

# melomag

Free Health Guide

Issue 35 | 2019

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**GIVE-AWAY**  
 Melomag is giving away a pedicure voucher to one lucky reader! See page 24 for details.



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# HEALTH NEWS & VIEWS

## RISE IN ABSENTEEISM DURING WINTER

Unscheduled time off work (absenteeism) or sick leave tends to increase in winter months around the world and costs the economy billions in lost time. **During the South African winter infectious diseases make individuals sick, and not necessarily the cooler weather.** Employees who come down with flu or have a family member who is sick have regular interruptions to their work schedule.



According to Occupational Care South Africa, **absenteeism costs the South African economy up to R16-billion a year.** South African companies have higher than the average absenteeism rates, **meaning it is one of the most expensive problems affecting businesses.**

Certain individuals are more predisposed to seasonal illnesses such as those with **chronic medical conditions, smokers, older workers and care takers of homes.** These groups are at risk of taking more sick leave within an organisation.

Due to the prevalence of flu in the June to August months, **employees should be encouraged to consider the flu vaccine, eat fruit with high amounts of vitamins and minerals to boost their immune system, get plenty of rest and treat any flu-like symptoms early.**

High absenteeism during winter season can **be curbed by putting in place preventative measures before the winter months commence,** and encouraging good hygiene and hand washing through the flu season.

Source: Alexander Forbes Health

## SIMPLE TIPS TO FIGHT INFLAMMATION

The awareness of the intersection between inflammation and chronic disease has spawned a plethora of diet plans, nutritional supplements, and lifestyle programs, many implying they offer new ways to improve your health by stopping inflammation in its tracks. It's true that scientists are **uncovering new factors that may contribute to inflammation or help counter it.** But much of the guidance for an anti-inflammation lifestyle boils down to the same no-nonsense health advice your grandmother might have given you.

### Make Healthy Food Choices

**Our diets play an important role in chronic inflammation** because **our digestive bacteria release chemicals that may spur or suppress inflammation.** The types of bacteria that populate our gut and their chemical by-products vary according to the foods we eat. Some foods encourage the growth of **bacteria that stimulate inflammation,** while others **promote the growth of bacteria that suppress it.**

Fortunately, you are probably already enjoying many of the foods and beverages that have been linked to reductions in inflammation and chronic disease. If you are not allergic to any of these foods or beverages, **include the following in your diet:**

- **Fruits and vegetables.** Most fruits and brightly coloured vegetables naturally contain high levels of antioxidants and polyphenols – potentially protective compounds found in plants.
- **Nuts and seeds.** Studies have found that consuming nuts and seeds is associated with reduced markers of inflammation and a lower risk of cardiovascular disease and diabetes.
- **Beverages.** The polyphenols in coffee and the flavanols in cocoa are thought to have anti-inflammatory properties. Green tea is also rich in both polyphenols and antioxidants.

Source: [www.health.harvard.edu](http://www.health.harvard.edu)

## SPOTTING EAR INFECTION WITH AN APP

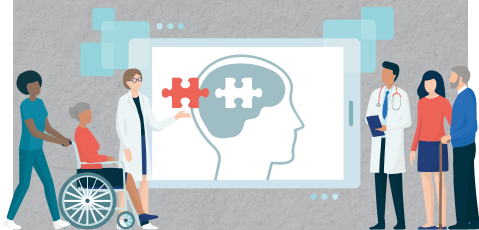
*A cheap accessible invention is making patients the point-of-care.*



Parents may soon be able to spot ear infections with a paper cone and an app. A team of researchers, from the University of Washington and the Seattle Children's Research Institute are working on a **smartphone app that could help diagnose ear infections with the help of a simple paper funnel**. The app uses the **phone's microphone, its speaker and a small paper cone that might help parents detect fluid build-up in a child's ear** – one of the common symptoms of an ear infection. **Sound can be used to detect ear fluid.** To focus this sound, doctors and parents crafted a small funnel out of paper. The tip of the funnel fits into the ear canal. The app then sends short, soft pulses of sound “kind of like a bird chirping” into the ear canal. It then measures **the echo of the sound, and an algorithm uses the reading to predict if there's fluid behind the eardrum**. If there is fluid behind the eardrum, the echoes will sound different from those in a healthy ear.

The researchers hope this might help parents diagnose ear infections, **but specialists point out that not all fluid behind the eardrum indicates an infection**. Doctors really need to examine a child to make that diagnosis, which is based on looking into the ear, temperature and other clinical signs.

## CAN YOU SPOT ALZHEIMER'S DISEASE? KNOW THE SIGNS.



**Alzheimer's** is a brain disease that **causes a slow decline in memory, thinking and reasoning skills**. It begins altering the brain long before it affects memory and thinking, but according to the American Alzheimer's Association, the following are some early warning signs and symptoms of Alzheimer's disease to look for:

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks at home, at work or in leisure
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities.
10. Changes in mood and personality

If you or a loved one are experiencing any of these symptoms – **especially if it is not a typical age-related change** – don't ignore them. Talk with your doctor and ask for a more in-depth evaluation of memory if symptoms are out of the ordinary and/or interfere with daily life.

Source: [www.alz.org](http://www.alz.org)

## Health Tip

### Enjoy healthier restaurant meals

Restaurants often **overdo portion sizes, butter, and salt**. But with a few adjustments, restaurant meals can be a wonderful and healthful experience. **Substitute white rice for brown, regular pasta for wholewheat, or potato chips for beans**. **Instead of having an entrée sautéed, ask for it to be boiled or steamed**.



**BATTERY-OPERATED CARS FOR MELOMED**



Internationally, hospitals have introduced **battery-operated cars to help ease the anxiety children may face** when being hospitalised. At Melomed, we look forward to the excitement of our Melocar within our wards and corridors.

**A VISIT FROM THE POLICE MINISTER AT MELOMED TOKAI.**



Police minister, **General Bheki Cele** visited Melomed Tokai to visit the Anti-Gang Unit members that were involved in a shooting in June.

**MELOMED HOSPITAL IN THE TOP 20 HOSPITALS IN THE COUNTRY.**

We are proud to announce that one of our hospitals, namely **Melomed Bellville** has been distinguished in the **top twenty hospitals nationally by Discovery Health.**

We thank all our specialist doctors, staff and management teams for achieving this success.

**Congratulations Zureena (Catering Administrator at Melomed Tokai) & Ferdouz Jardine (Staff member at Melomed Tokai) and both their husbands on getting married. Best wishes on this wonderful journey as you build your new lives together.**

**MELOMED RICHARDS BAY HEART CENTRE OF EXCELLENCE**



Melomed Richards Bay proudly boasts Zululand's first comprehensive **Heart Centre under the clinical guidance of Dr. Sizwe Mthiyane** (Interventional Cardiologist) & **Dr. Sherwin Ramghulam** (Cardiothoracic Surgeon). History was made with the **first ever catheterisation laboratory procedure at Melomed Richards Bay**, thus changing the healthcare landscape for the whole of Zululand.





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# VACCINES

THE SHOTS THAT SAVE THE WORLD

**"IMMUNISATION IS ONE OF THE MOST SUCCESSFUL AND COST-EFFECTIVE MEANS TO HELP CHILDREN GROW INTO HEALTHY ADULTS."**

WORLD HEALTH ORGANIZATION

## NO AUTISM LINK

45+ SCIENTIFIC STUDIES



confirmed no link between autism and vaccination.

## A POTENT WEAPON

Vaccines have made once-deadly contagious diseases like smallpox, polio and measles, a non-issue.



## PROVEN SAFETY

Overwhelming scientific evidence supports the safety and efficacy of routine childhood immunisations.

## SAVING LIVES



Vaccines save 2-3 million lives worldwide each year

## HOW DO VACCINES WORK?

Vaccines boost the body's own immune defence system, creating an immunity that protects you from an infection. They are effective in protecting people from diseases that cause severe illness, disability or even death.

1. Most vaccines contain a little bit of a disease germ that is weak or dead.
2. Having this little bit of the germ inside your body makes your body's defence system build antibodies to fight off this kind of germ.
3. Antibodies help trap and kill germs that could lead to disease.
4. Antibodies remember how to fight off the germs.

STRONG SCIENCE



## TIMING MATTERS

The vaccine schedule for infants and children is based on many studies confirming vaccine safety (even when given in combination) at those ages. Routine immunisations protect against diseases that strike early in life, like bacterial meningitis and whooping cough.



SOURCES: 1) Department of Health (SA) 2) WHO 3) Centres of Disease Control and Prevention (CDC) 4) Cleveland Clinic 5) Unicef



## HERD IMMUNITY

The key to prevention is herd immunity - if **MOST** get vaccinated, spreading is contained. Vaccinations prevent the spread of disease within the community.



Vaccination is too risky for the very young and the immunocompromised, who rely on the rest of the population to keep diseases from spreading. Even a small number of unvaccinated people can trigger a new outbreak.

**VACCINATING EVERY CHILD STOPS DISEASE IN ITS TRACKS**

## WHAT ARE THE DIFFERENT TYPES OF VACCINES?

- Pertussis (Whooping cough)
- Hepatitis A vaccine
- Hepatitis B vaccine
- Tetanus
- Diphtheria
- Influenza
- Hib (meningitis)
- Human Papillomavirus
- Polio Vaccine
- Pneumococcal Vaccine
- Rotavirus
- Varicella (chicken pox)
- MMR (measles, mumps and rubella)



## ARE THERE RISKS?

- > As with any medical procedure, immunisation has some risks.
- > When considering immunisation, both the risks and benefits should be discussed with your doctor.
- > Most vaccine **side effects are minor** (rash, joint pains, fever) and quickly pass.
- > The **benefits** of immunisation **outweigh the risks in most cases.**

## NEWBORN PROTECTION

Mothers can pass hepatitis B, which is often undetected, to newborns during childbirth. Routine Vaccination of newborns and infants helps protect them against chronic hepatitis B, liver cirrhosis and liver cancer.



## INTACT IMMUNITY

No evidence supports the claim that multiple vaccines overwhelm the immune system. Children are exposed to thousands of non-vaccine related antigens every day.



**1 SINGLE VACCINE prevents 5 diseases**

WHOOPING COUGH

DIPHTHERIA

HAEMOPHILUS INFLUENZAE TYPE B

TETANUS

POLIO

**1 IN 5 CHILDREN**

worldwide are still not receiving the vaccines he or she needs.

**1 CHILD DIES EVERY 20 SECONDS**

from a vaccine preventable infectious disease.

**IF WE STOP VACCINATION, DEADLY DISEASES WILL RETURN.**

Even with better hygiene, sanitation and access to safe water, infections still spread. When people are not vaccinated, infectious diseases that have become uncommon can quickly come back to haunt us.



# DOULAS

## THEIR BENEFITS & PURPOSE

BY ANNETTE BING

MIDWIFE AND CERTIFIED LACTATION CONSULTANT,  
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IF YOU WANT TO FEEL MORE EMPOWERED THROUGHOUT YOUR PREGNANCY, ESPECIALLY DURING BIRTH AS WELL AS HAVE EMOTIONAL SUPPORT ALONG YOUR JOURNEY, A DOULA COULD BE THE BEST INVESTMENT YOU EVER MAKE AS A NEW PARENT.

### WHAT IS A DOULA?

“Doula” (pronounced “doola”) is a Greek word meaning “woman servant or caregiver”. It now refers to an experienced person who offers emotional and practical, physical support to a woman (or couple) before and during childbirth, as well as being the birthing mother’s voice. **A doula believes in “mothering the mother” - enabling a woman to have the most satisfying and empowered time that she can during birth.**

The overall goal of a doula is to support the **woman to ensure that she is informed, feel safe and feel comfortable during labour.**

**Most doula-client relationships begin a few months before the baby is due.** Before the labour, the doula and the family can develop a relationship where the pregnant woman and their support person (for example the father of the baby) **feel free to ask questions and express fears and concerns, and create a birth plan.**

### WHAT IS THE DIFFERENCE BETWEEN A DOULA AND A MIDWIFE?

The midwife or healthcare practitioner caring for the woman in labour is responsible for all medical care including:

- **Vaginal examinations**
- **Palpations**
- **Foetal monitoring**
- **Maternal vital signs monitoring**
- **Intravenous therapy and oxytocin therapy, if required,**
- **Epidural monitoring, if required**
- **All documentation of every intervention, maternal and foetal wellbeing, and labour progress on a partogram chart.**

This leaves the midwife not much spare time to give the mom extra support if she is looking after more than one mom in labour. A research study in USA showed that on average a midwife only **spends 30% of a woman’s labour with her.** The doula on the other hand is not responsible for any medical intervention or monitoring and are there purely to support the birthing mother and her partner.

## HOW DOES A BIRTH DOULA SUPPORT A PREGNANT WOMAN?

The kinds of support provided during childbirth may include **physical assistance and comfort, emotional support and acting as an advocate during childbirth.**

### 1. Physical support and assistance

- Helping mom get into different positions for labour.
- Soothing touch through the use of massage.
- Assisting mom with breathing and relaxation techniques.
- Helping to create a calm environment – dimmed lights, aromatherapy, candles.
- Assisting with water therapy (bath, birthing pool).
- Applying heat or cold to muscles and back.
- Assisting the birthing person with mobilising.
- Offer refreshments, food and snacks.
- Support her partner and/or husband.

### 2. Emotional support

- Continuous presence, mom not to be left alone.
- Reassurance
- Encouragement
- Praise
- Showing a caring attitude.
- Acknowledge what the birthing person is experiencing
- Accepting what the birthing person wants.
- Helping the birthing person and partner work through fears and self-doubt.
- Debriefing after the birth – listening to the mother with empathy.
- Guiding the birthing person and their partner through labour.
- Helping explain medical procedures before or as they occur.
- Helping the partner understand what's going on.
- Assist mom and her partner to have a more positive birth experience.

### 3. Advocacy

- Discuss a mom's birth plan to help her achieve her goals where possible.
- Be the mom's voice when she is not able to request her wishes.
- Informational support helps keep the birthing person and their partner informed about what's going on with the course of events.
- Explain medical procedures before or as they occur.
- Be supportive when labour is not going well and requires medical intervention.

## EVIDENCE TO SUPPORT HIRING A DOULA

The continuous care provided by doulas has been found to improve birth outcomes and mothers have higher satisfaction in their birth outcomes. In 2017, Bohren et al. published an updated Cochrane review on the use of continuous support for women during childbirth. They combined the results of 26 trials that included more than 15,000 people, and the results were:

Working with a doula offering continuous labour support proved to increase the birthing mother's oxytocin, mobility and self-esteem and decrease in her pain and anxiety, which led to:

- **A 39% decrease in the risk of a Caesarean section.**
- **A 15% increase in the likelihood of a spontaneous vaginal birth.**
- **A 10% decrease in the use of any medications for pain relief.**
- **Shorter labours by 41 minutes on average.**
- **Better infant outcomes – a 38% decrease in the baby's risk of a low five minute Apgar score.**
- **Higher satisfaction with the birth experience (by continuous support other than hospital health care worker)**

## WHAT SHOULD YOU CONSIDER WHEN YOU WANT TO HIRE A DOULA?

- What **training** has the doula had?
- What experience has the doula had? **Do they have any references?**
- Are they **registered** with any **regulatory body**?
- What is the **cost of hiring** a doula? **What will their care package include?** Does the care include any pre-birth and post-birth consultations?
- What is your doula's **philosophy about birth**?
- What will happen if your **doula cannot be at the birth**? Can you meet with her back-up doula?

## HOW DO I FIND A DOULA?

**WOMBS (Women Offering Mothers Birth Support)** was founded in 2001 and has been training Doulas as well as providing a **governing body to represent Professional Doulas in South Africa.** They have a website listing doulas in all areas of South Africa.

**Ask your midwife, gynaecologist, or maternity hospital as they may be able to recommend doulas that they work with.**

#### SOURCES:

1) <https://www.wombs.org.za/>, 2) <https://www.ncbi.nlm.nih.gov/pubmed/28681500> 3) <https://evidencebasedbirth.com/the-evidence-for-doulas/>, 4) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3647727/>



## 8

## Tips for happy, healthy kids this winter Atishoo! Atishoo! We all fall down ...

Keeping those germs away this winter season can be tough with children playing and staying indoors most of the time. Check out a few of our favourite ways to keep your kids healthy throughout these tough winter months.

- 1 EARLY TO BED**  
Something as simple as a **bedtime routine will help them stay on track with sleep throughout the week.** Not getting enough sleep can impact their school performance, as well as their immune system and health.
- 2 PLAY (IN THE SUN) TO STAY HEALTHY**  
Getting a little bit of sunshine and time outdoors can really be good for everyone. Even if the weather keeps you from going outside, moving inside can be helpful. Challenge your kids to a fun rope jump or hula-hoop contest. **The more you can limit stress and have fun times together, the better.**
- 3 FIVE A DAY KEEPS THE DOCTOR AWAY**  
Help your family keep their immune systems up **by eating five servings of fruits and veggies every day.**
- 4 GET IMMUNISED**  
Keep **vaccinations current**, including the flu shot.
- 5 STAY HOME**  
**Keep kids home** from preschool and school when they are sick to prevent spreading illness to others.
- 6 KEEP THOSE GERMS AWAY**  
**Pack tissues or a small bottle of hand sanitiser** in your child's backpack. Encourage them to use it when they cough or sneeze, or need to clean their hands. **Washing their hands frequently will reduce the spread of germs.**
- 7 SKIP THE SHARING**  
Give them daily reminders **not to share drinks or food with their friends.**
- 8 CATCH A COUGH OR SNEEZE**  
Teach your kids to turn their heads and cough or sneeze into a disposable tissue or the inside of their elbow if they don't have a tissue, instead of simply coughing or sneezing onto their hands, which will then spread their germs onto everything they touch.

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M E L O M E D  
PRIVATE HOSPITALS



# ARE YOU EXPECTING?

## FREE ANTENATAL CLASSES & BIRTH REGISTRATION.

Our **Melobabes Maternity Programme** supports expectant mothers with their exciting journey ahead.

**Sign up today!** Ask your gynaecologist for a Melobabe registration form.



For more information regarding the support group in your area, contact [info@melomed.co.za](mailto:info@melomed.co.za).



## ENDOSCOPIC EAR SURGERY

### “A GAME CHANGER”

The ear is filled with tiny, delicate structures that affect hearing, balance, and facial movement. When you have a problem with the ear drum or middle ear, surgery might be needed. But the kind of surgery you have can have an impact on how successful the procedure is and how long it takes to recover.

There has been an increasing trend worldwide towards the use of an endoscope in middle ear surgery thanks to new advancements in instruments and enhanced visualisation technologies.

#### WHAT IS ENDOSCOPIC EAR SURGERY?

Endoscopic ear surgery is **minimally invasive surgery that accesses the middle ear through the ear canal, which is the natural opening into the middle ear.** In recent times most patients who have had ear surgery for chronic Otitis Media, cholesteatoma, otosclerosis or other middle ear problems would most often get a cut behind the ear. These cuts are made to improve the surgeon's access to and view of the middle ear.

With the advent of new technology, it is possible to have a superb view of the deep middle ear without these cuts. Specially designed endoscopes – **very**

**narrow tube with a light and a high-definition camera at the tip** – are used to see and operate on the delicate structures within the middle ear without having to make a cut behind the ear and move the ear forward, as is done in traditional inner-ear surgery.

The **endoscope provides a wider field of view compared to a microscope**, so surgeons can see into the hidden spaces they can't view with a microscope. In addition, it is an excellent teaching tool and especially increases the insight of theatre staff with regards to middle ear procedures and improves theatre time and efficiency.

#### TREATABLE CONDITIONS

Often, surgery is the best treatment option to preserve a patient's hearing and prevent serious complications. Endoscopic ear surgery offers a less invasive way to treat those problems such as:

**Cholesteatoma** is a middle ear growth commonly treated with endoscopic surgery. **It is a collection of skin and dead skin cells in the middle ear that can become infected and spread into hidden recesses.** With endoscopy, surgeons can see into these areas that traditionally required more extensive bone removal to access with a microscope.

**Otosclerosis** is an inherited disease where the **stapes bone becomes fixed and no longer vibrates to transmit sounds to the inner ear**, causing hearing loss.

**Ruptured eardrum:** A hole or tear in the **eardrum**, also known as a **tympanic membrane perforation**, can result from loud sounds, a foreign object in the ear, head trauma, a middle ear infection, or rapid pressure changes, such as from air travel.



## BENEFITS OVER TRADITIONAL EAR SURGERY

The patient stands to benefit most from endoscopic middle ear surgery. Accessing internal ear structures through the ear canal – rather than through the skull with traditional, open surgery – offers several benefits for patients:

- **No visible incision:** The surgeon inserts an endoscope through the patient's ear into the ear canal to access the middle ear. Using the endoscope to visualise the surgical area, the surgeon uses tiny instruments to perform the operation. Avoiding an incision can help reduce patients' pain as they recover and no scars.
- **Faster recovery** of the patient due to a minimally invasive procedure. The surgeon removes less normal tissue to address the disease. The risk of damage to important internal ear structures is decreased due to improved visualisation. Furthermore, it is confirmed that a reduced risk of recurrence occurs if the endoscope is used in cholesteatoma surgery.
- **Better view of the treatment area:** An endoscope provides a wide field of view, allowing surgeons to see into tiny recesses within the middle ear. In traditional ear surgery with a microscope, surgeons have only a straight-line field of view, which limits the ability to see all areas for proper treatment.

## ABOUT THE AUTHOR



**Dr Zubair Doolarkhan** is one of the pioneers of endoscopic ear surgery in South Africa and the only Southern African member of the International Working Group on Endoscopic Ear Surgery (IWGEES). He is actively involved in assisting other ENT surgeons throughout the country to familiarise themselves with endoscopic ear surgery. He is based at the **Melomed Bellville Hospital:**

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**Contact Number:** 021 946 2191  
**Email:** zubaird@surgeon.co.za

Watch his You Tube Channel **"DR ZUBAIR DOOLARKHAN"** for more ground-breaking interventions.

Sources: [www.entcolumbia.org](http://www.entcolumbia.org), [utswmed.org](http://utswmed.org),  
[www.iwgees.org](http://www.iwgees.org)

# WHY DO WE CRAVE COMFORT FOOD IN WINTER?

By Megan Lee and Jacqui Yoxall



It's winter and many of us find ourselves drawn to bowls of cheesy pasta, oozing puddings, warming soups, and hot chocolate with marshmallows.

These and other comfort foods can make us feel good. But why? And why do we crave them in winter and not in summer?

Research tells us there are three good reasons.

## 1. THE GUT 'SPEAKS' TO THE BRAIN

We know from the relatively new field of nutritional psychiatry that **our stomachs produce the "happiness chemicals" dopamine and serotonin.**

When we eat, a complex process involving the brain means **these neurochemicals trigger feelings of happiness and well-being.**

**These happiness chemicals are also produced when we exercise and are exposed to sunlight, which decline in winter.**

This results in a change in the **fine balance between the good and bad bacteria that live in our stomachs**, and consequently, the relationship between the gut and the brain. So, in winter when we eat our favourite comfort foods, we get a rush of happiness chemicals sent from the gut to our brain and this make us feel happy and content.

## 2. EVOLUTION MAY HAVE A HAND

The second reason we crave more comfort foods during the winter months could be evolutionary. Before we enjoyed technological advances such as housing, heating, supermarkets and clothing, humans who increased their body weight during winter to keep warm were more likely to survive their environmental conditions. **Craving carbohydrate and sugar rich foods was therefore a protective mechanism.**

Although we are not still living in shelters or foraging for food today, **food cravings in winter may still be programmed into our biology.**

## 3. PSYCHOLOGY, CRAVING AND MOOD

Social learning theory says people **learn from each other through observing, imitating and modelling.** In the context of food cravings this suggests that what our caregivers gave to us in winter as children has a striking impact on what we choose to eat in winter as adults.

A review of studies on the psychological reasons behind eating comfort food says this food may play a role in alleviating loneliness and boosting positive thoughts of childhood social interaction. We may also naturally experience lower mood in winter and low mood has been linked to emotional eating.

In winter due to it being darker and colder, we tend to stay indoors longer and self-medicate with foods that are carbohydrate and sugar rich. **These types of foods release glucose straight to our brain which gives us an instant feeling of happiness** when we are feeling cold, sad, tired or bored.



## COMFORT FOOD CAN BE HEALTHY

For all the comfort they provide, comfort foods generally receive a bad rap because they are usually energy and calorie dense; they can be high in sugar, fat and refined carbohydrates.

These types of foods are usually linked to weight gain in winter and if you eat too much over the longer term, can increase the risk of heart disease and diabetes. However, not all comfort foods are created equally, nor are they all bad for our health.

You still get a comforting feeling with a hearty bowl of soup, but without the extra calories.

You can get the same comforting feelings from winter foods containing ingredients that are good for you. For example, a hearty bowl of soup with a slice of wholegrain bread can give you all the components you need for optimal physical and psychological

health. Steaming bowls of chilli and curries can provide immunity boosting properties with the use of their warming spices. So too are all the wonderful citrus fruits that become available in the winter.

If you are craving something that is carbohydrate rich, try swapping white varieties for wholegrain versions that will dampen carbohydrate cravings. If you crave a hot chocolate try swapping the cocoa powder for cacao which has a higher concentration of vitamins and minerals.

### MORE GOOD NEWS

The good news for all of us who crave comfort foods in winter is studies that assess intuitive eating – eating when you are hungry, stopping when you are full and listening to what your body is telling you to eat – suggest people who eat this way are happier with their body image, feel better psychologically and are less likely to have disordered eating.

So, embrace this wonderful chilly weather. Rug up in your favourite woolly jumper, sit by the fire, cuddle up with a loved one, make some healthier swaps to your classic comfort foods, remove the food guilt and listen to what your body is telling you it needs during these cold winter months.

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The authors do not work for, consult, own shares in or receive funding from any company or organisation that would benefit from this article, and have disclosed no relevant affiliations beyond their academic appointment.

**This article was originally published on [The Conversation \(www.theconversation.com\)](http://www.theconversation.com).**





# SEVERE BLEEDING:

THESE TIPS CAN HELP YOU SAVE A LIFE

BLEEDING OUT IS THE **NUMBER ONE MOST PREVENTABLE DEATH** IN ANY TYPE OF TRAUMATIC INJURY. LEARNING FIRST AID SKILLS IS ABOUT **PREPARING FOR THE WORST**, BUT NOT EVERYONE KNOWS THE SIMPLE STEPS THAT CAN BE TAKEN TO STOP SOMEONE FROM DYING OF BLOOD LOSS.

Accidents and traumatic incidents happen every day, which is why emergency professionals across the nation are encouraging people to know how to save lives after a traumatic injury.

**Uncontrolled bleeding can lead to loss of life in as few as three minutes**, and techniques to control excessive blood loss aren't as commonly known and understood as how to fight fire. By stopping the bleeding before first responders arrive, bystanders can help stabilise patients and expedite treatment in the emergency room.

This is a set of skills that are valuable to everyone, even if it seems like an intimidating topic. **If you find yourself in an emergency situation, the ABC's of "Stop the Bleed" can help give you a little more confidence** and take the steps you need to take to save a life.

**WHEN CONFRONTED WITH SOMEONE WHO IS BLEEDING OUT, THERE ARE A FEW SIMPLE STEPS TO FOLLOW:**

Firstly, ensure your own safety. Protect yourself by **wearing gloves**.

## 1. FOLLOW THE ABCS:

**AMBULANCE:** Your efforts can help keep people alive for hours, but only professionals can save them. Call an ambulance or emergency help or ask a bystander to do so.

**BLEEDING:** find it and stop it. Remove, cut or tear away any clothing. Don't remove large or deeply embedded objects, because it may be acting as a plug to reduce the bleeding.

Don't probe the wound or attempt to clean it yet. Your first job is to stop the bleeding. Wear disposable protective gloves if available.

**COMPRESS:** Place a sterile bandage, gauze or clean cloth in and around the wound, then apply firm, direct, steady pressure to the bleeding site with your palm or with both hands, if possible. Apply constant pressure until the bleeding stops.



**2. Maintain pressure by binding the wound with a thick bandage or a piece of clean cloth.** Don't put direct pressure on an eye injury or embedded object.

**3. Firmly secure the bandage with adhesive tape or continue to maintain pressure with your hands.** If possible, raise an injured limb above the level of the heart.

**4. If bleeding is severe and you are not able to stop it with direct pressure, you can apply a tourniquet.** A tourniquet is effective in controlling life-threatening bleeding from a limb.

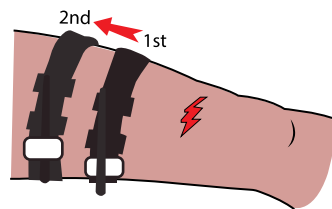
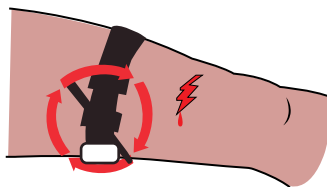
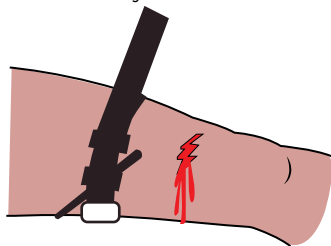
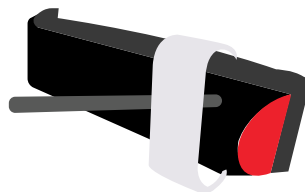
**5. Apply a tourniquet or anything you can tie tightly to a wounded limb, 5 – 8 cm closer to the torso from the bleeding.** Continue tightening until the bleeding stops.

**6. When emergency help arrives, explain how long the tourniquet has been in place.** A second tourniquet can also be used above the first.

**7. Do not remove or reposition your tourniquet or your pressure until you are immediately relieved by another bystander or emergency responder.**

## WHAT IS A TOURNIQUET?

**A tourniquet is a simple device that uses mechanical advantage to apply pressure to a limb,** clamping shut major blood vessels to mitigate blood loss from major wounds. The first recorded use of tourniquets was in the fourth century BC, but they didn't find widespread acceptance in modern times beyond operating rooms until the early 2000s.



That's because applying a tourniquet comes with risks. Clamping down on a person's limb with incredible force for a prolonged period of time, a tourniquet may damage the nerves and blood vessels in that limb and create a variety of other problems that may end up killing the leg or arm you're trying to save. But a tourniquet is also the only way to quickly and surely shut down arterial bleeding in a limb and easily maintain that pressure through casualty transport.



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**Melomed Richards Bay Trauma Unit:** 035 791 5301

## TASTE THE BEST AND RECUPERATION STAY ON THESE IDYLIC

# olive farming

WHETHER YOU ENJOY IT ON YOUR PIZZA, IN A FRESHLY-BAKED FOCACCIA BREAD, OR STRAIGHT OUT OF THE JAR, THE OLIVE IS A WONDERFUL, VERSATILE LITTLE FRUIT. AND NOW YOU CAN CELEBRATE ALL THINGS OLIVE AT THESE PICTURESQUE STAYS ON WORKING OLIVE FARMS IN THE WESTERN CAPE!

### DID YOU KNOW?

- The olive tree is an evergreen, which means that it never loses its leaves, and has an average life span of 300 to 600 years.
- Olives are a source of Vitamin E, A and K!
- Your baked treats will last longer when butter is substituted with olive oil – that's the vitamin E and biophenolics doing their job!
- Extra virgin olive oil helps to reduce inflammation through its predominant fatty acid, oleic acid.
- It can help with weight loss. Studies have linked the Mediterranean diet, rich in olive oil, with favourable effects on body weight.
- Olive oil is rich in powerful antioxidants.



### OUDEWERFSKLOOF OLYPLAAS – STILL BAY FROM R900 FOR 2 PEOPLE.

Oudewerfskloof Olyplaas is located just outside of the popular coastal town, Still Bay, on a working olive farm. With breathtaking views of the Goukou River, this farm offers self-catering accommodation in two free-standing houses accommodating five to six guests each.



**RICKY'S DRIFT - VANWYKSDORP  
FROM R600 FOR 2 PEOPLE.**

This organic olive farm is a hidden gem in the Olyvenrivier Valley, three kilometres outside Vanwyksdorp in the Klein Karoo. There are three self-catering cottages accommodating ten guests and you can even have a picnic in the oldest olive orchard or an outside bath among olive trees!



**KREDOUW OLIVE ESTATE - PRINCE  
ALBERT FROM R990 FOR 2 PEOPLE.**

At Kredouw Olive Estate there is no cell reception and you'll need to fire up a donkey for hot water, making it the ideal getaway from the city's hustle and bustle. Take a dip in the 12-metre pool and enjoy the exquisite view towards the mountain and the waterfall, known as Goue Krans.



**KLEIN NEKTAR FARM COTTAGES -  
MONTAGU FROM R2000 FOR 4 PEOPLE.**

Nestled on the magnificent three-hectare Klein Nektar Wine & Olive Estate in the heart of Montagu, this gorgeous self-catering cottage is only a short stroll from several restaurants and shops in this quaint town.



**RHEBOKSKRAAL OLYF LANDGOED -  
MCGREGOR FROM R700 FOR 2 PEOPLE.**

Rhebokskraal is the picture-perfect dwelling to escape the city noise. An Olive Culture tour can be arranged on request, during which guests will experience the groves, an olive tasting, and a meal under the oak tree.



**OLIVE GROVE GUEST FARM - BEAUFORT  
WEST FROM R790 FOR 2 PEOPLE.**

Olive Grove is renowned for its delicious olives, olive products, and mouth-watering Karoo lamb. The farm boasts olive, sheep, and wildlife with the Karoo National Park only 17 kilometres away!



## DROOPY EYES

By Dr Michael Djan

The Latin proverb 'Ut imago est animi voltus sic indices oculi', roughly translated "**The eyes are the window to the soul**", is about 2000 years old. These precious organs are how we render the world around us, but almost as important, is how they render our self-worth and aesthetic value.

Eyes confer so many emotions – joy, surprise, sadness, embarrassment, confusion and disdain. **Cosmetic eye plastic surgery is a great way of restoring an eye (shape, form) to a state of normal (or as close as possible) to it.** There is, however, a stigma associated with cosmetic procedures, a notion mostly propelled by reality TV shows depicting wealthy society's disturbing obsession to stay youthful. And despite how entertaining that may be, this is a far cry from the true origins of the science.

Enter a paradigm shift from the Beverly Hills tainted idea of cosmetic plastic surgery to the saner realm where cosmetic eye procedures are **used to repair droopy eyelids (Ptosis/ lazy eye), squint eyes ('skeeel oë' in adults and children), baggy eyelids, eyelid cancers and blisters or unsightly wrinkles.** We will focus on one of these areas for the sake of brevity.

### WHAT IS A PTOSIS?

*Ptosis (from Greek Ptosis meaning to "fall") is the medical term for droopy eyelids or a lazy eye.*

In this condition one or both upper eyelids sags and covers part of the pupil. Depending

on how severe it is, it may also interfere with vision on the affected side prompting people to lift their forehead or tilt their head backwards in an effort to see past the low hanging eyelid.

### WHAT CAUSES DROOPY EYELIDS?

There are various causes of droopy eyelids. Some children are born with it (congenital), while adults develop ptosis as a result of:

- **aging**
- **having had a stroke**
- **a complication of previous eye surgery**
- **eye injury**
- **long-term rigid contact lens wear**
- **allergic eye conditions**
- **other eye-neurological conditions** (e.g. Myasthenia gravis).

It is particularly **important to correct this affliction in children**, because the droopy eyelid **derails proper development of the vision centre in the brain (amblyopia)**, impairing vision. It is suggested that children with ptosis, even **mild cases should visit their ophthalmologist** annually to monitor the appearance of the droopy eyelids and to make sure the ptosis is not causing vision problems.

### HOW IS PTOSIS DIAGNOSED?

Although most droopy eyes are fairly simple to spot, there are various other characteristics of this condition that require precise assessment by an eye specialist (Ophthalmologist).

## THESE PERTAIN TO:

- **Precise measuring** (the height of the eyelids and the strength of the eyelid muscles)
- **Grading the severity of the ptosis,**
- **Establishing** whether it is a **stable droop or a fluctuating one,**
- **Identifying other associated conditions,** Eliciting the actual cause of the ptosis and
- **Planning a detailed management strategy** to address it. Most of the assessment is performed during a comprehensive office consultation.

## CAN A PTOSIS BE FIXED?

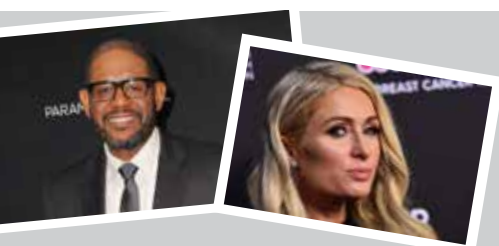
Most ptosis can indeed be repaired. There are various methods of correcting drooping eyelids depending on the type, cause, degree and severity of ptosis. Ptosis can surgically be corrected by tightening the levator muscle (blepharoplasty). The function of the levator muscle is to raise the eyelid. Ptosis repair is performed through an incision in the normal crease in the upper lid. Mild ptosis caused by allergic conditions and contact lenses can be corrected without surgery by eliminating the inciting agents. While most ptosis will require some form of surgery to correct it, there are some rare instances where medication can be given to reverse the ptosis (Myasthenia gravis).

## HOW LONG DOES IT TAKE TO RECOVER FROM SURGERY?

Recovery from ptosis surgery is usually quite rapid, and patients find themselves returning back to work within two to three days. Surgery usually produces favourable outcomes for the patient, improving both vision and appearance.

## ARE THERE ANY SCARS FROM SURGERY?

The surgery 'scar' is well hidden in the natural skin fold of the eye and is not at all visible.



## SURGICALLY CORRECTED PTOSIS



## ABOUT THE AUTHOR



**Dr Michael Djan** is an Ophthalmologist and currently practices at Melomed Tokai and Melomed Mitchells Plain.

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Corner of Keyzers and Main Road, Tokai  
**Contact Number:** 021 712 4643

**Melomed Mitchells Plain**  
Symphony Walk, Town Centre, Mitchells Plain  
**Contact Number:** 021 392 3126  
**Email:** drmichaeldjan@gmail.com

## Did you know?

Celebrities sporting a "lazy eye" include Thom Yorke, Melissa Joan Hart and Paris Hilton.

Also American actor, **Forest Whitaker** who is known for his work in films like Black Panther, Platoon, The Butler and many more, has a particularly severe case. In an interview when questioned about his eye, Whitaker stated, "My eye? It's a genetic thing. My dad had it and now I have it."

## MORE THAN BABY BLUES:

## WHEN MOTHERHOOD STEALS YOUR SMILE ...

PREGNANCY AND MOTHERHOOD ARE THOUGHT TO BE THE MOST BEAUTIFUL TIME IN A WOMEN'S LIFE. UNFORTUNATELY FOR SOME WOMEN IT CAN BE MARRIED BY ANXIETY AND DEPRESSION WITH THE NEW MOTHER FEELING HOPELESS, HELPLESS AND OVERWHELMED BY THIS NEW ROLE.

Many people know about **postnatal or postpartum depression**, but how many know **it can occur even before the baby is born?**

**Postpartum depression is only one in a wider spectrum of perinatal mood and anxiety disorders. (The word "perinatal," means during pregnancy and after birth, so perinatal mental illnesses are those that happen any time during pregnancy or the first year postpartum.)** Not everyone experiences the deep sadness and disconnection of postpartum depression.

**What used to be called Postnatal Depression is now increasingly being re-named Perinatal Distress (PND)** as the medical fraternity recognises it can **occur both during and after pregnancy** as typical depression and/ or heightened anxiety. Although PND is highly treatable, it's generally under-diagnosed in our society. This means many women struggle unnecessarily, with repercussions that can negatively affect marriages, families, careers and communities.

*Approximately 1 in 3 families is affected by PND in South Africa, according to the South African Depression and Anxiety Group (SADAG).*

That translates to around **50 000 women per year.** Worldwide 10 to 20% of women will experience depression during pregnancy. Women who suffer from depression during pregnancy are also far more likely to develop postnatal depression.

Essentially, the symptoms of antenatal (during pregnancy) and postpartum depression are the same as those seen in non-pregnant women and presents like a major depressive disorder.

**The challenge with diagnosing PND is that many normal pregnancy symptoms and 'new mother' difficulties – such as changes in mood, appetite or sleep patterns, fatigue and guilt feelings – can mimic depressive symptoms.**

Similarly, many tired expectant or new mums don't have the time that they used to for personal grooming or hobbies. Prominent anxiety symptoms typically increase the distress of these women. However, when these symptoms become severe; **interfering with a woman's ability to cope with daily life and connecting with her child, leading to negative consequences for both the baby and the mother;** action should be taken to help her immediately.



The **exact cause of PND is unknown but it is suspected that genetic factors and hormonal changes pre and post-delivery could be the cause of PND.** Perinatal distress frequently co-occurs with other psychiatric problems such as anxiety or substance abuse. **SOME SIGNS TO WATCH OUT FOR ARE:**

- Loss of joy and humour
- Disinterest in things that previously brought them pleasure
- Isolation or withdrawal from family and friends
- Increased self-criticism, sense of humiliation, remorse or inadequacy
- Anxiety and/or panic
- Poor self-care, personal grooming
- Changes in sleep patterns, insomnia
- Changes in, and loss of appetite
- Concentration problems or confusion
- Sadness/misery
- Overwhelming exhaustion/ lethargy/ fatigue
- Reduced ability to cope with daily life
- Intense irritability and anger
- Severe mood swings
- Excessive crying
- Feelings of worthlessness/ helplessness/ hopelessness
- Thoughts of harming herself and/or her children
- Thoughts of running away or escaping.

Certain conditions such as **maternity blues are so common (about 70% of women will experience baby blues)** that it is deemed a 'normal' experience. Typically, the symptoms commence around the fourth day after birth.

## BABY BLUES

These signs and symptoms last only for a few days to a week or two.

- Mood swings
- Anxiety or angst
- Touchiness
- Sleeplessness
- Unhappiness or melancholy
- Crying and weeping
- Decreased concentration

Care should however be taken that the symptoms don't develop into PND. **The signs and symptoms associated with PND may initially seem to be the baby blues, but they are more intense and last longer and can eventually hinder your ability to care for your baby** and go about your everyday activities and responsibilities. If postpartum depression is left untreated, these symptoms can continue for several months or longer.

**Depression during pregnancy is a very strong predictor for the development of depression after birth.**

There is a wealth of literature on the importance of a healthy bond between a mother and her baby, especially during the first months of the baby's life.

If this first relationship is secure, it provides a stable, healthy base for the baby to explore and face the world.

**Depression may alter this bonding experience, making the baby more vulnerable to emotional difficulties later in its life.**

## THE IMPACT OF POSTNATAL DEPRESSION ON THE NEWBORN IS:

- poor bonding with the mother
- failure to thrive
- harm or neglect of the child
- neurodevelopmental abnormalities.

## THE IMPACT OF UNTREATED POSTNATAL DEPRESSION IN THE MOTHER IS:

- poor bonding with infant
- poor self-care
- suicidality or self-harm.

It is thus very important to treat depression during the perinatal period (during pregnancy and the first year after birth). The course of PND varies in severity and the symptoms may resolve spontaneously or require active management.

The **management requires identification of symptoms** and a team approach with **monitoring of both baby and mother.** Simple measures such as improved self-care (bathing, sleeping and eating) and improved **social support may improve the pregnant woman's or new mother's mental health.**

**Psychological management in the form of supportive therapy, interpersonal therapy and cognitive behaviour therapy** may be the sole **form of treatment or can be used in conjunction with pharmacotherapy;** depending on the severity of the depressive symptoms.

Patients with **moderate to severe depressive symptoms**

or **patients who are high risk may require the use of an antidepressant.**

Certain serotonin re-uptake inhibitors are relatively safe in pregnancy and breastfeeding. The impact of management on the baby and mother are decreased risk with regard to harm, improved ability to function and improved bonding. **If medication is required, the risk and benefits need to be weighed** as certain medications can **negatively impact the baby or foetus.**

### WHO IS AT RISK OF DEVELOPING PND?

Those who are more at risk of developing depression are women who have:

- Previously been diagnosed with depression
- A family history of depression
- Poor social and financial support (e.g. being a single parent).
- Unplanned or unwanted pregnancies
- Perinatal anxiety
- Anxiety related to child birth

### WHEN TO VISIT YOUR DOCTOR?

While pregnant or after the

birth of your baby, depressed feelings may make you hesitant or ashamed to admit how you are feeling. You should however **call your doctor if the symptoms as mentioned in this article are still present after two weeks or if they become more intense during your pregnancy.**

If you feel that it is difficult to care for yourself or your newborn and to attend to your daily responsibilities or if you have thoughts of harming yourself or your baby it is paramount that you visit your doctor. **Getting help is a gift to both you and your child.**

### KEY POINTS TO REMEMBER

- **Review your lifestyle** when planning to fall pregnant.
- **Regular exercise and good nutrition**, including supplements such as folate, are beneficial to both physical and mental health.
- **Alcohol and cigarette smoking should be avoided completely** from the time the decision to conceive is made.

*The key take home message of this article is early identification and appropriate management of depressive symptoms.*

### QUESTIONS TO ASK YOUR DOCTOR:

1. What is the difference between baby blues and postpartum depression?
2. How long does it take to recover from postpartum depression?
3. Do I have to take medication to be treated for postpartum depression or anxiety?
4. Can you get postpartum depression or anxiety after adopting a baby or child?
5. Can I be treated with medication for my perinatal mood or anxiety and keep breastfeeding?
6. Does postpartum depression go away on its own?
7. What could happen if I choose not to get professional help?

Sources: South African Depression and Anxiety Group (SADAG); [www.all4women.co.za](http://www.all4women.co.za); [www.theconversation.com](http://www.theconversation.com)

ENTER TODAY & WIN

**Melomed is giving away a pedicure 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 **Melomag35** in the subject line. Competition closes **30 September 2019.**

**What is the contact number of the Melomed Gatesville Trauma Unit ?(See Page 17)**

**Prize sponsored by Melomed.** Give-away term 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 a 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.

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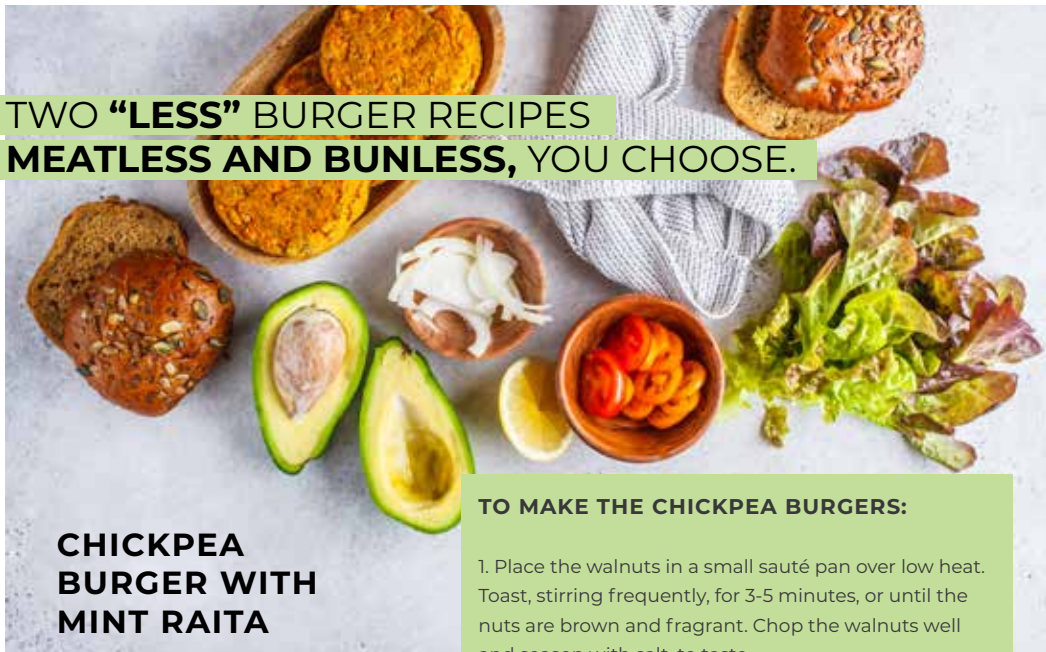
**THE CLINIC OFFERS THE FOLLOWING:**

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- A holistic treatment in proactively managing the patients' health, whilst treating any related disease.
- Providing insight into complex situations and ailments, whilst providing holistic treatment to the patient by reviewing all relevant results from pathology to radiology, and clinical decision-making.

This project is part of Melomed's continuous efforts to provide affordable and quality healthcare to the communities we serve.

**FOR MORE INFORMATION, PLEASE CONTACT  
MELOMED TOKAI BREAST CLINIC ON 021 712 3093**

## TWO “LESS” BURGER RECIPES MEATLESS AND BUNLESS, YOU CHOOSE.



### CHICKPEA BURGER WITH MINT RAITA

#### INGREDIENTS:

#### FOR THE CHICKPEA BURGERS:

- ½ cup **walnuts**
- 2 **garlic cloves**
- 1 **onion**
- 1 400 g can of **chickpeas**, drained and rinsed
- ¼ cup **mint**, minced
- 1 tbsp **parsley**
- ½ tsp **salt**
- ½ tsp **cumin**
- ¼ tsp **paprika**
- ½ cup freshly made **breadcrumbs**
- 1 Large **egg**, whisked

#### FOR THE MINT RAITA:

- 1 cup low-fat plain Greek yogurt
- 1/3 cup mint leaves, minced
- 2 tbsp lemon juice
- 1/2 clove garlic, minced
- 1/2 tsp salt

#### TO COMPLETE:

- 4 wholewheat burger buns
- 1 tomato, sliced

Source: [www.meatlessmondays.com](http://www.meatlessmondays.com)

#### TO MAKE THE CHICKPEA BURGERS:

1. Place the walnuts in a small sauté pan over low heat. Toast, stirring frequently, for 3-5 minutes, or until the nuts are brown and fragrant. Chop the walnuts well and season with salt, to taste.
2. Place the onion and garlic cloves into a food processor. Pulse until minced. Add the chickpeas, mint and parsley to the food processor. Season with the salt, cumin and paprika. Pulse to combine and distribute the ingredients evenly.
3. Transfer the chickpea mixture to a large mixing bowl. Fold in the toasted walnuts, breadcrumbs and egg. Form the chickpea walnut mixture into 4 patties, cover and refrigerate for several hours or overnight.
4. Place the oil in a skillet over medium heat or prepare the grill with a light layer of oil. Cook on both sides, for 3-5 minutes per side, or until both sides are well browned.

#### TO MAKE THE MINT RAITA:

1. Whisk the Greek yogurt, mint, lemon juice, garlic and salt together in a medium bowl.

If you're using the oven, toast the whole wheat buns in the oven for about 5 minutes, or until the buns are toasted. Place the browned chickpea burgers on a baking sheet and let them cook in the oven, while the burgers are toasting. Place each chickpea burger onto a toasted bun bottom. Top each with a slice of tomato, a spoonful of mint raita and the toasted bun top. Enjoy!



# BUNLESS BRIE AND CARAMELISED ONION STUFFED BURGERS

Possibly the best keto low carb burgers ever, stuffed with brie and caramelized onions. **Who needs a bun?**

## INSTRUCTIONS

1. To caramelize the onions, heat olive oil in a large sauté pan over medium low heat. Once hot, add onions and sprinkle with salt.
2. Cook slowly, stirring frequently, until a caramel brown colour and soft, about 15 to 20 minutes. Do not let them get crispy. Reduce heat if necessary to keep them from burning or crisping.
3. Keep sauté pan for cooking mushrooms.
4. For the burgers, combine beef, salt and pepper in a large bowl. Mix by hand to combine well and divide into 6 even portions.
5. Take half of each portion and form into a thin patty. Top each thin patty with some of the brie and onions, then top with remaining half of each portion and form around cheese and onions, into one large patty.
6. Cook burgers on pre-heated grill about 5 to 6 minutes per side for medium. Cook slightly less for medium-rare and slightly more for medium-well. Meat should register at least 50°C -55°C on an instant-read thermometer. Remove from grill and let sit 5 minutes.
7. Cook mushrooms while burgers are grilling. Add butter to sauté pan and melt over medium heat. Add mushrooms and a little salt and sauté until mushrooms are browned on both sides and tender.
8. Layer mushrooms over cooked burgers and serve.



PREP TIME: 15 MIN | COOKING TIME: 40 MIN | SERVES 6

## INGREDIENTS

### ONIONS:

- 2 tbsp olive oil
- 1 large onion thinly sliced
- ½ tsp salt

### PATTIES:

- 1 kg **ground beef**
- ½ tsp **salt**
- ½ tsp **ground pepper**
- 100 g **Brie cheese** cut into small pieces

### MUSHROOMS:

- 2 tbsp **butter**
- 250 g **mushrooms** sliced
- Pinch of **salt**

# HOUSECALL

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## DR MARTIN ELS

HE IS ONE OF OUR UROLOGIST AT MELOMED BELLVILLE  
SUITE 9 | TEL: 021 949 0040/2



**1. WHAT IS YOUR FAVOURITE RESTAURANT?** I like different types of eating experiences, but when it's time for 'date night', a fine dining restaurant like La Mouette in Sea Point is very good. At the moment however, the Spur wins as I have three girls under the age of 6.

**2. WHAT'S THE MOST FUN YOU'VE HAD THIS YEAR?** I recently visited The Baths in Citrusdal. Very nice hot spring baths and "braai-ing" with family and friends.

**3. WHAT'S YOUR WORST HABIT?** Playing cellphone games.

**4. WHICH TV SHOW AND CHARACTER DO YOU LIKE THE MOST?** I love the reality show 'Would I Lie To You' on BBC and David Mitchell is very funny on that show!

**5. DO YOU PLAY ANY MUSICAL INSTRUMENTS?** I can play the guitar in a very basic way. I would have liked to be a master at it to entertain people.

**6. WHICH THREE SONGS WOULD YOU LISTEN TO FOR THE REST OF YOUR LIFE?** I listen to a lot of music, so it is quite unfair to only choose three, but songs that come to mind are: Radiohead's Last Flowers, The Beach Boy's God Only Knows and Mozart's Concerto in C.

**7. WHAT CELEBRITY WOULD YOU LIKE TO BE FOR A DAY, AND WHY?** Many people ask me if I'm related to Ernie Els and I'm not unfortunately, but to be able to travel the world and play golf would be awesome.

**8. WHICH CHILDHOOD MOVIE DO YOU STILL LOVE TODAY, AND WHY?** The Back to The Future movies. It has an excellent script, are very well made and so much fun to watch.

**9. WHICH OTHER LANGUAGE WOULD YOU LIKE TO BE ABLE TO SPEAK?** French, it's nice to listen to and is spoken in many different countries. Also, I can speak very basic 'hospital' Xhosa, but would like to speak it fluently.

**10. WITH WHO WOULD YOU LIKE TO BE STRANDED ON A DESERTED ISLAND?** Elon Musk, he would be able to devise something with technology to get us off the island. But if there's no technology on the island, probably my wife, at least she would not eat me if she would be hungry.



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LAST TIME YOU DID  
YOUR HEALTH  
CHECK-UP?**



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**THROUGH EARLY DETECTION YOU CAN AVOID HOSPITALISATION.**

# URINARY TRACT INFECTION (UTI)

A Urinary Tract Infection (UTI) is an infection in any part of the urinary system, the kidneys, bladder or urethra and are more common in women. UTIs usually occur in the bladder or urethra, but more serious infections may involve the kidney.

## **A bladder infection may cause:**

- Pelvic pain
- Increased urge to urinate
- Pain with urination
- Blood in the urine

## **A kidney infection may cause:**

- Back pain
- Nausea or vomiting
- Fever

PathCare offers testing for UTIs.

Please contact your doctor for more information.

