

HEILBRON Kliniek



Heilbron Kliniek ondergaan tans verbeteringe deur verbouings en verbekings wat gedoen word. Dit gaan vir die volgende paar maande baie deurmekaar wees by die kliniek, maar dit is tot voordeel van hulle pasiënte. Die wagkamer en ontvangs is onder konstruksie en gaan vergroot word. Verder word die vertrekke uitgeverf, nuwe teëls word gelê en die vensters kry blinders. 'n Verdere vier afdakke vir voertuie is opgerig en die dak en pallisade is reeds netjies geverf. Die kliniek gaan ook binnekort met 'n addisionele stoorkamer spog. Herstelwerk word aan die veiligheidshekke gedoen om dit weer in behoorlike toestand te kry. Daar word beplan dat die projek teen einde September 2019 voltooi sal wees. Pasiënte is steeds baie welkom om die kliniek te besoek en word versoek om geduldig te wees tydens die verbeteringsproses - Heilbron Kliniek funksioneer steeds voluit.



Op die foto's bo dele van die Kliniek is afgesper vir herstelwerk.



Heilbron Kliniek ontvang steeds pasiënte. Op die foto bo van die pasiënte en personeellede.

Aandag alle ouers!

• Heilbron Kliniek

Na aanleiding van TB uitbraak in Koppies en Parys skole wil ons die ouers bewus maak van moontlike TB simptome.

KINDERS MET TB SIMPTOME

- Hoes vir meer as 2 weke sonder verbetering

met behandeling.

- Aanhoudende koors vir 2 weke en meer.
- Onverklaarbare gewigsverlies.
- Uitputting (Altyd moeg).
- Nagsweet - deurdrenkend.

Kontak die naaste kliniek indien enige van hierdie simptome waargeneem word.

Teenage Pregnancy?

• Heilbron Clinic

WHAT IS TEENAGE PREGNANCY?

Teenage pregnancy is the condition of a girl falling pregnant between the ages of 13 and 19. It is important to note that the age of the father doesn't count, teenage pregnancy is determined only by the age of the mother. If a young woman aged 17 falls pregnant, it doesn't matter whether the father is also 17 years old, or 27 or 47 or any other age - it is still a teenage pregnancy.

WHY DO TEENAGERS FALL PREGNANT?

- My boyfriend told me that I couldn't get pregnant the first time I had sex, and I believed him. Now I know how wrong he was, but I can't undo my mistake.
- Nobody ever told me about pregnancy. I didn't know what contraceptives are, how they work, or why they are necessary.
- I wanted to fit in with my friends. They were all having sex with their boyfriends, I thought I'd be more popular if I did it too.
- Nobody at my school thought of me as a pretty girl. When a boy noticed me and made me feel special, it felt so good I didn't even think twice when he asked me to have sex with him.
- My boyfriend and I got drunk, I know I should have used a contraceptive, but it didn't seem to matter while I was drunk. Now I'm paying the price of those drinks.
- I was raped by my uncle when I was fifteen. I was so ashamed, I didn't do any-

thing about it and didn't tell anybody.

- It's easier for city girls to avoid falling pregnant. We live in the rural areas, there are no clinics nearby to supply us with contraceptives.

- My boyfriend and I were just playing around. I never meant it to go any further than just kissing. Then it just happened so fast that I couldn't think properly.

- I was scared that my boyfriend would leave me. I thought that if I fell pregnant he'd stay with me and we'd become a family.

- My parents and I fought a lot about my boyfriend. He said that I should move out of home, and we could live together and be independent. When I fell pregnant, I thought he'd be there to support me. Instead, he left me. He has never even seen our baby.

- My parents said I had to bear a child to prove my fertility.

- Important but painful decisions - What are you going to do about the baby? How will you tell your family and friends?

- Medical risks - What if the baby is born very early or very small, or has birth defects?

- Only around 50% of girls who fall pregnant before age 18 go on to finish school. What about your career plans and life goals?

- The mother is often rejected by family and friends.

- Unwanted teenage pregnancy often causes feelings of disappointment, anger, depression, loneliness, anxiety and insecurity for the mother. Can you cope with these

negative feelings?

- The suicide rate for pregnant teenagers is ten times higher than for other groups.

- The teenage mother often doesn't have the skills or resources to look after the child, and often has to give it over to others for care.

The new of unwanted teenage pregnancy is often met with denial, shock, disbelief and crying. The pregnant women may consider not telling anybody hiding away, even committing suicide. The best way to deal with the problem is not to run from it, but to confront it and deal with it as calmly as possible.

You will need to tell your family, friends and the father of the baby. Remember that this news will be a shock to everybody. Very often, reactions focus on how the pregnancy happened. The past cannot be changed now, so you should focus instead on the future - what are you going to do about the baby? It is a time of difficult questions and decisions. Panic or fighting will only make these decisions harder. It is in everybody's best interests to stay calm, discuss the options, and come up with the best solutions for your case.

So what options are open to you? There are several:

MARRIAGE

This could be done by mutual agreement with the father, and for the sake of the child. Sometimes it is done for financial reasons, or is forced on the couple by the parents. It can lead to problems, like missing out on opportunities, a feeling of being trapped in the marriage, or an unstable or unhappy home. These problems may lead to divorce.

SINGLE PARENTHOOD

This means raising the child on your own. This happens if the father is not ready or willing to share responsibility for the child, or denies being the father. Although single parenthood will not trap you in loveless marriage, it is also very difficult to raise a child without the support of the father.

ADOPTION

This means giving the baby up to a welfare organisation for permanent placement with another family. Adoption is often chosen by a mother who wants to start a new life, rebuild her future and give the child a better chance with a stable family. However, many young mothers feel guilty for making such a decision.

FOSTER CARE

This means placing the child with a welfare organisation or another family until you are older and more responsible to raise the child. This option allows you to keep the child, but delays your responsibility for the child until you are in a better position to care for it.

FURTHER LEGAL ISSUES CONCERNING PREGNANCY

CONTRACEPTION

You are legally allowed to obtain contraceptives, even those that must be medically supervised, without your parents' consent.

STATUTORY RAPE

Sex with a person under the age of 16 (heterosexuals) and 19 (homosexuals) is called statutory rape and is punishable with a sentence of up to 6 years in prison, with or without a fine of up to R12 000.

HIV TESTING

If you are 14 years of age or older, you can decide to have an HIV test. If you are younger than 14 years, you will need the consent of your parents.

MARRIAGE

At 18 years or older, you do not need parental consent to get married.

ADOPTION

If you decide to give up a baby for adoption, then you must sign the legal papers authorising the adoption, irrespective of your age. No parental consent is needed.

WHERE TO FIND HELP

For more information about teenage pregnancy, feel free to talk to:

- Your parents
- Life orientation/guidance teachers at school
- Health care workers
- Educators

Or you can contact your nearest:

- Clinic
- Health centre
- Hospital
- Pharmacy
- Department of Health
- Non-governmental Organisations (NGOs) that deal with teenage pregnancy.

For more information on pregnancy and HIV and AIDS, please contact your nearest clinic.

Is jy JAG gereed?

Kepse, hemde en meer NOU beskikbaar

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