

Vuk'uzenzele

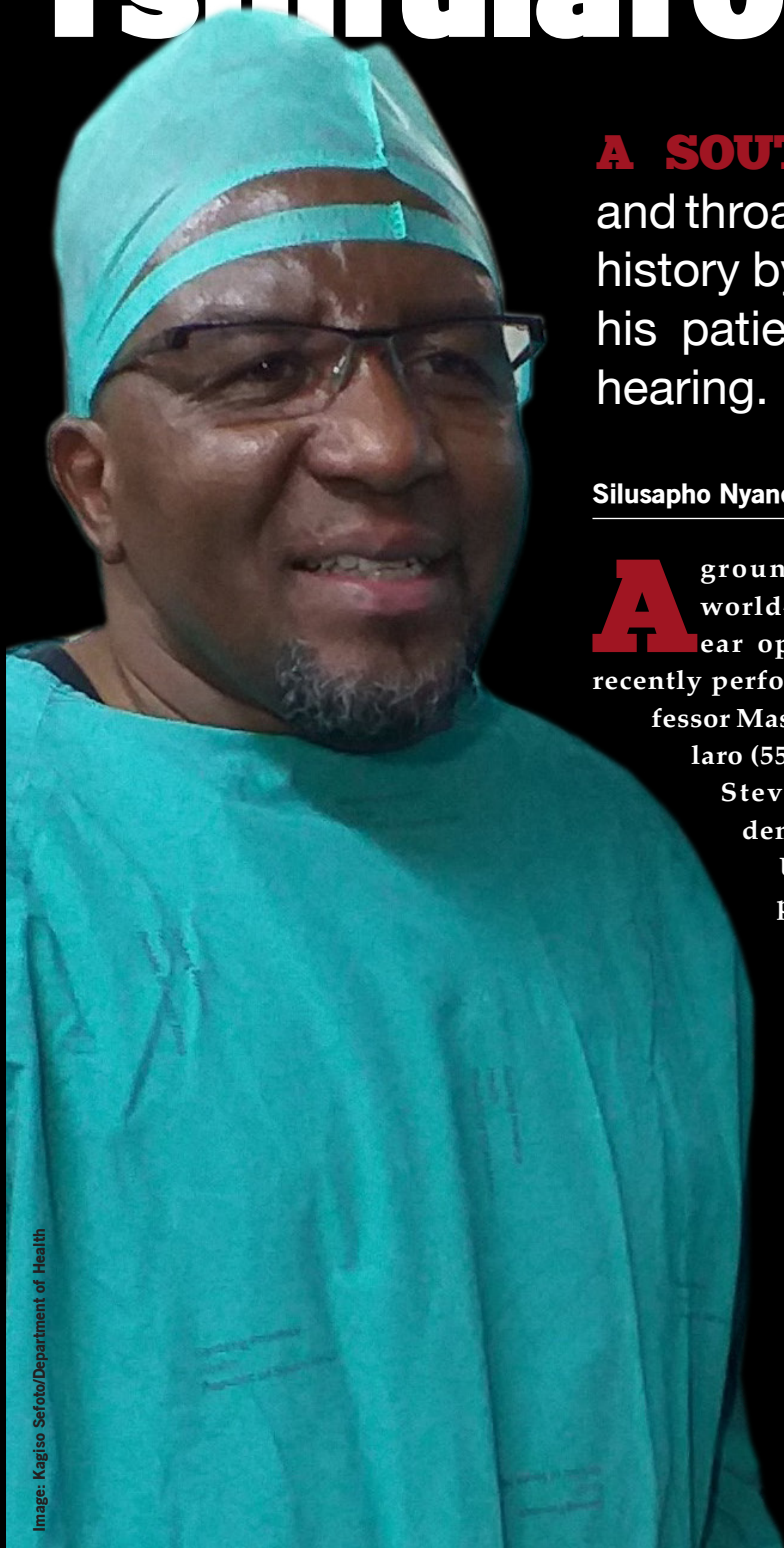


Produced by Government Communications (GCIS)

English/Sesotho

| Mmesa 2019 Kgatiso I

Halalala! Prof Tshifularo Halalala!



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.

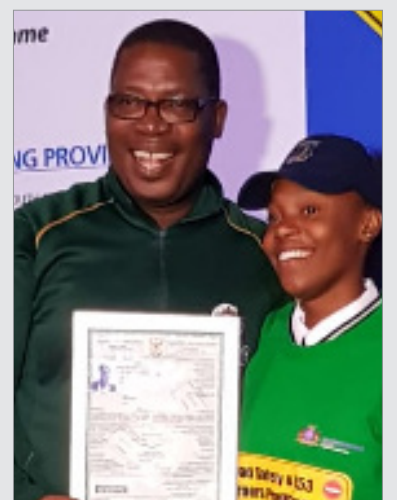
He did not fear that the operation would go wrong, due to his extensive training. Prof Tshifularo and his team removed the patient's three middle ear bones, which were broken in a car accident, and replaced them with the new

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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 Groote 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 Groote 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 Groote Schuur Breast and Endocrine Surgical Unit," Dr Roodt confirmed. **V**

Dikotsi tsa tshithabelo ya maikutlo baneng

Ka ditlaleho tse phahameng tsa diketsahalo tsa batjha ba ipolayang mona Aforika Borwa – moo e monyane ho fetisa a neng a le dilemo di tshelletseng feela ka 2017 – ho bohlokwa hore batho ba baholo ba ithute tsohle tse ba ka kgonang ho ithuta tsona ka tshithabelo ya maikutlo le mekgwa ya ho e bona baneng.

Ka 2018, Mokgatlo wa Tshithabelo ya Maikutlo le Ngongoreho wa Afrika Borwa (SADAG), o sebetsanang le mehala e makgolokgolo letsatsi ka leng e amanang le batjha le bophelo ba kelello, o tlalehile hore 31.5% tsa diteko tsa batjha tsa ho ipolaya di hlokile kalafo ya bongaka; 17.6% tsa batjha di kile tsa nahana ho leka ho ipolaya; moithuti a le mong ho ba bane wa yunivesithi o kile a fumana ka mokgwa wa bongaka hore o na le tshithabelo ya maikutlo; le hore batho ba fetang

20% ba batjha ba dilemo di 18 ba kile ba leka ho ipolaya ka lekgetlo le le leng kapa ho feta.

Ho ya ka Mokgatlo wa Lefatshe wa Bophelo bo Botle (WHO), halofo ya malwetse ohle a kelello a qala ho tloha ha motho a le dilemo di 14, empa hangata ha a bonwe mme ka hona ha a alafshwe.

"Ke kahoo ho leng bohlokwa hore batswadi, matitjhere, bo-nkgono le bo-ntatemoholo, baratuwa le baahi ba ditjhaba tsa rona di tsebe hore tshithabelo ya maikutlo e ama le batjha," ho boletse SADAG.

Ho bohlokwa ho tseba matshwao a tshithabelo ya maikutlo le ho ipolaya le ho fumana thuso pele nako e feta.

Matshwao a tshithabelo ya maikutlo

Ho latela ngaka ya malwetse a kelello Ngaka Pralene Maharaj ya tswang Sepetleleng sa Mafu a Kelello sa Sterkfontein se Krugersdorp sa Lefapha la

Bophelo bo Botle la Gauteng, matshwao a hore ngwana o na le tshithabelo ya maikutlo a fapana ho latela dilemo tsa hae le tsela eo booko ba hae bo holang ka yona.

A mang a matshwao a tlhokomediso a kenyeletsa ho se nke karolo diketsong tsa sekolo tse neng di mo natefela, ho theola kapa ho eketseha ha mmele, mathata a ho robala, ho se phethele mosebetsi wa sekolo wa lapeng, ho se nke karolo ka phapusing ya boithutelo, ho theoha ha dimmaraka le bothata ba ho tsepamisa maikutlo.

"Leha ho le jwalo, ho thata ho bona tshithabelo ya maikutlo baneng hobane e ka ba bothata bo ipatileng. Ho nehela mohlala, mohlomong ba na le bothata ba ho ithuta mme ha ba kgeme hantle sekolong. Ho bohlokwahadi hore bana ba fumane tekolo e nepahetseng mme ba alafshwe ka mokgwa o phethahetseng," o boletse jwalo.

Ho ipolaya hwa batjha

SADAG e bona palo e eketsehileng ya bana le batjha ba nang le tshithabelo ya maikutlo mme e amohela mehala e eketsehileng ho tswa ho bana ba ikutlwang ba hloka thuso, ba hloakang tshepo mme ebile ba batla ho ipolaya.

Leha diketsahalo tse ding tsa ho ipolaya di etsahala ntle le temoso efe kapa efe e bona-halang, boholo ha di jwalo. Tse-la e molemo ka ho fetisisa ya ho thibela ho ipolaya ke ho ithuta ho lemoha matshwao a motho ya kotsing ya ho ipolaya, ho nkela matshwao ao hloohong mme o tsebe ho a arabela.

Matshwao a kotsi a kenyeletsa:

- diteko tse fetileng tsa ho ipolaya
- ho bua ka lefu kapa ho ipolaya
- tshithabelo ya maikutlo
- phetoho ditlwaelong tsa ho robala

- phetoho takatsong ya dijo kapa boimeng ba mmele
- ho bua kapa ho tsamaya ka potlako kapa lenama le sa tlwaelehang
- mokgathala kapa tahlehelo ya morolo
- ho ikutlwa o sena thuso, ho ikomanya kapa ipona mola-to
- letswalo le phahameng ho fetisisa, boithswaro ba ho hloka botsitso kapa ho kgena; tshebediso e mpe ya ditshethefatsi le/kapa tahi. **V**

Nka etsa jwang?

Tshithabelo ya maikutlo baneng ke taba e tiileng mme ho bohlokwa hore ngwana a lekolwe hantle. Etela tseliniki e haufi le wena ya bophelo bo botle ba kelello, sepetlele kapa ngaka kapele kamoo o ka kgonang ka teng. O boetse o ka letsetsa:

- mohala o sebetsang bosiu le motshehare wa bophelo bo botle ba kelello wa Cipla ho: 0800 456 789.
- mohala wa thuso wa SADAG ho: 011 234 4837 kapa Mohala wa Koduwa ya Ho Ipolaya ho: 0800 567 567.

Matla a ho bala mmoho

Jauhara Khan

Naledi ya thelevishene Oprah Winfrey o ile a qala tselala e ntjha ya ho bala ho la Amerika ha a qala mokgatlo wa hae wa ho bala ka di 1990. Dibuka tse neng di le lenaneng la hae la kgothale-tso ya ho di bala di ile tsa fetoha bommamoratwa ka ho panya ha leihlo mme tsa matlafatsa mesebetsi ya dingodi tse ngata tse kgolo. O boetse o ile wa kgothaletsa le batho lefatsheng ka bophara hore ba iqalle mekgatlo ya bona ya ho bala le hore ba natefelle ke ho bala hape.

Mona Aforika Borwa, letsholo la naha la ho balla natefelo le bitswang Nal'ibali, le tsamaisa mekgatlo e fetang 4 000 ya ho bala bakeng sa bana, mme le rupela batho le mekgatlo ho tsamaisa mekgatlo ya ho bala bakeng sa bana metseng ya bona.

Mmuelli wa Nal'ibali Sally du Preez o itse, "Mekgatlo ya ho bala ke dibaka tse phuthu-

lohileng, tse sa hlophiswang moo bana ba ka natefelwang ke dibuka, dipale le mesebetsi e meng e amanang le ho bala jwalo ka dipina le dipapadi ka puo tsa bona tsa lapeng hammoho le Senyese-mane. Hore mekgatlo ena ya ho bala e se putlame, e tshehetswa ka ho rupella batho ba e tsamaisang, ka phano ya disebediswa le ka tshebedisanommoho."

Letsholo lena le tsamaisa mekgatlo e fetang 4 000 ya ho bala diporofenseng tsohle tse robong mme le fihlella bana ba fetang 120 000, mme 84% tsa mekgatlo ena di kopana bonyane hanngwe ka beke.

Mekgatlo ena ya ho bala e fa bana menyetla ya ho ithuta kgafetsa le hamonate, ho boletse du Preez.

O ekeeditse ka hore batho ba fetang 22 000 ba rupeletsewe ho bala bakeng sa natefelo, ke bonyane batho ba 8 959 ba tsamaisang kapa ba ithaopelang mekgatlo ya ho bala, mme ke batho ba fetang 17 000 ba kenetseng sehlopha



se atolohileng sa Nal'ibali sa basebeletsi ba tsa ho bala ba bitswang "FUNda Leaders".

Du Preez o itse FUNda Leaders ba rupetswe ho ruta boitlhahiso ba bonono, tshibollo le ho nahana mmoho.

"Haeba mesebetsi e amanang le ho bala e le ka dipuo tseo bana ba sa di utlwisiseng, e sebedisa mekgwa

e sa fihlilleheng kapa e seng monate, e qetella e hloka moelelo le kgahleho bakeng sa bana. Hore na ke ho hlophisitsweng kapa ho sa hlophiswang, ho bala ho tlameha ho ba le moelelo.

Re hopola sena ha re rupela batho ba baholo ka tsebo ya ho bala le ho pheta dipale," o rialo. **V**

Tsela ya ho qala mokgatlo wa ho bala

1. Mema metswalle ho kenela mokgatlo. O ka mema batho ba bangata kamoo o batlang, mme o kenyeletsa baahisani, metswalle kapa ba lelapa.
2. Nka qeto ya hore na o batla ho ba le mokgatlo o jwang wa ho bala — na le tla bala dibuka tsa mofuta o itseng feela — mohlala, dibuka tse ngotsweng ke dingodi tsa maAforika Borwa feela — kapa dibuka tse fapaneng?
3. Nka qeto le ditho tsa mokgatlo wa ho bala hore na le tla tshwarela dikopano tsa mokgatlo wa dibuka hokae.
4. Tshwara kopano ya pele ho mokgatlo wa ho bala ho nka qeto ya hore na le tla bala buka efe pele, le hore na le tla kopana hakae ho sekaseka buka eo.
5. Etsa hore dikopano tsa mokgatlo wa ho bala di be monate le ho kgahlisa, ka ho fetola dibaka tse ho kopanelwang ho tsona, ho theha ditema le dipotso bakeng sa kopano ka nngwe.

Haeba o batla ho ba karolo ya moralo wa FUNda Leaders ba Nal'ibali kena ho www.nalibali.org, ho mobisaete — www.nalibali.mobi, kapa o letsetse setsi sa mehala ho: 021 180 40 80.

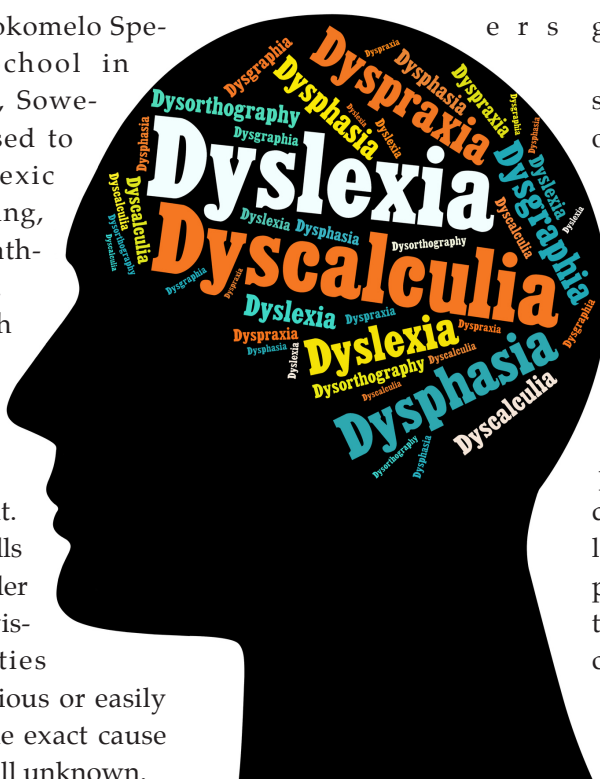
New resources for dyslexic kids

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**