries include:

- + **Ankle sprain** – symptoms include pain, swelling and stiffness.
- + **Bruises** – a blow can cause small bleeds into the skin.
- + **Concussion** – mild reversible brain injury from a blow to the head, which may be associated with loss of consciousness. Symptoms include headache, dizziness and short-term memory loss.
- + **Cuts and abrasions** – are usually caused by falls. The knees and hands are particularly prone.
- + **Dehydration** – losing too much fluid can lead to heat exhaustion and heat stroke.
- + **Dental damage** – a blow to the jaw can crack, break or dislodge teeth.
- + **Groin strain** – symptoms include pain and swelling.
- + **Hamstring strain** – symptoms include pain, swelling and bruising.
- + **Knee joint injuries** – symptoms include pain, swelling and stiffness. The ligaments, tendons or cartilage can be affected.
- + **Nose injuries** – either blood nose or broken nose, are caused by a direct blow.
- + **Stress fractures** – particularly in the lower limbs. The impact of repeated jumping or running on hard surfaces can eventually stress and crack bone.

If you have a sports injury the first thing to do is to prevent further injury or damage. This means you should stop activity and look for the cause of the injury. Once you determine what is wrong, you can start immediate treatment.

FIRST AID FOR SPRAINS, STRAINS AND JOINT INJURIES

The first treatment for most acute



EMERGENCY SITUATIONS: CALL AN AMBULANCE FOR:

- + prolonged loss of consciousness
- + neck or spine injuries
- + broken bones
- + injuries to the head or face
- + eye injuries
- + abdominal injuries.



soft-tissue injuries (bruises, strains, sprains, tears) is to prevent, stop and reduce swelling. When soft tissue is damaged it swells or possibly bleeds internally. This swelling causes pain and loss of motion, which limits use of the muscles. You can limit swelling and start healing faster after common sports injuries by using the **PRICE** principle:

+ P: protect from further injury

If you sprain a finger or hand, remove rings. For more severe injuries, protect the injured area with a splint, pad, or crutch.

+ R: restrict activity

Restricting activity will prevent worsening of the injury.

+ I: apply ice

Apply ice immediately after a common sports injury. Ice is the miracle drug for sports injuries. Use ice for 20 minutes every one to two hours for the first 48 hours after the injury. Don't use heat during this time – it encourages swelling and inflammation.

+ C: apply compression

Compression with an elastic bandage will help reduce swelling.

+ E: elevate the injured area

Elevating the injured area above the heart will also reduce swelling.

Over-the-counter pain relievers usually relieve the pain of common sports injuries to a tolerable

level. If they don't, it's probably time to see a doctor. Once the injury begins to heal, use M.S.A.:

+ Movement. Work toward a full range of motion as soon as possible. This will help maintain flexibility during healing and prevent any scar tissue from limiting future performance.

+ Strength. Gradually strengthen the injured area once the swelling is controlled and a range of motion is back.

+ Alternative activities. Do regular exercises that do not strain the injured part. Start this a few days after the injury, even though the injured part is still healing.

Prevention of sports injuries

You can reduce your risk of sports injuries if you:

- + Warm up thoroughly by gently going through the motions of your sport and performing slow, sustained stretches.
- + Wear shoes and socks that fit well. The widest area of your foot should match the widest area of the shoe. You should be able to wiggle your toes with the shoe on when you sit and when you stand. Wear shoes that provide shock absorption and stability.
- + Tape or strap vulnerable joints, if necessary.
- + Wear the right protective gear and clothing for the sport (e.g., a helmet; shoulder, knee, and wrist pads; a mouth guard, etc.).
- + Drink plenty of fluids before, during and after the game.
- + Try to avoid exercising in the hottest part of the day, between 11am and 3pm.
- + Maintain a good level of overall fitness, particularly in the “off season”.
- + Cross-train with other sports to ensure overall fitness and muscle strength.
- + Ensure training includes appropriate speed and impact work so muscles are capable of the demands of a game situation.
- + Don't exert yourself beyond your level of fitness. Gradually increase intensity and duration of training.
- + Use good form and technique.
- + Cool down after sport with gentle, sustained stretches.
- + Allow adequate recovery time between sessions.
- + Have regular medical checkups.



FIRST AID FOR NOSE BLEEDS

- + Stop the activity.
- + Sit with the head leaning forward.
- + Pinch the nostrils together and breathe through your mouth.
- + Hold the nose for at least 10 minutes.
- + If bleeding continues past 30 minutes, seek medical advice.

FIRST AID FOR DISLODGED TEETH

It may be possible to save the tooth with prompt dental treatment. Rinse the tooth in water or milk and see your dentist immediately.

Try to avoid exercising in the hottest part of the day, between 11am and 3pm.



Emergency NUMBERS

Melomed 24 Ambulance:
0800 786 000

Melomed Gatesville Trauma Unit
021 637 8100

Melomed Bellville Trauma Unit
021 948 8131

Melomed Mitchells Plain Trauma Unit
021 392 3126

TOP TIP

EXCESS SALT IN THE DIET

Sodium chloride (salt) is the main source of sodium in most foods. As sodium in our blood increases, the blood vessels retain water to try to balance the sodium concentration. This extra water increases the volume of blood in vessels, causing high blood pressure.

6

THINGS THAT CAN RAISE YOUR

blood pressure

Around one in four South Africans has high blood pressure (although only half of them know it)

– a major risk factor for heart attacks and strokes. Do you know the key causes?

Compiled
by Health Bytes

There's no way of telling from the outside if you have high blood pressure. You can feel perfectly well and yet the force of blood pressing against the walls of your arteries can be high enough to be slowly causing damage that increases your risk of heart disease, strokes and kidney failure.

But there are some known key factors that increase your risk:

1 AGE

60% of people aged 60 or more have high blood pressure. Our arteries stiffen with age. This means the same volume of blood is forced into a smaller area and so your blood pressure may rise, sometimes dramatically.

2 FAMILY HISTORY

Have one or both of your parents had high blood pressure? Family history contributes anywhere between 2 and 10% of your risk of developing high blood pressure, depending on your age and whether one or both parents had a blood pressure problem.

3 SMOKING

This adds to the risk of developing high blood pressure and older people are more vulnerable. Smoking markedly increases the risk of heart disease or stroke for a given level of high blood pressure compared to a non-smoker.

4 EXCESS ALCOHOL

Regular alcohol intake is clearly associated with high blood pres-

sure. It seems to have an especially marked effect on the blood pressure of older women who smoke. Regular heavy or binge drinking, however, can cause substantial rises in blood pressure, sometimes extreme enough to lead to a stroke.

5 BEING OVERWEIGHT

Obesity increases the risk of developing high blood pressure in the next four years by 6%. Extra body fat around your middle carries the greatest risk.

6 LOW PHYSICAL ACTIVITY

People who spend a lot of time watching TV and little time on physical activity have been shown to have higher blood pressure than more active people.

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Dr MC Hendrickse specialises in cardiology. His areas of interest are ischaemic heart disease and rhythm disorders. He also heads a comprehensive out-patient service with a referral base including all medical aid options. Payment and tariff negotiations are also acceptable for cash paying clients.

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USEFUL FACTS

FLU SEASON NEED TO KNOW

Annual flu epidemics result in between 3 and 5 million cases of severe illness and between 250,000 and 500,000 deaths every year around the world.

161km/h

The speed the flu virus can travel through the air.

48 hours

the length of time the flu virus can survive on surfaces.

One sneeze can spray



infectious droplets into the air.



THE SINGLE

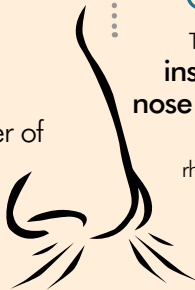
best way to prevent the flu is to get a flu vaccine every season.

ADULTS MAY BE ABLE TO INFECT OTHERS
1 DAY BEFORE
SYMPTOMS DEVELOP AND UP TO
5-7 DAYS AFTER BECOMING SICK

Best treatment for flu?
Rest, liquids, antiviral medication.

MORE THAN 200

the number of viruses that can trigger a runny nose, sore throat, sneezing or coughing.



32.8°C

The temperature inside the human nose and the approximate temperature at which rhinoviruses (flu germs) grow best.

One out of five people suffers from flu every year.

Flu viruses spread mainly by droplets made when people with the flu cough, sneeze or talk.

Peak flu levels occur between May and August.

HOUSE CALL



Meet one of our dedicated Specialists,
Dr MC Hendrickse who is a **Cardiologist**
 at Melomed Gatesville and Bellville.



SIMPLE DRIVING PRINCIPLES IN LIFE ARE TO:

- Face your fears head-on and overcome them.
- Try your best at any task put before you and believe in a positive result.
- Knowledge is power. You can never have enough of it.
- Take the path less travelled and enjoy the experience.
- Exercise patience in times of hardship, and humility during the good times.

VITAL STATISTICS & QUESTIONS



I am... Dr MC Hendrickse, a Cardiologist, with a special interest in cardiac interventions.

Where were you born? I was born in Cape Town, South Africa, but I consider myself a global citizen.

Who do you share your house with? My beautiful wife, Nida, and two very active children, Liya (7 years old) and Zidan (3 years old).

What would people be surprised to know about you? People would be surprised that I am an avid artist, with interests in realism, impressionism and abstract art. When I am not at work, I am either expressing myself on canvas, or enjoying any activity at the sea. My other passions are surfing and kayaking.

If you weren't doing what you do now, you would be... an architect or engineer. Aeronautical

engineering interests me.

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

My friends and I like...

anything social, having left our cell phones at home.

What music are you listening to? Modern material, including classical and instrumental genres.

Perfect happiness is... being a thousand miles away on a remote island with the family.

Success to me means... joy, happiness and love.

One of my life mottos is... hard work and patience accompanies success.

I'd like to be remembered as... a father, carer and giver.

Likes



Life, summer and an uninterrupted night's sleep

Dislikes



Negative people, self-doubt, rudeness and impatience.



Best places: A little coffee shop in down-town Paris (can't remember the name), Baia Seafood Restaurant and The East-end of Warsaw (hundreds of eateries, all great).

Medical Specialist

Indaba

SAMWUMED and Melomed Private Hospitals host their inaugural Medical Specialist Indaba!

Sharing of the minds was the order of the evening, at the inaugural SAMWUMED-Melomed Medical Specialists Indaba that took place on Tuesday, 11 February 2014, at the Marimba Restaurant, Cape Town. The event, which was a collaborated effort between SAMWUMED and Melomed Private Hospital Group, aimed at addressing some fundamental issues that exist between the private health and the funding sectors, which include the need for the health industry to progress from a curative health model to a preventative health model.

Addressing close to 60 medical specialists, principal officer of SAMWUMED Neil Nair said "SAMWUMED has initiated a preventative care benefit, about which we are very confident of its success. Planned health-care,

via appropriate, unambiguous regulation, is the only way forward to a vibrant and sustainable national health system; both in the public and private sectors."

Also invited as a keynote speaker, was Dr Rajesh Patel, Head: Benefits and Risk from the Board of Healthcare Funders (BHF) of Southern Africa. His presentation was about the 2012 Health Quality Assessment (HQA) Report. The report speaks to the importance of managed care, the problems that create a negative perception and the disease prevalence percentage comparison of SAMWUMED and its equivalents.

"SAMWUMED prides itself by its low contributions, as our demographics comprise of low income earners, and we believe that the only solution is that of formalised consultations between the key stakeholders (providers and funders). As a restricted medical scheme our contributions approxi-

"Planned health-care, via appropriate, unambiguous regulation, is the only way forward to a vibrant and sustainable national health system."

mate to an average of about half that of the industry, but yet, we must ensure funding of the same health conditions, which afflict the general populace," continued Nair.

Other distinguished guest speakers were the chairman of Melomed Private Hospitals Mr. Ebrahim Borat who emphasised the hospital group's support of the relationship that has revolved over ten years between SAMWUMED and Melomed hospitals.

Neil Nair concluded by saying "the social dialogue that was created at the Medical Specialist Indaba, will strengthen our collective mandate to ensure a healthy membership with unfettered access to quality health outcomes."



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

A quick easy week-day meal. Use it as a lunch or supper and keep the family smiling with this healthy choice.



Smoked chicken pasta salad



What you will need

- | | | |
|--|---|---------------------------------------|
| 500g Pasta screws (3 Colour) | • | 100g Cocktail tomatoes, halved |
| 1kg Smoked chicken breast fillets | • | 100g Red peppers, diced |
| 250ml 1000 island sauce | • | 100g Cucumber, diced |
| A pinch of Chilli powder | • | 200g Feta cheese, cubed |
| 100g Black olives, pitted | • | Salt and pepper to taste |

Method of preparation

1. Slice the smoked chicken breast.
2. Cook pasta and drain. Set aside to cool down.
3. Mix 1000 island sauce with the chilli powder.
4. Mix the rest of the ingredients and drizzle with sauce.

Serves 5



SIDE NOTE:
Add your favourite roasted vegetables like red or yellow peppers, asparagus and courgettes to boost the nutritional value of the meal and give it a bit of extra colour and flavour!



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Allergy Awareness Week
7 - 13 April 2014

