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PRIVATE HOSPITALS

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# HEALTH NEWS & VIEWS

## TOO MUCH SUGAR CAN CAUSE HIGH BLOOD PRESSURE.

It's widely known that **if you have too much salt in your diet**, you're more **likely to develop high blood pressure**, but a recent study suggests that people should be careful about how much sugar they consume as well. **Drinking too many sugary beverages appears to raise the risk of high blood pressure, experts are warning.**

**Findings suggest blood pressure goes up incrementally for every extra can of sugary drink consumed per day.**

The precise mechanism behind the link is unclear, but scientists believe too much sugar in the blood disrupts blood vessel tone and salt levels in the body.

**For every extra can of sugary drink consumed per day**, study participants, on average, had a **higher systolic blood pressure by 1.6mmHg** and a higher diastolic blood pressure by 0.8mmHg.

**High blood pressure is a major risk factor for cardiovascular disease.**

Someone with a blood pressure level of 135mmHg over 85mmHg is twice as likely to have a heart attack or stroke as someone with a reading of 115mmHg over 75mmHg.



Strokes don't only hit the elderly. One in five stroke victims are between the ages of 20-55.



Many strokes can be prevented. They're often caused by high blood pressure, tobacco, obesity, diabetes, inactivity and stress.



Strokes can be treated, but you need to act fast. Signs include issues with balance, blurred vision, facial droop a weak arm or leg and terrible headaches.

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

## BE A MAN AND LOSE WEIGHT!

Obesity affects men and women about equally. **But you may be surprised to learn that men pay an extra price, since obesity takes a special toll on male hormones, sexuality, and prostate health.** Here are a few facts that might motivate you to renew your gym membership:

- **Obesity lowers** testosterone levels, which can affect muscle function and heart health.

- **Men who are obese are** more likely to experience erectile dysfunction (ED) than men with healthy weights. Weight loss can improve erectile function for overweight men.

- **Obesity has been linked** to low sperm counts and reduced sperm motility, both of which can make a man less fertile.

- **Obese men are more** likely, than men with healthy weights, to develop kidney stones, which are typically very painful.

- **The prostate gland often** enlarges (benign prostatic hyperplasia) with age. The prostate tends to enlarge more in men who are overweight.

- **Obesity changes the** metabolism of sex hormones. Some studies have shown that extra body fat increases a man's risk of developing prostate cancer.

**FIND A HEALTHY WEIGHT FOR A HEALTHY LIFE, IT'S THE MANLY THING TO DO.**

Source: [www.health.harvard.edu/mens-health/obesity-unhealthy-and-unmanly](http://www.health.harvard.edu/mens-health/obesity-unhealthy-and-unmanly)

## SKIN CANCER DOESN'T SEE COLOUR

Over the summer holidays especially, many sun-loving South Africans will be flocking to the beach. **And it can take just 15 minutes for permanent sun damage to skin, to occur.** Dr Dagmar Whitaker – specialist dermatologist, president of the Melanoma Society of South Africa and vice president of the World Melanoma Society – says it's a common misconception that darker skin is less likely to develop skin cancer.

**Black skin has got natural sun protection equivalent to an SPF 15;** however as dermatologists, we only recommend sunscreen of SPF 50! Given the ozone hole and increased UV concentration, natural protection is suddenly not enough.

Dr Marion Morkel, Chief Medical Officer at Sanlam, notes that while breast cancer in women and prostate cancer in men

remain the most common cancer-linked claims, melanoma, is in the top five. CANSA (the Cancer Association of South Africa) reports South Africa has the second highest incidence rate of skin cancer in the world, after Australia. **There are approximately 20 000 reported cases here per annum. While those with fairer skin and albinism need to take extra precautions, it's important to note that everyone can be affected.**

## *Eat Green!* Broccoli compound may hold key to blocking disease

**A potent compound derived from broccoli sprouts may be one of the most powerful natural substances able to ignite the body's defences against cardiovascular disease, type 2 diabetes and cancer, research shows.**

**Sulforaphane**, a small sulphur-containing molecule derived from cruciferous vegetables, such as broccoli sprouts, **has been researched for 25 years for its apparent preventive properties against chronic diseases.**

A recent review by academics from across the globe, said a growing body of data showed that **sulforaphane acts against cancer at different levels within human cells, such as potentially protecting them from DNA damage, eliminating cancerous cells, thwarting tumour growth and preventing the spread of the disease.**

Although there are limited clinical trials of sulforaphane in humans, **“pre-clinical data strongly show that sulforaphane is a good potential candidate as a functional molecule against cancer,”** the researchers noted.

Source: Press release – [www.leapcommunications.co.za](http://www.leapcommunications.co.za); [www.coynehealthcare.co.za](http://www.coynehealthcare.co.za)



## SMALLEST BABY DELIVERED AT MELOMED GATESVILLE HOSPITAL



**Tiny Siphesihle Lambatha, has proven herself to be a little fighter already!**

After spending 83 days in the Neonatal Intensive Care Unit at Melomed Hospital in Gatesville, Athlone, **the infant who weighed only 410g at birth this week, finally got to go home.**

The tiny patient's Paediatrician and Neonatologist at Melomed Gatesville, Dr Shukri Raban, said Siphesihle was one of the 10 smallest babies born

in South Africa.

**"410g, put into context, is not much bigger than a tub of margarine," he said. "Lengthwise, she was not much taller than a half a ruler - less than 15cm."**

On the day she was discharged, her proud mother Yandisa Ngele Lambatha took home a healthy 1.84kg baby girl.

Dr Raban was hopeful that Siphesihle would develop well, just like her sister who

also weighed only 500g at birth.

**"We are very chuffed, not so much at the role that we played, but the honour we had in seeing how she developed, and how she has progressed to the point where she is now."**

Upon being discharged, Siphesihle received a "certificate of bravery" from the hospital, handed to her at a mini-graduation ceremony with her parents.

## 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.





# NOW THE **REAL TEST** BEGINS...

**In support of Pregnancy Awareness Month in February,** Melomed will be offering a free workshop for all expecting parents delivering at a Melomed hospital.

**DATE:** 22 February 2020  
**TIME:** 10:00-13:00  
**VENUE:** Kelvin Grove, Campground Road, Newlands  
**RSVP:** [info@melomed.co.za](mailto:info@melomed.co.za)

# Food safety

## GOOD FOOD

## GONE BAD

**Food safety refers to handling, preparing and storing food** in a way to best reduce the risk of individuals becoming sick from foodborne illnesses. Buying foods that are less likely to contain bacteria, parasites, or other contaminants is the first step in food safety.

### FOLLOW THESE STEPS TO MAKING SAFER FOOD CHOICES IN THE GROCERY STORE:

- Keep an eye out for **warnings about frequently contaminated foods**, like meat, poultry, seafood, and eggs.
- Look for **fresh food**.
- Choose products that have a **'sell by' date** in the future.
- Check safety buttons** on products.
- Avoid **leaking or swollen packages**.
- Choose **unbruised or undamaged produce**.
- Keep **produce separate from meat & poultry**.



### TEMPERATURE IS VITAL WHEN IT COMES TO FOOD SAFETY.

Use a refrigerator thermometer to keep your fridge at 4°C or cooler at all times.

### CLEANING & STORING FOOD

It is important to clean and store food properly to reduce the chances of contamination. In general, follow these tips for the safe cleaning and storage of your foods:



Wash your hands.



Separate raw meats & poultry, from fresh produce.



Refrigerate food as soon as possible after cleaning.



# FOODBORNE ILLNESSES



There are some foods that are often the subject of food recalls:



Leafy greens

Raw fish & seafood



Prepared meats & deli foods



Poultry



Ground beef

Eggs & dairy products



In severe cases, **there can be long-term effects of food poisoning** like kidney failure, chronic arthritis, brain and nerve damage, and even death. But in normal cases, these are the most common causes, symptoms, and durations of food poisonings:



## SALMONELLA

**DURATION:** 4-7 days

Diarrhoea, fever, abdominal cramps, vomiting

## CAMPYLOBACTER

**DURATION:** 2-10 days

Diarrhoea (sometimes bloody), cramps, fever, vomiting



## E COLI

**DURATION:** 5-10 days

Severe diarrhoea (often bloody), severe abdominal pain, vomiting

## LISTERIA

**DURATION:** 5-10 days

Fever, stiff neck, confusion, weakness, vomiting, sometimes diarrhoea



By following proper food safety guidelines, you can better ensure your family and all those you cook for remain happy and healthy.

**Happy cooking!**



# TEENAGE DEPRESSION

**The teenage years mark the transition from childhood to adulthood.** It involves emotional, social and thinking pattern development. **The emotional changes involve rapidly fluctuating emotions as they learn to cope with many new situations.**

**The social development in the modern era is complicated by the huge social networks (Facebook, Instagram etc.) outside the family.** Depression can destroy the essence of your teen's personality causing an overwhelming sense of sadness, despair or anger.

## WHAT CAUSES TEEN DEPRESSION?

A combination of factors can trigger depression in teens:

- 1. AN IMBALANCE OF NEUROTRANSMITTERS** or brain chemicals that carry signals in the brain. This can be due to genetics or environmental stresses.
- 2. TRAUMATIC LIFE CHANGES**, like a move, divorce, death of a loved one, friend or a boy/ girlfriend.
- 3. ACADEMIC DIFFICULTIES**, bullying (also cyber bullying on social media), rejection or exclusion from the peer group.
- 4. CHRONIC ILLNESS**, some medications or severe physical injuries.
- 5. NEGATIVE LIFESTYLE CHOICES**, like poor eating habits, lack of exercise or mixing with antisocial groups.
- 6. EARLY CHILDHOOD TRAUMA** abandoned by parent/s, abuse (sexual, physical and/ or emotional), violence in the environment, poor adult role models.

## SIGNS OF TEEN DEPRESSION

1. Sadness or hopelessness
2. Irritability, anger and hostility
3. Withdrawal from friends and family
4. Tearfulness or frequent crying
5. Loss of interest in activities
6. Poor school performance
7. Changes in eating and sleeping habits
8. Restlessness and agitation
9. Feelings of worthlessness and guilt
10. Lack of motivation
11. Fatigue or lack of energy
12. Difficulty concentrating
13. Unexplained aches and pains
14. Thoughts of death or suicide

## SUICIDE WARNING SIGNS IN DEPRESSED TEENS

- Talking or **joking about committing suicide.**
- Saying things like **"I'd be better off dead," "I wish I could disappear forever" or "There's no way out."**
- **Speaking positively about death,** romanticising dying (If I died people might love me more).
- **Writing stories and poems about death, dying or suicide.**
- **Engaging in reckless behaviour** or having a lot of accidents resulting in injury.

## TREATMENT OF TEEN DEPRESSION

### WHAT CAN THE TEENAGER DO WITH DEPRESSION?

The first step in getting help, is for the teenager to share their emotional pain with someone they trust. If not a parent, then a best friend, school counsellor or a helpline service. This opens the door for interventions needed and can prevent the destructive consequences of depression e.g. suicide, drug use or dropping out of school.

### WHAT CAN PARENTS DO TO HELP THEIR DEPRESSED TEENAGER?

Parents need to be aware of the early warning signs of depression, as noted earlier in this article. They must talk to their child

about depression being a real illness and that they are there to listen to them and help them through it.

They must show empathy and try to understand the child's illness and not challenge their feelings. Encourage the teen to join family functions to prevent them from isolating themselves. Giving them unconditional love and acceptance boosts their self-esteem. Finally encourage that they to see a mental health professional if they are too ill or not improving.

### MENTAL HEALTH PROFESSIONAL TREATMENT OF TEEN DEPRESSION

The health professional can be a psychiatrist,

psychologist, school counsellor, social worker or a minister. Some teenagers with mild depression can be helped by natural therapies e.g. a herbalist, art therapy or social support networks such as a sports club.



## PSYCHOTHERAPY

In psychotherapy, the first step is for the therapist to gain the teen's trust. These trusting relationships helps the teen open up and share what they are feeling. The therapist helps the teen feel that their experience is real and offers hope that help is available.

A vital part of therapy is to build the young person's self-esteem and sense of self-worth. They gain self-confidence as they are taught positive coping skills.

Therapy then focuses on helping them modulate the feelings of anger, guilt, sadness or loneliness and to verbalise these feelings in a healthier way. Family interventions are a crucial part of building a support network for the teenager to prevent further relapses of the depression. Family conflicts, secrets and relationships are worked through over time.

## MEDICATION

One of the factors causing depression is an imbalance of chemicals in the brain. The antidepressants that are available, have been scientifically researched as treatment for depression. There are many myths that these medications can harm the teenager's brain. However, if given under medical supervision, side effects are monitored by the psychiatrist and medication is adjusted.

## CLINIC ADMISSION

In severely depressed teens (suicidal, poor academics, poor physical health and parents/school unable to manage their behaviour) there are adolescent clinics with a psychotherapy program run by psychologists, psychiatrists and occupational therapists, which stabilises the patient with full interventions and a follow up support group.

## CONCLUSION

In our modern, rapidly changing, fast-paced world, teenagers are a very vulnerable group as they try to grapple with all their stressors. As adults we must not only be role models to guide and support them, but also be mindful when they are depressed and need our full attention, love and care. There is hope for the depressed teenager and we must help them out of their suffering to a healthier, happy future.

## ABOUT THE AUTHOR



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Dr Fortuin is a Psychiatrist practicing at Melomed Claremont and Melomed Mitchells Plain.

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## EMERGENCY LINES

**Dr Reddy's Help Line:** 0800212223

**Pharmacodynamics Police & Trauma Line :**  
0800205026

**Adcook Ingram Depression and Anxiety Helpline:**  
0800 70 80 90

**Destiny Helpline for Youth & Students:** 0800 41 42 43

**ADHD Helpline:** 0800 55 44 33

**Department of social development substance abuse Line 24hr helpline:** 0800 12 13 14, SMS 32312

**Suicide Crisis Line:** 0800 567 567

**SADAG Mental Health Line:** 011 234 4837

**Akeso Psychiatric Response Unit 24hr:** 0661 435 787

**Cipla Mental Health Helpline:** 0800 456 789

# **MELOMED CLAREMONT OFFERS A COMPREHENSIVE LIFESKILLS CENTRE.**

Melomed's commitment to excellence, compassion and a deep sense of service to our people has resulted in the establishment of the life skills & mental health centre at Melomed Claremont.

The life skills & mental health centre is a therapeutic facility that aims to provide holistic, professional and ethical care to our patients. The team of Psychiatrists, Psychologists, Occupational Therapists and Nurses allows and encourages our patients to improve their emotional and physical wellbeing in a comforting, supportive and luxurious environment.

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Ms Pam Govender 021 376 7240

For more information contact us on 021 683 0540.



## IS MY BABY TEETHING?

Know the signs, tricks and tips to make baby and parents happy again.

By Annette Bing, Midwife & Certified Lactation Consultant

Teething is the process by which a baby's teeth erupt, or break through, the gums. Teething generally occurs between 6 to 24 months of age. Some babies can teeth as early as 2 months, but 6 months seems to be the average age of the first tooth appearing. Some dentists have noted a family pattern of "early," "average," or "late" teethers.

### SIGNS YOUR BABY IS TEETHING

- 1. BULGING GUMS:** Gums can be red and swollen with bulging inside the gums.  
You can actually see the outline of the teeth as they are bulging inside the gums. The middle bottom teeth are usually the first place this happens.
- 2. DROOLING:** Babies can drool a lot more during teething.
- 3. RASH:** Some babies may develop a rash around the mouth from the extra saliva.
- 4. FUSSING:** Your baby will often become cranky and more difficult to console.
- 5. BITING:** Your baby will start chewing on everything he can get his hands, or gums on – his fingers, your fingers, toys, and sometimes the breast.
- 6. NIGHT WAKING:** Babies can be more restless or have more disturbed nights.
- 7. BREASTFEEDING:** Babies can become fussy on the breast.
- 8. LOSS OF APPETITE:** They may lose interest in their solid food for a couple of days while a tooth is erupting.
- 9. NO FEVER:** Research has shown that some babies may have a very mildly elevated temperature the day before or day of tooth eruption (not a real fever above 38°C).



Importantly, teething is NOT associated with the following symptoms. **Seek medical advice when the following symptoms are present:**

- Fever (over 38°C)
- Diarrhoea, runny nose or cough
- Prolonged fussiness, with no sign of a tooth erupting
- Rashes over the body

### REMEDIES FOR TEETHING

Anything cold

**Here are a variety of cool favourites:**

- Chilled teething rings
- Ice: Rub an ice cube along baby's gums, wrap in a muslin cloth to avoid choking
- Cold spoons
- Frozen carrot (large, to avoid choking)
- Frozen washcloth

### MEDICATION

- Anti-inflammatory syrup e.g. Ibuprofen (over age of 6 months)
- Vibrucol homeopathic suppositories
- Teething powders or gels recommended by paediatricians

### WHAT TO AVOID

- Any teething gels containing benzocaine should be avoided in babies and children under 2 years as it can have lethal side effects.
- Amber teething necklaces - The American Academy of Paediatrics have warned against the use of infants sleeping with necklaces due to a reported death caused by strangling and another incident of choking on the beads.

### HOW DO YOU CARE FOR YOUR BABY'S NEW TEETH?

SA Government Health recommendations for baby dental care:

#### Cleaning children's teeth

- Start cleaning your baby's teeth as soon as they come through using a gauze swab, cloth or a small, soft toothbrush.
- Clean your baby's teeth twice a day – each morning and before bed at night
- Children under 8 years old will need some help brushing their teeth.

#### Using fluoride toothpaste

- You do not need to use toothpaste until your baby is 18 months old
- For children aged 18 months to five years, use a pea sized amount of low fluoride children's toothpaste
- For children aged 3 years and up, use a pea sized amount of adult fluoride toothpaste
- Encourage your child to spit toothpaste out – but don't rinse.

### HOW DO YOU PREVENT TOOTH DECAY?

- Breast milk is best, if not breast milk, then formula for first 12 months.
- Baby should not fall asleep with a bottle of milk.
- Avoid juice or tea in bottles.
- Encourage your baby to drink water as preferred choice.
- Get baby to drink out of a cup by age one.
- Do not dip pacifiers in honey or sugar. Do not clean in adult's mouth.
- Avoid sweets and sugary foods.
- American Dental Association recommend scheduling an infant's first dental exam no later than the first birthday, or 6 months after the first teeth erupt.
- Brush teeth with a pea size amount of fluoride toothpaste from age 3.

# TEN

## THINGS EVERY WOMAN SHOULD KNOW ABOUT HER HEALTH

Source: [www.uvahealth.com/vigor](http://www.uvahealth.com/vigor)

**1** When you should start mammograms depends on your age and risk factors. **Talk to your doctor.**

**2** Don't be shy when it comes to talking to your doctor about **topics like sex or menstruation.**

**3** Regular Pap tests have reduced the death rate from cervical cancer, so keep that appointment!

**4** **Older than 65?** Get a bone density test to check for osteoporosis.

**5** No matter your age, your pregnancy will be healthier if your weight, blood pressure and stress are under control.

**6** Most breast lumps are noncancerous, so, relax if you find one – **but call your doctor to be sure.**

**7** Make time for **sleep and exercise.**



**8** **Social support and connecting with others can improve your immune system.** So call your friend or, better yet, meet up!

**9** **Always stressed?** Consider asking your doctor or a mental health professional for help.

**10** **High blood pressure and high cholesterol** levels boost your risk of heart disease.



**Melomed is giving away TWO beach chairs to 1 lucky winner!**

**HOW MUCH DID BABY LAMBATHA WEIGH AT BIRTH?** (Page 18)

To stand a chance to qualify, email your name, contact number and answer to: [melomag@melomed.co.za](mailto:melomag@melomed.co.za) with **Melomag37** in the subject line. Competition closes **13 March 2020**.

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.



## WOULDN'T IT BE NICE IF...?

### ADVICE FOR NEW MOTHERS

By Margaret Davison

## BECOMING A MOM IS A VERY BIG STEP IN OUR LIFE - REALLY EXCITING, BUT IT CAN BE DAUNTING TOO!

WHILE WE ARE PREGNANT, THERE ARE SO MANY THINGS THAT WE TRY AND PREPARE FOR. THERE ARE EXPECTATIONS WHICH ARE MET AND THERE ARE SOME WHICH AREN'T AND THERE ARE ALSO SITUATIONS THAT OCCUR, THAT WE HAVEN'T EVEN CONSIDERED BEFOREHAND! IN FACT, BEING A NEW MOM CAN BE A STEEP LEARNING CURVE. WE PREPARE IN SO MANY WAYS, READING UP SO MUCH (AND GETTING CONFUSED TOO), GOOGLING ALL SORTS OF DIFFERENT THINGS, BUT YET SO OFTEN, ONCE THE BABY IS BORN, IT'S LIKE STARTING FROM SCRATCH WITH AN EMPTY SLATE!

**WOULDN'T IT BE NICE IF...** we could meet up with other moms, going through the same things, at the same time and share?

It is a minefield buying equipment and other goodies for the baby and the nursery, yet so much simpler if another mom could make a suggestion based on her own, recent experience. The same applies to other vital hints and tips, for instance, whether or not to raise the mattress, what about a dummy etc? Moms often say that the best help is from other moms, as opposed to stressing out while searching through books and on the web.

Also, grannies, aunties and in-laws are from a different generation and so many things have changed since 'their day.' Instead of relatives causing stress and friction by offering what may be old fashioned advice. **WOULDN'T IT BE NICE IF...** they could respect the fact that things are done differently these days, and rather support the new mom in her decision-making or bake some muffins for her, rather than add to her agitation by offering 'well-meaning' advice at this sensitive stage.

So many moms realise they set high standards for themselves. This is a time to be kind to and to

pace yourself. Hopefully, you have made practical arrangements, stocked up the cupboards and freezer so that food does not become a major issue once baby is born. **WOULDN'T IT BE NICE IF...** kind family and friends were proactive and assisted with some meals, treats, snacks etc.

Stork teas and baby showers are great times and moms get so many gifts and often duplicates. **WOULDN'T IT BE NICE IF...** some folks thought of giving a voucher for their time, (to babysit, or to supply transport for instance) or a pamper session at a beauty salon for a new mom. This type of thoughtfulness will go a long way to making a new mom feel special at a time when she needs it most.

So much help is available for new moms, but often we want to be in control, make everything nice for everyone, but as a new mom, this is your special time.

As moms we may be reluctant to admit that becoming a mom was a big

change or perhaps a difficult time or us. This puts pressure on new moms, as they think they JUST HAVE to cope efficiently just as ALL others before her have done, little realising that generations of women have been through the same, have had the same feelings and that they are mostly quite normal. **WOULDN'T IT BE NICE...** and helpful if we showed empathy and reassurance?

Baby clinics are a mine of information as to what is available in the community for new moms - such as groups and activities where moms can get together and meet each other. In this way, valued support systems are formed, and you will not feel so alone and isolated and will realise there are others too who feel the same.

There are free magazines such as 'Cape Town's Child' which have invaluable information for new parents. Public libraries too, have leaflets and noticeboards regarding 'What's On' in your area. Consider joining your library so that you can also borrow books, magazines and DVDs.

Remember to try and make a date with yourself and find a little time for yourself every day and also not to put yourself down if you are having a trying day. New moms have often found this to be very helpful. Time passes by quickly and in no time your little one will be crawling around, and you will wonder where those early months went!

Feeling tired due to lack of sleep is fairly normal at this stage of life, but if you feel exhausted, really weepy and down, there is help readily available through your medical practitioner or clinic. There is no need to suffer in silence.

The African proverb, "it takes a village to raise a child," is so apt.

**WOULDN'T IT BE NICE IF...** all moms were prepared with the above information while pregnant and if their friends and families were kind to them, so that they could look back on those precious days as a new mom with many happy and special memories!





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# Water births

Some Q and A's.

## **WATER BIRTHS MIGHT BE BECOMING A BIGGER TREND BUT WHAT SHOULD YOU TAKE INTO CONSIDERATION BEFORE DECIDING IF YOU SHOULD HAVE ONE OR NOT?**

By Annette Bing, Midwife & Certified Lactation Consultant

### **What is a water birth?**

*Water birth is essentially as simple as it sounds. A woman labours and gives birth while in a pool filled with warm water.*

### **WHAT ARE THE BENEFITS OF LABOURING IN WATER?**

- Floating in water means that a mom can change her position easily during labour, with very little effort.
- Moms can try and remain as upright as possible to promote gravity without their legs getting exhausted.
- Warm water is very relaxing and creates a calm environment for moms to labour in.
- Partners can still be included by assisting mom with back massages, support and encouragement, rehydration and meeting her nutritional needs. Some partners even prefer to join the mum in the pool to be more hands on and part of the experience.
- Warm water provides a very good method of pain relief, research shows that mom

use less pain relief when labouring in water.

- Birthing outcomes - mums who labour and give birth in water, have an increased chance of a normal delivery with less medical or drug interventions. Labouring in water reduces anxiety, and increased relaxation means more effective labour and better progress in labour.
- Moms cope better when labouring in water, they feel more in control of their labour and pain.
- A study has shown that there is less perineal trauma for moms who deliver in water due to warm water relaxing and softening their perineum and pelvic muscles.

### **HOW CAN I ENSURE THE SAFETY OF LABOURING IN WATER?**

- You would need a qualified, experienced midwife to continuously monitor both your vital signs and baby's heart rate. Often midwives will use an underwater sonic aid to listen to your baby's

heartbeat while you are under water. If an underwater sonic aid is not available, they may ask you to lift out of the water enough to dry your belly off and monitor with a normal foetal monitoring device.

- Midwives can still monitor any vaginal discharges for signs of meconium stained amniotic fluid or heavy bleeding while you are labouring in water.
- Midwives can ask you to get out of the pool if anything abnormal is noted and then monitor you more carefully or implement emergency interventions out of the pool, if required.
- If you are giving birth in a hospital and there was an emergency, a mum could still have an instrumental delivery out of the pool if required, or if severe foetal distress or failure to progress may still need to have a C-section, if required. Labouring in water should not compromise your safety, monitoring or care in labour.
- To avoid bacteria in pools it is safest to hire a lining for the pool or a pool that comes

with a disposable lining for each client. Some rental companies will also rent a hose for each pool. This avoids the growth of bacteria in previously used hoses. Another tip is to run the water for a couple of minutes on hottest temperature prior to beginning to fill the pool.

### **HOW DOES THE BABY NOT GET WATER IN THEIR LUNGS?**

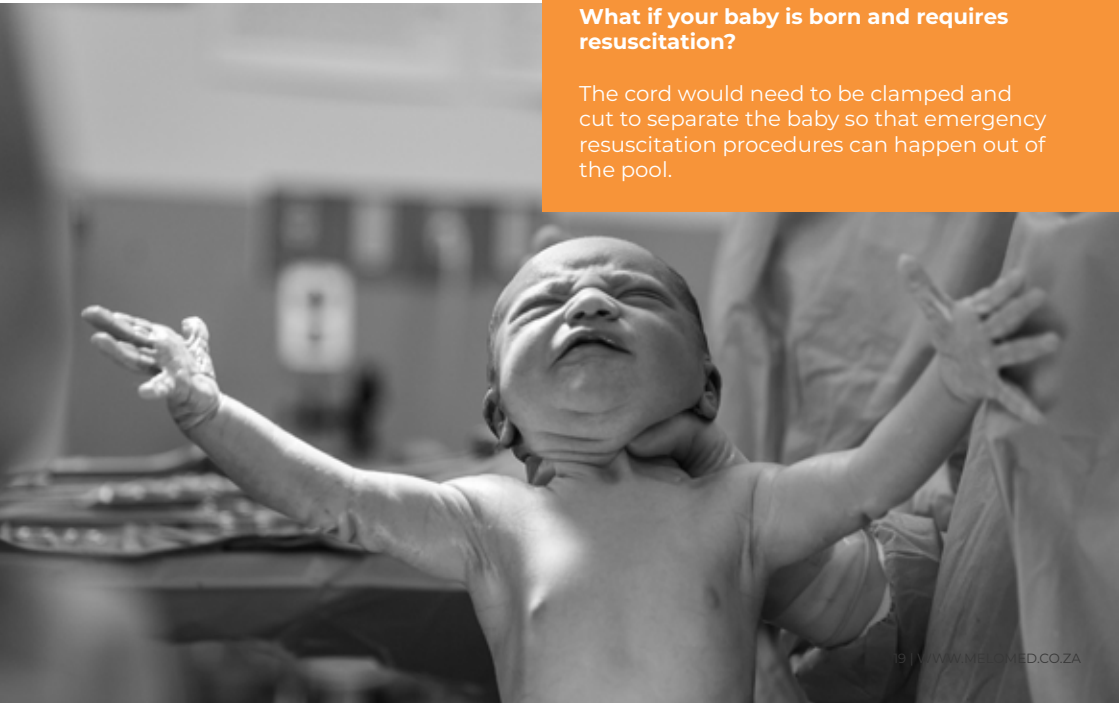
The baby gets its oxygen from the cord which is attached to the placenta and takes their first breath as soon as their head gets above the water. Once the head is above the water, then baby is held by mom on her chest with careful attention to keep the baby's head above the water, while the rest of the body is under the water to maintain the body temperature.

### **HOW DO YOU GET THE PLACENTA OUT IF YOU DELIVER IN WATER?**

Some moms prefer to deliver the placenta naturally, in the pool with no drugs, so as long as both mom and baby are stable, the mom can wait for 15 to 30 minutes for the hormones to assist with contracting and

### **What if your baby is born and requires resuscitation?**

The cord would need to be clamped and cut to separate the baby so that emergency resuscitation procedures can happen out of the pool.



placenta to separate naturally. This would also allow for delayed cord clamping once the cord has stopped pulsating. Other moms may need to get out of the pool and need help with an injection of Syntocinon to help separate the placenta, and then this may be delivered out of the pool.

### WHAT LOGISTICS ARE INVOLVED WITH HAVING A WATER BIRTH?

- You need to plan in advance so that you can book at a hospital that has a birthing pool or you need to be sure your hospital will allow you to rent your own birthing pool.
- You need to find a practitioner that is experienced in offering water births or happy for you to labour in a birthing pool.
- Find out the cost of renting a pool and or the disposable lining only.
- If you are planning a water birth at home, the room needs to be large enough to comfortably accommodate a pool and space for birth partners, midwife and birth equipment.
- The room needs to maintain a comfortable warm temperature for the mom to labour in.
- The floor needs to be suitable to get wet with mom climbing in and out of pool, so preferably tiled or wooden floor. Carpets are not ideal, so perhaps a plastic sheeting to protect them, if needed. Have a pile of dry towels handy if mom needs to step out of the pool, she can stand on a dry non-slip surface.
- Access to a tap, so a bathroom or tap close by or a hose long enough to reach the nearest tap.
- Maintaining a warm temperature in the pool throughout labour - 36.5 - 37°C. This requires a floating temperature gauge, and when the water temperature drops, the birthing partners will need to remove some water with buckets or a hose, and then refill with hotter water.

- A pool can take time to set up, so best to set up early, as the filling up with water can also take some time.
- It may take time to drain all the water out of the pool, collapse and pack it up, as well as dry off the floor. This is up to the birthing partners to sort out, not the staff attending to the birth.
- Use a sieve to capture any debris that may be floating in the water (vomit, blood clots, faeces) and have a lined bin close by.

### WHAT ARE THE CONCERNS OF A WATER BIRTH?

- Only get into the pool when mom is in established labour so that the contractions don't taper off.
- If the contractions should weaken, then a mom can get back out the pool and walk around so that gravity will assist the contractions to strengthen, before climbing back in the pool.
- Moms can still eat and drink while in the pool to maintain their hydration and energy levels.
- What if mom needs to go to the toilet? Moms can get out of the pool and use the bathroom.
- What if there is foetal distress? This should be picked up during routine fetal monitoring, and the appropriate action taken as per any mom in labour with foetal distress. Mom would need to get out of the pool for more careful monitoring, and if in hospital then attached to a foetal monitoring CTG machine.
- Cost can be a factor, as you may need to hire a pool and lining, and you will need an experience midwife for delivering in a pool.



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## EVERY DAY FIRST AID

CHECK OUT THESE FAST FIRST AID TIPS TO LEARN SOME BASIC FIRST AID SKILLS.

### FIRST AID FOR SOMEONE WHO'S UNCONSCIOUS AND NOT BREATHING

**KEY SKILL:** The delivery of chest compressions.

- Check breathing by tilting their head backwards and looking and feeling for breaths.
- Call an ambulance as soon as possible, or get someone else to do it.
- Push firmly downwards in the middle of the chest and then release. Push at a regular rate until help arrives.

### FIRST AID FOR CHOKING

**KEY SKILL:** The delivery of back blows.

- Hit them firmly on their back between the shoulder blades to dislodge the object.
- If necessary, call an ambulance or get someone else to do it.

### FIRST AID FOR SOMEONE WHO'S UNCONSCIOUS AND BREATHING

**KEY SKILL:** Place the person on their side and tilt their head back.

- Check breathing by tilting their head backwards and looking and feeling for breaths.



- Move them onto their side and tilt their head back.
- As soon as possible, call an ambulance or get someone else to do it.

### FIRST AID FOR SOMEONE WHO'S BLEEDING HEAVILY

**KEY SKILL:** Put pressure on the wound.

- Put pressure on the wound with whatever is available to stop or slow down the flow of blood.
- As soon as possible, call an ambulance or get someone else to do it.
- Keep pressure on the wound until help arrives.

### FIRST AID FOR BURNS

**KEY SKILL:** Cool the affected area.

- Cool the burn under cold, running water for at least ten minutes.
- Loosely cover the burn with

cling film or a clean plastic bag.

- If necessary, call an ambulance or get someone else to do it.

### FIRST AID FOR A BROKEN BONE

**KEY SKILL:** Immobilise the affected part.

- Encourage the person to support the injury with their hand, or use a cushion or items of clothing to prevent unnecessary movement.
- As soon as possible, call an ambulance or get someone else to do it.
- Continue supporting the injury until help arrives.

### FIRST AID FOR A HEART ATTACK

**KEY SKILL:** Ensure they are sitting and call an ambulance immediately.



- The person may have persistent, vice-like chest pain, which may spread to their arms, neck, jaw, back or stomach.
- Call an ambulance immediately or get someone else to do it.
- Make sure they are in a position that is comfortable for them (e.g. sit them on the floor, leaning against a wall or chair).
- Give them constant reassurance while waiting for the ambulance.

### FIRST AID FOR A HEAD INJURY

**KEY SKILL:** Apply something cold.

- Ask them to rest and apply a cold compress to the injury (e.g. frozen vegetables wrapped in a tea towel).
- If they become drowsy or vomit, call an ambulance or get someone else to do it.

### FIRST AID FOR POISONING AND HARMFUL SUBSTANCE

**KEY SKILL:** Establish what? When? And how much?

- Establish what they have taken. When? And how much?
- As soon as possible, call an ambulance or get someone else to do it.
- Do not make the person sick.

### FIRST AID FOR A STROKE

**KEY SKILL:** Carry out the FAST test

- Think **FAST**.

**Face:** is there weakness on one side of the face?

**Arms:** can they raise both arms?

**Speech:** is their speech easily understood?

**Time:** to call an ambulance.

- Immediately call an ambulance or get someone else to do it.

### FIRST AID FOR SEIZURES (EPILEPSY)

**KEY SKILL:** Make them safe and prevent injury.

- Do not restrain them but use a blanket or clothing to protect their head from injury.
- After the seizure, help the

person rest on their side with their head tilted back.

### FIRST AID FOR AN ASTHMA ATTACK

**KEY SKILL:** Help them take their medication.

- Help the person sit in a comfortable position and take their medication.
- Reassure the person. If the attack becomes severe, call an ambulance or get someone else to do it.



### Melomed 24-hour Trauma Units:

- Melomed Gatesville Trauma Unit: 021 637 8100
- Melomed Bellville Trauma Unit: 021 948 6535
- Melomed Mitchells Plain Trauma Unit: 021 392 3126
- Melomed Tokai Trauma Unit: 021 764 7023
- Melomed Richards Bay Trauma Unit: 035 791 5301

# Avocado quinoa salad

Recipe by Melomed Mitchells Plain Catering Manager, Nadia Diedricks.

The avocado quinoa salad is a powerhouse packed with good-for-you ingredients and the best healthy lemon vinaigrette.

**Course:** Salad | **Prep Time:** 15 minutes

**Total Time:** 15 minutes | **Serves:** 8 as a side

## SALAD

- 1 cup **uncooked quinoa**
- 230 g **fresh cherry tomatoes**, halved
- 1 large **cucumber**, chopped
- ¼ cup **red onion**, finely chopped
- 150 g **fresh spinach**, roughly chopped
- 2 large **ripe avocados**, pit removed and chopped
- ¼ of 1 **bunch fresh coriander**, optional
- ⅓ cup **Feta Cheese**, optional

## DRESSING

- 4 tbsp **brown vinegar**
- 2 tbsp **Dijon mustard**, not regular mustard
- 1 tsp **dried oregano**
- 1 **clove garlic**, minced
- ½ cup **olive oil**
- 1 lemon (2-3 tbsp **fresh lemon juice**)
- **Salt and pepper**

## INSTRUCTIONS

- 1. Cook the quinoa** according to package directions. Fluff and set aside to cool.
- 2. Meanwhile, prep the dressing.** Whisk the brown vinegar, Dijon mustard, oregano, garlic, ½ tsp salt, and ¼ tsp pepper together in a small bowl. Slowly add in the olive oil into the vinegar mixture while whisking briskly. Whisk in the lemon juice. Pour into a jar and store in the fridge while prepping the vegetables.
- 3. Prep the veggies:** Halve the cherry tomatoes, chop the cucumber (peel if desired, we leave the peel on), finely chop a quarter of a red onion, roughly chop fresh spinach, remove the pits and chop the avocados. Finely chop the coriander if desired.
- 4. In a large bowl, add in all the prepped veggies and quinoa.** Remove the dressing from the fridge and shake it well and then pour over the salad. **Toss the salad and then top with feta cheese if desired.**

If you aren't planning on finishing this salad all in one day, I'd recommend keeping the dressing separate from the salad and only dressing what you'll be eating. Also, only prep the amount of avocados to what you'll be eating that day (so if you'll have leftovers, only add 1 avocado and add the other one the next day).

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- Vaccinations
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- Family Planning
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## **BOOKINGS:**

Tokai Clinic (021 023 0604) Bellville Clinic (021 945 1898)





## Getaways in Gorgeous Gardens

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**ANNA BEULAH FARM, CAPE TOWN**  
FROM R650 PER NIGHT FOR 2

Apart from the beautiful self-catering units, coffee shop, farm animals and an abundance of kids' activities on this guest farm, it has a vegetable garden with organic goodies that you can pick to use in your meals.



**CEDERKLOOF BOTANICAL RETREAT, CITRUSDAL**  
FROM R1050 PER NIGHT FOR 2

At Cederkloof, guests are encouraged to use indigenous herbs from the gardens in their baths and food. In the mountains and along the trails surrounding the chalets, buchu, rooibos tea, wild rosemary and hundreds of other fynbos species flourish.



**EARTH COTTAGE, HERMANUS**  
FROM R950 PER NIGHT FOR 2

From the master bedroom, guests have a sweeping view of this working farm and its humble, but generous vegetable garden and orchard. The farm is just a short drive from Hermanus and various activities and attractions in the Hemel-en-Aarde Valley.



**KAROO KHAYA, PRINCE ALBERT**  
FROM R780 PER NIGHT FOR 2

Wander around the extensive gardens of this pet-friendly guest house. Guests can enjoy the Karoo views, pick their own veggies for supper and kids will love feeding the farm animals!



**KAROO VIEW COTTAGES, PRINCE ALBERT**  
FROM R1500 PER NIGHT FOR 2

Pick your own fresh produce from the veggie tunnels and scented garden of this well-loved Karoo stay. Homemade muesli and breathtaking sunrises await and the quaint Karoo town, Prince Albert, has loads for young and old to experience.



**KEISIE COTTAGES, BREEDE RIVER VALLEY**  
FROM R750 PER NIGHT FOR 2

Vredendal Farm is a grape, quince and gooseberry farm where guests can pick their own fruit or watch the harvesting of gooseberries in season. At other times in the year, you can simply stroll around the herb and veggie garden for some produce.



**MATJIESVLEI COTTAGES, CALITZDORP**  
FROM R760 PER NIGHT FOR 2

The Middelploas cottage at Matjiesvlei is a cosy two-bedroom cottage right next to the river with a herb garden where guests can pick produce to use in their tea and food. The Matjiesvlei Valley is a dead end and, therefore, quiet, peaceful and away from the hustle and bustle of city life.



**NUMBI VALLEY FARM, DE RUST**  
FROM R1250 PER NIGHT FOR 2

This cottage boasts a verandah overlooking the organic olive orchard as well as a private spring-fed plunge pool. There is a wide variety of fresh, organically-grown produce for sale from the farm's permaculture gardens.

# HOUSECALL

MEET ONE OF OUR DEDICATED SPECIALISTS

## DR EUGENIA MALEBO MAGOPA

She is a Gynaecologist and Obstetrician  
at Melomed Bellville



### 1. What's your worst habit?

Leaving my earrings everywhere around the house and looking for them when I need to wear them.

### 2. Why did you choose your profession?

For the love of medicine and helping people particularly women. I have wanted to be a doctor since I was 8.

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

Harvey Spectre from Suits. "I don't have dreams, I have goals."

### 4. Can you play any instruments, or what would you play if you could?

I would love to be able to play the piano.

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

- i. God I look to you: Bethel Music & Jenn Johnson
- ii. The edge of glory: Lady Gaga
- iii. Thunderclouds: Sia, Diplo & Labrinth

### 6. What celebrity would you like to be for a day, and why?

Bill Gates, so I can know how he sustains his relevance throughout these years.

### 7. If a genie granted you 3 wishes right now, what would you wish for?

Violent-free World, Hunger-free society and economic freedom for everyone.

### 8. What is your best childhood memory, and why?

Getting a home baked cake from my mum every birthday. She celebrated her kids' birthdays without missing baking a cake every year. I will always cherish that.

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

Cell phone, Pair of jeans, T-shirt, Tekkies and limitless data.

### 10. Who would you want with you if you were stranded on a deserted island?

My Father. I would be guaranteed a meal every day. He is a hard-worker.



TIME IS  
SUBJECTIVE,  
BUT OURS IS  
REAL-TIME!

# THINGS TO DO PREGNANCY PLANNER

## Are you planning to fall pregnant?

Am I pregnant? For confirmation, have your blood pregnancy test done. The test should be positive after you have missed a period.



1.

### The first trimester (first third of pregnancy)

Screening tests to rule out harmful underlying conditions that may affect you or the foetus: Bloodgroup and Rh tests. Tests for previous exposure to infectious disease (sexually transmitted disease, hepatitis, rubella). Urine analysis for protein and glucose. Down's syndrome risk screen with blood tests between 8w-13w6d, and ultrasound at 11 - 13w6d.

2.

### The second trimester (second third of pregnancy)

Down's syndrome risk screen (15 - 20w6d), if not done during the first trimester. Blood test for neural tube defect or open spina bifida. Amniocentesis (obtaining amniotic fluid from the uterus) for genetic studies, if abnormalities were detected in the screening tests.

3.

### The third trimester (last third of pregnancy)

Hypertension and diabetes are most likely to develop during this period. Various tests can be done either to exclude these conditions or to monitor the treatment. During premature labour, tests are available to establish if the baby is mature enough to be delivered.



### Postnatal

Immediately after the delivery of your baby, the doctor will take some cord blood for a thyroid test. If hypertension or diabetes was diagnosed during your pregnancy, it is essential that you should return to your doctor to establish if these conditions have resolved.

For more information on Prenatal Pathology testing, please Contact your physician.