

melomag

Free Health Guide!

Issue 33 | 2019

**OUR
PREGNANCY
AWARENESS
ISSUE**

**NEED-TO-KNOW
ABOUT PERTUSSIS**

**TELL-TALE SIGNS
OF BURNOUT**

**HOW TO GET
BREASTFEEDING
OFF TO A GOOD START**

**PARENTHOOD:
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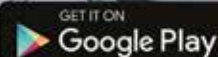
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Published in the interest of your health by MELOMED

WHAT'S
BUGGING
YOU?



FIND OUT MORE BY DOWNLOADING
OUR MOBILE APP. #ANTIBIOTICRESISTANCE



 Bug
Wise

GIVE-AWAY!

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

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LOTS OF HUGGING AND KISSING IS NEEDED



We need four hugs a day for survival. We need eight hugs a day for maintenance. We need twelve hugs a day for growth. This can't be truer for newborns, kids and their parents. Here are a few reasons you should be hugging and kissing your child more than you already do.

IT HELPS GROWTH: If your newborn infant is getting lots of hugs, that's a very good thing. Studies show that physical contact has a huge role to play in your child's growth, especially during their younger years. Gentle touching early in life has positive effects on the baby's brain. The infants learn that affection is pleasant, not overwhelming. **This releases feel-good hormones, which stimulate growth.**

LOWERS TEMPER TANTRUMS: Ever experienced how your child calms down when you hug them tight in your arms or plant a kiss on their cheeks when they are having a meltdown?

IT'S GOOD FOR THEIR EMOTIONAL HEALTH: You thought children don't experience stress? Of course they do. That's why hugs and kisses are even more important, because it keeps them emotionally healthy by helping them regulate their emotion.

IT KEEPS THEM HAPPY: Above everything else, a happy child is a healthy child. Holding your child and giving them a hug not only makes them feel loved, but also boosts their self-confidence and self-esteem.

HELPS YOU BOND WITH THEM BETTER: Physical touch between a parent and a child strengthens the bond that you share. A warm hug not only makes them feel more secure, but also alleviates their fear and brings trust to the relationship. **There is no doubt, it makes a difference for your baby.**

Source: www.femina.in; www.dhchealthnews.com

HAVE YOU TESTED FOR DIABETES?



More than three million South Africans suffer from type 2 diabetes, and the incidence is increasing – with new patients getting younger. New studies show this type of diabetes is often part of a metabolic syndrome (X Syndrome), which includes high blood pressure and other risk factors for heart disease. **More than 80% of type 2 diabetics die of heart disease, so make sure you control your glucose levels, and watch your blood pressure and cholesterol counts.**

Source: abc.net.au

ENTER
TODAY
& WIN

Melomed is giving away a beach umbrella 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 **Melomag33** in the subject line. Competition closes 31 March 2019.

**What is the Melomed24 emergency number?
(See page 33.)**

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.



TAKE A STAND AGAINST SITTING

Research indicates sedentary behaviour has adverse health effects. Sitting for 11½ hours a day increases the risk for mortality, even for people who are active.

You can't work out in the morning and then just sit down for 10 hours. It is recommended that you get out of your chair every 30 minutes and walk around. But it might be tough to stand up and walk around as much as recommended. **Here are 5 ways you can use to incorporate more activity into your daily life:**

- 1. Use a small water glass or bottle.** It will force you to make more trips to keep it filled.
- 2. Walk to a co-worker's office** to have a conversation with them instead of just sending another email.
- 3. When you receive a phone call,** get up and walk while you talk.
- 4. Send your documents** to printer on the other side of your office building.
- 5. Stand up during a conference call** or other times when you aren't required to sit at a computer.

www.healthylivingmadesimple.com



EAT FAT TO AVOID FAT!

If you're working on getting leaner, don't cut out good, healthy fats like omega-3 fatty acids. Lack of these nutrients can negatively impact the speed (and how) you age. To keep feeling and looking younger, incorporate more oily fish, walnuts, and flax seeds into your diet, which also help the skin stay supple and wrinkle-free. Omega-3s also help boost brain health and keep the heart in good shape.

www.mensjournal.com

TAKE NOTE

WORK-LIFE BALANCE – TIPS FOR BUSY PARENTS

Most parents work outside of the household, and for many of them, it's difficult to find that delicate work-life balance. **How can you make a living and have a successful career while still taking care of your children and spending quality time with them?**

Taking care of children is one of the most rewarding and tiring activities around, and the only thing you can do as a parent is prepare as much as you can. Start by assessing your current situation, and then put together a plan to give work and your family the attention they both deserve.

Mornings are usually the busiest time of day for those with kids, so make breakfast and lunch the night before. Prepping meals and having lunches packed can help you drop off the kids at school and still make it to that 9 a.m. meeting.

If you simply struggle to find time and can't make any concessions, why don't you take advantage of the Internet?

There are retailers that allow you online and pick-up in-store, or you can pay bills and run bank-related errands from the comfort of your own living room.

Make a family calendar to help you keep on top of things. It will also encourage kids to be more organized.

Leave work at work because technology can often blur the line between work and family.

Set aside one evening a week to do something you enjoy. Focus on quality rather than quantity of time. Let your partner help you with the workload or take turns for some me-time.

Last but not least – give up on perfection.

So what if your home's a bit messy, or meals aren't cook from scratch every day. Life is too short to worry!

www.entrepreneur.com

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



MeloHearts support group



**Melomed Tokai Hospital
Last Wednesday of Every
Month at 14h00 – 15h00
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
or info@melomed.co.za



Postnatal Moms and Babies Coffee Morning



Melomed Tokai Hospital First Friday of Every Month at 10h00 - 12h00 Conference Room (5th Floor)

A support group for new moms who gave birth at any of our Melomed hospitals.

**Babies up to the age of 12 months are welcome.*

*Please confirm your attendance with Taryn on 021 699 0950
or email info@melomed.co.za.*

ATTENDANCE IS FREE AND REFRESHMENTS WILL BE SERVED.



DO YOU HAVE THEM?
THE TELL-TALE SIGNS OF
BURNOUT

Feeling depleted of energy? You should recognise the signs of a burnout before it's too late. Burnout is long-term exhaustion meets diminished interest, energy and passion.

WHAT CAN YOU DO ABOUT IT?

If constant work stress has you feeling exhausted, worn out or just plain sick to your stomach, you may be suffering from burnout. You would think it would be easy to recognise the signs, but often burnouts happen over time with very few indicators that your work and life have taken a turn for the worse.

DO ANY OF THESE TRAITS SOUND FAMILIAR? IF SO, YOU MAY NEED TO SLOW DOWN.

Burnout is a state of emotional, mental and physical exhaustion caused by unbalance; too much work or responsibility and too little time to do the things that need to be done, causing a prolonged period of excessive stress.

More simply put, if you feel exhausted, start to hate your job, and begin to feel less capable at work, you are showing signs of burnout.

THE SYMPTOMS OF BURNOUT ARE NOT ALWAYS DRAMATIC. THEY'RE OFTEN OVERLOOKED OR ATTRIBUTED TO SOMETHING ELSE.



BURNOUT ISN'T LIKE THE FLU; IT DOESN'T GO AWAY AFTER A FEW WEEKS UNLESS YOU MAKE SOME CHANGES IN YOUR LIFE.

SIGNS AND SYMPTOMS

• CHRONIC EXHAUSTION

When you are burned out, you often feel exhausted physically and emotionally.

- You go long periods of time without taking care of your body or getting proper rest. It's a feeling of being completely drained of energy to move or think.
- You go to bed physically and mentally exhausted every night and you wake up tired every morning. Even when you get enough hours of sleep, you're not waking up feeling rested and refreshed.
- Everything feels like it takes too much energy and effort: visiting friends, going out to dinner, or going shopping – things you would otherwise enjoy and look forward to doing.

• DETERIORATING HEALTH

A burnout in most cases is caused by mental stress and that can take a toll on the body.

- Some people begin to experience a deterioration in their health such as high blood pressure, insomnia, hair loss, vision problems and back pain.
- You have an illness that you can't seem to recover from. Like having a cold that seems to last forever.

• INCREASED IRRITABILITY

A clear sign that you are burned out is becoming short-tempered or easily frustrated with your work, co-workers and family.

- You're unusually cranky and overly emotional. You feel like you're frequently on the verge of tears and it's not always obvious as to why.
- It's a challenge to find contentment and happiness in life.
- You feel "off" and you're not sure why or how to fix it.
- You act irrationally, like having an emotional meltdown or quitting suddenly.

Irritability often stems from feeling ineffective, unimportant, useless, and an increasing sense that you're not able to do things as efficiently or effectively as you once did. In the early stages, this can interfere in personal and professional relationships. At its worst, it can destroy relationships and careers.

• DEPRESSION

In the early stages, you may feel mildly sad, occasionally hopeless – and you may experience feelings of guilt and worthlessness as a result.

- You feel trapped and hopeless - especially after long periods of time working with no breaks or time off.
- You are constantly bombarded with negative thoughts and perceptions about the workplace. You feel like you're never doing enough.
- It's a challenge to find contentment and happiness in life.
- You constantly feel like you have to prove yourself to others.
- You seek the approval of others more often.

At its worst, you may feel trapped, severely depressed, and think the world would be better off without you. (If your depression is to this point, you should seek professional help immediately.)

• FOMO (FEAR OF MISSING OUT) ON WORK

Being preoccupied with work to the point where it stops you from engaging in other activities is a sure sign of a burnout.

- You stress about work 24/7.
- You need time to find a release to let go of work issues, so that you can engage and enjoy your downtime. >

• RELIANCE ON DRUGS AND ALCOHOL

- A nightly need to turn to self-medication, drugs and alcohol to cope with stress is worrisome and a signal for burnout help.
- You depend on coffee to perk up, alcohol to “relax”, and sleeping pills to rest.

• POOR WORK PERFORMANCE

When burned out, your thinking isn't as sharp and your overall work begins to decline.

- You start making more mistakes and becoming less productive.
- You may also get more complaints about your work, too.

WHAT CAN YOU DO TO COMBAT BURNOUT?

Burnout isn't like the flu; it doesn't go away after a few weeks unless you make some changes in your life.

And as hard as that may seem, it's the smartest thing to do because making a few little changes now will keep you in the race with a lot of energy to get you across the finish line.

Get organised.

When you have order in your day, you feel more in control of how it turns out.

Assess your interests, skills and passions.

Are the things you're doing a match to your interests or core values?

Set personal goals.

Although your boss may have a goal for your assignment, set personal goals to achieve milestones and celebrate your success.

When you can clearly measure your progress, it will increase your confidence and overall well-being.

Identify and manage the stressors that contribute to burnout. Look at your stressors individually instead of the big picture. They're a lot less overwhelming and making changes can be easier.

Get enough sleep.

Sleep restores well-being and helps protect your health.

Evaluate your options.

What can you realistically change about your lifestyle?

Get some exercise.

Regular physical activity can help you to better deal with stress.

Seek support.

You're not alone. The support of loved ones helps with stress and feelings of burnout. You can also try communicating more with co-workers and your boss about your concerns, as well as sharing ideas to enhance projects or improve workflow.

Adjust your attitude.

Consider ways to improve your outlook. Rediscover enjoyable aspects of your life. Make the time to do things you enjoy.

Set boundaries.

Set an end to your workday. Determine what needs to be done for you and your boss to feel you've had a productive day. Work to achieve the goals so that you can leave at a specific hour and feel good about ending your workday.

Improve your diet.

Drink a lot of water and eat well-balanced meals. Certain food gives you energy and clarity of mind. Try not to consume junk food while working as it can make you sluggish and unproductive. Some or all of these can be part of your anti-burnout new year's resolutions.

HERE'S TO A HAPPY, HEALTHY, STRESS-FREE 2019! ■

Source: www.jillconyers.com

Be SunSmart Everywhere!

DID YOU KNOW? Sun exposure adds up day after day, and it happens every time you're in the sun. Damage is permanent and irreversible.

MYTH

FACT

'Sunburn happens only when we go to the beach'

More of us can get sunburnt during day to day activities

'When I'm active outside, the sun doesn't affect me'

During sport, players, officials and spectators can be exposed to excessive levels of UV radiation that can cause skin and eye damage, sunburn and skin cancer

'My skin is strong and I tan easily without burning'

All skin types can be damaged by overexposure to UV rays. Damage is permanent, irreversible and adds up with each exposure to increase the risk of skin cancer

'I have a dark skin, so I don't have to protect my skin'

There is a lower incidence of skin cancers among darker skin tone population. However, melanoma tends to occur on the palms, soles of the feet and mucosal surfaces. Skin cancers in people with darker skin are often diagnosed at a more advanced stage

'Men's skin doesn't damage as easily as women's'

Stats indicate a higher incidence of Basal cell carcinoma among men in SA than women. Melanoma skin cancer death rates in men are on the rise in most countries. There's evidence that suggests men are less likely to protect themselves from the sun

'The UV rays in SA are the same as elsewhere in the world'

Year round exposure to high ultraviolet radiation from the sun together with SA's geographic position makes us especially susceptible to skin cancer

'So now I must avoid the sun completely'

Sunlight is the main source of UV rays, but you don't have to avoid the sun completely. And it is unwise to stay inside if it keeps you from being active, because physical activity is important for good health. But getting too much sun at the dangerous times of day (10:00 and 15:00) are harmful



Healthy Aging

It may be true that “you’re as young as you feel.” However, feeling young sometimes takes some planning.

LOOK AFTER YOUR TEETH

Brush twice a day and floss daily to prevent gum disease which can be linked to diabetes, strokes, heart disease and rheumatoid arthritis. **Have regular check-ups.**



WATCH WHAT YOU EAT AND DRINK.

Having a balanced diet is crucial for good health, energy and preventing illness. **Drink lots of water to avoid dehydration!**



TAKE CARE OF YOUR FEET

Apply moisturiser to dry skin and cut your toenails straight across. **Shoes should fit properly and support your feet.** If your feet are sore, rather choose more supportive shoes like a pair of trainers instead of slippers. Contact your GP if your feet become painful, feel very hot or cold or if you have corns, bunions or ingrown toenails.



GET A VITAMIN BOOST

Vitamin D deficiency is linked to cognitive impairment, bone problems and heart disease.

Try to get some sunshine for at least 15-20 minutes a day and eat eggs and oily fish for a vitamin D boost.

MAKE THE MOST OF YOUR GP

Get your routine tests done to check your blood pressure and cholesterol levels. High readings increase your risk factor for stroke and heart disease. **Also remember your seasonal flu shot.**

SORT OUT YOUR SLEEP

The body must rest in order to rejuvenate. Developing a schedule or bedtime routine to regularly get 7-9 hours of sleep per day is critical to healthy aging.



STAY IN TOUCH

Socializing with other people can prevent you from feeling lonely or anxious. If you struggle do the things you used to do, try to a new hobby, pursue a new interest or become a volunteer. Connect with a local church or retirement village to participate in their activities.



TAKE THE TESTS

Get your hearing and eyesight checked regularly. See your GP if you have to have the TV on loud or having trouble tuning into conversations. **Your eyes should be checked yearly.** Changes in your vision can be corrected and any problems can be picked up early.

STOP SMOKING

Smoking is linked to heart disease, lung cancer, and bronchitis. If you stop smoking, regardless of your age, your circulation, your lung capacity and your energy levels will improve..

Eating well

Images: www.freepik.com



HEALTHY FATS WHY? It boost our metabolism, supports positive mood and cognition, and benefits skin and eyes. **EAT** coconut and extra-virgin olive oil, avocados, salmon, nuts and seeds.



PROTEIN WHY? It helps build the hormones and neurotransmitters we need to feel awesome. It prevents muscle loss, promotes balanced blood sugar and supports weight management. **EAT** nuts, seeds and legumes, salmon, sardines and grass-fed beef.



LOSE THE SUGAR WHY? An increase of harmful compounds that are formed when protein and fat combine with sugar in the blood stream can damage cells and have been linked to diabetes, Alzheimer's disease and heart disease. **EAT** natural sugars in fresh, whole fruits, berries and cherries and honey.



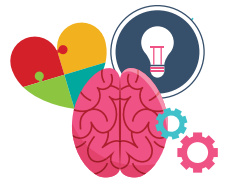
SKIP PROCESSED CARBOHYDRATES WHY? It will fast-forward the aging process. The body quickly turns carbs into sugar and starchy carbohydrates can increase the risk of type 2 diabetes, obesity, high blood pressure, heart disease and depression. **EAT** high-fibre, grains such as brown rice, oats and quinoa.



EAT BRIGHT-COLOURED FOODS WHY? They contain vitamin C and carotenoids that support eye health and healthy skin. Fresh fruits and veggies also provide fibre, which helps with regular digestion, elimination and healthy weight. **EAT** spinach, broccoli, beets, carrots and tomatoes.

Be mentally active

KEEP YOUR BRAIN ACTIVE and healthy by doing activities that stimulate your brain. Do some reading - a magazine, book or newspaper. Learn a new skill, such as a new language or attend an educational class. Find out about educational programs at your nearest library or museum. Start a puzzle or play some word games.



Be physically active

EXERCISE. Daily exercise helps you to stay strong and healthy. It lowers your risk of obesity, heart disease, stroke, diabetes, and even cancer. Staying active can boost your self-esteem, improve your sleep, and give you more energy. It is recommended to do moderate intensity activity and strengthening exercises. Check with your doctor.

1 in 2

elderly women don't get any physical exercise by the age of 75

x2

There are twice as many woman than men who are 85 years old

60%

of men over the age of 60 will begin to snore while sleeping due to breathing difficulties

80%

of older adults will battle at least one chronic condition or illness



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HYPERTENSION IN PREGNANCY

Pregnancy is a wonderful journey in a woman's life. Most women have uncomplicated pregnancies and deliveries, however there are a subset of women who are at risk for medical disorders during the antenatal and postnatal period. High blood pressure and pregnancy isn't necessarily a dangerous combination.

WHAT ARE THE TYPES OF HIGH BLOOD PRESSURE DURING PREGNANCY?

- **Gestational hypertension**
Women with gestational hypertension have high blood pressure that develops after five months of pregnancy. There are no signs of kidney or organ damage. Some women with gestational hypertension eventually develop preeclampsia.
- **Chronic hypertension**
is high blood pressure that was present before pregnancy or that occurs before five months of pregnancy.
- **Chronic hypertension with superimposed preeclampsia.** This condition occurs in women with chronic hypertension before pregnancy who develop worsening high blood pressure and other blood pressure related complications during pregnancy.
- **Preeclampsia** occurs when hypertension develops after five months of pregnancy, and is associated with signs of damage to other organ systems, including the kidneys, liver, blood or brain.
- **Postpartum preeclampsia.** In rare cases, this condition occurs when a woman may experience high blood pressure after giving birth.

Pre-eclampsia is a serious condition with known risk factors and affects about 2 – 8% of pregnancies.

The exact cause of pre-eclampsia is unknown.

However, trials have shown that there are abnormalities within the placental blood vessels and there is an implied genetic link. With narrowing of the blood vessels, blood flow is limited. This results in varying degrees of affection to mum and baby.

The high blood pressure of preeclampsia can develop rapidly and thus your obstetrician will monitor for preeclampsia regularly at your prenatal visits and treat it, if necessary. It must be reiterated that most women with preeclampsia go on to have healthy babies.

WHAT SHOULD I DO TO PREPARE FOR PREGNANCY?

If you have high blood pressure, schedule a pre-conception appointment with your obstetrician and physician.

This gives us the opportunity to evaluate the management of your blood pressure and consider treatment changes you might need to make before pregnancy.

If you're overweight, your health care provider might recommend losing the excess weight before you try to conceive. Certain high risk women are treated with low dose aspirin even prior to conception.

Although it's not always clear what causes preeclampsia during pregnancy, there are some known risk factors, including if:

- This is your first pregnancy
- New paternity: this is your first pregnancy by a new father
- The pregnancy gap is less than 2 years or more than 10 years
- You had preeclampsia in a previous pregnancy
- You have a family history of preeclampsia
- You have a history of high blood pressure or kidney disease
- You're over 40 years old
- You're carrying twins, triplets, or other multiples
- You have diabetes, a blood clotting disorder, lupus, or migraines
- You're obese
- Your pregnancy is a result of IVF

HYPERTENSION DURING PREGNANCY REQUIRES CLOSE MONITORING AS IT POSES VARIOUS RISKS INCLUDING:

Decreased blood flow to the placenta

If the placenta doesn't get enough blood, your baby might receive less oxygen and fewer nutrients. This can lead to slow growth (intrauterine growth restriction), low birth weight or premature birth.

Injury to your other organs

Poorly controlled hypertension can result in injury to your brain, heart, lungs, kidneys, liver and other major organs. In severe cases, it can be life-threatening.

Prematurity

Prematurity can lead to breathing problems, increased risk of infection and other complications for the baby.

Eclampsia

This is a combination of preeclampsia and seizures. The woman may experience pain under the ribs on the right side of her body, intense headache, blurry vision, confusion, and decreased alertness. If left untreated the woman is at risk of going into a coma, suffering permanent brain damage, and death. The condition is life-threatening for the baby as well.

Placental abruption

Preeclampsia increases your risk of this condition in which the placenta separates from the inner wall of your uterus before delivery. Severe abruption can cause heavy bleeding, which can be life-threatening for you and your baby.

Intrauterine growth restriction

Hypertension might result in slowed or decreased growth of your baby (intrauterine growth restriction).

Premature delivery

Sometimes an early delivery is needed to prevent potentially life-threatening complications when you have high blood pressure during pregnancy. **Preeclampsia can have some long-term consequences for the developing baby.**

Research has shown that high blood pressure in pregnant women may affect the baby's cognitive skills, which can carry through into later life. >

Future cardiovascular disease

Having preeclampsia might increase your risk of future heart and blood vessel (cardiovascular) disease. Your risk of future cardiovascular disease is higher if you've had preeclampsia more than once or you've had a premature birth due to having high blood pressure during pregnancy.

HOW WILL I KNOW IF I DEVELOP HYPERTENSION DURING PREGNANCY?

After 20 weeks of pregnancy, blood pressure that exceeds 140/90 mm HG, documented on two or more occasions, at least four hours apart, without any other organ damage – is considered to be gestational hypertension.

HOW WILL I KNOW IF I DEVELOP PREECLAMPSIA?

Besides high blood pressure, other signs and symptoms of preeclampsia include:

- Excess protein in your urine (proteinuria) or additional signs of kidney problems
- Severe headaches
- Changes in vision, including temporary loss of vision, blurred vision or light sensitivity
- Upper abdominal pain, usually under your ribs

on the right side

- Nausea or vomiting
- Decreased levels of platelets (clotting factors) in your blood
- Impaired liver function
- Shortness of breath, caused by fluid in your lungs.
- Sudden rapid weight gain and swelling particularly in your face and hands

Swelling is a common part of pregnancy, especially during the third trimester, and tends to occur in the lower parts of the body, such as the ankles and feet. Symptoms are typically milder first thing in the morning and build up during the day. This is not preeclampsia.

During pregnancy, you will have frequent antenatal visits. Your weight and blood pressure will be checked at every visit, and you might need frequent blood and urine tests. With the confirmation of hypertension, an antihypertensive will be initiated. The anti-hypertensive is specific for pregnancy and the dose is measured against blood pressure control.

Your baby will also be monitored closely. You may also be asked to start aspirin in addition to an anti-hypertensive drug. Frequent ultrasounds might be used to track your baby's growth and development. Fetal heart rate monitoring will be used to evaluate your baby's well-being. You will also be asked to monitor baby's movements with a fetal kick-count chart.

Severe pre-eclampsia will generally warrant admission

for blood pressure control, close fetal monitoring and intravenous anticonvulsant medication called Magnesium sulphate, to prevent seizures from raised blood pressure. Severe Pre-eclampsia will usually necessitate an earlier delivery. Mild pre-eclampsia can be managed with regular outpatient antenatal consultations.

TAKING GOOD CARE OF YOURSELF IS THE BEST WAY TO TAKE CARE OF YOUR BABY.

- **Keep your prenatal appointments.** Visit your health care provider regularly throughout your pregnancy.
- **Take your blood pressure medication as prescribed.** Your health care provider will prescribe the safest medication at the most appropriate dose.
- **Stay active.** Follow your health care provider's recommendations for physical activity.
- **Eat a healthy diet.** Ask to speak with a nutritionist if you need additional help.
- **Know what's off-limits.** Avoid smoking, alcohol and illicit drugs. Talk to your obstetrician before taking over-the-counter medications.
- **Take time to rest.** Resting helps bring the blood pressure down, which in turn increases the flow of blood to the placenta, which benefits the baby.

The only cure for preeclampsia and eclampsia is to deliver your baby.

Your obstetrician will talk with you about when to deliver based on the gestation, the severity of your preeclampsia and the fetus's well-being.

Most women with preeclampsia have healthy babies. If your baby has developed enough, usually by 37 weeks or later, your obstetrician will discuss delivery – either by an induction or a cesarean section. If your baby is not close to term, you and your doctor may be able to treat preeclampsia until your baby has developed enough to be safely delivered.

The closer the birth is to your due date, the better for your baby.

Steroids injections may be given prior to delivery to help improve liver and platelet function, and to help your baby's lungs mature in premature babies. If you have preeclampsia with severe features, you might be given medication during labour to help prevent seizures.

WILL I BE ABLE TO BREAST-FEED MY BABY?

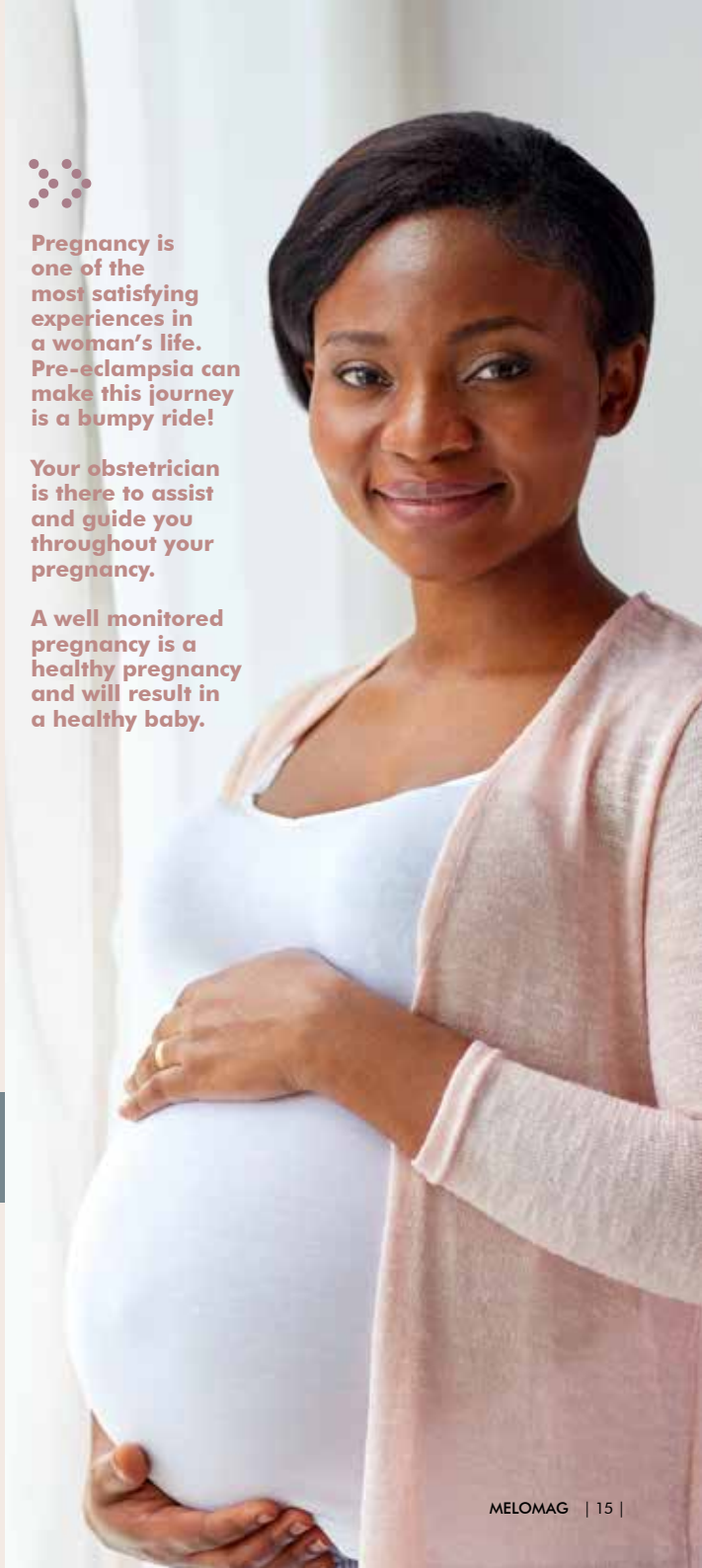
Breast-feeding is encouraged for most women who have high blood pressure, even those who take medication. Discuss medication adjustments you'll need to make with your obstetrician before your baby is born. Sometimes an alternate blood pressure medication is recommended. ■



Pregnancy is one of the most satisfying experiences in a woman's life. Pre-eclampsia can make this journey a bumpy ride!

Your obstetrician is there to assist and guide you throughout your pregnancy.

A well monitored pregnancy is a healthy pregnancy and will result in a healthy baby.





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PARENTHOOD: A LIFE BEGINS...



THE EXPERIENCE OF CHILDBIRTH AND PARENTHOOD IS AN UNKNOWN "ADVENTURE", WHICH RESULTS IN MAJOR CHANGES IN ONE'S LIFE AND FAMILY.

All parents worry about the possibility of unexpected outcomes like birth complications, prematurity, unforeseen abnormalities and surprise multiple pregnancies.

Far from the pictures of chubby babies you're used to seeing on every magazine cover, website and pamphlet you've read throughout your pregnancy, your newborn's looks may come as a surprise. In other words, don't be

alarmed if your newborn baby looks different than you expected. Your baby may be a little funny-looking. It is important to understand the effects of birth and that these are usually temporary. Here are a few basics you need to know about your new arrival.

AN ABNORMALLY SHAPED HEAD

- **CAPUT MEDUSA** (so called because of its resemblance to the head of the Greek god, Medusa) or moulding occurs as the skull squeezes through the birth canal. The pressure can result in localized swelling or overlapping of the soft skull bones. Molding is normal, and your baby's head will become round in a few days.

- **A CEPHALHAEMATOMA** is a pocket of blood (like a bruise) underneath a baby's scalp. It's more likely when forceps or a vacuum extraction is used to help pull a baby out during delivery or when a baby's head is forced up against the mother's pelvic bone during labour. This can cause blood to collect in the area, forming a lump. The lump is confined to one side of the top of the baby's head.

Cephalohematomas are fairly common and no cause for concern. There's nothing you can do to treat the lump, which will go away within a few weeks or months.

- **FONTANELLES**, the openings in the skull, which allows baby to mould its shape to fit through the birth canal, is commonly referred to as the soft spots on the head. The large and prominent soft spot (the anterior fontanel) is on top of your newborn's head and shaped like a diamond. A smaller, triangular-shaped fontanelle is at the back of the head. Soft spots are covered by a thick fibrous layer and they're safe to touch. The rear fontanelle takes about three months to close, while a front one takes between nine and 18 months.

ABNORMAL LOOKING SKIN OR SKIN COLOUR

- **VERNIX** is a waxy-like, white substance that covers your baby's skin. Every baby is covered in vernix, even if you don't see it at birth. Vernix helps protect the baby's skin from amniotic fluid. Most of the vernix will disappear by the time of birth. Vernix comes off easily with wiping.
- **PUFFY EYELIDS** due to the tight squeeze of normal birth and red marks on eye lids usually due to instruments used to assist during the birth, will disappear with a few days.
- **MILIA** is a fine white rash over the nose and face that look like tiny pimples, due to keratin that is entrapped just below the top layer of the skin. These disappear in time.

- **BIRTHMARKS** are present at birth or are clearly visible within the first month after birth. Birthmarks - ranging from temporary off-coloured patches to permanent splotches - are common.

o **Salmon patches** are pink or red areas, most frequently found on the back of the neck or on the bridge of the nose, eyelids, or brow (hence the fanciful nicknames "stork bite" and "angel kiss"). They generally disappear within the first year.

o **Mongolian spots** are flat patches that resemble ink stains on the back, buttocks, or elsewhere on the skin. The spots are caused by a concentration of pigmented cells and almost always fade or disappear by the child's 6th birthday.

o **Cafe-au-lait spots**, so called because of their "coffee with milk" light-brown colour, are present on the skin of some infants. These may deepen in colour (or may first appear) as the child grows older.

o **Strawberry or capillary hemangiomas** are raised red marks that looks like a strawberry and is caused by

collections of widened blood vessels in the skin. These may appear pale at birth, then become red and enlarge during the first months of life. They usually shrink and disappear without treatment within the first 6 years.

o **Port-wine stains**, which are large, flat, reddish-purple birthmarks, won't disappear on their own. As a child gets older, cosmetic appearance concerns may require the attention of a dermatologist.

• **NEWBORN JAUNDICE**, a yellowish discoloration of the skin and white parts of the eyes, is a common condition that normally doesn't appear until the second or third day after birth and disappears within 1 to 2 weeks without any special treatment.

Jaundice is caused by the accumulation of bilirubin (a waste product produced by the normal breakdown of red blood cells) in the blood, skin, and other tissues due to the temporary inability of the newborn's immature liver to clear this substance from the body effectively.

Although some jaundice is normal, those babies with pathological jaundice need more investigations to determine the cause and will require phototherapy. >

SMALL FOR GESTATIONAL AGE (SGA) OR LOW BIRTH WEIGHT (LBW)

Small for gestational age is a term used to describe a baby who is smaller than the usual amount for the number of weeks of pregnancy.

This means that they are smaller than many other babies of the same gestational age.

These babies have not grown adequately during pregnancy which can be due to internal factors in the womb for such as infections or genetic defects or external factors like maternal smoking, use of alcohol or poor maternal nutrition.

Feeding after delivery is paramount for these babies.

Lastly prematurity remains a major problem for all

parents and healthcare providers alike as it is often not preventable. A baby born before 37 completed weeks of pregnancy is considered premature.

Other terms often used for prematurity are preterm and “preemie.”

Many premature babies also weigh less than 2,500 grams and may be referred to as low birthweight (LBW).

A premature baby is ill-prepared for life outside the womb because all the organs are still growing and not yet functional. **Therefore they need specialized care and attention as they may need help breathing, eating, fighting infection, and staying warm.**

The cause of premature birth is unknown in about half of all cases. However, some of the reasons babies are born prematurely, include maternal and infant health.

Chances of survival have improved vastly in recent years. The morbidity and long-term quality of life of “preemies” are also much better than it was 20 years ago. **The first 6-8 weeks after your baby’s birth is known as the post-partum period. It’s a time for re-adjustment for the baby, parents and the whole family at large.**

Taking care of your newborn baby does not require any special skills – just some basic knowledge, a lot of common sense and willingness to seek help from healthcare providers.

“WHAT GOOD PARENTS INSTINCTIVELY DO FOR THE BABIES IS USUALLY BEST AFTER ALL”

- BENJAMEN SPOCK

Remember nobody has all the answers. **NOT EVEN DR. GOOGLE!** ■





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Dr N Allie
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Dr MA Jeeva



Dr H Khamissa

GATESVILLE AND MITCHELLS PLAIN



Annette Bing
Registered Midwife and Certified Lactation Consultant
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HOW DO I GET BREASTFEEDING OFF TO A REALLY GOOD START?

1. KNOWLEDGE IS POWER

Attend an antenatal class that includes Lactation education or book a private Lactation Education consultation one-on-one prior to your birth.

This is especially helpful if you anticipate that you may be at greater risk of breastfeeding challenges due to things like:

Multiple births, premature birth, previous breast reduction surgery, breast cancer, conditions of the thyroid or Diabetes, that may cause delayed onset of milk production or reduced milk production, previous history of unsuccessful lactation, adoption, anxiety. Know what is normal and what is to be expected so that you can recognize the abnormal and when to seek help.

2. BREASTMILK IS SO MUCH MORE THAN JUST NUTRITION

It is the Golden Standard of infant nutrition and the best vaccination your baby will ever receive!

Just a few proven benefits to baby: Lower allergy risk, asthma, acute respiratory tract infections, diabetes, cardiovascular disease, obesity, gastrointestinal

infections, otitis media and ear infections. Improved immunity and a higher cognitive development and therefore higher IQ than formula fed babies.

A few benefits of breastfeeding for the mother: Lower risk of: breast cancer, ovarian and endometrial cancer, osteoporosis, rheumatoid arthritis and maternal diabetes. Mothers-to-be should do the research into the benefits of breastfeeding to keep motivated and to give their babies the best start!

3. WHAT SHOULD THE FIRST 48 HOURS OF BREASTFEEDING LOOK LIKE FOR A FULL TERM HEALTHY BABY?

Lots of skin to skin on mom's chest, to help regulate baby's vital signs and initiate their interest in feeding. **A good latch and feed in the first two hours after birth if possible.**

If baby not able to latch, then hand express colostrum and offer to baby every couple of hours. **Ask the midwives/nurses on the postnatal ward for assistance with latching to help build your confidence prior to being discharged.**

Babies may be drowsy after a long labour and if mom has had pain medication, so may need a little extra encouragement to feed.

Where they are not able to successfully latch, offer a teaspoon or two of colostrum to keep the blood sugars stable and buy you time for both of you to learn this new skill. **Encourage baby to feed as often as baby is interested; 8 - 12 times per 24 hours. It is this very frequent feeding that encourages the milk to come in by day 3 - 4.**

The more they feed in the first 14 days, the better the long term milk production is, so try and avoid separation, delayed responses to baby's feeding queues, formula top ups if not indicated, water top ups.

Avoid nipple confusion in the first few weeks by avoiding a teat, so rather offer expressed breastmilk top ups via a teaspoon, syringe, cup feed or supplementary nursing system.

4. WHAT CAN I EXPECT ON DAY 3-4 WHEN THE MILK COMES IN?

Breasts may feel full, hard and engorged and sometimes painful.

Sometimes babies can find it harder to latch onto a breast that is full and hard so here are some tips on surviving the engorgement:

Warm water and hand massage with oil and hand

expressing to soften and relieve engorgement. Latch baby when soft and feed **as frequently as possible to relieve engorgement.**

After feeds, use cold compress on the breasts such as cold cabbage leaves or cold gel packs and take an oral anti-inflammatory that is safe for breastfeeding.

Do not actively express at this stage (other than for a little comfort) to avoid over-stimulation, as this may only exacerbate the engorgement.

5. WHEN TO GET LACTATION SUPPORT?

If mom experiencing unresolved engorgement, painful breasts caused by plugged ducts, mastitis, thrush, or painful nipples, low milk supply, over-supply or if battling with latching and there is little milk transfer happening then seek support from a Lactation Consultant.

If baby is not feeding or latching well, fussy at breast, lethargic or jaundiced, poor urine or stool output, reflux or colic symptoms or disorganised sucking, get Lactation support and check the baby's weight.

Successful breastfeeding often requires ongoing support. ■



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THE NEED-TO-KNOW ABOUT PERTUSSIS

**Pertussis is a bacterial infection caused by the organism Bordatella Pertussis.
This organism releases toxins causing the airway lining to swell.**

HOW DOES ONE CONTRACT THE DISEASE?

Pertussis is highly contagious and is spread via coughing, sneezing, being in close proximity to one another and sharing the same breathing space.

Infants can easily contract the disease from siblings, parents, or caregivers who may not even know they are infected.

WHO CAN GET PERTUSSIS?

This infection can occur in all ages but is serious for infants and children, and can be fatal especially amongst infants who have not begun or completed their series of vaccines. The infection appeared to have become a disease of the past but is now once again a major public health challenge.

WHY THE RECENT RESURGENCE OF PERTUSSIS?

It is thought that this may be due to:

- 1) The testing mechanisms which have become more advanced -higher sensitivity and specificity
- 2) A greater awareness and more reporting amongst practitioners.
- 3) Genetic changes to the organism over the years.

HOW IS THE DIAGNOSIS OF PERTUSSIS MADE?

Diagnosis is based on history of signs and symptoms, physical examination and laboratory investigations. However, if clinical signs and symptoms are suggestive, treatment can be commenced whilst awaiting diagnostic confirmation.

HOW DOES PERTUSSIS PRESENT?

Within the first 2 weeks, symptoms are similar to that of the common cold - runny nose, low-grade fever. A cough may not be present; or it may be a mild, occasional cough.

Infants may also present with vomiting, apnoea (cessation of breathing for longer than 20 seconds), with resultant cyanosis (Blue colour on the lips and tongue due to lack of oxygen in the blood).

In young infants, apnoea may be the only sign that they are infected. They may never develop the cough.

THE COUGH

Initially the SOUND of the cough is not different from the sound of cough of other origin, but with Pertussis the cough generally becomes paroxysmal (sudden attack of bouts of coughing) with numerous RAPID coughs due to difficulty expelling thick mucus from the tracheo-bronchial tree.

This paroxysmal stage lasts from 1 to 6 weeks.

In China it is known as the "100 days Cough" and is associated with a wide range of Severe Complications such as:

- Apnoea (60%)
- Pneumonia (Lung infection)
- Convulsions (seizures)
- Encephalopathy (abnormal brain functioning)
- Death

Adolescents and adults can also experience complications of pertussis, but they are less serious especially if they were vaccinated.

The most common complications requiring hospitalisation are:

- Loss of weight
- Loss of bladder control
- Loss of consciousness
- Rib fractures, ruptured eardrum or hearing loss due to severe coughing

IMPACT ON FAMILY LIFE

The cough of pertussis lasts for several weeks. This may result in missed time from school, work and other activities.

The infected person is also a reservoir of disease for infecting infants and young children with whom they may come into contact.

HOW IS PERTUSSIS TREATED?

Early treatment before the cough paroxysms begin minimises the symptoms, and the risk of transferring bacteria to others will also be decreased.

The historical management with 14 days of Erythromycin has now been superseded with the more patient-friendly regimen of shorter courses with Azithromycin or Clarithromycin.

If an infected person is coughing for longer than 3 weeks, then treatment is unlikely to improve the symptoms. Nevertheless, antibiotic therapy should be recommended to decrease contagiousness.

Symptoms may persist after this period, but this does not mean there is active infection. The symptoms are due to damage to the respiratory tract that is already been caused by the bacteria.

All close contacts of a person infected with pertussis needs to be put onto chemoprophylaxis. The same antibiotic regimens that are used for the treatment of Pertussis are used as chemoprophylaxis. >



IMPORTANT TO NOTE

Protective immunity against Pertussis wanes over time, and there is concern about how this may be contributing to the increased incidence of infection.

Immunity following natural infection lasts maybe 7 to 15 years.

The duration of immunity following vaccination is even shorter – with protection lasting about 6 years. Therefore, those that received the immunisation in childhood only are no longer protected as their immunity from the initial childhood vaccination has waned, and they are therefore now susceptible to the infection.

They can become asymptomatic carriers, and carry and infect infants who can become seriously ill, especially those who have not received their complete immunisation series.

All pregnant women should be vaccinated against Pertussis- between 27- and 36-weeks' gestation, irrespective of the mothers' previous vaccination status.

PERTUSSIS IN THE IMMUNISATION SCHEDULE:

Pertussis vaccine is usually given in combination with other vaccines viz: Diphtheria, Tetanus,

Haemophilus influenza type B and Hepatitis B vaccines at:

6 weeks, 10 weeks, and 14 weeks, with a booster given at 18 months of age.

TAKE HOME MESSAGE

Prevention is better than cure – vaccinate.

Testing is quick, simple, pain-free and effective.

If you are unsure about the type of cough you or your loved ones present with – **a visit to your healthcare provider will be able to put your minds at ease. ■**





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FREE

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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!

WOOD-FIRED WATERS

IN THE WESTERN CAPE



All images found on TravelGround.com
– Asher Riverside Cottages, Bonnievale

Just imagine lighting a fire in your splash pool. Yes, you read correctly! Forget about the normal, everyday hot tubs, wood-fired hot tubs are quickly becoming one of the most sought-after and unique amenities guests look for when booking a relaxing and romantic getaway. We've scoured the Western Cape in search of the best wood-fired hot tubs where you can turn up the heat!



ASHER RIVERSIDE COTTAGES – BONNIEVALE

Rates: From R1800 per night for 8 people

These beautiful cottages are situated less than 20 km from Bonnievale and boasts an amazing location next to the Bree River and unbelievable views of the Langeberg Mountains. Sit back and relax in the wood-fired hot tub on the stoep while listening to the rippling water of the river below.



BELIEVERS DESTINY GETAWAY – SWELLENDAAM

Rates: From R650 per night for 2 people

Put your feet up and relax! Far from the hustle and bustle of the city, Believers Destiny will make you believe in love again. The owners designed these homes themselves to create a magical place on their farm just 25 km from Swellendam. Apart from the wood-fired hot tub, one of the units is pet friendly, so you don't have to leave your furry friends at home.



RIETFontein Guest Farm – Ladismith

Rates: From R1590 per night for 4 people

Hidden among the foothills of the Tounsberg Mountains between Barrydale and Ladismith you'll find this picturesque, remote and peaceful apricot farm. They have 5 lovely cottages. When the weather begin to clear, guests can look forward to loads of activities in nature, otherwise each cottage boasts a fireplace and, of course, a wood-fired hot tub that is ideal for the colder months!



OUBOS BY OUPLAAS – PRINCE ALFRED HAMLET

Rates: From R1100 per unit for 5 people

Prince Alfred Hamlet is a unique little town just past Ceres in the Witzenberg Valley. It is one of the few valleys in SA that experiences extreme weather conditions throughout the year. From icy cold winters to sweltering summers, they've got it all. The wood-fired hot tub on the deck is the ideal spot to watch the sun set behind the mountains. Even though this unit has space for 5, it's private location makes it ideal for a romantic break.



WITKLIP GUEST FARM – MOORREESBURG

Rates: From R1500 per night for 6 people

Picture this ... you gaze across the canola fields with a drink in your hand, bae by your side and sheep bleating in the background. This kind of bliss is exactly what is waiting for you at Witklip Guest Farm! The wood-fired hot tub next to the stoep is big enough for a whole group of friends, or you can have it all to yourselves if you'd prefer a couples getaway.



BERGSICHT COUNTRY FARM COTTAGES – TULBAGH

Rates: From R1100 per night for 2 people

Located on a fruit farm outside Tulbagh, boasting breathtaking views of the surrounding Winterhoek and Witzenberg Mountains. 4 of the 5 cottages on the farm have a wood-fired hot tubs, while the fifth has a splash pool. We suggest booking a stay in Angelino or Lady in Red for romantic getaways, while the rest is more suited for a small family. Enquire about their romantic packages: picnic baskets for couples, romantic surprises and breakfast coupons.



UITSIG COTTAGES – LADISMITH

Rates: From R700 per night for 2 people

The owners of Uitsig Cottages love a good DIY challenge and, combined with the outstanding location on the farm, it was bound to be a success. They wanted to create a piece of heaven on earth and the hot tubs, braai facilities and unbelievable views of the valley and mountains deliver just that. When winter arrives you could be relaxing in that very hot tub with a cup of joe, watching the snow on the Swartberg Mountains.



OEWERZICHT FARM COTTAGES – GREYTON

Rates: From R770 per night for 2 people

These cottages are located in the peaceful and picturesque Greyton Valley just 9 km from Greyton. There are 7 self-catering units, 2 glamping tents, 4 stone cottages and a camping site. The Sonderend River flows right through the farm and is waiting to welcome you to experience the lovely country atmosphere. Uitsig 4, a free-standing cottage, has its own wood-fired hot tub, while the two glamping tents and stone cottages share the use of the other wood-fired tub. They also have a portable wood-fired hot tub that can be added to any of the units upon request. ■

YOUR GUIDE TO:



Compiled by Health Bytes

HANDLING KITCHEN EMERGENCIES

Keep calm and safe in the kitchen with our tips on dealing with common accidents and emergencies.

It is important to enjoy the experience of cooking, while remaining attentive of our surroundings.

Slips and falls can also occur in addition to cuts, burns, and eye injuries. Attend local cooking classes, use safety equipment, and take a first aid class to learn better safety practices.

CUTS

Thousands of South Africans land in emergency rooms every year because of kitchen-knife accidents.

WHAT TO DO?

- 1. STOP THE BLEEDING.**
Apply pressure with a clean cloth or bandage. If the bleeding won't stop, if you can't bend your finger, or if you feel numbness in your finger or hand – a sign of nerve damage – head to your local emergency room to see if you need stitches or further assessment and treatment.
- 2. CLEAN THE WOUND.**
Rinse with warm water.
Don't use soap it can irritate the wound.
- 3. APPLY AN ANTIBIOTIC.**
Apply a thin layer of antibiotic cream or ointment to help keep the surface moist.
- 4. COVER THE WOUND.**
Bandages help keep the wound clean and keep harmful bacteria out.

BURNS

The steam from microwaves can burn just as well as stove tops and ovens. **Lift lids away from your face so that you are not scalded.**

For minor first-degree and second-degree burns no larger than 8cm in diameter, follow these steps:

WHAT TO DO?

- 1. COOL IT.** Hold the burned area under cool running water for 10-15 minutes or until the pain subsides.
Put a lid on the pot or pan, use a fire extinguisher and never try to move the pot.
DON'T put ice on the burn!
- 2. COVER IT.** Cover the burn with a sterile gauze bandage or other lint-free materials and not fluffy cotton.
- 3. TREAT IT.** Take an over-the-counter pain reliever like aspirin or ibuprofen.

FIRES

Cooking fires cause havoc in a lot of homes each year.

WHAT TO DO?

- 1. PUT A LID** on the pot or pan, use a fire extinguisher and never try to move the pot.
- 2. NO WATER.** Don't use water to put out a grease/ oil fire as this has the potential to splatter the grease outside the contained pan, and spread the flames.

EYE IRRITATION

Eyes heal quickly. With proper care it only takes 48hours for an eye to repair a corneal scratch.

WHAT TO DO?

- 1. FLUSH THE AFFECTED EYE** with cool tap water immediately. Holding the eyelid open, allow running water from the tap to flush the eye for 15 minutes.
- 2. IF BOTH EYES** are affected, take a shower.



3. IF YOU WEAR CONTACT LENSES, remove and discard the contacts after flushing.

LOADSHEDDING

Scheduled power outages are on the cards again. Be prepared.

WHAT TO DO?

- 1. KEEP THE REFRIGERATOR AND FREEZER DOORS CLOSED.**
- 2. A REFRIGERATOR WILL KEEP FOOD COOL** for about 4 hours if the door is kept closed, and a full freezer will keep its temperature for about 48 hours (24 hours if half-full).
- 3. WHEN YOUR POWER RETURNS**, discard perishable food (meat, poultry etc) that have been above 5°C for two hours or more.

PREVENTION IS BETTER THAN CURE

Prevent kitchen knife injuries or suffer from “avocado-hand”.

- **Hold a kitchen knife with precision.** Always make sure you’re aware of where your hand placement is when slicing food. Try using the same cutting techniques as professional chefs: bend your fingers under the handle as you push on the food with your fingertips.
- **Utilize a cutting board or kitchen counter.** **Never cut food in your hand.** **Use a cutting board.** That’s what they are for. It is extremely dangerous to place foods in your palm as you slice them aka avocado-hand. This is an injury that occurs most often when people are using a knife to remove the avocado pit.

(TIP: Rather use a spoon for this). A cutting board or plate will help protect your hands and provide you a more stable surface. Put a damp towel under it to prevent it from moving.

- **Follow the main rule:** **Cut away from your body and never towards it as this will reduce your risk for accidental injury.** If the knife slips out of your hand, don’t try to catch it, but let it fall on its own.
- **Wear protective gloves and keep knives in a safe place.** Don’t place sharp utensils such as knives in a murky sink. Leave them visible to prevent cuts. **Kitchen gloves can help decrease exposing your skin to the blade.** ■

Sources: www.webmd.com;
www.beaumontemergencycenter.com

10 ways to prepare for HEALTH CHALLENGES

1



Think about how you'll respond to a crisis in advance, such as your child breaking a bone during a sports game.

2



If you have a symptom that alarms you – such as a swollen leg, which could indicate a blood clot – **don't wait to get it checked out.**

3



Whether you're dealing with cancer or any other serious illness, know the people you can count on and ask them for help. **Be specific about what you need.**

Don't think that being a non-smoker means you can't get lung cancer. **Be aware of your risk factors.**



4

5



If you're a smoker or a former smoker, **talk to your doctor about lung cancer screening.**

6

Know what conditions run in your family and **tell your doctor.**



Does your chest hurt?

Stay calm, but seek emergency care if you think there's a chance it's a heart attack.

7



8



If you might be in the midst of a health emergency but don't want to go to hospital because of the cost, **go anyway.**

9

If you're receiving treatment for a health condition, don't be afraid to ask your doctor a lot of questions. **And ask for a second opinion if you want one.**



10



Don't live with chronic pain – such as in your back – without seeing if a GP can help you. It's better for your quality of life, and it might uncover a treatable health problem.

SUMMER PICNIC

QUICK AND EASY RASPBERRY TART

Source: www.countryliving.com

Picnics are definitely one of the best things about summer: what could be more enjoyable than lying on a colourful blanket under the pleasant shade, and lazily nibbling on a spread of treats? Pack up this delicious raspberry tart for something sweet to end a lazy day...

WHAT YOU WILL NEED

- 1 frozen puff pastry sheet
- 1 cup double cream
- 2 tbsp. sugar
- 1 cup raspberries

SERVES: 8

PREP TIME: 15 MINS

TOTAL TIME: 40 MINS

Method of preparation

1. Preheat oven to 200°C.
2. Unfold puff pastry on a baking paper-lined baking pan. With a knife, score a 2cm border around pastry. Transfer to oven and bake until puffed and golden, about 15 minutes. Using baking paper, transfer pastry to a wire rack to cool completely, about 15 minutes.
3. In a medium bowl, using an electric mixer set on medium speed, beat cream and sugar together until stiff peaks form. Spread whipped cream on pastry in an even layer, up to scored border. Dot with berries.





HOUSE CALL

MEET ONE OF
OUR DEDICATED
SPECIALISTS:



DR THULJA TRIKAMJEE

Specialist Paediatrician and Certified Allergist at Melomed Tokai Private Hospital

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

Streetfood in India, nothing beats the flavours and smells...

2 What's your worst habit?

I'm a terrible eater. Cake, desert, chocolate... you name it. I replace meals with pastries and caffeine.



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

Blair Waldorf in Gossip Girl.

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

- Frank Sinatra: My Way
- Louis Armstrong: What a wonderful world
- Henry Mancini: Moonriver

5 What celebrity would you like to be for a day?

Princess Diana.



6 What's the coolest story about yourself?

I once flew 22 hours postcall (following a 28hour shift), to watch the Ball Drop on New Year's Eve in Times Square. It was magical.

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

There are a few: Home Alone, Beauty and the Beast, Father of the Bride

8 What's your secret phobia?

Snakes, I'm terrified



9 What is your best childhood memory, and why?

Growing up with my grandparents. I can still hear their voices, feel their touch, and smell their scent. The time I spent with them is irreplaceable, and has shaped who I am.



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

Spanish, I find it sexy, and it is understood in so many cultures.

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

Kakslauttanen arctic resort in Finland! To view the Northern Lights from a glass igloo.



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

- Photo of my family – to remind me what matters most
- A lamp – to guide me into light in dark times
- small statue of the Goddess Durga
- My passport – because you have to be prepared
- A recipe for red velvet cake ;)



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

My future husband, who for now, shall remain anonymous.



14 If you could witness any event of the past, present, or future, what would it be?

The end of the Second World War. I have a deep love and fascination with history. I believe every defining moment has shaped where we are today as a planet. ■





24-HOUR EMERGENCY CARDIAC AND STROKE CENTRES



MELOMED RICHARDS BAY
035 791 5300 | JOHN ROSS ECO JUNCTION



MELOMED TOKAI
021 764 7500 | CORNER OF KEYSERS & MAIN ROAD



MELOMED GATESVILLE
021 637 8100 | CLINIC ROAD, GATESVILLE



MELOMED MITCHELLS PLAIN
021 392 3126 | SYMPHONY WALK, TOWN CENTRE



MELOMED BELLVILLE
021 948 8131 | CNR VOORTREKKER & AJ WEST STREET



MELOMED CLAREMONT PRIVATE CLINIC
021 683 0540 | 148 IMAM HARON ROAD

Kidney Disease

In South Africa, the two most common conditions that cause kidney damage are high blood pressure and uncontrolled diabetes. It's important to realise that many of the dangerous kidney disorders can be **SILENT**. In other words, it may be too late to prevent serious kidney dysfunction with the onset of symptoms and signs of kidney disease.

Here are some of the symptoms of kidney damage

- Fatigue
- Shortness of breath
- Feeling very itchy
- Swelling of hands and feet
- Swollen or puffy face
- Metallic taste when eating
- Foamy urine

You can take the following steps to prevent kidney disease

- Keep fit and active
- Monitor your blood pressure & blood glucose levels
- Avoid smoking
- Limit over-the-counter medication
- Maintain a healthy weight

