

Botshilu Private Hospital

# HEALTH HUB

First Edition

**GET  
CIRCUMCISED  
TODAY**

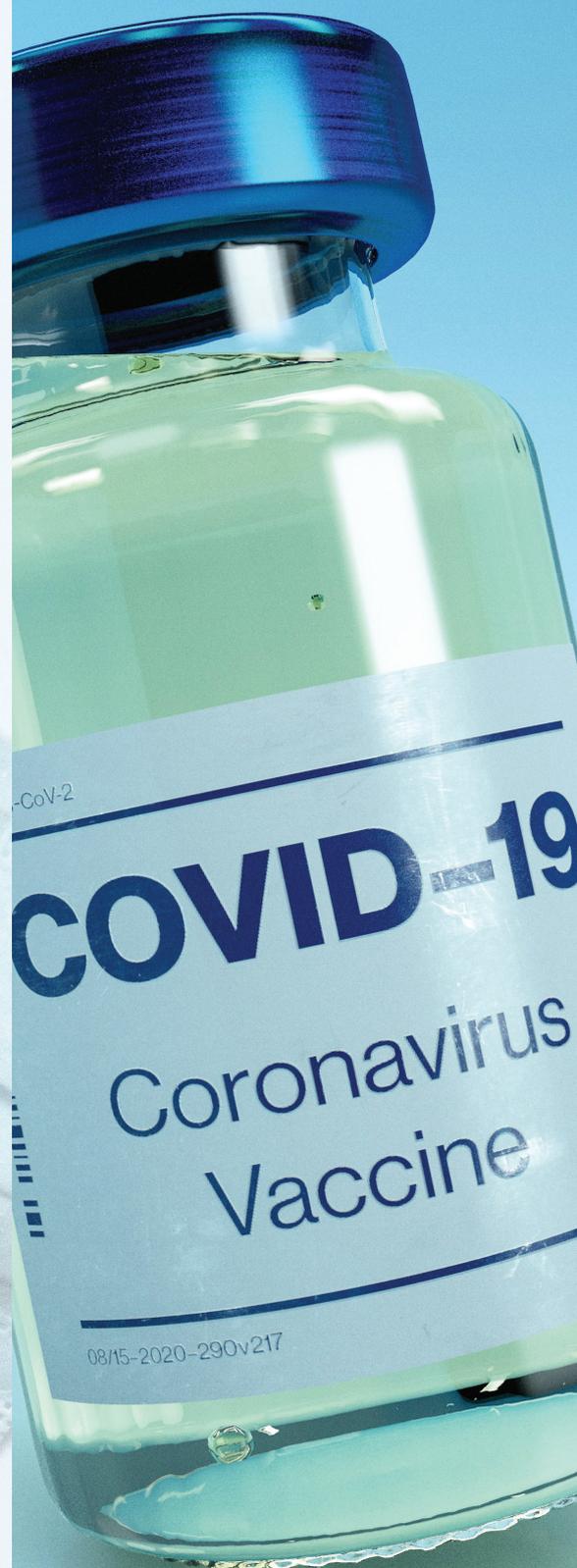
*The Ultimate  
Dad Course  
Special Offer*

**LET'S TALK  
DIET**

[www.botshilu.co.za](http://www.botshilu.co.za)

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# Word from

## Hospital General Manager,

**I**N your hands you hold the first edition of the Botshilu Private Hospital magazine. We are excited about this new venture as it will allow us to reach the masses and develop a structure of communication within our healthcare facility and surrounding communities.

In 2020 the entire world was introduced to the unfriendly virus that took many lives, strained the most developed economies, and put the health industry in the forefront of a pandemic.

Although it was a challenging time, and many healthcare workers lost their lives, we applaud all the front-line workers who sacrificed and committed their time to saving lives. We recognise and appreciate all other essential workers such as healthcare support services, transport drivers, grocery store workers, and police officers, just to mention a few. We also applaud the South African government for their prompt response by implementing the national lockdown. As months went by, we have gained better knowledge of the Coronavirus and how to treat it, and this was through various extensive studies, and we appreciate all the pathology services for the amazing work.

At Botshilu Private Hospital, we have put in place infection control protocols that ensure the lives of our staff, doctors and patients are not compromised. We encourage



all who need medical attention not to delay treatment in fear of contracting the virus inside a hospital; your safety and comfort is of paramount importance.

We endeavour to give the best healthcare possible during this time, and we have slowly enrolled initiatives that encourage engagement with patients; yet observing all COVID-19 restrictions.

Our first initiative was our online Pregnancy Education Campaign that took place on the 27<sup>th</sup> and 28<sup>th</sup> of February 2021 on ZOOM; expecting

parents were afforded the time to engage with the best specialists and won exciting prizes. We will soon launch our mother and baby programme which is developed to empower all expecting mothers and make the journey of pregnancy and motherhood a smooth sail.

We hope that you will enjoy this magazine and that you will find it archive worthy.

*Yours sincerely,*

*Gerrit van den Berg*  
**Hospital General Manager**

Botshilu Private Hospital (BPH) Health Hub, the newsletter for stakeholders of Botshilu Private Hospital. Send suggestions/editorial contributions to:

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# Phelang Bonolo

## Healthcare Group



Picture of **Main Reception Team**

With more than 20 years 'on the ground' experience, Dr Mabitjie Jacky Rampedi had a vision of establishing a 100% black owned private healthcare group to address the needs and deficiencies that exist in the current healthcare industry.

Phelang Bonolo Healthcare (PBH) Group was established in 2006 and its flagship hospital, Botshilu Private Hospital opened its doors in Soshanguve on 01 October 2014. The healthcare group is in partnership with other developments in Gauteng, including Waterfall City Hospital and Pinehaven Private Hospital.

In November 2020, Phelang Bonolo Healthcare Group rebranded in efforts to reposition itself in a distinctive manner. The logo changed to an abbreviation of PBH, and inevitably, the change in the brand look meant a new and refreshed look for Botshilu Private Hospital. The fairly new look is representative of the entity's core values, which are Care, Pursuit of Excellence, People Centric and Integrity.

## Our Values

### Care

We believe that the most important aspect of excellent health service is a caring attitude. This is engrained within our culture and is evident in all our activities. Not only do we strive to look after our patients' well-being, but also those of their families. We also care deeply about our community and we strive to make a difference.

### Pursuit of Excellence

We partner with and employ people who are passionate about the dignity of life and providing the best healthcare for our patients and our country. The results of this pursuit of excellence are seen in the quality of our facilities, our performance, the expertise of our staff and the services we render.

### People Centric

At the core of our organisation is people, they remain our most important focus. Our patients are our core focus. However, staff which provides the caring facilities to our patients are equally important. We strive to support our staff through continuous growth and improvement in their careers. Our people-centric value system also extends to our community where we are always striving to improve their quality of life.

### Integrity

We endeavour to maintain a high standard of integrity in our delivery of healthcare services to the community. Integrity within the Phelang Bonolo Healthcare Group is of paramount importance. We comply with the required legislation and codes governing the healthcare industry and continuously strive to improve our corporate governance structures. We maintain an open door policy and welcome and encourage feedback from patients and staff.





# Impact of **COVID-19** on Businesses and Individuals

by **Lawrence Chetty**, Finance & Admin Manager

The global spread of COVID-19 has resulted in disruption to our daily lives on both personal and professional fronts. The COVID-19 pandemic has also brought fast moving and unexpected barriers which many businesses were not prepared for.

Businesses need to navigate the financial and operational challenges that are brought forth by the COVID-19 pandemic while tending to the needs of their staff, customers, and suppliers. Immediate action is needed to address short-term liquidity challenges and to solve costs, profitability and generate funding to invest in new opportunities. Many companies are faced with decreased sales revenue and increased costs.

Government has tried to assist with reserves within the UIF (Unemployment Insurance Fund) system to extend support to those workers in SMEs (small

and medium sized enterprises) and other vulnerable firms who faced a loss of income and whose companies were unable to provide support. Government is assisting businesses that may be in distress in various ways.

## **Measures of maintaining financial stability during this time:**

### **Budget**

Take time to analyse your finance and draw up a new budget. Cancel subscriptions you do not need, for example, DSTV or downgrade to a lower package. Cancel cell phone subscriptions and go for a prepaid option. Businesses should continuously update their cash flow projections and adjust accordingly.

### **Insurance**

Get new quotations for house and car insurance and compare quotations. Do

this on a yearly basis and you can save a lot of money. Many businesses have insurance for events such as fire, theft, and legal claims, but do not have the added cover against the fallout from a global pandemic.

### **Saving and discounts**

Set up savings accounts like a notice deposit or fixed deposit. Do not underestimate the power of compound interest where you get interest on interest. Interest on home loans has dropped and you should put the additional savings into a savings account or pay extra into your home loan account. Businesses should negotiate with suppliers for discounts should they settle an account within a shorter payment term.

Businesses should note that there are solutions if they are in financial difficulty, banks, service providers and the government can assist with different solutions.



# You've Got Mail

by Tshepo Motau, IT Manager

Photo by **Torsten Dettlaff** from **Pexels**

Phishing, otherwise known as 'online scam', is a cybercrime where individuals are targeted using bait email, telephone, and text message. More often we see that these scams will require someone to click on a link or provide their personal details. Phishing is used widely to target customers via "fake" email or text messages. This scam ensures when the target receives unsolicited emails that they urgently action.

## Bitcoin blackmail scams

Similar to how scammers will sometimes pretend to represent your bank in the hope of coercing victims out of money, they'll also pretend to be hackers with some kind of incriminating evidence. One common variation of this scam arrives in the form of an unsolicited email, where the sender claims to be a hacker who has accessed your PC. They would usually claim to have found some kind of incriminating evidence, or taken over your webcam to capture footage of you

doing something embarrassing or something that is private. The emails promise to send the incriminating evidence to all of your email or social media contacts unless you send some Bitcoin to the blackmailer, and will typically include instructions on how to purchase Bitcoin and where to send it.

Usually, it's all a lie. The phony blackmailers don't have any evidence, and nothing will happen regardless of whether or not you make a payment. This scam is purely a numbers game, where the perpetrators hope that by sending out enough emails, they'll scare enough people into sending them some Bitcoin.

## How to avoid Bitcoin blackmail scams

- Search online to see if other people are saying they've received the same email.
- Don't believe the scammers.

- Always double check URLs to make sure you're visiting a genuine website.
- Don't click on suspicious links that are emailed to you.
- Never disclose your pin or private information.
- Use your common sense.
- Don't trust unsolicited emails or phone calls.

## Final Thoughts

This is the digital era, and everything is going digital even currency is going digitalized. But with this development, ways of scamming are also advancing. Here is a link to the latest email scams doing the rounds which you can check against should you suspect you have an unsolicited email:

<https://www.consumer.ftc.gov/taxonomy/term/873>



WE DELETE BLOOD CANCER

# BE A LIFESAVER

A stem cell transplant is the only lifesaving treatment for many patients with blood disorders

Zaid, 8  
Sickle cell anemia

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Formerly known as



The Sunflower Fund

Partnered by DKMS

# WE DELETE BLOOD CANCER

Previously known as The Sunflower Fund, we were fortunate to get an opportunity for an interview with Alana James, Country Executive Manager of DKMS Africa. Alana shared more on the new venture called DKMS.

**Q: This is a big moment for you and your organisation, can you tell us a bit about the developments?**

It has been an incredible time for us. In 2020 we signed a partnership with a German based NGO and global leader in deleting blood cancers. DKMS has six entities spanning Germany, US, UK, Chile, Poland, India, UK and now South Africa. We are extremely excited to be the fifth continent that the organisation operates in as DKMS Africa. The support and partnership from DKMS have been overwhelming, and the prospects for blood cancer sufferers on the continent are receiving a major injection through this partnership.

**Q: You have also been appointed the Chairperson of the Health Portfolio at the Cape Chamber of Commerce and Industry – tell us about that appointment and what your focus as Chairperson will be.**

As healthcare stakeholders, our foremost role is to share, learn and collaborate while facilitating room for engagement. Therefore, I see my appointment as Chairperson as an opportunity to advocate for patient care and patient access. My role is to create the space for conversations and facilitate discussions on how healthcare stakeholders can extend services with a patient focused approach. Our approach and focus are patients.

**Q: When was DKMS founded? What sparked its foundation?**

The story began 30 years ago. Mechtild Harf, a German mother of two children, was diagnosed with leukemia and needed a blood stem cell transplant. Mechtild did not survive; she left her husband and two daughters behind. Before she died, she made Peter promise that he would not stop fighting until every patient had a matching donor. At the time, there were only 3,000 potential blood stem cell donors registered in Germany. DKMS was founded in 1991 and within one year, the registry counted 68,000 potential donors. To date, DKMS has registered 10.5m people across the world.

**Q: What does DKMS do?**

DKMS is an international non-profit organisation dedicated to the fight against blood cancer. Founded in Germany in 1991 by

Dr Peter Harf, DKMS and the organisation's 900+ employees have since relentlessly pursued the aim of giving as many patients as possible a second chance at life. With over 10.5 million registered donors, DKMS has succeeded in doing this more than 91,000 times to date by providing blood stem cell donations to those in need. This accomplishment has led to DKMS becoming the global leader in the facilitation of unrelated blood stem cell transplants. The organisation has offices in Germany, the US, Poland, the UK, Chile, and South Africa. In India, DKMS has founded the joint venture DKMS-BMST together with the Bangalore Medical Services Trust, while in South Africa, DKMS works together with its partner, The Sunflower Fund. International expansion and collaboration are key to helping patients worldwide because, like the organisation itself, blood cancer knows no borders.

**Q: When was The Sunflower Fund founded? What sparked its foundation?**

The organisation was founded in 1999. It was inspired by the heroic struggle against Leukemia of two brave young men, Darren Serebro and Chris Corlett. While in treatment for Acute Lymphoblastic Leukemia, Chris Corlett painted a picture entitled 'Sunflowers of Hope'. This became the inspiration for the name The Sunflower Fund, by his mom Tina Botha the founder of the organisation.

**Q: What does DKMS Africa and the global entity want to achieve?**

We want to change the situation for patients in South Africa and around the world. Our shared mission is to give as many patients as possible a second chance at life.

**Q: What do you hope for in the future?**

Our mission is to help patients not only from South Africa but also Africa and globally. Every patient, wherever they are based, deserves a second chance at life. We need to grow across national borders to the benefit of patients all over the world.

**Q: Why is it so difficult for South African patients to find a matching donor?**

For patients diagnosed with blood cancer or other life-threatening blood disorders such as Leukemia or Thalassemia, their only hope of cure is a blood stem cell transplant from a matching donor. We need to create awareness and education at different levels of society, particularly among communities where donor numbers are low. A genetic twin is necessary, whose relevant tissue characteristics/DNA (HLA) match those of the patient as closely as possible. Tissue characteristics are heavily influenced by the ethnic background and vary according to genetics and region. Patients and



donors of African origin and mixed race have unique tissue (HLA) characteristics which are severely under-represented in global database. South Africa's rainbow nation is at a distinct disadvantage, requiring a large pool of prospective donors.

Every 27 seconds worldwide and every five minutes in South Africa someone is diagnosed with blood cancer or other life-threatening blood disorders such as Thalassemia or Sickle Cell Disease. For many of these patients, their only hope of cure is a blood stem cell transplant from a matching donor.

**Q: What are the benefits of the partnership?**

DKMS has a wealth of expertise in raising awareness and is also heavily involved in the fields of medicine and science, with its own research unit focused on continually improving the survival and recovery rate of patients. In its high performance laboratory, the DKMS Life Science Lab, the organisation sets worldwide standards in the typing of potential blood stem cell donors.

Our team's capacity has greatly amplified along with physical and financial resources to support more patients each year.

**Q: How many patients find a matching donor in their own family?**

25 percent of patients find a matching donor in their own family, but majority depends on an unrelated donor.

**Q: Where does the matching donor come from?**

A donor match could come from anywhere in the world; it is important that we expand our donor pool in numbers and diversity.



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# EFFORTS TO REDUCE MATERNAL MORTALITY THROUGH PREGNANCY EDUCATION CAMPAIGNS

Imagine going through the most miraculous journey of life without proper guidance and information that will equip you to have a happy and healthy pregnancy!

During the month of February 2021, in support of Pregnancy Education Campaigns, Botshilu Private Hospital hosted free online seminars for expecting

parents on the 27<sup>th</sup> and 28<sup>th</sup> of February 2021, during which expecting parents gained useful insight from our specialists in the fields of obstetrics and gynaecology, and from the broader medical fraternity in general.

The platform was dedicated to empowering mummies and daddies-to-be to make

informed decisions about their pregnancies and parenting experience. Undoubtedly, and with the experts wealth of knowledge and advice, these decisions are very crucial as they will not only impact directly on the expecting parents but on the life and future health of their precious new bundles of joy as well.

The COVID-19 pandemic has forced the hospital to limit physical contact activities, and some activities have now moved online. We wish to thank Soshanguve Crossing Mall and Wonderpark Mall for allowing us to increase awareness of our seminars through mall activations that ran for two weeks.

The internet has been a hub of useful information, and some have dubbed it 'Dr Google', as people search for their symptoms online with the hope of acquiring accurate diagnoses and treatment thereof. During the seminar, parents-to-be were afforded the opportunity to ask our specialists questions to alleviate their concerns. Some expecting parents won amazing prizes and everyone walked away with a goodie bag.

**PBH** BOTSHILU PRIVATE HOSPITAL  
Where healthcare meets you.

**Taking baby steps with you!**

**TWO DAYS PREGNANCY EDUCATION ONLINE SEMINAR**

Inviting all expecting Mommies and Daddies to join our **FREE** Online Pregnancy Education Seminar

(Saturday & Sunday)  
27 & 28 February 2021  
Time: 09:00am – 15:30pm

**BOOKING IS ESSENTIAL**

RSVP on  
info@phelangbonolo.co.za or scan the QR Code.

Stand a chance to **WIN** amazing prizes!

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**A father is his daughter's first romance and his son's first hero.**

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**Dad Coach Craig Wilkinson** has designed **THE ULTIMATE DAD COURSE** from years of research into

fatherhood and his own first-hand experience raising his children to adulthood. **This online course will give you the tools you need to raise healthy, happy children.** And you can do it at your own pace, in your own time - simply sign up and you will gain **lifetime access to all course material, wherever you are.**

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## A Mommy's Guide To First Aid

Child care can be intimidating, whether you are a new parent or an experienced parent; from sleepless nights to the occasional Emergency Room visits, certainly this journey may not be the easiest walk in the park. Any parent's biggest fear is finding themselves in a predicament where their child has injured themselves, or worse, unresponsive.

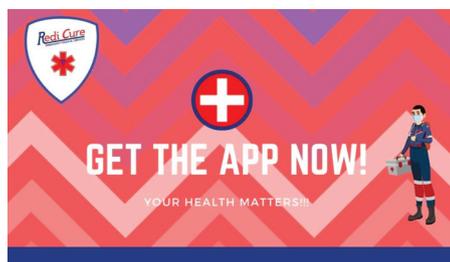
First Aid skills are imperative, more especially when you have a young one, you can be the one to save your child's life. They are not skills needed to be acquired by parents only, but also, caregivers. Children naturally rely on their elders to be provided for, cared for, and ensure that they are safe.

At RediCure Emergency Services (EMS), we do not only pride ourselves on the efficiency of the service we render, but the quality and assurance that health can be restored. We equip all the people willing to learn about the very necessary 'life-skills'.

### Instances where First Aid Skills will come in handy

First Aid can be useful in various situations. You may need to help a child who:

- Has a simple injury like a cut finger.
- Has a more serious problem like a broken arm.



- Is unconscious and needs protection.
- Is in a life-threatening situation, such as a severe asthma attack.

### Some of the most common causes for injuries in young children include:

- Falls, such as tripping when running or falling from a bike or a bunk bed.
- Burns caused by hot water, fire or exposure to the sun.
- Poisoning from touching, swallowing, or inhaling harmful substances such as glue or toxic fumes.
- Drowning.



Having the practical knowledge of first aid will make certain medical emergencies less stressful because you will have the confidence on what to do.

### What to do in an emergency

Time is always of the essence and in a matter of an emergency, it is important that you know who to dial, and you are guaranteed that they will heed to your call with urgency. In any emergency, such as a sudden and severe illness, serious injury or you need medical attention, dial RediCure EMS; for your convenience, we are available on Google Play and Apple App Store.

However, while an ambulance is on its way, you need to know the basic life support steps. A simple way to remember the order of the steps you need to take with first aid is the DRS ABCD. These stand for:

- **Danger** – Make sure you and others are safe.
- **Response** – If they respond to you, make them comfortable and monitor them.
- **Send for help** – Call or activate RediCure EMS for an ambulance through the mobile Panic Button (Mobile App).
- **Airway** – Open the mouth; if there is something in their mouth place the child on their side, and clear the airway with your fingers.
- **Breathing** – Look, listen and feel for breathing. If they are breathing normally, place in the recovery position. If they are not breathing, start CPR.
- **Cardiopulmonary resuscitation (CPR)** – 30 chest compressions and two rescue breaths, continue until help arrives.
- **Defibrillation** – Apply a defibrillator if one is available and follow the instructions.

### Ready to Care

We are in Nina Park, North of Pretoria, and two of our ambulances are situated in the premises of Botshilu Private Hospital. Our motto is 'Ready to Care', meaning we value holistic patient treatment and patient experience.

We are committed to providing efficient medical services, and hence we developed the RediCure EMS mobile app, because we know that accidents or emergencies can happen at any time of the day. The app's software allows us to track the exact location and information of the patient who would have activated the service.

The App is linked to our Emergency Operations Centre (EOC) through Tom-Tom Telematics (Web fleet) which will facilitate the dispatching and monitoring of your ambulance from upon service activation, to admission into the hospital.

### First Aid Training

RediCure is an accredited training provider through the Health and Welfare Sector Education and Training Authority (HWSETA). We also offer the basic life support (BLS) course from the American Heart Association (AHA).

For more information about RediCure EMS and its training service, you can contact us via email at [training@redicure-emergency.co.za](mailto:training@redicure-emergency.co.za) or via WhatsApp on 082 315 1687.



# Your Health is Your WEALTH

by Marisa Marais, Nursing Services Manager



Photo by **Tim Mossholder** from **Pexels**

There is no better investment than the investment you put in yourself. Maintaining a healthy lifestyle does not always come easy, but it starts with the little habits you adapt into your everyday life. The importance and benefits of healthy living have value beyond any price. Health is not entirely summarised by your physical wellbeing, but also your mindfulness and the thoughts that run through your mind on a daily. And just like any other muscle in our body, the brain is also an important muscle and if you do not give it a regular "workout" it loses its tone.

## Here are tips to improve your overall body and mind fitness:

- ✓ Do a physical exercise for at least 30 minutes each day. Do something that you love, such as swimming, jogging, dancing or walking.
- ✓ Read often and read widely, keep your brain interested.
- ✓ Challenge your memory, learn a new language, and do crosswords.
- ✓ Take time to relax.
- ✓ Eat healthy and cut out the sugar.
- ✓ Breathe, de-stress, use mindful breathing exercises, you can do this anytime and anywhere.
- ✓ Practice 'self-care', style your hair, do your nails and hug yourself.
- ✓ Avoid negativity, surround yourself with positivity and positive people.
- ✓ Find your purpose in life – wake up every morning with a purpose.
- ✓ Never give up on anything.
- ✓ Love life! It happens only once.



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AND HAVE NO MEDICAL AID?

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FEE INCLUDES:

- DOCTOR
- ANAESTHETIST
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### IMPORTANT NOTICE

All patients are requested to test for COVID-19 72 Hours before the procedure and bring their results on the day of the procedure.

It's important to also quarantine at home whilst waiting for the results.

#### UROLOGISTS

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DR D QUBU  
012 798 7030

#### GENERAL SURGEONS

DR M MUFAMADI  
DR MS MAKGOKA  
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# Know the A – Z of ANTIBIOTICS

## 'A' is for antibiotics which...

...kill or stop the growth of bacteria causing infections.<sup>1,3</sup> They don't work on infections caused by viruses.<sup>1</sup>

## Why did my doctor prescribe an antibiotic?



Antibiotics can help fight certain infections caused by bacteria.<sup>1,2</sup> Some common infections treated with antibiotics include:<sup>1,7</sup>



**Ear, throat and nose infections**  
i.e. sinusitis, pharyngitis, otitis media



**Chest infections**  
i.e. bronchitis, pneumonia



**Bladder infections**  
i.e. cystitis



**Skin infections**

## Top Tip!

✓ Say **YES** to antibiotics when needed for certain infections caused by bacteria.<sup>2</sup>



✗ Say **NO** to antibiotics for infections caused by viruses, such as colds and flu or runny noses, even if the mucus is thick, yellow or green.<sup>2</sup>

## What are antibiotic resistant bacteria?



People use antibiotics far too often, even when they are not needed.<sup>1</sup> **This causes antibiotic resistance** which occurs when bacteria no longer respond to the medicines designed to kill them.<sup>1,2</sup>

1. Bacteria become resistant to the antibiotic.
2. The antibiotic can't fight the resistant bacteria, and the bacteria multiply.
3. Resistant bacteria are harder to treat and can spread to other people.

## 'S' is for side effects...

Antibiotics may cause side effects such as **nausea, vomiting, diarrhoea, dizziness** and **skin rash**.<sup>1,2,3</sup> Antibiotics may also increase the likelihood for women to develop **'thrush'** (a vaginal yeast infection).<sup>1,3</sup>



Some side effects are more severe and, depending on the antibiotic, may affect the function of the kidneys, liver, bone marrow and other organs.<sup>3</sup>

## Am I allergic?



Allergies to antibiotics can range from causing **minor rashes or itching** to serious and even life-threatening reactions.<sup>1</sup> Severe allergic reactions usually include **swelling of the throat, inability to breathe** and **low blood pressure**.<sup>3</sup>

## Top Tip!

Tell your doctor about any reactions to the antibiotic, but don't assume you are allergic to it.<sup>1</sup> Many people think they are allergic to an antibiotic when it may be a side effect.<sup>3</sup>



## Get on the road to recovery

Trust our anti-infectives to fight infection

## Antibiotic do's and don'ts

### DO:



- Only take an antibiotic when prescribed by the doctor or clinic for a specific bacterial infection.<sup>1</sup>
- Take the antibiotic exactly as directed
  - don't skip doses or take more or less than prescribed.<sup>1</sup>
- Finish the full course of the antibiotic
  - if you stop the antibiotic too soon, the infection may return.<sup>3</sup>

### DON'T:



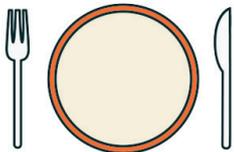
- Never take an antibiotic prescribed for someone else<sup>1</sup>
- Never take antibiotics prescribed to you for a previous illness<sup>1</sup>

## How should I take it?

Your doctor, pharmacist or clinic sister can explain how to take prescribed antibiotics:<sup>3</sup>

### Either on an empty stomach, or with food<sup>3</sup>

Some antibiotics are best absorbed on an empty stomach.



Other antibiotics are taken with food to improve absorption or to reduce stomach upsets.



## Top Tip!

Some antibiotics interact with other medicines you may be taking, reducing the effectiveness or increasing the side effects of the antibiotic or the other medicine<sup>3</sup> – so tell your doctor or pharmacist if you're on any other medicines!



Most antibiotics don't interfere with the effects of the oral contraceptive pill.<sup>4</sup> However, if the medication reduces the effectiveness of the Pill, additional barrier methods of contraception i.e. condom, are advised<sup>4</sup> e.g. Rifampicin (used for tuberculosis).<sup>4</sup>

## 'P' is for probiotics

- Some probiotics may help prevent antibiotic-associated diarrhoea in adults and in children.<sup>5</sup>
- *Lactobacilli* may help restore normal vaginal flora and help prevent thrush in women taking broad-spectrum antibiotics.<sup>6</sup>



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Speak to your Healthcare Professional for more information



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# GINGIVITIS AND PERIODONTITIS

## COMMON ORAL HYGIENE DISEASES

by Dr T Sepeng, Dentist

The practice of good oral hygiene does not only keep the teeth strong, but it is also vital to the health of the gums and for fresh breath. Like most parts of our body, the mouth consists of organs that work hand in hand, meaning when you neglect one part of the mouth, the other is affected. The mouth consists of both soft tissue (gum) and hard tissue (teeth and bone), which requires to be well taken care of. This helps to avoid oral diseases. The focus of this article will be on the two most common oral diseases, which are:

**Gingivitis** and **Periodontitis**.

## GINGIVITIS

What is Gingivitis? (**Gingiva**=Gum, **itis**=Infection)

Gingivitis is a type of gum disease that causes inflammation of the gum due to bacterial infection. Gum infections can be due to food that is not timeously removed through brushing and flossing of teeth, leading to a build-up of plaque. When left untreated, Gingivitis results in the swelling and bleeding of gums.

### Symptoms of Gingivitis

- Gums that are red, tender, or swollen
- Bleeding of gums when brushing or flossing
- Pain when chewing
- Bad breath



## PERIODONTITIS

What is Periodontitis? (**Periodont**= soft + hard tissues, **itis**=Infection)

Periodontitis is a serious infection of both the hard and soft tissues in the mouth. Bacteria in the mouth, multiplies and forms a substance known as Dental Plaque. When the plaque is not removed by a dentist, the bacteria add minerals to the plaque that hardens into a substance called Calculus which then eats away the bone that supports the teeth.

### Symptoms of Periodontitis

As periodontitis progress, teeth become mobile and loose. Periodontitis is categorised into three stages which are:

- **Early Periodontal Disease** - inflammation and bleeding gums.
- **Moderate Periodontal Disease** - more bone that support the teeth is lost, teeth become mobile.
- **Advanced Periodontal Disease** - loss of teeth and painful abscess spreading beneath the gum.



## Treatment for Gingivitis and Periodontitis

- **Thorough cleaning by a dentist** - scaling to remove tartar or dental calculus from the gum line, smoothen rough areas and to remove plaque.
- **Antiseptic mouthwash** - to disinfect the mouth.
- **Oral antibiotics** - used to treat persistent areas of gum inflammation.

*“As strong as the teeth may appear, they need to be taken good care of.  
A brush a day keeps the bacteria away.”*

# Stomach Ulcers

By Dr M Mufamadi & Dr M Makgoka



Photo by **Andrea Piacquadia** from **Pexels**

The 21<sup>st</sup> century is marked by great developments in terms of the practice of surgery. Very often there are patients who have been diagnosed with stomach ulcers and empirically started on treatment for ulcers. Without proper initial assessment, these patients usually end up having repeated consultations with the same complaints. There will always be a question of whether there is no response to treatment, or issues pertaining to lifestyle, or risk medication from the patient's side.

However, as surgeons, we always view the diagnosis of stomach ulcers as one that must be done with complete evaluation that seeks to make sure there

is no other diagnosis causing similar symptoms. Stomach ulcers symptoms sometimes mimic gallstones (stones in the gallbladder) and pancreas (the organ that helps with digestion and control of sugar in the blood) related symptoms. It is important to correctly diagnose and treat stomach ulcers. Stomach ulcers can complicate and cause serious emergencies such as bleeding, perforation, and blockage of the communication between the stomach and small bowels in the long run.

Proper history, evaluation and targeted investigations are a cornerstone to eventually being treated correctly and successfully. At Botshilu Private Hospital,

we can do all the diagnostic and treatment interventions for stomach ulcers for both early problems and complications using modern endoscopic and laparoscopic approach (these are minimal invasive or access procedures). We are also able to treat all other problems like Gallstones and pancreas related problems which on presentation may mimic stomach ulcers. These are all done in a safe theatre environment with the patient comfortable throughout. These can still be done safely even now during COVID-19 times with all regulations followed.

# Did you know?

Emergency Room Units weigh medical issues to classify whether the case is life threatening or not? This guides the healthcare practitioner to decide the order of treatment and identify the degrees of urgency to illnesses or wounds.

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# LET'S TALK DIET

**Diet** is a word that is used to describe habitual eating patterns, at times associated with adopting good eating habits and sometimes adopting bad eating habits in efforts to shed a few pounds. What is a known fact is that the food you consume will determine the quality of life you will live; acknowledging that we have the World Wide Web for all the trends in eating healthy, but there is no other who is best to consult with when it comes to your nutrition, than a Dietician.

Dietetics is a registered health profession that involves translating science of nutrition and food to promote and maintain good health. Nutrition plays a pivotal role in all aspects of healthcare including growth and development, health promotion and disease prevention, and importantly in acute and chronic disease management.

At Botshilu Private Hospital, we have two inhouse dieticians, Mr VA Sape and Mr KS Medupe. The practice provides timely nutrition assessment, dietary advice, education and counselling, discharge diet plans and instructions, and nutrition monitoring and evaluations, at the high quality standards to meet the needs of patients with various backgrounds. The services also include nutritional formulas, enteral and parenteral feeds calculations, calorie counting, and nutritional analyses are completed when appropriate.

Nutrition services are available for people of all ages such as, premature newborn, infants, children, adolescents, adults, and nutritional services focused on elderly people. The services play a pivotal role for those diagnosed with diabetes, hypertension, dyslipidaemia, cardiovascular disease, liver diseases,

renal disease, gastrointestinal diseases, cancer, malnutrition, patient requiring enteral and parenteral feeding, HIV/AIDS, burns and MVA. To book your consultation contact (012) 798 7091 or send an email to [admin@nutritionathand.co.za](mailto:admin@nutritionathand.co.za)



Photo by *Ovidiu Creanga* from *Pexels*

# The Art of Plastic Surgery

by **Dr K Segwapa**, Plastic & Reconstructive Surgeon

**Plastic surgery** is a surgical speciality involved with both the improvement on a person's appearance and the reconstruction of facial and body tissue defects caused by illness, trauma, or birth disorders. Plastic surgery restores and improves function, as well as appearance.

At DKS Clinic & Spa, we aim to provide personalised plastic surgery procedures with individualised attention. We also aspire to offer services to a variety of conditions regardless of financial resources, and thus we do a lot of pro bono work with a Non-profit organisation, Smile Foundation (public sector) and Netcare Foundation (private sector), Kenyatta National Hospital and University of Nairobi in Kenya.

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- **Slender Wonder Medical Weight Loss Programme** - Treats the cause of obesity and overweight, and not just the symptoms. Obesity and overweight are medical conditions and should be treated as such.

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**Up to 5.75% of pregnant women in SA develop pre-eclampsia, with high blood pressure and high levels of proteins in the urine.**

**Pre-eclampsia can be dangerous - your baby may not grow well or be born preterm and your brain, eyes, liver and kidneys may be affected. Discuss pre-eclampsia screening with your doctor. Screening is simple and requires a sonar and blood collection. If your test indicates a high risk, preventative treatment is available.**

# PATIENT APP

## Get your COVID-19 and other test results in real time



### STEP 1

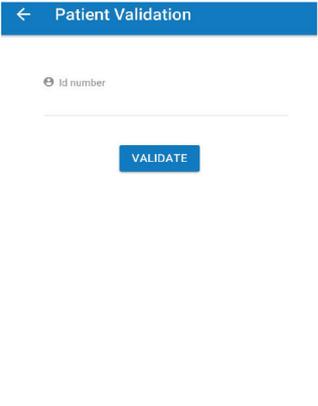
DOWNLOAD THE APP



Download the Ampath App from the Google Play or IOS App Stores

### STEP 4

Enter your ID or passport number and validate



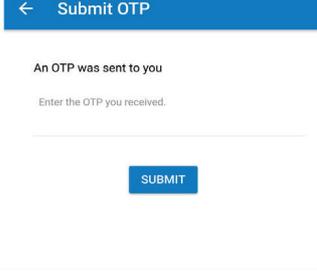
← Patient Validation

Id number

VALIDATE

### STEP 7

Type in your OTP code that you received via sms or email



← Submit OTP

An OTP was sent to you

Enter the OTP you received.

SUBMIT

### STEP 2

Select the register option



#### Ampath Results for Patients

Your lab results will be made available to you electronically, after the laboratory has completed the tests. Certain test results requiring a doctor's interpretation and consultation will not be displayed. We will advise you of such results, if applicable. To make use of this facility, please register online and/or download our Ampath Results for Patients App from either the Google Play Store or the Apple App Store.

ID Number

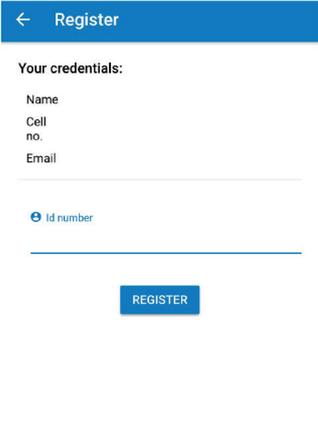
Pin Code

SIGN IN REGISTER RESET PIN

VIEW PRIVACY POLICY

### STEP 5

Confirm your personal details and submit



← Register

Your credentials:

Name

Cell no.

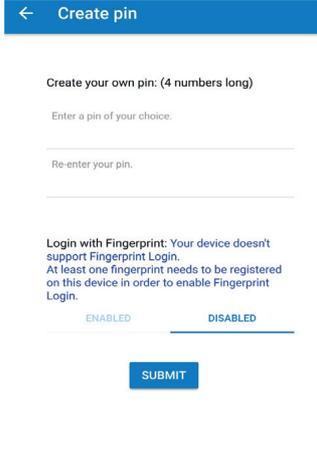
Email

Id number

REGISTER

### STEP 8

Create your own 4 digit pin



← Create pin

Create your own pin: (4 numbers long)

Enter a pin of your choice.

Re-enter your pin.

Login with Fingerprint: Your device doesn't support Fingerprint Login. At least one fingerprint needs to be registered on this device in order to enable Fingerprint Login.

ENABLED DISABLED

SUBMIT

### STEP 9

Enter your ID/passport number and newly created pin and select the sign in option to access your results

Please note you can register and access your results directly on our website via the following url:

<https://extranet3.ampath.co.za/patientportal/>

\*Depending on your doctor's instructions, some test results may take up to 7 days to appear on the app.

### STEP 3

Please read our terms and conditions carefully and submit

absolute security.

**Contact Us**

If you have any questions or suggestions about our Privacy Policy, do not hesitate to contact us at [cg.cs.it.apm.support@ampath.co.za](mailto:cg.cs.it.apm.support@ampath.co.za).

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Terms and Conditions

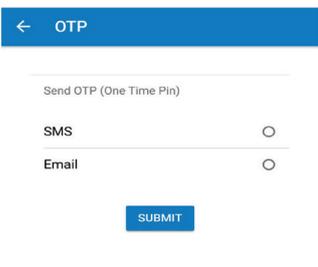
Accept

Reject

SUBMIT

### STEP 6

Select your preferred communication preference in order to receive your one time pin (OTP) code



← OTP

Send OTP (One Time Pin)

SMS

Email

SUBMIT





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