

melomag

Free Health Guide!

Issue 32 | 2018



KNOW IT ALL

**Controlling your
DIABETES**

**PROSTATE CANCER
SCREENING OPTIONS**

**A HEALTHY
BODY WEIGHT
NOT JUST A NUMBER**

**THE ABUSE OF
ADHD medication**

**HOLIDAY
CHALLENGE:
30 DAYS OF
HAPPINESS**

EYE HEALTH


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GIVE-AWAY!

Melomag is giving away a relaxing
massage voucher to one lucky
reader! See page 4 for details.

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**H
EA
LTH** Health Bytes

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SUMMER FUN: Be safe in the water!

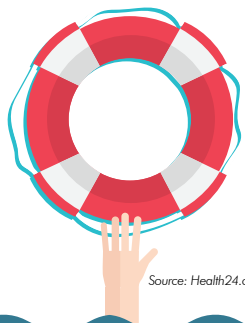
While water activities are essential to South African summers, poor supervision can have deadly consequences.

South Africa enjoys better weather conditions than most of the world, so it is important for all children to attend swimming lessons from a young age.

Parents and child-minders are encouraged to complete a basic life-support course on what to do during an emergency.

A SAFE WATER FUN GUIDE

- Be vigilant at all times around water.
- Keep a watchful eye on children in and around water.
- Never swim alone.
- Always swim near lifeguards.
- Make sure everyone in the family learns how to swim.
- If you have a pool at home, lock the gate and cover it with a pool net.
- Make sure that you know how to perform CPR.
- Avoid alcohol in and around water.
- Make sure toddlers wear arm bands or life jackets.
- Always wear a life jacket on a boat.
- Always keep toddlers in the shallow end of the pool.
- Discourage underwater breath-holding contests.
- If you're at the beach, watch out for giant waves.



Source: Health24.com

DID YOU KNOW? Drowning is one of the top causes of unnatural death amongst children in South Africa, and the following points really bring the message home:

- 90% of children who drown are under supervision.
- For every child that dies from drowning, five are left with permanent brain damage.
- Coastal incidents mostly involve 10 to 18 year olds.
- Inland incidents mostly involve 2 to 8 year olds.
- More male children than female children drown.
- Toddlers are the most vulnerable to drowning.

SOMETIMES YOU FEEL HUNGRY WHEN YOU ARE ACTUALLY DEHYDRATED. THIS IS YOUR BODY'S WAY OF TRYING TO TELL YOU TO HYDRATE.

Next time you feel hungry, have a big glass of ice water first. This will fill you up and keep you from overeating.



GET YOUR COLONOSCOPY!

About 1 in 3 adults between 50 and 75 years are not getting tested for colon cancer as recommended. If you've reached 50 or have a family history of colon cancer, talk to your doctor about scheduling a screening today.



TEST YOUR MEN'S HEALTH KNOWLEDGE:

TRUE OR FALSE?

- 1. Erectile dysfunction (ED) only affects older men.**
FALSE: 40% of men experience ED by age 40.
- 2. Prostate cancer is the deadliest cancer for men.**
FALSE: It's the most common diagnosis (excluding non-melanoma skin cancers), but lung cancer kills more men.
- 3. Heart disease has nothing to do with genetics.**
MOSTLY TRUE: 90% of heart disease is lifestyle related.
- 4. You only get liver disease if you drink alcohol.**
FALSE: Toxins, viruses, and many other factors can cause liver disease. Source: alive.com



SCREEN ADDICTION THE DIGITAL DOWNSIDE

The studies are not conclusive, but experts caution that the overuse of screens may have significant effects on brain chemistry, especially in developing kids and teens. And screen time can be habit-forming: Children and adults can exhibit addictive behaviours around screen usage, such as irritability and symptoms of withdrawal when screens are taken away.

Too much screen time has been associated with:

- Sleep deprivation
- Obesity
- Vision problems
- Aches and pains
- Speech delays
- Poor social skills
- Aggressive behaviour
- Exposure to unhealthy or inappropriate content

How much screen time is OK?

Healthcare experts recommend limiting children's screen time to two hours a day, but that's easier said than done. Toddlers have their own iPads. School-

age kids are doing homework on tablets. Teenagers are texting and social networking. And TVs are still everywhere. **RECOMMENDED USAGE IS ONLY 2 HOURS A DAY!** But screen time is about more than the number of hours.

What is a parent to do?

1. Focus on quality. Make sure you know what your child is watching. Watch a few episodes of what your child is interested in. Use your common sense about what's appropriate and worthwhile.

2. Set parental controls. If you can't screen everything, let technology help you. Use parental controls on devices and within apps so kids don't have unlimited access to content.

3. Model the lifestyle you want to encourage.

That might mean no screens at the dinner table, no smartphones on the nightstand and keeping phones turned off until after breakfast, for example.

Source: United Healthcare Services

Support Group

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Melomed is giving away a relaxing massage 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 **Melomag32** in the subject line. Competition closes 15 January 2019.

What does 'BMI' stand for? (See page 8.)

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.

ENTER
TODAY
& WIN



Thank you to the catering department for the delicious food!



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GRAPPLING WITH DIABETES

A STEPWISE APPROACH TO CONTROL YOUR DISEASE

Diabetes mellitus is a chronic metabolic disease characterised by persistently elevated blood glucose levels secondary to either a lack of production or resistance to the hormone insulin.

There are different types of diabetes mellitus. Type 2 diabetes mellitus previously known as adult onset, occurs most commonly and accounts for 90% of all cases worldwide. This type of diabetes occurs in the older population and is characterized by ineffective use of insulin. These patients often are overweight or obese and has other cardiovascular risk factors.

To a lesser extent we see type 1 diabetes mellitus, previously known as juvenile onset or insulin dependent diabetes. The hallmark of this disease is absence of insulin production and patients are often diagnosed in childhood.

Lastly, there is the entity of gestational diabetes which is a temporary condition that arises in pregnancy but confers a longterm risk for type 2 diabetes.

ACCORDING TO THE WORLD HEALTH ORGANISATION GLOBAL REPORT ON DIABETES MELLITUS, THE NUMBER OF INDIVIDUALS LIVING WITH THE DISEASE HAS INCREASED 4-FOLD SINCE 1980.

There were an estimated 422 million adults living with the disease in 2014 and this increase is reflected in an increase in the associated risk factors such as obesity and being overweight. When diabetes is poorly controlled it has dire consequences for health and in addition these complications tend to impact harshly on the mental and economic wellbeing of patients and their families. This increased burden has resulted in diabetes being a major cause of death and disability worldwide.

Living with diabetes is daunting, but the aim of disease management is to lower blood sugar levels to prevent the onset of complications.

DIABETES CAN OFTEN BE DEBILITATING IN THAT IT CAN RESULT IN DAMAGE TO THE EYES, KIDNEYS, PERIPHERAL NERVES AND BLOOD VESSELS.

These complications manifest as blindness, paraesthesia of the feet, kidney failure and may progress to heart attacks, strokes and gangrene of the limbs, often resulting in amputations. The following stepwise approach should be adopted to better control your disease:

1) **Early recognition or diagnosis in individuals with multiple risk factors or associations via routine screening.** These risk factors include sedentary lifestyle, increased body mass index (BMI), a positive family history in first-degree relatives, other cardiovascular risk factors such as hypertension and elevated cholesterol.

2) **Understanding the disease process as well as the treatment options available.** In-depth discussions should be had with your managing physician at the time of diagnosis regarding the way forward and a mutually beneficial treatment plan should be drafted regarding lifestyle modification and oral agents versus injectable insulin.

3) **Lifestyle changes should be prioritised.** Increasing physical activity in patients who previously led a sedentary lifestyle is highly

recommended. Guidelines suggest at least 150 minutes per week and supplemental repetitive resistance training in the absence of contraindications. In addition to exercise, patients are advised to make healthy food choices, often in collaboration with a trained dietician. Patients who smoke should be encouraged to stop.

4) **Blood glucose monitoring** should be done daily, depending on the type of diabetes, to aim for blood glucose measurements of between 4-10mmol/L. This can be achieved using a home glucometer readily available at most pharmacies.

5) **Screening for associated conditions** to decrease the risk of cardiovascular events in addition to screening for complications which may arise secondary to poorly controlled disease. This involves urine testing, HbA1c monitoring, screening of feet, as well as retinal screening for eye disease.

6) **Regular visits with your physician** until an acceptable glycaemic level is achieved, to be followed up 6 monthly or yearly thereafter.

Even though diabetes is a lifelong condition with a myriad of complications, if managed correctly and timeously the ability to live a normal healthy life exists. Long-term glucose control will ensure the prevention of complications and mortality. ■



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A HEALTHY BODY WEIGHT IS MORE THAN JUST A NUMBER

All too frequently weight loss programmes imply that each person has an “ideal” body weight: a specific number that appears when you stand on the bathroom scales. However, the number that appears, even if the scales are accurate, does not necessarily tell if your weight is a healthy body weight. A supposedly “ideal” body weight is not necessarily synonymous with a healthy body weight.

Body weight is influenced by a number of factors, like hormones (leptin, ghrelin), gut bacteria, surgery, disease, fluid balance, muscle mass, physical activity, genes and epigenetics, and temperature (influenced by brown fat), just to name a few.

Being overweight or underweight can be associated with poor health, but how can you determine your “healthy” body weight?

A healthy body weight for many people is associated with feeling good, physical appearance, clothes that fit, having energy and healthy hair, skin and nails.

Your ideal body weight will be a healthy body weight as determined by your measurements and will also take into account how you feel and perceive yourself.

But first, a word on Body Mass Index. BMI = weight/(height)².

The BMI derives from an almost 200-year-old classification system that was initially intended to be used to assess populations of people, not individuals. In the latter half of the last century, it morphed into something that was used to judge individual health based on height and weight, ignoring the many other factors that affect health.

So what can you do when you’re advised to lose weight?

Focus on improving behaviours rather than losing weight; that offers much more promise for improving your health. A healthy weight is best achieved when it happens naturally, as a result of adequate self-care.

- A healthy weight is:**
- Individual
 - Affected by more than diet and exercise
 - An outcome, not a goal

Achieving and maintaining your healthy weight is supported by healthful, enjoyable living that includes mindful, pleasurable eating and physical activity, effective stress management, adequate sleep and more. It is not a weight that is

achieved through restricting what you eat or excessively exercising in order to lose weight.

Try these tips for mindful healthy eating and achieving your healthy body weight:

- 1. EAT BREAKFAST.**
- 2. EAT LESS REFINED SUGAR.** Among the many issues caused by refined sugar (i.e. (inflammation, weight gain, hormonal imbalance), it also promotes the growth of “bad” bacteria and upsets the gut flora balance.
- 3. TAKE A QUALITY PROBIOTIC.** Probiotics are the

same kind of healthy bacteria naturally present in your digestive tract. They combat the effects of antibiotics, enhance nutrient absorption and strengthen the immune system.

When choosing a probiotic, look for these qualities:

- Probiotic supplements should contain 5-10 billion CFUs (colony forming units).
- Encapsulated pills are better than liquids because they help the bacteria survive the acidic stomach.
- Multiple strains of bacteria (different strains offer different benefits).

A healthy body weight for many people is associated with feeling good, physical appearance, clothes that fit, having energy and healthy hair, skin and nails – the result of adequate self-care.



- 4. EAT A HIGH-FIBRE DIET.** Include whole grains, fruits, vegetables and legumes. High fibre foods keep your digestive tract regular, making you less likely to get constipated. They can also help prevent digestive conditions such as diverticulosis, haemorrhoids and IBS (irritable bowel syndrome). **In addition, it can help you achieve or maintain a healthy weight.**

5. STAY HYDRATED. Drinking plenty of water is good for your digestive health. Fibre pulls water into the colon to create softer, bulkier stools, allowing them to pass through more easily.

- 6. LIMIT FOODS THAT ARE HIGH IN FAT.** In general, fatty foods slow down the digestive process but it is important to eat the correct type and amount of fat in your diet to supply the body with essential Fatty acids.

7. EXERCISE REGULARLY. Regular exercise helps keep foods moving through your digestive system and helps you maintain a healthy weight.

8. EAT REGULARLY. Make time to eat. **Aim to sit down for your meals and snacks and NOT to eat on the GO.** By eating the correct foods

and portion sizes regularly you will experience less hunger pains and cravings. Your metabolism will improve and you will maintain a healthy weight and digestive system.

9. EXERCISE PORTION CONTROL.

10. GET ENOUGH SLEEP. ■



Dr Anthony Levy Radiologist
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Morton & Partners Radiologists



A BETTER SCREENING TEST FOR PROSTATE CANCER?

Here are your options.

Prostate cancer has been identified as the most common type of cancer affecting men, but as with most chronic illnesses, the chances of beating it increases the earlier you catch it, hence the drive by many cancer organisations to create further awareness for prostate cancer screening tests.

There are, however, different schools of thought about who should have a prostate-specific antigen (PSA) test and digital rectal examination (DRE).

That's because the next step after an abnormal PSA test is generally a prostate biopsy. An invasive procedure where urologists remove a small piece of tissue from your prostate to exclude a cancer.

This procedure can cause side effects, such as infection and bleeding – to name a few; and can be difficult to differentiate aggressive prostate cancer from milder cancers that only require follow up.

A recent UK study*, found that many men may be able to skip prostate biopsies by undergoing a prostate MRI first and thus avoid the side effects of a prostate biopsy.

The study compared various traditional cancer screening methods (template prostate mapping and transrectal ultrasound-guided biopsy) with the MRI scan. The findings proved that the MRI scan picked up aggressive cancers 93% of the time, when compared

to just 48% with the standard ultrasound guided biopsy.

In addition, 9 out of 10 men whose MRI scans were negative had no cancer or a low-grade, relatively harmless cancer – an accuracy rate much higher than that of traditional biopsy.

The MRI scanner uses strong magnetic fields to create an image of the prostate and

surrounding tissues and allows radiologists to get an excellent view of the prostate, with no radiation, which in turn helps guide the urologists to perform a targeted biopsy of the most suspicious regions. The MRI scan can also be used to determine the extent of the disease and can be utilised for treatment planning after diagnosis has been made. The study can be completed in 45 minutes or less.

A prostate MRI is a very useful adjunct tool when

used in combination with the clinical history and information provided by the urologist and GP. Please speak to your doctor about whether you will benefit or are due for a PSA test and DRE.

Should you need more information, please feel free to visit our website: www.morton.co.za

*Published by: www.TheLancet.com, Volume 389, Issue 10071, Study name: Diagnostic accuracy of multi-parametric MRI and TRUS biopsy in prostate cancer, 2017



“ A RECENT UK STUDY*, FOUND THAT MANY MEN MAY BE ABLE TO SKIP PROSTATE BIOPSIES BY UNDERGOING A PROSTATE MRI FIRST AND THUS AVOID THE SIDE EFFECTS OF A PROSTATE BIOPSY. ”



THE NEED-TO-KNOW ABOUT

ADHD

MEDICATION ABUSE



Attention deficit hyperactivity disorder (ADHD) stimulants are prescribed by medical professionals to improve concentration, memory and motivation to complete tasks. Without treatment, ADHD symptoms (inattention, impulsivity and hyperactivity) can have an adverse impact on one's social interactions and functioning in the school and work environment.

When taken as prescribed, ADHD stimulants are safe and effective. With an accurate diagnosis and treatment plan, individuals with ADHD can face and overcome the challenges of modern life and live fulfilling lives. However, the misuse of stimulants by ADHD and non-ADHD children and adults has increased drastically over recent years. **This is due to misconceptions and a lack of knowledge regarding the associated risks and potentially dangerous consequences.**

ADHD stimulants are commonly believed to give short bursts of enhanced concentration and academic or work performance. Reports reveal the occasional recreational use of stimulants by school children but most who misuse ADHD medication rely on it in high-pressure situations such as exams and working on big projects to improve multitasking, memory and performance. But to maintain this unsustainable level of efficiency, increased dosages and use are often required.

“

It is crucial to understand the dangers of stimulant abuse and the impact thereof on the brain.

”

THE EFFECTS AND RISKS OF ADHD STIMULANT ABUSE

Research shows that ADHD is caused in part by chemical imbalances in the brain and structural differences in grey matter – a core component of the central nervous system. Grey matter is responsible for memory, executive functions, impulse control, emotions and speech. **Likewise, dopamine and norepinephrine levels have an impact on concentration, memory, problem solving, decision making, motivation, impulse control, emotions and social behaviour.**

Prescription stimulants provide mental stimulation to harmonise chemical imbalances. It enables individuals to focus on the task at hand with enhanced concentration and energy. However, the abuse thereof can result in a lack of concentration, sleep deprivation, depression, social anxiety, an inability to communicate effectively, a fast and irregular heart rate, high body temperature, psychosis, paranoia and hallucinations.

UNDERSTANDING THE PRESCRIBED USES OF ADHD MEDICATION

Modern-day school and workplace pressures are mounting. To keep up with life at breakneck speed, children and adults with or without ADHD are becoming overly reliant on coping mechanisms of all sorts, including ADHD stimulants.

Explaining to a loved one with ADHD the importance of using medication as prescribed will go a long way in encouraging the responsible use of all sorts of stimulants and substances.

Here's how you can encourage a healthy understanding and appropriate use of ADHD medication.

• NO EVALUATION. NO MEDS.

A comprehensive evaluation and diagnosis by a licensed medical professional is essential before considering any form of ADHD medication. **Reports show that some individuals exaggerate their symptoms to get a larger dosage to misuse or share with non-ADHD individuals.** Having an in-depth knowledge of ADHD symptoms and how it typically presents in a friend or family member will help you draw that fine line and accurately report the symptoms. ➤

• **KNOW WHAT THE FUSS IS ABOUT**

Learn all you can about the effects of ADHD stimulants on your children and adults as well as the effects and potential reasons for misuse. Equip loved ones with life management skills to rely on instead of medication when balancing academics, work and social activities. With the right practical resources, individuals with ADHD can improve their focus and organisation skills.

• **EXPLAIN THE RISKS OF ABUSE**

Children and adults with undiagnosed ADHD often struggle with social interactions and may be more susceptible to peer pressure. The desire to fit in can be a strong incentive to misuse or share medication. Explain the impact of ADHD on the brain and the risks of misusing or sharing prescribed medication with non-ADHD individuals.

• **KNOW THE RED FLAGS OF ABUSE**

Signs of treatment abuse can range from signs of anxiety, manic behaviour and dilated pupils to sleep deprivation and difficulty concentrating. If you suspect a loved one may be misusing, sharing or abusing stimulant medication, share your concerns with a medical professional.

“**Living with ADHD can be challenging. There is no room for the additional dangers of stimulant abuse. The importance of an accurate diagnosis and treatment usage can't be overstated.**”

If you suspect that an adult loved one has ADHD, suggest a self-assessment (www.myadhd.co.za) to see if their symptoms are consistent with ADHD. For the assessment of children, consult a licensed medical professional.

With a holistic treatment plan, therapy and life management skills, children and adults with ADHD can manage everyday challenges and live successful lives.



Source: www.myadhd.co.za

SYMPTOMS OF ADHD

ADHD has three core symptoms. All three of these core symptoms present in different ways throughout the lifespan.

• **INATTENTION**

Inattention speaks to difficulty paying attention and listening when spoken to, as well as being easily distracted and forgetful in daily activities. Not following through on instructions and not finishing schoolwork, work projects or housework are also indicative of inattentiveness.

• **HYPERACTIVITY**

Hyperactivity is most often seen in general fidgety behaviour – not being able to sit still or sit in one place for an extended period of time. This might also present as rambunctious behaviour in inappropriate situations. Hyperactive individuals have trouble sitting quietly or entertaining themselves, and always seem to be ‘on the go’, often talking excessively. A kind of ‘inner restlessness’ might also be indicative of hyperactivity, with an inability to relax peacefully.

• **IMPULSIVITY**

Another key symptom of ADHD is impulsivity. Impulsive behaviours might be blurting out answers before questions are completed, and a lack of patience, often interrupting others and intruding on conversations. Impulsivity can also present as a fierce temper and engaging in risky activities. ■

MENTAL HEALTH

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

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



M E L O M E D
C L A R E M O N T
P R I V A T E C L I N I C

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

- Treatment Programme
- Occupational Therapy Programme
- Accommodation
- Relaxation



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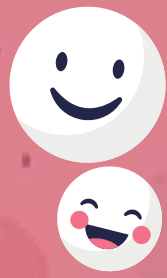
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30 DAYS OF happiness CHALLENGE



There are so many easy ways to increase your overall well-being. The 30 Days of Happiness Challenge is about taking a small action, every day, for 30 days, that brings a smile to your face. Pick a day to get started and get going. You can do these out of order if you want to, just make sure you are doing one every single day, no skipping.

Doing small things every day that makes you happy, will make you feel joyful and fulfilled and ready for 2019!




1

When you wake up, name five things you are grateful for.



2

Compliment or appreciate three people you love.




3

Meditate or daydream outdoors for 15 minutes.



4

Finish a puzzle or play a board or card game.



5

Disconnect! Put down all electronics for a few hours.



6

Drink 8 glasses of water. Challenge your family!



7

Call a friend and have a good chat – not over text.



8

Go to a market and buy fresh flowers to brighten your home.



9

Be a tourist in your own city. Visit a tourist attraction.



10

Do 20 minutes of exercise today. Challenge a friend!




11

Try a do-it-yourself project or make a home-made gift.



12

Spend quality one-on-one time with a friend.




13

Go for a scenic drive without a specific destination.



14

Bake cookies from scratch or make a special family recipe.




15

Take the time to hug someone you love for 20 seconds.



16

Declutter a room in your home and/or rearrange furniture.



17

Try to not complain today. Rather focus on the positive.



18

Handwrite a letter, postcard or special love note.



19

Visit a local farmer's market and buy fresh fruit and vegetables.



20

Pamper yourself with a home-made facial or foot-scrub.



21

Go get or make your favourite meal or snack.



22

Write down ten things you love about yourself.



23

Do a random act of kindness. Help someone in need.



24

Have a picnic outdoors and enjoy nature.



25

Read a book or a newspaper, or learn something new.



26

Plant flowers in your garden or buy a plant for your home.




27

Get creative. Colour, paint, scrapbook or get crafty.




28

Dress up and go to a restaurant you have never been to before.



29

Have a walk on the beach while the sun is setting.



30

Go print your favourite photos from your phone or camera.

Sources: feelhappiness.com, popsugar.com, freeplk.com



24-HOUR EMERGENCY CARDIAC AND STROKE CENTRES



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021 683 0540 | 148 IMAM HARON ROAD

| FIRST AID |

Sources: United HealthCare Services, Health24

YOUR GUIDE TO 
A SAFE SUMMER

From bee stings to burns, there are a number of things that can happen during the summer. Here, learn basic summer safety tips to treat common summertime injuries.

1. SUNBURN

Whether you're basking in the sun's warm rays or seeking shade in a cool canopy of trees, protect yourself with these summer skin care tips to prevent sunburn.

PREVENTION is as easy as SLIP, SLAP, SLOP:

- SLIP** into a T-shirt
- SLAP** on a hat
- SLOP** on the sunscreen

- Avoid midday sun (10:00 to 15:00), rather seek shade.
- Wear long sleeves and pants.
- Wear a hat and sunglasses.
- Apply sunscreen. Choose a broad-spectrum sunscreen that has both UVA and UVB protection, is water/sweat-resistant and has an SPF rating of at least 15.
- Apply sunscreen (to all exposed areas) 30 minutes before going outside and re-apply every two hours or immediately after swimming or excessive sweating. Often missed areas include: ears, feet, lips and scalp.
- To protect your lips, use a lip balm or lipstick with an SPF of 30 or higher.

What to do (if you slip up and get a burn)

- 1. Cool compresses or a cool bath can help,** as can oral pain relievers and medicated lotions (talk to a doctor about whether to give them to kids, and how much).
- 2. Drink plenty of water** to rehydrate the skin.
- 3. Be sure to stay out of the sun** until the burn heals. >



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2. HEATSTROKE

Heatstroke happens when someone gets so hot that their body can't control their temperature. **It is a very serious (potentially fatal) condition and the person needs help straight away.**

The signs and symptoms are very similar to those of a stroke. A person with heatstroke may:

- have hot, flushed and dry skin
- have a headache, feel dizzy or be confused and restless
- get worse quickly and become unresponsive (lapse into unconsciousness)

What to do

1. **Call an ambulance** or get someone else to do it.
2. **Cool them.** Quickly move them into a cool environment, lay them down, remove outer clothing and turn them into the recovery position. If this is impossible or the person is unconscious, try to cool the environment (use fans, open doors and keep crowds away).
3. **Wrap in a cold wet sheet** and keep it wet.
4. **Keep cooling them** while waiting for help to arrive. If their temperature returns to normal and they no longer feel hot to touch, you can stop cooling them and replace the wet sheet with a dry one.

3. BITES AND STINGS

Along with the sunshine and warm weather come bites (mosquitoes and fleas) and stings (bees, wasps and jellyfish). Stings and insect bites are not usually serious unless there is an allergic reaction.

Battle the bugs.

- To keep mosquitos, bees and other insects away:
- Choose a bug spray based on the insects you want to repel, the active ingredient and the protection time you'll need.
 - Citronella candles might also help to keep bugs away.
 - Wear long-sleeved shirts and pants to help keep mosquitos at bay, and light-coloured clothing to help to see ticks on your body.
 - Check your body – and your pets' – after spending time outdoors, and learn the proper way to quickly remove a tick.

What to do

1. **If someone has been stung and you can see the sting on the skin, use the edge of a credit card to scrape it away.** Take care not to squeeze the venom sac at the end of the sting.
2. **Clean with soap and water.**
3. **Apply an ice-pack** on the affected area to reduce pain and swelling.

STUNG IN THE MOUTH OR THROAT?

Get them to suck on an ice cube or sip a glass of cold water to prevent swelling. If swelling does start to develop it could block their airway so call an ambulance.

Getting worse?

Watch for signs of a more severe allergic reaction. Swollen lips and/or throat, dizziness, and difficulty breathing or swallowing could all be signs of anaphylaxis – a life-threatening allergic reaction.

What to do

1. **Call an ambulance.**
2. **Reassure them** while waiting for the ambulance.
3. **If they have a known allergy** and an auto-injector (or EpiPen), help them to use it. Or do it yourself following the guidance on the product.

JELLYFISH STINGS

A painful sting can cast a dark cloud over your sunny day at the beach very quickly.

What to do

- To get relief, you'll need to remove the tentacles.
1. **Rinse** with seawater.
 2. **Gently scrape** with a credit card or flick off with a cloth. Avoid rubbing the affected area with a towel, as you may force the stingers into the skin.

4. MINOR WOUNDS

Skinned knees, bumps and bruises are often unavoidable in the summer, especially for active kids.

Most minor wounds can be treated in the home without the need for further medical attention unless:

- There is a foreign body embedded in the wound
- The wound shows sign of infection
- The wound is from a human or animal bite.

What to do
KEEP SCRAPES AND SCRATCHES CLEAN

1. **Wash your hands,** before treating the wound.
2. **Check** that there is nothing in the wound.
3. **Apply gentle pressure** with a clean bandage or cloth to stop the bleeding.
4. **Clean the wound** under running water and wash the area around it with soap.
5. **Pat dry** with clean, non-fluffy material.
6. **Apply** an antibiotic ointment or spray.
7. **Get a tetanus shot** if it has been five or more years and the wound is deep or particularly dirty.
8. **Cover the wound** with a bandage or dressing for protection.
9. **Change** the bandage regularly.
10. **Watch for signs of infection.**

FISHHOOK REMOVAL

Not much puts a damper on a summertime fishing trip like a fishhook through the skin.

What to do

Although this is a relatively minor injury, fishhooks often have a barb on the end that make it difficult to be pulled.

Only try to remove one if medical help is not readily available.

If the barb is not showing, a trip to the emergency room to have it removed might be necessary.

1. **Cut the line** as close to the hook as possible to prevent it catching on

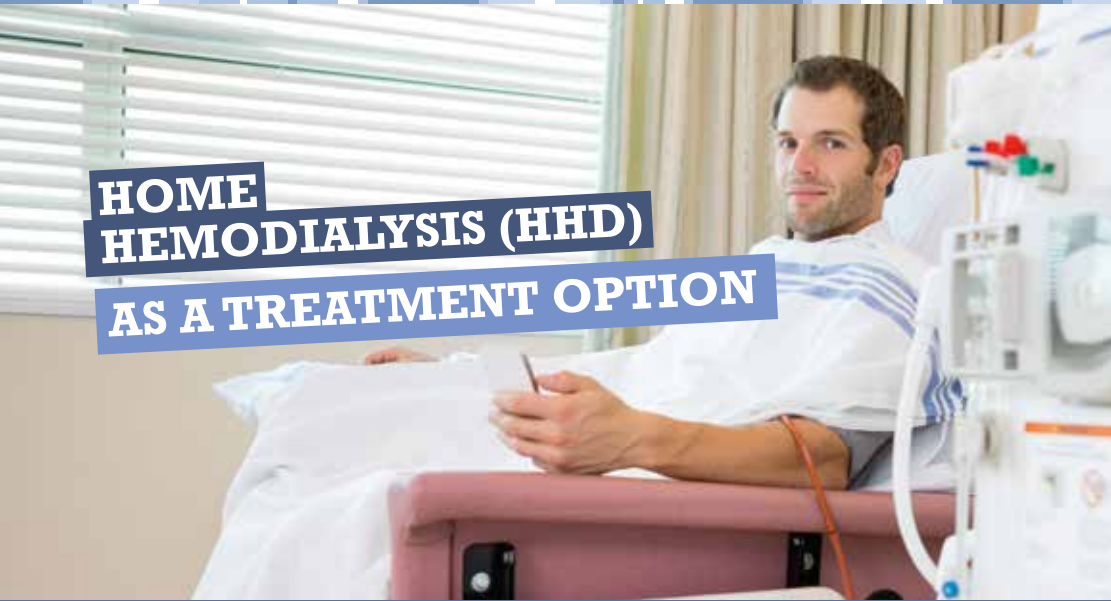
something and causing further damage.

2. **Pad around the hook** until you can bandage over or around it.
3. **Seek medical help.**

If you can see the barb:

1. **Cut the line** as close to the hook as possible.
2. **Cut off the barb** using a pair of needle-nose pliers.
3. **Remove the hook** by gently pulling it out of the skin.
4. **Clean and cover** the wound.
5. **Check the wound** for signs of infection over the coming days.
6. **Check that the tetanus booster is up to date.** ■





HOME HEMODIALYSIS (HHD) AS A TREATMENT OPTION

What is home hemodialysis?(HHD)

Home hemodialysis is a treatment option available for patients receiving chronic renal replacement therapy who are willing and able to do their own dialysis treatment at home using a hemodialysis machine.

Who can do home hemodialysis?

- A medically stable patient; free of complications that might render HHD unsafe (unstable diabetic patients and patients with unstable cardiovascular problems).
- Must have a working fistula/graft/permanent catheter.
- Have good eyesight, hearing, dexterity, intellectual capacity and

reading abilities/have a care worker/family member to assist with the dialysis treatment.

- Patient's mental state and social situation must be stable to perform HHD as prescribed by the attending doctor without supervision.
- Patient must have the ability and motivation to learn and carry out the process and the commitment to maintain the treatment.
- Patients must have area in their home that can be adapted to do the treatment.
- Patient must have a working phone in the treatment room; within reach.
- Home must be a hygienic

environment for dialysis (3x3m for dialysis machine and chair; shelves to store disposables).

- Patients must be free of alcohol/drug abuse which can cause drowsiness/erratic behaviour during dialysis.
- Patient must have access to quality water, sewerage and electricity supply with suitable water pressure.
- A supportive family is a benefit for the HHD patient and should attend training with the patient to ensure the patient has the necessary back-up when dialysis commences at home.
- The patient must complete the training in the dialysis unit under supervision of a renal care practitioner.



MELOMED RENAL CARE

How do I know if I am a candidate?

Discuss home hemodialysis as a treatment option with your attending doctor.

They will be able to give you guidance if home hemodialysis is a viable treatment option as they know your history and possible co-morbid diseases that might have an influence on your decision.

My doctor said yes – what now?

- The unit staff must be informed of your choice.
- They will work out a training programme by discussing it with you.
- You will be taught to line and prime the machine, needle yourself, connect and disconnect yourself from the machine.
- You will be taught to do

troubleshooting on the machine when alarms occur, how to disinfect the machine, how to wash and maintain the machine.

- You will be taught how to take care of your water system (RO system).
- You will be assisted at home with the first few dialysis sessions and have access to support 24 hours a day. ■



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



Dr Michael Djan [MB BCh (Wits), DO (SA), MMed (Ophth), FICO (SA), FC Ophth (SA), ChM (Edin), MRCSed (Ophth)]
Ophthalmologist at Melomed Tokai
T: 021 712 4643 | E: drmichaeldjan@gmail.com



EYE HEALTH

Flawless vision is essential in virtually every single daily activity we engage in and so the age-old adage “the eyes are the window to the soul” has never been more appropriate, which makes us realise how precious these two organs really are.

AS AN OPHTHALMOLOGIST, I HAVE BEEN FORTUNATE ENOUGH TO BE BLESSED WITH A PROFESSION I THOROUGHLY ENJOY AND I AM A PERPETUAL ADVOCATE OF EYE HEALTH. THERE ARE A MYRIAD OF PREVENTABLE EYE CONDITIONS THAT AFFECT THE EYES, BUT FOR THE SAKE OF BREVITY I WILL FOCUS MY ATTENTION ON 3 MAJOR CONDITIONS PLAGUING SOUTH AFRICA.

1. GLAUCOMA

Glaucoma comprises a group of diseases that damage the eye’s optic nerve and can result in vision loss and blindness.

It is commonly referred to as ‘silent blindness’ because of how often it worsens without the person being aware of any symptoms at all until its late stages. However, with screening, early detection and treatment, you can often protect your eyes against serious vision loss.

The optic nerve consists of more than 1 million nerve fibres that connect the retina to the brain. The retina is the light-sensitive tissue at the back of the eye. A healthy optic nerve is necessary for good vision.

Several large studies have shown that eye pressure is a major risk factor for optic nerve damage. In the front of the eye is a chamber that contains an important fluid substance called

aqueous. This clear fluid flows continuously in and out of the chamber and nourishes nearby tissues. If too much of this fluid is produced or too little of it is drained from the chamber, the imbalance results in a build-up of eye pressure causing gradual damage to the eye nerve. That is why controlling pressure inside the eye is absolutely vital.

Another risk factor for optic nerve damage relates to blood pressure. Thus, it is important to also make sure that your blood pressure is at a proper level for your body by working with your medical doctor.

WHO IS AT RISK FOR GLAUCOMA?

Anyone can develop glaucoma. Some people, listed below, are at higher risk than others:

- Everyone over age 40
- People with a family history of glaucoma
- People with hypertension (high blood pressure)

HOW IS GLAUCOMA TREATED?

There are a number of ways that glaucoma is successfully treated by the ophthalmologist and it depends on the stage.

These methods include medical eyedrops, laser eye therapy or glaucoma surgery.

2. SQUINTS

WHAT IS A SQUINT (CROSS-EYED)?

Strabismus, or squint eyes, refers to a condition of misalignment of the eyes, i.e. cross-eyed. The misalignment can be horizontal, vertical or obliquely oriented.

WHAT ARE THE SYMPTOMS ASSOCIATED WITH A SQUINT?

Children and adults adapt differently to squints and therefore experience squints differently. Young children will usually have no complaints but will have the temporary/persistent squint noted by the parents. This squinting may also be masked by one eye ‘winking’ when exposed to excessive sunlight. In this age group, prompt intervention is required to prevent ‘lazy eye’ (amblyopia) from setting in.

Adults with a new squint will complain of double-vision (diplopia) and may adapt by closing one of the eyes to avoid seeing multiple images.

WHAT ARE THE CAUSES OF A SQUINT?

Squints are broadly either due to an eye muscle weakness, an eye focusing weakness or a combination of the two. Primary squints (Infantile squints and Accommodative)

develop early and are different from the Secondary squints seen in adults that develop from vascular problems (diabetes, hypertension, etc.) and other neuro-ophthalmic diseases.

HOW ARE THE VARIOUS SQUINTS MANAGED?

Each type of squint has a customised form of treatment for each person depending on the cause, the severity and the presence/degree of ‘lazy eye’ (amblyopia).

A thorough examination by the ophthalmologist helps in classifying all of these factors and thereafter appropriating a treatment objective.

- **Amblyopia (lazy eye)** is treated with limited periods of eye-patching or special dilating eyedrops.
- **Significant refractive errors** (long/short-sightedness, astigmatism) are treated with spectacles/contact lenses with/out prisms.
- **Botox injections** into muscles can also be performed to neutralise the squint. These injections offer a temporary solution and need to be repeated after 4–6 months as the effect slowly wears off.
- **Surgical correction** to muscles may also be performed to correct any squints. ➤

3. PTERYGIUM

A pterygium is a fleshy, pink growth of the conjunctiva (mucous membrane that covers the white part of the eye). It is a benign growth often shaped like a wedge.

WHAT CAUSES A PTERYGIUM?

The exact cause is unknown, but it is associated with excessive exposure to sunlight, wind or sand. Therefore, it is more likely to occur in populations that inhabit areas near the equator, as well as windy locations. In addition, pterygia (plural) are twice as likely to occur in men than women.

Preventative measures include wearing protective sunglasses with side shields and/or

wide-brimmed hats and using artificial tears throughout the day, and which may help prevent their formation or stop further growth.

Surfers and other water-sport athletes should wear eye protection that blocks 100% of the UV rays from the water, as is often used by snow-sport athletes.

WHAT ARE THE SYMPTOMS?

A pterygium isn't always symptomatic, but may cause eye irritation (itching, redness and tearing) and larger ones which expand can distort clear vision or altogether obscure it.

Early detection and intervention are pertinent before this late stage is reached.

HOW IS A PTERYGIUM TREATED?

Treatment of an early symptomatic pterygium is limited to conservative use of eyedrops initially. Surgical intervention is normally warranted in cases where the pterygium has expanded across the cornea (clear window portion of the eye) or distorts it, causing blurred vision. Surgery is also warranted for cosmetically unsightly pterygia and for persistent eye irritation symptoms despite adequate medical therapy.

Surgical removal of the pterygia is performed in theatre under local anaesthesia. It's peeled off gently and synthetic graft tissue is used to seal the surgical site giving a pleasing cosmetic and functional result. ■

With screening, early detection and treatment, you can often protect your eyes against serious vision loss.



LET'S EXPLORE

All images found on TravelGround.com

THE CAPE TOWN CITY BOWL

The heart of Cape Town is the best location for those who want to be right in the middle of the vibey ambience, colourful history and diverse culture of the Mother City. Within a very small radius, opportunities for shopping, dining and attending live performances are endless. So we've listed 8 proven favourites among both locals and tourists as a handy tool to plan and map your getaway in the city.



GREENMARKET SQUARE

This trading plain's history is almost as old as the city itself. The origins can be traced back to 1696. The bartering tradition continues still today with arts, crafts and fabrics from all over Africa, in a setup where buskers and street artists contribute to the atmosphere. You can even take a step back and watch the whole spectacle from one of the cafés bordering the square.
Address: Between Shortmarket and Longmarket Streets



ORANJEZICHT CITY FARM MARKET

Make your way to the OZCF Market every Saturday and Sunday at the historic Granger Bay site near the V&A Waterfront. Independent local farmers and artisanal food producers have their products on display where many locals do their weekly shopping. You also have the option to pick your own produce on Saturdays at the farm itself. **Address: Market – Granger Bay, V&A Waterfront; Farm – Cnr Upper Orange Street and Sidmouth Avenue, Oranjezicht >**



THE COMPANY'S GARDEN AND RESTAURANT

This historical landmark also houses a museum, planetarium and gallery. It serves as a haven in the middle of the city where you can just go for a stroll, feed the squirrels, sit in the shade and people watch. After exploring all the sights and sounds in and around the garden, take a seat in the garden restaurant.
Address: 15 Queen Victoria Street



CLARKE'S DINING

Clarke's caters for the healthy, eco-conscious city dweller. They are dedicated to real food – fresh and authentic, making their own almond milk and not allowing any plastic straws. Their dedication to Capetonians' well-being extends to their retail section at the back offering items that are usually hard to find in Cape Town, such as kombucha on tap.
Address: 133 Bree Street



TWO OCEANS AQUARIUM

Have you ever seen an African penguin waddle by? Or a sea turtle swimming overhead? The Two Oceans Aquarium has all this and more, while taking part in the conservation of our oceans and creatures of the deep and shores. It is a fun day out for the whole family! Tip: If you buy tickets online, you can skip the queues at the ticket office.
Address: Dock Road, V&A Waterfront



CAFÉ ROUX

Café Roux in Shortmarket Street is a fantastic venue showcasing musical performances and stand-up comedy. We just love how simple and unpretentious their menu is – plain ol' Italian pizza, pasta and salad with the emphasis on seasonal fresh ingredients all year round.
Address: 74 Shortmarket Street



TRAFALGAR PLACE FLOWER MARKET

An iconic scene that the nearby Adderley Street is known for is that of ladies selling flowers at Trafalgar Place, a tradition dating back at least a century. True to the Cape, sales include colourfully dyed fynbos and proteas, along with all the commonly known flowers you would expect to find at a florist such as daisies, lilies and roses.
Address: 13 Adderley Street



THE FUGARD THEATRE

If you'd like to get a taste of the cultivated side of Cape Town, do attend a performance at this world-class theatre. Named after the iconic South African playwright Athol Fugard, it opened its doors in District Six in 2011. Lovers of the fine arts can look forward to ballets, operas and cinema nouveau.
Address: Caledon Street

WHERE TO STAY

Whether you're a born and bred Capetonian, repeat or first-time visitor, we hope our guide will satisfy your appetite!



HOLLOW ON THE SQUARE, HANS STRIJDOM AVENUE

From R1840 per night for 2 people



THE SQUARE AND COMPASSES, NAMAQUA HOUSE

From R2000 per night for 5 people



3 CANTERBURY SQUARE, VOGELGEZANG STEET

From R1399 per night for 5 people



MODERN DESIGNER APARTMENT, LONG STREET

From R1300 per night for 2 people



HARBOUR BRIDGE PENTHOUSE, DOCKRAIL ROAD

From R2000 per night for 4 people



FOUR SEASONS WOONSTEL, BUITENKANT STREET

From R790 per night for 2 people ■

HOLIDAY FEAST ON THE FIRE

A DELUXE FEAST AROUND THE BRAAI



INGREDIENTS

FOR THE COCONUT PRAWNS

- 5cm piece fresh ginger, peeled and roughly chopped
- 2 garlic cloves, roughly chopped
- 2 green chillies, roughly chopped
- 1 tbsp ground coriander
- 1 tbsp ground cumin
- 1 x 160ml tin coconut cream
- 4 limes: the juice from 2 limes and 2 limes cut into wedges, to garnish
- small bunch fresh coriander, roughly chopped
- 1 onion, roughly chopped
- 8 large prawns, shells left on

FOR THE CHICKEN TIKKA

- 5cm piece ginger, peeled and grated
- 1 tbsp tomato purée
- 1 green chilli, finely chopped
- 2 garlic cloves
- 1 tsp ground turmeric
- 1 tsp red chilli powder
- 1 tsp ground cumin
- 1 tsp garam masala
- 400g Greek-style yoghurt
- 2 limes, juice only
- 4 boneless skinless chicken breasts, cut into chunks

FOR THE DIP

- 4 ripe tomatoes
- 1 lime, juice only
- ½ tsp ground cumin
- ½ tsp ground coriander

- small bunch fresh coriander, roughly chopped
- small bunch fresh mint, leaves only, roughly chopped

METHOD FOR THE COCONUT PRAWNS

1. **Blend** all of the coconut prawn ingredients, except for the prawns, to a smooth paste in a food processor.
2. **Thread the prawns** onto 4 large metal or wooden skewers, place them onto a baking tray, spoon the marinade mixture over the top, turning to coat the prawns completely. **Cover and marinate** for at least 2 hours in the fridge.



BARBECUED COCONUT PRAWNS AND CHICKEN TIKKA

Source: www.bbc.com/food/recipes

FOR THE CHICKEN TIKKA

1. **Blend** all of the chicken tikka ingredients except for the chicken to a smooth paste in a clean food processor.
2. **Place** the chicken pieces in a bowl, spoon over the marinade mixture and stir to coat. Cover and marinate for at least 2 hours in the fridge. When marinated, thread the chicken pieces onto large metal skewers.

WHEN YOU'RE READY TO START COOKING

1. **Light your braai.** Allow the flames to flare up and die down, until the coals are

glowing red and starting to turn white.

2. While the braai is warming up, **make the dip** by blending all of the ingredients to a coarse salsa in a clean food processor.
3. **When the coals are ready, lay the prawn skewers over the coals** and cook for 5–8 minutes, turning once, until slightly charred on both sides.
4. **Cook the chicken skewers at the same time**, for 12–15 minutes, or until the chicken is cooked through. (The chicken is cooked through when the juices run clean, when the meat is pierced with a knife and no trace of pink remains.)

Alternatively, heat a griddle pan until hot and cook the prawns and chicken until cooked through.

5. **To serve**, slide the prawns and chicken from the skewers onto plates and serve with a dollop of the dip alongside, garnished with the lime halves.

RECIPE TIPS

- To get ahead, marinate the prawns and chicken the day before, if desired.
- If you use wooden skewers, soaking them in warm water for 10–30 minutes before threading will keep them from cooking along with the food. ■



HOUSE CALL

MEET ONE OF OUR DEDICATED SPECIALISTS:

DR ZARAINA SOLOMONS

Specialist Physician at Melomed Gatesville Hospital



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

I love food! I regard myself as an amateur food critic (degree obtained through watching too many cooking shows on BBC Food and Food Network). My favourite restaurant changes depending on which new halaal restaurants pop up. Currently Andalusse Moroccan Cuisine is top of the list...



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

Anything that I receive from my family, kids and friends, irrespective of how small or misshapen it may be – those gifts are often the best because they make you feel super warm and fuzzy inside. I currently have a load of pictures and ceramics that resemble animals, flowers and landscapes of family members – joys of having little kids.

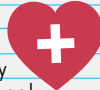


3 Why did you choose your profession?

Lots of guidance from people around me at the time made me choose this profession. It affords you the opportunity to have a unique window into the human experience as patients entrust you with their most personal matters at a time they are

most vulnerable.

It is an ever-evolving profession which affords you the ability to grow from a personal perspective but also, we need to stay current with regards to medical trends and protocols which makes it intellectually stimulating. It also affords you the opportunity to make a positive contribution to the community by reaching out to patients but also training future doctors. This is a topic that I can expand on at length... there are many reasons but that's the long and short of it.



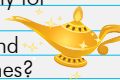
4 What TV show character from which TV show do you like the most?

Daenerys Targaryen – Khaleesi, Mother of Dragons. I currently am mom to three of the most precious dragons.



5 If a genie granted you three wishes right now, what would you wish for?

Safety and prosperity for my kids, equality across the board and a million more wishes?



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

Cinema Paradiso, it's

all about nostalgia, also set in my most favourite place in the world... I have an intense fascination with all things Italian.

7 What's your secret phobia?

It's not much of a secret... everyone knows I despise clowns.



8 If you could speak another language, which would it be and why?

Italian... and Dothraki.

9 If you could only keep five possessions, what would they be?

My wedding rings, cellphone with unlimited data (all my kids' pictures), hand sanitiser on tap, a fancy handbag and my car.



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

Would love to go on pilgrimage and Italy. ■



Are you Expecting?

Melobabe offers
FREE
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!

MEN'S HEALTH

Prostate Specific Antigen (PSA) TESTING promotion

Invest in your Health and get tested today.

PSA testing is available at any PathCare branch during CANSA Men's Health promotion at a cash price of R115.00

Testing Recommendations:

- From Age 40 in men with a positive family history in a first degree relative
- From age 45 for all other men.
- Men with a history of lower urinary tract symptoms regardless of age group.

For more information on PSA testing please contact your doctor or CANSA.

Toll-free line: 0800 22 6622 or

website: info@cansa.org.za

