

melomag

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TIPS FOR A HEALTHY
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Cnr Voortrekker & AJ West Street
T 021 948 81 31

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Clinic Road, Gatesville
T 021 637 8100

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T 035 791 5300

Melomed Claremont



148 Imam Haron Road, Claremont
T 021 683 0540

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Melomed Claremont Clinic

The Missing Piece In Holistic Care.

Mental Health is Health.

At Melomed Claremont Clinic, we believe that caring for a person's mind is inseparable from caring for their body.

Every day, our multidisciplinary team of psychiatrists, psychologists and occupational therapists hold space for patients to reconnect with themselves to rediscover strength, meaning and balance that illness or circumstance may have obscured.

In the broader health puzzle, mental health is often the piece that completes the picture. When our patients are supported emotionally and psychologically, their physical recovery is more sustainable, their relationships improve and their overall wellbeing thrives.

We work closely with GPs, specialists and allied health professionals - ensuring that every patient receives truly holistic, integrated care.

DOCTOR	DISCIPLINE	TELEPHONE	EMAIL
Dr. A Nakayaga	Psychiatrist	021 391 0093	nakayaga@mweb.co.za
Dr. B Fortuin	Psychiatrist	021 391 3667	barryfortuin@yahoo.com
Dr. DS Chetty	Psychiatrist	021 671 5925	dschetty@telkomsa.net
Dr. K Dhansay	Psychiatrist	021 391 7860	drdhansay@outlook.com
Dr. MF Williams	Psychiatrist	064 814 0394	drmfwilliams@gmail.com
Dr. N Cassimjee	Psychiatrist	021 683 0540	drcassimjeepractice@gmail.com
Dr. S Zardad	Psychiatrist	021 948 8131	zardads99@gmail.com
Dr. J Campbell	Clinical Psychologist	021 683 0540	jerome01@mweb.co.za
Ms. M George	Clinical Psychologist	021 683 0540	megeorge@pgwc.gov.za
Mr. L Kamaldien	Clinical Psychologist	021 683 0540	luqmaankam@yahoo.com
Ms. S Goliath	Occupational Therapist	021 683 0540	shariefa.goliath@gmail.com

Melomed Claremont, 148 Imaam Haroon Road, Claremont. T 021 683 0540.



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HEALTH BYTES

PUBLISHER:

Health Bytes CC

CONTACT:

christa@health-bytes.co.za

GRAPHIC DESIGNER:

Marius Laubser

TEL: 021 913 0504

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TIPS FOR A

HEALTHY SUMMER

Follow these tips to help prevent chronic disease and have a healthy summer.



Wear sunscreen & insect repellent

Use shade, wide-brimmed hats, clothing that covers, and broadspectrum sunscreen with at least SPF 15 for sun protection.

Use insect repellent and wear long-sleeved shirts and long pants to prevent mosquito bites and ticks.

TIP

Apply sunscreen before insect repellent. After you come indoors, check your clothing, body, and pets for ticks. Reapply sunscreen after 2 hours and after swimming, sweating, or toweling off.



Choose your drinks wisely

Drink water (fluoridated tap or unsweetened bottled or sparkling) instead of sugary or alcoholic drinks to reduce calories and stay safe.

TIP

Add slices of fruit to water for a refreshing, low-calorie drink.



Keep cool in extreme heat

Extreme heat can be dangerous for everyone, but it may be especially dangerous for people with chronic medical conditions.



Move more, sit less!

Get at least 150 minutes of aerobic physical activity every week.



Eat healthy foods

Delicious fruits and veggies make any summer meal healthier.

TIP

Healthy eating supports muscles, strengthens bones, and boosts immunity.



TIP

Physical activity has immediate benefits for your health: better sleep and reduced anxiety are two.

Don't use tobacco

You can quit tobacco today! Find the free quitting support that's right for you. ■



6 FOODS THAT CAN INTERFERE WITH YOUR MEDICATIONS

When you get a new prescription for medications, one of the first things that you usually do is to talk to your doctor about possible interactions with other medications that you are taking. What many people don't realize, however, is that medications can also interact with certain foods. If you're on certain medications, you should be careful about what you include in your diet.



GO EASY ON GRAPEFRUIT

Grapefruit may be delicious and may be packed with nutrients; but it can change the way the body responds to medications. Allergy medications become less effective when you eat grapefruit, and cholesterol medications become more powerful.



YOU MAY NEED TO BE CAREFUL WITH MILK

Your body finds it harder to make use of antibiotics in the presence of milk in the system. Components of milk such as casein, calcium and magnesium can interfere with antibiotics. When you're on these medications, you need to talk to your doctor about how safe it is to drink milk.



CHOCOLATE DOESN'T GO WELL WITH MEDICATIONS

Strong, dark chocolate can make the ADHD drug Ritalin more powerful, and tone down the effect of sleeping aids like Ambien. It can even send your blood pressure soaring if you take certain medications for depression.



COFFEE CAN INTERFERE WITH DRUGS

If you like a shot of coffee every now and then, you'll need to be careful if you take antipsychotic drugs. These drugs can become weaker in the presence of coffee. Aspirin and allergy drugs such as epinephrine can become stronger in the presence of coffee.



WATCH IT WHEN YOU EAT FOODS RICH IN VITAMIN K

Vegetables such as broccoli, spinach and kale are rich in vitamin K. The vitamin can interfere with the way blood thinning drugs like Warfarin work. While you can certainly include such vegetables in your diet, you need to make sure that you eat a consistent amount each day so that the quality of your blood does not fluctuate from one day to the next.



GINSENG WORKS THE OTHER WAY WITH BLOOD THINNERS

While vitamin K weakens the effect of blood thinning drugs, ginseng and ginger add to the effects of these drugs. If you take powerful blood thinners, taking ginger or ginseng in addition can boost their effect so greatly as to cause internal bleeding. Ginseng can interfere with MAO inhibitors like antidepressants, as well, and lead to headaches and hyperactivity.

Just because food substances are natural doesn't mean that they cannot interfere with your medications. Many foods contain components that can powerfully boost or lower the effects of drugs. It's important to speak to your doctor about these effects before you start with a prescription. ■



MEN'S UROLOGY

Men's Urology? It's the urinary tract and the male reproductive organs – the systems below the belt.



GENERAL UPKEEP

With a car, keeping gas in the tank and air in the tyres is a must. Did you know that certain healthy living tips can make an impact on male urologic health?



DRINK WATER

Drinking 6 or more cups of water daily can prevent kidney stones



GET EXERCISE

Try for 30 minutes of moderate exercise, 5 days a week



REDUCE STRESS

Try to de-stress – Even 10 minutes a day can lower blood pressure which may help improve erectile dysfunction



EAT HEALTHY

Caffeine, alcohol and spicy foods can irritate the bladder; red meat and high fat diets can increase the risk of kidney stones and cancer



DON'T SMOKE

There are seven urologic conditions impacted by smoking:

1. Bladder cancer
2. Erectile dysfunction
3. Infertility
4. Kidney cancer
5. Kidney stones
6. Painful bladder syndrome
7. Urine leakage

TUNE-UP



WARNING SIGNS

When that light appears on the car dash – there's a problem. It's the same with urologic health. There are some warning signs that indicate it's time to call the doctor.



PAIN BELOW THE BELT

Pain that doesn't go away in the pelvis, genitals, side, abdomen, back or when you urinate



ERCTION PROBLEMS

Getting or maintaining an erection



BLOOD IN URINE

Even a small amount of blood may be a sign that something is going on under the hood

MAINTENANCE SCHEDULE

It's known that a car should have scheduled oil changes. Men, here's how to keep your urologic health in check.

YOUNG MEN 18-40
BASIC CARE
Perform routine testicular self-exams
Find out if there is a family history of bladder, kidney or prostate cancer

MIDDLE-AGED MEN 40-50
WATCH YOUR GAUGES
High blood pressure, blood sugar and cholesterol can cause kidney disease and erectile dysfunction
Get screened for prostate cancer if you are of African descent (black men) or have a father, brother or son with prostate cancer

OLDER MEN 50-70+
INSPECTIONS
Talk to your doctor about prostate screening
Look for changes in bathroom breaks like urgency, frequency, decreased flow or frequent night time urination



Talk to your doctor about your personal maintenance plan, including your urologic health. ■

Sources: cansa.org.za



Haemorrhoids

NO LONGER A
PAIN IN THE ARSE

A NEW ERA IN TREATMENT ARRIVES AT MELOMED

Haemorrhoids. Most people don't want to talk about them, yet millions live with their discomfort in silence. These swollen vascular cushions in the anal canal can bleed, prolapse, itch, and cause pain during bowel movements – symptoms that can make everyday life miserable, and in some cases, frightening.

But there's good news for sufferers in our community. Dr Adiel Webner, a respected General Surgeon with a focus on minimally invasive proctological care, is bringing a revolutionary treatment – eXroid® Direct Current Electrotherapy – to Melomed's modern theatre facilities. This innovative, non-surgical option promises rapid relief, minimal downtime, and excellent safety, offering new hope to those who have suffered in silence.

THE LIMITS OF TRADITIONAL TREATMENTS

For decades, haemorrhoid treatment has been split between conservative measures and surgery. Rubber Band Ligation (RBL) is the most common option for early-stage haemorrhoids, but it can be painful and is limited to grades I-II. Surgery – such as Milligan-Morgan haemorrhoidectomy, stapled rectopexy, or haemorrhoidal artery ligation (HAL) – is often reserved for more severe grades but comes with a justified reputation for intense post-operative pain, long recovery, infection risk, and possible recurrence. These realities explain why so many choose to avoid treatment altogether. In fact, research suggests that up to 90% of people with symptomatic haemorrhoids never seek care, often enduring bleeding, prolapse, and discomfort for years out of fear of surgery and its aftermath.

A UNIQUE PATIENT POPULATION WITH UNIQUE NEEDS

The community served by Melomed has a particular demographic profile. Many residents are government workers – teachers, police officers, and other essential service providers – who make up the backbone of our workforce. Their jobs are demanding, and extended sick leave can disrupt not only their own lives but also the services our society depends on. For these hardworking individuals, traditional haemorrhoid surgery is simply not practical. Long recovery times and severe post-operative pain mean extended time away from work – something they can ill afford. What's needed is a treatment that works, but also allows patients to get back to work quickly and without suffering through weeks of discomfort.

THE EXROID® REVOLUTION

eXroid® Electrotherapy offers exactly that. Using a low direct current – up to 16mA – applied directly to the base of the haemorrhoid, the treatment triggers a chemical reaction in the blood vessels, causing the haemorrhoid to shrink naturally. Unlike heat-based or cutting procedures, there is no incision, no thermal injury, and no damage to surrounding tissues. The entire process is tailored to the patient's comfort level, with most reporting minimal to no discomfort.

The benefits are impressive:



Minimal or no Pain: Over 80% of patients experience little or no pain during treatment; 94% have no or only mild discomfort immediately afterwards.



Rapid recovery: 74% return to normal activities the same day, and another 10% within hours.



Outstanding safety profile: UK and international audits of over 2,000 patients recorded zero serious adverse events.



Works for all grades: Proven effective for grades I–IV, even in cases where previous treatments failed.



High satisfaction: Over 93% of patients would recommend eXroid®.

BREAKING THE STIGMA

Despite how common haemorrhoids are, embarrassment still keeps many people from seeking help. Some delay for years, even as symptoms worsen. By providing a safe, effective, and minimally invasive alternative, Dr Webner hopes to remove these barriers and encourage more people to seek care early – when treatment is often simplest and fastest.

LOOKING AHEAD

With eXroid®, Melomed can now offer a solution perfectly matched to the needs of our community: effective, low-pain treatment with minimal disruption to daily life. This means our teachers can get back to their classrooms, our police officers can return to the beat, and our community members can continue contributing to society without prolonged absences or unnecessary suffering. [>>](#)

FAST FACTS: HAEMORRHOIDS & eXROID®

What are haemorrhoids?

Swollen blood vessels in the lower rectum or anus, often caused by straining, pregnancy, chronic constipation, or prolonged sitting.

How common are they?

Up to 50% of adults will experience haemorrhoid symptoms by age 50.

Common symptoms:

- Bright red bleeding during bowel movements
- Anal itching or irritation
- Pain or discomfort
- Swelling or lumps near the anus
- Prolapse (tissue bulging from the anal opening)

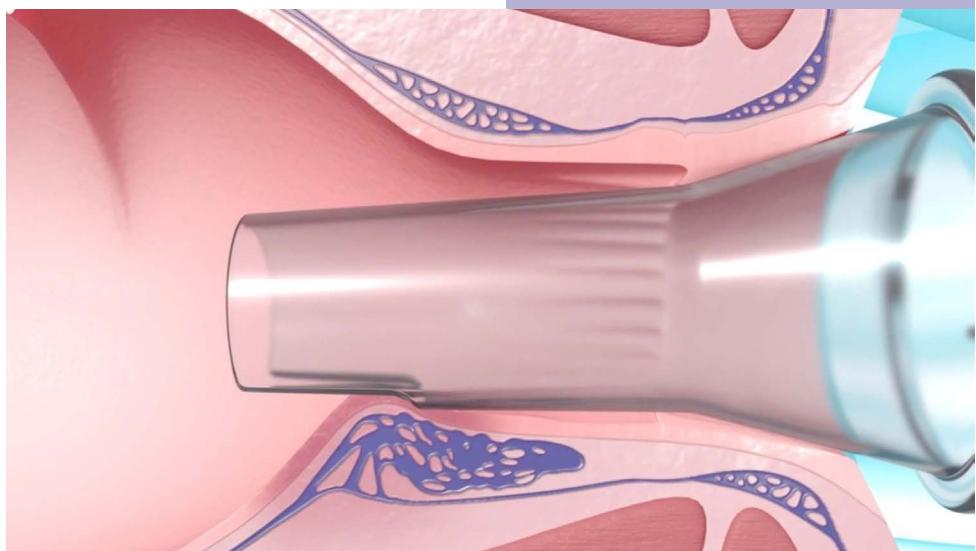
Traditional treatment drawbacks:

Surgery often means severe post-op pain, infection risk, and up to 6 weeks of recovery. RBL can be painful and limited in scope.

Why eXroid® is different:

- No cutting, no heat, no tissue damage
- Minimal to no discomfort
- Same-day return to normal life for most patients
- Suitable for all grades I-IV

If you've been avoiding treatment because you can't afford the downtime, fear the pain, or feel embarrassed – know that there's now a gentler, faster, and proven alternative available locally. ■



ABOUT THE AUTHOR



DR. ADIEL WEBNER

BSC (UWC), MBCHB (STELL), MMED GENERAL SURGERY (STELL), FCS (SA)

Dr Adiel Webner is a General Surgeon and currently practices at Melomed Gatesville and Melomed Bellville.

Tel: 021 110 5055

Email: drawebner@gmail.com

Enhancing Ophthalmic Care

Dr. Saloojee Introduces the
Norlase ECHO at Melomed



Ophthalmologist Dr MD Saloojee, practicing at both Melomed Gatesville and Melomed Mitchells Plain continues to advance eye care through innovation and dedication — his recent investment in the Norlase ECHO laser system marks a major step forward for both his patients and the Melomed Hospital Network.

The Norlase ECHO is a state-of-the-art ophthalmic laser system designed for precision, versatility, and patient comfort.

This new addition allows Dr. Saloojee to perform a range of advanced laser treatments, including:

- Pan retinal Photocoagulation (PRP): for the treatment of proliferative diabetic retinopathy, offering precise retinal laser application with minimal discomfort.
- Microsecond Laser & Micro Pulse Treatment: delivering controlled, tissue-sparing therapy that reduces side effects and promotes faster recovery.
- Micropulse Laser Trabeculoplasty (MLT): a non-invasive treatment for glaucoma that lowers intraocular pressure without causing collateral damage.

For patients, this means shorter treatment times, less discomfort, and faster visual recovery. For the Melomed network, it reinforces Melomed's commitment to providing world-class, technology-driven care across all specialties.

The Norlase ECHO's compact design and advanced features make it an ideal choice for multi-site practices like Dr. Saloojee's, ensuring consistent excellence at both Melomed Gatesville and Mitchells Plain.

Dr. MD Saloojee in the course of his practice has always invested in state-of-the-art medical equipment and devices to allow patients access to the most up-to-date and international trendsetting technologies. He is a leader in providing and contributing to excellence in patient care at Melomed.

Contact details

DR MD SALOOJEE INCORP.

headoffice@drssaloojee.co.za

Melomed Gatesville: 021 638 0099

Melomed Mitchells Plain: 021 392 3208

KEEP YOUR CHILD SAFE



As the dedicated paediatric trauma centre for the Western Cape, the Red Cross War Memorial Children's Hospital sees the worst of the worst cases. These include children injured in car and taxi accidents, pedestrian accidents, burns and drownings. The sad fact is that the large majority, if not all, of these cases could have been prevented in some way or form.

This festive season the Red Cross War Memorial Children's Hospital (RCWMCH), ChildSafe, Poison Information Centre and the National Sea Rescue Institute (NSRI) have a few safety tips for parents, grandparents, and all other caregivers of children.

"Prevention of accidents comes down to proper adult supervision," says Yolande Baker, Executive Director of ChildSafe.

Dr Anita Parbhoo, Acting CEO of the RCWMCH, echoes this: "Our emergency centre sees too many trauma cases coming in that could have been prevented if only there was proper adult supervision. We urge adults to look after children and not to consume alcohol or other intoxicating substances when doing so. Please don't drink and drive, or drink and swim. Don't allow your children to get in a car with someone who is under the influence."

THIS HOLIDAY SEASON



CAR SAFETY:

Be a mindful driver

- Always keep within the speed limit
- Keep an eye out for pedestrians, especially now with children home and playing outside
- Check that there are no children playing around your car before you drive off
- Remember that children are safer in the back seat

Check your child's car seat before holiday travel

- 73% of car seats are not used or installed correctly, so before you hit the road, check your child's car seat.
- Ensure that all passengers are buckled up, even for short trips.
- Use Booster Seats: Safety in the car goes beyond your little ones. Kids who have outgrown a forward-facing harness seat are not ready for a seat belt or front seat yet. They are safest in a booster seat that enables the adult seat belt to fit properly. Even when children have graduated from booster seats, they should remain in the back seat (firmly buckled up) until they reach the age of 12.



PREVENTING BURNS:

- Kids love to reach, so to prevent burns from hot holiday food or liquid spills, simply use the back burner of your stove and turn pot handles away from the edge.
- Do not hold small children while drinking hot beverages.
- Always start with cold water first when running a bath and remember to test the temperature with your elbow and never leave a child unattended to in the bathroom.
- Put out braai fires with cold water and not sand.



BLOW OUT CANDLES; STORE MATCHES AND LIGHTERS OUT OF REACH

- Keep holiday candles at least 30cm away from anything that can burn, and don't forget to blow them out when you leave the room or before you go to sleep.
- Make a habit of placing matches and lighters in a safe place, out of children's reach. Avoid novelty lighters or lighters that look like toys.



FIND THE PERFECT TOY FOR THE RIGHT AGE

- Consider your child's age when purchasing a toy or game this holiday season. It's worth a second to read the instructions and warning labels to make sure the gift is just right.
- Before you've settled on the perfect toy, check to make sure there aren't any small parts or other potential choking hazards.



KEEP BUTTON BATTERIES AWAY FROM YOUNG KIDS

Keep a special eye on small pieces, including button batteries that may be included in electronic toys. While these kinds of games are great for older kids, they can pose a potential danger for younger, curious siblings.



DON'T FORGET A HELMET FOR NEW BIKES OR OTHER TOYS

If your child's heart is set on a bike, skateboard or scooter this holiday season, be sure to include a helmet to keep them safe while they're having fun. >>



SOME BEACH AND WATER SAFETY TIPS FROM THE NSRI:

- **Never leave a child alone near water:** Bath, pool, river, dam or sea.
- **Swim at beaches where and when lifeguards are on duty:** Lifeguards are on duty at selected beaches. Only swim between the lifeguard flags.
- **Don't drink and drown:** Never drink alcohol and then go to swim.
- **Adult supervision and barriers to water are vital:** Adults who are supervising children in water must be able to swim.
- **Know how to survive rip currents:** Learn about rip currents on the NSRI website. Only swim when lifeguards are on duty.
- **Don't attempt a rescue yourself:** Call a lifeguard or the NSRI by dialling 112 from your cell phone for help. Throw something that floats to the person in difficulty.
- **Do not let children use floating objects, toys or tyre tubes at the beach or on dams:** You can very quickly get blown away from the shore. If a child can't swim and falls off in deep water they will drown.
- **Make sure that the pool gate is child safe and closed and child a safe pool net is in place:** Designate one responsible person to look after children who are swimming. Do not leave toys inside the pool area after swimming.
- **Do not be distracted by your cell phone or social media:** While you are looking after children in or near water you need to focus on the children.
- **Learn how to do CPR:** Learn how to do CPR and rescue breaths safely for someone who has drowned. Follow these guidelines: CHECK (are they breathing?) CALL (Call 112 for help) COMPRESS (push hard and fast in the centre of the chest).



DECORATE YOUR TREE WITH YOUR CHILDREN IN MIND

- Children are curious and will want to play with the ornaments on the tree, so you might as well prepare.
- Move the ornaments that are breakable or have metal hooks towards the top of the tree. That makes room at the bottom for the ones that are safer for young children.



CHECK THE LIGHTS

Lights are one of the best parts of holiday decorating. Look at the ones on your tree and in and around your home for exposed or frayed wires, loose connections or broken sockets.



TIPS TO KEEP CHILDREN SAFE FROM POISONS

- Be careful when visiting other people's homes where medications and poisonous substances may not be safely locked away.
- Being out of one's routine may make one more forgetful. When traveling, do not keep medications in travel or shopping bags where they are easily accessible to curious children. Make sure all medications are safely stored away immediately after use.
- Hand sanitiser is everywhere! Make especially sure that toddlers cannot reach it to drink it or spray it in their eyes.
- Hot summer days means everyone is thirstier. Be careful that paraffin or other poisonous liquids such as methylated spirits or thinners are not decanted into juice bottles where they may look like water or juice.
- In summertime, snakes and scorpions are out and about. Children in high prevalence areas should always wear shoes when playing outside.

Remember to add the 24/7 Poisons Information Helpline number to your contact list in case of poisoning emergencies! **0861 555 777**



EMERGENCY CONTACT NUMBERS:

ALL EMERGENCIES: **112** (cellphone) or **10177** (landline) ■

MELOMED EMERGENCY NUMBERS:

Melomed 24 Ambulance:
0800 786 000

Melomed Tokai:
021 110 5026

Melomed Richards Bay:
035 791 5301

Melomed Bellville Trauma Unit:
021 948 8131

Melomed Gatesville Trauma Unit:
021 637 8100

Melomed Mitchells Plain Trauma Unit:
021 392 3126 ■



FAMILY-FRIENDLY FARM STAYS



ROYAL COACHMAN LODGE

CLARENS

Set on a tranquil working farm just 6 km from Clarens, Royal Coachman Lodge offers a serene retreat for groups of up to seven guests. The spacious self-catering house features three bedrooms, including a cosy loft room, and two bathrooms equipped with heated towel rails. You can enjoy modern comforts, including underfloor heating, a fully equipped kitchen, and a lounge with a fireplace. All ground-floor rooms open onto a wooden deck with a built-in braai, offering stunning views of the dam and surrounding mountains. To experience a true digital detox, there is no TV, but the lodge's peaceful setting and proximity to Clarens' array of activities make it an ideal destination for those seeking relaxation and adventure in equal measure.



STEENBOK FARM COTTAGES

TULBAGH

How does a getaway with your four-legged friend at the foot of the Witzenberg Mountains sound? If you can't imagine anything better, then one of these cottages with a mountain view is just the place for you! Each cottage sleeps six, so you can share the experience with your favourite people. Come and take advantage of all the leisure facilities you daydream about, such as a built-in braai, private wood-burning hot tub, splash pool and even a lawn where your pet can play.



TUGELA RIVER LODGE

WINTERTON

For a rustic, off-the-grid escape that doesn't neglect comfort, Tugela River Lodge is a hidden gem along the banks of the Tugela River near Winterton. This eco-friendly lodge offers a sustainable retreat for solo travellers, couples and even families of up to ten people – and don't forget to bring your pets along! Each house features fully equipped kitchens, fireplaces, and private braai areas. You can enjoy activities like mountain biking and trail running, with the lodge being associated with events such as the Oxpecker Trail Run and Berg & Bush mountain-biking race. Whether you're seeking relaxation or outdoor excitement, Tugela River Lodge offers a unique blend of indoor-outdoor comfort.

ESCAPE THE CITY AND RECONNECT
WITH NATURE - FARM ADVENTURES
THE WHOLE FAMILY WILL LOVE!



AFRICAMPS AT GOWAN VALLEY

BALGOWAN

Nestled in the heart of the KwaZulu-Natal Midlands Meander, Africamps at Gowan Valley offers a boutique glamping experience that seamlessly blends comfort with nature. With its family-friendly amenities and serene surroundings, it's an ideal retreat for both couples and families seeking a countryside escape with a touch of luxury. Each of the five air-conditioned tents accommodates up to five guests, featuring two bedrooms and a private bathroom with a shower. The open-plan living area includes a fully equipped kitchenette, a cosy lounge with a fireplace, and a dining space. Step outside onto the covered patio to find outdoor seating, braai facilities, and a wood-fired hot tub – perfect for quality time under the stars. You can explore a 4-km trail through an indigenous forest leading to a majestic 500-year-old Yellowwood tree or enjoy tubing on the nearby river.



SUKKERBEKKIE @ BLUE CRANE FARM LODGE

BOT RIVER

The only thing better than a farm stay is staying on a farm with a pizza oven. This cottage on the slopes of the Houwhoek Mountains, next to the Van Der Stel Pass, sleeps four and resembles something straight out of your favourite dream. It boasts an indoor and outdoor braai area on the patio, featuring a wood-fired hot tub from which you can admire the view. Staying in one of these cottages is ideal, whether you plan to relax horizontally or explore the various attractions.



LANGFONTEIN FARM COTTAGES

GRAAFF-REINET

Step into a bygone era at Langfontein Farm Cottages, a historic Karoo retreat nestled within the Camdeboo Conservancy, just 50 km from Graaff-Reinet. Dating back to 1860, the meticulously restored farmstead offers three unique self-catering cottages, each exuding old-world charm with modern comforts. Inside, you'll find bedrooms adorned with crisp percale linen, fully equipped kitchens, inviting lounges with fireplaces, and bathrooms boasting Victorian baths and showers. You can unwind on private verandas, take a refreshing dip in the swimming pool, or explore the surroundings on hiking and mountain-biking trails. The farm is pet-friendly by prior arrangement, welcoming up to two well-behaved pets per stay. ■



STONE FRUIT SALAD

with tomatoes and mozzarella

Prep Time: 25 minutes | Serves: 4



INGREDIENTS

- 2 peaches or nectarines, pitted and cut into $\frac{1}{2}$ -inch pieces
- 2 cherry tomatoes (yellow and red), halved
- $\frac{1}{2}$ small red onion, thinly sliced into half-moons
- 3 oz fresh mozzarella, torn into bite-size pieces
- 2-3 Tbsp extra-virgin olive oil
- Juice of 1 lemon
- 2 halved, pitted cherries
- 3-4 stems basil, leaves picked for garnish
- Flaky sea salt

METHOD:

1. In a large bowl, combine peaches, tomatoes, onion, and mozzarella.
2. Drizzle everything lightly with oil and lemon juice. Toss mixture to combine.

Add cherries and toss again very gently. (If you're too aggressive here, the entire salad will turn purple with cherry juice. You want the different colors to show as well as the vibrant flavours.)

3. Transfer salad to a large platter. Add a generous amount of basil leaves. Sprinkle with salt and serve. ■

Per serving (made with peaches): 230 Calories, 8g Protein, 17mg Cholesterol, 27g Carbohydrates, 20g Total sugars (0g Added sugars), 5g Fiber, 12g Total fat (4g sat), 400mg Sodium, Vitamin C, Vitamin B12, Vitamin A, B2 (riboflavin), B6, E, K, Calcium, Phosphorus, Potassium

Sources: Peckish by Suzanne Lenzer



HOUSECALL

MEET ONE OF OUR DEDICATED SPECIALISTS

DR HAMMAAD GAMIELDien

Tel: 021 764 7500 | 063 945 9655 | Email: drhgamielien@gmail.com



DR. HAMMAAD IS AN ORTHOPAEDIC AND SPECIALIST SPINAL SURGEON
AND CURRENTLY PRACTICES AT MELOMED MITCHELLS PLAIN.



IF YOU COULD WITNESS ANY EVENT OF THE PAST, PRESENT, OR FUTURE, WHAT WOULD IT BE?

The construction of the pyramids - definitely the most fascinating unanswered question of studied ancient history.

WHY DID YOU CHOOSE YOUR PROFESSION?

I have an older sister who's a doctor.. I always saw her studying and asked her why she worked so hard. She would tell me it's something I'd never be able to do.. So yeah.. All I wanted to do was to prove her wrong.. A little bit of sibling rivalry can get you a long way!



WHAT'S YOUR SECRET PHOBIA?

Spiders - not so secret actually.

WHAT'S THE COOLEST STORY ABOUT YOURSELF?

I'm a spine surgeon? At 12yrs old I had a transient spinal cord injury while playing rugby, I had lost all function and sensation of my upper and lower limbs for around 12 hours, which fortunately all returned.. I was actually also treated here in the Melomed group at Gatesville.



WHERE IS YOUR FAVOURITE PLACE TO EAT, AND WHY?

My wife's kitchen - I always regret going out to eat because the food is never as good as we get it at home.

IF YOU COULD SPEAK ANOTHER LANGUAGE, WHICH WOULD IT BE AND WHY?

Urdu - so I can know what my wife is shouting at me!



WHAT CELEBRITY WOULD YOU LIKE TO BE FOR A DAY, AND WHY?

Michael Schumacher.. When he was racing of course. To be able to race an unstoppable F1 Ferrari.

WHAT'S THE BEST PRESENT YOU'VE EVER RECEIVED, AND FROM WHOM?

My first play station 1.. I got it just after it was released when my parents bought it while they were on Haj in 1997. ■

EMPATHY, EXPERTISE, AND EXCELLENCE: Unveiling the **Leading Obstetric and Gynaecological** **Team at Melomed Tokai!**



Dr. Aneeqah Hendricks

Bringing New Life into the World

📞 021 712 2691

✉️ secretary@aneeqahhendricks.co.za

Meet Dr. Aneeqah Hendricks, a compassionate Gynaecologist and Obstetrician who finds immense joy in welcoming new life into the world. With a focus on achieving positive outcomes, Dr. Hendricks not only provides expert medical care but also connects on a personal level, drawing from her experience as a mother herself.

Dedicated to comprehensive patient care, Dr. Hendricks considers every aspect of her patients' well-being, including socioeconomic and cultural backgrounds. She takes the time to understand individual needs, offering clear explanations and support throughout the journey. Beyond the hospital walls, Dr. Hendricks enjoys exploring the world through travel, indulging in movies, and cherishing quality moments with her own family.

Specialising in vaginal surgery, adolescent gynaecology, hormonal disorders, and reproductive endocrinology, Dr. Hendricks is your partner in women's health at every stage. From family planning to menopause, she ensures her patients receive the best care, including surgeries, screenings, and personalized attention.

Dr. Matshidiso Agnes Tisane

Holistic Care for Women's Health

📞 021 023 2046

✉️ drtisanesecretary@gmail.com

Introducing Dr. Tisane, a dedicated Gynaecologist and Obstetrician committed to the holistic well-being of women. As an Obstetrician, she brings vast experience in maternal and fetal care, guiding expectant mothers through the beautiful journey of pregnancy. Dr. Tisane believes in building strong patient relationships, ensuring effective communication, and providing comprehensive care with a personal touch.

Beyond her medical expertise, Dr. finds joy in the outdoors and values quality time with her own family. With a passion for helping mothers navigate the challenges of newborn care, she strives to make each patient feel heard and supported.

In addition, to her passion and expertise in Obstetrics, she also specialises in addressing gynaecological issues such as abnormal bleeding, infertility, and recurrent miscarriages. Dr. also conducts crucial screenings for cervical and breast cancer.

Dr. Tladi Motsema

Nurturing Life with Expertise & Passion

📞 021 110 5940

✉️ drtmog@gmail.com

Meet Dr. Tladi Motsema, an experienced Obstetrician and Gynaecologist dedicated to nurturing life with a blend of medical and surgical expertise. Dr. Motsema's journey in Obstetrics and Gynaecology started in 2011, driven by a passion for integrated patient care.

With a wealth of experience gained through a Diploma in Obstetrics and a fellowship in 2016, Dr. Motsema's commitment extends beyond clinical practice. He takes pride in teaching and guiding future healthcare professionals, ensuring the legacy of compassionate and knowledgeable practitioners.

Patient care and wellness are at the forefront of Dr. Motsema's priorities. From general obstetrics and gynaecology to contraception and family planning, he contributes to the community's health, emphasizing the importance of a healthy mother for a healthy baby.

Join Dr. Motsema on the journey of well-rounded women's healthcare.

Contact our Obstetricians for the best quality & service and most affordable price. Our Drs accept most medical aids.

What is fasting for a blood test?

If your health care provider has asked you to fast before a blood test, you should not eat or drink (except water) before your test. While you're fasting for a blood test, you also should not:

- Chew gum
- Smoke
- Exercise

How long do I have to fast before the test?

You usually need to fast for 8 to 12 hours before a test, but your care provider will tell you exactly how long to fast.

Sample collection is usually performed early in the morning (generally no later than 9am), so most of your fasting time will be while you are sleeping.

Why do I need to fast before my blood test?

When you eat and drink, your bloodstream absorbs sugar, fat, protein, and other nutrients in foods and beverages. This could affect the results of certain blood tests and lead to an incorrect diagnosis.

What types of blood tests require fasting?

Some examples of common blood tests that usually require fasting are:

- **Blood sugar (glucose) tests.** These tests measure the level of blood glucose in a sample of your blood. They are used to help diagnose and monitor diabetes, prediabetes, and gestational diabetes (diabetes that starts during pregnancy). Not all blood glucose tests require fasting, so ask your provider if you need to fast for your test.
- **Cholesterol tests (lipid panel).** These tests measure the level of fats, called lipids, in your bloodstream, and may include cholesterol and triglycerides. The test results help indicate your risk of developing blood vessel disease which may increase your risk of heart disease or stroke.

Other types of tests may also require fasting, so always ask your provider if you are not sure whether you should fast before your test.

Can I drink anything besides water during a fast?

No. Juice, coffee, soda, and other beverages can affect your results, but you can drink water. It is good to drink water before a blood test as it helps keep more fluid in your veins, which can make it easier to get a sample of your blood.

Can I continue taking medicine during a fast?

Ask your care provider whether it is acceptable to take your usual prescription medicines and/or over-the-counter medicines, but do not stop taking your medicines unless your care provider instructs you to. Let your care provider know about any vitamins and supplements that you take, so that you will be sure to avoid taking anything that could affect your test results. Please supply the laboratory with a list of all medicines and supplements you are taking.

What if I make a mistake and have something to eat or drink besides water during my fast?

Tell your care provider or the laboratory if you eat or drink before your test. You may need to reschedule the test for another time after a successful fast to ensure your results are accurate.

When can I eat and drink normally again?

You will be able to eat and drink as soon as your test is over. You may want to bring a snack with you so you can eat right away.

Is there anything else I need to know about fasting before a blood test?

If you don't know whether you should fast for your blood test, ask your provider at least a day before your test so you will have time enough time to fast. If you fast before a test when you don't need to, that may also affect your results. That's why it's important to find out for sure whether you need to fast.

