

# HEILBRONKliniek

## Verstaan Diabetes

**WAAROM GAAN DIT ALLES?  
WAT GEBEUR IN 'N DIABETIESE  
PERSOON.**

**K**os wat geëet word, word afgebreek tot nutriënte wat in die spysverteringskanaal vrygestel word. Stysels (koolhidrate) verskaf energie. Die stysel word afgebreek na suikermolekules. Die suiker word in die bloed geabsorbeer as bloedsuiker (glukose).

Bloed vervoer die bloedsuiker na elke liggaamsel. Die selle sit die bloedsuiker om na energie sodat die liggaam aan die lewe kan bly.

Die liggaam maak 'n hormoon INSULIEN soos benodig. Insulien word in die bloed na die selle gestuur. Insulien is nodig vir die selle om bloedsuiker op te neem.

Insulien heg aan die sel. Die insulien maak die selwand oop net soos 'n sleutel 'n deur oopmaak. Sodra die selwand oop is kan die bloedsuiker vanaf die bloed na die sel gaan.

Diabetes word nie veroorsaak deur te veel van 'n sekere kos te eet nie. Geen enkele kos of 'n kombinasie van kosse kan diabetes veroorsaak nie.

Diabetes staan soms bekend as "suiker-siekte". Gevolglik glo sommige persone dan dat dit suiker is wat diabetes veroorsaak.

Navorsing het bewys dat diabetes nie veroorsaak word deur te veel suiker te eet nie.

Die oorsake van diabetes is nog nie volledig verklaar nie.

### DIE VERSKILLENDE Tipes DIABETES

**Daar is twee tipes diabete:**

**Tipe 1:** Die insulienafhanklike of "kind-diabetes" (IADM)

Vind gewoonlik in jongmense plaas. Hulle benodig insulieninspuitings want hulle liggame maak nie genoeg insulien nie.

**Tipe 2:** Die nie-insulien afhanklike of volwasse aanvang diabetes (NIADNM)

Is algemeen by ouer mense. Hulle liggame kan nie insulien goed benut nie. Hulle mag tablette nodig hê.

Daar is sekere tekens wat daarop wys

dat die liggaam nie die bloedsuiker gebruik nie.

**Tekens soos:**

- baie dors
- gereelde besoek aan toilet
- baie honger
- gewigsverlies
- baie moeg
- pyne en skete
- jeukerigheid en velinfeksies

'n Bloedtoets sal wel aandui of 'n persoon diabetes het.

**Diabetes kan enige persoon affekteer:**

- jonk of oud
- alle populasies en kulture
- ryk en arm
- diabetes is 'n genetiese siekte. Dit beteken dit kom in families voor.

• oorgewig, onaktiewe persone het 'n groter risiko om diabetes te kry. Dit beteken nie dat oorgewig diabetes veroorsaak nie. Beide vet- en maer persone kan diabete word. Om gewig te verloor sal help om die diabetes beter te kontroleer.

• sekere dinge soos virusse of stres kan diabetes veroorsaak in persone wat reeds 'n risiko het om diabete te word.

• Die totale energie (kilojule) inname moet reg wees om oorgewig te voorkom. Gewigsverlies by oorgewig diabete sal help om kontrole te verbeter.

• Sout- en alkoholname moet tot die minimum beperk word.

• Nie-voedsame kunsmatige versoeters mag matig gebruik word (<15/dag).

• Diabete moet altyd iets soets saam met hulle hê om te eet indien hulle simptome van lae bloedsuiker voel bv. 'n klein pakkie suiker of klein blikkie koeldrank.

• Net voor oefening, om te voorkom dat die bloedglukose te laag gaan, moet 'n koolhidraat en proteien tussenvoeding geëet word bv. grondboontjiebotter toe broodjie.

• Tydens strawwe oefening moet suiker of koeldrank byderhand gehou word.

• Vir beter smaak het sekere kosse suiker bygevoeg. By 'n goed gekontroleerde, ideale gewig-diabeet kan 'n klein hoeveelheid suiker toegelaat word, bv. ingemaakte groente, gebakte bone, grondboontjiebotter en hoë-vesel graankosse.

## Wes-Kaap seuntjie word gedoop



Dit is nie aldag wat 'n dominee van ver af kom vir 'n ander dominee om sy kind te doop nie. Ds Jaco Nel van NG Kerk Koringberg in die Wes-Kaap se seuntjie, Adriaan Nel, is op Sondag, 12 Mei deur ds Tiaan Victor van die NG Suid-kerk gedoop. Klein Adriaan Nel is Tannie Tolla du Plooy se agterkleinkind. Tannie Tolla is woonagtig in Huis Bron-van-Heil. Haar kleinkinders het dit goed gedink om in Heilbron vir Adriaan te koop doop sodat Oumagrootjie ook die doop kon bywoon. Heilbron was ook lekker geleë vir ander familieleden om te kom deel in die dag. Op die foto bo verskyn: Ds Tiaan Victor, Karisa Nel, Christopher Nel en Jaco Nel tydens Adriaan Nel se doop. Foto erkenning: Dawie Fourie Fotografie.

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 6 |   |   |   |   | 5 |   | 1 | 3 |
|   |   | 5 | 1 | 4 | 3 |   |   |   |
|   | 1 | 4 |   | 9 |   | 5 |   | 7 |
| 8 | 5 |   | 4 | 1 |   | 2 | 7 | 9 |
|   |   |   | 5 |   | 7 | 1 |   |   |
|   |   | 7 |   | 8 | 9 | 3 | 5 | 6 |
| 5 |   |   |   |   |   | 9 | 3 | 1 |
|   | 7 | 9 |   |   | 1 |   |   | 4 |
| 4 |   | 1 | 9 | 6 |   |   |   | 5 |

**SUDOKU** - Each grid is made up of nine columns by nine rows. This grid is then divided into groups of nine boxes giving a total of nine blocks. Each of these nine blocks must have the numbers 1 to 9 placed in them, but here is the catch - no row and no column can have any number repeated so your job is to place the numbers in the boxes without repetition in the rows and columns.

# Khonza the legend of Phiritona

• *Laity Sethabela*

I am a very critical person when told about strange occurrences. I believe no event in human life can defy logic. Ghosts, spirits and the tokoloshes of this world must fit the parameters of existence. Nothing according to me can come to be outside of existence. We must be able to explain every experience we encounter in our lives. However the mysterious entity that suddenly visited one household in Phiritona seemed quite fascinating to understand. This weird being, according to many witnesses could be heard speaking to people in the house including visitors. It taunted everyone spitting out their secrets. The whole town was mesmerized by this bizarre being. Many folks were gripped with fear, swore that they don't want to dabble with this alien creature.

One local teacher who's naturally very inquisitive braved the visit. Upon arriving at the house, Khonza pointed him out by name and reproached him to stop minding other people's affairs. Khonza scolded him as a rumour monger wandering the community on lies. The poor teacher was appalled and wondered where the voice came from. He looked around and saw nobody. In one moment the voice seemed to be coming from under the bed and drifted to another corner

in the same room. The bewildering voice hovered everywhere. Khonza shocked everyone listening that it enjoys "Skhambane", bunny chow, from Magalela's tuckshop. It described the location of the store in great detail, starting with the adjacent "Vaal dam" and the countless school kids that buy "Skhambane" the whole day. A guy called "4-5" was questioned by Khonza as well. He was asked whether his nickname is spelt with numbers or words. Everybody chuckled, amused by Khonza's terrific humour.

Every man and woman talked about Khonza, this grizzly being with a grumpy voice talking to members of this family. My learners teased one another, some daring everyone to come join the late evening expedition to Khonza's house. I stood there listening with keen interest. How could the entire township become so engrossed in a whimsical tale told by fools who have nothing important to do with their time. But I soon realized that I was the one fooling myself. There is nightly movement of masses who gather around the haunted house. More than a thousand every single night. I decided to go and witness it myself.

I decided that I'm going to see Khonza that evening. I left around late noon to Lahla Umlenze section. To my amazement there were droves of people crowded at the

house. It was already dark. Khonza only spoke in the night. The house was impossible to reach due to impenetrable groups of young kids and adults barricading the street. Just when I began to retreat a hand touched me on the back, beckoned on everyone around to allow me through. I was guided to the door. There stood two young teens in a barely furnished kitchen. One chair and an old wooden table on a muddy floor. So this is the small shanty shack that houses the mysterious entity that has become so infamously popular.

The boy recognized me. I had not even greeted when he apologetically shrugged his shoulders and said, "That thing has left our house". My eyes probed the dark shadow behind the loose curtain. The dreary curtain hung like the pale stained veil covering the witchdoctor's shrine. The back room was completely dark. My eyes strained from focusing too deeply. I realized I was apprehensive and felt stupid for coming here. I asked in a half shaking voice, "Where to?" The boy certainly pitied me and he answered, "Frankfort". Well what else am I waiting for? I trotted back slowly with my eyes fixated on the boy. I sliced through the expectant crowd and headed back home. I just imagined what could have happened if I encountered the

mysterious being in the house. What if the faceless voice revealed my identity and dug into personal happenings in my life? Would I have converted and believed in the realness of the other worldly forces?



Acknowledgements: Picture illustration adapted from the website; [www.saachiart.com/art](http://www.saachiart.com/art)

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