

**HEALTH ADVICE:
AVOID DENTAL DECAY**

**Managing
stress in
our lives**

**All about
diet and
heart health**

**How to
child
proof
your
home**

**Coconut:
A good
fat at
last**



Sleep
you can't cope
without it



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Taking care of vascular



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GIVE-AWAY

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



Health Bytes

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CHAIRMAN'S NOTE

Welcome to the 17th edition of Melomag.

Over the past few months Melomed has been blessed with numerous achievements. I am extremely proud to announce that the Health and Welfare Sector Education and Training Authority (HWSETA) has identified the Melomed group as being one of the top 25 companies in South Africa who financially invested in skills development of their staff.

Furthermore, the Melomed Group is proud to have had various nominations for the Discovery Excellence Awards in Nursing, of which three of its staff members received the awards to acknowledge their exceptional nursing care, as identified by patients during their stay in hospital. These three staff members were the only nursing staff members in the whole of the Western Cape to receive this award. Each of these staff members received R4000 from Discovery Health to acknowledge their accomplishments.

Our recently established Melomed Gatesville 24-hour dialysis unit, which is the first in the Western Cape, is an indication of additional development within the Melomed Group.

Cardiac patients at Melomed Gatesville are the first in South Africa to benefit from new technology that assists doctors in deciding on the best treatment plan for its cardiac patients, and in this regard Melomed Gatesville acquired groundbreaking equipment, which provides doctors with a three-dimensional view of an artery.

Congratulations goes to two of our staff members, Jennifer Fisher and Bernadette Burchianer who featured in an article in the Cape Argus for their inspirational stories. Jennifer began her humble career at Melomed by cleaning wards, but now, after enrolling in our pupil-enrolled nursing programme, coupled with hard work and dedication, she has a career saving lives as a registered nurse. Bernadette started working as a volunteer caregiver and is now a registered nurse at Melomed Gatesville.

With that being said, we wish to welcome our new specialists who recently joined the Melomed Group – more specifically Dr Rawoot (Orthopaedic Surgeon) and Dr A Bandeker (Hepatobiliary Surgeon, Surgical Gastroenterologist and Specialist General Surgeon).

Melomed has over 25 years of experience in delivering the latest, innovative medical services to local communities; exceptional and outstanding service is what patients can expect to receive when they are admitted to one of our hospitals.

EBRAHIM
BHORAT
CHAIRMAN
MELOMED
GROUP



TRAIN YOUR BRAIN...



The idea that we can train our brains to maintain or boost mental performance is hugely popular and you don't need an app for that.

The good news is that there are things you can do that can make a difference in reducing your risk of dementia. Here are four key tips:

1 Stay mentally active

While there has been much emphasis on crosswords and sudoku puzzles to boost your brain, other activities you could do include taking up a second language, reading widely or learning a musical instrument.

2 Stay socially active

Combining your mental and social activities, say by getting together with others for a weekly game of bridge, is ideal.

3 Stay physically active

This helps with growing new brain cells and new connections between brain cells. It also boosts the levels of some chemicals in the brain that help keep brain cells healthy.

4 Eat well

There's no magic food that's going to keep your brain healthy; it's about having a healthy, balanced diet overall.

| SNIPPETS |



KEEP CALM AND SNAP

The idea that your smart phone could help you find inner peace and stillness might seem laughable, as for many of us our phone is the ultimate form of distraction.

But your phone could also provide a way to cut through the chaos in your life. With cameras built into most phones, the practice of photography is now accessible to most of us "on the go", and it's a great way to still a busy mind.

A camera in your hands is the reminder to consciously slow everything down—from your breath, to your walk, to your thoughts... To take photographs, we have to

stop, look around, focus and capture. It brings our awareness to what's going on (here and now).

You don't need to be an expert in the art of photography and you don't need a fancy camera. It doesn't matter what the photograph is, the important thing is the process.

When we're really connected through our senses (e.g. when we take a photo), our mind isn't thinking, at least not in its usual noisy, distracted way.

Garlic might be natural but it can interact with blood-thinning medications and some cancer drugs. And you should stop high doses a week or so before any surgery.

If you want a fun way to reduce stress, listen to music! Soothing music can reduce your blood pressure and keep you calm.



HELLO – I AM ADDICTED TO SUGAR

Are you feeling a little deflated? Maybe you feel a little lethargic or agitated? These could be signs of a sugar addiction.

Addiction to sugar is a very real and common disease. After all sugar is almost everywhere, and in everything. Especially packaged and processed foods.

Sugar is a tricky little substance, it can make things taste oh so sweet and heavenly, but it is also a substance that could debilitate people, and lead to massive weight gain and in some cases even death.

If you think you might be addicted to sugar but are not sure, these questions could help. Ask yourself these key questions to determine if you are addicted to sugar.

- + Have you ever tried to cut down or control your use of sweet foods?
- + Is it impossible to “just say no” to sweet foods?
- + Are you using more sweet foods than ever before?
- + Have you ever gone out of your way to get something sweet?

If you said YES to any of these questions you may have a sugar addiction.



Source: Health-e (www.health-e.org.za) An edited version of this article first appeared in the 24 June edition of the Cape Times.

THE STATS IN SOUTH AFRICA ...

South Africans consume about ten litres of alcohol per year, drinking nearly a third more than the world average. And when we drink, we drink a lot, say experts.

“A study showed that as many as 45.5% of South Africans “binged” in the week leading up to the research survey – this is very high compared to the global average of 11.5%,” said Stellenbosch University’s Department of Psychiatry’s Dr Lize Weich.

Alcohol is the most commonly abused substance in the country, followed by cannabis (dagga), heroin, and methamphetamine (tik).

Substance abuse impacts negatively on the physical, social, spiritual and mental wellbeing of the individual and society. “We have the highest documented rate of foetal alcohol syndrome in the world (and) we have alarmingly high rates of high-risk sexual behaviour linked to substance abuse,” said Weich.

She added that a recent review of research found a causal link between heavy alcohol abuse, and active tuberculosis (TB) as well as the progression of both TB and HIV, which remain leading causes of death in South Africa.



Melomed recently launched a new support group in aid of those trying to cope with drug addiction. For more information please contact Lielz Daniels on 021 699 0950 or e-mail info@melomed.co.za

GIVE-AWAY

We’re giving away a picnic table 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 17* in the subject line. Competition closes 10 September 2014.

What is Melomed 24’s Ambulance phone number? (See our Melomed 24 advert).



Prize sponsored by Melomed.

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.

USEFUL FACTS



AVOID DENTAL DECAY

Dental decay occurs when teeth are not cleaned effectively.

Does this look Healthy?



Decay can be easily avoided ...

Tooth decay

is the second most common disease after the cold.



TOOTHBRUSHES NEED TO BE REPLACED EVERY 3 MONTHS

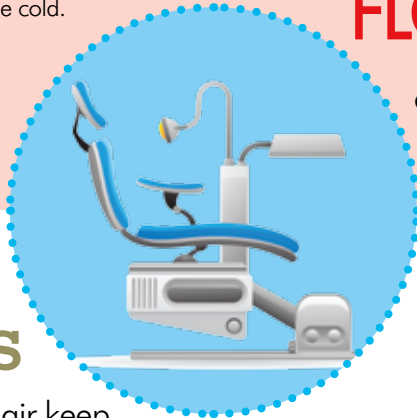
FLOSSING

once a day can increase your life expectancy **by 6 years**

Regular  check-ups

and visits in the dentists chair keep

your smile right-side up!



Egyptians used a form of toothpaste made from a mixture of salt, mint and pepper over 5000 years ago.

A slimy layer of germs called

PLAQUE grows on teeth

DECAY EQUATION =



+



+



Bacteria

Sugar

Passage of time

Straight
after
flossing,
spend
at least
**TWO
MINUTES
BRUSHING**



Almost
all tooth
decay and
most gum
disease

can be prevented with
good oral hygiene

Bedtime brushing equals better sleep

Repeating a relaxing bedtime routine (including brushing your teeth, of course) eventually gets your body programmed to start winding down for sleep.



MAKE AN APPOINTMENT!

Most experts recommend a
dental check-up every 6 months
– more often if you have
problems like gum disease.



Use
short &
gentle
strokes
@ 45°

HEALTHY TEETH BIG



Wash and swill
water after eating
and drinking



Brush twice daily
for at least 2
minutes using
circular movements

Floss daily and
ensure you are
flossing under
the gums where
brushing can't reach



Remove sugary
drinks and snacks
from your diet

Increase mineral
rich foods found
in dairy and
vegetables



Visit the dentist or
hygienist in order to
prevent the spread of
bacteria and decay

Antenatal classes

at Melomed
Private Hospitals

contact ❖❖❖

Liezl Daniels
Tel: 021 699 0950 or
Tel: 061 717 6846

E-mail: melobabes@melomed.co.za
www.melomed.co.za

Birth
registration
for melobabes now
available at any
Melomed Hospital.*

*Please note: Birth registration
certificates are printed and
available immediately to parents.
*Only applicable for those
babies born at any
Melomed Hospital.*



SLEEP



YOU CAN'T COPE WITHOUT IT



Whether a night owl or an early bird, you will only be truly healthy if you fit in the

recommended eight hours' of sleep. By Health Bytes

If you think spending at least a third of your life asleep is unrealistic, excessive and a waste of time, chances are you're not getting enough of it and you don't even know it. In today's 24/7 world, chronic lack of sleep is surprisingly common – Psychologists and Psychiatrists argue that **it is one of the most significant and overlooked public health problems in the Western world.**

Many of us carry a heavy "sleep debt" that we have built up due to weeks, months, or even years of inadequate sleep.

A century ago, the average person in an industrialised country slept nine hours a night. The average adult in the US now

sleeps only 6.9 hours a night. Up to 60% of adults in the US report having sleep problems at least a few nights a week, while 69% of children have a similar complaint. Babies are notorious for playing havoc with the family's sleeping patterns: research indicates that parents lose between 400 and 750 hours of sleep in the first year of their child's life, and it is considered normal having to get up three times a night for a child under three.

WHY DO I NEED TO SLEEP?

Sleeping well helps keep you alive longer. Death from all causes is lowest among adults who get 7-8 hours of sleep nightly, and signifi-

cantly higher among those who sleep less than 7–9 hours.

Sleep helps you to restore and rejuvenate many bodily functions:

+ Memory and learning – Sleep seems to organise as well as recover memories. When you've learnt something new, sleep may solidify the learning in your brain.

+ Mood enhancement and social behaviour – The parts of the brain that control emotions, decision-making and social interaction slow down dramatically during sleep, allowing optimal performance when awake. Tired people are often cranky and easily frustrated. ▶▶

- + **Nervous system** – Some sleep experts suggest that neurons used during the day repair themselves during sleep. When we experience sleep deprivation, neurons are unable to perform effectively, and the nervous system is impaired.
- + **Immune system** – Without adequate sleep, the immune system becomes weak, and the body becomes more vulnerable to infection and disease.
- + **Growth and development** – Growth hormones are released during sleep, thus sleep is vital to proper physical and mental development of especially children and young adults. Many of the body's cells also show increased production and reduced breakdown

of proteins during deep sleep. Since proteins are the building blocks needed for cell growth and for repair of damage from factors like stress and ultraviolet rays, deep sleep may truly be "beauty sleep".

HOW MUCH IS ENOUGH?

Most healthy adults are built for 16 hours of wakefulness and need an average of eight hours' sleep a night. Perhaps one person in a thousand can function effectively on less than six hours' sleep per night. Contrary to common myth, the need for sleep

doesn't decline with age, though the ability to sleep for 6–8 hours at one time may be reduced.

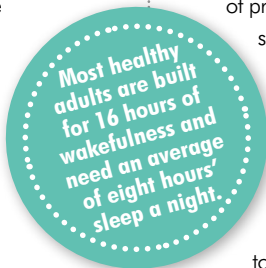
Women in the first three months of pregnancy often need several more hours of sleep than usual.

The amount of sleep you need also increases if you have been deprived of it. Getting

too little sleep creates a "sleep debt", which is

much like being overdrawn at a bank. Eventually, your body will demand that the debt be repaid.

You can make up for a sleep debt with extra sleep, but a chronic sleep debt can have serious long-term effects. We don't seem to adapt to getting



HOW? to get a good night's rest

- + Develop a regular bedtime.
- + Don't drink or eat caffeine 4–6 hours before bed and minimise daytime use.
- + Give up smoking.
- + Avoid alcohol and heavy meals before bedtime.
- + Get regular exercise.
- + Write down what you need to do the next day before bedtime.
- + Minimise noise, light and excessive hot and cold temperatures where you sleep.
- + Try and wake up without an alarm clock.
- + Attempt to go to bed earlier every night for a certain period.
- + Restrict the amount of time spent in bed as close as possible to the actual sleep time.
- + If unable to sleep (e.g. within 20 minutes), get out of bed and go to another room and return to bed only when sleep is imminent.
- + Go to bed only when sleepy –

This article was compiled from information supplied by the National Sleep Foundation (US), American Psychological Association, morefocus group, Helpguide (a non-profit health literacy organisation in the US), National Institute of Neurological Disorders and Stroke (US), and articles that appeared in Harvard Magazine, New Scientist, the Cape Times and the Sunday Times.

Folk wisdom

"Sleep is better than medicine."

— English Proverb

"The beginning of health is sleep."

— Irish Proverb

"Disease and sleep keep far apart."

— Welsh Proverb

less sleep than we need.

While we may get used to a sleep-depriving schedule, our judgement, reaction time and other functions are still impaired. Remember, caffeine and other stimulants cannot overcome the effects of severe sleep deprivation.

WHAT HAPPENS WHEN I SLEEP TOO LITTLE?

- + Poor decision making, judgement, increased risk-taking.
- + Impaired memory, concentration and ability to learn.
- + Physical impairment, poor co-ordination, delayed reaction time.
- + Impaired driving performance and more car accidents.
- + Often, an indirect consequence is poor performance in school, on the job, and in sport.
- + Increased incidence of obesity due to an increased appetite, diabetes and illness in general, resulting from strain on the immune system, high blood pressure and heart disease.



not just fatigued.

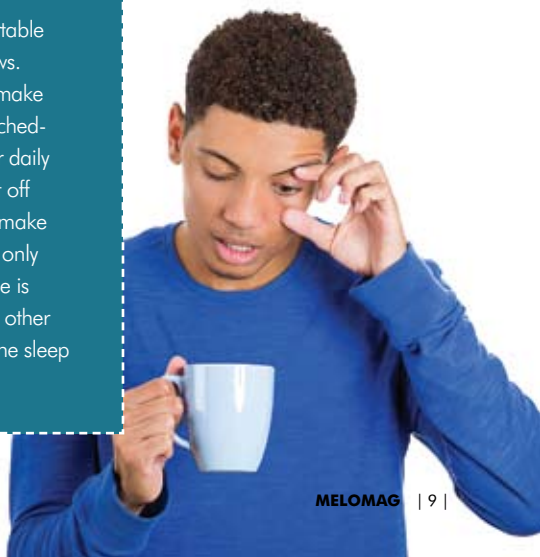
- + Use the bed and bedroom for sleep only; no eating, TV watching, radio listening, planning or problem-solving in bed.
- + Avoid daytime napping.
- + Create a regular, relaxing bedtime routine such as soaking in a hot bath or listening to soothing music – begin an hour beforehand.
- + Create a sleep-conducive environment that is dark,

quiet, comfortable and cool.

- + Sleep on a comfortable mattress and pillows.
- + Most importantly, make sleep a priority – schedule it like any other daily activity and cross it off every night. Don't make it the thing you do only after everything else is done – stop doing other things so you get the sleep you need.

REMEMBER, SLEEP IS QUITE POSSIBLY THE MOST IMPORTANT FACTOR IN HEALTH, AND NOTHING CAN REPLACE IT. NOW RELAX, AND CLOSE YOUR EYES...

- + Increased likelihood to suffer anxiety, depression and other emotional problems. Exhaustion and fatigue affect our emotional moods, causing pessimism, sadness, stress and anger.
- + The symptoms of Attention Deficit Hyperactivity Disorder (ADHD), such as impulse control, irritability and lack of concentration are exacerbated.
- + The effects of alcohol on the body become magnified.





Dr MC Hendrickse who is a Cardiologist at Melomed Gatesville and Bellville.

DIET



& HEART HEALTH

Dietary habits form the foundation for the causation, prevention, and treatment of most cardiovascular and metabolic diseases. Smoking and an inactive lifestyle further impacts

on poor cardiovascular health outcomes. By Cardiologist Dr Chevaan Hendrickse practising at Melomed Gatesville and Melomed Bellville

Nutritional factors present a major modifiable cause of both total deaths and deaths from cardiovascular disease. In South Africa, the exploding epidemic of obesity, diabetes, and coronary artery disease are a result of accelerating urbanisation, social-economic and behavioural change resulting in immense cost to individuals and society.

Our metabolic systems have evolved over thousands of years in relation to diverse environmental and genetic factors.

Our gastrointestinal tract has a large surface area, enabling optimal absorption of macromolecules that comprise our daily nutritional intake. These molecules are enzymatically transformed to soluble substrates, transportable by various

proteins and modified lipids. The liver represents our metabolic powerhouse, containing a myriad of complex enzyme systems, central to protein, fat and carbohydrate metabolism. There are complex physiological interactions between the liver and other organs, such as our muscles and adipose (fat) tissue. Our thyroid gland is another important determinant of metabolic rate, out of the scope of this article. As mentioned earlier, our genetic and environmental factors determine the degree to which we store and utilise the energy we gain from our nutritional intake.

Our diet has also been gaining attention as a potential

contributor to the increase in immune-mediated diseases. Modern, unhealthy diets are characterised by an over consumption of refined sugars, salt, and saturated fat. The impacts of artificial sweeteners, gluten, and genetically modified foods have also been highlighted as potentially harmful to our immune system. Defective dietary habits may even result in genetic changes at the level of our gastrointestinal system, potentially resulting in cancer. Poor diet and excessive energy intake may all lead to increased inflammation, and increased risk of allergy. Inflammation is also a known risk marker for heart disease, such as coronary artery

Poor diet & excessive energy intake may all lead to increased inflammation, and increased risk of allergy.



DEFECTIVE DIETARY HABITS

MAY EVEN RESULT IN GENETIC CHANGES AT THE LEVEL OF OUR GASTRO-INTESTINAL SYSTEM, POTENTIALLY RESULTING IN CANCER.

disease. We know that excessive fat tissue releases chemicals that stimulate inflammation, creating the conditions for diseases of lifestyle (diabetes, hypertension and coronary artery disease).

Recent scientific developments in the area of nutritional medicine suggest that poor dietary habits may be inherited from generation to generation, from mother to her unborn fetus through gut bacterial changes in the setting of poor maternal nutrition. Sweet cravings may be inherited from the mother in simple terms. Genetic changes may even occur at the level of the father's genetic complement due to a process called epigenetics, resulting in adverse outcomes for the fetus and their metabolic health.

Indeed, human nutrition has been the focus of rigorous research and conceptual development.

Prior to any new dietary intervention, I would suggest consulting a health care provider with a focus on a comprehensive lifestyle assessment and a good clinical assessment including a lipid and glucose analysis.

It is hoped that this brief synopsis of current nutritional facts will set the stage for further enquiry into this fascinating field. It is imperative to understand that we are an expression of what we consume, physically and psychologically.



Melohearts



The Melohearts Support Programme, in association with the Heart and Stroke Foundation of South Africa, is a free support group for patients, their family members and friends who have had a cardiovascular incident.

Melomed Private Hospitals will be hosting regular Melohearts support groups at our various hospitals. Anyone and Everyone is welcome. For more information please contact Liezi Daniels on 021 699 0950 or e-mail info@melomed.co.za

YOUR GATEWAY TO WORLD CLASS MEDICAL CARE

Melomed Private Hospitals is proud to share some of their excellence with you. With over 25 years of experience in delivering the latest, innovative medical services to local communities, exceptional and outstanding service is what patients can expect to receive when they are admitted to one of our hospitals.



EXCELLENCE AWARDS IN NURSING

Nurses were acknowledged for their unselfish acts of human kindness by Discovery Health as part of their Excellence Awards in nursing initiative.

Discovery Excellence Awards in Nursing is a programme intended to acknowledge exceptional nursing care, as identified by patients during their stay in hospital.

The Melomed Group is proud to have had various nominations for the Discovery Excellence Awards in Nursing, of which three of its staff members received the awards. These three staff members were the only nursing staff members in the whole of the Western Cape to receive this award. Each of these staff members received R4000 from Discovery Health to acknowledge their accomplishments. RN Miriam Brown (Professional Nurse at Melomed Gatesville), EN Clinton van Wyk, (Melomed Gatesville) and RN Charles Mitchell (Professional Nurse at Melomed Mitchells Plain) received the awards.

TOP 25 COMPANIES

Melomed has been identified by the Health & Welfare Sector Education and Training Authority (HWSETA) as one of the top 25 companies that spend more than 1% of its payroll on skills development in the sector.

MELOMED OFFERS A “LATE-NIGHT DIALYSIS”

For the past three years since being diagnosed with kidney failure, Rebecca Arendse, 58, of Parow has had to juggle three sessions of dialysis a week and 12-hour shifts at work as well as find time for her family.

But Arendse, who receives her dialysis treatment at Melomed Gatesville Hospital, has been given the option of having her dialysis overnight – giving her time to work normal shift hours and spend time with her loved ones.

From the 9th of June 2014 the hospital introduced its 24-hour dialysis service – giving its working patients an option to have their sessions after hours. It is the only renal unit to offer the services on a 24-hour basis in the province. It is not only convenient for patients, but makes it possible for the hospital’s renal unit to offer nocturnal hemodialysis. This is when dialysis is done over a longer period – about 8 hours – to get a better clearance of toxins from the blood stream.

While most patients did well with the standard four-hour dialysis, the hospital’s Nephrologist, Craig Arendse, said some patients needed to be dialysed for much longer. Medical evidence suggested that the longer patients were dialysed the better the outcome. This form of dialysis was also associated with fewer side-effects and higher survival rates.

Randal Pedro, the Marketing Manager, said the service would most benefit the working-class patients who often ended up losing income due to kidney failure. As many of them needed to be away

EXCELLENCE AWARDS IN NURSING



from work for three days, some ended up being boarded or earning according to the reduced hours they worked. *This article by Sipokazi Fokazi first appeared in The Cape Argus.*

DANCE LESSONS

For 24 years Lenore Combrink (45), a staff member of Melomed Gatesville, has given free dance lessons twice a week in Ravensmead, Cape Town, to young local kids.

Unfortunately most of the kids can't afford dancing shoes and sometimes practise barefoot on a rough road. "It breaks my heart," Lenore recently told *YOU Ubuntu*. When Turning Point heard about the problem, the company donated 13 pairs of shoes to the kids aged between four and 16. Now they can dance to their hearts' content.

turningpoint.co.za

Pictured below: Lenore Combrink (back,middle) is over the moon that her dancers were given new shoes. With her are (back) Bevan Marman (17) and Zandre Buys (12) and (front) Amber Gertse (11), Stacey Lottering (16) and Selene Sandt (5).

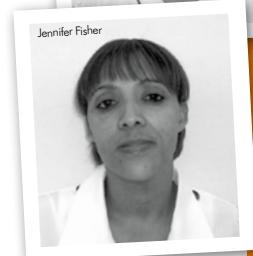
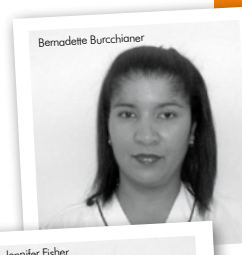


This article appeared in the You magazine (21 Nov 2013)

WORLD NURSES DAY CELEBRATED

Nursing is not an easy job... working long hours and under pressure, nurses deserve respect and recognition. International Nurses Day commemorates the work of these silent heroes and heroines around the globe.

Melomed's nurse-training programme, which empowers hospital staff who have ambitions in nursing to pursue their dreams, helped Jennifer Fisher and Bernadette Burcchianer to do just that! Ten years ago Jennifer was hired to clean the wards and toilets in the Melomed Gatesville Hospital. Today this mother of one has swapped her mop and bucket for a nurse's uniform after qualifying as an enrolled nurse (EN). During May 2014 she wrote her final exam to qualify as a registered nurse (RN). Another nurse who beat the odds is Bernadette who started as a volunteer care-giver at the same hospital and then studied to become an RN. As a teenager she vowed that she will not be a nurse, as everyone in her family was involved in nursing, but now she enjoys saving people's lives every day.



Cape Argus Monday 12th May 2014 by Health Writer Siphokazi Fokazi



Global alliances, driven by stringent standards of quality control, mean that Pharma Dynamics' range of products places effective affordable healthcare within reach of many more South Africans.

pharma  *dynamics*

Effective Affordable Healthcare.



* Largest **Cardiovascular** company in SA by value – IMS, December 2012.

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Dr Unita Chetty
Specialist Psychiatrist,
MChB, FC (Psych) SA

STRESS

UNDERSTANDING & MANAGING LIFE'S CHALLENGES

Modern lifestyles are filled with demands and deadlines. Being the breadwinner, raising children, caring for elderly parents, facing an onslaught of bills are some of the challenges we are faced with on a daily basis. By Specialist Psychiatrist Dr Unita Chetty practising at Melomed Gatesville and Melomed Claremont

Stress can be seen as a response to the pressures of daily life.

It may seem at times, like everything is spiraling out of control, but dealing with stress is possible. You need to understand and manage your stress and in doing so, you can take back control of your life.

WHAT IS STRESS?

The stress response can be seen as the body's reaction to a threat (real or imagined).

When faced with a threat, the brain signals the body to release hormones. These hormones allow the body to react in a way that aims to protect us from the threat. This is called the fight-or-flight response.

The stress response can be positive as it allows for the release

of energy and enables you to be focused. This occurs in the case of preparing for an exam or in an emergency, allowing you to flee a dangerous situation.

However, if there is an ongoing stressor (i.e. a situation that causes the stress) then this response does not get turned off and the body remains in a state of high alert. This may lead to long-term negative consequences. Stress can cause or worsen many chronic illnesses, including heart disease and depression.

HOW TO COPE WITH STRESS

- + Recognise whether you are stressed. Look out for the symptoms.
- + Understand the cause of your stress (i.e. find the stressor).
- + Manage your stress. ▶▶

You need to understand and manage your stress and in doing so, you can take back control of your life.



(source: helpguide.org/mental/stress_signs.htm)



STRESS WARNING SIGNS



COGNITIVE SYMPTOMS

Memory problems
Inability to concentrate
Poor judgement
Seeing only the negative
Anxious or racing thoughts
Constant worry

EMOTIONAL SYMPTOMS

Moodiness
Irritability or short temper
Agitation, inability to relax
Feeling overwhelmed
Sense of loneliness and isolation
Depression or general unhappiness

PHYSICAL SYMPTOMS

Aches and pains
Diarrhoea or constipation
Nausea, dizziness
Chest pain, rapid heartbeat
Loss of sex drive
Frequent colds

BEHAVIOURAL SYMPTOMS

Eating more or less
Sleeping too much or too little
Isolating yourself from others
Procrastinating or neglecting responsibilities
Using alcohol, cigarettes or drugs to relax
Nervous habits (e.g. nail biting, pacing)

IDENTIFY YOUR STRESSORS

Any situation that makes you feel stressed is referred to as a stressor.

These can be actual life events or problems with the way we think about things.

External causes of stress include work, relationship and financial difficulties.

Internal causes of stress can be bad habits of the mind.

These include constant worrying, always seeing the negative side of things and unrealistic expectations (perfectionism).

MANAGING YOUR STRESS

View your stress symptoms as being a response to a situation (stressor).

Ask yourself if you have any power to change the situation. If not, then consider changing the

way you respond to it.

That will allow you to realise you do have some control over the situation. You need to take charge of your thoughts, behaviours and your environment in order to lessen the negative impact of that situation.

There is never a single solution to all stressors. Try suitable approaches depending on your particular situation.

ELIMINATE UNNECESSARY STRESSORS

Learn to say “no” to unnecessary demands on your time.

Manage your day by having a to-do list; if you don't have time, then distinguish between tasks that are urgent and those that can wait.

Make small changes that improve things – if you are

upset by being stuck in the traffic in the morning, then leave earlier. Use the extra time productively.

If certain individuals always upset you, spend less time in their company.

CHANGE THE SITUATION

Let your feelings about unpleasant situations be known to others.

Don't assume that people know what the problem is, they are not mind readers.

No matter how upset or angry you are, maintain the higher ground, by being respectful when you speak. This will ensure people listen to you.

CHANGE THE WAY YOU THINK ABOUT THE STRESSOR

Change the way you view your problem.

Ask yourself if its worth getting

upset about it. Instead, it might not matter as much in a few months, time. Focus on the positive things in your life.

LEARN TO ACCEPT

Sometimes it's necessary to accept the situation.

Let go of the negative energy you spend denying that this is really happening or being angry about it.

Accept that it is happening, and understand that you have the ability to deal with it.

Life's most difficult challenges can also provide important lessons or set you in a new direction in your life.

MANAGING YOURSELF

Protecting yourself against stress is important. There are many scientifically proven ways to look after your health that will in turn protect you from the negative effects of stress.

MAINTAIN A WORK-LIFE BALANCE

Try and avoid bringing work home.

Spend time with your family.

Take mini-breaks

over the weekends: go for a family hike or a picnic.

RELAXATION TIME

Make relaxation time a priority. Even if you fit 20 minutes in for the day.

Any activity that promotes the body's state of relaxation is beneficial: walking in nature, prayer, meditation, deep-breathing exercises, yoga or tai-chi.

GET ENOUGH SLEEP

Sleep is important to maintain a good mood. You will be more irritable and respond poorly to stress if you are tired.

EXERCISE REGULARLY

Exercise is a natural antidepressant. Studies prove that regular exercise promotes well-being. A daily walk can be as beneficial as a session at the gym.

EAT A BALANCED DIET

Eating breakfast is important. Try and avoid unhealthy fast foods or sugary foods as they impact on your ability to cope with stress.

USE YOUR SUPPORT NETWORK

Try and share your thoughts with caring family or close friends.

Having someone to listen, can reduce the effects of the problem.

Stress management can be described by the saying: "I can choose to let it define me, confine me, refine me, outshine me or I can choose to move on and leave it behind me."

Once you understand what stress is, and what causes it, you need to believe that you CAN make changes to either the situation or your thinking, that will help you to cope better.



YOUR GUIDE TO:



DIABETES & WOUNDS: caring for sores

Avoid amputation with the prevention and early treatment of skin sores. Compiled by Health Bytes

Every 30 seconds, somewhere in the world, someone loses a lower limb as a result of diabetes. That's because diabetes and wounds are a dangerous combination.

HOW DIABETES AFFECTS WOUND HEALING

Wound healing can be slowed when a patient is diabetic. An important point to remember about a diabetic patient wound is that it heals slowly and can worsen rapidly, so requires close monitoring. There are several factors that influence wound healing in a diabetic patient, and may include:

BLOOD GLUCOSE LEVELS

It all starts here. An elevated blood sugar level stiffens the arteries and causes narrowing of the blood vessels. The effects of this are far-reaching and include the origin of wounds as well as risk factors to proper wound healing.

POOR CIRCULATION

Narrowed blood vessels lead to decreased blood flow and oxygen to a wound. An elevated blood sugar level decreases the function of red blood cells that carry nutrients to the tissue. This lowers the efficiency of the white blood cells that fight infection. Without sufficient nutrients and oxygen, a wound heals slowly.

DIABETIC NEUROPATHY

When blood glucose levels are uncontrolled, nerves in the body are affected and patients can develop a loss of sensation. This is called diabetic neuropathy. When there is a loss of sensation, patients cannot feel a developing blister, infection or surgical wound problem. Because a diabetic patient may not be able to feel a change in the status of a wound or the actual wound, the severity can progress and there may be complications with healing.

IMMUNE SYSTEM DEFICIENCY

Diabetes lowers the efficiency of the immune system, the body's defence system against infection. A high glucose level causes the immune cells to function ineffectively, which raises the risk of infection for the patient. Studies indicate that particular enzymes and hormones that the body produces in response to elevated blood sugar are responsible for negatively impacting the immune system.

INFECTION

With a poorly functioning immune system, diabetics are at a higher risk for developing an infection. Infection raises many health concerns and also slows the overall healing process.

Left untreated, infection can heighten the risk of developing gangrene, sepsis or a bone infection like osteomyelitis.

If you have diabetes, there's no such thing as a minor wound to



WHY?: ARE FEET AT MORE RISK FOR DIABETES WOUNDS

Because feet just take more of a beating in our daily lives than hands do, and we don't look at them as often, so it's harder to spot a wound.



the foot – even a small foot sore can turn into an ulcer that, if not properly treated, can lead to amputation. The rate of amputation for people with diabetes is 10 times higher than for those who don't have the disease.

Most of these amputations could easily be prevented with good foot care and wound treatment. Here's what you need to know about preventing foot sores and treating them in order to avoid an amputation.

PREVENTION MATTERS

People with diabetes are at increased risk for complications from wound healing for several reasons. First, diabetes decreases blood flow, so

injuries are slower to heal than in people who do not have the disease. Second, many people with diabetes also have neuropathy – reduced sensation in their hands or feet – which means they don't necessarily notice an injury right away.

GETTING TIMELY TREATMENT

What if, despite your best efforts, you develop a foot sore? Any break in the skin of the foot is an absolute emergency. There's no such thing as "just a little cut".

- + Put a triple antibiotic cream on the foot sore immediately.
- + Cover the wound with a light gauze and keep pressure off the area.
- + See a local wound centre

within seven days at most.

And calluses, which are precursors to foot ulcers in many diabetic patients, should be considered – and treated – just as seriously.

Diabetic foot wounds can develop complications rapidly. Early intervention is always better.

Once you go in to see the doctor about your foot sore, he or she may do several things:

- + Test that you have a good blood circulation to the area. This is called an ankle brachial index. If the ankle brachial index is 0.9 or less, you should see a vascular ▶▶

6 tips for preventing foot sores

The best way to prevent wound complications is to prevent the wound in the first place. You do that by taking good care of your feet. Top ways to keep your feet in good health include:

- + Check your feet every single day, and wash them with mild soap and water. (Be sure to check the water temperature first.) Make it part of your daily routine, just like brushing your teeth.
- + Dry your feet well. Moisture retained between the toes can cause skin breakdowns.
- + Be cautious in nail salons. Though some specialists recommend avoiding salons and having your nails cut only by a podiatrist, others simply urge caution.
- + Keep your feet from drying and cracking with regular applications of foot cream. You don't need a special cream — any moisturiser available at your pharmacy will work.
- + Use an antifungal cream if you have evidence of athlete's foot (tinea pedis) or other fungal infection. Athlete's foot can make the skin crack and peel, which increases your risk for an infection. Be on the lookout for fungal nail infections, too (nails will look and feel harder, darker, and thicker). See your podiatrist or your doctor about treatment and care.
- + Avoid fancy footwear. This means no tight socks and, above all, no tight, pointy shoes with high heels.

Diabetes

Diabetes
high blood sugar lev
insulin is the hormo
regulates glucose i
chronic conditions

surgeon to determine if intervention is necessary. An ankle brachial index of 0.9 or below could point to a 50% occlusion of a major artery.

- + Cleaning a foot sore is a process known as debridement. The doctor can culture the area to check the type of bacteria that may be present.
- + Offload your foot. This means putting it in a special custom-designed support boot. This may be bulky, but it's absolutely necessary until you heal. If everyone did these steps, amputations would decrease by 90%.

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



Complimentary Diabetes testing and educational talks are held at the Melomed Hospitals during Diabetes Awareness Month. For more information please contact Liezl Daniels 021 699 0950 or at info@melomed.co.za

HOUSE CALL



Meet one of our dedicated Specialists,
Dr Abdul Aleem Rawoot who is an Orthopaedic
Surgeon at Melomed Bellville and Gatesville.



VITAL STATISTICS & QUESTIONS



I am Abdul Aleem Rawoot.

Where were you born? Cape Town.

Who do you share your house with?

My wife, Nazreena, my daughter Almaas (8) and my two sons, Ismael (5) and Imraan (4).

What would people be surprised to know about you? I served in the South African military and was deployed to Dafour, Sudan for four months.

If you weren't doing what you do, you would be...
An architect or property developer.

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

My friends and I like... road cycling and braaing.

What music are you listening to?

U2, Coldplay, David Guetta, Pink and John Legend.

Perfect happiness is... no negativity.

Success to me means... happy family and patients.

I'd like to be remembered as...
everyone's friend.

“ One of my life mottos is:
Remember where you came from. ”

Likes



Cycling, travelling and adventure sports.

Best places:

Wembley, Willoughby's and Bridge Cycles.

Dislikes



Negativity and lazy people.



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COCONUT OIL

A good fat at last



Coconut oil is one of the few foods that can be classified as a “superfood”. Compiled by Health Bytes

Its unique combination of fatty acids can have profound positive effects on health. Not just a “good” saturated fat, coconut oil is an exceptional healing agent as well, with loads of useful health applications. Here are some of the health benefits of coconut oil that have been experimentally confirmed in human studies.

Coconut oil is:

- + **Fat-Burning:** A saturated fat which can accelerate the loss of midsection fat (the most dangerous kind). There are now two solid, human studies showing just 30 ml a day, in both men and women, is capable of reducing belly fat within 1–3 months.
- + **Brain-Boosting:** Coconut oil contains a lot of medium chain triglycerides, which are metabolised differently and can have therapeutic effects on several brain disorders

e.g. Alzheimer’s disease or mild cognitive impairment.

- + **Clearing Head Lice:** When combined with anise spray, coconut oil was found to be superior to the insecticide permethrin.
- + **Healing Wounds:** Almost 50% of the fatty acids in coconut oil is the 12-carbon lauric acid which can kill bacteria, viruses and fungi, helping to stave off infections.
- + **A NSAID Alternative:** Coconut oil has been demonstrated to have anti-inflammatory, analgesic and fever-reducing properties.
- + **An Appetite Suppressor:** The fatty acids in coconut oil can significantly reduce appetite, which may positively

affect body weight over the long term.

- + **A Testosterone-Booster:** Coconut oil was found to reduce oxidative stress in the testes of rats, resulting in significantly higher levels of testosterone.
- + **Improving Blood Lipids and Cholesterol:** Coconut oil is loaded with saturated fats, which actually do not clog the arteries like previously thought. Coconut oil consistently improves the LDL:HDL ratio in the blood of those who consume it.
- + **A Sunscreen:** Coconut oil has been shown to block out UV rays by 30%. Keep in mind that this is good, insofar as UVA rays are damaging to the skin, whereas UVB rays are highly beneficial (when exposure is moderate).



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CHILDPROOFING & PREVENTING HOUSEHOLD ACCIDENTS

Kids explore their everyday environments, so it's crucial to check things out from their perspective to make sure your home is safe. That's right, get on your hands and knees and crawl around your home. Don't let the neighbours see you... By Health Bytes

Household injuries are one of the top reasons kids under age 3 visit the Trauma Unit, and nearly 70% of the children who die from unintentional injuries at home are 4 years old and under. Young kids have the highest risk of being injured at home because that's where they spend most of their time.

And though we often think of babies and toddlers when we hear the words "babyproofing" or "childproofing", unintentional injury is the leading cause of death in kids 14 years old and under, with more than a third of these injuries happening at home.

Supervision is the best way to prevent injuries, in the home and out, but even the most watchful parents can't keep kids completely out of harm's way every second of the day.

Here are some simple ways to help prevent injuries in your own home:

Top safety tips:

- + Keep guns, choking hazards, and toxic, hot, and sharp items out of reach.
- + Use safety gates.
- + Install outlet covers.
- + Never leave young kids unattended in a bath.
- + Install smoke detectors.
- + Install knob covers on doors to non-childproofed areas.
- + Don't put soft bedding or toys in cribs.
- + Don't use walkers.

ACCIDENTS THAT CAN HAPPEN AT HOME

The common causes of home-injury deaths are fire and burns, suffocation, drowning, choking, falls, poisoning, and firearms. Most home accidents happen where there's:

- + **water:** in the bathroom, kitchen, swimming pools, or hot tubs
 - + **heat or flames:** in the kitchen or at a barbecue grill
 - + **toxic substances:** under the kitchen sink, in the medicine cabinet, in the garage or garden shed, or even in a purse or other place where medications are stored
 - + **potential for a fall:** on stairs, slippery floors, from high windows, or from tipping furniture
- You can take precautions to make these places safer, but the most important thing to remember is to watch young kids at all times. Even if your home is childproofed,



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Trauma Unit**
021 637 8100

**Melomed Bellville
Trauma Unit**
021 948 8131

**Melomed Mitchells Plain
Trauma Unit**
021 392 3126

it only takes an instant for babies and toddlers to fall, run over to a hot stove, or put the wrong thing in their mouths. Your watchfulness is your child's best defence. However, accidents will still happen, so it's important to be prepared. If you're expecting a baby or have kids, it's wise to:

- + Learn cardiopulmonary resuscitation (CPR) and the age-appropriate Heimlich maneuver.
- + Keep the following near the phone (for yourself and caregivers):
- + poison-control number: Cape Town: 021 592 2601 and Tygerberg Poison Centre: 021 931 6129
- + doctor's number
- + parents' work and cell phone numbers
- + neighbour's or nearby relative's number (if you need someone to watch other kids in case of an emergency)
- + Make a first-aid kit and keep emergency instructions inside.
- + Install smoke detectors and carbon monoxide detectors.

Childproofing checklist

Use this guide for childproofing your home and rest easy.

IN THE BEDROOM

- Check the crib.** Make sure that your crib meets today's safety standards (see cpsc.gov, for tips). Pull cords away from the crib, and keep the crib away from windows, if possible.
- Install window guards.** But remember: while window guards provide reassurance, they are not a substitute for parental supervision.

IN THE BATHROOM

- Install safety latches and locks.** Put safety guards on toilets to make sure that children can't get in them, and on any cabinet or drawer that contains medicine or any other hazardous items.
- Have a plumber install an anti-scald device** for the faucets and showerhead. Regulate the water temperature to help prevent burns.

IN THE KITCHEN

- Lock stove knobs.** Keep kids from igniting stove burners by using protective appliance knob covers.
- Install a safety cover on the garbage disposal.** A cover will safeguard little hands.
- Attach safety latches and locks.** Secure any drawers containing knives, scissors, and sharp utensils, and keep kids out of any cabinets that contain household cleaners.

THROUGHOUT THE HOUSE

- Cut window-blind cords** or use safety tassels and inner cord

stops so that children can't get entangled.

- Place covers over unused outlets.** Sliding covers are the best, as the push-in ones can be pulled out and possibly choked on.
- Put up safety gates.** Install hardware-mounted safety gates in front of any stairs in the house.
- Install corner and edge bumpers.** These will help prevent injuries from falls against sharp edges
- Use doorstops and door holders.** Keep small fingers from being crushed or pinched in doors and door hinges.
- Switch to cordless phones, if you haven't already.** Children can get tangled in phone cord. Plus, keeping an eye on your young ones is easier, since you can move around the house (or even outside) freely.

OUTDOORS

- Make a kid-free zone.** Banish little ones from the grilling area, as well as any structure or shed that might contain tools, lawn mowers, etc.
- Childproof the pool.** Install a fence around its perimeter. Make sure that the gate to the pool has a lock that prevents children from entering alone but can be opened quickly by an adult in case of an emergency. And don't let water accumulate on the top of the pool cover – that's a drowning hazard.



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

A hearty winter meal. Awaken the senses with this dish. Perfect for a cold winter's night around the fire with the family. Enjoy.



Butter chicken

What you will need

- 500g chicken fillets – cut into bite size pieces
- 5ml salt
- 2,5ml pepper
- 5ml crushed cumin
- 15ml lemon juice
- 5ml fresh garlic
- 5ml fresh crushed red chillies

- **Sauce**
- 1 tin chopped tomatoes
- 3 tablespoons butter
- 5ml red chillies
- 10ml lemon juice
- 10ml garlic sauce / 2,5ml salt
- 125ml low fat fresh cream or plain yoghurt



Method of preparation

1. Marinate the chicken in the spices for a few hours. In a pot add butter and fry the marinated chicken until tender.
2. Liquidise the chopped tomatoes. Pour the liquidised tomatoes in a saucepan, and then add the rest of the above ingredients (except the fresh cream/plain yoghurt).
3. Simmer until the sauce thickens, then add the cream/plain yoghurt.
4. Pour sauce over the chicken, stir well, and simmer for a few minutes.
5. Garnish with fresh coriander and serve with naan bread or rice.

Serves 4 people





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