

# melomag

Free Health Guide!

Autumn 2017 | Issue 26

**YOUR  
BODY  
ALL ABOUT  
BLOOD**

**HOW TO PREPARE  
YOUR CHILD FOR  
HOSPITAL**

**take control of  
KIDNEY DISEASE**

**VAPING  
BETTER THAN  
SMOKING?**

**FEVER**  
Friend or foe  
to your child?

**SPOT A STROKE  
AND ACT FAST**

  
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PRIVATE HOSPITALS

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| UPFRONT |

M E L O M E D  
PRIVATE HOSPITALS

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GIVE-AWAY!

Melomag is giving away a  
SOUNDBOOSTER to one lucky  
reader! See page 3 for details!

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Health Bytes

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## Should adults with ADHD have **CAFFEINE?**

Caffeine, whether it's in coffee, tea, chocolate or energy drinks can increase alertness and energy. It stimulates the sympathetic nervous system which affects the body and brain. It also increases the brain's levels of dopamine and norepinephrine. **These two chemicals are important for focus and concentration which can be lacking in people with ADHD** – so it can assist to some degree. But, it can also aggravate ADHD symptoms. For example, it can reduce sleep or disrupt sleep patterns. In turn, sleep deprivation worsens ADHD-like symptoms like irritability, forgetfulness, lack of concentration and difficulty controlling emotions.

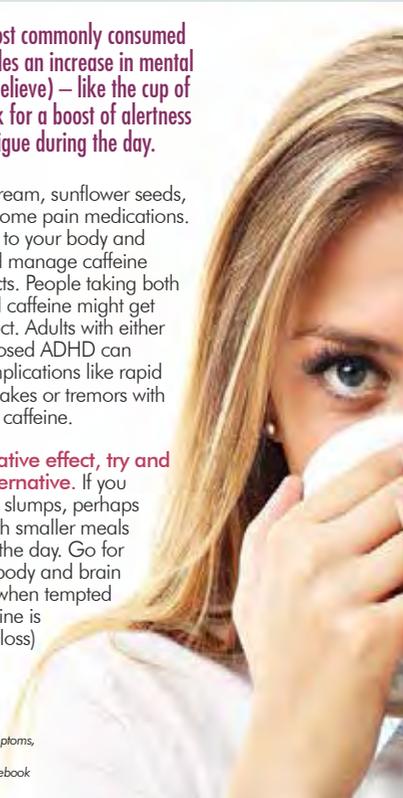
**If you have ADHD, have a minimal dose of caffeine in the morning and avoid caffeine consumption in the evenings – or even after midday.** It's important to track how many highly caffeinated drinks and foods you have each day. Be aware the sneaky stimulant is present in unexpected foods and drinks. There's hidden caffeine in foods

Caffeine is the most commonly consumed stimulant. It provides an increase in mental focus (we like to believe) – like the cup of coffee before work for a boost of alertness or to fight fatigue during the day.

like decaf coffee, ice-cream, sunflower seeds, instant oats and even some pain medications. Monitor what happens to your body and brain after you do, and manage caffeine depending on the effects. People taking both ADHD medication and caffeine might get a greater stimulant effect. Adults with either diagnosed or undiagnosed ADHD can have adverse health implications like rapid heartbeat or muscle shakes or tremors with even small amounts of caffeine.

**If caffeine has a negative effect, try and replace it with an alternative.** If you grapple with afternoon slumps, perhaps replace big lunches with smaller meals and snack throughout the day. Go for a walk to refresh your body and brain and drink more water when tempted to have caffeine. Caffeine is a diuretic (causes fluid loss) and when we're fully hydrated, our bodies crave less caffeine.

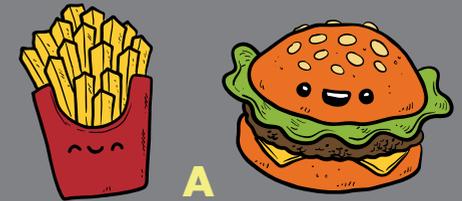
For more information around the symptoms, impact and treatment of ADHD, visit [MyADHD.co.za](http://MyADHD.co.za) or [My ADHD](#) on Facebook



**CHILDREN WHO SHARE THEIR HOME WITH A PET BEFORE THE AGE OF THREE ARE LESS LIKELY TO DEVELOP PET ALLERGIES – EVEN IF THEY ARE ALLERGY PRONE.**



**DARK CHOCOLATE AND COCOA CONSUMPTION HAS BEEN PROVEN TO REDUCE LDL AND TOTAL CHOLESTEROL. LOOK FOR MORE REAL COCOA AND LESS SUGAR.**



## A **JUNK FOOD DIET**



**CAN CAUSE OSTEOARTHRITIS**

Osteoarthritis is a common condition that affects millions of people a year. It is a disorder that comes along with injuries, wear and tear, or degeneration in the joints. It causes swelling, stiffness and pain, and can be caused by a variety of factors.

**Researchers have now found that saturated fat may be a cause, and not because of weight gain, but because it changes the composition of cartilage, a critical part of joints. This problem seems to be worse in the hip and knee.** The researchers believe this work, published in *Scientific Reports* is one of the first to study the link between osteoarthritis and fatty acids that are commonly found in the diet. Some examples of these foods are butter, palm oil, coconut oil, animal fats and carbohydrates. Basically, the researchers are looking at what junk food consumption can do to the body.

**THERE, THEY FOUND THAT THE FATTY ACIDS THEMSELVES ARE CAUSING DISEASE. "OUR FINDINGS SUGGEST THAT IT'S NOT WEAR AND TEAR BUT DIET THAT HAS A LOT TO DO WITH THE ONSET OF OSTEOARTHRITIS," PROFESSOR YIN XIAO EXPLAINED.**

"The main function of cartilage is to seal the bone ends in a joint and absorb pressure on the bones during weight-bearing movement such as walking. We found that a diet containing simple carbohydrates together with 20 per cent saturated fats produced osteoarthritic-like changes in the knee.

"Saturated fatty acid deposits in the cartilage change its metabolism and weaken the cartilage, making it more prone to damage. This would, in turn, lead to osteoarthritic pain from the loss of the cushioning effect of cartilage," Xiao continued. "We also found changes in the bone under the cartilage on a diet rich in saturated fat."

Source: Labroots.com

### OUR GIVE-AWAY TO YOU



**We are giving away a Melomed Soundbooster to one lucky reader!**

To stand a chance to qualify, **email** your name, contact number and answer to the following question to: [melomag@melomed.co.za](mailto:melomag@melomed.co.za) with **Melomag26** in the subject line. Competition closes 15 July 2017.

**What is the normal body temperature in a human? (See our 'All About' article, page 19.)**



Prize sponsored by Melomed. Give-away terms and conditions: The winner will be the first correct entry drawn after the closing date. In the event of the judges not being able to get hold of the winner on details supplied, an alternative winner will be selected. The judges' decision is final and no correspondence will be entered into. The winner must be prepared to be photographed for publicity purposes. The prize is not transferable and may not be converted into cash. Prize may differ from picture. Image is for visual purposes only.

## KEEP YOUR BRAIN 'FIZZY' FROM GOING

### DITCH THE DIET FIZZY DRINKS!

According to a recent observational study involving more than 4,000 participants, a higher consumption of artificially sweetened soft drinks may lead to an increased risk of stroke and dementia. The study was based on an analysis of the Framingham Heart Study Offspring cohort and was published in the American Heart Association's journal *Stroke*.

**Study participants who drank at least one diet soda per day were almost three times more likely to suffer a stroke and 2.9 times more likely to develop Alzheimer's disease over a 10-year period**

**than those who did not consume artificially-sweetened soft drinks.** Although this association is certainly interesting, the study authors conceded their research does not prove sugar substitutes cause stroke or dementia.

This study had several limitations. For example, it did not distinguish between different types of artificial sweeteners. Also, some of the association between sugar substitutes and stroke and dementia risk decreased when adjustments for other cardiovascular risk factors – such as body mass index (BMI), physical activity level, and smoking status – were made.

Source: MedPage Today



## CAREER EXPO AT BELGRAVIA HIGH SCHOOL



A Career Expo at Belgravia High School was attended by Melomed Private Hospital of which about eight schools attended. Melomed had Sr Y. Pedro, the Group Training Clinical Facilitator, to promote our nursing aspect to all the children.



### DISCOVERY EXCELLENCE AWARDS 2017

Discovery Health hosts the Discovery Excellence Awards for Nurses (DEAN), which take place on a quarterly and an annual basis. Nurses are nominated by the members post hospital discharge, for their caring and excellent attention, resilience and commitment to their profession. We are thrilled to announce that **ASANDA TISANI** is the recipient of the 6th Melomed Mitchells Plain DEAN. Asanda joined Melomed Mitchells Plain on the 1st of August 2014 and is working as an enrolled nursing assistant in one of the busiest maternity units in the Melomed Hospital Group. **CONGRATULATIONS ASANDA!**

### NEW UNIFORMS



Our photoshoot of Melomed Mitchells Plain's staff acknowledging their new uniform, which is absolutely gorgeous. All staff conveyed their heartfelt appreciation to our Executives and Mr E Bhorat for their spectacular uniform.



### CANSA RELAY



Melomed Mitchells Plain took part in Cancer Relay again this year. What an amazing event.



EN Ntuthuzelo Philasande Sangqu is the 2017 top achiever for 2<sup>nd</sup> Year Nursing.

### TRIPLETS!



Melomed Mitchells Plain celebrated a memorable Easter when it helped deliver its first ever set of triplets, since the hospital's inception.



## International Nurses Day on 12 May 2017

### MELOMED TOKAI



### MELOMED GATESVILLE



### MELOMED BELLVILLE



### MITCHELLS PLAIN



### THANK YOU FOR YOUR DEDICATION AND COMMITMENT!

The directors, management and staff of Melomed Private Hospitals take this opportunity to thank our nursing team for their hard work and dedication. Your kindness and compassion and "True Florence Nightingale Values" are an essential part of the patients' recovery process. We salute your commitment to quality health care for all our patients.

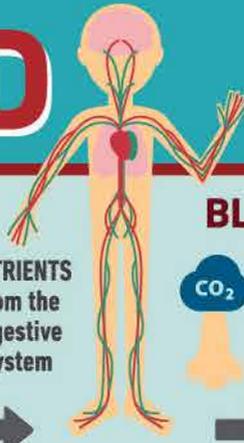


ALL ABOUT

# BLOOD

**blood** noun

the red liquid that circulates in the principal vascular system, arteries and veins of humans



**IN ONE DAY BLOOD TRAVELS A TOTAL OF 19,000km**

That is **14 TIMES** the distance from **Cape Town to Johannesburg**



When your **body heats up**, blood regulates **BODY TEMPERATURE** by transferring extra heat to the skin, where it can be released from the body.



Amount of **BLOOD** of an average person: **4.7 – 5.5 LITRES**



It **CIRCULATES** throughout the body **20 SEC** **3 TIMES PER MINUTE**

## BLOOD CARRIES



TO THE BODY'S CELLS

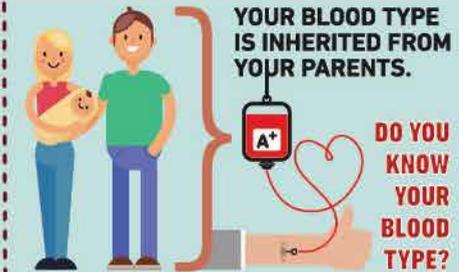
## BLOOD CARRIES AWAY



THAT IS NOT NEEDED

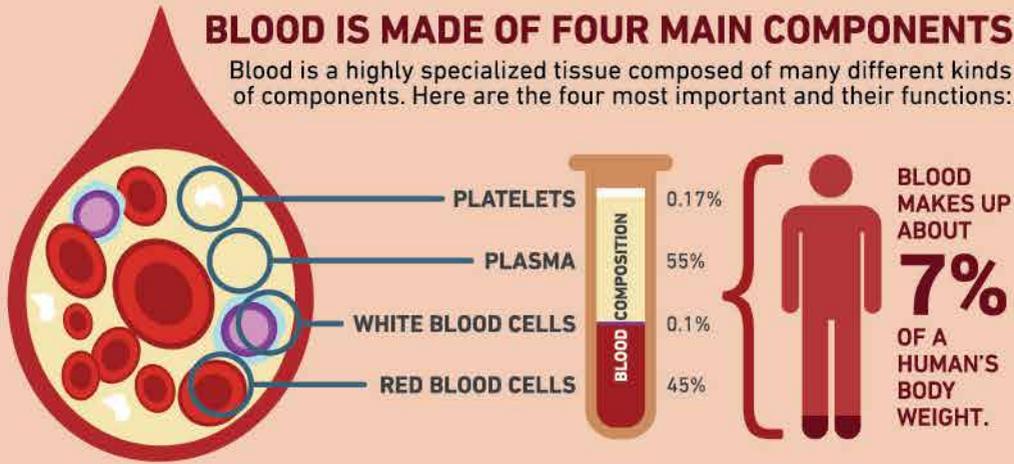
## HOW IS BLOOD CLASSIFIED?

Blood is classified according to whether certain markers, **antigens and antibodies**, are present or not. Human blood is grouped into four types: **A, B, AB, and O**. Each blood type can either be **Rh POSITIVE (Rh+)** or **Rh NEGATIVE (Rh-)**.

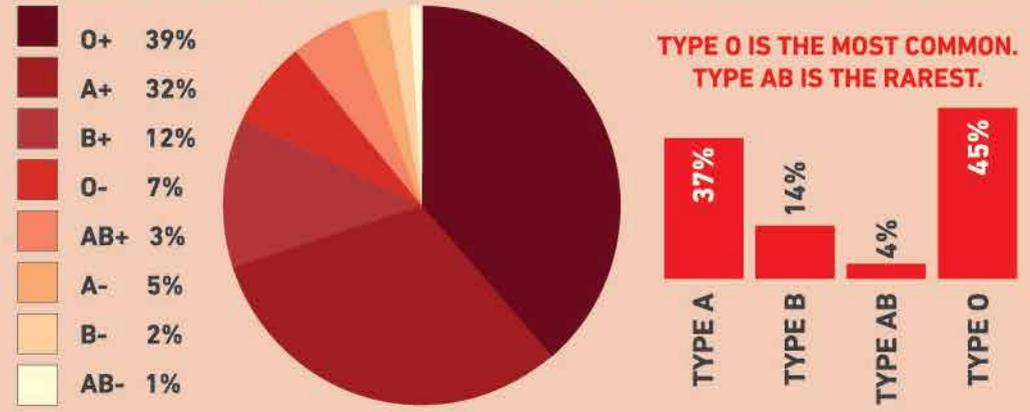


## BLOOD IS MADE OF FOUR MAIN COMPONENTS

Blood is a highly specialized tissue composed of many different kinds of components. Here are the four most important and their functions:



## BLOOD TYPE: % OF SOUTH AFRICANS WITH THIS TYPE:



## WHAT IS THEIR DIFFERENT FUNCTIONS?

**PLASMA** is the liquid portion of blood. About 92% of plasma is water and the remaining 8% is composed of various salts, nutrients, gases and organic molecules. **Plasma is the main component of blood in which red and white blood cells and platelets are suspended and transported throughout the body.**

**PLATELETS** (thrombocytes)  
When we bleed, platelets form blood clots by clumping together over the cut or injury. These blood clots stop or limit bleeding and help the body heal.

**RED BLOOD CELLS** (erythrocytes)  
Develops in bone marrow. They contain a protein called hemoglobin and carry oxygen throughout the body. The cell is red because the hemoglobin contains iron.

**WHITE BLOOD CELLS** (leukocytes)  
They send antibodies to help fight infection and defend against certain bacteria, viruses, cancer cells, infectious diseases and other unwanted materials.

## BLOOD COMPATIBILITY TABLE

		DONOR							
		0-	0+	B-	B+	A-	A+	AB-	AB+
RECIPIENT	AB+	Red	Red	Red	Red	Red	Red	Red	Red
	AB-	Red	Grey	Red	Grey	Red	Grey	Red	Grey
	A+	Red	Red	Grey	Grey	Red	Red	Grey	Grey
	A-	Red	Grey	Grey	Grey	Red	Grey	Grey	Grey
	B+	Red	Red	Red	Red	Grey	Grey	Grey	Grey
	B-	Red	Grey	Red	Grey	Grey	Grey	Grey	Grey
	O+	Red	Red	Grey	Grey	Grey	Grey	Grey	Grey
	O-	Red	Grey						

## BLOOD PRESSURE

**TOP NUMBER:** Pressure in your blood vessels when your heart rests between beats

**BOTTOM NUMBER:** Pressure in your arteries between heartbeats

**LOW** < 90/60

**NORMAL** ± 120/80

**HIGH** > 140/90

**DO YOU KNOW YOUR BLOOD PRESSURE?**

Source: available  
Images: www.flickr.com

Liezi Russell, Freelance Journalist  
Liezi Russell is a freelance journalist with a special interest in health and beauty topics.

# SMOKING VS VAPING

## IS VAPING BETTER?

We all know that smoking tobacco is bad for your health and that it can lead to lung cancer and other diseases. That is why many people have swapped their regular cigarettes for electronic cigarettes (e-cigarettes) instead. But, is vaping (the use of e-cigarettes) better for your health?



Although there hasn't been sufficient research carried out to show the current trend of e-cigarettes in South Africa, there is a rapid increase in the number of people who use e-cigarettes across the globe, according to the Cancer Organisation of South Africa (CANSA).

According to a World Health Organisation report from August 2016 the prevalence of e-cigarette is rapidly increasing

in some countries, including the largest market in the world, the USA. **In fact, a projection by research company Bloomberg Industries, shows that e-cigarette sales could surpass traditional tobacco sales by as early as 2023.**

Since e-cigarettes are a fairly new technology, it's not yet been possible to determine its long-term effects. It may seem that vaping compared to smoking

could be less harmful to your health, but according to CANSA, further studies are necessary to determine all the risks.

### THE DIFFERENCE BETWEEN E-CIGARETTES AND REGULAR CIGARETTES

**Both regular cigarettes and e-cigarettes expose people to the addictive drug, nicotine.**

Tobacco in regular cigarettes

contains nicotine, which you have to burn and inhale to experience its stimulating and relaxing effects.

E-cigarettes, on the other hand, are battery-operated devices that also contain nicotine but in a liquid form that is heated and released as a vapour. **Some e-cigarettes don't contain nicotine, but they do contain other chemicals and flavours.** Because e-cigarettes are smokeless and they often taste nice due to flavours, many people believe that it's a healthier alternative to cigarettes, as research has shown that tobacco smoke has a strong link to the development of cancer.

**However, vaping may have health risks too that may be just as harmful as the ones posed by traditional cigarettes.**

### HOW VAPING MAY HARM YOUR HEALTH

#### 1. IT MAY INCREASE YOUR RISK FOR CARDIOVASCULAR DISEASE

It's common knowledge that smoking can increase your risk for cardiovascular diseases like heart attacks and strokes. Up until recently, experts weren't sure if or

how vaping would affect your heart. However, a recent study in the journal *JAMA Cardiology* has found that people who vape may not be better off than their tobacco-smoking counterparts.

During the study, researchers compared people who had been regularly vaping for a year to healthy non-smokers, and found that vapers had increased levels of adrenaline in the heart and increased oxidative stress, **which are the same biological markers that increase the risk of heart disease in tobacco users.**



**Because e-cigarettes are smokeless and they taste nice due to flavours, people believe that it's a healthier alternative. But vaping may have health risks too that may be just as harmful as the ones posed by traditional cigarettes.**

#### 2. IT MAY CONTAIN CANCER-CAUSING CHEMICALS

E-cigarettes may also contain chemicals that can cause cancer, according to a study in the journal *Environmental Science & Technology*. During the study researchers analysed the vapour of two different e-cigarettes.

**They found that e-cigarettes release 31 harmful chemicals, including two that can be linked to cancer.** The number of chemicals that is released varies, based on the temperature at which the liquids are vaporised. **The higher the temperature, the more**

chemicals are emitted.

In a reaction to e-cigarette advocates who claim that e-cigarettes' emissions are still much lower compared to traditional cigarettes, study co-author and Berkeley Lab researcher Hugo Destailats said in a statement:

**“That may be true for certain users, for example, long time smokers that cannot quit, but the problem is, it doesn't mean that they're healthy. Regular cigarettes are super unhealthy. E-cigarettes are just unhealthy.”**

#### 3. IT MAY DAMAGE YOUR MOUTH AND GUMS

A study in the journal *Oncotarget*, found that e-cigarettes may be just as damaging to your mouth and gums as traditional cigarettes.

**When researchers exposed the cells of human oral tissue to the vapour of e-cigarettes, the cells produced inflammatory proteins, >>**





**Research has so far been unable to find a strong link between vaping and helping people to quit smoking.**

which cause a stress response within the cell. This stress response can have a damaging effect on the cells that can lead to several oral diseases. What's more, some of the flavours added to the nicotine liquid can further increase the risk of cellular damage, said study contributor Fawad Javed.

**smoking.** Given the scarcity and low quality of scientific evidence, it cannot be determined whether e-cigarettes may help most smokers quit or prevent them from doing so, according to CANSA.

**WHO SHOULD AVOID VAPING?**

At the moment, there is strong scientific evidence that warns children, teenagers, pregnant women, and women of reproductive age against e-cigarette and nicotine use, says CANSA.

Although nicotine itself is not a carcinogen, it may function as a 'tumour promoter' and seems to play a role in the development of serious diseases, like cancer.

Children and teenagers who are exposed to nicotine may also suffer long-term brain development consequences that can potentially lead to learning and anxiety disorders.

**Nicotine can also negatively affect the development of a foetus during pregnancy.**

**WHAT TO CONSIDER IF YOU VAPE**

If you choose to vape, make sure you choose a product that fully discloses the chemicals used, so that you can educate yourself on their potential harmful effects.

**However, the best thing you can do for your health is to quit smoking altogether. ■**

References: <http://casaa.org/historical-timeline-of-electronic-cigarettes/> | <https://www.theverge.com/2016/7/27/12299784/electronic-cigarettes-e-cigs-chemicals-cancer-fda>  
<http://jamanetwork.com/journals/jamacardiology/article-abstract/2600166> | <http://www.health.harvard.edu/blog/electronic-cigarettes-good-news-bad-news-2016072510010>  
<https://www.bloomberg.com/news/articles/2014-02-06/e-cigarettes-fda-regulation-looms-for-1-dot-5-billion-industry> | <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4363846/>  
 Harmful effects of nicotine | Interview with CANSA representative Lorraine Govender lgovender@casna.org



**BeGraft**  
peripheral

- Outstanding lesion access** through exceptional flexibility
- Predictable stent behaviour** through low foreshortening & high radial force
- Less trauma, faster procedures** through low profile (6F compatibility up to 8 mm)



**BeGraft**  
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- High conformability and stability** through stent design & CoCr material with outstanding radial force
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**BeSmooth**  
peripheral

- Outstanding lesion access** through exceptional flexibility
- High conformability & stability** through stent design & CoCr material with high radial force
- Less trauma, faster procedures** through low profile (6F compatibility for all sizes)





# HOW TO PREPARE YOUR CHILD FOR HOSPITAL

Going to the hospital can be a frightening, anxious time for kids and stressful for families. Here are ideas and information to help your child before, during and after a hospital visit.

## AT HOME

Before you leave for the hospital, you should explain to your child where they will be going, and why.

### • SET THE STAGE.

Tell your child honestly and truthfully that they'll be going to the hospital for an operation, test, or procedure, and let them know that you feel this is the right thing to do. Use simple, age-appropriate words they can understand. Children can usually sense how a parent

feels about a hospitalisation or a procedure. If your child is under six years of age, tell them a couple of days beforehand. You can tell older children a week or two beforehand, so that they have time to think of any questions or issues that might be relevant to them. Write questions down as a family so that you can ask them to the nurse or doctor.

### • GET TO KNOW THE HOSPITAL.

Read books or watch a story with

younger children about going to hospital; for older children you can find interesting information on the internet to explore. Familiarise your child with the hospital through a visit or look at a virtual tour and photographs on the hospital's website. Depending on the age of your child, give them plenty of time for 'hospital play'. You can get them to do things like bandaging a teddy, listening to family members' heartbeats, or practising taking medicine.

### • GIVE REASSURANCE.

Reassure your child that you, a parent or family member will be coming with and staying with them. Usually, you will be able to stay with your child until they are asleep (have an anaesthetic) before their surgery.

### • PACK SOME FAVOURITE THINGS.

Plan with your child in packing a few things they would like to take to hospital e.g. new pajamas and toiletries. Encourage your child to bring their favourite possessions, like a stuffed animal, pillow, or books.



## AT THE HOSPITAL

After arriving at the hospital, you can help keep your child calm and relaxed before, during, and after tests and treatments. In general, it's important to inform children what they're about to experience.

### • AVOID SURPRISES.

Let your child know in advance if a test or procedure is about to happen, even if it's something uncomfortable (like a needle). It'll give them a feeling of trust. Use honest and simple explanations that fit your child's age and level of understanding, and ask them questions to make sure they understand what you've said.

### • ENCOURAGE QUESTIONS.

Encourage your child to ask you and the doctors and nurses a lot of questions. If your child is uneasy about asking questions, you can ask on their behalf.

### • USE REASSURING LANGUAGE.

Try to choose words that are neutral when describing procedures and tests to your child. For example, you might say, "The nurse will 'slide' a needle into your arm," rather than "'stick' or 'poke' a needle into your arm."

### • EXPLAIN WHAT'S HAPPENING.

Tell your child how they might feel before, during, and after a procedure or test. For example, you may want to explain that they won't hear, see, or feel anything during an operation, because the doctor will give them a special sleep medicine called anaesthesia beforehand. Try not to make promises you can't keep. Don't tell your child that nothing will hurt or that there won't be any blood tests, for instance.

### • TAKE BREAKS AND LOOK AFTER YOURSELF TOO.

This will help you to cope better and provide support and care for your child. Remember, this can also be a scary and tiring experience for a parent.

## RETURNING HOME

A visit to hospital is a big event in a child's life, even if it is only for a day procedure. Allow plenty of time for readjustment when your child returns home again. NEVER

Sources: [www.rch.org.au](http://www.rch.org.au) [www.childrenshospital.org.za](http://www.childrenshospital.org.za)

threaten your child with a return to hospital as a punishment for behaviours you do not like.

• **EXPECT "ABNORMAL" BEHAVIOUR.** It is not unusual for a child to show some behaviours that are different to normal when they leave hospital. For example, they might be clingy, attention seeking or have 'babyish' behaviours, (like sucking their thumb) which they had previously grown out of.

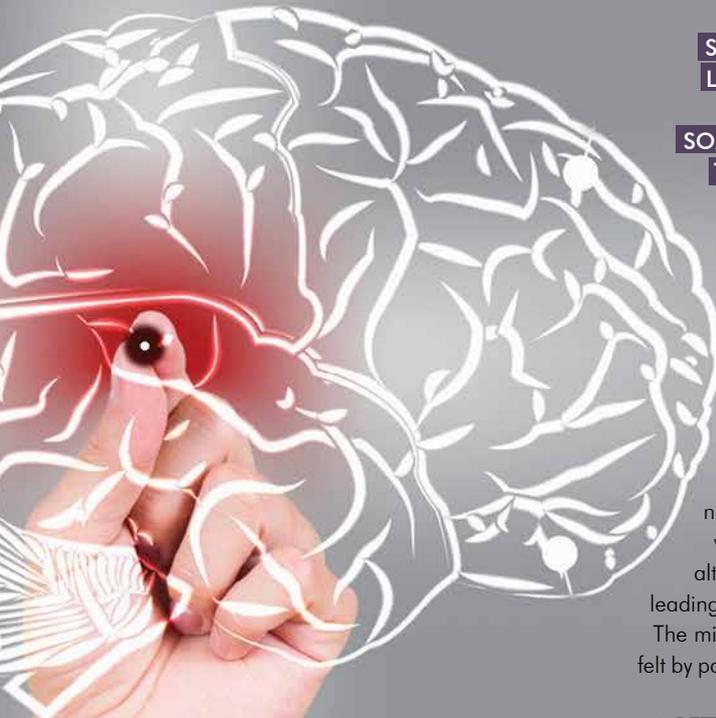
• **STICK TO YOUR USUAL ROUTINES.** Give them some time, patience and understanding. Your child will soon return to their normal self. Siblings may also be clingy or show attention-seeking behaviours. It has been different for them too, so allow time for their questions and also try to involve them in events. Again, allow your child plenty of time to 'play' being in hospital. They have more information and experience now, and need to play out these experiences to make sense of and cope with them.

## KEY POINTS TO REMEMBER

- It is important to give children information simply and truthfully, in words they understand.
- They need to be told that they will be going to hospital and what they may expect to happen there.
- A prepared child will find it easier to cope with their hospital experience. ■



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# ACT FAST WHEN DEALING WITH A STROKE

**STROKE IS A SIGNIFICANT AND LEADING CAUSE OF DISABILITY AND DEATH WORLDWIDE. IN SOME COUNTRIES IT REPRESENTS THE SECOND LEADING CAUSE OF DEATH.**

The name 'stroke' arose from 17th-century England when people were noted to be normal one minute, and were said to have suffered 'a stroke of misfortune' the next.

The sudden and instantaneous nature of the illness meant that lives would suddenly be devastated and altered in an almost irrevocable way, leading to the term 'stroke of misfortune'. The misfortune bit has left the label but is felt by patients and their families to this day.

**A BETTER WAY OF UNDERSTANDING STROKE WOULD BE TO CALL IT A 'BRAIN ATTACK'.**

The underlying problem in stroke is that blood supply to the brain is disrupted. This either occurs as a result of blockage of one of the major arteries to the brain, which occurs in about 80 per cent of people, or a rupture of one of the arteries to the brain, which occurs in about 20 per cent of people.

The latter is known as a brain haemorrhage, while the former is known as an ischaemic stroke.

## SIGNS AND SYMPTOMS OF A STROKE – REMEMBER 'FAST'

Any brain function that is potentially altered may be due to a stroke. Common symptoms of a stroke include, but are not limited to: loss of vision in an eye, which may be transient and may return, alteration of language and speech, weakness, sensory loss, imbalance, double vision, slurred speech, difficulties with swallowing or feeling dizzy and off balance.

PEOPLE SHOULD GET TO RECOGNISE A STROKE BY REMEMBERING THE 'FAST' SYSTEM:

**• 'F' STANDS FOR FACE**  
If you think someone has had a stroke, ask them to smile and see if the smile is the same on both sides. If it is not i.e. if one side does not smile like the other, it is possible that the patient has suffered a stroke.

**• 'A' STANDS FOR ARM**  
Ask the person to lift an arm and keep it up. If there is weakness in an arm or leg, that person may have suffered a stroke.

**• 'S' STANDS FOR SPEECH**  
Is the person able to produce or understand language? Is the way the person is speaking confused or does it sound slurred? These are possible signs of a stroke.

**• 'T' STANDS FOR TIME.**  
Time is critical in patients who have suffered an acute stroke. If patients come to us quickly and provided they meet certain strict criteria for treatment, we may be able to give them such treatment to possibly reverse some of the effects of stroke.

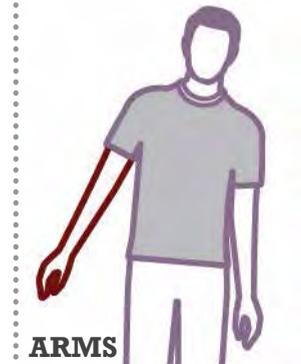
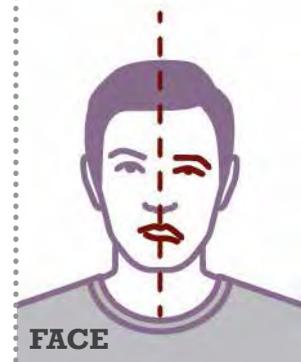
THE TREATMENT, HOWEVER, IS NOT GUARANTEED TO WORK IN EVERYONE, AND DOES HAVE SOME SIGNIFICANT SIDE EFFECTS.

## THE RISK FACTORS FOR STROKE

It goes without saying that being an older person means that you are predisposed to getting a stroke. However, in practice it is not uncommon for us to see patients in their 30s and 40s who present to us with stroke.

THE SIX BIG RISK FACTORS FOR STROKE INCLUDE DIABETES MELLITUS, HYPERTENSION, HYPERCHOLESTEROLEMIA, SMOKING, BEING OVERWEIGHT, AND STRESS.

Other common causes of stroke include a rhythm disturbance of the heart, called atrial fibrillation, which results in clots forming in the heart that break off and which may then shift to the brain and block an artery. Other causes include certain infections such as tuberculous meningitis and HIV. ▶



Other rare causes include illnesses in which there is a predisposition for the blood to clot. **Young people, especially those below the age of 45, need a complete and thorough investigation to determine the causes of stroke.**

## HOW TO PREVENT STROKE

The following steps should be taken by patients to try and reduce the chances of developing a stroke:

• **QUIT SMOKING.** Smoking results in narrowing of the arteries, increasing the chances of a blood clot forming and also increasing the chances of developing hypertension.

• **STOCK UP ON HERBS** and spices and make your own bread. Reduce your salt intake and lower your blood pressure. Get used to seasoning your food with herbs, spices and black pepper instead of salt. Be aware that bread is one of the biggest sources of salt in our diet.

• **HYPERTENSION** is the single biggest risk factor for stroke. Check your blood pressure. Hypertension is a silent disease. It is hardly ever symptomatic unless the blood pressure is exceedingly high.

Therefore it becomes very important to regularly check your blood pressure.

### • AVOID SUBSTANCES

such as alcohol, as well as drugs. These increase the risk of stroke, with devastating consequences, especially in young people.

• **EXERCISE.** It goes without saying that exercise is one of the cornerstones to stroke prevention, helping to lower blood pressure, and aiding weight loss. **We recommend that our patients exercise for 30 minutes five times a week.** Find an exercise that you enjoy doing and continue doing it on a regular basis. I recommend to my patients that they should walk for at least 30 minutes at whatever pace they can for at least five days a week.

Gradually, the pace of the walking will increase, and the distance walked will increase, and the benefits to the person will be substantial.

### • EAT OFF SMALLER

**PLATES** and don't skip breakfast. Being overweight increases the chances of having a stroke-related blood clot by more than 60 per cent. Cutting down on high fat foods, eating more fibre and getting your five fruits and vegetables a day can all help reduce stroke.



## IN CONCLUSION

Remember that prevention is better than cure, and implementing some of the guidelines noted above may help significantly reduce the chances of developing a stroke.

If a person is suspected to have suffered a stroke, which will be determined using the FAST system, remember that the quicker the stroke is diagnosed and treated, the better a patient's recovery will be.

Remember that there is hope for stroke sufferers, and that many people do return to an active life after a stroke. ■

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Paediatrician at Melomed Tokai  
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# FEVER

## FRIEND OR FOE TO YOUR CHILD

A FEVER IS A CHILD'S FRIEND,  
BUT CAN BECOME HIS ENEMY  
IF NOT CAREFUL.

Fever is one of the most common presenting symptoms in any child and the cause of up to 20% of all consultations in children. Through the years, we have

tried to "break" a child's fever at all cost. Every household and medical facility has their "remedies" to break that fever, and very often too little emphasis is placed on what

the fever is here to do. Before I explain this statement, let's have a look at the origin of fever, and the benefits and disadvantages of a raised bodily temperature.

The normal body temperature in a human being is 36.5 – 37,2 degrees celsius. It is maintained by the interaction between:

- **receptors** that detect thermal changes (located in the skin, spinal cord and brain),
- the **hypothalamus** in the brain (maintains the temperature set point)
- the **effector channels** that either retain or release heat to maintain our temperature. (This is done via vasodilation or constriction of your skin vessels, sweating or shivering.)

### FEVER CAN BE CAUSED BY:

1. Organisms from outside the body (e.g. bacterial toxins, viruses, yeasts, protozoa, spirochetes)
2. One's own defence system (immune reactions)

For doctors, the severity, onset and pattern of a fever is often a guideline as to what the possible cause is. But we do depend on additional signs and symptoms to find the cause of the fever. Very high temperatures might indicate a bacterial infection, while lower grade fever might indicate a mild viral infection. This is not the rule and one always has to consider all the symptoms at hand.

Fever is thus one of the earliest signs to warn a parent that their child is not well. But it is a better friend than just a warning sign. An elevated body temperature optimises the body's response to invading organisms, and limits the viability of the causative organisms themselves. Most organisms causing infection function optimally at normal body temperatures, while raised temperatures are unfavourable for their functioning.

For the above reasons, we should aim to find the cause of the fever, and treat the cause. In this manner, the fever will respond and be controlled.

So why the big effort to reduce a fever? A fever cannot harm your child. Guidelines as to when to treat are not clear, but generally aim to relieve discomfort.

Febrile seizures (convulsions caused by fever) are a concern, but this only occurs in 2 – 4% of the population. The young child's brain is very sensitive to very high temperatures.

For this reason, very high temperatures can lead to febrile seizures. This most commonly occurs in ages 6 months to 6-years-old. Although mostly innocent and uncomplicated, it can be very traumatic for the family and the aim is to avoid it by reducing a child's temperature. If your child had a febrile seizure before, keeping the temperature normal can prevent it from re-occurring.

“ Fever is thus one of the earliest signs to warn a parent that their child is not well. But it is a better friend than just a warning sign. ”



At the end of the day, fever must not be seen as the enemy, and should guide us to the real pathology. Treatment and antipyretics should be aimed at keeping our children comfortable, as a low-grade fever might assist them in fighting the real foe. ■



All images found on TravelGround.com

# SPA RETREATS FOR MOM



## SPECTACULAR SPA STAYS

Appreciating our moms should not only happen on Mother's Day – they should be spoiled the whole year round. So, why not make this year extra special with another getaway?

We have rounded up 10 great places in the Western Cape with on-site spas where you can treat your mom to a well-deserved weekend of pampering and relaxation.



### ROSENDAL WINERY AND WELLNESS RETREAT, ROBERTSON

From R1300 per night for 2 people – Welcome drink, à-la-carte breakfast, wine tasting and WiFi included.

Rosendal is a calming oasis conveniently located near Robertson, amidst the many attractions of Route 62. The Spa Suites are ideal for a relaxing getaway, boasting views of the pool and vineyards.



### BOULDERS LODGE & SPA, OUDTSHOORN

From R1260 per night for 2 people – Buffet breakfast included. Breathe in the crisp Karoo air at this lodge en route to the Cango Caves. You can choose between poolside or garden-view suites that range from comfy standard to honeymoon suites. Boulders Lodge & Spa will pamper your mom with unique, professional and simply marvellous treatments.



### SANTÉ HOTEL & SPA, PAARL

From R2599 per night for 2 people – Welcome drink and breakfast included. Santé Hotel & Spa is set on a wine estate in the Franschhoek Valley, surrounded by vineyards and views of the majestic Simonsberg Mountains. Fine dining, health and wellness is what Santé is committed to. Accommodation comprises a choice between the stylish Manor House Suites or Spa Suites. The Bakwena Deluxe Spa offers a variety of treatments and a wide selection of state-of-the-art spa facilities which also includes a private sundeck.



### LANZERAC HOTEL & SPA, STELLENBOSCH

From R3600 per night for 2 people – Breakfast, use of spa facilities, wine tasting and cellar tour included. Lanzerac is set on a 155 hectare wine estate in the Stellenbosch Winelands. All rooms boast en-suite bathrooms with luxurious Victorian baths and private patios overlooking the gorgeous gardens, lush vineyards and Helderberg Mountains. They have an on-site restaurant, numerous swimming pools, a tasting room and of course spa facilities, making Lanzerac an all-in-one R&R retreat.



### ERINVALLE ESTATE HOTEL & SPA, SOMERSET WEST

From R1850 per night for 2 people – Breakfast included.

This historic Cape Dutch hotel is set in peaceful Somerset West which is surrounded by the majestic Helderberg Mountains. Visit the three neighbouring wine estates after your time at the spa and enjoy the unique views that you'll find in this part of the world.



### STILLNESS MANOR & SPA, CONSTANTIA VALLEY

From R1675 per night for 2 people – Breakfast included.

Stay in one of 10 spacious suites set in beautiful gardens with a fantastic spa offering an indulgent environment in which to enjoy revitalising therapies and treatments while enjoying the stunning views of False Bay, the Constantia Mountains and the back of Table Mountain.



### WEDGEVIEW COUNTRY HOUSE & SPA, STELLENBOSCH

From R1550 per night for 2 people – Breakfast included. WedgeView Country House & Spa is situated just outside the picturesque and historic town of Stellenbosch, where the luxury of a 5-star hotel merges with the exclusivity of a private country residence. Breathtaking views of the surrounding vineyards and Stellenbosch mountains make this the perfect Mother's Day retreat.



### O ON KLOOF BOUTIQUE HOTEL & SPA, SEA POINT

From R1960 per night for 2 people – Breakfast, use of gym and pool included. O on Kloof is a sophisticated city sanctuary overlooking Cape Town's cosmopolitan Atlantic Seaboard. Take advantage of their outdoor dining facilities with sensational views of the Atlantic Ocean. Experience a sense of tranquility that will lift the spirit in an unassuming way with a spa treatment or two.



### VIEWS BOUTIQUE HOTEL AND SPA, WILDERNESS

From R2790 per night for 2 people – Breakfast, WiFi, use of the gym, sauna, hydrotherapy pool included. This hotel and spa is situated on a dune on Wilderness Beach offering panoramic beach and ocean views. Enjoy the spectacular views from the restaurant, the cocktail deck or the rooftop pool and find solace and relaxation in the award-winning Views Spa and Gym offering 5 treatment rooms, a tyliarium herbal sauna, vitality pool, a Moroccan-style rasul chamber and a wide range of cardiovascular equipment.



### TWELVE APOSTLES HOTEL AND SPA, CAPE TOWN

From R6125 per night for 2 people – Breakfast included. The award-winning Twelve Apostles Hotel and Spa is nestled in the natural beauty of the Table Mountain National Park, poised above the Atlantic Ocean on one of Cape Town's most scenic routes. The spa is quite something to behold with its seven equipped treatment rooms and team of qualified therapists to oversee well-being and rejuvenation during your stay. The spa boasts hydrotherapy pools, a rasul chamber, rain-shower and tranquility lounge. ■



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IV3000 reduces accumulation of moisture under the dressing to<sup>1-4</sup>:

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- ✓ Greater patient comfort<sup>7,8</sup>



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# YOUR GUIDE TO:



Compiled by Health Bytes

# FALL-PROOFING YOUR HOME

Falls happen anytime and anywhere to people of any age. However, as people get older, the number of falls and severity of injury resulting from falls increases. According to the Centers for Disease Control and Prevention (CDC), falls are the leading cause of fatal and non-fatal injuries in people age 65 and older. Common injuries due to falls are head injuries, shoulder and forearm fractures, spine fractures, pelvic fractures, and hip fractures.

**T**here is a pattern to falls among the elderly: The fear of falling, then the injury, followed by hospitalisation and decreased independence and mobility.

Falls in seniors can be a major life-changing event with severe repercussions. **A fall leads to a greater fear of falling, which can lead to reduced physical activity and fitness – thus increasing the actual risk of falls and worsening their quality of life.** Fortunately, many falls can be prevented. In addition to assessing your loved ones' fall risks and taking simple health steps to prevent falls, you can also help reduce your risks of falling at home by making simple changes.

### TIPS TO FALL-PROOF YOUR HOME

The bathroom is the area you should focus on first because that's where most senior falls occur. Grab bars may need to be installed in various places

and rugs should cover areas where slipping might occur.

**Here are recommendations to help keep your elderly relative safe from falling in your home environment:**

#### 1. REMOVE ANYTHING THAT COULD CAUSE TRIPPING OR SLIPPING WHILE WALKING.

Small furniture and everyday clutter, such as bags, pet bowls, small decor, electrical and phone cords, or even throw rugs can cause falls.

#### 2. CREATE CLEAR WALKING PATHS.

Arrange all furniture so your elderly loved one has plenty of room to walk freely. It's also important to remove items from stairs and hallways that may act as a tripping hazard.

#### 3. MAKE SURE CARPETS ARE SECURED.

Use non-slip rugs, or attach rugs to the floor with double-sided tape.

#### 4. AVOID WET FLOORS.

It's important to be cognizant of drips from the shower and faucets that can pose a tripping hazard. Use only non-skid wax on waxed floors, to also help avoid slippery surfaces.

#### 5. USE NON-SLIP ITEMS IN THE BATHROOM.

Put non-slip strips or a rubber mat on the floor of your bathtub or shower.

#### 6. MAKE SURE THE HOUSE IS WELL-LIT.

Good lighting is one of the most simple ways to avoid falls. Since eyesight diminishes with age, it's important to make sure the living space has ample light to help seniors take in their surroundings and avoid any obstacles in their path.

You should have enough lighting at entrances, in each room, on the stairs, and on outdoor walkways. Use bulbs with the highest wattage recommended for the fixture.

#### 7. USE HANDRAILS.

Stairs are one of the most dangerous places in the home for seniors. Make sure your senior relative knows to use the handrails and avoid carrying items up and down the stairs with both hands as it's important they have support to keep their balance.

#### 8. USE CAUTION AT NIGHT.

Night time is one of the most dangerous times as people are groggy and balance isn't always the best. Place a lamp next to the elderly person's bed, along with night lights in the bathroom, hallway and kitchen.

Also keep a flashlight by their bed in case the power goes out and they need to get up at night.

#### 9. KEEP UP A REGULAR HEALTH AND EXERCISE REGIME.

Preventative health is very important. By eating a healthy diet and staying physically active, seniors can improve their balance, coordination and health. For exercises, help your elderly loved one focus on balance exercises and lower-body strength, which can help prevent falls.

#### 10. WEAR SUITABLE SHOES.

Wearing unsuitable footwear increases the risk of falling. Make sure your shoes have non-slip soles and heels of reasonable height, and are wide enough to prevent any twisting of the foot. A good heel cup that goes around the back of the heel also stabilises the ankle.

### WHAT TO DO AFTER A FALL...

#### IF YOU CAN GET UP:

Do not panic. The first thing to do is to catch your breath. Assess the situation and determine if you are hurt. Even if you think you're OK, take your time before getting up again.

#### Follow these five steps for getting up:

- Lie on your side, bend the leg that is on top and lift yourself onto your elbows or hands.
- Pull yourself toward an armchair or a sturdy object, then kneel while placing both hands on the chair or object.
- Place your stronger leg in front, holding on to the chair or object.
- Stand up.
- Very carefully, turn and sit down. ▶▶





**WHAT TO DO AFTER A FALL...**

**IF YOU CANNOT GET UP:**

**If you feel any discomfort or are unable to get up, try to get help.**

- Call out for help if you think you can be heard.
- If you have an emergency call device or telephone at hand, use it.
- If you don't, try to slide yourself towards a telephone or a place where you will be heard.
- Make noise with your cane or another object to attract attention.
- Wait for help in the most comfortable position for you.
- If able, place a pillow under your head and cover yourself

with a piece of clothing or a blanket to stay warm.

**Practice these steps often and be prepared in case you fall. Most of all, stay calm.**

**WHEN TO SEE A DOCTOR**

Whether you're the victim or the witness of a fall, never underestimate its seriousness. Even if it appears no harm was done, there could be after-effects.

**Here are some of the reasons for seeing a doctor:**

- loss of consciousness just before or after the fall
- injuries

- a strong or lingering pain
- dizziness
- nausea
- overall weakness or unsteadiness
- headaches
- vision problems
- drowsiness

**Symptoms may appear in the days that follow a fall. If you fall, take note of your condition.** If you witness a fall, take note of the person's condition. In some cases, a fall may be the sign of an illness, or it may be caused by medication. It's always better to mention falls to your doctor. He or she can then assess the situation and see if the fall is linked to an illness, prescribed medication or over-the-counter drugs. ■

Sources: www.aplaceformom.com, www.publichealth.gc.ca

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# WORLDWIDE 1 IN 10 ADULTS HAS KIDNEY DISEASE ARE YOU THE ONE?

Understanding your kidneys is the first step in taking control of your health. Following a kidney-friendly diet (which is the same as a heart friendly diet), taking good care of diabetes, hypertension and other health conditions and not smoking may help your kidneys function better and longer, even when you have chronic kidney disease. Your kidneys – two bean-shaped organs located in your lower back – play a more important role in your overall health than you may realise. **They are your body's filtration system, cleaning wastes and extra fluids from your**

**body, controlling blood pressure and producing and balancing chemicals that are necessary for your body to function, such as red blood cells and calcium balance and bone production.** The kidneys and their function are complex but the more you know about how kidneys work, the less you'll need to ask:

## WHAT IS CHRONIC KIDNEY DISEASE?

Understanding your chronic kidney disease (CKD), or renal disease, is the first step in taking control of your health. When you have kidney disease,

your kidneys are no longer able to remove waste effectively from your body or to balance your fluids. The build-up of wastes can change the chemistry of your body, causing some symptoms that you can feel, and others that you don't.

**Common problems include high blood pressure, anaemia and weakening of bones.** If you have an advanced stage of CKD it is important to find a kidney doctor (also called a nephrologist). Partner closely with your doctor and your healthcare team as early as possible as this can slow

your kidney disease down and improve your long-term survival.

## 5 STAGES OF CHRONIC KIDNEY DISEASE

Knowing your stage of chronic kidney disease is important for deciding your treatment and when you should see a kidney doctor. CKD has five stages, ranging from nearly normal kidney function (stage 1) to kidney failure, which requires dialysis or transplant (stage 5). Understanding your stage can help you learn how to take control and slow the progression of your condition.

The five stages of CKD and eGFR (calculated from blood tests) for each stage:

- **Stage 1** CKD with normal or high eGFR (eGFR > 90 mL/min)
- **Stage 2** Mild CKD (eGFR = 60-89 mL/min)
- **Stage 3** Moderate CKD (eGFR = 30-59 mL/min)\*
- **Stage 4** Severe CKD (eGFR = 15-29 mL/min)\*\*
- **Stage 5** End Stage CKD (eGFR < 15 mL/min)

\*Possible referral to a kidney specialist.  
\*\*Definite referral to a kidney specialist.  
NOTE: Referral may also depend on other factors such as the amount of protein leaking into your urine.

## Glomerular Filtration Rate

Glomerular filtration rate (GFR) is the best measure of kidney function. A math formula using the person's age, race, gender



## MELOMED RENAL CARE

and their serum creatinine is used to calculate an estimated GFR known as the eGFR.

## Albuminuria or Proteinuria

Another method of detecting kidney disease is by measuring if you have any protein leaking from the kidneys and the amount of protein. This is detected in the urine. The amount of proteinuria is another method of determining the severity of the kidney disease. Patients with more proteinuria or albuminuria have more severe CKD.

## Other Detection Methods

In urine one can also detect red blood cells. Persistent red blood cells detected in the urine is known as haematuria. When present, this may also indicate the presence of chronic kidney disease. If persistent, it may be a disease affecting the filters known as the glomeruli. This disease is called glomerulonephritis. If suspected then referral to a kidney specialist is necessary.

## DIABETES AND HIGH BLOOD PRESSURE

Diabetes and high blood pressure can work together as silent partners that cause damage to the blood vessels in the kidneys. Early detection, education, keeping blood sugar levels under control, eating healthy and exercising can put

these two bad guys in their place while helping you achieve a better quality of life.

## SCHEDULE A KIDNEY SCREENING

Could you or someone you care about have chronic kidney disease?

## Risk factors include:

- Diabetes
- High blood pressure
- Cardio vascular disease
- Family history of kidney disease
- Kidney failure in the black population is four times higher than other groups – due to the high incidence of hypertension and diabetes, both of which can be prevented and, if diagnosed early, treated.
- Age of 55 or older ■

## MELOMED RENAL CARE (MRC)

For more information on the services offered by Melomed Renal Care please contact any one of our three dialysis units:

### MRC GATESVILLE

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## HOUSE CALL



MEET ONE OF  
OUR DEDICATED  
SPECIALISTS:

**DR. ANEEQAH HENDRICKS**

Obstetrician & Gynaecologist at Melomed Tokai Private Hospital



**1 What is your definition of happiness?**  
Happiness is the feeling of inner peace and sweet content.

**4 What accomplishment are you most proud of?**  
I am most proud of achieving my degrees. It is not easy being a wife and mother and specialising at the same time. I am grateful for my supportive family.

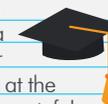
my seat, and accidentally sat in a seat that was already occupied.

**2 What is your most memorable travel experience?**  
I have a few:

- I enjoyed the hustle and bustle of Cairo, Egypt and all the history embedded in the pyramids and other ruins.
- I loved New York City and exploring all the places one usually sees in the movies.
- Lake Como, Italy was magical as well and we were able to see the Swiss Alps from there.
- The beaches in Bali.
- Turkey is definitely one of my favourites as well with its rich history and culture.

**5 Who is your biggest fan?**  
My son and my niece, Anuscha (15).

**8 If you could possess one super-human power, what would it be?**  
The ability to be invisible...



**6 Whose biggest fan are you?**  
My parents, but there are many people I look up to and admire for their perseverance and the ability to stay calm in stressful situations.

**9 What do you like to do in your spare time?**  
I very seldom have spare time but I enjoy just resting, going for dinner and movies and spending time with my family.



**3 What is your happiest memory?**  
The birth of my children, Zarrar (5) and Zeeya (14 months), and passing my final exams.

**7 What is your most embarrassing moment?**  
I was late for a movie, it was very dark inside the cinema and I was looking at the screen whilst trying to find

**10 What is your greatest fear?**  
I fear rodents and furry things like that. Squirrels as well.

**11 What is your greatest hope?**  
To be able to raise my children to become great, dynamic, kind individuals with integrity and humility.



STARCHY SIDE

# JACKET SWEET POTATOES WITH COTTAGE CHEESE

As delicious as baked potatoes and sour cream – but without the guilt. Sweet potatoes are a better carb choice and the onions add a sweet flavour!



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DIABETIC- AND  
HEART-FRIENDLY



SERVES: 6

READY IN: 1 HOUR 30 MINS

## WHAT YOU WILL NEED

- 4 tsp (20 ml) olive or canola oil
- ¼ cup (60 ml) lemon juice
- 2 Tbsp (30 ml) water
- 4 tsp (20 ml) finely grated fresh ginger
- 1 small chilli, seeded and chopped (optional)
- 1 clove of garlic, crushed
- 2 onions, cut into wedges
- 6-8 (± 800 g) small sweet potatoes, in the skin
- black pepper to taste
- ¾ cup (180 ml) plain smooth low-fat cottage cheese
- handful fresh coriander leaves

## Method of preparation

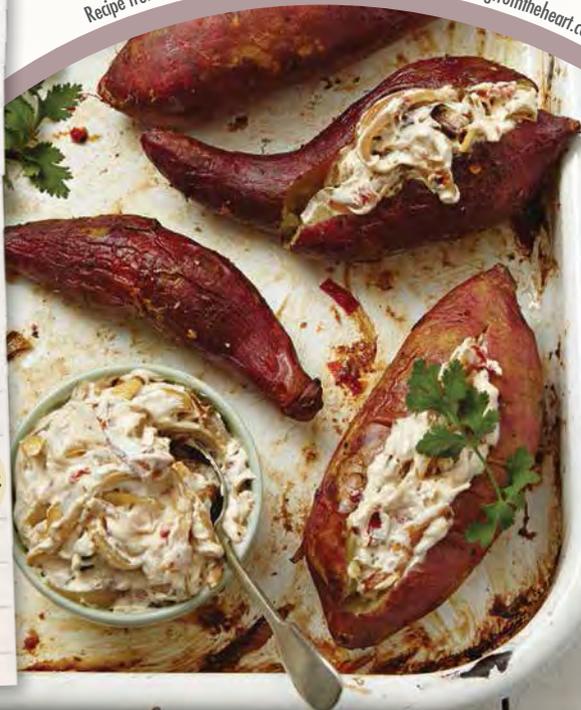
1. Preheat the oven to 180 °C.
2. Mix oil, lemon juice, water, ginger, chilli and garlic in a large bowl. Add onions and sweet potatoes and toss to coat the veggies. Season with pepper.
3. Place in an oven dish, with all the liquid and seasonings. Roast for 45 minutes or until the sweet potatoes are soft.
4. Stir onions with the pan juices into the cottage cheese. Cut a deep slit into each sweet potato and fill with about 2 Tbsp (30 ml) of the mixture. Garnish with fresh coriander.

**Serve** with grilled or roasted fish or chicken and fill your plate with any green veggies, lightly cooked and seasoned with lemon juice and black pepper. A green salad will also be delicious.

**TIP**

1. To make wedges: Cut sweet potatoes into wedges and coat in oil mixture as below. Roast for just 30 minutes and serve with the sauce as a dip.
2. Add fresh grated lemon rind to the cottage cheese for more flavour.

Recipe from recipe book *Cooking From The Heart 3* ([www.cookingfromtheheart.co.za](http://www.cookingfromtheheart.co.za))



# DID YOU GET A FLU SHOT YET?

You can get one at any of our Pharmacy Network.

A flu vaccine is the first and best way to prevent influenza. Remember the flu vaccination is part of our amazing Preventative Healthcare Benefit. You will not pay a cent!



Your doctor recommends it.

Everyone 6 months and older should get a flu vaccine.

Follow us on Twitter  
@SAMWUMEDhealth

Ask your doctor today for a flu shot for yourself and your loved ones.



# Drug and Alcohol Information

PathCare offers routine screening for drugs. Commonly abused drugs include cannabis and amphetamines / metamphetamines.

## Signs and symptoms of drug abuse include the following:

Change of behaviour/character • Change of friends • Loss of weight  
Restlessness and insomnia • Bloodshot eyes

When in doubt about the specific drug of abuse, the alleged abuser should have a toxicology screen done. Consent is required for all drug-screening tests. Parents/guardians must give permission for children younger than 14 years.

Confirmatory tests are available for some of the drugs of abuse, since false positive results can sometimes be obtained by over the counter medications. In the event of suspected drug facilitated sexual assault, collect 50ml urine and 5ml EDTA (purple top tube) blood as soon as possible after the event.

Additional information can be obtained from: [www.drugabuse.gov](http://www.drugabuse.gov)

Please contact your clinician for more information regarding drug testing.

