

melomag

Free Health Guide!

Summer 2015 / 2016

BREASTFEEDING
BUSTING THE MYTHS
PART TWO

BEAUTIFUL
SUMMER FEET

HOW TO
TREAT EYE
ALLERGIES

OTC DRUG
ADDICTION

THIS HOLIDAY:
HOW TO RELAX

Why am I tired
ALL THE TIME?



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punch recipe |28|

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RHEUGESIC gel

Piroxicam 5 mg/g



**REDUCES PAIN &
INFLAMMATION IN
MUSCLES & JOINTS¹**

A 3.1 Antirheumatics
(anti-inflammatory agents)

RSA: [S1] Reg. No. 34/3.1/0141

Namibia: [N51] 04/3.1/1188

REFERENCE:

1. For more information, refer to package insert.



ADVANCING
HEALTHCARE
FOR ALL

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DEC 2015

GIVE-AWAY!
Melomag is giving away a
SOUNDBOOSTER to one lucky
reader! See page 3 for details!

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Health Bytes

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Proofing: Albert Buhr
Printing: Kadimah Print

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WHAT MAKES SOUTH AFRICANS' BLOOD BOIL?

More than 1 300 South Africans were polled by the country's leading heart and stroke treatment provider, Pharma Dynamics, to reveal the everyday things that most make them see red.

With 6.3 million South Africans living with high blood pressure, SA has one of the highest rates of hypertension in the world. Stressful situations can cause your blood pressure to spike temporarily, but too much stress could lead to high blood pressure in the long run. Doing activities that can help you manage your stress and improve your health can make a long-term difference in lowering blood pressure.

SA's top 15 annoyances according to the survey:

1. Taxi drivers
2. Queue jumpers
3. People who think rules don't apply to them
4. Bad manners
5. Load-shedding
6. Rudeness in general
7. Having to go through lots of automated phone options and then being kept on hold
8. Traffic jams
9. Smoking around children
10. Spitting in public

11. Motorists and/or cyclists who jump red traffic lights
12. Anti-social behaviour e.g. when someone pays more attention to their electronic device(s) than to you
13. Backstabbers
14. Using cellphones while driving
15. People eating loudly and sloppily

Twenty percent of respondents experience daily stress and aggravation from everyday irritations and frustrations, and almost 40% admitted that these usually cause them stress long after the incident.

Mariska van Aswegen, spokesperson for Pharma Dynamics, recommends the following: "Try to take short breaks during times of the day that tend to be very stressful, identify what specifically makes you angry and think of possible solutions. Humour can also help to diffuse tension. Practise relaxation skills, especially when your temper flares, and exercise too is a great way to help reduce stress and feelings of frustration."

Source: Pharma Dynamics

WHY DO WOMEN DITCH CANCER SCREENING?

CANSA stresses the importance of regular cancer screening to promote early detection and improve treatment outcomes. **Women who avoid screening are putting their lives at risk.** These women are urged to educate themselves and bust cancer myths; make the time to be examined; investigate options for affordable screening; and to overcome fear by taking control of their health and responsibility for their bodies; to be guided by their inner voice and not be concerned with what others may think; to choose slight discomfort over a diagnosis of advanced cancer.

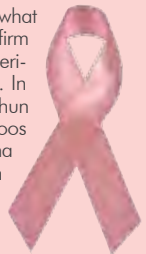
- **Ignorance:** Women who are not sexually active think that screening isn't necessary. Many young women mistakenly believe that only older women get cancer and that going for screening can be postponed as a result. Other women are ignorant of factors that may cause cancer, the need for screening and how it may reduce their cancer risk.

- **Convenience:** Some women say they don't have the time, or fear the potential discomfort or embarrassment they may experience.

- **Finances:** Others say they do not have the funds to afford screening.

- **Fear:** Sometimes women fear what examination results may confirm or have had an unpleasant experience during a prior examination. In certain communities women shun examinations due to cultural taboos or because they fear the stigma often mistakenly associated with a diagnosis of gynaecological cancer and subsequent judgement by their loved ones and community.

Source: CANSA



HOLIDAY BRUNCHING

Late nights and sleeping in during the holidays usually leads to a brunch or a lo-o-o-ng lunch. This meal is an easy one to indulge, after all, you're on holiday! It's tempting to have champers and other treats you wouldn't normally have. Use these tips to navigate the brunch menu the healthy way:

- 1. DON'T DRINK YOUR SUGAR:** Steer clear of cocktails – these liquid calories can add up fast. Bellinis, Bloody Marys and other drinks made with pre-made mixes are an easy way to tack on loads of sugar. Fruit juices are also very high in sugar.
- 2. CREATE YOUR OWN OMELETTE:** An omelette is a great way to get in other food groups, including vegetables and dairy. It is usually made with three whole eggs but you can ask for one whole egg and two egg whites. Smart ingredient picks include spinach, mushrooms, peppers, tomatoes, onions, cheese; roasted vegetables, bacon, sausages and smoked salmon.
- 3. SAUCES AND CONDIMENTS... LESS IS MORE:** Speaking of eggs, do keep in mind that fancier egg dishes, like the brunch menu staples of eggs Benedict drenched in hollandaise sauce tend to pack on the kilojoules and fat. Condiments like tomato sauce are also loaded with added sugar.
- 4. CHOOSE YOUR SIDE:** If you are on a low-carb diet, stay away from French fries, hashbrowns or toast. Rather ask for sliced tomatoes, a side salad, or a side of fruit to add some low-kilojoule, high nutritional value to your meal. Many restaurants offer vegetables prepared different ways, so look for something that's prepared by steaming, grilling, or roasting.
- 5. SUGAR-LIGHT:** Oatmeal or granola may seem like a prudent pick on the brunch menu, but be careful. Home-made granola sounds wholesome, but it may be loaded up with sugar. It's better to order the plain oatmeal and add your own sugar and fresh fruit, instead of "brûléed" oatmeal.
- 6. BETTER BURGER:** You can still make a burger a health-conscious meal. Add some veggies. Choose avocado instead of cheese, and add tomato and onion. Replace fries with a side salad. You could also order your burger bun-less, or try a veggie- or salmon burger.

Source: everydayhealth.com

OUR GIVE-AWAY TO YOU

We are giving away a *Melomed Soundbooster* to one lucky reader!

ENTER TODAY & WIN

To stand a chance to qualify, email your name, contact number and answer to the following question to: melomag@melomed.co.za with *MelomagQ4* in the subject line. Competition closes 15 February 2016.

What ingredient is this season's favourite party mixer?

(See our Summer Recipe on page 28).

Prize sponsored by Melomed.

Give-away terms and conditions:

The winners will be the first five correct entries 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 winners 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.



HEALTH TIPS:

IS CHOCOLATE GOOD FOR YOUR HEART?

Fifty grams of good quality dark chocolate can lower your blood pressure by several points. But it's not a reason to start eating it in large amounts.

PROTECT YOURSELF AND YOUR FAMILY:

Wear helmets, seat belts, sunscreen, and insect repellent this summer.



Discovery Health Awards

Melomed Hospital Holdings is proud to announce that Melomed Bellville Private Hospital has recently been awarded the prestigious title of being one of the Top 20 Hospitals in South Africa, as voted by Discovery Health Members for the year 2015.



Nurses Deborah Henry, Rowena Johnson and Lameez Cole passed a nursing course with top marks!

Melomed Claremont celebrated their first birthday



Melomed 24 Emergency Services celebrated Christmas together with Heart 104.9fm



World Premature Day





Melomed 24 celebrates 12 years



World Aids Day



National Bandana Day



Cuppa for CANSA



Melohearts - Health and Fitness



Melomed Springbok Supporters



Sitting, lying, walking,
twisting, running. The skin
responds to them all.
Why not the dressing?

ALLEVYN Life



ALLEVYN Life Heel



ALLEVYN Life Sacrum



SILICONE ADHESIVE



HIGH



CHANGE
INDICATOR



LOCK ARM CODE



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Life

Designed for people
who happen to be patients

ALLEVYN[®] Life Dressings: Designed to provide an optimal patient experience

94% of clinicians would recommend ALLEVYN Life for use in their practice!

For people living with wounds 24/7, wound care means far more to them than physical healing. At Smith & Nephew we want people to feel good whilst healing happens. With our uniquely shaped, secure-fitting, wide-bordered dressings, wound care patients feel less like patients, and more like people.²⁻⁴

- Quadrilobe shape for a secure fit**
 Conforms closely to the body, optimising dressing changes and minimising wastage,¹ while allowing patients to shower²⁻⁴
- Discretion layer for patient confidence**
 Minimises the visual impact of stinkthrough (in-vitro),⁵ giving patients discretion, optimising dressing changes¹ and reducing wastage
- Silicone wound contact layer for gentle removal**
 Gentle on the skin, providing minimal pain on dressing removal⁶
- Lock-away layer providing patient peace of mind**
 Excellent fluid locking under pressure (in-vitro), provides reassuring leakage prevention (in-vitro),⁷ Common wound odour absorption when tested in-vitro on representative compounds⁸
- Cushioning layer for maximum protection**
 The dressing's multi-layered design provides cushioning and helps to spread pressure (in-vitro),⁹ so patients can feel protected from everyday knocks and bumps.¹⁰

ALLEVYN Life -at-work: Case study of Mr A¹¹

Treating a rapidly deteriorating pressure ulcer

- Male, early eighties, with limited mobility, incontinence and poor nutrition
- Malodorous, grade III, sacral pressure ulcer, covered in slough with high exudate
- Current dressing changed at least once a day, often much more frequently
- Clinical aims**
 - Improve nutrition and reduce the wound bed's necrotic burden
 - Find a dressing that stays in place, minimises odour and effectively manages exudate
- Finding the right treatment solution**
 - ALLEVYN Life was selected as a secondary dressing to manage exudate and odour, and stay in place
 - DJMRAFFIBER ribbon was selected to absorb and retain a large amount of exudate
- Treatment success (After 6 weeks)**
 - Wound continued to improve with considerable reduction in wound size, malodour completely resolved and exudate effectively managed
 - ALLEVYN Life stayed in place securely and dressing changes reduced to twice a week, assisted by the change indicator
 - Mr A's physical and social quality of life improved significantly



Looking for ALLEVYN Life? Reach for the packaging with the blue band...

ALLEVYN Life		
SBN Code	Size (cm)	Carton
66801067	10.3cm x 10.3cm	10
66801068	12.9cm x 12.9cm	10
66801069	15.4cm x 15.4cm	10
66801070	21cm x 21cm	10
66801304	Heel 25cm x 25.2cm	5
66801306	Secrum 17.2cm x 17.5cm	10
66801307	Secrum 21.6cm x 23cm	10



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BREASTFEEDING

PART TWO: BUSTING THE MYTHS

Breastfeeding myths can change the course of your individual journey, whether you're a new mom or a seasoned pro. Continuing from our previous Part One article, our lactation expert Nicole Leverton debunks the most common breastfeeding tales and reveals their surprising truths.

MYTH #11: BABIES NEED TO DRINK FROM BOTH BREASTS EQUALLY AT EACH FEEDING

FACT: Regular and frequent milk removal and emptying of each breast drives the milk supply. The fat content in the milk increases as the breast empties. Let the baby finish the first breast first, then offer the other side.

This allows baby to have both foremilk and hindmilk at each feeding. Simplistically, foremilk

is the milk from the beginning of the feed (it is high in lactose and is good for brain growth) and hindmilk is the milk from the end of the feed (high in fat, which is essential for hunger satisfaction and weight gain).

If the baby only takes from one side during a feed, that's OK, so long as Mom starts with the unused side at the next feed. Some babies, if switched prematurely to the second breast, may fill up on the

lower-calorie foremilk from both breasts, rather than obtaining the normal balance of foremilk and hindmilk, resulting in infant dissatisfaction and poor weight gain. In the early days before the mature milk comes in, many mothers do offer both breasts at each feeding to help establish the milk supply. A distinction needs to be made between "being on the breast" and "breastfeeding".

Breastfeeding comforts a child who is upset and it is an important source of nourishment for a child during illness.

MYTH #12: BABIES GET ALL THE MILK THEY NEED IN THE FIRST FIVE TO TEN MINUTES OF NURSING

FACT: While many older babies can take in the majority of their milk in the first five to ten minutes, this cannot be generalised for all. Newborns, who are learning to breastfeed and who are not always efficient at sucking, often need much longer to feed. The ability to take in milk is also subject to the mother's let-down response.

While some mothers may let down immediately, others may not. Some may eject their milk in small quantities several times during a feeding session. Rather than guess, it is best to allow the baby to suck until he shows signs of satiety such as self-detachment and relaxed hands and arms.

MYTH #13: NURSING A BABY AFTER 12 MONTHS IS OF LITTLE VALUE BECAUSE THE QUALITY OF BREAST MILK BEGINS TO DECLINE AFTER SIX MONTHS

FACT: The composition of human milk changes to meet the changing needs of baby as he matures. Even when baby is able to take solids, human milk is the primary source of nutrition during the first year.



It becomes a supplement to solids during the second year. In addition, it takes between two and seven years for a child's immune system to mature fully. Human milk continues to complement and boost the immune system for as long as it is offered. It is recommended that a mother should continue to breastfeed her child up to two years of age and beyond – so long as she and the child wish to carry on. Breastfeeding comforts a child who is upset and it is an important source of nourishment for a child during illness. ▶▶



MYTH #14: A MOTHER ONLY NEEDS TO NURSE FOUR TO SIX TIMES A DAY TO MAINTAIN GOOD MILK SUPPLY

FACT: Research shows that when a mother breastfeeds early and often, an average of 9.9 times per day in the first two weeks, her milk production is greater, her infant gains more weight and she continues breastfeeding for a longer period. Milk production has been shown to be related to feeding frequency and emptying of the breasts and milk supply declines when feedings are infrequent or restricted. According to research, demand-feeding releases a higher milk volume than scheduled feeding.

MYTH #15: THE HIV-POSITIVE MOTHER CAN GIVE HER INFANT BOTH BREASTMILK AND OTHER FOODS AND LIQUIDS

FACT: If an HIV-positive mother

chooses to breastfeed, she should feed her baby breastmilk exclusively, giving NO other liquids, milks or foods, for the first six months. Feeding breastmilk alone in the first six months can lower a baby's risk of HIV infection compared to giving both breastmilk and other foods and liquids ("mixed feeding"). Mixed feeding not only greatly increases the risk of transmitting HIV to the baby in the first six months, but, it also causes more illnesses, such as diarrhoea, pneumonia and malnutrition, increasing the risk of death.

The HIV-positive mother should be counselled and provided with information to help her to decide which feeding option is best for the baby and more manageable for her. The HIV-positive mother should know that:

- if she breastfeeds exclusively during the first six months, she reduces the baby's risk

of illness, malnutrition and death

- if she uses breastmilk substitutes (such as infant formula) exclusively, she avoids the risk of HIV infection through breastmilk
- shortening the duration of breastfeeding can reduce the risk of transmitting the infection to the infant – when solids and breastmilk substitutes are introduced, all breastfeeding should immediately stop.

The most suitable infant feeding option for the child of an HIV-infected mother ultimately depends on individual circumstances. The mother needs to assess the risks through discussion with a trained healthcare worker. The mother infected with HIV has the right to (1) all of the information that she needs to make an informed decision and (2) all of the services and support necessary to help her to implement that decision. ■



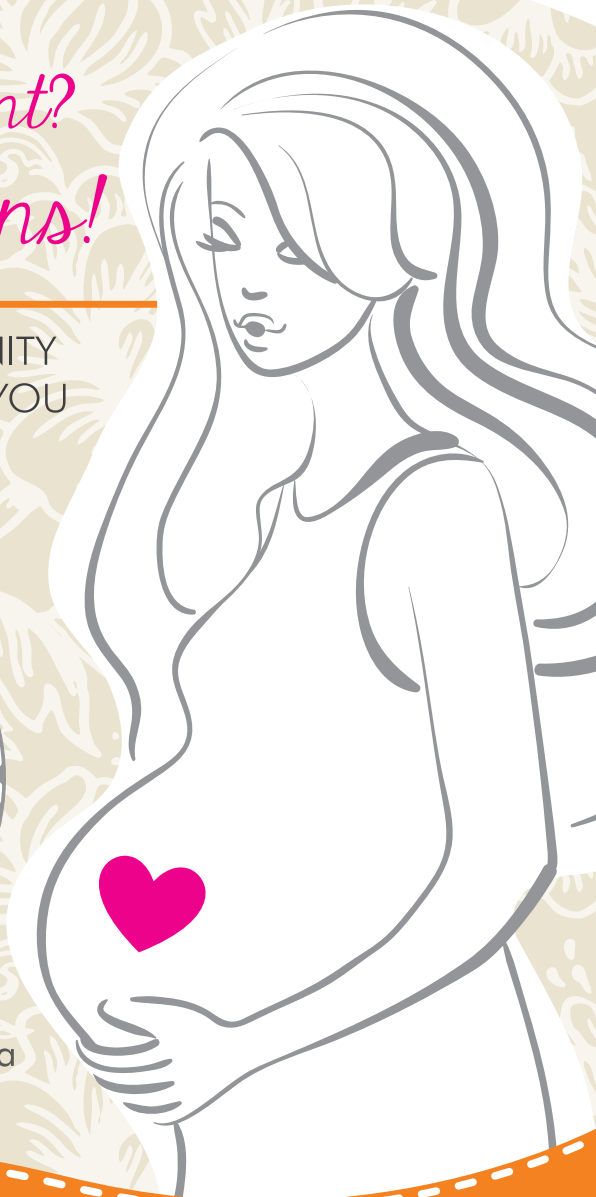
Breastfeeding is the building block of not only today's healthy baby, but also tomorrow's healthy adult.

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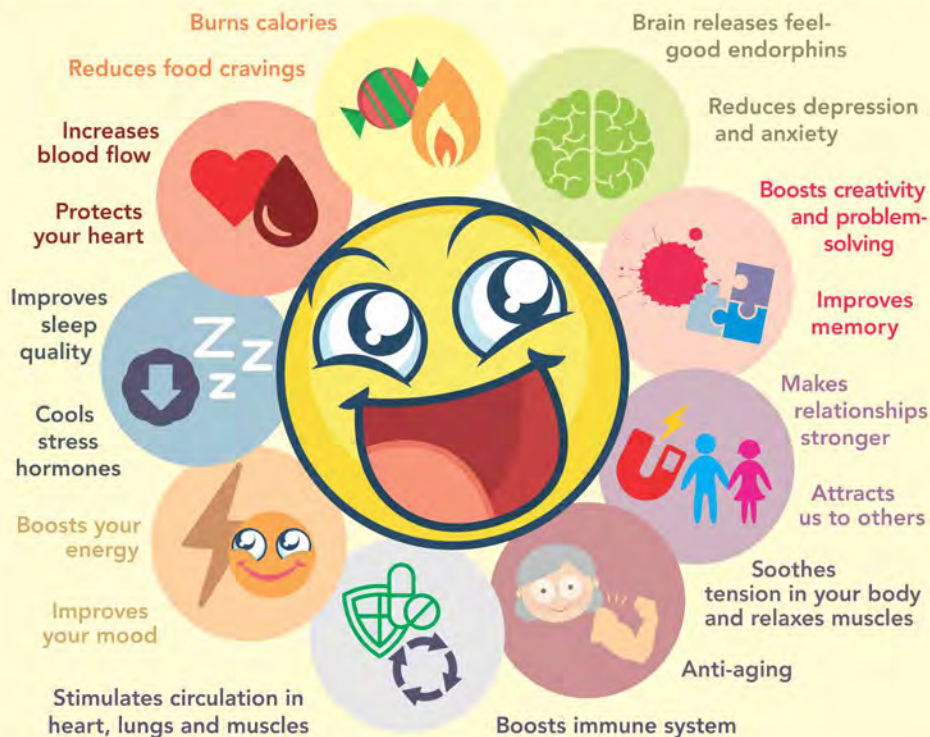


Please sign up today to ensure that you don't miss out on these and other fabulous offers!

Registration forms available at your gynaecologist's rooms.

LAUGHTER: THE BEST MEDICINE

What is the best way to relax this holiday? Good belly laughs! Humour beats stress and boosts happiness. A little giggle has health benefits for your whole body:



STRESS-REDUCING FOODS



TIPS FOR A STRESS-FREE HOLIDAY



Protect your skin with sunblock



Stay active and keep well hydrated



Don't overeat: Eat healthy, light and fresh



Rest well – take naps or sleep in



Take a break from technology



Keep your possessions and family safe



Listen to music



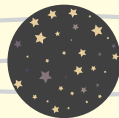
Read a book



Read poetry



Let out a sigh



Watch the stars



Dance!



Laugh



Climb a tree



Eat a meal in silence



Write a quick poem



Pet a furry creature



Take a long bath



Paint



Spend time in nature



Read or watch something funny



Appreciate an everyday object with new eyes



Light a candle



Buy flowers



Learn something new



Acts of kindness



Walk around town



Forgive someone



Take naps



Drive somewhere new



Watch the clouds



Move twice as slowly



Take a walk outside



Meditate



Write a letter



Go for a run

50 ways to relax this holiday



Give thanks



Colour with crayons



View some art



Write in a journal



Call a friend



Create your own coffee breaks



Go to a farmer's market



Do some gentle stretches

Notice your body



Take deep belly breaths



Switch off technology



Let go of something



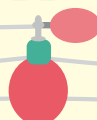
Fly a kite



Make some music



Listen to a guided relaxation



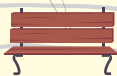
Find a relaxing scent



Swim



Rest your legs up a wall



Go to a park



Take a bike ride



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ITCHY, RED, WATERY EYES?

HOW TO TREAT EYE ALLERGIES

Eye allergies causing red, puffy eyes? You're not alone – millions of people cope with eye allergies, or allergic conjunctivitis. A cold compress can give you a quick fix before heading out in public. But for long-term relief, you need to identify triggers and treat symptoms.

Eyes are bothered by the same irritants that cause sneezing and a runny nose among seasonal allergy sufferers. This is because the conjunctiva has a rich vascular supply as well as direct exposure to the environment because it lacks a mechanical barrier.

Allergic conjunctivitis encompasses a wide spectrum of diseases that range from the trivial to the more serious and potentially sight-threatening chronic conditions. Like all allergies, eye allergies are caused by a **glitch in the body's immune system**.

The reaction starts when the conjunctiva (the mucous membrane that lines the eyelids and covers the whites of the eyes) comes into contact with something (an allergen) that, while actually harmless, is seen as a threat. In a mistaken attempt to fight off the threat, cells in your eyes called **mast cells*** release histamine and other chemicals, causing inflammation.

The result: itchy, red, and watery allergic eyes.

ACUTE ALLERGIC CONJUNCTIVITIS:

This describes the sudden response seen in sensitised individuals after exposure to a specific allergen, usually pollen. Symptoms include intense itching and watering associated with severe conjunctival and lid swelling. Symptoms can also be severe, although they usually resolve within 24 hours after removal of the offending agent.

SEASONAL AND PERENNIAL ALLERGIC CONJUNCTIVITIS:

Seasonal allergic conjunctivitis represents the most common form of allergic conjunctivitis. The onset is related to specific airborne allergens that mainly occur in spring and is often accompanied by allergic rhinitis and/or a history of atopy (a history of asthma or eczema). Notable allergens include grass and tree pollens.

Perennial allergic conjunctivitis represents a variant of seasonal allergic conjunctivitis. Generally, symptoms persist throughout the year. Dust mites, as well as animal dander and mould are considered the most common allergens implicated in this disease. Eye symptoms include transient attacks of itching, tearing, redness and conjunctival swelling.

VERNAL KERATO-CONJUNCTIVITIS

This is a chronic severe form of allergic conjunctivitis. It typically affects young children in hot climates in a seasonal manner. However, year-round symptoms are not uncommon. Fortunately, the severity of attacks subsides as the child reaches puberty. Symptoms include intense itching, light sensitivity, mucoid discharge and tearing.

GIANT PAPILLARY CONJUNCTIVITIS

This is typically seen in association with contact lens wear but may also be associated with any ocular foreign object, such as ocular prosthesis or sutures. Symptoms include a foreign body sensation, itching, mucoid discharge

and decreased contact lens tolerance.

MANAGEMENT: USEFUL TIPS

There are a number of agents available for the treatment of allergic conjunctivitis, but a step-wise approach should always be taken.

1 Try to avoid the offending allergen. Whilst this may not always be possible, an allergy specialist can help determine which allergens are responsible. Minimise any exposure by staying inside when possible and keeping windows closed during peak allergy seasons.

2 Avoid rubbing the eyes. Whilst rubbing the eyes may provide short-term relief, it may lead to infections as well as thinning of the cornea.

3 Apply cool compresses to the eyes to provide symptomatic relief.

4 Medications:

- **Lubricants** such as Refresh® and Tears Naturale® help to dilute and flush allergens out of your eye and keep eyes moist. These are available without a prescription. People with certain conditions should not use certain types of eye drops, so ask your doctor.

- **Topical and oral antihistamines.** These are effective in relieving the acute symptoms of allergic eye conditions. Systemic antihistamines may be indicated for severe symptoms but may be associated with adverse effects such as drowsiness. ▶



- **Decongestant drops**, such as oxymetazoline, shrink blood vessels in your eyes, which decreases redness. They provide only a short-term relief and should be stopped after two weeks to prevent rebound redness of the eye.
- Most **drops for eye allergies** may have the same medications used to treat nasal allergies: antihistamines, decongestants, and mast cell stabilisers. Antihistamines combat symptoms by blocking the effect of histamine, which can help with itching. Mast cell stabilisers reduce inflammation by preventing the release of chemicals such as histamines from mast cells. A combination antihistamine/mast cell stabiliser eye drops such as Relestat® are often the preferred choice for ophthalmologists. Most of these require a prescription.

- **Topical steroids**. These are effective for more severe reactions. They are usually prescribed in short and intensive courses as long-term use may be associated with complications such as cataracts and increased intra-ocular pressure.

CONCLUSION

Allergic conjunctivitis represents a wide diversity of disorders. Whilst they may be troublesome, following some basic steps may bring relief to your problem. In the event of persistent symptoms however, it is advisable to consult a healthcare practitioner. ■

*** Mast cells:** Histamine-containing cells that are part of the body's immune system and play a key role in the inflammatory process. Mast cells are located in tissues throughout the body, including the conjunctiva of the eye and eyelids.

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5. www.allaboutvision.com

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EYE ALLERGIES SELF-TEST

Take this quiz to see if you might have eye allergies. Always consult your doctor if you suspect you have an eye condition needing care.

- Do allergies run in your family?
- Do your eyes often itch, particularly during spring pollen season?
- Have you ever been diagnosed with "pink eye" (conjunctivitis)?
- Are you allergic to certain animals, such as cats?
- Do you often need antihistamines and/or decongestants to control sneezing, coughing and congestion?
- When pollen is in the air, are your eyes less red and itchy when you stay indoors under an air-conditioner?
- Do your eyes begin tearing when you wear certain cosmetics or lotions, or when you're around certain strong perfumes?

If you answered "yes" to most of these questions, then you may have eye allergies. Make an appointment with an optometrist or ophthalmologist to determine the best course of action.

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*Lupin (Pty) Ltd Financial Statements ending March 2015
CG/19/09/2015

HAPPY SUMMER FEET



With sandal weather right around the corner, it's time to get those long-forgotten feet into tip-top shape. Follow these quick tips and your feet will be looking pretty and polished in no time.

After winter, we are ready to trade in our stuffy socks and boots for some airy open-toed sandals. With our feet being out of sight for a good four to seven months out of the year, they might be looking a little more funky than fabulous.

Lingering blisters from ill-fitting flats, neglected toenails and dry, cracked heels are just the beginning of a laundry list of things that make us want to hide inside our socks forever. We help you to tackle some of your most pressing foot problems:

DRY & CRACKED HEELS

Dry, cracked heels not only look unsightly, but they can

also be painful. **This condition is mostly caused by a lack of moisture.** Standing long hours, cold weather, being overweight, wearing improper footwear, eczema, psoriasis, thyroid disease and diabetes can also contribute to this problem. Exfoliation scrubs and rich foot creams are the key for fixing cracked heels.

HOW TO TREAT: Exfoliate!

Before going to bed, mix some liquid soap in a foot tub filled with warm water. You can use any foot soak recipe that you prefer. The warmth opens the pores of your skin and enables the best penetration of the foot cream. Soak your feet

for about 20 minutes. Use a pumice stone to exfoliate and gently scrub off the loosened dead skin cells. Rinse your feet and apply a rich skin-repairing cream or moisturiser to your feet. Wear a pair of clean, thick cotton socks overnight. Wake up to smooth and soft feet. Do this daily until your cracked heels are healed completely.

CALLUSES

A callus is a buildup of dead skin cells that forms a toughened skin area that has become thick and hard. Calluses are formed due to repeated friction, constant rubbing, pressure or other irritation. They can be painless and protective.

But if a callus presses on a bone or nerve underneath your skin, it can be as painful as a pebble between your toes.

HOW TO TREAT: Never attempt to remove calluses when your skin is dry, as it can cause abrasions and damage. Exfoliating regularly is key in nixing them. After soaking your feet, massage a foot scrub to gently slough off dead skin. Use a pumice stone on the callus – don't try to grind the whole callus away in one sitting, as you'll rub your skin raw. Instead, sand it down a little every day, and be patient. If the callus is very thick or hard, the sanding project might take a few weeks. Instead of filing corns and calluses, you can soak and moisturise them until they grow soft.

ODOUR

Odour occurs when your feet sweat and the sweat does not evaporate because you are wearing shoes or socks. The bacteria that live on your skin and in your shoes grow as they **feed on your sweat and dead skin cells**, producing a foul smell. It's a natural process, but luckily you can reduce the bacteria by creating a drier habitat for your feet. Bacteria thrives in warm, dark and moist places, and continues to breed once you've taken your shoes off.

HOW TO TREAT: Footsoaks, scrubs and exfoliating regularly helps draw out the sweat and excess toxins your feet accumulate. To help absorb moisture, dust your feet with powder, focusing on the soles and between toes. To reduce smell, a normal underarm deodorant or antiperspirant can



be sprayed on your feet. Don't wear the same socks and shoes for consecutive days. Shoes should be left to air out for 24 hours after wearing, and if possible, insoles should be replaced every two to three months.

BLISTERS

The most obvious way to prevent blisters is to wear shoes that fit. But when temperatures heat up, your feet will swell and sweat, which causes friction against your shoes – even comfy ones – and is bound to give you a blister now and then. If it's not causing too much discomfort, leave it alone and it'll heal itself. But in areas that are irritating you, like the soles of the feet or in between toes, it might be necessary to puncture the blister to relieve pressure and pain.

HOW TO TREAT: Most important, never forcefully squeeze a blister – it can introduce infection, and often the blister comes right back the same day. Instead, keep the blister covered with a bandage until it dries up. **Or use a sterilised needle** and gently insert it into the side of the blister to allow escape of the fluid inside the blister. Once drained, clean the area, dry it and apply a topical antibiotic with a bandage.

INGROWN TOENAILS

Constantly wearing shoes that are too tight, can create pressure around the toes. A sharp edge of

a toenail grows into the skin's folds at its edge which results in pain, discomfort and inflammation. The area can grow extra tissue or drain yellowish fluid. Ingrown toenails usually affect the big toe.

HOW TO TREAT: Soak your sore toe in warm water. Do this for 15 minutes a couple of times every day. **Soaking reduces the swelling and relieves tenderness.**

After drying your feet, cut the nail straight across, starting from the sides. Doing this instead of rounding them at the corners, will help them to grow outward instead of into your skin. Gently pull the skin away from the nail and put a tiny ball of clean, moist cotton between the ingrown toenail and the skin to help separate them. Rub your toe with antibiotic ointment to help reduce your chance of developing an infection. Cover the sore toe with a bandage to offer padding and protection. Let the toe get some air and change the cotton every day. ■

SCRUB RECIPES

BROWN SUGAR FOOT SCRUB

Brown sugar exfoliates, olive oil nourishes, while baking soda removes dirt and whiten skin. You can use it on your knees and elbows too.

MIX TOGETHER:

- 1 tablespoon of olive oil
- 2 tablespoons of brown sugar
- 1 tablespoon of baking soda

HONEY LEMON FOOT SCRUB

Honey hydrates, lemon evens out skin tone, sugar exfoliates, olive oil soothes and heals skin.

MIX TOGETHER:

- ½ fresh lemon
- ½ cup of sugar
- 1 tablespoon of olive oil
- 1 tablespoon of honey



OTC DRUG ADDICTION

THE SILENT ADDICTION TO "EVERYDAY" MEDICINES

Is your medicine cabinet a source for a family member's legal "high"?

Because a doctor's prescription is not needed, many mistakenly believe that over-the-counter (OTC) medicines are safer than prescription medicines and illegal street drugs.

Abuse of OTC medicines is most common among teens between the ages of 13 and 16. In fact, prescription and OTC drugs are, after marijuana (and alcohol), the most commonly abused substances by Americans 14 and older. Adults also abuse OTC medicines, particularly in combination with other medicines, alcohol, and illegal drugs, which increases the risks.

One of the greatest difficulties with preventing OTC drug use is that few teens and adults realise the danger. Unlike the risks associated with illegal street drugs

like cocaine and heroin, the risks associated with OTC drug abuse are given little thought and attention. Teens and young adults who learn about the risks of drugs at home are up to 50% less likely to abuse drugs.

The list that follows includes some of the medicines currently abused by teens and adults.

- **CODEINE** is used in pain relief and for the suppression of coughs. Since codeine is a member of the opiate drug class, it has similar morphine-like effects on the body, including an impaired

emotional response to pain and long-term impacts on the way the nervous system functions. Codeine, if taken regularly over a period of time, can produce physical dependence that will result in withdrawal symptoms if ceased. A characteristic of addiction is that the awareness of the excessive and continued use increases anxiety. Codeine is the most abused OTC drug in South Africa.

- **PAIN KILLERS** like acetaminophen and ibuprofen are taken in doses higher than recommended to ensure that the medicine

works faster. Liver failure can happen with large doses of acetaminophen, and stomach bleeding, kidney failure, and cardiac risks are heightened when taking large doses of ibuprofen.

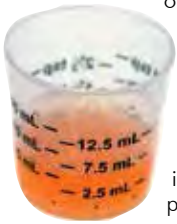
“ **One of the greatest difficulties with preventing OTC drug use is that few teens and adults realise the danger.** ”

• **CAFFEINE MEDICINES AND ENERGY DRINKS**

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

• **DEXTROMETHORPHAN (DXM)** is the active ingredient and cough suppressant in more than a hundred OTC cough and cold medicines.

Large doses can cause euphoria, distortions of colour and sound, and “out of body” hallucinations that last up to six hours. Other dangerous side effects include impaired judgment, vomiting, loss of muscle movement, seizures, blurred vision, drowsiness, shallow breathing, and a fast heart rate. When combined with alcohol



or other drugs, a large dose can lead to death. DXM is also addictive and can cause withdrawal symptoms, including depression and difficulty processing thoughts, when the abuse stops. Teens are most likely to abuse cough and cold medicine, the cough syrups or the higher-dose tablets containing DXM.

• **DIET PILLS** in large doses can create a mild buzz. Abuse of diet pills often starts with trying just a few in order to lose weight. But these OTC medicines can be highly addictive. Ephedrine is one of the dangerous stimulants that can be found in diet pills. Many other diet pill ingredients cause digestive problems, hair loss, insomnia, anxiety, irritability, extreme paranoia, blurred vision, kidney problems, menstrual cycle disturbances and dehydration.

• **LAXATIVES AND HERBAL DIURETICS (WATER PILLS)**

are also abused to lose weight, but can cause serious dehydration and life-threatening loss of important minerals and salts that regulate the amount of water in the body, acidity of the blood, and muscle function. This can lead to kidney damage.

• **MOTION SICKNESS**

PILLS that contain dimenhydrinate or diphenhydramine taken in large doses can cause one to feel high and have hallucinations similar to street drugs. Extremely high doses have caused dangerous irregular heartbeats, coma, heart attacks, and death. Long-term abuse can



cause depression, liver and kidney damage, memory loss, eye pain, itchy skin, urine retention, and abdominal pain.

• **SEXUAL PERFORMANCE MEDICINES** often purchased online, are sometimes abused by teens and adults who are drinking to counteract the negative effects of alcohol on sexual performance. These medicines can cause heart problems, especially when combined with alcohol or when taken in large doses.

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

• **HERBAL PRODUCTS** are increasingly being abused for their stimulant, hallucinogenic, and euphoric effects. ▶



A CHECKLIST FOR PARENTS

Teen abuse of cough and cold medicines is a widespread and serious issue. As a parent, you may not have any idea how you can prevent it. Here's hands-on advice for what you should do, starting right now.

1 KNOW WHICH DRUGS ARE BEING ABUSED.

The biggest problem is with medicines that contain dextromethorphan and codeine, which are found in over-the-counter medicines sold to treat the symptoms of cough and colds.

2 LEARN THE SLANG.

Learn the slang. Find out what teens are calling these drugs. DXM goes by many names – tussin, skittles, robo, CCC, triple C, dex syrup, and red devils, to name a few. Monitor their behaviour, be aware if they tend to go to the local pharmacy or supermarket prior to going out with friends, and look for empty bottles of cough syrup or cough and cold pill packs.

3 LOOK IN YOUR MEDICINE CABINET.

Know what's in your medicine cabinet and keep

track. Just like you did when your child was a baby, you may need to remove some medications to a place where your kids won't be able to get them.

4 GET RID OF MEDICINES YOU DON'T USE.

Don't keep them around just in case – many are probably expired, anyway. If you're sick and need a cough or combination cold medicine, get only what you need and dispose of what's left when you're feeling better.

5 TALK TO OTHER PARENTS.

Share what you know about cough medicine abuse with other parents and the parents of your teen's friends. If you're cleaning out your medicine cabinet, get the parents of your teen's friends to do the same. By making it a community effort, you'll help keep everyone safer.

6 MODEL GOOD BEHAVIOUR.

You may be careless with how you use medication yourself. If your headache is really bad, you may double the recommended dose. If your back goes out, you might

buy a few narcotic painkillers from a friend who had them left over after dental surgery. These medications have real risks when not taken appropriately. If you don't treat these medicines with respect – and only use them as recommended – why should you assume your teens will?

7 TALK TO YOUR TEEN.

When parents talk to their children a lot about drug abuse, it reduces the risk that they will use drugs. So, don't beat around the bush. Talk to your kids directly about the risks of drug abuse, and mention cough medicine abuse specifically.

TREATMENT FOR OTC MEDICATION ABUSE OR ADDICTION

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

Sources: WebMD, everydayhealth.com, philly.com

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I NEED A HOLIDAY!

Feeling exhausted is so common that it has its own acronym, TATT, which stands for "tired all the time".

WHY AM I TIRED ALL THE TIME (TATT)?

"I can't remember what it feels like to not be tired." We all tend to blame fatigue on a too-busy lifestyle. And much of the time we're right, especially at the end of the year. We've forgotten what being really, truly rested feels like. Give yourself about two to three weeks to make some lifestyle changes.

The December holiday is a perfect time to start with your energy makeover! **Get more sleep, indulge in me-time, eat more wholesome foods, exercise, drink more water, take a multivitamin, and cut back on caffeine and alcohol.** If you're still struggling to keep your energy up after those changes, then you need to rule out any medical causes. Excess exhaustion could be the sign of a more serious medical condition that can be treated.

At any given time, one in five people feels unusually tired, and one in ten have prolonged fatigue, accord-

ing to the Royal College of Psychiatrists.

If you want to work out how you became tired in the first place, it can help to think about:

- parts of your life, such as work and family, that might be particularly tiring
- any events that may have triggered your tiredness, such as a bereavement or relationship break-up
- how your lifestyle may be making you tired.

The most common problems leaving you TATT:

1. ANAEMIA

Anaemia is a condition where a person has a low level of red blood cells, and is related to a low supply of oxygen reaching cells and tissues throughout the body. Anaemia may be caused by an iron or vitamin deficiency, blood loss, internal bleeding, or a chronic disease such as rheumatoid arthritis, cancer, or kidney failure.

THE SYMPTOMS: Fatigue is a major one. Others include extreme weakness, difficulty sleeping, lack of concentration, rapid heartbeat, chest pains, and headache.

THE TESTS: A thorough evaluation for anaemia includes a physical exam and blood tests, including a complete blood count (CBC), to check the levels of your red blood cells. It's also standard to check the stool for blood loss.

2. THYROID DISEASE

The thyroid gland produces hormones that control your metabolism. Too much thyroid hormone (hyperthyroidism), and metabolism speeds up. Too little (hypothyroidism), and metabolism slows down.

THE SYMPTOMS: Hyperthyroidism causes muscle fatigue and weakness. Other symptoms include unexplained weight loss, feeling warm all the time, increased heart rate, shorter and less frequent menstrual flows, and increased thirst. Hyperthyroidism is most commonly

diagnosed in women in their twenties and thirties. Hypothyroidism causes fatigue, an inability to concentrate, and muscle soreness, even with minor activity. Other symptoms include weight gain due to water retention, feeling cold all the time, heavier and more frequent menstrual flows, and constipation.

Hypothyroidism is most common in women over age 50.

THE TESTS: Thyroid disease can be detected with a blood test.

3. DIABETES

More than a million people are diagnosed with type 2 diabetes every year, but many more may not even know they have it. People with type 2 diabetes can't use glucose properly, causing it to build up in the blood. **Without enough energy to keep the body running smoothly, people with diabetes often notice fatigue as one of the first warning signs.**

THE SYMPTOMS: Aside from exhaustion, other signs include excessive thirst, frequent urination, hunger, weight loss, irritability, yeast infections, and blurred vision.

THE TESTS: There are two major tests for diabetes. The fasting plasma glucose test measures your blood glucose level after fasting for eight hours. With the oral glucose tolerance test (OGTT), blood is drawn twice: just before drinking a glucose syrup, then two hours later.

4. DEPRESSION

Depression is one of the most common mental disorders and energy zappers. More than "the blues," depression is a major illness that affects the way we sleep, eat, and feel about ourselves and

others. Without treatment, the symptoms of depression may last for weeks, months, or even years.

THE SYMPTOMS: Depression can cause decreased energy, changes in sleeping and eating patterns, problems with memory and concentration, and feelings of hopelessness, worthlessness, and negativity.

THE TESTS: Your doctor or mental health professional may be able to identify depression by asking you a series of questions.

5. SLEEP APNOEA

You could have this sleep-disrupting problem if you wake up feeling tired no matter how much rest you think you got. Sleep apnoea is a disorder characterised by brief interruptions of breathing during sleep. In the most common type, obstructive sleep apnoea, your upper airway actually closes or collapses for a few seconds, which, in turn, alerts your brain to wake you up to begin breathing again. Someone with obstructive sleep apnoea may stop breathing dozens or even hundreds of times a night.

THE SYMPTOMS: Sleep apnoea is often signalled by snoring and is generally followed by tiredness the next day. Because sleep apnoea can

lead to heart disease, high blood pressure, and stroke, it's important to be tested.

THE TESTS: This involves an overnight stay at a sleep clinic, where you'll undergo a polysomnogram, which is a painless test that will monitor your sleep patterns, breathing changes, and brain activity.

HOW TO TACKLE TIREDNESS

There are a number of measures that can help lessen fatigue.

- Eat often to beat tiredness
- Perk up with exercise
- Lose weight to gain energy
- Sleep well – quantity and quality
- Relaxation – reduce stress to boost energy
- Cut out caffeine
- Balance work and personal life
- Drink less alcohol
- Stay hydrated for better energy

These lifestyle changes – together with your doctor's treatment plan for any medical issues that may be causing your condition – can help ease your fatigue. Remember that although fatigue is a common symptom and complaint, it can take a physical and emotional toll on you if left untreated. ■

Sources: www.nhs.uk; www.prevention.com





YOUR GUIDE TO:

Compiled by Health Bytes

ANAPHYLACTIC SHOCK

KNOW WHAT TO DO

AN ALLERGY IS hypersensitivity to a substance (allergen) that is not normally considered to be harmful.

Allergies are triggered by the immune system, which reacts to the allergen as though it were a harmful substance invading the body. The most extreme, life-threatening allergic reaction (anaphylaxis) can cause shock, a sudden drop in blood pressure and

narrowing of the airways. Anaphylaxis can occur suddenly, can worsen quickly and can be deadly. In some cases, there may be a delayed reaction or anaphylaxis may occur without an apparent trigger.

Some common anaphylaxis triggers include:

FOOD including peanuts, tree nuts such as walnuts and pecans, fish, shellfish, cow's milk and eggs.

LATEX found in disposable gloves, intravenous tubes, syringes, adhesive tapes and catheters. Healthcare workers, children with spina bifida and genitourinary abnormalities and people who work with natural latex are at higher risk for latex-induced anaphylaxis.

MEDICATION including penicillin, aspirin and non-steroidal anti-inflammatory drugs such as ibuprofen, and anaesthesia.



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INSECT STINGS with bees, wasps and hornets being the most likely to trigger anaphylaxis.

BB If you've had any kind of severe allergic reaction in the past, ask your doctor if you should be prescribed an epinephrine auto-injector to carry with you. **99**

Anaphylaxis symptoms occur suddenly and can progress quickly. The early symptoms may be mild, such as a runny nose, a skin rash or a "strange feeling." These symptoms can quickly lead to more serious problems, including:

- Trouble breathing and wheezing
- Skin reactions, including hives, itching and flushed or pale skin
- Swelling of the face, eyes, lips or throat
- Tightness of the throat
- Hoarse voice
- Nausea
- Vomiting
- Abdominal pain
- Diarrhoea
- Dizziness, fainting or unconsciousness
- A weak and rapid heart beat
- Cardiac arrest

IF YOU'RE WITH SOMEONE HAVING AN ALLERGIC REACTION WITH SIGNS OF ANAPHYLAXIS:

+ Don't wait to see whether symptoms get better. Seek emergency treatment right away. In severe cases, untreated anaphylaxis can lead to death within half an hour.

+ Immediately call an ambulance or your local medical emergency number.

+ Have the person lie still on his or her back.

+ Loosen tight clothing and cover the person with a jacket or a blanket.

+ Don't give the person anything to drink.

+ If there's vomiting or bleeding from the mouth, turn the person on his or her side to prevent choking.

+ Many anaphylaxis sufferers carry an epinephrine auto-injector to treat an allergic attack (e.g. EpiPen).

Help the person having the attack to find and inject the medication.

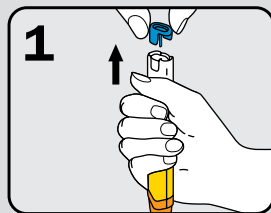
+ This will often look like a pen. Hold the auto-injector in your fist, and pull off the safety cap and press the tip against their thigh through their clothing. This will automatically inject the person with the drug.

+ An antihistamine isn't sufficient to treat anaphylaxis. These medications can help relieve mild allergy symptoms, but work too slowly in a severe reaction.

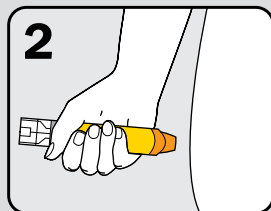
+ If you carry an auto-injector check the expiry date of the medication frequently to make sure it has not expired. ■



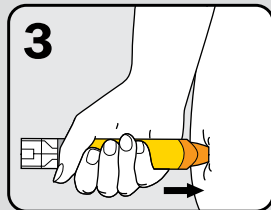
How to give EpiPen®



Form fist around EpiPen® and PULL OFF BLUE SAFETY RELEASE.



PLACE ORANGE END against outer mid-thigh (with or without clothing).



PUSH DOWN HARD until a click is heard or felt and hold in place for 10 seconds.

Remove EpiPen®. Massage injection site for 10 seconds.

PERFECT SUMMER COOLER

ROOIBOS

STRAWBERRY

PUNCH



Recipe supplied by SA Rooibos Council
www.sarooibos.org.za

A Rooibos cocktail movement has taken over bars across the world's cocktail capitals of London, New York and Cape Town, and has been dubbed by mixologists as this season's favourite party mixer.

According to experts, bartenders are moving away from overly complex mixes and are creating interesting flavours with a few key ingredients, such as Rooibos. While most cocktails are often packed with just as many calories as a doughnut, swapping calorie-rich ingredients for Rooibos – which contains no fat or carbohydrates – offers not only a great slimming alternative, but also contains disease-preventing antioxidants, which protects against cancer, heart disease, and stroke.

INGREDIENTS

- 750ml strong, cold Rooibos
- 1 litre apple juice
- 1 litre granadilla / passion fruit juice
- 1 litre strawberry juice
- 2 bottles (750ml each) of sparkling red grape juice
- 1 punnet of strawberries, sliced
- 1 orange, sliced
- Fresh mint leaves

METHOD

1. Mix Rooibos, apple, granadilla and strawberry juices and chill.
2. Add chilled sparkling grape juice.
3. Garnish with strawberries, orange and mint.



Photo credit: Jan Theron Photography



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HOUSE CALL

MEET ONE OF
OUR DEDICATED
SPECIALISTS:



Dr Nadiya Ahmed,

General Surgeon and Intensivist at Melomed Gatesville Private Hospital

I am... 35 years old and living in the Cape for 10 years now – nearly a fully fledged Cape Townian.

I was born in... Durban.

I share my house with... my adoring husband and my two very energetic sons, aged 4 and 6 years.

People would be surprised to know that...
as a teenager I became a South African board-certified cricket umpire and participated in the Nedbank and Coca Cola School weeks.
I appeared in the Oprah magazine South Africa in 2003 as one of SA's top eight young women.

If I weren't doing what I do, I would be...
a general surgeon and intensivist (I don't regret my career choice), but maybe a socialite and philanthropist and full-time mother.

I can't go a day without...
hugs and kisses with my sons.

My friends and I like...
shopping and hanging out.

I am listening to...
whatever is new on the radio.

Perfect happiness is...
a loving home and family.

Everything in moderation BUT...
chocolate of course.

I'd like to be remembered as...
a great teacher that taught knowledge and skills to many other registrars so as to have maximised patient benefit and care.



My Family
Racing cars
Travel



Dishonesty
Disloyalty
Hypocrisy



Favourite places...
Still exploring!



MY LIFE MOTTO:
Treat others as you
would like to be
treated

HOLIDAY TREATS

Recipe supplied by Melomed

Quality time with your kids is a treat when you invite them into the kitchen. There's a lot to learn and share, so start making memories and cookies together this holiday!

EASY OATS BISCUITS

WHAT YOU WILL NEED

- 125g butter
- 125ml desiccated coconut
- 180ml cake flour
- 125ml sugar
- 250ml oats
- 15ml golden syrup
- 2,5ml bicarbonate of soda

Add nuts, cherries, cranberries, dried fruits, raisins, coconut and chocolate chips. You also can substitute the syrup for honey. The kids can try different shapes!

LEVEL: EASY

TIME: 30 MIN: 10 PREP + 20 COOK

MAKES: ABOUT 25 BISCUITS

Method of preparation

1. Preheat oven at 180°C.
2. Cream the butter and sugar.
3. Add the golden syrup and mix.
4. Add the remainder of the ingredients and mix well to form the dough.
5. Roll into small balls. Place balls on a greased baking sheet and flatten them slightly with a fork.
6. Bake for approximately 15-20 minutes until golden brown.
7. Allow to cool for a few minutes on a cooling tray.

Enjoy!



MENTAL HEALTH

is important to us all. It affects not only the individual but also their family and friends.

It is estimated that, at any one time, one in four people has a mental health problem – so you're not alone and there is no need to feel embarrassed about asking for help.



MELOMED

CLAREMONT

PRIVATE CLINIC



We're proud of the role we play in guiding people to pro-actively address mental health illness through our wide range of services:

- Treatment Programme
- Occupational Therapy Programme
- Accommodation
- Relaxation



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"Pathology that Adds Value"

Diabetes awareness

According to the World Health Organization, approximately 347 million people worldwide have been diagnosed with Diabetes. If you suspect you might be suffering from diabetes mellitus, please consult your doctor.

Symptoms of Diabetes include:

FREQUENT URINATION • INCREASED HUNGER • INCREASED THIRST • WEIGHT LOSS

