

Vuk'uzenzele

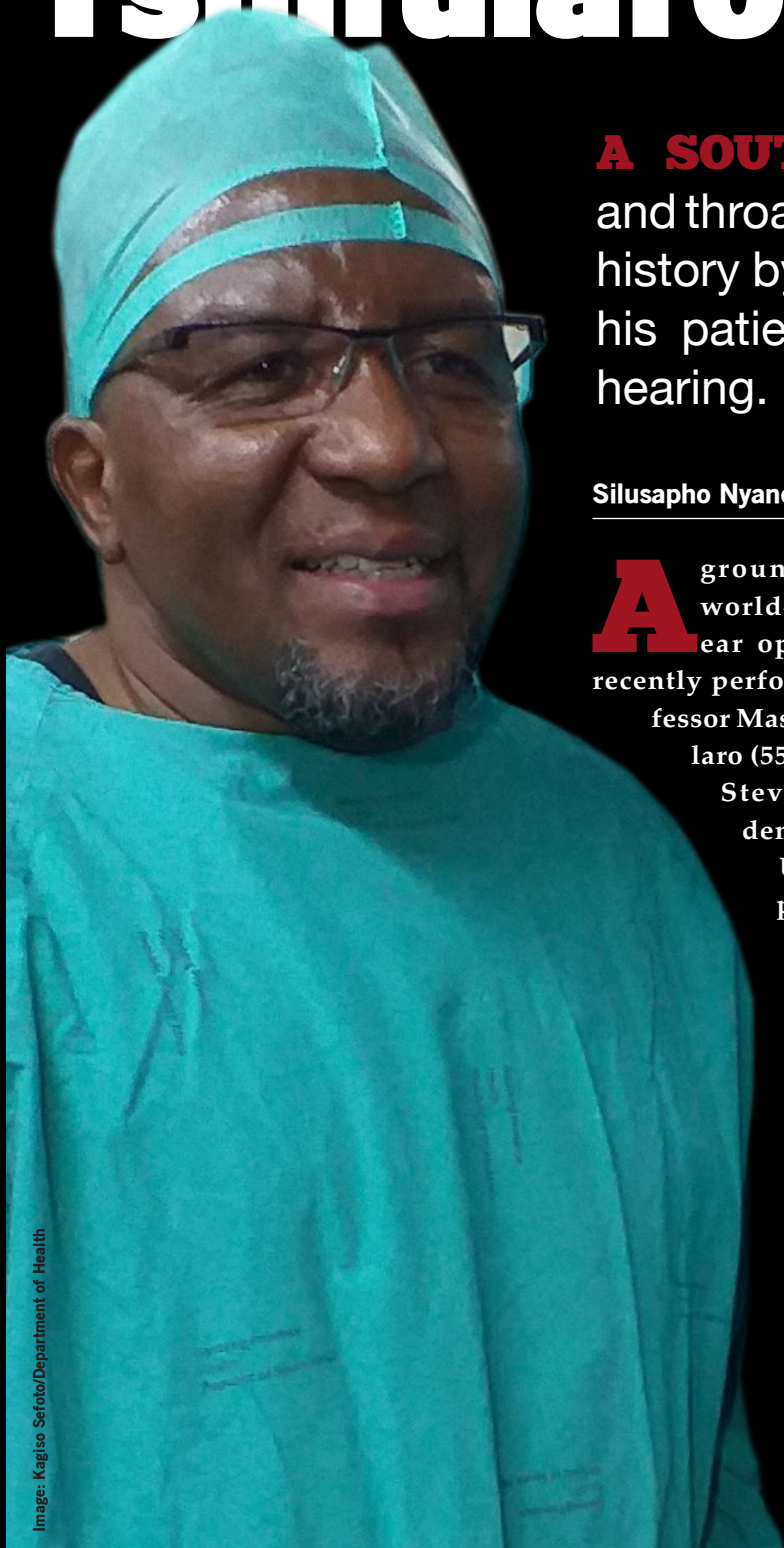


Produced by Government Communications (GCIS)

English/Afrikaans

| April 2019 Uitgawe 1

Halala! Prof Tshifularo Halala!



A SOUTH AFRICAN ear, nose and throat specialist has made world history by successfully operating on his patient's middle ear to restore hearing.

Silusapho Nyanda

A ground-breaking, world-first middle ear operation was recently performed by Professor Mashudu Tshifularo (55) at Pretoria's Steve Biko Academic Hospital. Using 3D printing technology, Prof Tshifularo and his team printed and replaced the middle ear's three bones in an operation that took three hours. "The desire to make a difference has always been in my heart. I have been

working on this project for the past 10 years. I started to get excited two years ago and went to the lab to work. The 3D technology is very exciting and has really changed the way we do things," he said.

Prof Tshifularo told *Vuk'uzenzele* that even though he faced some challenges during his research there was no turning back. "I would sleep thinking about it and wake up thinking about it. And, when I was busy, the ideas came and I would think 'Wow, this is it'. Then I would go back to the lab and try," he said.

He did not fear that the operation would go wrong, due to his extensive training. Prof Tshifularo and his team removed the patient's three middle ear bones, which were broken in a car accident, and replaced them with the new

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Teach children how to recycle

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Pupils a step closer to being licensed drivers

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Did you know? THE 2019 ELECTIONS WILL BE HELD ON 8 MAY 2019

Flamingo Project saves Cape cancer patients

Silusapho Nyanda

The Flamingo Project is funding and helping breast and colorectal cancer patients at the Grootte Schuur and Tygerberg hospitals to undergo life-saving operations.

Dr Liana Roodt, the head of the Flamingo Project, said that over 500 women in the Cape have already been able to have operations for breast cancer as a result of the project.

She explained that the project raises funds for those who cannot afford treatment costs and donates pamper packs to patients on the treatment list.

"To address the surgical backlog for breast cancer patients at these hospitals, we fund additional theatre time for these operations over weekends. We also coordinate



■ Doctors Liana Roodt and Kenward Chibuye from Grootte Schuur Hospital operating on a cancer patient as part of the Flamingo Project.

surgical and anaesthetic volunteers to assist us to perform these additional surgeries.

"We also provide support

to newly diagnosed breast, ovarian, cervical and uterine cancer patients, by providing weekly pamper packs to them

at both hospitals," said Dr Roodt.

Whilst the Flamingo Project conducts the surgeries, it does

not decide who is eligible for treatment. "The hospitals decide which patients require surgery, which ensures that they remain in the system and complete the rest of their treatment. Surgery is only one aspect of the treatment plan to manage breast cancer," Dr Roodt explained.

The Flamingo Project was launched due to the long patient waiting lists at both hospitals.

The project also assists with the post-treatment process and provides support to the staff working with patients, in a resource-limited environment. "We have created a patient room, donated two ultrasound machines, host yearly staff wellness days and assist where we can with the running of the Grootte Schuur Breast and Endocrine Surgical Unit," Dr Roodt confirmed. ■



Die gevare van kinderdepressie



Met die toename in gevalle van jeugselfdood in Suid-Afrika – waarvan, in 2017, die jongste net ses jaar oud was – is dit belangrik vir volwassenes om alles moontlik oor depressie te leer en hoe om dit in kinders raak te sien.

Die Suid-Afrikaanse Depressie- en Angsgroep (SADAG), wat elke dag honderde oproepe hanteer wat met jeug en geestes-

gesondheid verband hou, het in 2018 berig dat 31,5% van tienerselfdoodpogings mediese behandeling vereis het; 17,6% tieners oorweeg het om selfdood te pleeg; een uit vier universiteitstudente met depressie gediagnoseer is; en meer as 20% van agtienjariges een of meer keer probeer selfdood pleeg het.

Volgens die Wêreldgesondheidsorganisasie, begin die helfte van geestesgesondheidsversteurings teen veer-

tienjarige ouderdom, maar die meeste gevalle word nie raakgesien of behandel nie.

"Dit is waarom dit so belangrik is dat ouers, onderwysers, grootouers, geliefdes en gemeenskappe weet dat depressie jongmense ook kan affekteer," sê SADAG.

Dit is belangrik om bewus te wees van die tekens van depressie en selfdood en te weet hoe om hulp te kry voordat dit te laat is.

Tekens van depressie

Volgens Dr. Pralene Maharaj, 'n psigiater by die Gautengse Departement van Gesondheid se Sterkfontein Psigiatriese Hospitaal in Krugersdorp, varieer die tekens dat 'n kind aan depressie lei na gelang van hul ouderdom en breinontwikkeling.

Van die waarskuwings tekens sluit in geen deelname aan skoolaktiwiteite wat die kind voorheen geniet het nie,

gewigsverlies of -toename, slaapprobleme, huiswerk wat nie voltooi word nie, 'n gebrek aan deelname in die klaskamer, swakker punte en probleme om te konsentreer.

"Dit is egter moeilik om depressie in kinders te diagnoseer omdat dit 'n onderliggende probleem kan wees. Byvoorbeeld, hulle het dalk 'n leerprobleem en hou nie by met hul skoolwerk nie. Dit is baie belangrik dat hulle [die kinders] korrek gediagnoseer word en holisties behandel word," sê sy.

Tienerselfdood

SADAG hanteer toenemende gevalle van kinders en tieners wat aan depressie ly en ontvang meer oproepe van kinders wat hulpeloos en wanhopig voel en selfs selfdood oorweeg.

Hoewel sommige gevalle van selfdood sonder enige uiterlike waarskuwingstekens plaasvind is dit meestal nie die geval. Die doeltreffendste manier om selfdood te voorkom, is om te leer om die tekens van iemand wat in gevaar is, te erken, dié tekens ernstig op te neem en te weet

hoe om daarop te reageer.

Waarskuwingstekens sluit in:

- vorige selfdoodpogings
- praat oor dood of selfdood
- depressie
- veranderinge in slaappatrone
- veranderinge in eetlus of gewig
- praat of beweeg ongewoon vinnig of stadig
- moegheid of verlies aan energie
- gevoelens van waardeloosheid, selfverwyrt of skuld
- uitermatige ang, onrustigheid of woede-uitbarstings; en dwelm- en/of alkoholmisbruik. ■

Wat kan ek doen?

Kinderdepressie is ernstig en dit is belangrik dat die kind behoorlik geëvalueer word. Besoek so gou moontlik jou naaste geestesgesondheidskliniek, hospitaal of dokter. Jy kan ook Cipla se 24-uur geestesgesondheidshulplyn skakel by: 0800 456 789, die SAGA-hulplyn by: 011 234 4837 of die Selfdoodkrisislyn by: 0800 567 567.

Die mag van saam lees

Jauhara Khan

Televisie-ikoon, Oprah Winfrey, het 'n leesrevolusie in die Verenigde State begin toe sy in die 1990's haar eie boekklub, begin het. Boeke op haar aanbevelingslys het oornag blitsverkopers geword en die loopbane van 'n hele klomp vooraanstaande skrywers 'n hupstoot gegee. Dit het ook mense regoor die wêreld gemotiveer om hulle eie boekklubs te begin en weer te begin om lees te geniet.

Die nasionale lees-virplezier-veldtog, Nal'ibali in Suid-Afrika, het meer as 4 000 leesklubs vir kinders en lei individue en organisasies op om leesklubs vir kinders in hulle gemeenskappe, te hou.

Nal'ibali-woordvoerder, Sally du Preez, sê, "Leesklubs is ontspanne, informele ruimtes waar kinders boeke, stories en ander geletterdheidsverwante aktiwiteite, soos liedjies en speletjies, in hulle huistale, asook Engels, kan geniet. Die volhoubaarheid van dié leesklubs word ondersteun deur mentor-



skap, hulpbronskaffing en vennootskappe."

Die veldtog het meer as 4 000 aktiewe leesklubs in al nege provinsies wat meer as 120 000 kinders bereik en 84% van hierdie klubs vergader minstens een keer per week. Leesklubs gee vir kinders gereelde, genotvolle geleenthede om te leer", sê du Preez.

Sy voeg by dat meer as 22 000 mense in lees vir genot opgelei is, minstens 8 959 mense tans leesklubs bestuur

of vrywilligers by leesklubs is en meer as 17 000 mense het by Nal'ibali se breër netwerk van geletterdheidsaktiviste, bekend as "FUNda-leiers", aangesluit.

Du Preez sê dat FUNda-leiers opgelei word om kreatiewe selfuitdrukking, verkenning en denke saam te onderrig.

"As aktiwiteite rondom lees in tale is wat kinders nie verstaan nie en metodes gebruik wat nie toeganklik of pret is

nie, word dit sinloos en onbegeerlik vir kinders. Lees moet sinvol wees, hetsy dit formele of informele onderrig is. Ons hou dit in gedagte wanneer ons volwassenes in geletterdheid en storievertel, oplei," sê sy.

As jy by Nal'ibali se FUNda-leiernetwerk, wil aansluit, teken aan by www.nalibali.org, op die selfoonwerf – www.nalibali.mobi, of skakel die inbelsentrum by: 021 180 40 80. **V**

Hoe om 'n boekklub te begin

1. Nooi vriende om by die klub aan te sluit. Jy kan soveel mense nooi as wat jy wil en kan bure, vriende of familie, insluit.
2. Besluit oor die tipe boekklub wat jy wil hê – sal jy slegs spesifieke soorte boeke lees, byvoorbeeld net Suid-Afrikaanse skrywers se boeke, of sal jy 'n verskeidenheid boeke lees?
3. Besluit saam met boekklublede waar jy die boekklub-byeenkomste sal hou.
4. Hou vooraf 'n byeenkoms om te besluit watter boek om eerste te lees en hoe dikwels julle byeen gaan kom om die boek te bespreek.
5. Hou boekklubbyeenkomste opwindend en interessant deur byeenkomplekke te verander en temas en vrae vir elke byeenkoms te skep.

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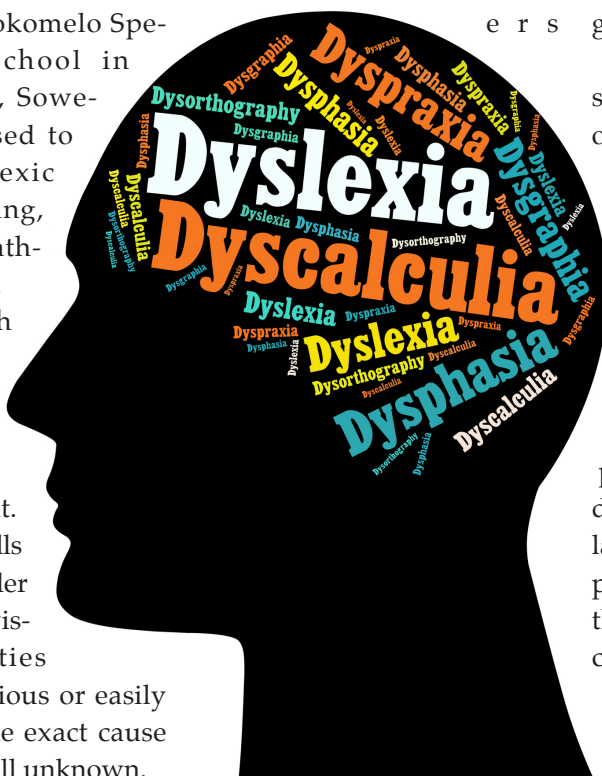
New resources for dyslexic kids

A PARTNERSHIP between government, the MTN SA Foundation and Samsung is ensuring that dyslexic learners have access to better resources.

Silusapho Nyanda

A multimedia centre at Tlhokomelo Special School in Meadowlands, Soweto, is being used to develop dyslexic learners' reading, writing and mathematical skills.

People with dyslexia struggle to link letters to the sounds that the letters represent. The condition falls within the broader category of 'invisible' disabilities as it is not obvious or easily identifiable. The exact cause of dyslexia is still unknown.



The centre at Tlhokomelo uses modern technology to teach learners

how to read and formulate sentences. It has helped 133 learners to improve their grammatical skills.

"Since the programme started, we have seen a lot of improvement in counting, reading and writing. Some learners were very confused by numbers, but now they are interested in them," said Reuben Tshiswise, one of the school's teachers.

The programme uses computers to teach learners how to draw, sort colours and formulate and read sentences. "The programme develops their thinking skills," Tshiswise confirmed.

School principal Josh Maluleka explained that learners have pens which they

use to scroll sentences, which the computer then reads aloud. The school has 16 teachers who have been trained to use the system.

"The learners have shown a huge improvement as they progress into other classes," Maluleka said.

Social Development Deputy Minister Hendrietta Bogopane-Zulu attended the opening of the multimedia centre and said there was little understanding of dyslexia in South Africa.

"The need for the early identification and recognition of dyslexia in South Africa remains pressing as there is very little understanding and barely any intervention measures for dyslexic learners in our schools. Awareness of this

DID YOU KNOW?

- Dyslexia affects about 10 percent of the population
- It is a language-based learning problem that makes writing, reading, spelling and the pronunciation of words difficult.

What are the symptoms of dyslexia?

- Difficulty in reading aloud.
- Slow and labour-intensive reading and writing.
- Problems spelling.
- Avoiding activities that involve reading.
- Mispronouncing names or words, or problems retrieving words.

learning difficulty remains low across the country," said Deputy Minister Bogopane-Zulu. **V**