

melomag

Autumn 2012 | Issue 08

FREE HEALTH GUIDE!

Why you should
quit smoking

The epidemic
of TB

What is
Bipolar
Disorder?

GIVE-AWAY

Melomed is giving away
one Book, *The optimum
nutrition cookbook*, to one
lucky reader!
See page 26 for
competition details!

PROS & CONS

PLANNED parenthood



M E L O M E D
PRIVATE HOSPITALS

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of a high fever | 5 |

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**HELP PICKY EATERS BUILD
A STRONG NUTRITIONAL
FOUNDATION**



For Kids Ages 2 to 10



Pfizer Nutrition

The first quarter of 2012 has been a busy

and exciting period for the Melomed Group.

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CONGRATULATIONS

Well done to the winners of the Nativia give-away featured in our previous *Melomag* issue 07. They are: **Shamilla Khan and Wadeedah Brown**. We trust that they will enjoy their prizes. Look out for this issue's give-away on **page 26**.



Health Bytes

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Having expanded our staff complement significantly, the Group welcomed the move of its core Head Office to the Doncaster building in Kenilworth. Situated proximally to all of Melomed's healthcare facilities, the new Head Office marks an important milestone in Melomed's growth and expansion.

Melomed Gatesville has also been at the centre of an expansionary phase with the opening of its Nuclear Medicine Facility as well as its new Oncology Unit. Now equipped for nuclear diagnostics and effective cancer treatment, Melomed Gatesville has yet again proven itself as a world-class facility. Taking over the management reigns at the hospital, Mr Henry Hendricks has joined the Group and we wish him all the best in the future.

Melomed24, our Ambulance Service, has been bustling after having increased its fleet with additional advanced life support ambulances. Our Ambulance Services have again been selected as the only emergency medical rescue service for a number of sporting facilities and transport networks, and we commend our able team of paramedics for their expertise and diligence with emergency healthcare work.

The Group has also undertaken important projects in order to deepen its commitment to its patients and the environment. Meloearth is a novel vermiculture project that involves the production of soil conditioners from food waste, thereby utilising natural resources to recycle wastage. Melohearts is a recently established support programme, in association with the Heart and Stroke Foundation of South Africa, for patients, family members, and friends having cardiovascular-related incidents. We are truly excited by these new projects and thank all those involved.

Looking back on the successful efforts to promote Kidney Awareness Week in March, it is with excitement we look forward to celebrating International Nurses' Day in May to commemorate the efforts of this vital organ of the healthcare industry. The excellent services rendered by our own nursing staff are a key component of our continued success and it is only fitting to join in the international celebration of the individuals representing our core contact with patients and specialists.

*In our eighth issue of *Melomag* we focus on issues surrounding mental health – specifically bipolar disorder. Additionally, we explore the epidemic of TB and why it is so prevalent in South Africa. We sincerely thank our Specialists for their contribution in this regard, and hope you find these articles both informative and current.*

Finally, we wish you well over the Easter holidays and urge you to travel safely to all your destinations.



EBRAHIM BHORAT
CHAIRMAN
MELOMED GROUP

HEALTH NEWS & VIEWS

THE CHANGING FACE OF THE CARDIOVASCULAR PATIENT



The face of cardiovascular disease is changing. It has moved from a disease affecting mostly white males to one that affects younger, black people.

This is largely due to lifestyle choices. Fatty foods, smoking and lack of exercise are big contributing factors to cardiovascular disease. Yet, many of us seldom take notice of messages cautioning us to change our lifestyles, especially our diet.

Professor Derrick Raal, Head of the

Endocrinology Department at Charlotte Maxeke Hospital, says new eating habits are responsible for an increase of high cholesterol levels in the black population. "As people are changing from their traditional diet to eating fast foods, their cholesterol levels are starting to go up. We are starting to see much higher cholesterol levels in our black population and what's coming with that is more and more heart attacks," he says.

"At this point in time in South Africa, there are about 80 heart attacks each

day and as many strokes. It used to be considered a 'white man's disease'. But now, particularly in the urbanised black population with more fast foods, we are increasingly starting to see more heart attacks, obesity and more diabetes," says Professor Raal.

Professor Raal says while there may be other contributing factors such as genetics to the increasing incidence of cardiovascular disease, up to 80% of it can be prevented if people start taking steps towards living a healthier lifestyle.

HEALTH TIP: TO PREVENT DANDRUFF

In addition to regular shampooing, try these steps to reduce your risk of dandruff:

1. Manage stress. It can trigger dandruff or make it worse.
2. Cut back on hair sprays, styling gels and mousSES. They can build up on your hair and scalp, making them more oily.
3. Eat a healthy diet. Nutrients such as zinc, B vitamins and essential fatty acids may help prevent dandruff.



SPORTS DRINKS OR WATER WHEN YOU EXERCISE?

Should you take a bottle of sports drink down to the gym when you do that hour's aerobics class? Will you feel ill effects without it? And what about that Saturday touchies game?

Whether you would benefit from consuming a sports drink depends on the events you are

taking part in and your goals. Sports drinks typically contain water and electrolytes (usually sodium and potassium) for rehydration, and carbohydrates (as sugars) for energy.

They were invented in the 1960s to replenish fluid and provide extra fuel for intense sporting activity of a long duration (more than 90 min).

Carbs in sports drinks can

be helpful if you are aiming for a personal best, or taking part in a competition you really must win.

So, when you're deciding whether to choose water or a sports drink, here are some guidelines.

Use water:

- + When exercising to lose weight.
- + When exercising for

an hour or less.

Consider using a sports drink:

- + For fuel when doing intense sustained exercise for 90 min or more.
- + When the outcome of a competition is important to you and you need to perform at your best.



CLUMSINESS

can be dangerous

We've all been embarrassed by a clumsy misstep. Maybe your hand knocked over a cup of coffee during a spirited conversation. Or maybe you backed into a stack of soup cans with your shopping cart.

These mishaps are embarrassing, but they can also cause significant injury. A hip fracture, for example, causes more than just pain. If you find you are often knocking into things or injuring yourself, it makes sense to get checked out. In the meantime, there may be steps you can take to improve the situation:

- + See a physical therapist to improve your balance and coordination.
- + Choose exercise that improves strength and balance: dancing, tai chi and yoga.
- + Improve your visual tracking. Certain exercises may be able to stimulate the nerve connections that allow the eyes to track an object and send signals back to the brain. This is an essential talent for having good hand-eye coordination.
- + Reduce the clutter in your home.
- + Improve the lighting in your home; get your eyes checked.
- + Add handrails and grab-bars near your stairs or tubs.
- + Check your drugs. Some can make you clumsy, especially if they make you dizzy, sleepy or weak.

Commuter stress

6 strategies for learning to enjoy your commute. If your commute is an unavoidable part of your day, why not make the best of it?

Enjoy the "me" time. Despite the bad reputation of commuting, a lot of us actually do enjoy our commute! For some, the commute is the only time alone all day.

Set a stress-free soundtrack. What you listen to on your commute matters. Turns out, you don't just listen to music, you internalise it. Research has shown that when you listen to music you enjoy, your blood vessels may dilate — which may be good for your heart and for reducing stress. And sing along — singing may boost your immune system and help your body beat back the stress hormone cortisol.

Take the pain out of the trip. Outfit your car for maximum comfort. Adjust your seat so the headrest aligns with the tops of your ears. The seat-base should support your thighs with a little space between the seat's-edge and your knees.

Stay off the hunger highway. For many folks, the after-work commute backs right into dinnertime. Use the glove box to stash healthy snacks — granola bars, nuts, or dried fruit — for munchy moments. Don't

forget to stay hydrated, too. Tote a reusable water bottle and fill it before you leave in the morning and before you head back home in the afternoon.

Choose your own rush hour. If you can, plan your morning and afternoon getaways to avoid peak traffic times. Experiment; figure out which hour has the lowest level of "rush". Ask your boss about a "flexitime" schedule, a sliding time frame for required work hours rather than a strict 9 to 5.

Accept your spot in the flow of traffic. What stresses many of us about our commute is a feeling of powerlessness. We see the line of cars and think, "There's no way out! There's nothing I can do!" It may help to accept that, on some level, we brought this on ourselves. Whether we chose to live out in the suburbs so we could have a guest bathroom or we just decided to wake up too late, we have more control than we think. We can't make traffic disappear, but we can control how we feel and react in transit. Do you really want to flash a rude gesture at the guy who cut you off, or would it feel better to simply take a deep breath?

HEALTH TIP

LIQUORICE FOR A SORE THROAT?

Liquorice is a pleasant-tasting food, which you can make into a tea or eat as confectionery. It has both antiviral and antibacterial properties and will soothe a sore throat.



calendar

APRIL

Colorectal Cancer Awareness Month
Cancer Association of South Africa: 021 689 5347

7 April World Health Day
 Heart and Stroke Foundation SA
 Tel: 021 403 6450



Tough Living with Cancer and Men's Health Month
Cancer Association of South Africa Tel: 021 689 5347

National Blood Donor Month
WP Blood Transfusion Service Tel: 021 507 6300

Children and Youth Month
Department of Social Development Tel: 021 483 4153/2

17 April World Haemophilia Day
 SA Haemophilia Foundation:
 Tel: 021 785 7140 / 082 788 1038

23 April World Book Day

27 April Freedom Day

28 April World Day for Safety & Health at Work

12 May International Nurses Day

14-18 May Health Promoting Schools Week

17 May World Hypertension Day
 Heart and Stroke Foundation SA
 Tel: 021 403 6450

20 May AIDS Candlelight Memorial Day
 PGWC: Health Promotion
 Tel: 021 483 9930

21-27 May World Heart Rhythm Awareness Week
 Pace Clinic Tel: 082 6999 699 / 082 8061 599

26 May Bipolar Awareness Day
 The S.A Depression and Anxiety Group Tel: 011 262 6396

31 May World No-Tobacco Day
 Cancer Association of SA (CANSA)
 Tel: 021 689 5347

MAY

Cystic Fibrosis Awareness Month
Cystic Fibrosis Association Tel: 084 405 3986 / 021 557 0323

5 May International Day of the Midwife

6-13 May Hospice Week

10 May Lupus Awareness Day
 The Arthritis Foundation of SA
 Tel: 021 425 4738



31 May-6 June
World No-Tobacco Week

JUNE

1 June Children's Day
 Department of Social Development Tel: 021 483 4153

5 June World Environment Day

14 June World Blood Donor Day
 WP Blood Transfusion Service
 Tel: 021 507 6300

15 June World Elder Abuse Awareness Day

16 June Youth Day

18-24 June National Epilepsy Week

20-26 June Chronic Obstructive Pulmonary Disease (COPD) Week

21 June Get Tested Day
 Heart and Stroke Foundation SA
 Tel: 021 403 6450

26 June Substance Abuse Prevention Day

26 June International Day Against Drug Abuse & Illicit Trafficking



5

HOW TO TREAT A FEVER?

A person's normal body temperature, when measured orally, is between 36.5°C and 37°C. *Melomag* takes a closer look and advises what to do in the case of a higher temperature.

By Health Bytes Publishers

You are suffering from a fever if your body temperature remains higher than 37°C for some time. For very young children and infants, even slightly elevated temperatures may indicate a serious infection. In newborns, a subnormal temperature – rather than a fever – may also be a sign of serious illness.

A fever is one of the body's reactions to infection and a sign that the body is defending itself.

Since viruses and bacteria do not survive so well in a body with an elevated temperature, fever is actually an ally in fighting infection. An elevated temperature also increases the production of infection-fighting white blood cells, their speed of response and killing capacity.

HOW IS A FEVER TREATED?

Paracetamol (found in Panado and other over-the-counter medications) is a drug that helps to lower fever. It is also an analgesic (pain reliever), so it eases

the discomfort and body aches that often accompany fever.

Ibuprofen is another fever-reducing medication that relieves mild to moderate aches and pains.

HOME TREATMENT

To bring down a person's temperature:

- + Remove excess clothing.
- + Give medication or prescribed suppositories to reduce a fever of 40°C or higher.
- + Keep the patient hydrated by giving plenty of water or fruit juices. It is best to give small, frequent drinks.
- + Sponge the skin with tepid water. (If the water is too cold, this can be a shock to the system.) Evaporation will have a cooling effect.
- + Do not give aspirin to a child with a fever. Many fevers are caused by viral infections, and the combination of aspirin and viral illness has been linked to the development of Reye's syndrome, a progressive and very dangerous liver disease.



When to call the doctor about a fever

- + When a newborn or baby younger than six months has an elevated (or low) temperature.
- + When the fever is accompanied by a stiff neck, confusion, lack of energy, difficulty in waking or inconsolability and headaches.
- + If an adult has a temperature of more than 39.4°C or has had a fever for more than three days.
- + If persistent vomiting, unusual skin rash or mental confusion accompany a fever.
- + When the sufferer shows signs of seizures.

First-aid suggestions for seizures

- + Secure the airway by putting the child on his side. Check that he is breathing.
- + Lay him down, place a cushion under his head and loosen tight clothing.
- + Remove any object that he could knock himself against.
- + Don't force anything into his mouth. Do not give him anything to drink.
- + Don't restrain your child.
- + Once the fit has stopped, place your child on his side with his face turned to the floor.
- + Any child who has had a seizure should be seen by a doctor to determine the cause.
- + It is common for a child to be drowsy or sleepy after a seizure.

FOODS THAT:

Fight cancer



There are many foods that are good for you and can help decrease your risk of cancer. Just eat healthily and in moderation, and enjoy our top 10 picks.

1 Tomatoes contain lycopene, an antioxidant that attacks roaming oxygen molecules, known as free radicals, that are suspected of triggering cancer.

2 Cabbage, yummy, cabbage and other cruciferous vegetables like broccoli, cauliflower, and Brussels sprouts contain two antioxidants, lutein and zeaxanthin that may help decrease prostate and other cancers.

3 Garlic Garlore!!
Garlic has immune-enhancing allium compounds that appear to increase the activity of immune cells that fight cancer.



4 Whole grains are a great way to protect your health and lower your risk for developing cancer. Whole grains give the complete benefit from bran, germ, and endosperm – all three parts of the grain, which contain many vitamins, minerals, and dietary fiber.



5 Berries:
Cranberries, raspberries, blueberries and strawberries are rich in vitamin C and folic acid and are high in fiber and potassium. Berries also contain phytochemicals and are strong antioxidants.

6

Tumeric, a member of the ginger family, is believed to have medicinal properties because it inhibits production of the enzyme cyclo-oxygenase 2 (COX-2), levels of which are abnormally high in certain inflammatory diseases and cancers, especially bowel and colon cancer.



7

Grapes:

Red grapes contain bioflavonoids, powerful antioxidants that work as cancer preventives. Grapes are also a rich source of resveratrol, which inhibits the enzymes that can stimulate cancer-cell growth and suppress immune response.



8

Teas:

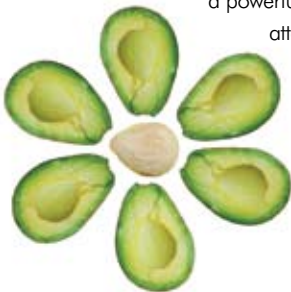
Green tea, black tea and Rooibos contain antioxidants known as polyphenols which appear to prevent cancer cells from dividing. Rooibos has proven cancer-fighting properties in animal research studies, and exciting new research points towards the role that Rooibos can play in promoting heart health and preventing diabetes.



9

Good fat:

Olive oil, omega-3 butters and avocados. Avocados are rich in glutathione, a powerful antioxidant that attacks free radicals in the body by blocking intestinal absorption of certain fats.



10

Mushrooms:

Mushrooms appear to help the body fight cancer and build the immune system.





PLANNED PARENTHOOD

PROS & CONS OF CONTRACEPTIVE METHODS

By Gynaecologist / Obstetrician Dr K Chimusoro

Birth control allows us to prevent pregnancy and plan the timing of pregnancy.

Birth control choices are highly individual and also acceptable for multiple reasons, including personal as well as public health. Here are some facts about safe and effective options available, to help you make an informed decision about contraception that is right for you.

Personal reasons to use contraception include:

- + Postponing pregnancy until financially or professionally ready
- + Avoidance of pregnancy for social, medical, surgical or other reasons
- + Spacing of children
- + Limiting family size

Public health reasons for contraception include:

- + Population size control

- + Avoid consequences of unwanted pregnancies, e.g. abortions
- + Improve maternal mortality and morbidity in reproduction

When you have to choose a contraception method, consider the following factors:

- + Effectiveness of the method
 - + Safety of the method
 - + Availability
 - + Social and religious acceptability
 - + Accessibility
- The "Life table" method is used to measure the effectiveness or failure rate of a specific method, using the percentage of women falling pregnant when

using a particular method in the first year of use. Other methods, e.g. the "Pearl index", state it as the number of conceptions occurring amongst 100 women using the specific method per year.



NATURAL OR NON-HORMONAL CONTRACEPTION

METHOD	FAILURE RATE	TECHNIQUE	ADVANTAGES	DISADVANTAGES
Abstinence	0%	Avoid penetrative sex.	Very safe for pregnancy prevention and diseases.	Will cause marital discord.
Withdrawal	20–25%	Male withdraws male organ just prior to ejaculation.	Natural, no side effects.	Late withdrawal, non-withdrawal due to pleasure at time makes it very unreliable.
Rhythm	15–25%	Use law of averages, relying on knowledge that most women ovulate on day 14 of cycle, thus avoid coitus from days 11–16.	Natural, no side effects.	Some women ovulate earlier or later than the average dates.
Sympto-thermal	15–25%	Check temperature rise to predict ovulation.	Natural, no side effects.	Such a drill for women, high failure rate.
Barriers Male & Female condoms	10–20%	Latex or Silastic recepticle to trap sperms.	Protection against STDs and HIV.	Late insertion, non-insertion, leak, rupture, late removal increase failure rate.
Shield, Foam & Gels	15–20%	Agent in foam or gel which is spermicidal.	Easy to use. Recent association with HIV prevention agents.	Forgotten, bad press about infections.
Female Sterilisation	<1%	Tubes tied off preventing sperms and eggs from meeting.	Needs a small operation.	Not reversible, surgical discomfort, ectopic pregnancy, heavier periods compared to other methods.
Male Sterilisation	<1%		Surgical sterilisation i.e. vasectomy very effective.	Male resistance a hindrance.

HORMONAL CONTRACEPTION

METHOD	FAILURE RATE	TECHNIQUE	ADVANTAGES	DISADVANTAGES
Progesterone only pills (Mini-pill)	2–4%	Inhibits ovulation, makes endometrium non-receptive to early pregnancy.	Very low side effect profile.	High failure rate, may hold periods back, some breakthrough bleeding may occur.
Combined pills	1–2%	Inhibits ovulations, makes cervical mucus hostile to sperms, makes endometrium unreceptive to early pregnancy.	Reduces menstrual flow, dysmenorrhoea, risks of ovarian and endometrial cancer. Other uses acne control, management of heavy periods.	Estrogen risk of deep vein thrombosis, fluid retention, headaches, nausea, vomiting, weight gain, Cannot be used in severe diabetics or hypertensive.
Injectables	1–2%	Interferes with ovulation, makes endometrium unreceptive to pregnancy.	Once every 2–3months, reduces forgotten doses.	Injections painful, androgenic side effects on skin, headaches. No menses in 40%, abnormal bleeding in 30–40%.
Implants	<1%.	Implant under skin. Progesterone effects on ovulation and endometrium.	Work for 3–5 years. Not patient dependent.	Androgenic side effects of progesterone, as per injectables.
Emergency	5–10%		Can be used 3–5 days after unprotected coitus. Pills work under 3 days, intrauterine devices work contraceptives up to 5 days.	Pills can cause nausea and vomiting, increasing failure rate.



Dr Axel Brüning:
Pulmonologist / Physician at Melomed
Gatesville: MBBCh (WITS) FCP (SA) FCCP.

THE EPIDEMIC OF TB



TB is indeed a worsening epidemic of the new millennium. By Pulmonologist Dr Axel Brüning

The incidence of TB has been formally assessed in the Cape Flats as one of the highest in the world. In Ravensmead the incidence is 2 000/100 000, i.e. one in 50 people will have TB. As a comparison, in New York it is four in 100 000.

Why is TB such an epidemic in Cape Town and South Africa? An HIV positive status is one of the main factors responsible for the upswing. It is however more complicated than that. Epidemics usually form patterns and the epidemic in southern Africa is on an upward path of the usual epidemic pattern. Europe had the height of its epidemic in the 19th century and then spontaneously declined. Other causes for a high incidence in South

Africa are cigarette smoking, diabetes, and other chronic diseases which affect one's immunity.

HOW DOES ONE CONTRACT TB?

TB is spread by droplet spread. This means that somebody who has active TB coughs up TB germs in your presence, usually in a confined space. Examples would be public transport, homes where one of the family members has TB, office spaces to some extent, and other public spaces.



Useful Contacts

The following private organisations can help:

TB Care Association
021 692 3027
Santa Cape Town
021 696 5128

Santa Western Cape
021 715 8901
TADSA (TB Alliance Dots Support Association)
021 918 1556

This aspect makes TB spread more readily in poor socio-economic areas.

WHAT DO PATIENTS COMPLAIN OF WHEN INFECTED BY TB?

It is interesting to note that almost all South Africans have been infected by TB. The most common form of TB is latent TB, i.e. although one has been infected by the TB germ, your body's immunity manages to contain the germ but it is still dormant or in other words still present in the body, usually the lymph nodes. This is the most common form of TB. **If you actually develop TB as an illness, it will usually affect your lungs and cause cough of purulent sputum, weight loss and night sweats as the hallmark symptoms.** TB can spread to other organs. In adults it would usually present as lung tuberculosis.

To diagnose TB, one ideally should have a sputum sample or a tissue sample where one can see the TB germ, also called acid fast bacilli or AFB's. An X-ray of the chest will usually help in the diagnosis and sometimes the diagnosis is made purely on clinical and X-ray criteria. ▶



"TB IS SPREAD BY DROPLET SPREAD. THIS MEANS THAT SOMEBODY WHO HAS ACTIVE TB COUGHS UP TB GERMS IN YOUR PRESENCE, USUALLY IN A CONFINED SPACE."



If TB has been diagnosed, a few things are of course necessary. The first is to treat the TB as well as the underlying disease, e.g. HIV.

TB TREATMENT

TB treatment consists of a mixture of four to five tablets which contain four active TB medications.

Treatment needs to be taken in a completely supervised manner for a six-month period. Supervision is important as, without this, people tend to stop taking their TB treatment before the six months are up, and develop drug-resistant TB – see below. Another thing that is necessary is to contain the spread. Thus TB is a notifiable disease which means that most contacts of TB patients are followed up to ascertain whether TB has spread to them, to prevent further spread.

The treatment of TB is usually 100% successful if all the medication is taken in the proper manner.

Not doing this, leads to the development of multi-drug-resistant TB (MDR TB). What has recently become apparent is that some patients with MDR TB then develop extensively drug-resistant TB, i.e. XDR TB. There are even some cases of totally drug-resistant TB,

so called TDR TB. MDR TB is a very serious and significant development and causes lots of concern amongst TB specialists and healthcare workers. It is a looming time bomb. Active measures have to be undertaken to properly treat TB patients and prevent spread, as well as to improve the socio-economic circumstances associated with TB. Proper treatment of the HIV-positive population is also necessary.

SUMMARY

In summary, TB is becoming a major problem in South Africa and will be so for many years to come. Fortunately for most people who contract TB, safe and effective therapy is available.

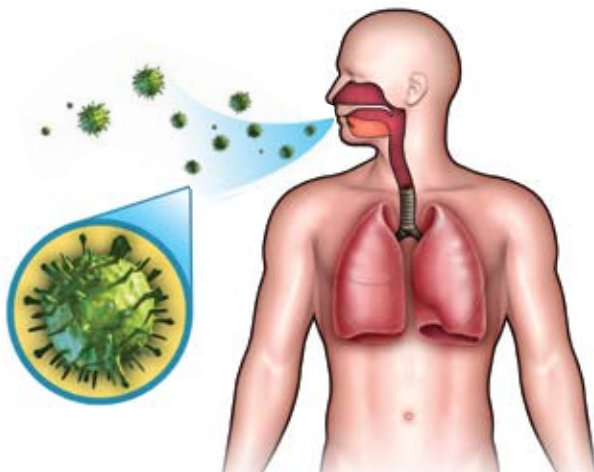
DID YOU KNOW?



- + In *Finding Neverland*, Kate Winslet's character suffers and later dies from TB.
- + In *Moulin Rouge* the prostitute Satine, played by Nicole Kidman, contracts TB and dies.
- + In 1849 pianist Frédéric Chopin died of pulmonary TB at the age of 39. Historical records indicate episodes of haemoptysis during performances.

Source: Wikipedia

**TB:
A CURABLE
DISEASE – BUT
IT KILLS TWO
MILLION PEOPLE
EVERY YEAR!**





MELOMED GOES GREEN

The MELOEARTH initiative – a green project sees the hospital donate its organic kitchen waste to Ihata – a shelter for abused women and their young children in Heideveld.

The kitchen waste is used for the purpose of vermicomposting that produces a vermiculture compost or “worm tea” which is used to fertilise the shelter’s vegetable gardens. The key to this transformation of the waste are none other than earthworms, and subsequently earthworms for six worm farms

have been supplied to Ihata by the Haven Night Shelter. Vermicomposting is a safe and odourless way of processing organic kitchen waste. The liquid and solid fertilisers that are produced by vermicomposting improves soil conditions, and the health of the soil and plants. The vermiculture worms

themselves do not harbour any bacteria or viruses harmful to humans and are also free of all parasites. The project will be overseen by an Ihata representative and, in turn, the vegetables and herbs grown in the shelter’s food gardens will be used to feed the women at the shelter.

BELLVISTA LODGE



Overlooking the city of Bellville and the Boland mountains, Bellvista Lodge is situated in a quiet residential area. At this elegant and modern lodge on the Bellville Park Campus of the University of Stellenbosch you will experience the finest hospitality and impeccable service.

It is ideally situated for course attendants to the Bellville Park Campus, business people and tourists. Bellvista has 35 neatly decorated, air-conditioned double rooms (11 with bath/shower and 24 with shower), each with DSTV (seven channels), a compact study area, telephone and tea/coffee-making facilities. One room is specially equipped for paraplegics. Six twin rooms are also available. The Annexe has six units, each with one twin room and four

single rooms, with own bathroom, study facilities, DSTV, telephone and communal lounge. A shuttle service for groups to and from the airport, fax and photocopying facilities, internet hotspot, daily newspapers and 24-hour security are available.

Apart from Bellvista, the Bellville Park Campus offers excellent conference facilities. There are 11 venues, accommodating between 40 and 150 people, as well as 20 break-away rooms for six to 20 people. All facilities are equipped with the latest audio-visual equipment. Just a few steps away is the state-of-the-art electronic and print-medium information centre, USBI, which provides access to worldwide information and other services.



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Physical Address: Bellvista Lodge: Carl Cronje Drive, Bellville, 7535 | **Fax:** +27 (0)21 9184 443



GE imagination at work

Contact details: E-mail: healthcarereception@ge.com or phone: +27 11 653 8872

NUCLEAR MEDICINE IN HYPERTHYROIDISM

Hyperthyroidism is what we call an overactive thyroid. It occurs in males, females and children. Article by Nuclear Physician, Dr Veronique Kritzinger, practicing at Melomed Gatesville

There are many causes for an overactive thyroid and it is essential to differentiate between them, because each cause has a different management. Nuclear Medicine plays a very important role in identifying the different causes of an overactive thyroid.

Initially, diagnosis is made by a clinical examination where the doctor looks for the following signs and symptoms: bulging eyes / exophthalmos, nervousness, anxiety, increased perspiration, tremors, palpitations and weight loss. The clinical diagnosis is then

confirmed with blood tests reflecting the thyroid function. (TSH is the hormone secreted by the brain that stimulates the thyroid to produce T3 and T4 – these are the hormones leading to the symptoms of overactivity.) In an overactive thyroid the TSH will be decreased and the T3, T4 levels will be elevated.

There are many causes of hyperthyroidism such as Graves' disease, toxic nodule (adenoma), acute or sub-acute thyroiditis, Plummer's disease (multinodular thyroid). It can also be caused by excessive intake of thyroid replacement therapy (Eltroxin).

TREATMENT OF AN OVERACTIVE THYROID

Radioactive iodine treatment ("radio-ablation") can be given to patients in whom there is increased uptake of the radioisotope (determined by the thyroid scan) as seen in patients with Graves' disease, toxic multinodular goitre (Plummer's disease) and toxic adenomas.

This form of therapy results in deactivation of thyroid function.

It is safe and painless and can even be used in children.

(The only contra-indication for this form of therapy is

pregnancy and in patients that are breast-feeding.)

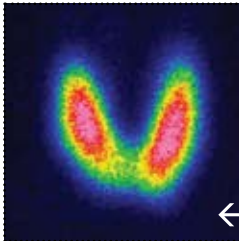
Patients receiving this form of therapy are also treated on an out-patient basis and do not require isolation.

OTHER TREATMENTS FOR A HYPERACTIVE THYROID INCLUDE:

1. Surgery
2. Neomercazole therapy
3. Beta-blockers are used in patients for symptomatic relief.

For any further information on the services offered please contact:
Nuclear Medicine
Melomed Gatesville Hospital
Tel: 021 637 4277
Dr V Kritzinger: 082 8521 664

CAUSES OF HYPERTHYROIDISM



GRAVES' DISEASE

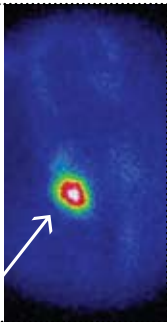
In Graves' disease the body forms antibodies against the thyroid. The thyroid gland is seen as foreign and the body forms "soldiers". These antibodies or soldiers over-stimulate the thyroid, resulting in increased production of thyroid hormones. (The reason why this disease develops is unknown, but stress may contribute to it.)

Very intense uptake of the radio-isotope by the thyroid.

TOXIC ADENOMA

This is a benign nodule (see arrow) in the thyroid that uncontrollably produces excess thyroid hormones.

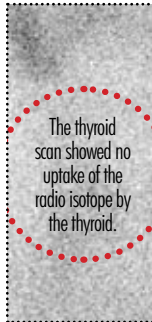
The thyroid scan demonstrates a single hot nodule in the neck.



THYROIDITIS

Thyroiditis is inflammation of the thyroid gland that is usually associated with a sore throat and damage of the thyroid cells, which causes hormones to be released in the body. (This is usually only a temporary over-function.)

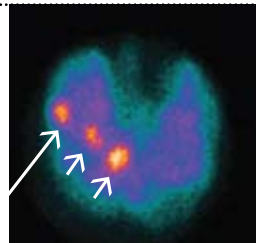
The thyroid scan showed no uptake of the radio isotope by the thyroid.



PLUMMERS' DISEASE (MULTI-NODULAR GOITRE)

Plummers' disease is best described as a multinodular goiter associated with hyperthyroidism. The functioning nodules may eventually secrete enough thyroid hormone for the patient to become hyperthyroid. The thyroid hormone levels are mildly elevated and the TSH level is suppressed.

Enlarged thyroid with nonuniform uptake (areas with increased and decreased activity).



YOU AND YOUR MEDICAL AID



What are your rights & responsibilities?

Medical aid schemes have to make sure that they comply with the regulations stipulated

in the Medical Schemes Act in the way that they assist members with medical insurance.

Medical aid members must remember that they also have obligations toward their medical aid as well.

MEMBERS HAVE A DUTY TO:

- Be honest when applying for membership with a medical scheme. If members are found to have provided false information, membership may be terminated by their medical aid.
- Make sure that contributions are paid to the medical aid on time each month.
- Manage their benefits responsibly, so that their families are covered throughout the year.
- Make sure they do not submit fraudulent claims or commit

fraudulent acts through purchasing items that are excluded by their medical aid.

MEMBERS HAVE THE RIGHT TO:

- Access care for emergency conditions, regardless of their ability to pay.
- Know everything about their condition, ask questions and request more information from a healthcare service provider about their condition, the treatment options that are available and long-term prognosis.
- Receive information in easy-to-understand terms without the use of confusing or technical language.
- Be aware of all the costs they will be liable for before receiving treatment.

- Insist on giving informed consent, having it explained to them within a reasonable time period before a procedure or treatment and without undue pressure to sign documents.
- To amend indemnity forms that hospitals provide for their signature.
- Negotiate with a healthcare service provider.
- Obtain a second opinion and select an alternative provider.
- Complain; and to receive a formal response to a complaint.

Healthcare providers must advise members of the difference between the rates they intend to charge as opposed to the NHRPL rate for the same services/procedures/goods.



Article submitted by SAMWU National Medical Scheme, a medical scheme for local government employees. Visit the SAMWUMED website on www.samwumed.org or via telephone on 0860 104 117 for more information.

A MEDICAL SCHEME YOU CAN TRUST: A PEOPLE-CENTRED APPROACH TO HEALTH CARE

- Whether it's providing comprehensive benefits to our members and their families
The Scheme has more than 75 000 beneficiaries under its care.
- Whether it's making sure that our contributions are affordable.
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- Whether it's paying our providers on time, through prompt & direct payment systems.
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is the Scheme of choice for local
government employees**



For more information on contact us on 0860 104 117

Visit our website on www.samwumed.org

(members are able to view their available benefits online, update contact details and service providers can track their submitted claims online.)



SAMWU NATIONAL MEDICAL SCHEME

SAMWUMED



Dr Unita Chetty
Specialist Psychiatrist at Melomed
Gatesville, MBChB, FC (Psych) SA



WHAT IS BIPOLAR DISORDER?



By Specialist Psychiatrist Dr Unita Chetty

Individuals with bipolar who are receiving treatment can lead fulfilling, productive lives.

Bipolar disorder is a medical illness that is sometimes called manic-depression. It is a condition

where a person has “mood swings” that swing from the “lows” of depression to “highs” of mania.

Everyone can experience changes in their mood as part of daily life. With bipolar disorder however, these mood changes are severe enough to cause serious problems impacting on work, social situations and relationships.

People with bipolar disorder often don't get the treatment they need. Even though they have extreme mood swings, they don't seek treatment despite disruption in their lives.

There is a high suicide risk in those with bipolar disorder.

WHAT ARE THE SYMPTOMS OF BIPOLAR DISORDER?

A person with bipolar disorder can present with:

- + mania
- + depression
- + hypomania

+ mixed episode – both mania and depression.

WHAT IS MANIA?

- + Feelings of euphoria and elation or irritability and anger
- + Impulsive behaviour, including excessive shopping sprees, drug and alcohol abuse and sexual promiscuity
- + Increase in energy levels and speech
- + Decreased need for sleep
- + Difficulty concentrating; disorganised thoughts
- + Exaggerated confidence and self-esteem
- + Aggressive behaviour
- + Delusions (false beliefs) and hallucinations (e.g. hearing voices) – in severe cases

WHAT IS HYPOMANIA?

The person is “high” but the symptoms are not as extreme as in mania. A person may function quite well with hypomania. Family and friends will however recognise that they are not their usual self.

WHAT IS DEPRESSION?

- + Loss of enjoyment and interest in life
- + Abnormal sadness, often tearful
- + Feeling guilty or worthless
- + Poor motivation. Can't perform simple tasks
- + Poor concentration. It may be difficult to read, or even follow TV programmes
- + Sleeping problems – Poor sleep or oversleeping
- + Lack of energy
- + Poor appetite, weight loss



Self-help tips for bipolar disorder

- + Have a daily routine
- + Regular mealtimes
- + Adequate sleep
- + Regular relaxing activities
- + Diary of your moods, thoughts and triggers
- + Avoid alcohol and drugs.
- + Enlist support of loved ones.
- + Joining a self-help or patient group may be helpful.

SOME USEFUL CONTACTS: SADAG MENTAL HEALTH LINE | 8AM–8PM | 011 262 6396 | WWW.SADAG.ORG

- or weight gain
- + Irritable, agitated or restless
- + Some people get suicidal ideas

HOW IS BIPOLAR DISORDER DIAGNOSED?

If you or anyone you are concerned about have any symptoms of depression or mania, see your family doctor or mental health professional.

Getting treatment from a professional with experience in bipolar disorder can help you get symptoms under control. To diagnose bipolar disorder, the Psychiatrist will do an extensive clinical interview, and exclude other reasons for the symptoms.

WHAT CAUSES BIPOLAR DISORDER?

The exact cause is still being

researched. But many factors seem to play a role.

- + **Genetic-bipolar disorder** can run in families.
- + **Environment-stress**, severe abuse, significant loss e.g. of loved one or job.
- + **Biological** – An imbalance in naturally occurring brain chemicals called neurotransmitters seems to play a role in bipolar disorder.

WHAT IS THE TREATMENT FOR BIPOLAR DISORDER?

Receiving the correct treatment and support is vital. A person with bipolar cannot be expected to just “pull themselves together” or “stop moping”. The symptoms are severe and often difficult to control. It is important that friends and family provide understanding and support. Treatment

focuses on all aspects of the illness.

MEDICATION IS USED TO:

- + improve symptoms such as insomnia, poor concentration, fears, confused thinking, irritability, voices, depression
- + prevent further episodes from occurring.

COUNSELLING / THERAPY

- + to learn methods to cope with or solve problems caused by the illness
- + to provide emotional support on a regular basis

EDUCATE YOURSELF

- + on the illness and its symptoms
- + how to manage it
- + reduce the risk of relapse (getting ill again)
- + family support.

MELOMED EVENTS!



Events that have taken place at Melomed over the past few months.



**PREGNANCY AWARENESS
TALK 2012**



**A SWEET TREAT ON
VALENTINE'S DAY**



**CHARLIE & LIEZEL
GET MARRIED**



**MELOMED GOES GREEN:
MELOEARTH INITIATIVE**



**KIDNEY AWARENESS DAY
AT MELOMED MITCHELLS PLAIN**



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**MELOMED BELLVILLE
CHOLESTEROL AND
GLUCOSE SCREENING**



**DR I PARKER (ONCOLOGIST)
WITH HIS PARENTS**



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MELOMAG ISSUE 7 PRIZE WINNER, SHAMILLA KHAN

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WHAT TO PACK

As you get closer to your due date there are lots of things to arrange. It makes sense to have a bag packed and ready to go. You'll probably want to pack two bags, one with things you want for the actual labour and one with everything you'll need afterwards – including something for your new baby to wear going home!

Free antenatal classes and birth registration now available.

BAG ONE (LABOUR)

- Mineral water spray or a plant spray with a fine nozzle. Put it in a fridge (if possible) to keep it cool.
- Two facecloths for cooling your face and skin
- Music player
- Unscented oil or a light body lotion for massage
- Thermal pack (the sort you can heat in a microwave for taking with you on cold outings – it stays warm for hours). It can be wrapped in a towel and used as a warm compress to relieve aches in the back or in the legs
- Old nightdress (front opening for easy breastfeeding) or old t-shirt, dressing-gown (robe) and sandals or slippers
- Hairbrush, and hair bands for long hair
- Lip balm
- Wash bag with toiletries
- Toothbrush and toothpaste
- Camera
- Drinks and snacks for you and your partner

BAG TWO (AFTER THE BIRTH)

- Two nightdresses (front opening for easy breastfeeding)
- Easy-to-wear day clothes (like a tracksuit – again with a front-opening top for easy breastfeeding)
- Underwear, including comfy full briefs (to hold maternity pads), and nursing bras – you may find disposable pants useful for the first few days
- Towels
- Maternity pads or night-time sanitary pads
- Breast pads
- Tissues
- Unscented toiletries and cosmetics
- Nappies for the baby
- Vests and sleep suits for the baby
- Cotton wool balls and nappy cream
- Fruit juice/mineral water
- Healthy snacks



For a guided tour of the hospital and maternity unit contact:

Melomed Gatesville:

Olivia Kannemeyer (Client Services Officer) 021 637 8100

Melomed Bellville:

Tanya Fester (Client Services Officer) 021 948 8131

Melomed Mitchells Plain:

Nuraan Cader (Client Services Officer) 021 392 3126

Pre-admission can be done online or at any Melomed admission desk:

Melomed Gatesville

Admission Desk: 021 637 8100

Melomed Bellville

Admission Desk: 021 948 8131

Melomed Mitchells Plain

Admission Desk: 021 392 3126

Pre-admission forms available from your Melomed Gynaecologist

PLUS: New mothers will receive a Melomed nappy bag containing nappies and a selection of baby toiletries to get them started in the first few days of motherhood, as well as slippers, shopper bag and a toiletry bag on admission.

Also available

- Immunisation
- photo of your baby in a Melomed baby frame
- choice to have your baby's picture placed on the Melomed website for family and friends to view.

Melomed Ambulance Service available for any emergency: 0800 786 000



HOUSE CALL

Meet one of our dedicated Health Professionals,
Sr Sue-Ellen Swain, who is a Registered Nurse in
the Medical Ward at Melomed Mitchells Plain.



VITAL STATISTICS

How long have you been a registered nurse? I have been practising nursing for the past four years after obtaining my nursing diploma from the Netcare Training Academy.

What made you decide on becoming a nurse? I decided to become a nurse to give back to the community and make a difference instead of becoming a statistic.

What skills and abilities are important in your job?

The skills and abilities important for a nursing job are paying great attention to detail and having unlimited compassion for those in need of care.

What tasks does a typical workday consist of?

Typically my workday consists of managing, delegating and promoting healthcare in the interest of all patients.

What's been the most rewarding moment of your job so far? The most rewarding moment of my job is watching patients recover and leave the hospital strong and healthy.

What is your favourite nursing task?

I don't have any particular favourite nursing task, as nursing is holistic and all tasks go hand in hand. However, my least favourite task is having to tell a patient bad news or asking them to leave the establishment for financial reasons.

What would you change about your life if you had the opportunity?

At the moment – NOTHING! I recently got married and even though I am focussing on my career I am looking forward to starting a family.

What advice would you give someone starting out in this field?

“Always nurse a patient as if they were your own family and never lose compassion for people because the rewards are sweet, despite the long hours.”

LIKES

1. Making a difference in someone's life
2. Recognition on a job well done
3. A good relationship between all health disciplines to ensure a healthy patient



DISLIKES

1. Lack of appreciation
2. Lack of support
3. Working in an understaffed environment



DENTAL SURGEON



Dr Shamima Bhorat

BChD (Stell) Practice no. 0163627

Ground Floor, Melomed Gatesville &
Suite 1, 1st Floor, Melomed Bellville

T: Gatesville: 021 633 5562
T: Bellville: 021 948 6350 | **F:** 086 669 5135
E: sham_darsot@mweb.co.za

We offer: Aesthetic/cosmetic dentistry, restorative dentistry, white fillings, crowns, veneers, tooth whitening, dentures, root canal treatment, paediatric dentistry – child-friendly environment, conscious sedation for anxious patients.

PAEDIATRICS



Dr Rafiq Khan

MBChB (Natal), B.SOC SC (HONS) (UCT), MCFP (SA), DCH (SA), M.Fam.Med (US), F.C.Paed (SA) Practice no. 0127884

Room 305, Melomed Gatesville, Clinic Road,
Gatesville, 7764

T: 021 637 3811/7 or 086 037 5426 | **F:** 021 637 3815
C: 082 579 1074 | **E:** mhdrafiq@telkomsa.net

Well-established paediatric practice providing ambulant and emergency care on a 24/7 basis. Paediatrician available for all types of deliveries, neo-natal care, intensive care of very sick infants and children. Special interest in allergies, asthma and eczema.

GENERAL SURGEON



Dr Austin Goliath

MBChB, DA (SA), MMED (SURG)
Practice no. 0329606

Room 710, 7th floor, Melomed Mitchells Plain,
Symphony Walk, Town Centre

T: 021 392 3170 | **F:** 021 392 1336
C: 084 585 4241 | **E:** dragoliath@adept.co.za

Extensive surgical services in trauma, oncology, laparoscopic, breast, head and neck surgery in addition to gastroenterology and endoscopic services.

DIAGNOSTIC RADIOLOGISTS



Dr Sean S Conway - L.R.C.P & S.I. L.M.;
DCH; D. Obstets.; F.F. Rad (D) SA

Dr Norman Smuts - MBChB; F.F. Rad (D) SA

Dr Marek Blaszczyk - FC Rad (D) SA
Practice no. 0366862

Suite 701, Melomed Mitchells Plain,
Symphony Walk, Mitchells Plain

T: 021 392 7167 | **F:** 021 392 0938
C: 083 627 3800 | **E:** m.c.n@iafrica.com

General radiology and X-ray, multi-slice CT, ultrasound, mammography, bone densitometry and intervention.

PAEDIATRIC SURGEON



Prof Daniel Sidler

MD (Switzerland) FCS (SA) MPHIL (Applied Ethics) (Stell)
Practice no. 4207890

Melomed Gatesville, Clinic Road, Gatesville,
7764; Melomed Bellville, cnr AJ West and Voor-
trekker Road, Bellville 7535

T: 021 551 2788 | **F:** 086 628 5788
C: 083 320 0512 | **E:** Paed.surg@xsinet.co.za

In addition to general paediatric surgery, Prof Sidler does neonatal-, laparoscopic- and oncological surgery. He is interested in ethical issues of paediatric surgery and qualified in applied ethics.

GENERAL SURGEON



Dr Craig Stanley

MBChB, M.Med, Chirg (Stell)

Suite 13, Melomed Bellville, cnr AJ West and
Voortrekker Road, Bellville, 7530

T: 021 948 9709 | **F:** 021 948 9720
C: 082 614 6459

E: drcnstanley@mweb.co.za

A general surgeon with special interest in gastroenterology, endoscopy (both diagnostic and interventional), oncology, laparoscopic surgery, as well as breast and thyroid surgery.



OBSTETRICIAN & GYNAECOLOGIST



Dr Howard P Manyonga

MRCOG (Lond) FCOG (SA) EMBA (UCT)
Practice no. 0099848

Suite 24, Melomed Bellville, cnr AJ West & Voortrekker Road, Bellville 7535

T: 021 949 3290 / 021 950 8967
F: 086 560 8288
E: mobile.gyn@gmail.com

Community gynaecology also available in Khayelitsha 021 364 7992 and Gugulethu 021 637 2269.

ORTHOPAEDIC SURGEON



Dr Peter Kane

MBChB FC Orth (SA)
Practice no. 0415324

Suite 8, 1st Floor, Melomed Bellville, cnr AJ West and Voortrekker Road, Bellville 7535

T: 021 946 4277 | **F:** 021 946 2038
C: 071 739 7342
E: peter.kane@snowisp.com

General orthopaedic surgeon with a special interest in shoulders and knees including sport injuries and joint replacements.

PAEDIATRICIAN & PAEDIATRIC PULMONOLOGIST



Dr Delano Rhode

MBChB (Stell), FC Paed (SA), MMed Paed (Stell),
Certificate Pulm Paed (SA) Practice no. 0396478

Suite 7, 1st Floor, Melomed Bellville, cnr AJ West and Voortrekker Road, Bellville 7535

T: 021 945 1898 | **F:** 021 945 3620
C: 082 775 7836 | **E:** Drhode@mweb.co.za

This new practice offers a 24-hour general paediatric and neonatal service with multi-disciplinary support. Special interests are paediatric lung disease, asthma, intensive care and both interventional and diagnostic bronchoscopy.

PAEDIATRICS



Dr. Michael Ledger

MBChB (UCT), FCPaed (SA), DCH
Practice no. 0452084

Room 6, 1st Floor, Melomed Bellville Medical Centre, Cnr AJ West and Voortrekker Road, Bellville, 7530

T: 021 946 1346 | **F:** 021 946 1347
C: 082 574 6103 | **E:** drmichaelledger@gmail.com

Paediatrician new to Bellville Melomed taking over an established practice that will be available for all emergency, ambulatory and neonatal needs. Specialising in maintaining and optimising child health and well-being.

GENERAL & PEADIATRIC SURGEON



Dr Willem Smith

MBChB (Stell), M.Med (Chir) (Stell) | Practice no. 0340367

Suite 23, 4th Floor, Melomed Bellville, cnr AJ West and Voortrekker Road, Bellville 7535

T: 021 946 4294 / 946 2023 | **F:** 086 2635 480
C: 079 1251 235
E: smith.willem@gmail.co.za

General surgeon with a special interest in breast surgery and endoscopic (diagnostic and interventional) surgery.

EAR, NOSE & THROAT SPECIALIST



Dr Shabeer Ebrahim

MBBChB (WITS) FCS (ORL) SA | Practice no. 0106798

3rd Floor, Melomed Gatesville Suite no.8
Ground Floor, Melomed Mitchells Plain Room no 36

T: G - 021 637 7772 / 2275 | **F:** G - 021 637 3495
T: MP - 021 391 6005 | **F:** MP - 021 392 0415
E: shabeer@metroweb.co.za

Special interest in paediatric ear, nose and throat disorders as well as allergies and sinus and nasal disorders. Associated with the CAPE SLEEP CLINIC, dealing specifically with snoring and sleep apnoea. Video laryngoscopic assessment and voice disorders.

ONCOLOGY



Mohammed Imran Parker

MBChB (UCT), FC RAD ONC (SA)
Practice no. 0454575

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T: 021 637 7276 | **F:** 021 637 9725
C: 083 234 5964 | **E:** drarendse@aol.com

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interests are hypertension, systemic lupus erythematosus,
acute and chronic renal failure and electrolytic abnormalities.

DIETICIAN



Zulfah Essop

BSc. Dietetics (UWC) | Practice no. 0434302

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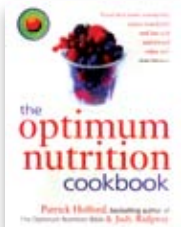


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E-mail: info@health-bytes.co.za
www.health-bytes.co.za



Health Bytes
PUBLISHING



MELOMED GIVE-AWAY

We're giving away a book, *The optimum nutrition cookbook*, to one lucky reader!

To stand a chance to qualify, **SMS your answer (Yes or No)** to the following
question and your name to 34298 (R2 per SMS). Competition closes 6 June 2012.
Prize sponsored by Health Bytes. **Is TB a curable disease? (see p10).**



Give-away terms and conditions: The winners will be the first correct entries drawn after the closing date. In the event of the judges not being able to get hold of winners on details supplied, alternative winners will be selected. The judges' decision is final and no correspondence will be entered into. Winners must be prepared to be photographed for publicity purposes. The prize is not transferable and may not be converted into cash.



QUIT SMOKING

By Health Bytes Publishers



There are no two ways about it – smoking is about the worst thing you can do to your body.

With every puff of cigarette smoke that is inhaled, tar is deposited in your lungs and your blood pressure rises. Over time, the airways in the lungs grow narrower and the air sacs are destroyed. Your arteries start to clog up and your blood becomes stickier and more likely to clot. Eventually smokers' lungs tend to decline up to three times faster than those of non-smokers, and your risk of heart disease, serious lung disease, stroke and a range of cancers including lung, mouth and throat cancer is greatly enhanced.

CAN YOU REPAIR THE DAMAGE?

Amazingly, you can. If you stop smoking, you can add an extra five years to your life, say researchers at Cambridge University. The improvements

happen incredibly rapidly – after 24 hours, all the carbon monoxide is gone from your body and your lungs start to clear out mucus and other debris. **Within 12 weeks, you'll look and feel healthier because of much improved blood circulation.** "Within a few days your risk of heart disease and stroke starts to fall, too," says Dr John Moore-Gillian, president of the British Lung Foundation. "After 10 years, your risk of lung cancer is half that of a smoker and after 15 years, your risk of a heart attack is the same as that of someone who has never smoked." To help your body recover, eat more fruit and vegetables – research shows that a high intake can help improve lung function – and take up aerobic exercise to boost your heart and lungs.

DID YOU KNOW?



Over the next 30 years, 100 million – yes, think again: 100 million – people will die of smoking-related diseases worldwide. That's greater than the combined death tolls from AIDS, TB, traffic accidents, murder and suicide.

.....

A cigarette contains over 400 toxic chemicals, including a cornucopia of cancer-inducing or carcinogenic ones such as benzene (found in petrol and used to manufacture nylon), formaldehyde (used as a disinfectant, germicide and fungicide), beryllium (used to manufacture electrical components and chemicals) and nickel (used to make batteries, catalysts and metal alloys).



Lemon chicken on leafy asparagus salad

Number
of servings

2

Method of preparation

1. Cut the chicken into thin strips, put into a non-metallic bowl and mix with the lemon juice, garlic, lemon grass, black pepper and oil. Cover and refrigerate until required.
2. Steam the asparagus and courgettes for about 5 minutes or until slightly softened.
3. Arrange the mixed leaves on two serving plates and top with the lightly cooked vegetables.
4. Brush a non-stick wok with a little oil and stir-fry the chicken pieces, using the strained marinade to moisten the pan after a minute or two.
5. Cover with a lid and leave on the heat for about 8 minutes until the chicken is cooked through.
6. Spoon the chicken and pan juices over the salad. Sprinkle with the nuts and serve with crusty rolls.

What you will need

- 1 large chicken breast, skinned and boned
- Juice of half a lemon
- 1 clove garlic, peeled and crushed
- 1 stick lemon grass or
- 1 teaspoon dried chopped lemon grass
- Freshly ground black pepper
- 1 teaspoon cold-pressed mixed seed oil
- 100g asparagus spears
- 8 baby courgettes
- 100g mixed salad leaves
- 1 tablespoon lightly toasted flaked almonds or pine nuts



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WHAT IS PATHOLOGY?

The word pathology strictly refers to the scientific study of the causes and progression of diseases.

Nowadays the term also refers to the practice of diagnostic pathology which concerns itself with laboratory tests on tissues and body fluids mainly requested by doctors to enable them to diagnose and classify diseases accurately and to monitor their progression and the results of treatment.

Diagnostic pathology tests are performed in pathology laboratories which are located either in or outside of hospitals. Private laboratories are generally

owned and run by private pathologists.

The practice of diagnostic pathology has become very specialised and the instrumentation and techniques in the laboratories highly sophisticated. Specially trained medical technologists in general conduct the tests in the laboratory while the pathologists interpret the results and act as consultants to the clients, i.e. doctors and patients.

Both pathologists and technologists are responsible for maintaining high standards of quality assurance to ensure the accuracy of tests results thereby protecting the consumer.

PATHCARE - PATHOLOGY THAT ADDS VALUE

You may have been referred to us by your doctor for pathology investigations that will assist with the diagnosis and treatment of your illness. Your doctor or our sister will take a sample of blood, urine, sputum etc from you, for us to perform the laboratory tests.

PathCare comprises of approximately 60 pathology laboratories and 110 specimen-collecting depots, with its head office at NI City, near Cape Town. The laboratories and depots are spread over South Africa and Namibia.

In all the laboratories the specimens are processed by the most technologically advanced and fully automated laboratory equipment. Specimens from hospitalised patients requiring urgent analysis can be dealt with in PathCare laboratories situated within

many major private hospitals throughout the country. Currently PathCare has more than 70 pathologists in South Africa and Namibia. These are all experienced specialists in their respective fields.

PathCare was the first pathology practice in South Africa to be fully SANAS (South African National Accreditation System) accredited (ISO Guide I 51 89). This is an international accreditation system which ensures that the quality of the results produced by PathCare meets international standards. The accreditation is maintained via annual inspections by the SANAS Accreditation Committee.

The logo of PathCare represents the care that we provide to our patients.

“Pathology that Adds Value”

www.pathcare.co.za
 email: clients@pathcare.co.za

PathCare ...

The first syllable “*Path*” symbolises our core business “pathology” whereas the second syllable “*Care*” symbolises our value system, i.e. patient care is our priority.