

# melomag

Spring 2010 | Patient's free copy | Issue 02

**FREE**  
Health  
guide!

**Your eyes  
& the sun**

**Migraine or  
headache?**

**All the facts  
about kids  
on the beach**

**Brain foods  
to help you  
concentrate**

**ALL ABOUT**

# Breast cancer

  
M E L O M E D  
HOSPITAL HOLDINGS LTD

First aid: **Burns** –  
know what to do

Health news  
and views

**Healthy foods**

Published in the interest of your health by MELOMED



# PathCare

**Drs Dietrich, Voigt, Mia**  
Vennote • Partners

## 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 15189). 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](http://www.pathcare.co.za)  
email: [clients@pathcare.co.za](mailto: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.



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## CONTRIBUTORS



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**Dr TG Dicker is a radiologist in private practice. He is one of the partners with Morton and Partners, a private radiology practice, and has been in private practice for the past 15 years. He has an interest in breast disease and imaging.**



This magazine is partly sponsored by Austell.

## Note from our Chairman

**With the successful launch of its first issue of Melomag we are now able to review events that have followed in its wake and also look at the objectives of the Melomed Group in the near future.**

*The FIFA World Cup has come and gone and what an event it was: it made us all proud South Africans, with the Melomed Group not lagging in achieving this with its ambulance service participating in the provision of its health support services rendered for FIFA.*

*While all the excitement of the World Cup was proceeding, the extension of the Melomed Gatesville hospital very visibly got underway. This major project will significantly boost the Group's services to the Cape Town community. We should see the project completed and up and running by 2011. Like with all significant ventures from time to time, Melomed encountered obstacles which have been very ably confronted by its Directors, Management and the very competent project contingent working on the project.*

*The Melomed Gatesville project is but one of the developments taking place within the Group. At Melomed Bellville there is ongoing planning for the improvement and extension of the project which is performing beyond expectations. A similar observation with regard to Melomed Mitchells Plain is justified. A new dress code for the Group is being implemented to create greater uniformity in the dress of its personnel while on duty, and also to give greater visibility to the Melomed brand.*

*The Melomed Group is firmly on a path to implement its mission to provide the best healthcare services and information at an affordable cost to its community, and Melomag is playing a vital role in assisting in achievement of this objective.*

*I am personally looking forward to the publication of this issue of the magazine.*

**Since this is the last issue of Melomag for 2010, may I take this opportunity to wish each and every patient and staff member a happy Christmas and everything of the best in the coming new year.**



**EBRAHIM BHORAT  
CHAIRMAN  
MELOMED GROUP**








## HEALTH NEWS & VIEWS



### POPPING GOOD NEWS!

**Popcorn is a very popular and nutritional snack. So read and enjoy, and then pop up some popcorn for yourself.**



-  Popcorn is a whole grain that contains 40 or more nutrients.
-  The germ in the popcorn kernel contains all of the B complex vitamins, plus vitamin E, riboflavin and thiamine.
-  Popcorn has more protein than any other cereal grain.
-  It has more iron than eggs, peanuts, spinach, or roast beef!
-  The outer layers are rich in iron, phosphorus and protein.
-  Popcorn has more phosphorus and fibre than potato chips, ice cream cones or pretzels.
-  Popcorn is a kilojoule counter's delight! Unbuttered air-popped popcorn only has between 100 and 230 kilojoules per cup.

### ALLERGIC TO DUST MITES?

*You don't need to buy special products to clean your bedding, a warm machine wash with normal laundry powder will get rid of most of the allergens.*

**HEALTH  
TIP**



**Don't play  
"aeroplane" with  
a kitchen spoon**

**Teaspoons or tablespoons used to dispense medicine can cause dosing errors. Using kitchen spoons to dispense medicine to children can cause dangerous overdoses, a new study warns.**

The variations between domestic spoon sizes are considerable and, in some cases, bare no relation to the proper calibrated spoons included in many commercially available children's medicines. A parent using one of the biggest domestic teaspoons would be giving their child 192% more medicine than a parent using the smallest teaspoon.

The researchers say their findings mean parents need to be warned to use calibrated medicine oral syringes to dispense liquid medication to children. Plus, such devices are often easier to use because spoons can be easily pushed away.

The research makes clear that using domestic spoons – tea or table – can cause children to get too much or too little medication.



## FISH OIL

# May reduce breast cancer risk



**Taking fish oil supplements may reduce breast cancer risk, a study suggests. The study included more than 35 000 women who were past menopause and had no previous breast cancer.**

Researchers kept track of them for 6 years. In that time, 880 women were diagnosed with breast cancer. Those who had taken fish oil regularly were 32% less likely to develop breast cancer than other women. The difference applied only to invasive ductal cancer, the most common type. Researchers said it's not clear why fish oil might affect breast cancer risk. More research is needed, including a study that randomly assigns women to take fish oil or fake pills.



## Pass the salt

**Stir fries, wholegrain bread, low kilojoule breakfast cereals, lite cheese and canned fish.**

If you're trying to eat a healthy balanced diet, chances are you are eating at least some of these foods regularly. But unfortunately, these foods all contain too much salt.

You need to avoid salt because it causes high blood pressure or hypertension, which the World Health Organization blames for 62% of strokes and 49% of coronary heart diseases.

Salt can also play a role in a range of other health conditions, such as osteoporosis, stomach cancer, diabetes and asthma.

But there's plenty you can do to reduce your salt intake yourself. One way is to start reading labels. This helps you gauge how salty the product is compared to others in the same category.

Foods that contain less than 120mg of sodium per 100 grams are generally considered low-salt foods, while those that have sodium levels above 500mg per 100 grams are high salt foods.

## NOT SO SWEET: Chemicals in fragrances

**Many of us wear perfumes, colognes, and body sprays; but the fragrances used in these products may not be all that sweet.**

Some popular scented products contain a potpourri of potentially hazardous chemicals, many of which aren't listed on the packaging.

Researchers found that the perfumes tested contained on average: 14 chemicals not listed on the label, 10 chemicals that have been linked with allergic reactions (such as headaches, wheezing, or asthma) and 4 compounds known to have the potential to disrupt the body's hormone system (including diethyl phthalate, a chemical linked to sperm damage in males).

However, it's the possible long-term effects that we know little about, as there's been very little research into how humans are affected by long periods of exposure to these chemicals. The chemicals contained in products should be clearly listed on the packaging so that consumers can know what it is they are spraying onto themselves.



# calendar

## OCTOBER



Eye care awareness month

Breast cancer awareness month

3 October  
Grandparents day

3



16 December  
Day of Reconciliation

25 December  
Christmas Day

26 December  
Day of Goodwill

27 December  
Public holiday

25

## NOVEMBER

9–15 October  
National nutrition week

10 October  
World mental health day

11–15 October  
Occupational therapy week

12 October  
World arthritis day

5 November – Diwali

17 November – Eid - Ul - Ādha

Men's Health Month

2 November – Infection prevention and control day

6 November  
National children's day



## DECEMBER

8–14 November  
National diabetes awareness week

14 November  
World diabetes day

9 November  
World quality day

9–13 November – CPR week

14

1 December  
World Aids day

3 December  
National transplant day

9 December  
World patient safety day

12–18 October  
Obesity week

14 October – World sight day

17 October  
World trauma day

20 October  
National Down's syndrome awareness day

13 November  
SADC malaria day

17 November  
World chronic obstructive pulmonary disease day

19 November – World day for the prevention of child abuse and neglect

24 November –  
10 December

16 Days of activism on violence against women



# Frog in your throat?

Free the frog with  
**PROSPAN®**  
Cough Syrup



## Suitable for use by the whole family<sup>1</sup>



-  Alcohol-free, sugar-free, colourant-free
-  Suitable for use in diabetics and infants
-  Unique non-drip, non-spill spout
-  Permitted in sport <sup>2</sup>

**ALL**  
AUSTELL

<sup>1</sup>Prospan® Cough Syrup. Each ml contains 7 mg dried ivy leaf extract (5-7.5 : 1). Preservative: potassium sorbate 0.134 % m/v. 2.5 ml of solution contains 0.363 g sorbitol = Q08 BU. Registry Number: 027828. Marketed by Austell Laboratories (Pty) Ltd, 30 Marlborough Rd, Springfield, 2190 for Camox Pharmaceuticals (Pty) Ltd, 0860 AUSTELL/0860 287835 • [www.austell.co.za](http://www.austell.co.za) • <sup>2</sup> Refer to package insert for full prescribing information, Reference: <sup>2</sup> Department of Health Medicines Information Centre, Division of Clinical Pharmacology, University of Cape Town, PMX - 0103 08/08



Under license of:  
Engelhard Arzneimittel  
GmbH & Co. KG

# Burns

## KNOW WHAT TO DO



Burning is the greatest cause of unnatural death in South African children under the age of five.

Burns commonly result from the sun, scalding by hot liquids, fire, electricity or chemicals. **Burns are classified according to the depth and size of the burn:**

### FIRST-DEGREE

Only the outer layer of skin is burnt. The skin is red (like mild sunburn) and may be swollen and painful.

### SECOND-DEGREE

Both layers of skin are burnt. Blisters develop and the skin takes on an intensely red-denied, blotchy appearance. These burns are very painful.

### THIRD-DEGREE

The most serious burns are painless (nerve endings are damaged). All layers of the skin, fat, muscle and even bone may be affected. Areas may be charred black or appear hard and white.

### FOR MAJOR BURNS:

#### Call an ambulance.

In the meantime:

- 1 Cover the burn.** Use a cool, moist, sterile bandage, cloth or towels.
- 2 Moisten the patient's lips with water** and keep him/her calm.
- 3 Check for breathing, coughing or movement.** If there is none, begin CPR if you are trained to do so.
- 4 Don't remove burnt clothing near or at the site of the burn.** However, make sure the victim is not exposed to smoke or heat.
- 5 Don't immerse large burns in cold water** as this could cause shock.

### WHAT TO DO FIRST

For minor burns:

- + **Cool the burn** under running cold water for 10 – 30 minutes, immerse in cold water or cool with a clean

cloth soaked in cold water. This reduces swelling by conducting heat away from the skin.

- + **Remove clothing and jewellery near the burn.** Swelling could make it difficult to remove later.
- + **Cover the burn with a loosely wrapped sterile bandage.** Bandaging keeps air off the burn, reduces pain and protects blistered skin.
- + **Take pain medication.** Never give aspirin to children or teenagers.

### Caution



- + **Don't use ice, butter or Vaseline** as this might cause further damage.
- + **Don't break blisters** as they protect against infection.
- + **Don't remove clothing that sticks** to the skin.

### GET HELP IMMEDIATELY IF THE BURN

- + was caused by chemicals or electricity;
  - + is larger than the person's palm;
  - + is on the face, genitals, joints, hands or feet;
- If the person
- + has inhaled smoke;
  - + has a temperature or is in shock.

**EMERGENCY NUMBERS: MELOMED**  
**24 AMBULANCE – 0800 786 000**







SAMWU NATIONAL MEDICAL SCHEME

# SAMWUMED

## Choose SAMWUMED to care for your family's health in 2011

During this year's Freedom of Association (FOA) period, you will have the opportunity to decide which medical aid scheme will be the best to look after your family's healthcare needs in 2011.

SAMWUMED is the largest restricted medical scheme in local government and more people trust the Scheme to look after their healthcare interests than any other.

SAMWUMED cares for more than 73 000 members and their families across South Africa with contributions that can begin at an average subsidised cost of R 750.00\* per month for a family of three.

The Scheme is proud of the fact that we are a medical scheme for workers by workers and our continued association with the South African Municipal Workers Union means that we understand the unique needs of local government employees.

Workplace presentations for this year's FOA will take place during October and November. Contact your HR Department to find out when SAMWUMED will be presenting benefit plans for 2011 or call the Scheme's Marketing Department on 021 697 9500 for more information.

### Contact details

Email: [info@samwumed.org](mailto:info@samwumed.org)

Website: [www.samwumed.org](http://www.samwumed.org)

SAMWUMED is a medical scheme **started** by local government employees and **governed** by local government employees.

\*Contributions calculated according to income, example based on a family of three with an income between R 4 500.00 – R 5 500.00 per month on Option A.

In pictures

# Brain foods

## TO HELP YOU CONCENTRATE

Getting ready for the end of year exam? You can increase your chances of maintaining a healthy brain — if you add "smart" foods and beverages to your diet.

### Caffeine can make you more alert

There's no magic bullet to boost IQ or make you smarter — but certain substances, like caffeine, can energise and help you focus and concentrate. Found in coffee, chocolate, and energy drinks, caffeine gives you that unmistakable wake-up buzz — though the effects are short term. And more is often less: Overdo it on caffeine and it can make you jittery and uncomfortable.

GOOD IDEA

### Fish really is good brain food

A protein source associated with a great brain boost is fish — rich in omega 3 fatty acids, essential for brain function and development. These healthy fats have amazing brain power: higher dietary omega 3 fatty acids are linked to lower dementia and stroke risks; slower mental decline; and may play a vital role in enhancing memory, especially as we get older. For brain and heart health, eat two servings of fish weekly.

GOOD IDEA

# Get ready for a big day!

Want to power up your ability to concentrate? Start with a meal of 100% fruit juice, a wholegrain bagel with salmon, and a cup of coffee. In addition to eating a well-balanced meal, experts also advise: a good night's sleep, exercise to help sharpen thinking, and meditation to relax.

## Blueberries are super nutritious

Research in animals shows that blueberries help protect the brain from oxidative stress and may reduce the effects of age-related conditions such as Alzheimer's disease or dementia. Studies also show that diets rich in blueberries significantly improve both the learning capacity and motor skills of aging rats, making them mentally equivalent to much younger rats.



**GOOD IDEA**

## Add a daily dose of nuts & chocolate

Nuts and seeds are good sources of the antioxidant **vitamin E**, which is associated with less cognitive decline as you age. Dark chocolate also has powerful antioxidant properties, and contains natural stimulants like caffeine, which can enhance focus and concentration.



## Sugar can enhance alertness. Honey is a great substitute for sugar.

Honey is perfect food that can supply a fuelling means for the body at night, which helps to keep blood sugar levels balanced.

- Honey is made of two sugars that facilitate the fabrication of liver glycogen. Liver glycogen energises the brain.
- Honey lowers blood sugar levels, which reduces metabolic stress.



**GOOD IDEA**



## Add avocados and whole grains

Every organ in the body depends on blood flow, especially the heart and brain. Eating whole grains and fruits like avocados can reduce the risk of cardiovascular disease and enhance blood flow, offering a simple, tasty way to fire up brain cells. Whole grains, like popcorn and whole wheat, also contribute dietary fibre and vitamin E, while avocados have fat — but a good-for-you, mono-unsaturated fat that contributes to healthy blood flow.

IS IT A:

# Migraine or a headache?



☒ Tick the answers that match your symptoms and add up your final score...

*From time to time nearly everyone suffers from mild to moderate headaches that develop gradually and clear up after a few hours, leaving no after effects. However, not all headaches are transitory – some can develop into a severe migraine. The symptoms can sometimes be confusing.*

## The pain is...

- ☐ Sharp (+1)  
☐ Throbbing (+2)  
☐ Dull (0)

## An hour or so before the headache starts, I feel...

- ☐ Fine (0)  
☐ Tired, stressed (+1)  
☐ Disorientated/unable to see normally / vision is blurred (+2)

## Do you feel nauseous during a headache?

- ☐ A little (+1)  
☐ Yes, I sometimes vomit (+2)  
☐ No (0)

## Do you feel sensitive to light or sound?

- ☐ Yes (+2)  
☐ No (0)

## Does your headache respond to paracetamol or ibuprofen?

- ☐ Yes, very well (0)  
☐ Yes, if taken in time (+1)  
☐ No (+2)

**TENSION HEADACHES ARE THE MOST COMMON TYPE OF HEADACHE RESULTING FROM EMOTIONAL STRESS, TENSION AND OVERWORK. THEY CAUSE A BUILD-UP OF TENSION IN THE HEAD, NECK AND SHOULDERS.**

## When I get a headache, the pain is...

- ☐ On one side of my head (+2)  
☐ At the front of my head or around the eye socket (+1)  
☐ All over (0)

## If I do physical activity (while having a headache) it gets worse.

- ☐ Yes (+2)  
☐ Sometimes (+1)  
☐ No (0)

## When I get a headache, it lasts for several days and sometimes I have to stay in bed.

- ☐ Yes (+2)  
☐ Only sometimes (+1)  
☐ No, it doesn't last that long at all (0).

**SCORE**  
CALCULATE  
HERE!

**0 – 4**

It's likely that you suffer from tension headaches. Over-the-counter painkillers should help, but if the headaches persist, see your GP.

**4 – 6**

You may have migraine or cluster headaches. If your vision is fine and you don't feel sick, it's unlikely to be a migraine.

**6 +**

The more points you scored, the more likely it is that you suffer from migraines. Consult your GP for advice and medication.



Healthcare  
when you  
need it most!

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**INJURED ON DUTY!** AT NO COST TO THE PATIENT OR EMPLOYEE.

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## HOW TO

# MANAGE DIABETES

## going beyond blood sugar



Know what makes your blood sugar level rise and fall, and how to control these day-to-day lifestyle factors.

When receiving treatment for diabetes there will be many decisions to make about your care. While you could leave these choices up to your doctor, the only way to be sure that your treatment plan fits with your lifestyle is to become an active participant.

### FOOD

Healthy eating is the cornerstone of any diabetes management plan. But it's not just what you eat that affects your blood sugar level. How much you eat and when you eat matters, too.

#### WHAT TO DO

- + **Be consistent.** Your blood sugar level is highest an hour or two after you've eaten. Simply eating about the same amount of food at about the same time every day can help you control your blood sugar level.

- + **Even out your carbs.** Carbohydrates have a bigger impact on your blood sugar level than does protein or fat. Eating about the same amount of carbohydrates at each meal or snack will help keep your blood sugar level steady.
- + **Coordinate your meals and medication.** Too little food in comparison to your diabetes medications – especially insulin – may result in dangerously low blood sugar (hypoglycemia). Too much food may cause your blood sugar level to climb too high (hyperglycemia). Your diabetes healthcare team can help you strike a balance.
- + Some studies show that **foods with fibre**, such as fruits, vegetables, peas, beans and wholegrain breads and cereals **may help lower blood sugar levels.**
- + People with diabetes have **twice the risk of developing heart disease**, and combined with high blood cholesterol levels raise the risk of heart disease. Limit foods that contribute to other complications:
- + **Reduce the amount of fat** used in cooking.

### EXERCISE

When you exercise, your muscles use sugar (glucose) for energy. Regular physical activity also improves your body's response to insulin. The more strenuous your workout, the longer the effect lasts. Even light activities –

housework or gardening – can lower your blood sugar level.

#### WHAT TO DO

- + Get your doctor's OK to exercise. This is especially important if you've been inactive.

- + **Adjust your diabetes treatment plan as needed.** If you take insulin, you may need to adjust your insulin dose before exercising or wait a few hours to exercise after injecting insulin.
- + **Exercise good judgement.** Check your blood sugar level before, during and

**ADJUST YOUR DIABETES TREATMENT PLAN AS NEEDED. IF YOU TAKE INSULIN, YOU MAY NEED TO ADJUST YOUR INSULIN DOSE BEFORE EXERCISING OR WAIT A FEW HOURS TO EXERCISE AFTER INJECTING INSULIN.**

- + Cut off all visible fats.
- + Roast, bake or grill foods to allow excess fat to drip off.
- + Eat more fish and chicken and avoid meats and dairy products.
- + Choose low-fat spreads.
- + Limit salt intake.
- + Limit alcohol intake.
- + Avoid processed foods.



## ALCOHOL

The liver normally releases stored sugar to counteract falling blood sugar levels. However, if your liver is busy metabolising alcohol, your blood sugar level may not get the boost it needs.

### WHAT TO DO

- + **Get your doctor's OK to drink alcohol.** Alcohol can aggravate diabetes complications, such as nerve damage and eye disease. But if your diabetes is under control and your doctor agrees, an occasional alcoholic drink with a meal is fine.
- + **Choose your drinks carefully.** Light beer and dry wines have fewer calories and carbohydrates than other alcoholic drinks.
- + **Tally your calories.** Remember to include the calories from any alcohol you drink in your daily calorie count.

after exercise, especially if you take insulin or medications that can cause low blood sugar. Drink plenty of fluids while you work out. Stop exercising if you experience any warning signs (severe shortness of breath, dizziness or chest pain).



## STRESS

If you're stressed, it's easy to abandon your usual diabetes management routine. You might exercise less, eat fewer healthy foods or test your blood sugar less often. The hormones your body may produce in response to prolonged stress may even prevent insulin from working properly.

### WHAT TO DO

- + **Look for patterns.** Log your stress level on a scale of 1 to 10 each time you log your blood sugar level. A pattern may soon emerge.
- + **Take control.** Once you know how stress affects your blood sugar level, fight back. Learn relaxation techniques. Prioritise your tasks. Most importantly, take good care of yourself. The more you know about factors that influence your blood sugar level, the more you can anticipate fluctuations. If you're having trouble keeping your blood sugar level in your target range, ask your diabetes healthcare team for help.

## SAMWUMED : A PEOPLE-CENTRED APPROACH

**SAMWUMED is a unique member-controlled medical scheme, offering the most affordable medical cover for municipal employees nationally.**

**SAMWUMED** believes that every South African has the right to access quality healthcare.

As a restricted scheme catering to the needs of Local Government workers, it has a specific mandate to provide affordable healthcare plans for its members.

Created by workers for workers in 1952, the Scheme's underlying principles echo those of the Department of Health's planned National Health Insurance: that every person has the right to access sufficient healthcare without discrimination and that society must unite to ensure its adequate funding.

### WHY CHOOSE SAMWUMED TO CARE FOR YOUR FAMILY?

- **SAMWUMED** was started by workers for workers in 1952. The scheme has a proud history of providing for the specific healthcare needs of its members.
- **SAMWUMED** is financially stable with a solvency ratio that has been significantly higher than its competitors since 2001 and well above the 25% minimum requirement set by the Council for Medical Schemes.
- **SAMWUMED** is the largest restricted medical scheme in local government which means that more people trust the scheme to look after their



**LOOK AFTER YOUR FAMILY'S HEALTH**

**M E L O M E D**  
HOSPITAL HOLDINGS LTD

Melomed Hospitals have been contracted as a preferred provider of hospital services for SAMWUMED patients. Visit any of our emergency units for immediate medical attention.  
For any information please contact the following:  
Melomed Bellville – 021 948 8131  
Melomed Gatesville – 021 637 8100  
Melomed Mitchell's Plain – 021 392 3126  
or visit our website on [www.melomed.co.za](http://www.melomed.co.za)



## ROAD TO HEALTHCARE



## JOIN AND JOIN SAMWUMED TODAY!

healthcare interests than any other.

- **SAMWUMED** offers good value for money. Its benefit payouts are in line with contributions paid by its members, while most of its competitors have benefit payouts that are much lower than the contributions they receive.
- **SAMWUMED's** non-healthcare costs are very low. This means that the scheme makes sure that the money its members pay is used to provide the best quality healthcare their contributions can buy.

### Contact us

**Call Centre:** 0860 104117

**E-mail:** [info@samwumed.org](mailto:info@samwumed.org)

#### Office hours:

**Monday - Thursday:** 08h15 – 16h45

**Friday:** 08h15 – 16h00

**Saturday:** 08h30 – 12h00

#### Athlone Primary Healthcare Clinic:

**Tel:** (021) 697 9032 or 9022

Situated at

#### **SAMWUMED Head Office:**

Cnr Trematon & Lascelles Streets,  
Garlandale, Athlone, Cape Town  
PO Box 134, Athlone, 7760

**Tel:** (021) 697 9500

**Fax:** (021) 696 3505

#### Mitchell's Plain Primary Healthcare

**Clinic:** Merrydale Avenue,  
Portlands, Mitchell's Plain

**Tel:** (021) 391 4141/3/5

**Fax:** (021) 392 6186

**“ EVERY PERSON HAS THE RIGHT TO ACCESS SUFFICIENT HEALTHCARE WITHOUT DISCRIMINATION, AND SOCIETY MUST UNITE TO ENSURE ITS ADEQUATE FUNDING. ”**

# HAVE KIDS ON THE BEACH fun with care



Summer is here and life is wonderful. But beware – with children around something is always happening somewhere. Use our beach-bag and emergency

guidelines to ease your outings and be prepared for dangers that might lurk on the beach.



**TRY  
THIS!**

**FOR A REFRESHING SNACK,  
FREEZE FRUIT JUICE AND WATER  
IN ICE-CUBES OR LOLLIES**

## IN THE BEACH BAG

Pack the following in a plastic bag to prevent sand from creeping into everything:

- + Toilet paper
- + Nappies
- + Wipes (for bums and sticky hands)
- + Extra clean and dry clothes
- + Sun hats that can tie on or caps
- + Towels to sit on and to dry with
- + Beach toys
- + Mom's book (which is always unread)
- + Sun block suitable for babies and kids (first test for irritation on inside of arm)
- + Money
- + Umbrella
- + Camera

## IN THE COOLER BOX

- + Water
- + Lunch
- + Snacks (biscuits, chips, sweets, dried fruit)

- + Cooldrinks and juice in a cold flask

## MEDICINES

- + Small first-aid kit
- + **Antisan** – bee and blue-bottle stings
- + **Antihistamine** – you never know if a child is allergic to something
- + **Germolene cream** – cuts and bluebottles
- + **Stingos spray** and antihistamine syrup (for allergic kids)
- + **Amica** – bumps
- + Plasters
- + Tweezers and small pliers

## SUN SAFETY

- + Never stay in the sun between noon and 3pm.
- + Babies under 1 year must not be exposed to direct sunlight.
- + Dress small kids in loose, comfortable clothes and UV protective swimsuits.

## HOW TO DEAL WITH A BEE STING

- + Do not try to pull the sting out! Gently scratch across the site with your fingernail or tweezers to remove the sting. The bee leaves behind the tip of its abdomen, including the venom sac. By squeezing or pulling it, you inject more venom.

**TIPS**  
Keep ammonia (Handy Andy) nearby for bluebottles! Never leave your kid unattended (in or outside the water).

- + Apply a cold compress, e.g. ice, cold running water or ammonia, to the wound.
- + Get out of the area as there might be other bees.
- + Clean the wound with an antiseptic liquid and gauze.
- + Give the child an antihistamine immediately.
- + If the child experiences swelling or struggles to breathe, give him/her some ice to suck and get to a hospital/doctor as soon as possible – especially if the child

is wearing a Medic Alert Bee-sting sign – a qualified person can administer some adrenaline and/or cortisone medication in the meantime.

## BLUEBOTTLES

- + Don't rub the wound with sand, as you rub more venom into the skin.
- + Remove all the pieces of the bluebottle and rinse the site with sea-water. Be prepared for lots of screaming (children and adults!).
- + Lifeguards normally have ammonia on hand to rinse the site with, otherwise apply Antisan to the affected parts. Keep an eye open for an allergic reaction like swelling, hives, rash and breathing problems.
- + Administer antihistamine if needed. Check with your GP before going on holiday what type of antihistamine to take with, what the dosage is and what side effects can occur.

## Dehydration

SMALL CHILDREN, ESPECIALLY BABIES, DEHYDRATE EASILY, SO MAKE SURE THAT THEY TAKE IN ENOUGH LIQUIDS WHEN IT IS HOT. NEVER LEAVE YOUR CHILD BEHIND IN A CAR.

### Signs of dehydration

- |                                 |   |  |  |
|---------------------------------|---|--|--|
| + Listlessness and irritability | and sunken eyes   | and nausea, a rapid,   | and support the legs.  |
| + Inelastic skin                | + Too few wet nappies   | weak pulse, headache   | Contact a doctor,  |
| + Dry tongue and sticky spittle | + Treat heat exhaustion by sponging the child with cold water, let him/her take frequent sips of water. Dizziness | and cramps in the limbs and abdomen are all signs of heat exhaustion. Let the child lie down in a cool place and raise | even if recovery is fast. If your baby or child shows any of the above symptoms, contact a doctor immediately. |
| + Hollow fontanel               |   |  |  |

## PHYSIOTHERAPY & REHABILITATION



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## PAEDIATRICS



### Dr. Rafiq Khan

MB ChB(Natal), B.SOC SC(HONS) (UCT), MCFP (S.A), DCH (S.A), M.Fam.Med (U.S), F.C.Paed (S.A) Practice No: 0127884

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

**T:** 021 637 3811/7 or 086 037 5426 | **F:** 021 637 3815  
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## SPECIALIST PHYSICIAN



### Dr. Emilie Grant Reid

MBChB(Stell) MMed(Int)(Stell) DipHIVMan(CMSA) BScHons(MedSc)(Stell) Practice No: 0175986

Suite 2, 1st Floor Melomed Bellville, Cnr of AJ West and Voortrekker Roads, Bellville, 7530

**T:** 021 948 2443 | **F:** 021 948 3350  
**C:** 083 292 4212 | **E:** emille@egreid.com

Physician with an interest in infectious diseases, including HIV, community and hospital acquired infections, as well as tropical diseases.



## CLINICAL PSYCHOLOGY



### Jennifer Ralph

MA Clinical Psychology, BCom Hons (Economics) BA Hons (Psychology). Practice No: 035 3434

Sessional Rooms, 1st Floor, Melomed Bellville, Cnr of AJ West and Voortrekker Roads, Bellville, 7530

**T:** 021 948 2289 | **F:** 021 948 2249  
**C:** 082 628 1952 | **E:** jennniferralph@gmail.com

Adult psychological interventions and therapy (short and long term), focussing on overcoming psychological difficulties such as anxiety, depression, psychosomatic illness, relationship problems, etc. I also offer neuropsychological evaluations and clinical supervision.

## GENERAL SURGEON



### Dr Craig Stanley

M.B.Ch.B, m.Med, Chirg (Stell)

Suite 13, Melomed Bellville, Cnr of AJ West and Voortrekker Roads, Bellville, 7530

**T:** 021 948 9709 | **F:** 021 948 9720  
**C:** 082 614 6459  
**E:** drcstanley@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.

## SPECIALIST PHYSICIAN



### Dr. Pieter G.R. Roelofse

FCP (SA), MBChB, Diploma (Pain & Sedation), MA (Psychology) Practice No: 0304387

Suite 15, 1st Floor, Melomed Bellville, Cnr of AJ West and Voortrekker Roads, Bellville, 7530

**T:** 021 949 8592/8598 | **F:** 021 949 8656  
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PRESENT

# BREAST AWARENESS IN OCTOBER

As October is Breast Awareness month, we will be offering all our cash paying patients a 10% discount on their mammograms. Due to the increased demand we have also extended our normal office hours until 19h30 on Tuesday evenings in our Melomed Bellville Practice.

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Christiaan Barnard Memorial hospital	021 4248090
Cape Town Medi-clinic	021 4242332
Rondebosch Medical centre	021 6897717

# Breast cancer

## SCREENING



**A woman has a chance of approximately 1 in 8 of developing breast cancer**

**in her lifetime.** By Dr TG Dicker — Morton & Partners

**E**arly diagnosis reduces the risk of death from breast cancer, as the disease may be effectively treated before it spreads. There are three important components of breast cancer screening: self-examination, examination by a doctor and screening mammography.

### WHAT IS SCREENING MAMMOGRAPHY?

Screening mammography is a regular programme of radiological examination of the breasts to try to detect cancer and other breast disorders.

### WHEN SHOULD ONE HAVE A MAMMOGRAM?

The American Cancer Association recommends that routine screening mammography should start at age 40 and continue annually. Screening can be performed at an earlier age but this should be

fully discussed with your doctor or radiologist.

If a close relative has been previously diagnosed with breast cancer, then an individual screening plan should be discussed with your doctor. It is presently recommended that if a close family member, such as your mother, developed breast cancer at a young age, that is, under 40, you should have your first mammogram 10 years prior to this age.

### HOW IS A MAMMOGRAM PERFORMED?

A mammogram is a set of X-ray images of the breasts. Two X-rays are performed on each side. Further views may be needed to clarify the images. If a repeat view is performed it does not necessarily mean that there is a problem. The low dose X-ray does not pose any significant risk to patients.

## What is breast cancer?

- + An uncontrolled growth of cells in the breast gland.
- + In the course of the disease, the cells acquire the capability to spread to other parts of the body via the bloodstream or the lymph channels and continue

- the uncontrolled growth, ultimately killing the patient.
- + It must be considered a chronic disease and it is estimated that the precursor lesions of breast cancer are present in the breast for about 10–15

- years before cancer develops.
- + Initially, the cancer grows very slowly for several years. For about 2–3 years it is detectable by mammography before it can be detected by the women themselves, or by doctors feeling



## DID YOU KNOW?

A hard, painless lump with uneven edges is more likely to be cancer, but it's important to have anything unusual checked by your doctor.

### WHY DO SOME PATIENTS ALSO NEED AN ULTRASOUND EXAMINATION?

Dense breast tissue, which is often normal, may disguise small cysts or nodules.

Under such circumstances an ultrasound will be performed to further assess the breasts.

Ultrasound will assist in distinguishing benign cysts and solid nodules, which may require further investigation. ▶

for lumps. If detected and treated during these 2–3 years, it can be cured in the majority of cases.

- + Once it can be felt as a lump, its growth has become rapid and it requires intensive treatment and chances for a cure decline rapidly.



**BE  
PREPARED!**

### Medical DICTIONARY

#### **Mammography:**

A low-intensity X-ray that can confirm whether the lumps are in fact tumours. It can also detect tumours when they are too small to feel with your hand.

#### **Thermography:**

A diagnostic technique in which an infrared camera is used to measure temperature variations on the surface of the body, producing images that reveal sites of abnormal tissue growth.

## **MODERATE INTENSITY EXERCISE OF 30 MINUTES 3 TO 4 TIMES A WEEK DECREASES YOUR BREAST CANCER RISK GREATLY.**

### **WHAT DO I DO IF THE MAMMOGRAM IS NORMAL?**

It is important to note that up to 10% of breast cancers may not be demonstrated with mammography. Following a normal routine screening mammogram, the patient should discuss with her doctor how often she should have a screening mammogram, which will depend on her risk factors.

### **WHAT DO I DO IF THE MAMMOGRAM IS ABNORMAL?**

If an abnormality is detected with the mammogram, it does not necessarily mean that this represents breast cancer. The findings should be discussed with your doctor and you may need to be referred to a breast specialist for further assessment/investigation.

It is essential to note that routine screening mammography is performed in patients who do not have any clinical symptoms or signs. Should you be concerned about any

change in your breasts or suspect a lump, then you should see your doctor prior to having any further investigations with a mammogram/ultrasound of the breasts.

### **WHAT ROLE DOES MRI SCREENING OF THE BREASTS PLAY?**

An MRI of the breasts should be considered in high-risk patients, following discussion with a breast specialist and a radiologist. Mammography of the breasts remains the most appropriate initial screening investigation for breast cancer.

Breast cancer is unfortunately a common disease which develops in women of all ages. There is an increasing risk of developing breast cancer as one gets older. Screening mammography is one of the ways of detecting breast cancer at an early stage.

### **WHO IS AT RISK?**

- + Being female
- + Age (the older you are, the higher your risk)
- + Family history of breast or ovarian cancer
- + Certain benign breast changes or precursor forms of breast cancer
- + Hormone use (such as oestrogen and progesterone)
- + Having your first child after 30 or never having children puts you at higher risk
- + Radiation therapy to the chest during childhood or puberty
- + Excessive alcohol or animal-fat intake



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# YOUR EYES & THE SUN

**Your eyes are made up of over one million parts, working – mostly – in perfect harmony.**

**When things do go wrong, they rarely hurt, which may cause you to ignore the signs.**

## UVA & UVB RADIATION

UV radiation is composed of invisible, high-energy rays from the sun. UVB is considered more damaging to eyes than UVA because of its higher energy, but UVA can penetrate the eye more deeply. Researchers blame UV radiation for a number of ailments, including pterygium (a benign growth on the eye's surface), cataracts, Age-related Macular Degeneration (AMD) and cancer. The risk increases for those who spend considerable time outdoors, especially between 10am and 3pm during the summer months.

## TREATMENT:

*Select sunglasses that block ultraviolet rays, but don't be fooled by the darkness of the lens. A wide-brimmed hat keeps about 50% of UV radiation from reaching the eyes.*

## COMMON CHANGES WITH MATURING EYES

- + Presbyopia**, Greek for "older eyes", affects your eyes' ability to focus on close-range work as flexibility is lost in the lens of the eye, usually after age 45. Prescription spectacles may improve vision.

## Essential vitamins for the eyes

Vitamin	Source	Benefit
A	Liver, Egg yolk, Fish oil, Kidney, Milk fat, Dark green fruits and vegetables	Maintains vision
B <sub>1</sub> (thiamin)	Pork, Liver, Wholegrain and enriched cereals and breads, Legumes, Potatoes, Wheat germ	Reduces risk for developing cataracts
E	Wheat germ, Vegetable oils, Egg yolk, Milk fat, Green leafy vegetables, Nuts	May slow down AMD
C	Tomatoes, Fruits (especially citrus), Melon, Raw cabbage, Green leafy vegetables, Berries, Peppers	May slow down AMD
Zinc Oxide	Oysters, Shellfish, Eggs, Legumes, Herring, Liver, Milk	May slow down AMD
Lutein and Zeaxanthin	Green leaves of spinach, Kale, Collards, Mustard greens, Amaranth, Spirulina, Marigold flower petals, Red paprika	Protects against sun damage
B <sub>2</sub>	(riboflavin) Green vegetables, Liver, Wheat germ, Eggs, Cheese	Alleviates eye fatigue

Source: Better Vision Institute



## DID YOU KNOW?

Vitamin A is found in liver, egg yolk, fish oil, kidney, milk, fat, dark green fruits and vegetables, and helps to maintain vision.

- + **Calcium and cholesterol deposits** may cause a grey-white ring around the iris (requires no action).

**PEOPLE WHO SPEND MOST OF THEIR TIME OUTDOORS ARE AT GREATER RISK FROM UV DAMAGE TO THE EYES, CAUSING CATARACTS, AMD AND CANCER.**

- + **Yellow blobs** between the eyelids and nose are cholesterol deposits while those on the white of the eye are due to UV damage. See your doctor to make sure they are benign.

### GENERAL TREATMENT:

Be alert for symptoms such as blurred or double vision, or spots. Wear the right spectacles for each activity. Take periodic rest breaks from intense concentration and blink intentionally. If your eyes tire easily, and have your prescription checked.



### It is time to have an eye test if:

- + there's a history of eye problems in your family
- + you suffer from headaches and/or migraines
- + you spend long hours in front of a computer
- + you experience any eye strain
- + your eyes feel tired when you watch TV
- + you experience blurred vision or visual disturbances
- + you are over 60.

## HOW TO

# DECODE YOUR PHARMACY LABEL!

Labels are supposed to be easy to understand. Dry clean only: no mystery there. Yield to pedestrians: okey-dokey.

But some, like your local pharmacy's prescription-bottle stickers, seems designed to mess with your mind.

A survey in the *Annals of Internal Medicine* found that almost half of the participants misunderstood medication labels, and most ignored the directions altogether.

Reviewed by, Daniel Matthew

Cautionary and advisory pharmacy labels appear on some medicines, yet medicine is so often not taken correctly. What do “Complete the course”, “Take after food” or “Avoid alcohol” really mean? Ever wondered why you can’t stop taking medicine when feeling better, how much food is enough or whether one glass of wine will make a difference? Food such as dairy products, vitamin supplements, antacids and other medication may affect the safety and effectiveness of a drug. **We outline the most common advisory labels here:**


**Do not stop taking this medicine without consulting your doctor**

Blood pressure medication can

cause a sudden rise in blood pressure if stopped without medical supervision. Anti-depressants can cause withdrawal symptoms such as headaches. With infectious diseases, the disease may return within a short period of time or the bacterium may become resistant to the medication and you cannot be treated with the same medication again. Consult with your doctor about when to stop taking medication safely.

### **This medication can cause drowsiness**

Antihistamines, regularly used for allergies like hay fever, may cause drowsiness and affect your reaction time and ability to make critical decisions – especially dangerous when you

**Medical  
DICTIONARY**   
**Antacids** – medicine for indigestion or heartburn that neutralise excess stomach acid.

are driving or operating heavy machinery. Alcohol will usually exacerbate this effect.

### **Avoid alcohol**

Alcohol, combined with some medications, can cause nasty side effects. The most common medicine causing these side effects is metronidazole, an antibiotic that is used for treating common infections such as dental infections. It may react with alcohol to cause a hangover-like feeling, severe nausea and vomiting, as well as a throbbing headache.

## Avoid antacids, grapefruit juice and iron or calcium preparations

Calcium in milk can cause certain medication to be poorly absorbed due to chemical reactions or due to the stomach acid being neutralised. The same goes for supplements containing calcium or iron. To avoid this interaction, leave a gap of at least 2 hours between taking medicine and using any of the above. Grapefruit juice can affect some medications such as certain cholesterol-lowering medication and may increase the incidence of side effects or toxicities because it may increase the level of medicine taken up in your system. Again, you do not have to avoid drinking grapefruit juice altogether. Your doctor or pharmacist will inform you if this is relevant to the medication you are taking.

## Complete the course

This is the most common label not being adhered to, and

usually refers to a course of antibiotics. If you do not complete the course, the disease may return, and the bacterium may have become resistant to the antibiotic and you cannot be treated again with the same antibiotic.

## Take with or after food

Some medicine may upset your stomach or may not be well-absorbed when taken on an empty stomach. However, a small amount of food, like a slice of bread or an apple, will be enough. If you experience any stomach discomfort, do not continue the medication.

## Take on an empty stomach

Some medicine may bind to food in the stomach and will not be well absorbed when taken with food; therefore it must be taken on an empty stomach – one hour before or two hours after a meal.

## Take 3 times a day

3x a day – 8-hourly

2x a day – 12-hourly

4x a day – 6-hourly.

This promotes an even amount of medicine in your system throughout the day, and if not possible to adhere to, try and take it as close to this schedule as you can. For chronic medication, discuss the different options with your doctor so that no dosages would be skipped.

**IF YOUR  
MEDICINE LABEL  
CONTAINS ANY  
INFORMATION  
THAT YOU DO NOT  
UNDERSTAND, ASK  
YOUR DOCTOR  
OR PHARMACIST.**



## Handy tips

- + Know your family's medical history. Read about your family members' illnesses and what they are treated with.
- + Clearly mark everything with a reminder of what it is used for, or, better yet, keep the package insert to be sure of directions for dosage and use (and, if you have a larger family, whom it was prescribed or purchased for).
- + Get to know the products so you don't duplicate (e.g. two different products, both containing paracetamol). Also check which medicines have more than one use.
- + Store children's medicines separately as they often look similar to the adult version and you could give your child the stronger version by accident.
- + Keep a separate container for daily medicine and vitamins.
- + Follow medicine storage instructions. Some medicines must be kept in the fridge or in a dark place, for example.





# MELOMAG LAUNCH!



The launch of our very first  
in-house magazine, *Melomag*,  
was a great celebration and  
success enjoyed by all!

CONGRATULATIONS!

LAUNCH  
PARTY  
Thursday  
1 July 2010!



**TOP PIC:** from left to right: Franswa West (Melomed 24), Mrs Bhorat, Eileen Plaatjies (Group Quality Assurance Manager), Salama Joseph (Melomed 24), Ebraaheem Joseph (Melomed 24) **FAR RIGHT:** Randal Pedro (Group Marketing Manager & Client Services Manager) with Tanya Fester (Melomed Bellville Client Services Officer)

**LEFT:** Amanda Springbok and Izel Louis from the Melomed Bellville Catering Department serving a delicious soup to a staff member from Morton & Partners.



**ABOVE:** An array of snacks with a mouth-watering butternut soup was served with a smile by Haqjierah Jamie (Administration Clerk), Nuraan Cader (Melomed Mitchells Plain Client Services Officer), and Shakeelah Booley (Kitchen Supervisor).



**BOTTOM LEFT:** from left to right: Mrs Dalvie and Mrs Bloem (Nursing Services Managers at Melomed Gatesville) with Carmen Loots the Client Services Officer at Melomed Gatesville.

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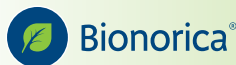
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6. Biebach, Kramer: Effective treatment of rhinosinusitis in children. päd (10) 2004. 7. Data on file: Bionorica.



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