

# TYGERBERG NEWS

Dec-March 2017 | Volume 1 | No. 1

Magazine



Western Cape  
Government

Health

BETTER TOGETHER.



# GENERAL NEWS

## Editors Note

Welcome to our very first magazine of the year. We hope that this edition will encourage and empower you with new vigor for the year ahead. There are so many things to be grateful for, so let your health be one of them. The WesternCape on Wellness (WoW) aims to enable people to make healthy lifestyle choices - from planning pregnancy and birth to youth, adult and senior years. Choices we make today about how we live (LIVE), the types of food we drink (EAT), and how often we do physical activities (PLAY), affect our future health.

If you cannot exercise at home, we have various groups here at work that you can join. The exercise group meet from Monday to Friday during lunch at Lower Ground (Chapel passage -East side of the hospital). Please contact the wellness facilitators Melanie (4676) and Isobel (4856). The soccer (Charles- 5199) and netball teams (Charmaine- 5282) will welcome you with open arms.

Still not convinced? We have a big estate for you to do some walking. No excuses people. Start moving! This is the year that we need to thrive in some areas of our lives. We need to take personal responsibility for our well-being. Let this year be different than any other years. Forget about New Year's resolutions, make it a personal goal of yours to thrive in a area you know that you have been lacking or lay dormant. I'm looking forward to hear from you and the road less travelled.

To improve your overall well-being, it will be advisable to seek the expertise of an occupational therapist (OT), a physiotherapist, your doctor, psychologist or a social worker.

Please don't hesitate to contact ICAS at 0800611093 if you are experiencing some health issues or any personal issues. They will certainly be available to assist you.

I want to encourage staff to send us healthy recipes that we can publish in our magazine. Together we can build a healthy community here at work. Take care till our next edition.

# CONTENTS

## IN THIS ISSUE

- 2 Editorial
- 3 Compliments

## AWARENESS

- 6 Salt Intake
- 9 Cancer in Male/Females
- 11 Suicide
- 15 Men's Health
- 19 World Kidney Day

## EVENTS

- 8 Cochlear Celebrations

## STAFF RECOGNITION

- 4 New Nursing Manager
- 10 Long Service Awards
- 16 Hartman Nursing Awards
- 18 Interns Facility

## TYGERBERG HOSPITAL MAGAZINE TEAM:

Telephone: 021 938 5454/5608  
Fax: 086 601 5218

E-mail: [latricia.pienaar@westerncape.gov.za](mailto:latricia.pienaar@westerncape.gov.za)  
[rozaun.botes@westerncape.gov.za](mailto:rozaun.botes@westerncape.gov.za)

All letters, suggestions and articles can be sent to the above email or fax number. Note that all photos must be high resolution (good quality) .



# COMPLIMENTS

## THANK YOU

### BAIE DANKIE TYGERBERG- HOSPITAALSPAN

Hiermee wil ek my opregte dank uitspreek vir die uitstekende diens wat my bejaarde moeder van 93 jaar van u personeel ontvang het tydens haar verblyf te Tygerberg-hospitaal. My moeder het haar heup gebreek en is vanaf Karl Bremer-hospitaal oorgeplaas na Tygerberg-hospitaal. Groot was my verbasing van hoe pragtig die hospitaal in sekere areas opgeknip is. Nie net lyk die hospital netjies en skoon nie, maar my ontvangs en die behandeling wat my moeder van dag een af ontvang het, was uitstekend.

My moeder was eerstens by die Trauma-eenheid ontvang. 'n Dokter in die Trauma-eenheid het my volledig op hoogte gehou van my moeder se toestand en wat volgende gaan gebeur. Sy is oorgeplaas na die Ortopediese Afdeling, Saal F4. My moeder, wat ook gevorderde Alheimers het, is met die grootste respek en deernis, dog professioneel, behandel. Die span dokters wat Mamma behandel het, was uitstekend. Hulle het eerstens nie oorhaastig opgetree en dadelik geopereer nie. Hulle het hulself eers vergewis van haar fisieke gesondheid deur al die nodige toetse te doen.

Na die operasie het die dokter my dadelik gekontak en verseker dat Mamma se toestand bevredigend is. Mamma is die dag na haar operasie teruggeplaas in die saal waar sy verder versorg is deur die personeel van Saal F4. Mamma het ook daar fisioterapie ontvang en selfs hulle het my geskakel en op hoogte gehou van Mamma se vordering.

Ek as enigste kind en die familie van mev. M.M. van Taak wil ons opregte dank uitspreek met die uitstekende behandeling wat my moeder van Tygerberg-hospitaal se verpleegkundiges, susters, dokters en fisioterapeut ontvang het. Die personeel wat my moeder behandel het, neem definitief die eed van Hippokrates wat deur mediese personeel afgelê word, ernstig op en bied diens van hoogstaande gehalte aan hul pasiënte.

Bou voort op die goeie diens en nogmaals baie dankie.

**Mev. M.M. Lochner**

Best  
Letter

Dear Dr Hofmeyr,

I would like to extend my thanks to you. I was admitted to Tygerberg to have my baby and we ended up in high care. This is 5 months ago now, so I don't think you will remember, but I do.

It was mind blowing to see what the doctors and other staff there is faced with on a daily basis, and I really take my hat off to you all, but you really stood out during my stay.

I felt in safe hands and cared for, every time you entered the room (being sick after my caesarean was extremely scary) and I sincerely appreciated the manner in which you did your job, so thank you. We (mother and baby) are both doing very well.

**Kathy Neuland**



# WELCOME

## NEW NURSING MANAGER



**M**s Francilene Baartman joined the Hospital Management Team on 1 March 2017, coming from Karl Bremer Hospital, where she was the Head of Nursing for seven years. She started her career at Mowbray Maternity Hospital in 1992 after obtaining her Diploma in Nursing (Midwifery, Psychiatry and Community Health) at the Nico Malan Nursing College (now Western Cape College of Nursing). Thereafter she worked at Tygerberg Hospital for four years where her two children, Peter (20) and Ingrid (18), were born.

She then chose to work at Primary

Healthcare level for the 07:00 – 16:00 shifts to care for her family. Whilst working there, she opened the new Trauma Unit and managed it until it was established. Mrs Baartman then went to work in school health for five years, which shaped her career and inspired her vision. She worked closely with a multidisciplinary team and other sectors like the Police Department, Education, Social Services and the community. She worked in the farming community and also in the squatter camps of the greater Kraaifontein area.

The journey opened her heart to the needs of the community and she is an

activist for the needs of the patients and to give good quality care. To treat patients and colleagues fair and with respect is her daily motto.

After 10 years she moved to Karl Bremer Hospital where she was part of an excellent team. Together their effort to manage change and diversity reaped great benefits for patients and staff.

She worked in the Primary Healthcare setting for 17 years before returning to Tygerberg Hospital as a Senior Nurse Manager.

She also obtained an advance Diploma in Primary Healthcare (US) 2008, and Diploma in Nursing Management (cum laude in 2013). In 2011 she also completed an International Leadership for Change course on national level.

### Some of her achievements:

- Convener of MDHS Nursing Executive Team and chairperson of the structure for 5 years (2012 – 2016)
- Compilation of Nursing Succession Plan for the Western Cape Province 2012
- Subsequent oral presentation at International Council of Nurses – Australia 2013
- Ethical poster for Nursing designed and poster presentation at DENOSA Conference 2016

# FAREWELL RETIREMENTS



**Above:** Mrs Vivienne O' Brien (Operational Manager, Infectious Diseases Outpatients department) retired after 42 years of service at Tygerberg Hospital. The shy but caring and co-operative manager will certainly be missed at the Outpatients department. We applaud your dedication and commitment to Tygerberg Hospital



**Above:** After 40 years of dedicated service Mrs Lea Wynand, bid farewell to Tygerberg Hospital on the 31<sup>st</sup> of October. The humble and pleasant Mrs Wynand shared 30 years of her experience and skills at the Oncology Department and served her patients with diligence and passion. The staff and patients at Gene Louw will sorely miss her.

***Retirement doesn't mean the end of your active life.  
It just signifies another chapter and journey. Enjoy it! You deserve all  
the best things in this world in your retirement years to come. Have a  
happy and rocking retirement days!***



**Above:** Tygerberg Hospital bid farewell to Mr Eduard Steyn, who faithfully dedicated 31 years of service to the Human Resources component.



**Above:** Mr Benjamin Potgieter, who was a Senior Porter, bid farewell to Tygerberg Hospital after 26 years of dedicated service.

# SALT INTAKE

## USE LESS SALT

To date, South Africa has one of the highest rates of hypertension in the world, whereby 1 in 3 people 15 years or older have high blood pressure. However, 50% of these people are unaware that they do. The alarming and ever increasing rate of diseases related to high salt intake is indicating the seriousness of the topic, which should not be taken with a pinch of salt.

The week of 20 – 26 March is National Salt Awareness Week, with a theme 'Salt: The Forgotten Killer'. This means it is time to emphasise the need to be more aware about healthy salt intake for better health.

### WHAT IS SALT?

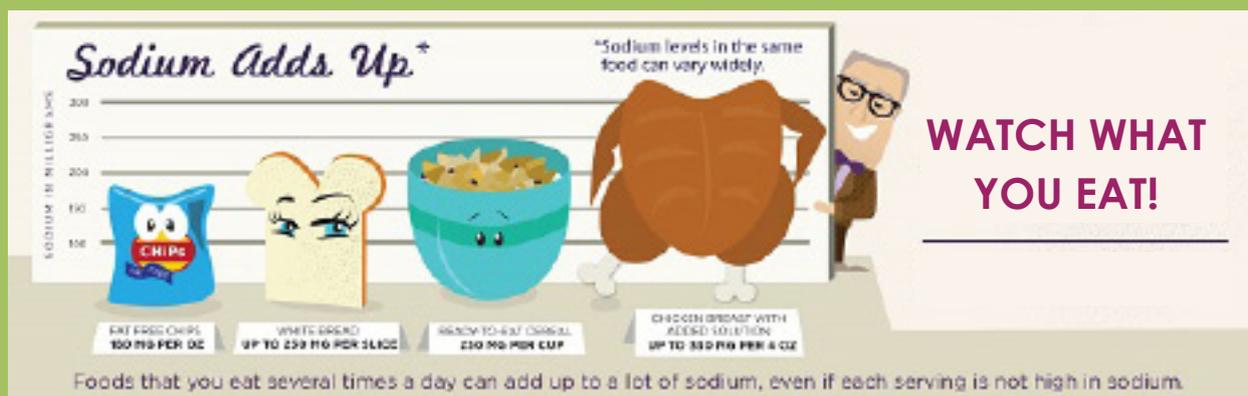
Salt is made up of two minerals, sodium (40%) and chloride (60%). Salts include processed "table" salt, Himalayan salt, rock salt, sea salt and kosher salt, which are all equally high in sodium.

The human body can't live without sodium; it's needed to transmit nerve impulses, contract and relax muscle fibers (including those in the heart and blood vessels), help the digestive system absorb nutrients and maintain a proper fluid balance. A high intake of sodium can lead to a number of severe side effects, including kidney problems and kidney stones, stomach cancer, osteoporosis and cardiovascular diseases such as high blood pressure, heart attack or cerebrovascular accident (stroke). It can also lead to heart failure.

The World Health Organization (WHO) recommends that adults consume less than a teaspoon of salt (5 grams) per day. And from a national level, it is the fourth goal of the South African Strategic Plan on the Prevention and Control of Non-Communicable Diseases (2013 – 2017) to reduce the mean population intake of salt to <5 grams per day by 2020.

### SOURCES OF SALT/SODIUM

- Natural: vegetables, dairy products, meat and shellfish
- Added: either during cooking or at the table
- Processed and prepared foods\*: bread, breakfast cereal, potato crisps, stocks, gravy and soup powders, pre-packed meals, processed meats, cheese, brick margarine, tinned food, sauces and savoury spreads, and fast foods
- Foods commonly eaten in South Africa, such as bread, breakfast cereals, potato crisps and processed meat have reduced their salt content as of June 2016, due to new legislation that limits the amount of salt allowed in certain foods.



## BE SALT AWARE!

Control salt intake by following these guidelines

1. **Read the label.** Look at how much salt the item contains per 100 grams. More than 1,5 grams of salt (0,6 grams of sodium) is high, while 0,3 grams of salt (0,1 grams of sodium) is low. If the label supplies only the sodium content, simply multiply the figure by 2,5 to get the salt content.
2. **Use less salt.** Add less salt to your food at the table and rather than using salt to flavour your food when you're cooking, try using herbs, spices, garlic, ginger, peppers, onions or lemon juice instead.
3. **Avoid processed and prepared foods.** These foods are very high in salt and should be used sparingly.
4. **Eat more whole foods.** Sodium occurs naturally in vegetables, dairy products, meat and shellfish, but only in small amounts, so sticking to mostly whole foods is an excellent way to help keep your levels of sodium down.

Portion control!

There are some other dietary and lifestyle changes you could make to prevent or reduce high blood pressure, such as:

5. **Drink less alcohol.** Drinking too much alcohol can raise your blood pressure. If you drink alcohol, do so in moderation, which is no more than 1 drink a day for women and 2 drinks a day for men. One drink is a small glass of wine (120 ml), a can of beer (340 ml) or a tot of any spirits (25 ml)
6. **Eat well.** Eat more fresh fruit and vegetables, whole grains and low-fat dairy. These foods are high in minerals such as potassium and calcium as well as dietary fibre, which all help to lower high blood pressure
7. **Move more!** Aim for at least 30 minutes of moderate physical activity 5 times a week. Regular exercise helps to lower high blood pressure, reduces risk of heart disease and stroke and helps to manage stress and release tension, among numerous other benefits

- **Maintain a healthy weight.** If you are overweight, even losing a small amount of weight may help lower your blood pressure and reduce the strain on your heart. Maintaining a healthy weight provides several health benefits
- **Avoid smoking** and/or being in a place where others are smoking. Smoking almost triples the risk of heart disease. It narrows blood vessels which increases blood pressure
- **Get tested!** Keep track of your blood pressure by having it tested often by health professionals who can interpret your readings accurately
- **Encourage family members** to join in on making a change, especially focusing on being role models for children and adolescents who will become healthy adults in the future

In conclusion, make better choices now for a healthier version of yourself for the future!

**Salaamah Solomon**

**Dietitian**



# ACHIEVEMENT

# 30 YEARS COCHLEAR CELEBRATION

**O**n Saturday 5 November 2016, the Tygerberg Hospital Stellenbosch University Cochlear Implant Unit celebrated 30 years since the first cochlear implant took place at Tygerberg Hospital.

Cochlear implantation is now firmly established as a highly effective treatment option in the rehabilitation of children and adults with severe to profound hearing loss. Cochlear implants represent the single most important advance in the management of hearing impaired children and adults. It is the only technology which is able to restore function to a sensory organ. Benefits beyond improved hearing include enhanced quality of life, social integration, and educational and vocational opportunities.

The first multichannel cochlear implant was done on the 4 November 1986 at Tygerberg Hospital by Ear, Nose and Throat Specialist and Head of Department at the time, Professor Derrick Wagenfeld, and Audiologist Alida Müller. Since then, over 660 adults and children have received cochlear implants.

Historically, development of spoken language by children born deaf has been influenced by the technology of the time. Children born with a profound hearing loss had limited success in the development of spoken language. Unlike many other congenital or early onset disabilities, infants with hearing loss have the prospect of outcomes potentially matching those of their hearing peers provided the hearing loss is identified early and intervention is initiated by 6 months of age.

Today we know that children born deaf who achieve the best results are among those who have received bilateral cochlear implants before two years of age. Their successful participation in mainstream education has become a realistic expectation. Stimulation of the hearing system in the brain during the sensitive/critical periods is central to normal development of hearing, speech and language development.

**Jennifer Perold**  
**Chief Audiologist**



**Above from left to right:** Dr Derrick Wagenfeld (ENT Surgeon) and Ms Lida Müller cutting the birthday cake



**Above:** Some members of the Cochlear Implant Team



**Far right:** Minister of Health, Dr Nomafrench Mbombo (centre) joined the cochlear celebrations



# CANCER

## IN MALE/FEMALES

**C**ancer is any malignant growth or tumour caused by abnormal and uncontrolled cell division. It is a complex, life-threatening disease which affects millions of South Africans.

**The most common cancers in South Africa (according to the National Cancer Registry of 2009) were:**

**For males:** Basal cell carcinoma of the skin, squamous cell carcinoma of the skin and prostate cancer.

**For females:** Breast cancer, cervical cancer and basal cell carcinoma of the skin.

### Possible warning signs of cancer:

- Change in a wart or mole
- Any continued fever
- Nagging cough or continuous hoarseness
- Chronic pain in bones or any area of the body
- Enduring fatigue, nausea or vomiting
- Repeated infection
- Change in bladder or bowel habits
- Unusual discharge or abnormal bleeding
- Thickening or lump in breast(s), testicles or elsewhere
- Indigestion or difficulty in swallowing

### Cancer screening

**Males:** prostate cancer – prostate specific antigen (PSA) blood test and examination

**Females:** Monthly breast self-examination. Females  $\geq$  40 years should have mammograms every 1-2 years.

Cervical cancer: Regular Pap smears can detect abnormal cells in the cervix. Pap smears should be done every 3 years from the age of 25. Human Papillomavirus (HPV) vaccine decreases the risk of cervical cancer. It is recommended for all girls over the age of 10 years.

The **treatment options** available for cancer are complex and include surgery, radiation, chemotherapy, hormonal therapy and biological agents, in various combinations.

### How to reduce your cancer risk:

- A healthy balanced lifestyle
- Be sun smart
- No tobacco use
- Preventative screening
- Avoid known cancer-causing factors

*Dr Komeela Naidoo  
Clinical Oncologist*



# RECOGNITION

# LONG SERVICE AWARDS FOR STAFF

A total of 496 staff members were awarded certificates in recognition of 10, 20, 30 and 40 years of dedicated service. A formal function was hosted by the Tygerberg Hospital Facility Board at the Market Hall Grand West Casino, recognising these long-serving staff members for their hard work and dedication to the public service. A total of 43 staff members received certificates for 40 years' service and longer. Dr Darren Green was the programme director to the phenomenal event and Kurt Darren addressed the audience with a keynote address. Staff elegantly dressed kicked their shoes off and danced to the tunes of The Rockets till the very last minute.



*“In all of living,  
have much fun  
and laughter.*



*Life is to be  
enjoyed not just*

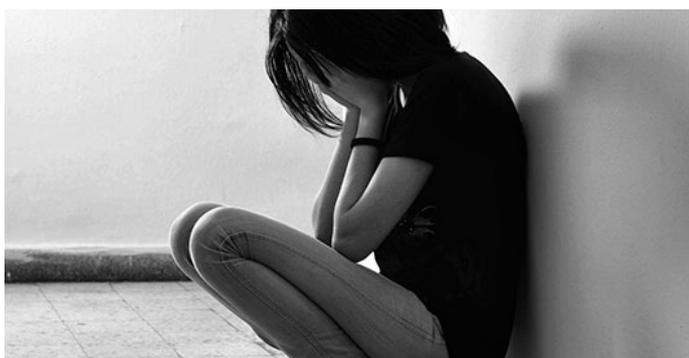


*endured.”*

*- Henry David Thoreau*



# SUICIDE IN TEENAGERS



Teenagers face pressures and stress like all of us. But they are also going through puberty and they are trying to figure out who they are and where they fit in. Teenagers experience academic and social challenges, but do not always have the cognitive and social skills that adults have, to deal with life. Their brains are indeed vulnerable to physiological changes and raging hormones which complicate their development and mental wellbeing.

Suicide is the third leading cause of death for adolescents aged 15 – 19 years old and depression and other psychiatric illnesses often starts during this vulnerable time.

Depression is a serious health concern but is treatable. The challenge is to differentiate between depression and “normal” teenage moodiness and irritability. Remember that teens with depression do not always look sad. Their mood is often irritable, angry and annoyed during depressive episodes. Self-harm is often not a suicide attempt and is often seen among adolescents as a way to express emotions or discomfort.

## SIGNS AND SYMPTOMS OF DEPRESSION IN TEENS:

- Sadness, tearfulness, or hopelessness/worthlessness
- Irritability or anger
- Restlessness or agitation
- Withdrawal from family and friends
- The teen is not interested in activities as before
- Not motivated and enthusiastic about life as before
- School work is deteriorating
- Sleep and eating patterns change
- Always tired
- Cannot concentrate as well as before
- Aches and pains that are not explained by medical illness
- Thoughts of death or suicide

## WHAT YOU CAN DO IF YOU SUSPECT A TEENAGER IS GOING THROUGH A DIFFICULT TIME:

- Set aside time for your child every day, even if they do not want to talk
- Focus on listening, not lecturing. Acknowledge their feelings and difficulties
- If they do not want to talk to you, ask someone else close to the teen to try
- Be gentle, but persistent (don't give up if they shut you out at first)
- Watch for red flags and take action if you are worried

- Encourage exercise, social interaction and sleep routines
- Trust your gut – if you are worried about the child, ask for help from a professional

## RED FLAGS:

1. Any suggestions of drug or alcohol use.
2. Any threats or talking of suicide or attempts at suicide or self-harm.
3. Saying things like “I wish I could disappear for ever, there is no way out, if I die it would be better”
4. A change in mood, personality or behaviour that is not just short lived or part of a known stressor or situation.
5. A family history of depression or mental illness.
6. If a close family member or friend has committed suicide.

### Who to contact for help:

Your General Practitioner or Local Clinic Cape Mental Health  
(021) 447 9040

The South African Depression And Anxiety Group (SADAG - [www.sadag.org](http://www.sadag.org)) 24hr Helpline 0800 12 13 14  
Lifeline (021) 461 1113

**Dr Theonie du Plessis**  
Child and Adolescent Psychiatry

# AWARENESS

## PREEMIE DAY LITTLE FIGHTERS

It has come and gone, yet premature babies are here to stay. On a global scale countless buildings, bridges, towers, city halls, churches, fountains, castles, stadiums and hospitals were bathed in purple for 24 hours on 17 November 2016 to celebrate the lives of millions of prematurely born infants. This now global event was also celebrated at the Tygerberg Children's Hospital where the Breakfast team of KFM 94.5, led by Ryan O'Connor, broadcasted from one of our kangaroo mother care wards messages of hope and support to parents and communities across the Cape Peninsula. A raised awareness of prematurity is important to remind us all and society at large that although these infants may have

the smallest individual footprints, their collective footprint are 13 –20% of all annual births. Optimising their outcomes require well-trained and dedicated medical staff, involved mothers (and families) and appropriate resources. Little stories of parents of premature babies from our own hospital and from all over the world, culminated in a call for society to recognise that prematurely born children should be given the future they deserve. The challenge is then, let the Western Cape communities unite in 2017 and let us clothe Table Mountain in purple light for Prematurity Day.

**Prof Johan Smith**  
**Neonatology**



**Far left:** The Butterfly Crafters knitted purple blankets for World Premie Day. Seen in the photograph are crafters, staff and mothers with their premature babies



**Above from left to right:** Professional Nurse Rebecca Dick, mother Lucretia Maans with her triplets Luke, Joshua, Noah and Enrolled Nursing Auxillary Nomazulu Mlonyeni



**Far right:** Students and teachers from Bernadino Heights generously donated gift bags to the Neonatal wards



**From left to right:** Professional Nurse Rebecca Dick, Prof Johan Smith and Doctor Evette van Niekerk handed Ms Blayi a gift for her bundle of joy

# HUMAN MILK BANK

## EVERY DROP COUNTS

**H**uman Milk Bank Week was celebrated from 1 – 7 March 2017, and within Tygerberg Hospital various activities focused on the awareness of donating human milk that can be lifesaving to our vulnerable infants in need.

A Human Breast Milk Bank is a service provided that screens, collects, processes and distributes human breast milk to vulnerable infants who do not have the access to lifesaving breast milk. The breast milk is voluntarily donated by breastfeeding mothers who are not related to the recipient infants.

Mothers that are interested in donating their excess breast milk will undergo a screening procedure that includes a questionnaire and health screening. The donated breast milk is tested, pasteurised, frozen and ready to be supplied to the vulnerable babies in need.

### WHO CAN DONATE?

Healthy breastfeeding women following the criteria of:

- Non-smoker, non-drug and alcohol user, living a healthy lifestyle, willing to undergo the screening procedures

### WHO QUALIFIES FOR DONOR BREAST MILK?

Each Human Milk Bank has guidelines and inclusion criteria to which infants

qualify to receive donor breast milk. Priority is given to the following vulnerable infants:

- Very low birth weight (less than 1 500 g) , pre-term infants (born at less than 32 weeks gestational age), low birth weight (less than 2 500 g), HIV-exposed infants and whose mothers are too sick to breastfeed, abandoned or orphaned infants and where the mother and baby are separated due to maternal complications

### PROCESS FOR DONATED BREAST MILK:

- The donated breast milk is pasteurised destroying all potential viruses and bacteria and does not impair the beneficial nutritional properties of the breast milk
- Sterile techniques are maintained throughout the pasteurisation process.

### THE IMPORTANCE OF HUMAN MILK BANKING:

Breast milk provides all the nutrients an infant requires in the first six months of life. Human milk is easily digested by a premature baby and it provides the immune factors that protect the baby against infections, allergies and other illnesses.

Human Milk Banks is therefore a safe way of providing safe breast milk to

babies that need it most. The World Health Organization is in support to promote the safe use of donor milk through Human Milk Banks for our vulnerable babies.

For any further information to become a Donor of Human Milk, please contact Professional Nurse Fiela Abrahams on 021 938 4723, or Claudia Schubl on 021 938 4351.

**Crystal Jacobs**  
*Dietitian*



## RHEUMATOLOGY DAY OPEN DAY

World Arthritis Day is celebrated globally during the month of October and aims to raise awareness of the condition and make sure that sufferers and caregivers know all the support and help that is available to them. This year the Division of Rheumatology, hosted an Open Day on 30 September at the Tygerbear Centre. The theme for the event was **"Take Action You can"**. All the clinic staff including doctors, nurses and clerks participated in the planning and implementation processes, which contributed to the overall success of the event.

Doctor Mou Manie, Head of the Division opened the proceedings by welcoming everybody present. Patients Nurjuwaan Magoni, Charne Pietersen and Mr Johannes Nigrini shared their journey living with a chronic disease to the audience.

Actress and guest speaker Marion Holm also suffering from a rheumatologically disease had the audience in stitches and literally acted out her journey and ensured great amusement, fun and laughter.

The following allied Health Professionals gave an overview of their services rendered in the Rheumatology department:

- Dr Linzette Morris (Physio therapist) discussed the importance of controlled exercise to strengthen muscles and the prevention of damage to painful joints. The physio Therapy students involved the audience in some exercises to do while sitting at the clinic.
- Amy Buttle (Occupational Therapist) explains the joint protection principles, assistive devices available and energy conservation techniques that can be used at home to minimize strain on painful joints.
- Marion Williams (Social worker) emphasized the services where assistance can be given e.g. Employment difficulties, Relationship problems, social circumstances and financial difficulties. Patients were encouraged to communicate with medical staff for referrals.

- Marguerite Loftus (Dietician) gave a very informative presentation about the different musculoskeletal diseases, how the correct diet can minimize the side-effects of medication and improve the weight loss and pain relieve of symptoms.

The big surprise of the day had the audience roaring with laughter... Dr Francois Bouwer dressed as a surgeon in theatre clothes performed a dance and stripped of the clothes in stages. He afterwards did the lucky draw which allowed five members of the audience to win lovely gifts.

The audience had the pleasure of being pampered with hand messages by our very own physiotherapy students after the event. In addition the following exhibitions were displayed and patients could obtain pamphlets, journals, and booklets, joint protection aids e.g. tin openers, key holders and small gifts.

**Diane Fortuin**  
Operational Manager



**Above:** Ms Nurjuwaan Magoni one of the patients who shared her ongoing trials and tribulations and some amazing triumphs irrespective of her becoming blind due to the disease



**Above:** Patients, staff and guests who attended the Open Day



**Above:** Mr Johannes Nigrini gave a moving overview of his journey living with a chronic disease and the challenges he encounters

# MEN'S HEALTH

## A BETTER YOU

### Tips for men for a healthy life

**Eat healthy.** Nutritious foods give you energy and may lower your risk of certain diseases. Focus on fruits and vegetables, whole grains, and low-fat or fat-free milk products. Learn [nutrition basics](#) and [how to read a food label](#).

**Stay at a healthy weight.** Being overweight or obese can raise your risk of diabetes, high blood pressure, heart disease, and stroke. Find out your [body mass index](#), or BMI, to see if you're at risk. Eat healthy foods, control portion sizes, and be active to keep your weight in check.

**Get moving.** Regular exercise is one of the most important things you can do for your health. [Find out how much physical activity you need](#).

**Be smoke-free.** Smoking is linked to

many of the leading causes of death, including cancer, lung disease, and stroke. If you smoke, [quit today!](#) Also, avoid secondhand smoke.

**Get routine exams and screenings.**

Ask your doctor how often you need to be examined. Ask about [screening tests](#) for certain diseases and conditions, including high blood pressure, high cholesterol, diabetes, sexually transmitted infections, and certain types of cancer.

**Take any medications you need.**

Thousands of deaths could be prevented each year by taking medications properly. Make sure to follow your doctor's instructions for all medications, including those that help control conditions like high blood pressure and diabetes. [Learn about medication safety](#).

**Avoid heavy drinking.** Heavy drinking can lead to many problems, including high blood pressure, various cancers,

psychological problems, and accidents. For men 65 and younger, drinking in moderation means no more than two drinks per day. Men older than 65 should have no more than one drink a day. [Find out about drink serving sizes](#).

**Manage stress.** Balancing work and family obligations can be challenging. But it's important to protect your mental and physical health. [Find healthy ways to cope with stress](#).

**Get enough sleep.** Not getting enough sleep can affect your mood and your health. [Try certain changes that can improve your sleep](#). See your doctor if you think you have a serious problem. Sleep apnea, a common problem in which your breathing stops briefly, can increase the risk of accidents and certain health problems.

**Source: Internet**



EXCELLENCE

# HARTMAN NURSING AWARDS

The 27<sup>th</sup> Harman Nursing Lecture Awards was hosted on 26 October recognizing excellent services rendered by the nursing staff during the year.

Seventy six (76) nursing staff received their clinical excellence awards according to strict clinical criteria. Three winners (Professional Nurse, Enrolled Nurse, and Enrolled Nursing Auxiliary) were announced from each Nursing Module.

***“Excellence is not a destination; its a continuous journey that never ends.”***

— Brian Tracy



# SMILE WEEK

## INITIATIVE

The 10<sup>th</sup> Smile week sponsored by Vodacom Foundation was held between 7 – 11 November 2016 where 43 paediatric patients were scheduled for surgery which included cleft lip and palate, craniofacial and congenital hand surgery. Eight year old Rooney, who was born with a bilateral facial cleft, was part of the very first Smile Week in 2009, also sponsored by the Vodacom Foundation, during which his primary reconstructive surgery took place. The surgery was truly life changing: Rooney has grown into a confident boy who loves sports, especially rugby and soccer. He's doing exceptionally well in Grade R, with his father – who cares for him and his twin brother. Rooney returned this Smile Week, for surgery to correct his eyebrows and for other minor procedures to his face, which will further enhance his confidence and stand him in good stead to continue his remarkable recovery and personal achievements in the future. The Smile week was a huge success with all role players (Tygerberg Hospital personnel, Vodacom and Smile Foundation) on deck.



# UPGRADES

## INTERNS FACILITY BLUE ROOM

**D**r Natasha Chancellor-Maddison started her Internship in January 2016 at Tygerberg Hospital and took it upon herself to initiate a project off the ground. A room that was given to the Interns a number of years ago was transformed from emptiness to a haven, a break away from the normal rush to a place of safety and comfort. Dr Maddison approached corporate sponsors (Sanlam, Formentera BlueStar, Plansure BlueStar and Suggero BlueStar Certified Financial Planners and advisors backed by Sanlam) who bought into the project and beautified the once dull area into a calm, quiet and peaceful atmosphere called the Blue Room. The sponsors also provide a monthly event every third Thursday of the month where they present financial topics and bring a bit of fun in the form of games and prizes. The official hand over of the Blue Room (Room 50, H10 East) was on 25 November 2016. Tygerberg Hospital's Medical Interns expressed their eternal gratitude to the sponsors for their peaceful haven.



**Above:** At the opening of the Blue Room was Dr Granville Marinus, Herman van Zyl, Werner Lubbe, Dr Roshni Mistry, Dr Natasha Chancellor-Maddison, Leon Rossouw and Dr Paul Ciapparelli



**Far left:** Panorama view of the room

### HR

Congratulations to Mr Melvin Fortuin (**pictured far right**) who was appointed in the position of Assistant Manager Nursing Services at Karl Bremer Hospital. The passages on night duty will certainly be quiet. Your commitment, sparkling personality and passion towards the patients and staff will be missed. Wishing you all of the best for the future.



# WORLD KIDNEY DAY

## OBESITY

On Thursday 9 March, the 12<sup>th</sup> edition of World Kidney Day (WKD), which is a joint initiative of the International Society of Nephrology (ISN) and the International Federation of Kidney foundations (IFKS), was celebrated globally. This year the theme was “Kidney Disease and Obesity”, and focused on the harmful consequences of obesity and its association with kidney disease; advocating a healthy lifestyle and recommendations to combat the impact of obesity on kidney disease.

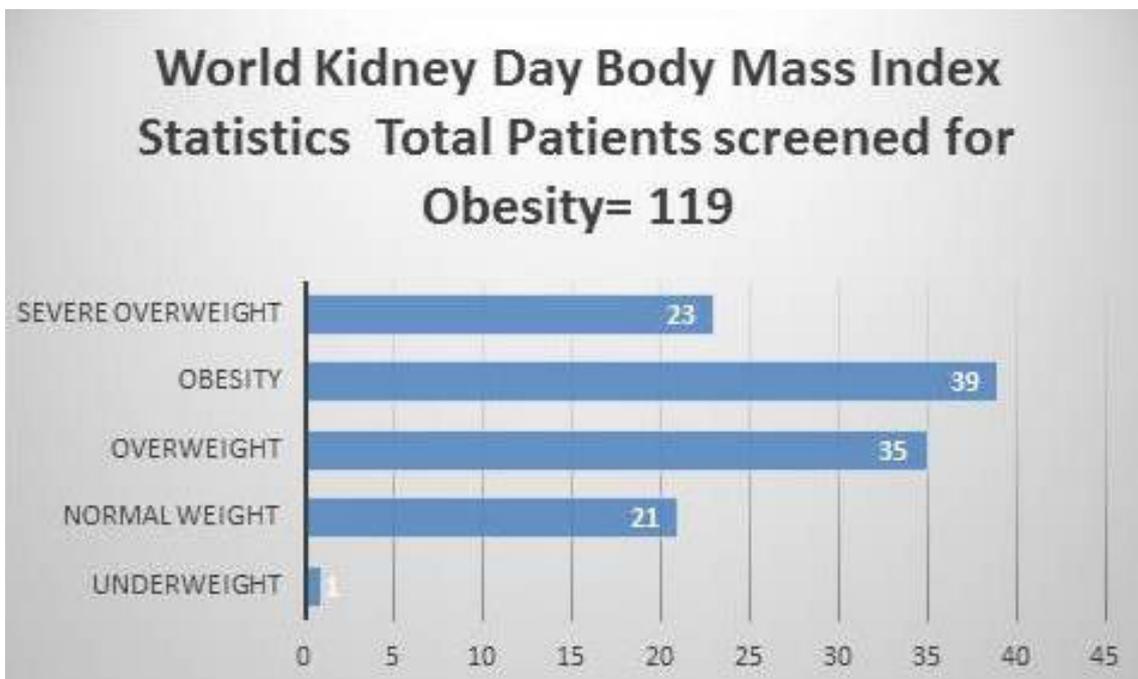
It is estimated that 13,8% of men and 24,9% of women with Chronic Kidney Disease (CKD) in industrialised countries may be associated with overweight and obesity. Obesity

and overweight constitute the fifth highest risk factor of global deaths, as obesity contributes to diseases such as hypertension and diabetes. It has been proven that successful weight loss can result in improved control of diabetes and hypertension, and it can also lower the risk of developing Chronic Kidney Disease.

At Tygerberg Hospital awareness were raised educating the patients and community about the effect of obesity, hypertension and diabetes on kidney health. Exhibition boards with information on risk factors, kidney disease signs, the effect of obesity on kidney disease, healthy lifestyle options and strategies as well as kidney transplant information were prominently displayed.

One Hundred and twenty-three (123) participants were tested (weight, length, Body Mass index and blood pressures). All screening test participants received their documented results as well as counselling on healthy living/lifestyle strategies. Based on the results (graph), it is evident that obesity is a concern. Extensive health information on healthy lifestyle strategies was given. Of the 123 participant's, one person's blood pressure was 162/108. A letter was given for follow-up blood pressure tests at the Community Health Centre or private doctor as he was not known with hypertension.

**Operational Manager Diane Fortuin**





**Western Cape  
Government**

Health

## THE VALUES:



### **Caring**

To care for those we serve and work with.



### **Integrity**

To be honest and do the right thing.



### **Accountability**

We take responsibility.



### **Responsiveness**

To serve the needs of our citizens and employees.



### **Competence**

The ability and capacity to do the job we were employed to do.



### **Respect**

To be respectful to those we serve and work with.



### **Innovation**

To be open to new ideas and develop creative solutions to challenges in a resourceful way



### **Better Together**

The Western Cape Government has a duty to provide opportunities.  
Citizens have the responsibility to make use of them.