

melomag

Free Health Guide!

Issue 27 | 2017

**YOUR
HEALTH
BAD
BREATH**

Know all about
IRRITABLE
Bowel Syndrome

**DO YOU SUFFER FROM
ADULT ADHD?**

Your questions
answered
ASTHMA

HEALTH RISKS OF
CHILD OBESITY



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Barley Soup |32|

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GIVE-AWAY!

Melomag is giving away
a Manicure to one lucky reader!
See page 2 for details!

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Health Bytes

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Men at work NO PHONE ZONE



Your cognitive capacity is significantly reduced when your smartphone is within reach – even if it's off. The mere presence of your smartphone reduces brain power. That's the takeaway finding from a new study from the McCombs School of Business at the University of Texas at Austin. The researchers found that participants with their phones in another room significantly outperformed those with their phones on the desk.

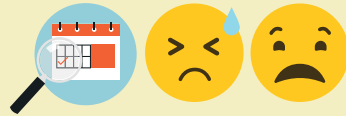
Experiments with nearly 800 smartphone users were conducted in an attempt to measure, for the first time, how well people can complete tasks when they have their smartphones nearby even when they're not using them.

The researchers found that participants with their phones in another room significantly outperformed those with their phones on the desk, and they

also slightly outperformed those participants who had kept their phones in a pocket or bag. **The findings suggest that the mere presence of one's smartphone reduces available cognitive capacity and impairs cognitive functioning, even though people feel they're giving their full attention and focus to the task at hand.**

Having a smartphone within sight or within easy reach reduces a person's ability to focus and perform tasks because part of their brain is actively working to not pick up or use the phone.

Source: University of Texas at Austin



SUNDAY BLUES? TRY NEW THINGS

**IT'S SUNDAY EVENING...
WHERE DID THE WEEKEND GO?**

According to neuroscientist David Eagleman, a professor at Stanford University and author of *The Brain: The Story of You*, the trick to prolonging your days off is to try new activities and/or a new setting. Time spent doing something unfamiliar seems to last longer because your brain is focused on gathering new information and creating new memories. That's the same reason time seems to go by more slowly when we're young, and faster when we get older. **Remember endless summer vacations when you were a kid? As we age, we've seen most of the patterns of daily life before.** But time really does fly when you're having fun (seemingly). Therefore, a weekend spent on a new adventure will only seem to have lasted longer in hindsight – at the time, it will fly by much faster than a weekend spent on your couch binge-watching your favourite television shows.

Source: CNN

NEW INTERVENTION LAUNCHED TO CURB STUNTING (AND FOOD WASTAGE) IN SOUTH AFRICA

A just-launched initiative utilising a Facebook chatbot is set to curb the growing incidence of stunting – a phenomenon that affects 27% of South African children. Stunting (as a result of under- or malnutrition) refers to under-development within the first 1000 days of a child's life as a result of under- or malnutrition and is associated with delayed cognitive development, impaired physical growth and a greater risk of non-communicable disease, such as cardio-metabolic disease. The campaign also aims to address food wastage in SA –



roughly about a third of all food produced in SA is wasted, at a cost of around R60-billion per annum.

Nicole Jennings, spokesperson for Pharma Dynamics – an advocate for preventative healthcare and sponsor of the campaign – says that stunting has significant public health implications. Thinness may indicate acute malnutrition, while obesity could be a sign of chronic malnutrition. It all boils down to how nutrition-rich a child's diet is. **These days, children snack on food that are energy-dense, but nutrient-poor, which leads to obesity, stunted growth and many other chronic illnesses,"** explains Jennings.

The campaign will utilise an Internet chatbot, named Ginger, that will engage with SA mothers via Facebook around the dangers of malnutrition and assist primary caregivers in planning healthy meals on a shoestring budget. Meals will be based on the more than 100 recipes from the popular *Cooking from the Heart* cookbook series that carries the HSFSAs's stamp of approval.



Once signed up, Ginger will provide followers with a weekly shopping list, advice on how to adapt meals based on a family's individual needs and how to use leftovers in a nutritious and tasty way to limit food wastage. She will offer you practical 'swap it' tips such as replacing salt with fresh herbs and spices or lemon for flavour, along with useful advice on how to incorporate more fibre into your diet, packing healthier lunchboxes for children and preparing healthier meals in general.

To sign up, simply visit the Cooking from the Heart SA Facebook page and simply 'opt in' to the campaign.



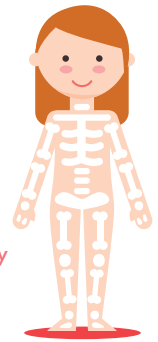
Source: pharmadynamics.co.za

WHY IS OSTEOARTHRITIS MORE COMMON IN WOMEN?

Osteoarthritis – the wear-and-tear form of degenerative joint disease – is the most common joint condition.

It affects more women than men, and a new study suggests the reasons for this gender-related disparity: differences in the composition of synovial fluid between men and women. Synovial fluid surrounds the joints and protects cartilage that covers the ends of bones where they meet in the joints. **Researchers found the differences may be influenced by the female hormone estrogen, which plays an important role in the development of osteoarthritis.** Hormone levels typically decrease with age and in postmenopausal woman, lower estrogen levels appear to increase osteoarthritis risk.

Source: MNT



ENTER TODAY & WIN

Melomed is giving away a relaxing Manicure to one lucky reader!



To stand a chance to qualify, **email your name, contact number and answer to the following question to: melomag@melomed.co.za with Melomag27 in the subject line.** Competition closes 30 September 2017.

Name one of Dr. Nahrwar's secret phobias? (See page 26.)

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 the winner on details supplied, an alternative winner 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.

IF YOU LIKE GRAPEFRUIT – fresh or juiced – note that it can interfere with a large number of medicines and warnings aren't always on the box. Check with your pharmacist.

Source: abc.net.au



After a long, exhausting workday, **EXERCISING SOUNDS LIKE THE LAST THING YOU'D WANT TO DO**, but getting your sweat on will actually energise you. Fatigue, along with mood and depression, improved after a single 30-minute moderate intensity exercise session, according to a study published in *Medicine and Science in Sports and Exercise*.



Support Group

MELOMED TOKAI HOSPITAL: LAST THURSDAY OF EVERY MONTH AT 14H00 IN THE BOARDROOM (5TH FLOOR)

For more information contact Nastassia on 021 764 7500 or info@melomed.co.za

MELOMED GATESVILLE HOSPITAL: FIRST WEDNESDAY OF EVERY MONTH AT 17H00 IN THE ONCOLOGY UNIT

For more information contact Ghowa on 021 637 8100 or info@melomed.co.za



“Carer of the Month” Avron Kleinsmith

On the 6th of July little Kananathi visited Melomed Bellville. During the visit they became worried as the baby wasn't feeling too well. Not knowing what to do, they looked for help and Dr Ledger advised them to go to trauma. In that moment, the baby became unresponsive. Seeing the urgency of the situation, our Porter Avron Kleinsmith grabbed the baby and ran down with Dr Ledger to trauma where we were able to stabilise baby. Two hours later baby was roaming around thanks to Avron and Dr Ledger. We would just like to take this opportunity to recognise and thank them for going above what is required. You are great examples to us all and showed us how to do things the “Melomed way”.

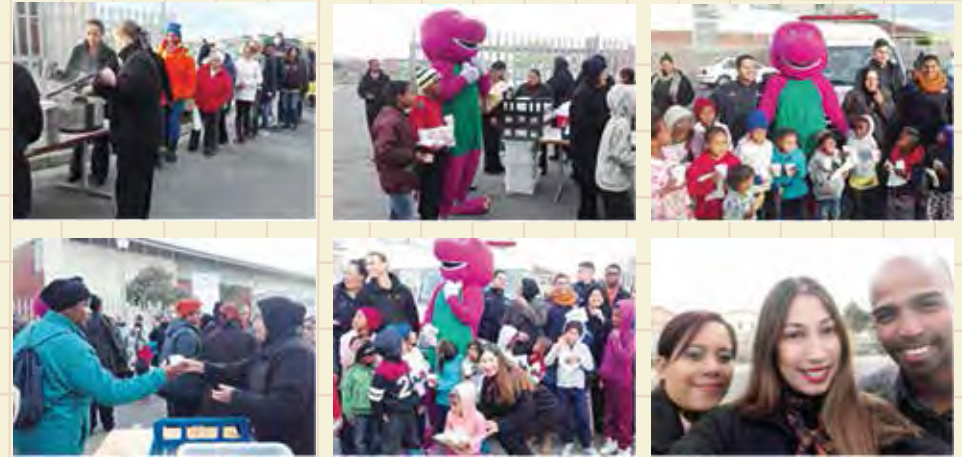


WINTER BLANKET DRIVE

Madiba Day blanket handover with Dr Adams in Blikkiesdorp



Madiba Day Celebrations



Melomed Bellville Catering Department won a Flat Top Griller in a competition with Unilever and Fridge Foods.



Layton Gilliland is the winner of our Melomag 26 giveaway! He won a Melomed soundbooster.

MELOMED24 WELCOME BACK!



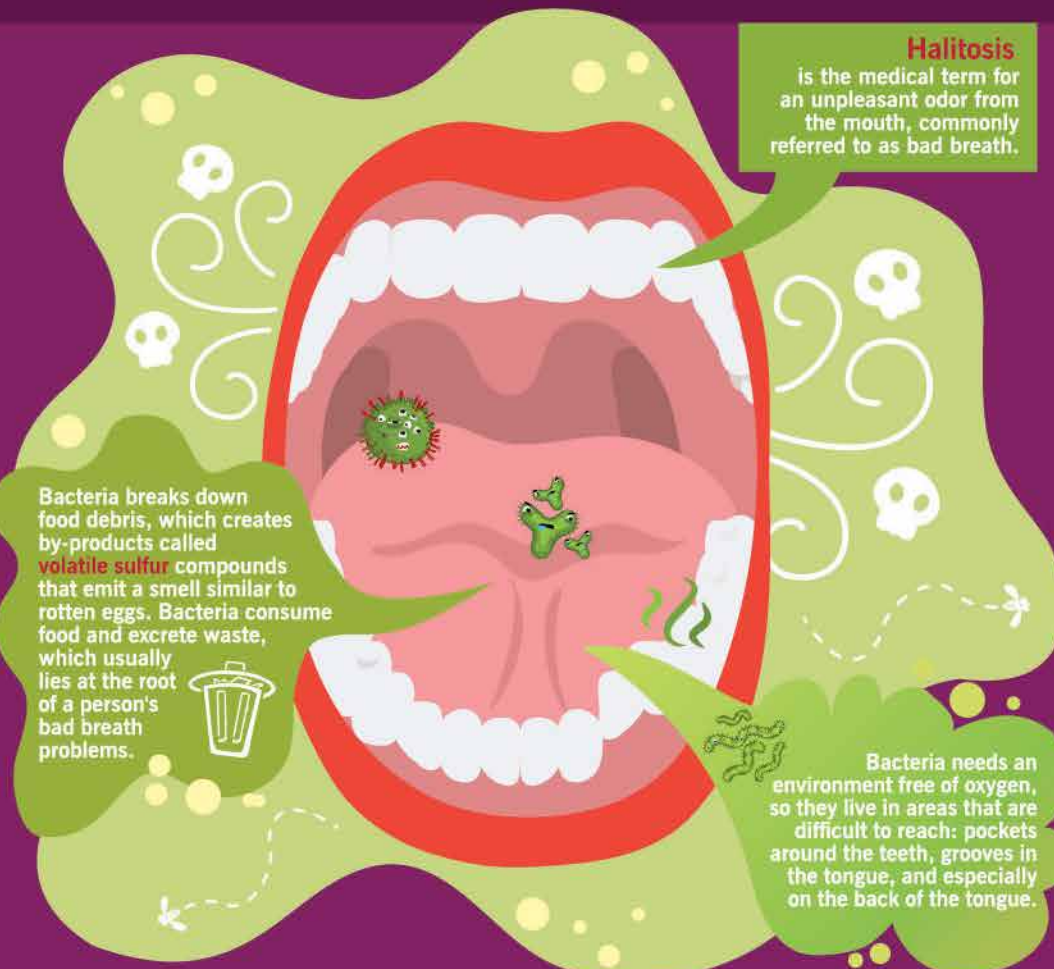
Youth Day Celebrations

AT ALOE HIGH SCHOOL IN LENTEGEUR, MITCHELLS PLAIN



BANISH BAD BREATH

BAD BREATH IS PROBABLY THE BIGGEST TURN-OFF IN ANY SOCIAL SETTING. HERE'S HOW TO PRACTISE HEALTHY ORAL HYGIENE HABITS, AND BE COMFORTABLE AND CONFIDENT ANY TIME, ANYWHERE!



The main causes of bad breath:

DRY MOUTH

Environment for bad breath bacteria

- a dry mouth has a low saliva level
- saliva is loaded with oxygen
- low saliva = low oxygen = bad breath



Drink water

- 8 glasses a day

Gargle / Rinse

- an oxygenating liquid



CERTAIN FOODS

Bad breath bacteria has favourite foods

- food proteins get converted into smelly sulfur compounds by bacteria
- bacteria thrives in this acidic environment with plenty of sugars to use as high energy fuel



Reduce dense proteins

- like dairy, meat, fish

Reduce coffee intake, sugary & acidic drinks

Avoid garlic, onions, spicy food & alcohol



DENTAL PROBLEMS

Poor dental hygiene care causes plaque build-up

- plaque leads to gum disease and bleeding gums
- bad breath bacteria converts proteins into blood and diseased gum tissue to stinky sulfur compounds



Brush after each meal

- your tongue as well

Regular dental checkups & cleanings

- every 6 months



ILLNESS AND DISEASE

Common illnesses like diabetes or lung disease

- many diseases can cause the production of saliva to slow down which creates a perfect low oxygen environment



Stop smoking

Diet including increased fiber



OTHER FACTORS THAT CAN CAUSE BAD BREATH ARE HUNGER, HAVING BRACES OR DENTURES

How halitosis affects a person's daily life:



A HUGE TURN-OFF

- Romance situations
- Workplace
- Social settings



PERSONALLY DAMAGING

- Low self-esteem
- Feelings of embarrassment
- Anxiety

Home remedies for halitosis:



Stimulate your salivary flow

- prevent dry mouth by having sugar-free chewing gum, lozenges, or mints



Gargle with salt water

- this reduces amount of postnasal drip and mucus in the throat



Occasionally brush with baking soda

- this neutralises excess acids in your oral cavity, preventing aerobic bacteria from having an environment in which they can thrive



Eat an apple after each meal

- this freshens breath and removes large food particles between teeth



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OBESITY IN CHILDREN

OBESITY IN CHILDREN IS A SERIOUS EPIDEMIC THAT HAS GRIPPED SOUTH AFRICA AND THE WORLD AND HAS NEGATIVE LONG-TERM HEALTH IMPLICATIONS IF NOT ADDRESSED EARLY.

"If obesity in South African children continues to increase at the current rate, 3.91 million school children will be overweight or obese by 2025." – *The Heart and Stroke Foundation South Africa* (Oct 2016)

WHAT IS THE DEFINITION OF OBESITY?

Obesity is defined as excessive fat accumulation in the body.

The standard measurement of body fat is determined by the body mass index (BMI). This measures the relationship between weight and height and is used in children aged 2 years and older.

Weight status is categorised by BMI percentile curves (graphs) as:

- **Overweight** if plotted between the 85th and 95th percentile
- **Obese** if above the 95th percentile for age and gender

WHAT ARE THE RISK FACTORS FOR THE DEVELOPMENT OF OBESITY IN CHILDREN?

The most common causes of childhood obesity are related to environmental factors, with a small number linked to genetic diseases or hormonal disorders.

ENVIRONMENTAL INFLUENCES INCLUDE:

1 HIGH CALORIC INTAKE

These include sugar-sweetened beverages (including fruit juice), high-fat foods and high-salt foods.

- Families are increasingly being exposed to the aggressive marketing of the aforementioned foods and beverages, and together with reduced exposure to sound infant- and child-feeding practices are engaging in unhealthy eating trends.

2 SEDENTARY LIFESTYLE

Television viewing and video games.

- Watching television displaces physical activity, lowers the metabolic rate and may encourage unhealthy eating practices through food advertisements and the like.

3 SHORTENED SLEEP

Mounting evidence points to an association between shortened sleep duration and obesity through possible alterations in the hormones which are involved in the regulation of appetite. There is also a longer time period in which to ingest food if sleep duration is curtailed.

Genetic factors and hormonal disorders account for <1% of all cases of obesity. >



COMPLICATIONS ASSOCIATED WITH CHILDHOOD OBESITY:

There are many adverse outcomes related to childhood obesity, but a few of the more important ones are as follows:

1 CARDIOVASCULAR DISEASE

- **Atherosclerosis** - This is the hardening and narrowing of arteries from plaque build-up. It ultimately increases the risk of adult coronary artery disease.
- **Hypertension** - The risk of high blood pressure is three times higher in children with a BMI above the 95th percentile compared to those below the 95th.
- **Hyperlipidemia** - This is manifested by an elevation of LDL cholesterol and triglycerides, and a decrease in HDL cholesterol.

2 GASTRO-INTESTINAL

- **Gallstones** - Gallbladder disease should be considered in any obese child who complains of persistent abdominal pain and non-specific symptoms such as nausea and vomiting.

- **Non-alcoholic fatty liver disease (NAFLD)** - Most children are asymptomatic, but there may be non-specific complaints such as fatigue and abdominal discomfort

3 ENDOCRINE:

- **Prediabetes and Type 2 Diabetes Mellitus** are common comorbidities of childhood obesity. It is thus imperative to screen for these conditions in overweight and obese children.

4 ORTHOPAEDIC:

- **Blount disease** - Progressive bowing of the legs (angling of lower leg inward) which is secondary to the excessive weight load on the growth plate of the tibia
- **Slipped upper femoral epiphysis (SUFE)** - Obesity is a key risk factor. It is characterised by the head of the femur slipping off the femoral neck.

WHAT MEASURES CAN PARENTS TAKE TO PREVENT CHILDHOOD OBESITY ?

- **Exclusive breastfeeding** for the first 6 months of life, followed by the introduction of complementary foods at six months
- **Reduce intake** of energy-dense foods (foods with a high caloric content)
- **Increase** consumption of fruits and vegetables
- **Decrease** sugar-sweetened beverages and increase water intake
- **Maintain appropriate portion** sizes and avoid adult plates when serving meals
- **Encourage** regular physical activity or active play which will increase energy expenditure
- **Limit screen time** (less than two hours of TV per day): no TV while eating and no televisions in the bedrooms
- **Ensure** a good night's sleep ■

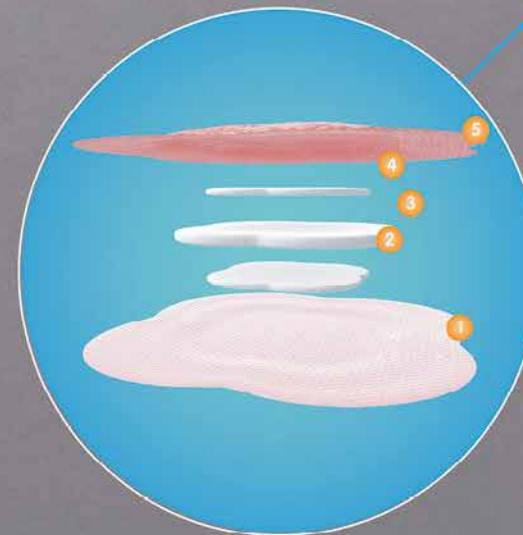
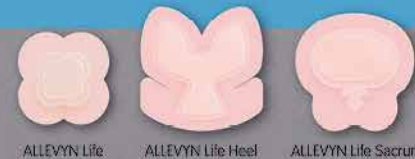
“ **Childhood obesity is a serious condition and has detrimental effects on health if not addressed early. If you are concerned that your child may be overweight or obese, contact your healthcare provider for an assessment.** ”

98%
of clinicians would recommend ALLEVYN Life for use in their practice.¹



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2. Hydrocellular foam
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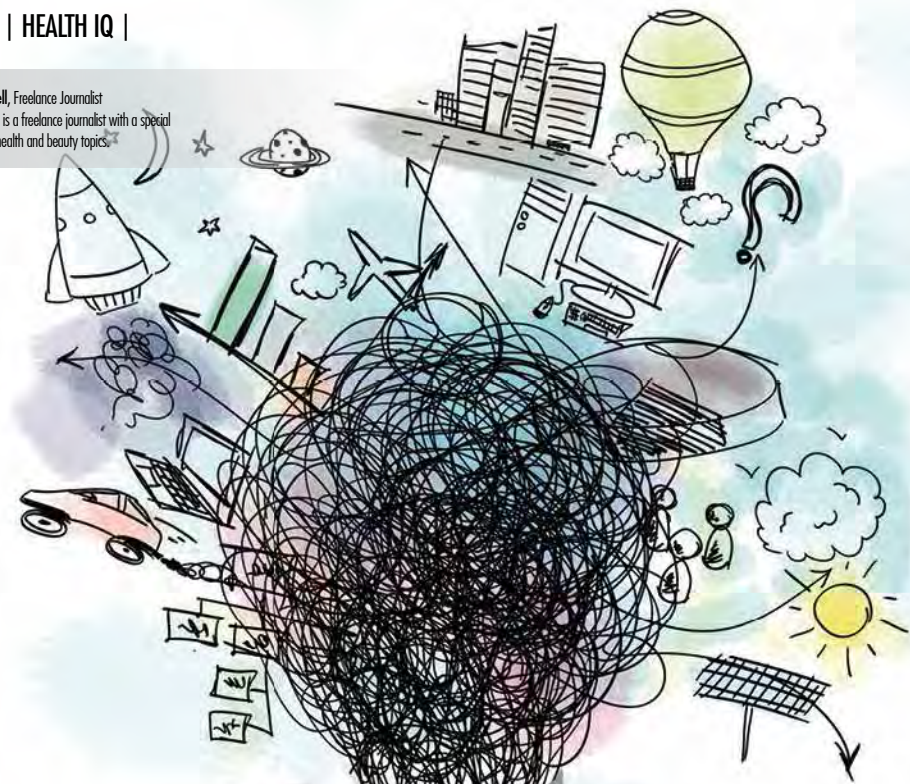
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Liezl Russell is a freelance journalist with a special interest in health and beauty topics.



DO YOU SUFFER FROM ADULT ADHD?

The majority of adults with Attention Deficit Hyperactivity Disorder (ADHD) don't realise that they have it. This can have dire consequences for your relationships, career, and your happiness. However, with an accurate diagnosis and the correct treatment, you can live a happy and normal life.



ADHD IS A NEURODEVELOPMENTAL DISORDER THAT IS CAUSED BY NEUROTRANSMITTERS IN THE BRAIN THAT DON'T FUNCTION PROPERLY IN THE AREAS THAT CONTROL ACTIVITY AND ATTENTION.

It's often viewed as a childhood disorder, but Attention Deficit Hyperactivity Disorder (ADHD), often persists into adulthood. In fact, as many as 70% of children with ADHD will also have it as adults, according to clinical psychiatrist and ADHD expert, Dr Shabeer Jeeva.

"The first symptoms of ADHD typically appear when you are about five and a half years old, and the disorder is usually diagnosed by the age of 12," says Dr Jeeva.

Although the disorder does not develop in adulthood, many childhood cases go undiagnosed or are misdiagnosed, which means that many adults may not be aware that they have been suffering from the disorder most of their life.

About 2% to 5% of adults have ADHD, but currently only 25% of them are adequately diagnosed. That means that more than 70% of adults with ADHD are unaware of what's causing their symptoms that may keep them from flourishing in their careers and relationships, and they may be more prone to depression, anxiety, or substance abuse, according to Dr Jeeva.

ADHD that is not diagnosed or treated can keep people from living a normal and happy life.

WHAT IS THE DIFFERENCE BETWEEN ADHD IN CHILDREN AND ADULTS?

"There are differences between ADHD symptoms in adults and children. Through the course of your life, you may experience different symptoms that are caused by the three types of ADHD," says Dr Jeeva. They are:

• INATTENTIVE TYPE:

About 23% of school children, mainly girls, suffer from inattentive ADHD. Sufferers are often called lazy or stupid due to their low energy levels. Inattentive ADHD symptoms also become more prominent among patients after the age of 20.

SYMPTOMS INCLUDE:

- Being easily distracted.
- Being forgetful.
- Not paying attention to detail.
- Avoiding difficult tasks.
- Making careless mistakes.
- Struggling to pay attention and to remain focused.
- Struggling to listen.
- Struggling to follow or understand instructions.

• HYPERACTIVE-IMPULSIVE TYPE

About 15% of people with ADHD suffer from hyperactive-impulsive ADHD. They are often blamed for being disruptive and find it difficult to sit still and keep quiet.

Normally the symptoms of hyperactive-impulsive disorder subside when patients hit their twenties.

SYMPTOMS INCLUDE:

- Fidgeting.
- Squirming.
- Unable to sit for long periods.
- Running or climbing at inappropriate times.
- Struggling to do activities quietly.
- Can't stop talking.
- Interrupting people while talking.
- Constantly on the go.

• COMBINED TYPE

It is the most common type of ADHD and affects about 62% of patients.

People with this type will have a combination of symptoms that include inattentiveness, hyperactivity, and impulsiveness.

However, as patients age, they may experience fewer symptoms of hyperactivity and impulsiveness, while symptoms of inattentive ADHD may become worse. ▶



HOW ADHD AFFECTS ADULTS

Adults with ADHD may act in a way that others deem inappropriate, reckless, or careless. This can lead to conflict in personal relationships and at work.

Studies in the *Health and Quality of Life Outcomes* journal and the *Journal of Attention Disorders* have found that adults with ADHD face unique challenges including difficulty managing their time and impaired social skills that may impact their productivity and their reputation at work.

They are also more likely to struggle with retaining a job and may be frequently unemployed.

They also struggle in their personal lives. The divorce rate is nearly twice as high for adults with ADHD compared to healthy couples, according to Dr A. J. Marsden, an assistant professor of human services and psychology at the Beacon College in America. In an article in *Health Journal* he says people with ADHD are more likely to get divorced due to their increased distractibility, forgetfulness, and impulsivity.

There is normally a lot of anger and resentment from the non-ADHD spouse who has to deal with a partner who doesn't follow through on promises, forgets to pay bills, and makes impulsive decisions, and ultimately these behaviours may lead to divorce.

“People with ADHD are also often underachievers. a study in the *Journal of Clinical Psychiatry* found that adults with self-reported ADHD compared to healthy adults were less likely to have achieved a college degree.”

Reasons for this may be inattention, disorganisation, making careless mistakes, and battling to get through large workloads.

All of the above challenges increase ADHD patients' risk for depression, anxiety, and substance abuse. According to clinical psychiatrist Dr Renata Schoeman, about 80% of adults with ADHD suffer from psychiatric disorders.

About 40% of them have symptoms of anxiety and 35% have symptoms of major depressive disorder. These psychiatric disorders can disrupt their lives further, which can eventually lead to them seeking treatment and being diagnosed with ADHD.

WHAT CAUSES ADHD?

Experts aren't exactly sure what causes ADHD, but people with a family history of ADHD have a greater risk of developing the disorder, as studies of twins have shown that it is 76% inheritable. Parents with ADHD are also more likely to have a child that suffers from the disorder.

Environmental factors that include birth complications, low birth weight, and brain injuries may also increase your risk for ADHD.

Other possible causes may include smoking, or using alcohol or drugs during pregnancy that may harm the development of the fetus.

According to Dr Jeeva, lifestyle factors like stress, technological distractions, and bad eating habits are unlikely to cause ADHD, but they should be considered in the management of ADHD.

Although lifestyle factors don't cause ADHD, Dr Schoeman says that it may produce symptoms that are similar to ADHD. “For example, many people will read their emails, browse the internet, and check their phone at the same time.”

“Being constantly distracted from your task at hand may interfere with your ability to concentrate and finish tasks, and you may become more forgetful and find yourself forgetting important meetings or deadlines. It's therefore important to limit your daily distractions and to focus on one task at a time to prevent these symptoms.”

DIAGNOSING ADHD

If you suspect that you are suffering from ADHD, it's important to seek help. Dr Jeeva recommends consulting a doctor or therapist that specialises in ADHD, as most doctors aren't equipped to diagnose and treat adult ADHD.

“Your doctor will also determine if anxiety and depression as a comorbidity, meaning an effect of untreated ADHD, has set in. If so, they will recommend medication that helps to increase the neurotransmitter

brain chemicals, dopamine for focus and attention, and norepinephrine for impulsivity and hyperactivity,” says Dr Jeeva.

MANAGING ADHD

An unhealthy lifestyle can aggravate the symptoms of ADHD, according to Dr Jeeva. “It's important to follow a healthy diet that is high in protein. A diet high in carbohydrates and junk food can make symptoms worse. Avoid stimulating foods like chocolate, sweets, sugar, coffee, fizzy drinks, and energy drinks.”

He also recommends 30–45 minutes of exercise five times a week to improve your overall health.

It's also important to limit your daily distractions and avoid spending too much time playing computer games and using technological devices. Dr Jeeva recommends no more than three hours a day.

Cognitive-behavioural therapy can make a positive difference in your personal and work relationships. In severe cases, your doctor will recommend medication and mood enhancers to relieve your symptoms.

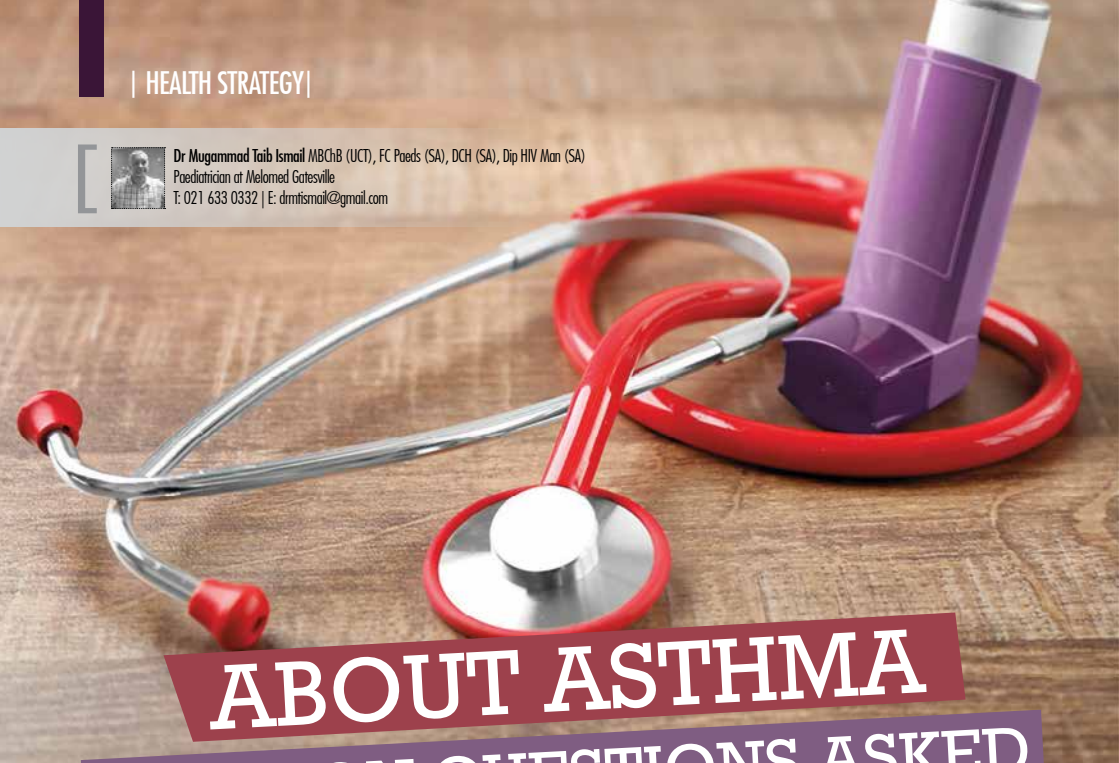
For further advice, please consult your doctor or therapist. ■

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ABOUT ASTHMA COMMON QUESTIONS ASKED

Not many people know this, but 2004 Olympic gold medallist Ryk Neethling suffers from lifelong asthma. Despite having asthma, he has achieved a number of world records and Olympic gold medals. He has achieved this by ensuring that his asthma is well controlled.

ASTHMA IS A CHRONIC CONDITION AFFECTING THE AIRWAYS OF THE LUNGS.

The symptoms of asthma are wheezing, difficulty breathing and shortness of breath. An estimated 3 million people suffer from asthma worldwide. Asthma tends to run in families, same as hay-fever and eczema. There is no cure for it but if kept under control, those suffering from asthma will be able to live normal lives.

Here are 13 of the most common questions I get asked about asthma:

Q: DO ALLERGIES HAVE ANYTHING TO DO WITH ASTHMA?

A: Studies have shown that 50% of asthma cases are linked to allergies. These allergens include, cats, pollen, mould and dust mites. Inflamed airways in asthmatics are more sensitive to allergens and hence asthma is more likely to be triggered in an environment with a high allergen load.

Q: CAN MOVING TO A DIFFERENT LOCATION CURE ASTHMA?

A: Moving to a dry climate will improve asthma symptoms. It is worth noting that this is not a permanent defect. **Hence moving will not cure the disease.** You can also take measures to reduce asthma triggers in every home. You should clean your aircon unit every year, keep the windows closed during pollen season and use a dehumidifier.

Q: IS IT TRUE THAT PEOPLE WITH ASTHMA ARE NOT ALLOWED TO GET THE FLU SHOT?

A: No! It is highly recommended by the Centres of Disease Control and Prevention (CDC) that people should get their flu vaccinations annually. But unfortunately, according to the CDC, **each year about two thirds of adults do not get these vaccinations,** resulting in an increased risk for asthma attacks triggered by the common flu.

Q: CAN ONE OUTGROW ASTHMA?

A: Although asthma is a chronic condition that develops and is usually diagnosed in childhood, it cannot be “outgrown” as thought by many sufferers. If the asthma develops “later” on in life, it is due to the pre-existence of the condition which may have been so mild, that it remained undetected until much later in life possibly due to changes in environment, a respiratory virus, smoking or various other external reasons. As the sufferer ages, their symptoms may ease and become even more manageable and even negligible, but it will always be there.

Q: DO ASTHMA MEDICATIONS STOP WORKING OVER TIME?

A: Asthma medication remains effective if used continuously and correctly as prescribed by your doctor. Those suffering from mild asthma can use the quick-relief inhalers to treat asthma when symptoms appear. People who experience more severe asthma attacks may need daily medication to reduce blocking of the airways. When asthma is more severe, taking medication only to relieve symptoms is not enough treatment, **because the underlying issue – airway inflammation – is not being properly treated.**

Q: IS ASTHMA EASY TO CONTROL?

A: This all depends on how well you follow your treatment plan. **Treating asthma can be difficult to manage.** The main goal for every asthmatic is to prevent chronic symptoms and asthma flare-ups, to maintain normal lung function. Your doctor and you should aim to achieve this without serious long-term effects from asthma or the medication.

Q. DOES ASTHMA MEDICATION WEAKEN THE HEART?

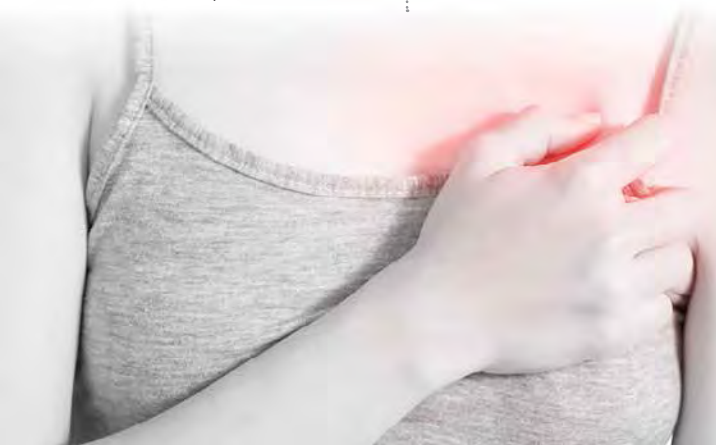
A: Yes! But if used correctly the side effects are minimal, however untreated and poorly controlled asthma is even more dangerous. Asthma can result in death or brain damage or failure to thrive in children. It is important not to ignore asthma; pretending it’s not there, will also not cure asthma.

Q: IS ASTHMA JUST ALL IN THE HEAD?

A: The disease affects the airways – it’s not psychological. Asthma is caused by a reaction when the immune system is triggered due to various external factors occurring in the air we breathe, causing the lungs to react. The stress experienced during an attack or at the onset of an attack does not make it a psychological problem. Even if the sufferer is not experiencing an attack, medically their lung cells would still reveal their condition.

Q: SHOULD YOU ONLY USE ASTHMA MEDICINE TO STOP AN ATTACK?

A: Depending on the severity of the four categories of asthma, sufferers will need daily doses of a prevention or controller medicine to control inflammation of the lungs and to minimise the asthma attack. ▶



Q: CAN DIETARY SUPPLEMENTS HELP EASE ASTHMA SYMPTOMS?

A: A well balanced diet, low in fats and red meats, and higher in whole grains, fruits and vegetables are highly recommended to all those suffering from asthma. There is no proof that specific nutrients will help treat asthma.

Q: ARE ASTHMA MEDICINES HABIT FORMING?

A: Asthma medications are not addictive! **Asthma is a chronic disease, therefore long-term medication is needed to manage the condition and prevent asthma attacks.** It is extremely important to always follow your doctor's recommendations for treatment.

Q: IS THE HOME NEBULISER A GOOD INVESTMENT?

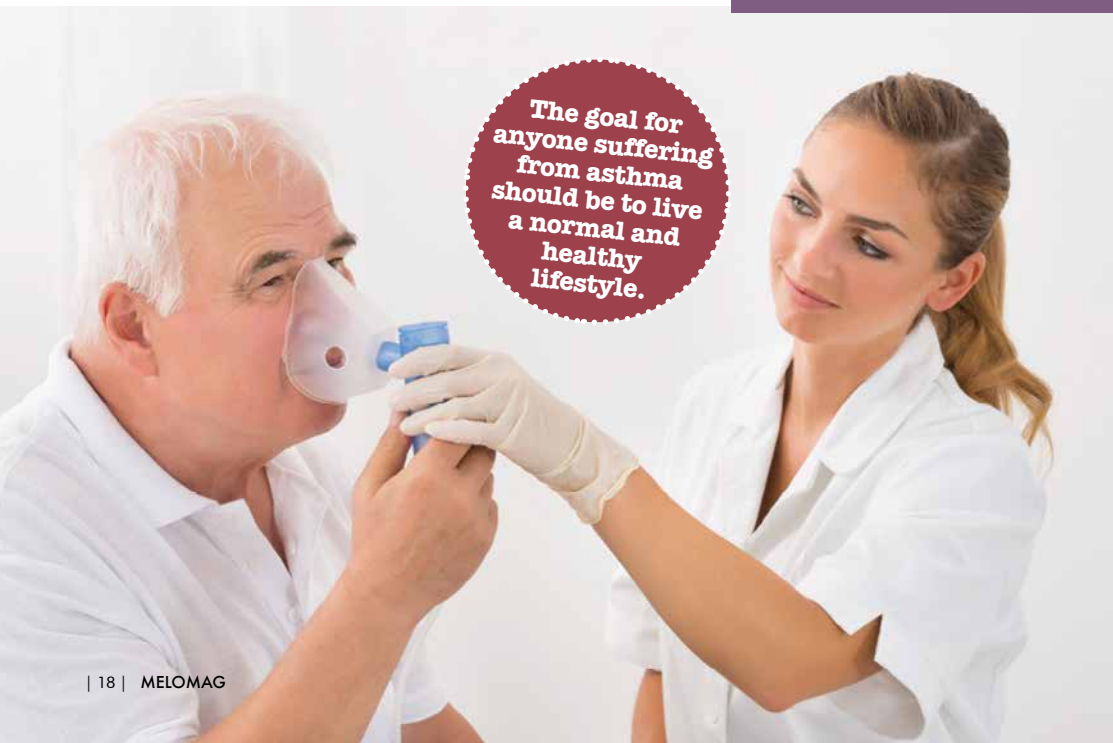
A: No! Home nebulisers are not the same as nebulisers used in hospitals. Hospital nebulisers are oxygen driven and oxygen itself is a potent treatment option for asthma. Technology has changed tremendously over the past 30 years.

A spacer with a mask and an inhaler is as effective as a home nebuliser.

However, far less medication is used (a few drops when using the pump vs ½ tablespoon of medication when using a nebuliser). Hence, the side effects are far less when using asthma pumps than with home nebulisers.

Q: ARE PEOPLE WITH ASTHMA ALLOWED TO EXERCISE?

A: By doing exercise it can improve lung function and help you maintain a healthy weight and also decrease the risk of getting an asthma attack – exercise helps one to breathe easier. Consult with your doctor before beginning an exercise programme. Exercise is as important for people with asthma as it is for anyone else. If medications are taken as prescribed, people with asthma can exercise normally and often vigorously. People with asthma are better off doing exercise in an environment with high humidity. During exercise, the narrowing of airway passages can be caused by dry air. By doing a slow warm-up and cool down, it can help prevent narrowing of the airways. ■



The goal for anyone suffering from asthma should be to live a normal and healthy lifestyle.



Are you Expecting?

Melobabe offers
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Antenatal Classes
& Birth Registration

Our Melobabe Maternity Programme will help and support expectant mothers with their exciting journey ahead.

REGISTRATION FORMS ARE AVAILABLE AT YOUR GYNAECOLOGIST'S ROOMS. SIGN UP TODAY TO ENSURE THAT YOU DON'T MISS OUT ON THESE AND OTHER FABULOUS OFFERS!

The name Barbers False Bay Ranger might conjure up images of a field ranger patrolling the False Bay Nature Reserve on the lookout for hippies in dire need of a haircut. However, **this is in fact a beautiful and highly threatened species of butterfly, *Kedestes barbarae bunta*, which occurs nowhere else in the world!** Considered critically endangered, this butterfly was not seen for almost 50 years before its rediscovery. Interestingly the small patch of habitat that supports it, is itself a highly threatened vegetation type, which has been eradicated

Some species may gain up to 30% in body mass, and without the protected waters of this reserve to do so, many may not survive their arduous journey north. **Flamingos, ducks and other waterbirds thrive in this area, which on occasion has supported more than 30 000 birds, leading BirdLife South Africa to declare the site an Important Bird and Biodiversity Area or IBA.** IBAs are part of a global network of sites across the world, identified as the most important places for the conservation of global bird diversity. The Reserve recently received Ramsar status;

However, the reserve is not only a safe haven for biodiversity, but also offers a tranquil space for relaxing and socialising with friends and family over the weekend. In a recent study of visitors to the reserve, a strong theme that emerged was the ability of this space to provide a recreational hub for people from the surrounding communities and further afield. **The Melomed-sponsored "Birdathon" has also become a great hit with visitors to the reserve!** Every year this fun, environmental education-focused event attracts a number of people from



across much of its natural range. Fortunately their place within the City of Cape Town's False Bay Nature Reserve gives both the butterfly and numerous plant species a shot at survival.

Survival is a key theme at the False Bay Nature Reserve as many migratory bird species, some of which travel from as far afield as the Russian steppes, rely on this site as their essential summer holiday destination (as with other visitors to our wonderful city). **Here in the nutrient-rich settling ponds of the Cape Flats Waste Water Treatment Works, these birds replenish their fuel tanks for the long-distance journey home.**

proclaimed as a wetland of international significance; the first truly urban site to receive this status in South Africa.

The birds and butterflies aren't all that one can spot in this Eden hidden within the City's boundaries. Hippos have also been re-introduced to the Rondevlei section of the reserve and a set of small footprints spotted recently suggests there is a new addition to the family. These hippos do keep City officials on their toes though, sometimes sneaking out of their section in search of greener pastures. The Reserve's management is well acquainted with this mischief and quickly returns them to their rightful home.

the local neighbourhood, who all participate in a fun walk and festival, with exhibits of live birds, snakes and many other environmental displays.

The various amenities that await a visitor to the False Bay Nature Reserve include bird hides and walking paths at the Rondevlei section (with potential to spot the hippos!), excellent, new braai facilities on Zeekoevlei's eastern shore, and driving routes around the Strandfontein Birding Area, all of which provide a range of activities for Capetonians looking to discover something new; venturing off the beaten track... **Right in their own backyard.**

We're hoping for a swift recovery.



A return to strong and good health is at the top of our list, and it should be on yours too. After all, if birds thrive, so do we. Let's ensure that the swift stays healthy and as far away from the endangered species list as possible. May your recovery be as speedy, a 122km/h to be exact, as this beloved swift.

Think Birds.
birdlife.org.za

For more information, please contact Dale Wright, the Western Cape Regional Conservation Manager for BirdLife South Africa, at dale.wright@birdlife.org.za.



Dr. Maré du Plessis MBChB (UP) M.Med (US) FCS (SA)
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IRRITABLE BOWEL SYNDROME

A challenging problem for patients and doctors

WHAT IS IRRITABLE BOWEL SYNDROME?

Irritable bowel syndrome (IBS), or better known to some as “spastic colon”, is a condition of the large intestine (colon) which manifests with a group of symptoms including abdominal pain, constipation and/or diarrhoea. **It is a functional disorder of the colon, which implies that there is no physical abnormality of the colon, but rather an abnormality in the functioning thereof.**

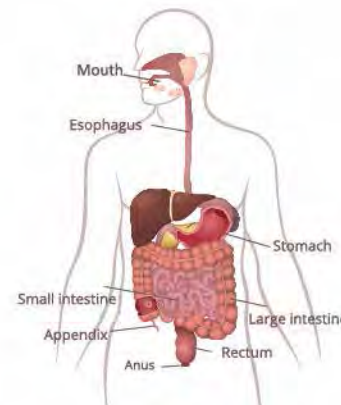
It is also a chronic disorder – the symptoms may often occur over several years. Symptoms may also improve or disappear at times and then reappear after some time. Naturally this, as well as the nature of the symptoms of this condition, may cause distress to patients. **Doctors also find it difficult to treat this disorder, as there is no “quick fix” solution or cure, making it an even more difficult problem for both patients and doctors to deal with.**



IBS IS OFTEN CLASSIFIED INTO FOUR SUBTYPES BASED ON A PATIENT'S STOOL CONSISTENCY.

- **IBS with constipation (IBS-C)**
 - Hard lumpy stools at least 25 percent of the time
 - Loose or watery stools less than 25% of the time
- **IBS with diarrhoea (IBS-D)**
 - Loose or watery stools at least 25% of the time
 - Hard or lumpy stools less than 25% of the time
- **Mixed IBS (IBS-M)**
 - Hard stools at least 25% of the time
 - Loose stools at least 25% of the time
- **Unsubtyped IBS (IBS-U)**
 - Hard stools less than 25% of the time
 - Loose stools less than 25% of the time

The large intestine (colon) is the last part of the gastrointestinal tract. It absorbs water and any remaining nutrients from partially digested food passed from the small intestine. The colon is also where stools are formed.



HOW COMMON IS IBS AND WHO IS AFFECTED?

Studies estimate that IBS affects 10–15 percent of the adult population of which only 5–7 percent will be diagnosed with IBS. **It is twice as common in women as men and is typically a disorder of younger individuals (before age 45).**

WHAT ARE THE SYMPTOMS OF IBS?

Abdominal pain or discomfort is the most common symptom.

- Diarrhoea or loose stools
- Constipation (fewer than three bowel movements per week)
- Feeling that bowel movements are incomplete
- Abdominal bloating
- Passing mucus per rectum

WHAT CAUSES IBS?

The etiology or causes of IBS are not well understood. Physical and mental factors seem to play a part in causing this disorder.

IT IS FREQUENTLY ASSOCIATED WITH OTHER CONDITIONS SUCH AS DEPRESSION OR ANXIETY, FIBROMYALGIA, CHRONIC HEADACHE AND BACKACHE.

• Brain-gastrointestinal tract signal problems

It is postulated that the signals between the brain and the nerves of the colon (nerves that control how the colon works), become disorderly, leading to the symptoms of IBS.

• Hypersensitivity of the colon

Psychological problems such as depression or anxiety are common in patients with IBS. Psychological stress also worsens the symptoms of IBS.

• Gastroenteritis or bacterial overgrowth

It is postulated that infections with certain bacteria may be linked with the onset of IBS, however more research is needed to prove this.

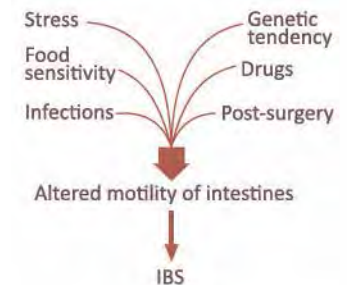
• Genetics

It is unclear whether IBS has a genetic cause. It has been shown that IBS may be more common in individuals who have family members suffering from IBS.

• Food sensitivity

Certain food types may trigger IBS or may worsen the symptoms of IBS.

- High fat foods
- Alcohol or caffeine
- Refined carbohydrates
- Beans or cabbage that may cause flatulence and worsen the symptoms of IBS >



HOW IS IBS DIAGNOSED?

There is no specific laboratory test or imaging investigation to diagnose IBS. IBS is diagnosed mainly on a patient's symptoms. Also it will be important for the treating doctor to exclude other conditions that may produce IBS-like symptoms like colon cancer (especially in patients above age 50), coeliac disease, inflammatory bowel disease or a parasitic infection, to mention a few. A complete medical history with thorough physical examination by the treating doctor should be done.

SOME INVESTIGATIONS THAT MAY BE DONE INCLUDE:

- Stool sample test for stool analysis to exclude infections
- Blood tests
- Abdominal ultrasound
- A lower GI series or contrast enema
- Flexible sigmoidoscopy or colonoscopy

HOW IS IBS TREATED?

There is no cure for IBS and the symptoms may come and go, making it challenging for patients and doctors to manage it. The symptoms of IBS should be treated with a combination of the following:

1. CHANGES IN DIET, EATING AND NUTRITION

- **Avoiding large meals**, as well high fat foods are important. Refined carbohydrates (white breads, cakes, biscuits) must be avoided and replaced with high fibre content foods such as rice, pasta, whole-grain breads, whole-grain cereals, vegetables and fruit. Gas-forming foods such as cabbage and beans should be avoided as these may worsen the symptoms of IBS.
- **Adequate water intake** (at least 6-8 glasses per day) is vital, as this will soften the consistency of a patient's stools, aiding in relieving the symptom of constipation.

2. MEDICATIONS

- **Fibre supplements** can be prescribed and aid in relieving constipation.
- **Laxatives** may help constipation, but should not be used on a long-term basis.
- **Loperamide** is an anti-diarrheal drug that may be used for diarrhoea, but it doesn't improve bloating or abdominal cramps.
- **Antispasmodic drugs** may control abdominal cramps and pain.

- **Antidepressants** like the tricyclic antidepressant drugs or SSRIs (selective serotonin reuptake inhibitors) can help for IBS symptoms and abdominal pain. They also address the associated depression or anxiety that patients may suffer from.
- **Lubiprostone and Linaclotide** are new drugs on the market that show some future promise in treating the symptoms of IBS. These drugs are not available in South Africa currently.
- **Probiotics** are live micro-organisms, usually bacteria, that are similar to the bacteria normally found in the colon.

Studies have found that probiotics may improve the symptoms of IBS, however more research is needed. They can be prescribed in tablet or powder form.

3. IMPROVING "TOILET ROUTINE"

Many patients with IBS and constipation have a poor "toilet routine". This implies that patients do not go to the toilet regularly enough due to time constraints at work or because there is a wariness to go to a toilet in a public place.

This may worsen the problem of constipation and bloating. Patients should make a point of making time to go to the toilet every morning or evening before bed, in order to get into a routine of normal "toilet routine" again.

4. REGULAR EXERCISE

Regular exercise in the form of walking, running or swimming not only improves general well-being, but also aids in improving constipation and combats psychological stress.

5. THERAPY FOR MENTAL HEALTH PROBLEMS

Associated anxiety or depression should be addressed with psychological help and/or drugs, to aid in relieving the symptoms of IBS. Psychological stress should be avoided and can also be relieved by regular exercise and psychological help.

IN A NUTSHELL...

- Irritable bowel syndrome (IBS) is a functional gastrointestinal disorder with frequent symptoms of abdominal pain, bloating, constipation and/or diarrhoea
- Women are more affected
- The causes of IBS are not well understood. A combination of physical and mental health issues are believed to lead to IBS
- There is no cure for IBS and the symptoms can be difficult to treat. The treatment involves a combination of lifestyle changes, addressing stress, anxiety or depression as well as the use of medications and probiotics ■

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HOUSE CALL

MEET ONE OF OUR DEDICATED SPECIALISTS:

DR. SHAHROCH NAHRWAR
Haematologist at Melomed Tokai Hospital



- | | | |
|--|--|---|
| <p>1. What is your definition of happiness? A feeling of inner peace and contentment that one likes to share with the world.</p> | <p>7. If you could speak another language, which would it be and why?
<i>Bonjour!</i> French; it is very melodic, romantic and many people in both Europe and Africa speak it.</p> | <p>11. Who is your biggest fan?
My parents.</p> |
| <p>2. What do you like to do in your spare time?
 Playing the piano, spending time with family, hiking, eating out and reading.</p> | <p>8. Where do you most want to travel, but have never been? Thailand; I love its beaches, climate, food and friendly people.</p> | <p>12. Whose biggest fan are you?
Frederic Chopin.</p> |
| <p>3. Where is your favourite place to eat, and why?
Primi Piatti V&A
Waterfront; best pasta, pizza, salads and steak.</p> | <p>9. What is your most memorable travel experience? Brazil, with unbelievably beautiful green forests and tropical atmosphere and music.</p> | <p>14. What's your secret phobia? Big cockroaches and spiders; they are just so creepy.</p> |
| <p>4. How do you think people will remember you?
Passionate and persistent.</p> | <p>10. Can you play any instruments, or what would you play if you could? I have been playing the piano since I was 12 and it is probably my greatest gift. One of my biggest accomplishments is that I can play the Piano Etude no. 12 of Scriabin.</p> | <p>13. What is your happiest memory?
The first big hug from my children.</p> |
| <p>5. Why did you choose your profession?
Both intellectually and emotionally satisfying.</p> | <p>16. What is your greatest fear? That something bad happens to my children!</p> | <p>15. If you could possess one super-human power, what would it be?
Immortality!</p> |
| <p>6. If a genie granted you three wishes right now, what would you wish for? Perfect health, great wealth and happiness.</p> | <p>17. What is your greatest hope?
That people can live harmoniously together. ■</p> | |

EMERGENCY MEDICAL CARE RIGHT ON YOUR DOORSTEP

Our state-of-the-art **Heart Centre** consists of the following:

- Cardiac ICU
- Cardiac Cathlab Theatre
- 24-Hour Emergency Centre

Available at Melomed Gatesville, Melomed Bellville and Melomed Tokai





Feature photo: Protea Farm, Montagu | All images found on TravelGround.com

COSY LOG HOMES IN THE WESTERN CAPE

If you haven't planned a winter getaway and you're sick and tired of your freezing cubicle at work, we might be able to help. Just imagine a crackling fireplace, cosy couches, a warm bed and panoramic views, and you'll already feel the winter chill loosening its grip. Make this image your reality with this hand-picked list of cosy log homes and get your winter travel plans in shape before it's too late!



PROTEA FARM, MONTAGU

Rates: From R605 per night for 2 people
Type: Self-catering log homes | **Sleeps:** Between 4 and 17 guests | **Winter warmers:** Fireplaces



ANTLERS COUNTRY LODGE, THE CRAGS

Rates: From R500 per night for 2 people
Type: Self-catering log cabins | **Sleeps:** 2 guests
Winter warmers: Cosy, wooden interior



HORIZON COTTAGES, NOORDHOEK

Rates: From R850 per night for 2 people
Type: Self-catering log units
Sleeps: Between 2 and 4 guests
Winter warmers: Luxurious white cotton percale linen



PAKAS CABIN, WILDERNESS

Rates: From R1950 per night for 6 people
Type: Single self-catering log cabin
Sleeps: 6 guests | **Winter warmers:** A luxury spa bath, heated towel rails, gas heater



ARENDRUS COUNTRY LODGE, GEORGE

Rates: From R900 per night for 2 people
Type: 3-star lodge cabins | **Sleeps:** 2 guests
Winter warmers: Heating, extra blankets, hot water bottles, sherry upon arrival



BALLOTS TREE HOUSE, GEORGE

Rates: From R1900 per night for 2 people
Type: Single self-catering log home | **Sleeps:** 4 guests
Winter warmers: Luxurious corner bath, indoor fireplace



PLETT FOREST CABINS, HARKERVILLE

Rates: From R638 per night for 2 people
Type: Self-catering cabins | **Sleeps:** Between 2 and 6 guests | **Winter warmers:** Jacuzzi bath



PLATBOS LOG CABINS, RAWSONVILLE

Rates: From R1400 per night for 2 people
Type: Self-catering log cabins | **Sleeps:** 6 guests
Winter warmers: Charcoal kettle braai, warm blankets



REFLECTIONS ECO-RESERVE, WILDERNESS

Rates: From R1000 per night for 2 people
Type: Self-catering chalet | **Sleeps:** 4 guests
Winter warmers: Cosy, wooden interior



CLIFFHANGER COTTAGES, RHEENENDAL

Rates: From R1250 per night for 2 people
Type: Self-catering cottages | **Sleeps:** 2 guests
Winter warmers: Ceramic fire pot >



EAGLE FALLS COUNTRY LODGE, UNIONDALE

Rates: From R806 per night for 2 people
Type: Self-catering log cabins | **Sleeps:** Between 2 and 4 guests | **Winter warmers:** Warm blankets, cosy, wooden interior



MOON SHINE ON WHISKEY CREEK, THE CRAGS

Rates: From R750 per night for 2 people
Type: Self-catering log homes | **Sleeps:** Between 2 and 4 guests | **Winter warmers:** Indoor wood-burning fireplace, warm blankets



A LOG HOME AT BUFFALO CREEK, SWELLENDAAM

Rates: From R1650 per night for 8 people
Type: Self-catering log home | **Sleeps:** 8 guests
Winter warmers: Warm blankets, indoor fireplace



MOFAM RIVER LODGE, ELGIN

Rates: From R1100 per night for 2 people
Type: Lodge log cabins | **Sleeps:** 2 to 4 guests
Winter warmers: Heaters, warm water bottles, warm blankets and percale linen



WILD, OFF-THE-GRID, STYLE AND COMFORT, SUURBRAAK

Rates: From R1400 per night for 2 people
Type: Single self-catering log home | **Sleeps:** 6 guests
Winter warmers: Indoor fireplace



PORCUPINE PIE BOUTIQUE LODGE, WILDERNESS

Rates: From R1600 per night for 2 people
Type: Log chalets | **Sleeps:** 2 guests | **Winter warmers:** Electric blankets, corner bath, percale linen



TREE TOPS COTTAGE, SEDGEFIELD

Rates: From R999 per night for 6 people
Type: Self-catering log cottage | **Sleeps:** 6 guests
Winter warmers: Indoor fireplace



OYSTER CREEK LODGE, KNYSNA

Rates: From R700 per night for 2 people
Type: Guest rooms | **Sleeps:** 2 guests each
Winter warmers: Indoor fireplace, electric blankets ■



BeGraft peripheral

Outstanding lesion access through exceptional flexibility

Predictable stent behaviour through low foreshortening & high radial force

Less trauma, faster procedures through low profile (6F compatibility up to 8 mm)



BeGraft aortic

High conformability and stability through stent design & CoCr material with outstanding radial force

Optimized lesion care through wide range of diameters (12 - 24 mm) and lengths

Predictable stent behaviour through low foreshortening



BeSmooth peripheral

Outstanding lesion access through exceptional flexibility

High conformability & stability through stent design & CoCr material with high radial force

Less trauma, faster procedures through low profile (6F compatibility for all sizes)



WINTER WARMER

**ONE-POT FAMILY MEAL
CHICKEN & BARLEY SOUP**



pharma dynamics
EFFECTIVE AFFORDABLE HEALTHCARE



DIABETIC- AND
HEART-FRIENDLY



SERVES: 4

READY IN: 1 HOUR 45 MINS

WHAT YOU WILL NEED

- 4 **1/2 cup (20 ml)** olive or canola oil
- 3 chicken breasts on the bone, skin and fat removed
- 2 onions, chopped
- 4 carrots, peeled and chopped
- 4 celery stalks with leaves, chopped
- 4 baby marrows, chopped
- 8 **cups (2 litres)** strong Rooibos tea
- 1 **cup (250 ml)** water
- 5 sprigs fresh rosemary
- 2 bay leaves
- 1 **cup (250 ml)** uncooked barley
- 1/4 **tsp (1,2 ml)** salt
- 3 **tbsp (45 ml)** chopped fresh parsley
- lemon juice and black pepper to taste

Recipe from recipe book *Cooking From The Heart 3* (www.cookingfromtheheart.co.za)

Method of preparation

1. Heat the oil in a large pot and fry chicken until brown. Spoon out.
2. In the same pot, fry onions, carrots, celery and baby marrows until brown.
3. Add chicken, tea, water, rosemary, bay leaves, barley and salt. Reduce the heat. Simmer with a lid for about 20 minutes or until the chicken is cooked.
4. Spoon out the chicken. Cook the soup for 40-45 minutes or until the barley is soft.
5. Meanwhile, debone chicken and shred the meat. Add back to the soup once the barley is cooked. Season well with lemon juice and pepper.
6. Stir in the parsley and serve hot.

Serve this soup on its own and don't be tempted to make bread part of this meal. The barley has enough carbs to make it filling. Rather bulk up by adding more green veggies to the soup if preferred – broccoli or spinach will be delicious.

Avocado is also delicious served with this soup.

TIP



**DID YOU GET A
FLU SHOT YET?**

You can get one at any of our Pharmacy Network.

A flu vaccine is the first and best way to prevent influenza. Remember the flu vaccination is part of our amazing Preventative Healthcare Benefit. You will not pay a cent!



Your doctor recommends it.

Everyone 6 months and older should get a flu vaccine.



Ask your doctor today for a flu shot for yourself and your loved ones.





"Pathology that Adds Value"

Human Papilloma Virus (HPV)

Research has established that the single most important cause of cervical cancer is the Human Papilloma Virus (HPV).

Herewith important facts regarding HPV

- Cervical carcinoma is one of the most common and most preventable female cancers.
- High Risk HPV (H-HPV) is the single most important cause of cervical cancer.
- Although very successful, the Pap smear is limited as a screening test for abnormal cervical cells.
- The fluid medium of the modern Pap smear and the PCR laboratory test makes it possible to test for H-HPV.
- By combining the two methods, a more accurate prediction of the risk for the development of cervical carcinoma is possible, enabling earlier appropriate treatment with longer or shorter follow-up intervals.

For more information on HPV testing, please contact your physician.

