

melomag

Free Health Guide!

Issue 30 | 2018



**YOUR BODY:
ALL ABOUT
YOUR
HORMONES**

**EXCESSIVE
SLEEPINESS**

**FOOD ALLERGIES
and pregnancy**

**4x4 trails and
COSY STAYS**

**THE HEALTH
BENEFITS
OF FASTING**

**OTC MEDICINES
and kidney disease**



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GIVE-AWAY!

Melomag is giving away
a manicure voucher to one lucky
reader! See page 2 for details.

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Health Bytes

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Do good Feel good!

“It is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself.”
– Ralph Waldo Emerson

Volunteering is a great way to get out and help your community. Plus, according to the Mayo Clinic, volunteering can decrease the risk of depression, provide a sense of purpose and even help you live longer. Taking a few hours out of your schedule to do good in the lives of others could thus help your own physical and mental health too.

Many large-scale studies and surveys back up the claim that volunteering improves health. Here are some of the physical and mental health benefits that have been found:

- People who volunteer have lower mortality rates. And they often have more functional ability, too. This means they're more

able to do things such as walking a half-mile a day or getting chores done at home. And they're more likely to leave the house to go to church or see a movie with friends without needing assistance.

- 68% of people who volunteer say that it makes them feel physically healthier. And almost one-third say it helps them manage a chronic health condition.
- Volunteering decreases a person's risk of depression. That's because it increases their social interaction and support, reduces stress and causes "The Happiness Effect."
- Older adults who tutor children or volunteer in other ways can delay or even reverse declining brain function.

Source: DoGoodLiveWell.org

WINTER STRESS RELIEF KNIT AWAY YOUR WORRIES



If you love to knit, you know that the subtle, rhythmic click-clack of knitting (or crocheting) needles can be a stress reliever for life's worries because it helps elicit the relaxation response in your body. It's the counterbalance to the brain's flight-or-fight response to stressful situations. Knitting a scarf for the winter is a great way to relax your mind and take time for yourself to do something you enjoy. Knit and let yourself unwind.

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 **Melomag30** in the subject line. Competition closes 13 July 2018.

Name one of the common foods that may cause an allergic reaction in children. (See page 10.)

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.

Balance your lifestyle FOR A LOWER CANCER RISK TOMORROW

It is almost mid-year already, with your New Year's resolutions for 2018 long forgotten, but it is never a bad thing or too late to take stock of where you are at, with regards to important life goals, possibly the most significant of these being your health goals. **After all, the old saying is true, "Health is wealth."**

CANSA* says leading a balanced lifestyle can help lower cancer risk and agrees with the World Cancer Research Fund – people can reduce their cancer risk in one third of cancer cases by simply combining a wholesome eating programme (including what you drink), maintaining a healthy body weight and remaining physically active. **Not only will you lower your risk for several cancers, but also your risk for other non-communicable diseases, such as heart disease, stroke, diabetes, etc.**

According to Elize Joubert, CANSA CEO, "Being overweight or obese is linked to a higher risk of several cancers. Many people in South Africa are overweight, including children and teens. In fact, we have the highest occurrence of obesity

in sub-Saharan Africa, with 42% women and 13% men carrying this label, while 7% of boys and 9.6% girls present as obese. So the message is to eat smart to lessen the cancer risk."

CANSA recommends the following smart nutrition tips:

- Have less high sugar content food and beverages on an ongoing basis.
- Eat little, if any, processed meat and eat no more than 500g (cooked weight) red meat (beef, lamb) per week. Instead, consume other protein sources such as fish, poultry or beans.
- On a daily basis eat a minimum of 2.5 cups of vegetables and fruit. These are complex foods that contain beneficial vitamins, minerals, fibre, carotenoids, and other bioactive substances, that may help avert cancer.
- Choose whole grains instead of refined grain products.
- Eat less salt and limit salt intake to below 6g (2.4g sodium) a day.

Combined with eating smart, CANSA further endorses limiting inactive behaviours such as sitting,

lying down, watching television, or other forms of screen-based entertainment, and rather get physically active to help maintain a healthy body weight. **Instead of using the escalator or lifts, climb the stairs; whenever possible walk or bike to your destination; exercise at lunch with your co-workers, family or friends; take an exercise break at work to stretch or take a quick walk; walk to visit co-workers instead of sending an email; go dancing with your spouse or friends; go for walks in your neighbourhood or form a walking group.**

**CANSA offers a unique integrated service to the public and to all people affected by cancer. CANSA is a leading role-player in cancer research (more than R12 million spent annually) and the scientific findings and knowledge gained from our research are used to realign our health programmes, as well as strengthen our watchdog role to the greater benefit of the public.*

Visit www.cansa.org.za or www.cansa-active.org.za, or contact CANSA toll-free on 0800 22 66 22 or email info@cansa.org.za – follow CANSA on Facebook | Twitter | Instagram. CANSA offers multi-lingual support on WhatsApp: 072 197 9305 for English and Afrikaans, and 071 867 3530 for Xhosa, Zulu, Sotho and Siswati.

How you can reduce the spread of influenza



GET THE FLU SHOT

The best way to protect yourself and others against the flu is to get a vaccination.



WASH YOUR HANDS

Wash your hands frequently throughout the day and especially before preparing food or eating, after using the washroom, and after coughing or sneezing into your hands. Wash hands thoroughly with soap and water for 15 seconds, including the thumbs, under the nails and the back of the hands.



SANITISE

Keep hand sanitiser close and use it often. Tell those around you to do the same.



COVER YOUR COUGH

Cough or sneeze into your elbow or sleeve, or into a tissue. After you cough or sneeze into your hands or facial tissue, wash your hands. If you have any symptoms of influenza, especially a new or worsening cough, avoid contact with others. Consider limiting personal greetings such as hand shaking, hugging, and kissing.

MeloHearts support group

Melomed Tokai Hospital
Last Wednesday of Every
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Conference Room (5th Floor)

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

Melomed Gatesville Hospital
Last Thursday of Every
Month at 17h00 – 18h00
Boardroom (2nd Floor)

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

Melomed Bellville Hospital
Last Friday of Every
Month at 10h00 – 12h00
Training Room (4th Floor)

For more information contact
Mathilda on 021 948 8131
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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



Our Melomed Oncology Support Group



Melomed Richards Bay Maternity Open Day



All About Your Hormones

Hormones are your body's chemical messengers and are part of the endocrine system. They play a critical role in our body's chemistry. Our endocrine glands make these hormones which travel through our bloodstream to tissues and organs. The endocrine system regulates most of our body's major systems and functions. **Some of the body functions they affect are:**

-  **growth and development**
-  **heart rate**
-  **appetite**
-  **metabolism – how the body gets energy from foods we eat**
-  **reproduction**
-  **sleep cycles**
-  **sexual development and function**
-  **mood**
-  **stress management**

Endocrine Glands and Hormones

Endocrine glands are special groups of cells that make hormones. The major endocrine glands are:

Pineal Gland – produces and regulates hormones, including melatonin.

Pituitary Gland – the “master control gland” that controls several other hormone glands in your body, including the thyroid, ovaries and testicles.

Thymus – only active until puberty; produces cells crucial to the immune system that protect the body from threats such as viruses and infections.

Adrenal Glands – produces androgens and cortisol; gives your body odour and pubic hair; helps in how we respond to stress; regulates blood pressure and more.

Testes – male reproductive glands produce sperm and secrete testosterone.

Hypothalamus – produces hormones that regulate body temperature, appetite, sex drive, weight, mood, sleep and thirst.

Parathyroid – controls the amount of calcium in our bones and blood.

Thyroid – located in the front of the neck below the Adam's apple. This gland produces thyroid hormones.

Pancreas – produces insulin, glucagon and other hormones but primarily responsible for controlling blood sugar levels.







Ovaries – female reproductive glands that produce eggs and sex hormones – including estrogen, testosterone and progesterone – which are vital to reproductive organ development, breast development, bone health, pregnancy, and fertility.

Your essential hormones

When your hormones are in proper balance, they help your body thrive. But an imbalance in your hormone levels and hormone levels that are too high or too low can affect your body and your well-being. Here are a few of your body's most important hormones, their role and why they're important:

 <p>TESTOSTERONE Main male sex hormone but also produced in women's ovaries in small amounts. Controls sex drive, bone density, muscle strength and growth of body hair.</p>	 <p>ESTROGEN Main female sex hormone. Responsible for puberty and menopause. Regulates the menstrual cycle, maintains pregnancy and keeps bones strong for women and men.</p>	 <p>PROGESTERONE Helps maintain the menstrual cycle. After ovulation these levels rise to prepare the uterus for a fertilised egg. When pregnancy doesn't occur, levels drop and the menstrual cycle occurs.</p>	 <p>PROLACTIN Prolactin levels rise during pregnancy. The pituitary gland releases prolactin to trigger lactation, which enables new mothers to breastfeed.</p>
 <p>INSULIN Released by the pancreas so your body can use glucose from food for energy or to store for future use. Helps keep blood sugar levels from getting too high or too low.</p>	 <p>SEROTONIN Known as the happy chemical as it boosts and stabilises mood. Eating chocolate may make you feel happier – dark chocolate converts a compound called L-tryptophan to serotonin.</p>	 <p>THYROID HORMONES Determines metabolism. Controls the rate at which the body burns calories, regulates weight and determines energy levels, internal body temperature, skin-, hair-, nail growth, etc.</p>	 <p>ADRENALINE In a stressful situation, this flight-or-fight hormone releases into the blood, sending impulses to initiate a quick reaction which makes you respond quickly to the stress.</p>
 <p>CORTISOL Controls physical and psychological stress. During times of stress, it increases heart rate, blood pressure, blood glucose, respiration and muscle tension in response to danger.</p>	 <p>GROWTH HORMONE Stimulates growth, cell reproduction, increased muscle mass and bone development. Protects your tissues from breaking which guards against injuries and boosts your metabolism.</p>	 <p>GLUCAGON Produced by the pancreas and helps keep blood sugar levels stable. When blood sugar levels dip, it breaks down stored glucose so the body can use it for energy.</p>	 <p>MELATONIN Hormone that affects sleep patterns which regulates our sleep and wake cycles. The pineal gland produces melatonin at night to help you fall asleep and stay asleep.</p>

Are your hormones out of balance?

 <p>Insulin Resistance - weight gain - sugar addiction</p>	 <p>Imbalanced Cortisol - stress - hunger - poor sleep</p>	 <p>Imbalanced Growth Hormone - stuffy or runny nose - frequent skin reactions - tendency towards sinusitis</p>
 <p>Low Thyroid / Insulin Resistance - bloating - exhaustion - hair loss</p>	 <p>Imbalanced Testosterone - fatigue - achy joints - frequent colds</p>	 <p>Estrogen Dominance - breast tenderness - ovarian cysts - difficulty losing weight</p>



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LET'S TALK FOOD ALLERGIES AND PREGNANCY

The world is seeing a dramatic rise in allergic diseases, and we are literally finding ourselves in the midst of an "allergy epidemic". This means that every person today is at a higher risk than ever before of suffering from some form of allergy.

A child without any family history of allergies is now at 15% risk of developing an allergic condition, within the first few years; if one parent has an allergy, the child's risk increases to approximately 40-50%, and if both parents are allergic, the risk is as great as 60-80%. Having siblings with allergies also means a significantly greater risk of developing allergies.



WHY IS PREGNANCY SO IMPORTANT WHEN IT COMES TO DEALING WITH ALLERGIES?

Allergy prevention begins when you find out that you are pregnant. This is because the fetus is still developing, and has the potential to develop immunity to substances that it is exposed to. **The way this works is that, while your immune system is still developing, it is making its own antibodies.** If allergenic substances are exposed to a baby at this time, they are less likely (but not 100% prevented) to develop allergy to these substances.

HOW DOES THIS HELP MY CHILD?

Well, unbeknown to you, when you eat something, tiny little food proteins from your food pass through the umbilical cord, to your baby. If this continues to occur throughout your pregnancy, your baby's immune system will be able to recognise these food particles later on when you start feeding them and oral exposure occurs.

I FIND OUT THAT I AM PREGNANT, NOW WHAT?

1. Eat a healthy diet, including all major food groups.
2. Do not cut out or reduce your consumption of any specific allergenic foods, such as dairy, egg, seafood or nuts.
3. Do not smoke tobacco during pregnancy.
4. Consider increasing your intake of oily fish, or take an omega supplement.
5. There is some benefit to taking probiotics in the last trimester, but this is still being researched.
6. Introducing solids, and in particular allergenic foods, early – between 4–6 months – is found to be most beneficial.

During the delivery, natural methods are preferable over caesarian section, however, this is often uncontrollable,

and your obstetrician should be consulted regarding your history and preferences. Ultimately, in the case of an emergency, a decision will be made to ensure the safety of you and your newborn.

Once babies are born, exclusive breastfeeding is recommended till 4 months of age. Breastmilk is composed of multiple immune factors and properties, which altogether can assist in allergy prevention, as well as protection from infections. Ensuring that you do not avoid any specific foods yourself for the sake of allergy prevention is important.

It is better for you to eat most of the allergenic food groups whilst breastfeeding, to expose your baby to trace amounts of these proteins in the breastmilk. >>





There are new and novel ways to diagnose and treat your food allergies today. This is why it is so important to see an allergy specialist if you or your child are suffering from an allergy, or related condition.

WHAT ARE THE COMMON FOODS THAT CHILDREN OFTEN REACT TO?

Well, truth be told, today, people can react to any foods, and we are seeing rare and uncommon reactions all the time. **However, the main allergenic food groups that cause the largest majority of reactions in children are:**

- Cow’s milk
- Eggs
- Peanuts
- Tree nuts
- Wheat
- Soya
- Seafood

HOW DO I KNOW THAT MY CHILD IS ALLERGIC?

There are many symptoms that an allergic reaction can present with. Often, when it comes to food, the reaction will occur the first time your child eats something. **Symptoms to look out for are:**

- Hives
- Stomach upset

- Vomiting
- Diarrhea or bloody stools
- Difficulty breathing
- Change in consciousness or activity

HOW DO I DIAGNOSE A FOOD ALLERGY?

Medicine is an ever-evolving science, and the field of allergies and immunology is rapidly changing. This means that there are new and novel ways to diagnose and treat your food allergies today. **This is why it is so important to see an allergy specialist if you or your child are suffering from an allergy, or related condition.**

Many of the panel tests that were used for allergy diagnosis previously are now replaced with more accurate and specific tests, which are more efficient in diagnosing whether your child is truly allergic, or whether they are able to tolerate a substance.

Also, it is now known that most children outgrow their allergies, and an allergy specialist will be able to guide you through the years, to the point where hopefully your child can safely be cured of their food allergy.

AT YOUR APPOINTMENT:

1. The allergist will take a detailed history about the diet and foods your child is eating, and the foods that have caused any reaction.
2. Based on the history, they will then decide on a very targeted list of allergy tests to do, to determine exactly what your child is allergic to.

ALLERGY TESTS:

Tests for allergies can either be performed on your skin, or be done on blood drawn from you.

1. Skin Prick Tests

A liquid containing the allergen, or a protein extract is placed on your child’s forearm. The skin is then pierced with

a small sterile lancet – this is not a needle through the skin and therefore will not draw blood; it does not hurt, and usually elicits the same pain as a mosquito bite. The doctor will then wait 10 to 15 minutes, and analyse the reaction on the skin. This reaction is measured in millimetres and gives an idea of how sensitive your child is to the food substance that was tested.

2. Specific IgE Testing

Here blood is drawn and sent off to the laboratory. Your blood will be exposed to the allergen proteins, and a laboratory analyst with experience in allergy tests will assess how many (IgE) antibodies you have that are reactive to this allergen.

There are advantages and disadvantages to both tests, and an allergist will usually decide based on your child’s age, reaction, and background, which test is most appropriate.

WILL MY CHILD OUTGROW THEIR FOOD ALLERGY?

Worldwide statistics indicate that most children outgrow their allergies, however, every child is different, and each food has its own pattern. For example, milk, egg and many nut allergies are outgrown in a large proportion of children. When you follow up with your allergy doctor, they will assess the levels with time and monitor when a child is likely to have outgrown their allergy.

MY CHILD IS OUTGROWING THEIR ALLERGY... NOW WHAT?

Now, based on the result, the doctor might ask you to start feeding the child small amounts of a cooked or processed form of the food. For example, if the culprit food is egg, we would start with baked egg (cakes or biscuits baked with egg in their

batter); and then move on to scrambled egg.

If there is a risk to eating these foods, or you are not comfortable with feeding your child this, the doctor will perform an “Oral Food Challenge” in the hospital. This entails feeding your child small amounts of the food, in increasing doses, in a hospital setting, to ensure complete safety.

Lastly, as much as food allergies are on the rise, so is our knowledge on this subject. Billions are spent every year on research, and the treatment of food allergies has drastically improved in the last decade. **Gone are the days when you are told you are allergic and have to spend your life in fear of the substance.** There are many new strategies and treatment options for treating allergies, and these can improve your quality of life considerably. ■

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Expecting?**











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THE HEALTH BENEFITS OF FASTING

Fasting and especially intermittent fasting (IF) is currently one of the world's most popular health and fitness trends. People are using it to lose weight, improve health and simplify their healthy lifestyle. Many studies show that it can have powerful effects on your body and brain, and may even help you live longer.

INTERMITTENT FASTING (IF) IS A TERM FOR AN EATING PATTERN THAT CYCLES BETWEEN PERIODS OF FASTING AND EATING. IT DOES NOT SAY ANYTHING ABOUT WHICH FOODS YOU SHOULD EAT, BUT RATHER WHEN YOU SHOULD EAT THEM. IN THIS RESPECT, IT IS NOT A "DIET" IN THE CONVENTIONAL SENSE. IT IS MORE ACCURATELY DESCRIBED AS AN "EATING PATTERN".

Common intermittent fasting methods involve daily 16 hour fasts, or fasting for 24 hours, twice per week.

Humans have actually been fasting throughout evolution. Sometimes it was done because food was not available, and it has also been a part of major religions, including Islam, Christianity, and Buddhism.

When you think about it, our hunter-gatherer ancestors didn't

have supermarkets, refrigerators or food available year-round. Sometimes we couldn't find anything to eat, and our bodies evolved to be able to function without food for extended periods of time.

If anything, fasting from time to time is more "natural" than constantly eating 3-4 (or more) meals per day.

The Western concept of "intermittent fasting" diets

has actually been around for centuries. **One of the most well-known intermittent fasting diets is the 5:2 Fast Diet.**

This plan involves eating the recommended calorie intake for 5 days a week but reducing the calorie intake to 25% for the remaining 2 days. The 5:2 Fasting Diet has been shown to significantly improve blood sugar levels and even reverse diabetes in some cases.

Intermittent fasting helps with the detoxification process and fat metabolism speeds up. When your body's glucose stores have been used up, the body begins to burn fat as a source of energy. This can result in weight loss. Also some toxins that are stored in the body's fat are now dissolved and removed from the body. Fasting is thus a wonderful antidote for our usual indulgences. By fasting, we rest our system from the constant onslaught of foodstuffs.

We have been trained to believe that we need to consume food which gives us energy. However digesting, assimilating and metabolising food requires a great deal of energy. By fasting, you free up this energy that can be used for healing and recuperation.

During the month of Ramadan – a time of spiritual reflection, improvement and increased devotion and worship – it is

obligatory for people who follow Islam to fast from sunrise to sunset during these times. Ramadan fasting represents a particular form of fasting, in that it consists of alternate fasting and feasting (re-feeding) periods. Being based on the lunar calendar, mean fasting duration varies depending on the period of the year and the latitude of the place.

Besides the spiritual rewards during Ramadan, there are multiple health benefits associated with this ritual.

The most prevalent include weight loss, improved blood pressure and cholesterol levels.

Some research suggests that fasting improves longevity and healthier ageing. Additionally, there appears to be an increase in insulin sensitivity, a lower risk of diabetes and an improvement in your immune system as the digestive process is given a rest.

Almost a third of adults have hypertension. High blood pressure (BP) is not necessarily something you can feel. It is essential to have your BP checked regularly as it increases the risk of serious conditions such as strokes and heart attacks.

Besides medication prescribed by a doctor, it is essential to cut down salt intake, and a low carbohydrate diet has been shown to lower BP (with the

added benefit of weight loss and improved blood sugar levels).

A study done by the Turkish Society of Hypertension and Renal Disease has shown that intermittent fasting produced a significant decrease in BP values. This drop was even more so in subjects who woke up before sunrise. In another study, in patients with borderline hypertension, fasting seemed to delay the onset of true hypertension.

Fasting has been shown to be effective for regenerating immune cells. During this process, the body gets rid of parts of the immune system that may be damaged or "old" and generates a new, healthier immune system.

A 2016 study from the University of Southern California in Los Angeles has shown that cancer patients who fasted three days prior to chemotherapy seemed to be protected against immune system damage caused by the treatment.

A further study showed fasting and chemotherapy combined, slowed the progression of breast and skin cancer. The dual treatment caused the body to produce a type of white blood cell that migrates into tumours and helps to kill the tumour. ➤



FASTING AND DIABETES

It is estimated that 2 million South Africans are diabetic, with a prevalence rate of 6.46%.

The issue about fasting and diabetics has perplexed patients and doctors for many years. The main reason is that each person with diabetes is not the same as the next and there are many factors to consider when advising on whether a person can fast or not.

A “one size fits all” approach doesn’t work in advising patients and there is no blanket rule that can be applied to all diabetics.

When it comes to diabetes and fasting, it is generally accepted that the patient can observe the fast with a small change in the way they take their medication. For those diabetics on insulin, fasting is generally not recommended.

There are many different types of diabetes and if one looks at the classifications it can be quite complex. Put simply these are the main groups:

1. TYPE 1 DIABETES

The mechanism of diabetes in these patients is the pancreas being damaged by antibodies which results in an insulin deficiency. This is usually diagnosed as a child or young adult.

2. TYPE 2 DIABETES

Here the mechanism is of insulin resistance. The body cannot use the available insulin. This is the most common type and usually occurs later in life.

All types of diabetes can result in damage to different organs – we call this target organ damage. Kidney disease, heart disease, eye disease and vascular disease are the most common.

If one develops these complications it will further impact whether one is able to fast or not. These complications usually result from poor diabetic control.

Diabetes can be treated with tablets and insulin. Some tablets, like metformin, improves how the body uses insulin. With these tablets, there is no risk of developing low blood glucose levels.

Other tablets like sulphonylureas (Gliclaziden Amaryl, etc.) may result in low blood sugar.

Insulin can also drop blood sugars dangerously low.

Patients should know the symptoms of hypoglycaemia (low blood sugar) and should take precautions or break their fast before severe symptoms or even coma sets in.

WHAT HAPPENS TO MY BODY WHEN I AM FASTING?

The body has the ability to maintain the blood glucose levels for a long time. Initially it converts stored glycogen into glucose and maintains the sugar levels. Later it burns fat stores to maintain the energy. In diabetes the sugar can run low especially if patients are taking medication that causes hypoglycaemia. Sugars can also run high in patients who do not take their medicine. **Dehydration is also a risk, especially during summer. High sugars and dehydration can be a serious problem.**

When one considers this information there are certain categories of patients where one could potentially fast and others where it may be too risky to fast. If a patient has type 2 diabetes, which is well controlled and the patient is using only metformin and has no other disease or target organ damage, then with the correct advice and dietary adjustments this category may, in consultation with a doctor, be able to fast.

The other end of the spectrum would be patients with multiple medical problems, who are on insulin and chronic medication, who may do more harm in trying to fast. These are putting themselves at risk of developing serious health complications, which in some cases may be fatal.

HOW TO PREPARE FOR FASTING

If a diabetic patient wants to fast during the month of Ramadan, they should see their doctor at least a few months prior to Ramadan. Your doctor will assess if you are capable of fasting.

Your medication may need to be adjusted to find the most suitable regime to allow you to fast. All your medical problems must be well controlled. If you have been cleared fit to fast, then the next step would be to perform a few sunnah fasts.

The blood glucose monitoring will be more regular – probably 7 times per day, to carefully assess and evaluate what happens to the body while you are fasting.

It is important to have healthy food choices and stick with low GI foods and to avoid fatty and sugary foods.

IF YOU ARE FIT TO FAST, THEN THE FOLLOWING SAFETY TIPS SHOULD BE OBSERVED

- Always carry glucose treatment with you in case of hypoglycaemia.
- Wear a medic alert bracelet to identify your disease in case of emergency.
- Test your blood sugar level regularly.
- If your blood sugar is low or high you must treat it.
- If you feel unwell, check your blood sugar levels.
- Don’t stop treatments that have been prescribed without consulting your doctor.

In preparation for the blessed month of Ramadan, or if you want to start an intermittent fasting diet, it is highly recommended that you consult your health practitioner on best practice and suitable action based on your medical history. ■

For those diabetics on insulin, fasting is generally not recommended.





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Specialist Physician at Melomed Tokai
T: 021 761 5697 | E: drtonytom@gmail.com



EXCESSIVE SLEEPINESS

WHAT YOU SHOULD KNOW

We all feel tired sometimes and catching a quick nap may sound like the right thing to do. But then, when you're in the middle of some exciting conversation and you feel the urge to sleep or when you're watching your favourite TV programme and feel like laying your head for a quick nap, you may be dealing with excessive sleep and may not know it. Let's face it, you really shouldn't feel sleepy until it's bed time.

Now the million dollar question is how do I know if I'm struggling with excessive sleepiness? It's simple. As a professional with years of

experience in treating people who have this condition, we usually diagnose excessive sleepiness using what we call the **Epworth Sleepiness Scale**.

Using this screening method, we often ask patients to rate on the scale of 0–3 their chances of dozing off with each question regarding the eight normal real-life situations; for instance, when sitting down and reading a book or when talking to someone. **If your score is 10 or more, it only means you may be having excessive sleep issues.**

That's not all; we proceed to get further information like

duration, quality of sleep, intensity of sleep, timing of sleep, medications and a lot of other factors.

You may be wondering what is the major cause of excessive sleep? Without mincing words, not getting enough sleep is one of the major causes of excessive sleepiness among people. Look at it this way: it is like you're hungry but still don't get to eat, does it make any sense? And one of the major reasons for this is that a lot of people are too busy and never give themselves enough time to sleep. Another reason for not getting enough sleep could be attributed to insomnia.

For those who have no idea, insomnia is a condition where people struggle to sleep, stay asleep, or wake up earlier even when there is still more than enough time to sleep. And yes, the quality of sleep may be poor, but many of my patients still agree they get 8–10 hours of sleep but still feel drowsy and may be wondering what is wrong with them. Here is what I tell them: you may be having a breathing problem. **Talking about breathing problems, the most common breathing problem associated with excessive sleep is what is known as sleep apnea.**

DO YOU HAVE SLEEP APNEA?

Here, check out some ways you can find out.

A simple screening test called the STOPBANG mnemonic may prove quite useful.

STOPBANG mnemonic means:

- S** – Snoring
- T** – Tiredness
- O** – Observed stopped breathing (patients may witness a situation where they stop breathing during sleeping)
- P** – Pressure: elevated blood pressure
- B** – Body Mass Index > 35
- A** – Age > 50yrs
- N** – Neck Size – 41cm in females or 43cm in males, check your collar size.
- G** – Gender – males and postmenopausal women

When you have any of these scores below, you should know that your chance of having sleep apnea is high:

- 3 > 80-85% chance of sleep apnoea
- 5 > 90-95% chance of sleep apnoea

Besides this, here are other clues for sleep apnea you should be on the lookout for:

- If you struggle to lose weight despite eating healthy and exercising
- If you're overweight or slightly obese with a BMI > 30
- If you struggle to control high blood pressure
- Dealing with reflux oesophagitis
- If you develop wheezing as an adult

Of course, these aren't all the issues that can result in drowsiness. When you sleep erratically because of the nature of your job, substance abuse, taking medications like painkillers or even having other brain-related problems like stroke, Parkinsons, depression and many others, drowsiness may become a norm for you.

You may now be thinking, what should I do? Do the Epworth sleepiness scale and see if you potentially have excessive sleepiness. **If you discover you have excessive sleepiness, your best bet is to consult your doctor who will carry out further evaluation and provide you with the needed assistance to fix your condition.** ■





MELOMED RENAL CARE



**OVER THE COUNTER
(OTC) MEDICINES:**

WHAT PEOPLE WITH KIDNEY DISEASE SHOULD KNOW

When you have kidney disease, some commonly used medicines may negatively affect your health. Others could actually help, such as preventing a heart attack. That's why it's important to consult your doctor and know what to look

for on medicine labels before you head to the pharmacy.

We've put together a list of medicines/ingredients and potential side effects to consider when discussing over-the-counter (OTC) options with your doctor.

Always check with your doctor before taking any medication, vitamin or supplement to determine what is appropriate for your specific situation.

Recommendations can vary for each individual depending on the stage of kidney disease.

MEDICINE/INGREDIENT	AILMENT	POTENTIAL SIDE EFFECTS
Decongestants	Cold/Flu	Can raise heart rate and blood pressure and affect blood-sugar levels
Nonsteroidal anti-inflammatory drugs (NSAIDs)	Pain	Can decrease blood flow to the kidneys and raise blood pressure
Aspirin	Pain	Can increase the risk of bleeding and potentially reduce kidney function
Aluminium hydroxide or magnesium hydroxide	Indigestion	Can build up in kidneys to toxic levels
Oral rehydration powder/salts	Diarrhea	Contain sodium and potassium
Laxatives	Constipation	Can upset electrolyte balance
Herbal medicines, vitamins and supplements		Can interact with medications and may contain potassium, phosphorus or other minerals

Also, talk to your doctor about the possibility of addressing health issues with proper diet, exercise and rest, rather than medication. Taking good care of yourself naturally can go a long way in both avoiding ailments and resolving them.

Finally, make sure you take your medications exactly as directed and inform your doctor of all the

medicines you take: OTC drugs, prescriptions, herbal medicines, vitamins, and supplements.

Keep a list and take it with you to your medical appointments – kidney-related and not. You can also make others aware of your condition by wearing a medical alert bracelet (available online and at most pharmacies).

Many medicines have become available over the counter in recent years, making it easier to manage medications but also easier to consume ingredients that could be harmful if you have kidney disease.

Always check with your doctor before you take an OTC medicine – no matter how harmless it may seem. ■

Sources: "5 Drugs You May Need to Avoid or Adjust If You Have Kidney Disease." The National Kidney Foundation. 2016. www.kidney.org | "Over the Counter Medicine." Kidney Research UK. 2013. www.kidneyresearchuk.org | "Chronic Kidney Disease: A Patient's Guide" Chester H. Row, M.D.; Brian Murray, M.D.; Ramesh Kohil, M.D.; George Marinides, M.D. SUNY Clinical Center. <http://fammed.buffalo.edu> | "Kidney Disease: Medicines You Should Avoid." CardioSmart. American College of Cardiology. Healthwise 2007-2015. www.cardiosmart.org | "Antacids and Your Kidneys." Duluth Kidney Services. 2015. duluthkidneyservices.com



MELOMED RENAL CARE: For more information on the services offered by Melomed Renal Care please contact any one of our three dialysis units:

- MRC GATESVILLE:** 021 637 1702 | c/o Melomed Gatesville Hospital
- MRC MITCHELLS PLAIN:** 021 391 0816 | c/o Melomed Mitchells Plain Hospital
- MRC TOKAI:** 021 712 5860 | c/o Melomed Tokai Hospital



YOUR GUIDE TO DEALING WITH EPILEPSY

FIRST AID

Seizures can be frightening to see, but with the right medical care, epilepsy can be managed.

Article supplied by Epilepsy South Africa, www.epilepsy.org.za.

Epilepsy affects 1 in every 100 people in South Africa, i.e. approximately half a million South Africans based on a total estimated population of 52 million.

If every person with epilepsy has 4 immediate family members, at least another 2 million South Africans are affected by the condition.

There are approximately 50 million people with epilepsy worldwide.

People with epilepsy have a tendency for recurring seizures. Seizures, or convulsions, occur when

there is abnormal electrical discharge in the brain.

This may be triggered by chemical imbalance or a structural abnormality. The term epilepsy is used to cover a variety of seizure types. These differ in cause, nature, severity, management and long-term outcome.

CAUSES

Some people develop epilepsy because of brain damage from injury, infection (e.g. encephalitis), hormonal problems, circulatory problems or tumours (known as symptomatic epilepsy).

However, for most the underlying cause can't be identified.

Some with epilepsy may identify their triggers (specific circumstances under which some people with epilepsy will be more prone to seizures). These could include stress, hormonal changes, heat, forgotten or incorrect medication or illness.

A particular type of epilepsy, photosensitive epilepsy, is triggered by visual stimulation such as flashing lights or a flickering TV.

SEIZURE	WHAT IT LOOKS LIKE	HOW YOU CAN HELP
Generalised absence (previously named petit mal)	The person looks blank and stares. There may be blinking or slight twitching. It lasts a few seconds then normal activity continues.	Be reassuring. The person may be unaware of the seizure. Note that it has occurred and, in a classroom situation or similar, repeat missed information.
Generalised tonic-clonic (previously named grand mal)	The common sequence is: stiffening of the body; falling; possible blue colour around the mouth; jerking movements. As breathing returns to normal the normal colour returns. There may be blood-flecked saliva and incontinence (rare). Lasts a few minutes.	Protect the person from injury. Cushion the head. Don't restrict movement or put anything in the mouth. Help breathing by putting the person on to their side. Stay with him or her until fully recovered.
Complex partial (affecting a specific area of the brain)	May start with a warning or "aura". The person may appear confused or distracted or may display abnormal behaviour. There may be repetitive movements, e.g. plucking at clothes.	Remove harmful objects and guide the person away from danger. Reassure him or her quietly.

TYPES OF SEIZURES

There are many types of seizures and a person may have more than one type.

No two people have the same symptoms, and the type of seizure depends on which part of the brain is affected.

If the whole brain is affected then the seizure is known as generalised and there is a loss of consciousness, however brief. If only part of the brain is affected, then it is known as partial or focal and consciousness is not necessarily lost. Recovery times vary from seconds to minutes.

SOME PEOPLE WITH EPILEPSY MAY IDENTIFY THEIR TRIGGERS. THESE COULD INCLUDE STRESS, HORMONAL CHANGES OR ILLNESS.

DIAGNOSIS

An accurate description of the seizures and the circumstances in which they occur is important. CAT scans may be taken to determine whether or

not there are any structural changes in the brain. EEG tests will measure changes in the brain's functioning.

MEDICATION

The majority of people with epilepsy have their seizures controlled by anti-epileptic medication. About 80% of people with epilepsy will have their seizures totally controlled or greatly reduced thanks to these drugs.

PEOPLE WHO CAN HELP

● GP and neurologist:

To help your doctors, keep a record of your seizures, noting how you felt before and the circumstances surrounding it. You may find it useful to prepare a list of questions before you visit your doctor.

Questions to ask:

- + Which type of epilepsy do I have?
- + Is there an identifiable cause?
- + Will I have to take medication?
- + How long will I have to take it?
- + What does the medication do?
- + Are there any side effects?
- + Is control possible?
- + How will it affect my life?

● Relatives and friends:

Be as open as possible. The support and understanding of family and friends are invaluable. Give accurate information to your family and friends, as their correct understanding of your condition will assist them in supporting you.

● Social worker:

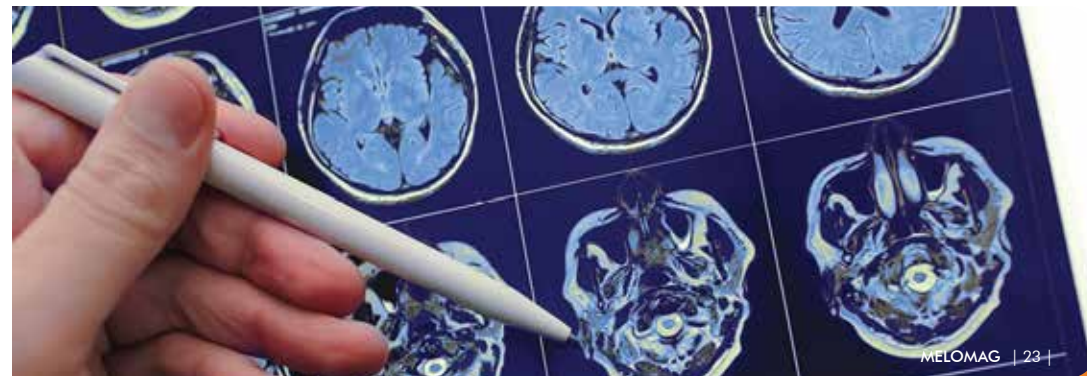
You can get practical advice from your clinic social worker. **Advice and support are available from Epilepsy SA.** Their contact details are listed at the end of the article. Never hesitate to reach out.

● Employers:

Most people with epilepsy have steady jobs. Many are afraid to disclose their epilepsy, but you really should tell your boss and co-workers if you have frequent seizures. That way people will know what to do if you have a seizure.

● Teachers:

It's very important to tell your child's teacher if he or she has epilepsy. Share any advice you get from your doctor. ➤



HELPING YOURSELF

You can prevent getting injured during a seizure.

Here are some tips:

Fires and stoves:

Never come too close to an open fire. Keep guards around hearth fires and primus and gas stoves.

Bathrooms:

Doors should be left unlocked and if possible should open outwards. A shower is often better than a bath, but if not available, bath water should be kept shallow and the taps should be turned off before getting in. Avoid bathing while alone at home.

Sleep:

Some people have seizures during their sleep. Sleeping without a pillow may be advisable.

Sports:

With adequate precautions, you can take part in any sport. When horse riding, always wear a helmet. Don't swim, go mountain climbing or sailing alone.

Identity discs:

Wear a Medic Alert identity disc at all times. These are available from Medic Alert or through Epilepsy South Africa. Keep an identity card with your name and address and your doctor's details in your purse or wallet.

Self-help groups:

Epilepsy South Africa has an online community support group, dedicated to supporting those with epilepsy and others impacted by it at www.healthunlocked.com/epilepsysouthafrica.

You can also email an online counsellor with any epilepsy related questions to socdev.no@epilepsy.org.za.

HOW CAN YOU HELP?

- + Protect the person from injury. Cushion the head.
- + Do not restrict movement or put anything in the mouth.
- + Help breathing by laying the person on his/her side.
- + Stay with him/her until fully recovered. ■

FIRST AID FOR SEIZURES

Most seizures in people with epilepsy are not medical emergencies. They end after a minute or two without harm and usually do not require a trip to the emergency room.

But sometimes there are good reasons to call for emergency help. A seizure in someone who does not have epilepsy could be a sign of a serious illness.

OTHER REASONS TO CALL AN AMBULANCE INCLUDE:

- + A seizure that lasts more than 5 minutes or shows no sign of stopping after a few minutes.
- + No "epilepsy" or "seizure disorder" Medic Alert identity disc.
- + Slow recovery, a second seizure, or difficulty breathing afterwards.
- + Repetitive seizures occur without the person regaining consciousness in between.
- + Pregnancy or other medical diagnosis.
- + Any signs of physical injury or sickness.
- + Stay with him/her until fully recovered.

For more information contact Epilepsy South Africa on 0860 374 537 or email info@epilepsy.org.za

www.epilepsy.org.za
facebook.com/epilepsy.southafrica
www.twitter.com/EpilepsySA



**MELOMED
24-HOUR
TRAUMA UNITS:**

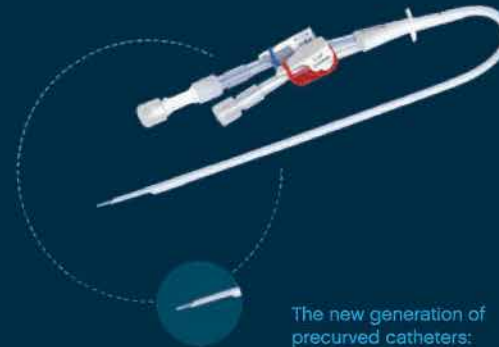
Melomed Gatesville Trauma Unit: 021 637 8100
Melomed Bellville Trauma Unit: 021 948 6535
Melomed Mitchells Plain Trauma Unit: 021 392 3126
Melomed Tokai Trauma Unit: 021 764 7023
Melomed Richards Bay Trauma Unit: 035 791 5311

Joline®

medical products developed and produced exclusively in Germany.



High Flow Double Lumen Precurved 13 Fr
Short term catheter



The new generation of precurved catheters:
- Larger inner diameter allows higher flow rates
- Tip design without sideholes ensures less clotting

High Flow Triple Lumen 13.5 Fr

Unique tip design, superior to the classic sidehole design:
- Clotting risk is considerably reduced
- Adhesion risk to the vessel wall considerably reduced
- Less complications during the treatment of septic patients
- Easy implantation due to tapered tip design



Smooth Flow Double Lumen 15.5 Fr
Long term catheter

Anterograde

Anterograde implantation technique
- Tip tunneled first

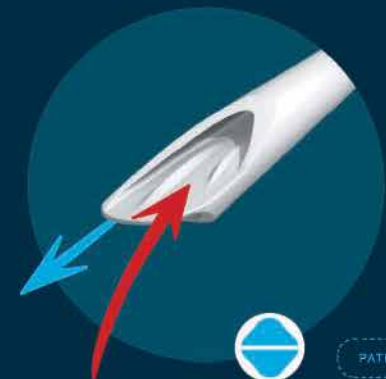
○ Symmetric tip design for easy and precise tip placement in the right atrium



○ Recirculation rate less than 1%*

Special Features

- Patented tip design with visible flow channels (ribs) reduces turbulences, thrombus formation and damage of blood cells
- Unique, patented cross section allows thin wall design and a high kink resistance
- Kink resistant nitinol guide wire for easy and safe catheter placement



All images found on TravelGround.com



FUN 4X4 TRAILS AND COSY STAYS IN THE WESTERN CAPE



Do you also get chills running down your spine when you think of the coming winter season? In an effort to ward off the classic Western Cape winter cold, we've put together a list of fun 4x4 routes and cosy stays to go along with it.



BIEDOUW VALLEY 4X4 ROUTE, CLANWILLIAM

You'll find this route nestled in the spectacular Cederberg mountains between Clanwilliam and Uitspankraal. It boasts unbelievable views of the green valley, Biedouw River, natural pools and waterfalls.

DIFFICULTY: 2 – 3

MORE INFORMATION: 049 851 9804



WHERE TO STAY: DE PAKHUYNS, CLANWILLIAM

From R200 per night for 2 people

There's something to suit every budget at De Pakhuys – from luxurious cottages to camping facilities. When you're done with the 4x4 adventures, you can take a walk to the famous rock formations and cave drawings. When you make your way to this beautiful part of the world towards the end of winter, you can look forward to loads of wild flowers.



BLOMBOSCH 4X4 NATURE TRAIL, YZERFONTEIN

This is a great trail for beginners as it's not meant to be a 4x4 challenge but rather an experience in nature, as the name suggests. You'll get to see the Sandveld region at its best on this route covering 13.5 km with a picnic spot at the halfway point.

DIFFICULTY: 1 – 2

MORE INFORMATION: 022 451 2790



WHERE TO STAY: BLOMBOSCH LODGE YZERFONTEIN, YZERFONTEIN

From R600 per night for 2 people

This rustic lodge is located on a private farm just outside of Yzerfontein. It's the ideal spot for groups looking for a quick weekend getaway from the Mother City.



KAGGA KAMMA 4X4 ROUTE, CEDERBERG

Wonderful views, unfolding mountain ranges and interesting birds and wildlife can be seen while exploring these trails covering more than 100 km. This route is suitable for more experienced drivers as there are quite a few steep sections.

DIFFICULTY: 2 – 4

MORE INFORMATION: 021 872 4343



WHERE TO STAY: KAGGA KAMMA NATURE RESERVE, CITRUSDAL

From R7540 per night for 2 people

Renowned for its scenic beauty and dramatic rock formations, this nature reserve offers unique cave-like suites blending beautifully with the one-of-a-kind Cederberg landscape. If you get your timing just right you might even get to see some snow on your doorstep!



BERGPLAATS 4X4 TRAILS, BEAUFORT WEST

This trail is in the foothills of the Nuweveld mountains and offers a number of serious rock obstacles, rapid descents and steep climbs, as well as flat areas. Magical mountain scenery along the way provides the added bonus of game-viewing opportunities, including blue wildebeest, blesbuck, eland, springbok, red hartebeest, rhebok and zebra.

DIFFICULTY: 2 – 5

MORE INFORMATION: 021 864 2979



WHERE TO STAY: BERGPLAATS GAME LODGE, GEMSBOK LODGE, BEAUFORT WEST

From R3200 per night for 8 people

Gaze at the amazing canopy of stars over Bergplaats while you replenish your soul in the heart of the Central Karoo. This game lodge is located 75 km from Beaufort West and is ideal for the whole family or a group of friends.



JOSEPHSKRAAL TRAIL, LAINGSBURG

Located 40 km from Laingsburg, this trail offers a circular route suitable for high-clearance vehicles. The sandy track in the riverbed is more challenging and it's recommended for more experienced drivers. The trail is 23 km long and it takes about 3 to 5 hours to complete.

DIFFICULTY: 3 – 5

MORE INFORMATION: 023 551 1913

WHERE TO STAY:

JAGERSKRAAL GUEST FARM, LAINGSBURG

From R400 per night for 2 people

These self-catering cabins are situated just off the N1 and offers a comfortable stay for adventurers and 4x4-enthusiasts alike. Have a look at the rustic wooden cabins if you're looking to extend your nature experience.



ATTAQUASKLOOF 4X4 TRAIL, MOSSEL BAY

This 4x4 trail is located in the Outeniqua Nature Reserve and used to be the main route for ox wagons travelling between Cape Town and Mossel Bay (completed 1869). It's about 20 km long and a low-range, high-clearance 4x4 vehicle is needed.

DIFFICULTY: 3 – 4

MORE INFORMATION: 044 695 3175

WHERE TO STAY:

EIGHT BELLS MOUNTAIN INN, RUITERBOS

From R1610 per night for 2 people

Situated in South Africa's picturesque Garden Route, this inn is nestled in the Ruitersbos Valley region at the foot of the Robinson Pass on the R328. When you've completed the 4x4 trail, you'll find loads to do at this lovely establishment. ■



- TRAIL GRADES: 1. **EASY** – for 4x4 novices or 4x2s with differential lock
 2. **EASY TO MODERATE** – 4x4 vehicle and some driving experience essential
 3. **MODERATE** – low range and 4x4 driving experience recommended
 4. **DIFFICULT** – experienced drivers, low range and differential lock. Recovery equipment recommended
 5. **EXTREME** – experts only with serious vehicles, not for solo trips. Recovery backup essential.



CARDIAC CENTRES OF EXCELLENCE

Melomed cardiac centres are geared to serve and provide 24-hour treatment to patients for all heart-related illnesses. This includes a number of cardiac diagnostic and interventional procedures, within the catheterization laboratory (Cath lab) supported by established interventional cardiologists.

With a total of 43 years' experience, our interventional cardiologists and clinical team are equipped to perform complex interventional cardiac procedures on patients all under one roof.

**Interventional cardiologists are super specialists who can diagnose and treat a patient in the Cath Lab.*

TOKAI	BELLVILLE	GATESVILLE	
Dr P Ntuli Tokai and Bellville: 021 764 7158	Dr V Freeman 021 945 1344	Dr MC Hendrickse Bellville: 021 945 1344/48 Gatesville: 021 637 8219	Dr S Thakersee 021 638 3017



ADVANCED STATE-OF-THE-ART CARDIAC FACILITIES AT YOUR DOORSTEP

Melomed's Cardiac Centres of excellence offers: Electrophysiology (EPS), Diagnostic Angiograms / Diagnostic Coronary Angiogram, Coronary Artery Stenting, Rotablation for Coronary Artery Stenosis, Optis Integrated Optical Coherence Tomography (OCT) and Fractional Flow Reserve (FFR) system with Angiographic Co-Registration just to mention a few.

HEALING TEAS

A CUPPA A DAY KEEPS THE DOCTOR AWAY

People who drank 5 cups a day of black tea for 2 weeks had 10 times more virus-fighting interferon in their blood than others who drank a placebo hot drink, in a Harvard study. The amino acid that's responsible for this immune boost, L-theanine, is abundant in both black and green tea – decaf versions have it, too. Your optimal dose: several cups daily. To get up to 5 times more antioxidants from your tea bags, bob them up and down while you brew.

THE ONE TONIC TEA

This combo of ginger, lemon, turmeric, rooibos tea, and apple cider vinegar makes a bracing tonic. If you like these flavours separately, you'll love them together. This tonic is also great after holidays and other occasions when you feel like you've overindulged, or as a preventive measure against illness during cold and flu season.

TOTAL TIME: 25 MINS

Cook time: 15 mins
Prep time: 10 mins
Serves: 4 to 5

TOOLS

- Tea kettle or strainer

INGREDIENTS

- 2 bags rooibos tea
- 1 cup boiling water
- 2,5 cm piece fresh turmeric, sliced (or use ½ to 1 teaspoon dried)
- 2,5 cm piece ginger, sliced
- Juice of ½ to 1 lemon, to taste
- 3 to 4 tablespoons organic unfiltered apple cider vinegar
- Pinch of cinnamon, optional
- 4 cups fresh water
- Liquid or powdered stevia or other sweetener to taste, optional

INSTRUCTIONS

1. Let the two teabags steep in the boiling water for at least 15 minutes.
2. If using fresh turmeric and ginger, you might like to do this in a blender. Combine them in the blender with a small amount of water and process until smooth.
3. Otherwise, combine dried turmeric, squeezable ginger, lemon juice, apple cider vinegar, optional cinnamon, and the steeped tea in a glass pitcher. Stir up vigorously with a large spoon or butter knife.
4. Add the remaining water, then sweeten (or not) as desired.
5. Stir the mixture up each time before pouring. Refrigerate unused portions.

COLD-AWAY TEA

Both echinacea and elderberries have been shown to not only act as potent immune boosters to help prevent colds, but are also excellent at reducing cold symptoms and shortening cold duration. One study even showed this combination of echinacea and elderberries “can be as effective as the conventional antiviral medicine oseltamivir” for early treatment of the flu. Combining these with the antibacterial and antiviral powers of raw honey, gives this tea extra cold-fighting benefits. **Boost your immune system with this antibacterial and antiviral flu-fighting concoction!**

TOTAL TIME: 20 MINS

Cook time: 15 mins
Prep time: 5 mins
Serves: 1

TOOLS

- Tea kettle or strainer

INGREDIENTS

- 2 t echinacea roots or flowers, dried
- 1 t dried elderflowers or elderberries
- 1 T raw honey
- 1 cup (250 ml) water

INSTRUCTIONS

1. Bring the water to a boil, then add all ingredients minus your honey.
2. Let the tea simmer for 15 minutes, then remove from heat.
3. Strain away the leaves and add raw honey.
4. Serve.

SORE THROAT TEA

Instead of reaching for the ice cream when you're suffering from a sore throat, try this bacteria- and virus-fighting tea instead. The enzymes in the raw honey will help soothe your sore throat while fighting bacteria, while the chamomile will help reduce inflammation. The lemon juice and cinnamon also have antibacterial and antiviral effects, making them a great addition to help knock out the root cause of your sore throat.

With this healing tea you can soothe your sore throat, fight bacteria and reduce inflammation – an all-in-one health-promoting tea!

TOTAL TIME: 6 MINS

Cook time: 1 min
Prep time: 5 mins
Serves: 1

TOOLS

- Tea kettle or strainer

INGREDIENTS

- 1 t chamomile flowers or a chamomile tea bag
- 1 T raw honey
- 2 t freshly squeezed lemon juice
- Dash cinnamon
- 1 cup (250ml) water

INSTRUCTIONS

1. Bring the water to a boil, then pour into a cup.
2. Add the lemon juice, cinnamon, and raw honey.
3. Stir and sip as needed. ■

Sources: www.vegkitchen.com, blog.paleohacks.com/tea-remedies



HOUSE CALL

MEET ONE OF OUR DEDICATED SPECIALISTS:

DR MICHELLE ROOS

Paediatrician at Melomed Tokai Private Hospital



1 Where is your favourite place to eat, and why?

The Shortmarket Club in town – they serve such beautiful food, the springbok with celeriac, bone marrow and nectarine jus is divine!

2 What's the most fun you've had this month / year?

Getting married last year and spending our honeymoon in the rural parts of Bali.

3 What's the best present you've ever received, and from whom?

A little patient once gave me this small tin with shrivelled mini-marshmallows inside that she saved up for me.

4 What's your worst habit?

Losing and misplacing EVERYTHING. I look for my keys every single morning.

5 Why did you choose your profession?

I love children, everything about them inspires me!



6 What TV show character from which TV show do you like the most?

Jess from *New Girl*.

7 Can you play any instruments, or what would you play if you could?

Not at all, not even sure I can still play chopstix on the piano!

8 Which three songs would you listen to for the rest of your life, if you had to pick?

Wild: All my life.

The Decemberists:

Isn't it a lovely night. Anything from Lana Del Rey.

9 What celebrity would you like to be for a day, and why?

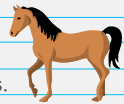
Does David Attenborough count? I'd love to explore the far corners of the world like he has.

10 Which childhood movie do you still love today, and why?

Ever After: A Cinderella Story. I guess every girl wants to be a princess!

11 What's your secret phobia?

I can't stand horses.



12 What is your best childhood memory?

Taking long walks with my grandfather, hand in hand with him listening patiently to all my childhood chattering.



13 Who would you want with you if you were stranded on a deserted island?

My husband: for the company. Bear Grylls to build a shelter and forage for food. Justin Bonello (the chef from *Cooked: In Africa*), to actually make something to eat.



14 Who is your favourite author or your favourite book?

Kazuo Ishiguro, Paulo Coelho.

15 Where do you most want to travel, but have never been?

Morocco. ■



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.

Follow us on Twitter @SAMWUMEDhealth

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



Drug and Alcohol Information

PathCare offers routine screening for drugs. Commonly abused drugs include cannabis and amphetamines / metamphetamines.

Signs and symptoms of drug abuse include the following:

**Change of behaviour/character • Change of friends • Loss of weight
Restlessness and insomnia • Bloodshot eyes**

When in doubt about the specific drug of abuse, the alleged abuser should have a toxicology screen done. Consent is required for all drug-screening tests. Parents/guardians must give permission for children younger than 14 years.

Confirmatory tests are available for some of the drugs of abuse, since false positive results can sometimes be obtained by over the counter medications. In the event of suspected drug facilitated sexual assault, collect 50ml urine and 5ml EDTA (purple top tube) blood as soon as possible after the event.

Additional information can be obtained from: www.drugabuse.gov

Please contact your clinician for more information regarding drug testing.

