

Malaria is one of the most serious tropical diseases

Malaria is one of the most serious tropical diseases and can be deadly if not detected and treated at an early stage.

PREVENTION IS BETTER THAN CURE

- Going somewhere?
 Know whether there is risk of getting malaria in the area you are visiting.
- Take precautionary measures to prevent mosquito bites in all risk areas.
 - If recommended, take appropriate medication as directed.
 - Seek immediate medical attention if you have any "flu-like" symptoms for up to six months after leaving a Malaria area.

MEASURES TO AVOID MOSQUITO BITES

- Allow your house to be sprayed if you are residing in a Malaria risk area.
- Wear long sleeved clothing when going out at night.
 - Apply an insect repellent containing DEET to exposed skin at night.
 - Sleep under a mosquito-proof bed net treated with approved insecticide.

MEASURES TO AVOID MOSQUITO BITES (continued)

Spray inside your house with an insecticide spray after closing windows and doors.

EARLY SYMPTOMS OF MALARIA

- Fever
 - Headache
 - Chills
 - Muscular pains
- Seek medical attention if you have any of the above symptoms.

TAKE YOUR MEDICINES CORRECTLY

Take only the medicines for preventing Malaria as recommended by a health professional.
 Start before entering the Malaria risk area and continue as prescribed by a health professional.

For more information
 Call 012 312 9125 or go to www.doh.gov.za



Willie van Tonder het die Heilbron Dienssentrumlede kom vermaak met sy konsertina en kitaar. Hy het die lede geleer hoe om 'n Polka, Setees, Vastrap, Mazurka ens. te speel en selfs te dans. Helgaard en Alta Claasen het opgetree as die demonstreerders. Op die foto agter vl: Helgaard en Alta Claasen. Voor: Willie van Tonder.

Swangerskap, babas & rugpyn

Kyk na jousef, jou baba en jou rug

• Ingestuur deur Tokollo Rehabilitasiespan

SWANGERSKAP, BABAS & RUGPYN

Om swanger te wees, sowel as om vir 'n pasgebore baba te sorg, kan ekstra druk op die rug plaas. Kyk na jousef, jou baba en jou rug deur die volgende postuurwenke te volg:

<p>1. Sittende Postuur</p> <p>Jy moet altyd sit met jou rug teen die agterkant van die stoel, waar dit ondersteun word. Moenie vorentoe sit en op jou ruggraat lê nie.</p> <div style="display: flex; justify-content: space-around;"> </div> <div style="display: flex; justify-content: space-around; margin-top: 5px;"> <div style="text-align: center;">NEE</div> <div style="text-align: center;">JA</div> </div>	<p>2. Staande postuur terwyl jy jou baba vashou</p> <p>As jy jou baba vashou en staan, let op dat jou rug reguit en lank gehou word. Moenie vorentoe leun met jou heupe vorentoe en jou rug gebuig nie.</p> <div style="display: flex; justify-content: space-around;"> </div> <div style="display: flex; justify-content: space-around; margin-top: 5px;"> <div style="text-align: center;">NEE</div> <div style="text-align: center;">JA</div> </div>
<p>3. Postuur met optel en neersit van voorwerpe</p> <p>Wanneer jy 'n voorwerp optel of neersit, onthou om altyd te buk deur jou knieë te buig en nie jou rug nie. Hou jou rug reguit.</p> <div style="display: flex; justify-content: space-around;"> </div> <div style="display: flex; justify-content: space-around; margin-top: 5px;"> <div style="text-align: center;">JA</div> <div style="text-align: center;">NEE</div> </div>	<p>4. Borsvoed</p> <p>Wanneer jy sit en borsvoed, maak seker jou rug is regop en ondersteun deur die agterkant van die stoel, met die baba styf teen jou bors. Moenie vooroor leun wanneer jy jou baba voed nie.</p> <div style="display: flex; justify-content: space-around;"> </div> <div style="display: flex; justify-content: space-around; margin-top: 5px;"> <div style="text-align: center;">NEE</div> <div style="text-align: center;">JA</div> </div>

Is this the 21st century's Silent Killer?

• Heilbron Clinic

Inflammation is more than just the current health buzzword - it's the factor scientists are pointing to as the potential root of most diseases.

What do cancer, heart disease, strokes, diabetes, Alzheimer's disease, Parkinson's disease, fibromyalgia, obesity, depression and arthritis have in common? Aside from being chronic illnesses, these diseases are being grouped together by scientists who believe chronic inflammation is the single biggest contributing factor to each of them. This news, researched and backed up in study after study, is particularly interesting in that it's only relatively recently that the medical fraternity has come to show that inflammation - a part of the body's natural defence system - can go rogue and turn this defence into an attack, and to accept that this is potentially the root of all degenerative diseases.

WHEN A GOOD THING TURNS BAD

If you've ever burnt yourself while pulling dinner out of the oven, you'll know exactly what inflammation is. It's the bright red mark that immediately pops up, and the blister that follows. It's the purple bruise after a knock, the swelling after a twisted ankle, or the red heat around an infected tooth. Essentially, it's the body's built-in first-aid response to an injury, to prevent further infection and assist the body's repair processes.

This acute inflammatory response - where the body identifies which cells are damaged and require repair - switches on when it's needed and then retreats when it's not. But when it doesn't retreat, pro-inflammatory cells continue to be stimulated, eventually becoming highly destructive, resulting in chronic inflammation. When this state continues, it can lead to the expression of genes that can trigger major diseases - primarily coronary artery disease and cancer.

Pannekoek-koek

- 3 eiers
- 60ml olie
- 3 koppies bruismeel
- 4 koppies melk
- 1 eetlepel vanieljgeursel
- knippie sout

VULSEL EN VERSIERING

- 1 x 500g-houertjie room
- kaneel
- 1 blikkie kondensmelk
- 2 Flake-sjokoladestafies

METODE:

1. Klits eiers, melk, olie en geursel saam.
2. Roer meel en sout by die melkmengsel
3. Skep lepels vol in 'n warm pan om pannekoek te maak.
4. Maak pannekoek met die hele hoeveelheid beslag en laat afkoel.
5. Klop die room styf.
6. Plaas een pannekoek op 'n bord en smeer die room daaroor.
7. Drup kondensmelk eweredig oor die pannekoek en strooi kaneel oor.
8. Sit 'n pannekoek bo-op en herhaal die proses tot al die pannekoeke gebruik is.
9. Smeer room oor die bokant van die koek en krummel die twee Flake-sjokoladestafies bo-oor.

WENKE:

1. Laat die pannekoeke behoorlik afkoel voor jy die koek saamstel. Indien nie, smelt die room op die pannekoek.
2. 'n Peppermint-crisp- of vlavusel kan net so lekker wees.
3. Bêre die koek in die yskas wanneer jy klaar is sodat die room kan koel bly.

