

Vuk'uzenzele

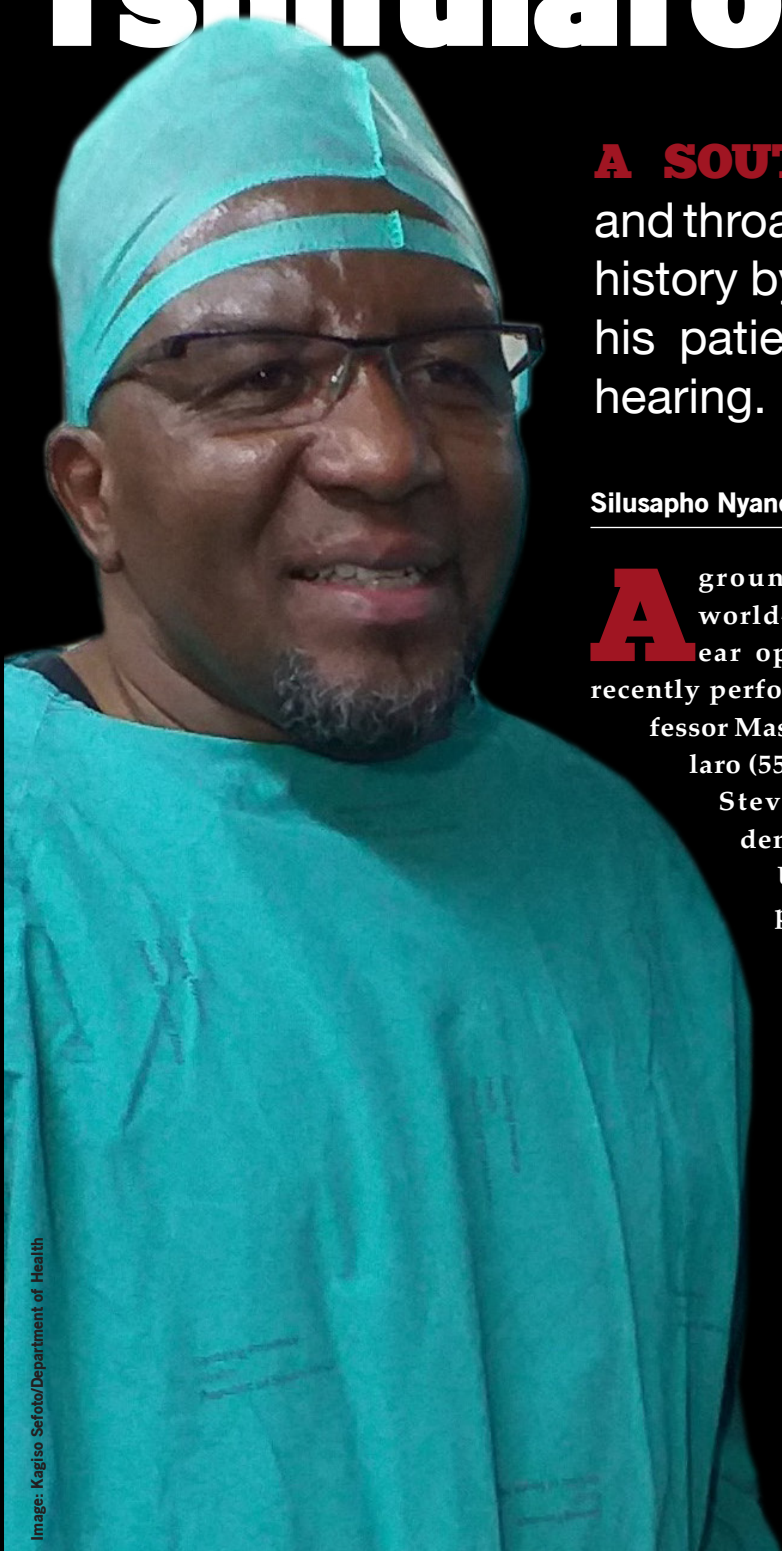
**JOBS
INSIDE:**

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English/Setswana

| Moranang 2019 Kgatiso 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.

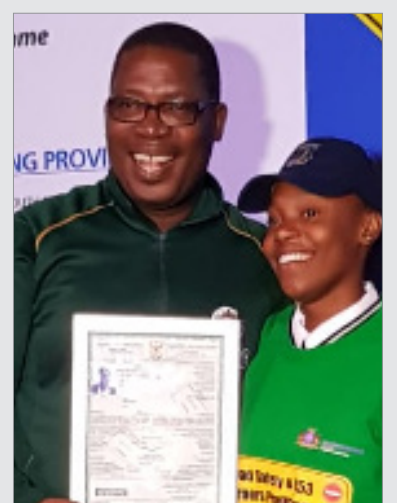
He did not fear that the operation would go wrong, due to his extensive training. Prof Tshifularo and his team removed the patient's three middle ear bones, which were broken in a car accident, and replaced them with the new

● **Cont. page 2**



Teach children how to recycle

Page 2



Pupils a step closer to being licensed drivers

Page 5



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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**

ooo

Dikotsi tsa kgatelelo ya maikutlo mo baneng

Ka dipegelo tse di oketsegang tsa bašwa ba ba ipolayang mo Aforika Borwa – yo monnye e leng yo a neng a le dingwaga di le thataro fela ka 2017 – go botlhokwa gore bagolo ba ithute sengwe le sengwe ka kgatelelo ya maikutlo le gore ba ka e lemoga jang mo baneng.

Ka 2018, Setlhopha sa Aforika Borwa sa Malwetse a Khutsafalo le Tlhobaelo (SADAG), seo se mekamekanang le makgolokgolo a megala e e amanang le bašwa le itekanelo ya tlhologanyo, se begile 31.5% tsa bašwa bao ba neng ba leka go ipolaya tse di neng di tlhoka kalafo ya bongaka; bašwa ba le 17.6% ba akanya ka go ipolaya; mme a le mongwe go baithuti ba le bane ba yunibesithi o ne a kaiwa a na le kgatelelo ya maikutlo; fa ba ba fetang 20% ba dingwaga di le 18 ba ne ba lekile gangwe kgotsa go le gantsi go ipolaya.

Go ya ka Mokgatlho wa Lefatshe wa Boitekanelo (WHO), halofo ya malwe-

tse otlhe a boitekanelo jwa tlhologanyo a simolola go iponagatsa mo bathong ba dingwaga di le 14, fela bontsi jwa dikgetse ga bo ke bo le-mogiwa le go alafiwa.

"Ke sona seo go leng botlhokwa gore batsadi, barutabana, bonkoko, batho bao re ba ratang le ditšhaba tsa borona ba itse gore kgatelelo ya maikutlo e kgona go tshwara le bana," go rialo SADAG.

Go botlhokwa go itse matshwao a kgatelelo ya maikutlo le go ipolaya le gore o ka bona thuso jang pele go nna thari.

Matshwao a kgatelelo ya maikutlo

Go ya ka ngaka ya tlhologanyo le maikutlo Pralene Maharaj go tswa kwa Bookelong jwa Sterkfontein mo Lefapheng la Boitekanelo la Gauteng kwa Krugersdorp, matshwao go kaya gore ngwana o na le bothata jwa kgatelelo ya maikutlo a farologane go ya ka dingwaga le ka fao ditlhologanyo tsa bona di golang ka teng.

A mangwe a matshwao a a tshwanetseng go tlhokome-lwa a tsenyeletsa fa ngwana a sa tlhole a tsaya karolo mo ditirwaneng tsa sekolo tseo a neng a na le kgatlhegelo mo go tsona mo malobeng, fa a latlhelgelwa kgotsa a oketse-ga boima jwa mmele, fa a na le mathata a go robala, fa a sa kwale ditirogae tsa sekolo, fa a sa tseye karolo mo phaposi-borutelong, fa maduo a gagwe a wela kwa tlase le fa a sa kgone go tlhwaya tsebe.

"Le fa go le jalo, go thata go lemoga kgatelelo ya maikutlo mo baneng gonne e ka tswa e le bothata jo bo fitlheleng. Sekao, o ka fitlhela e le gore ba na le bothata jwa go ithuta kgotsa ba ketefalelwa ke dithuto tsa bona kwa sekolong. Go botlhokwa thata gore tshwetso e e tsewang ka boitekanelo jwa bana e bo e le ya boammaruri le go amogela kalafo e e felletseng," o rile jalo.

Go ipolaya ga bašwa

SADAG e bona koketsego ya dikgetse tsa bana le bašwa ba

ba ka fa tlase ga kgatelelo ya maikutlo e bile e bona gape le megala go tswa go bana ba ba ikutlwang ba sena thuso, ba sena tshepo mme ba elets a go ipolaya.

Le fa batho bangwe ba ba ipolayang ba dira seno ntle le go lemosa ope, go le gantsi go abo go na le batho ba ba setseng ba ba lemogile. Tsela e e nonofileng go thibela go ipolaya ke go ithuta go lemoga matshwao a motho yo o mo kotsing, o tseye matshwao o tsia mme o itse gore o tshwanetse go dira eng.

Matshwao a a kotsi a tsenyeletsa:

- maiteko a pejana a go ipolaya
- go bua ka loso kgotsa ka ga go ipolaya
- kgatelelo ya maikutlo
- diphetogo mo mokgweng wa go robala
- diphetogo mo keletsong ya dijo kgotsa mo boimeng jwa mmele
- go bua kgotsa go tsamaya ka bonako kgotsa boiketlo jo bo sa tlwaelegang

- letsapa kgotsa go fellwa ke matla
- maikutlo a go ipona o se mosola, go ikobonya kgotsa go ikotlhaya
- go tlaellana go go feteletseng, khuduego ya maikutlo kgotsa maitsholo a tšhakgalo; le tirisobotlhaswa ya diritibatsi/kgotsa nnotagi. **V**

Nka dira eng?

Kgatelelo ya maikutlo mo baneng e masisi mme go botlhokwa gore ngwana a lekolwe ka tlhomamo. Etela tleliniki, sepetlele kgotsa ngaka ya malwetse a tlhologanyo ka bonako jo bo kgonagalang. O ka ikgolaganya gape le:

- ba ditirelo tsa bosigo le motshegare tsa malwetse a tlhologanyo tsa Cipla ka mogala wa 0800 456 789.
- mogala wa thuso wa SADAG mo go 011 234 4837 kgotsa Mogala wa Bothata jwa Go Ipolaya mo go 0800 567 567.

Matla a go buisa mmogo

Jauhara Khan

Mogaka wa thele-bišene Oprah Winfrey o tlhotlheditse go buisa kwa Amerika fa a ne a simolola setlhotshwana sa gagwe sa go buisa ka bo1990. Dibuka tseo a neng a rotloetsa gore di ka buisiwa di ne tsa rekisiwa ka bontsi ka ponyo ya leitlho le go thusa ditiro tsa bakwadi ba ba diphatsa ba le bantsi. Seno se ne gape sa rotloetsa batho go ralala le lefatshe go nna le kगतलहेगेलoyagoitshimololela ditlhotshwana tsa go busia le go tsosolosa sešwa lerato la bona la go buisa.

Mo Aforika Borwa, Nal'ibali, e leng letsholo la go buisa go itumedisa le na le ditlhotshwana tsa go buisa di feta 4 000 tse di buisetsang bana, mme e katisa batho le ditheo go tsamaisa ditlhotshwana tsa go buisa tse di buisetsang bana mo setšhabeng sa bona.

Sebueledi sa Nal'ibali, Sally du Preez o rile, "Ditlho-

tshwana tsa go buisa ke mafelo a motho a golosegang mo go ona, ke mafelo a a iketlileng ao bana ba itumeleng dibuka, dinaane le ditirwana tse di amanang le dikwalwa jaaka dipina le metshameko ka dipuo tsa bona le ka Seesimane. Gore ditlhotshwana tseno tsa go buisa di seke tsa phuthlhamadi tlamelwa ka tshegetso ya katiso, go tlamelwa ka didirisiwa le go dirisana mmogo."

Letsholo leno le laola ditlhotshwana tsa go buisa di feta 4 000 tse di santseng di butswa mo diporofenseng tsotlhe di le robongwe ka bana ba ba fetang 120 000, mme 84% tsa ditlhotshwana tseno di kopana bonnye gangwe ka beke. Ditlhotshwana tsa go buisa di neela bana ditšhono tse di itumedisang tsa ka gale tsa go ithuta, ga rialo du Preez.

One a tlaleletsa ka gore ke go feta batho ba le 22 000 bao ba katisitsweng go buisa go itumedisa, mme ke bonnye jwa



batho ba le 8 959 bao ba tsamaisang kgotsa bao ba ithaopileng go thusa mo ditlhotshwaneng tsa go buisa ga jaana, mme ke go feta batho ba le 17 000 bao ba tsenetseng mekgatho ya ditlhophatse barati le batshegetsi ba dikwalwa ba Nal'ibali eo e itse-geng ka "FUNda Leaders".

Du Preez o rile FUNda Leaders ba katisitswe go ruta gore batho ba tlhagise bokgoni jwa bona jwa botlhami, go batlisisa le go akanya mmogo.

"Fa ditirwana tsa go buisa di le ka dipuo tseo bana ba sa di tlhaloganyeng, go dirisiwa mekgwa e e sa fitlhesegeng kgotsa e e sa itumediseng, ga di nne mosola mme le bana ga ba nne le kगतलहेगेलo mo go tsona. E ka tswa e le thuto e e tlhomameng kgotsa e sa tlhomama, go buisa go tshwanetse ga nna le bokao. Re ikgopotsa seno fa re katisa bagolo ka dikwalwa le metlotlo ya dinaane," a rialo.

O simolola setlhotshwana sa go buisa jang

1. Laletsa ditsala go nna karolo ya setlhotshwana. O ka laletsa batho ka bontsi jo bo kgonegang, e ka nna baagisane, ditsala kgotsa balelapa.
2. Swetsang gore ke mofuta ofe wa setlhotshwana sa go buisa o le ratang go o tlhama – a le tlile go buisa dibuka tsa mofuta o o rileng fela – go naya sekao, tse di kwadilweng ke maAforika Borwa fela – kgotsa mofuta ya dibuka?
3. Swetsang le maloko a setlhotshwana sa go buisa gore le tlile go tshwarela dikopano tsa lona kwa kae.
4. Tshwarang kopano ya ntsha go swetsa gore le tla buisa buka efe pele, le gore le tla kopana ga kae go tlotla ka ga yona.
5. Dira gore dikopano tsa setlhotshwana sa go buisa di itumedise le go tlisa kगतलहेगelo ka go fetofetola mafelo a go tshwarelwang dikopano kwa go ona, go tlhola dithitokgang le dipotso mo kopanong e nngwe le e nngwe.

Fa o rata go nna karolo ya ditlhophatse Nal'ibali ya FUNda Leader, tsena mo go www.nalibali.org, ka mobisaete – www.nalibali.mobi, kgotsa letsetsa tikwatikwe ya megala mo go: 021 180 40 80.

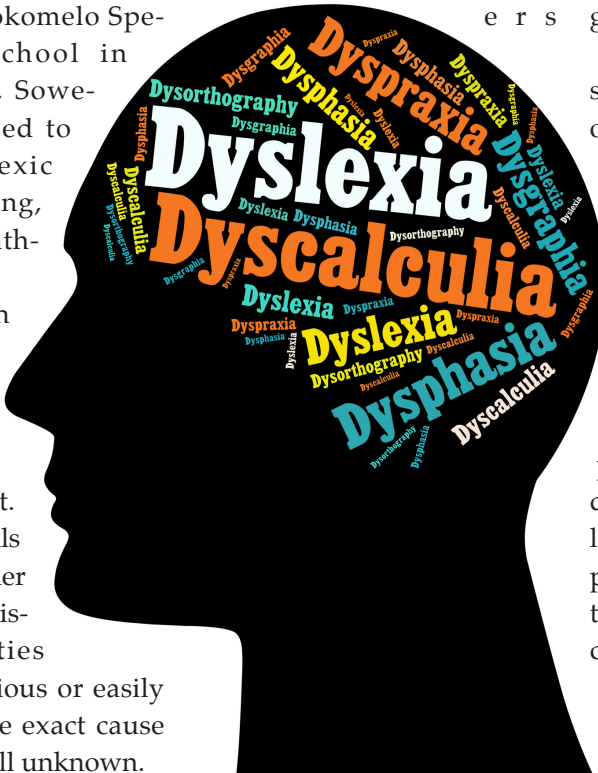
New resources for dyslexic kids

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 Tshiswaise, 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," Tshiswaise 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.