

Vuk'uzenzele

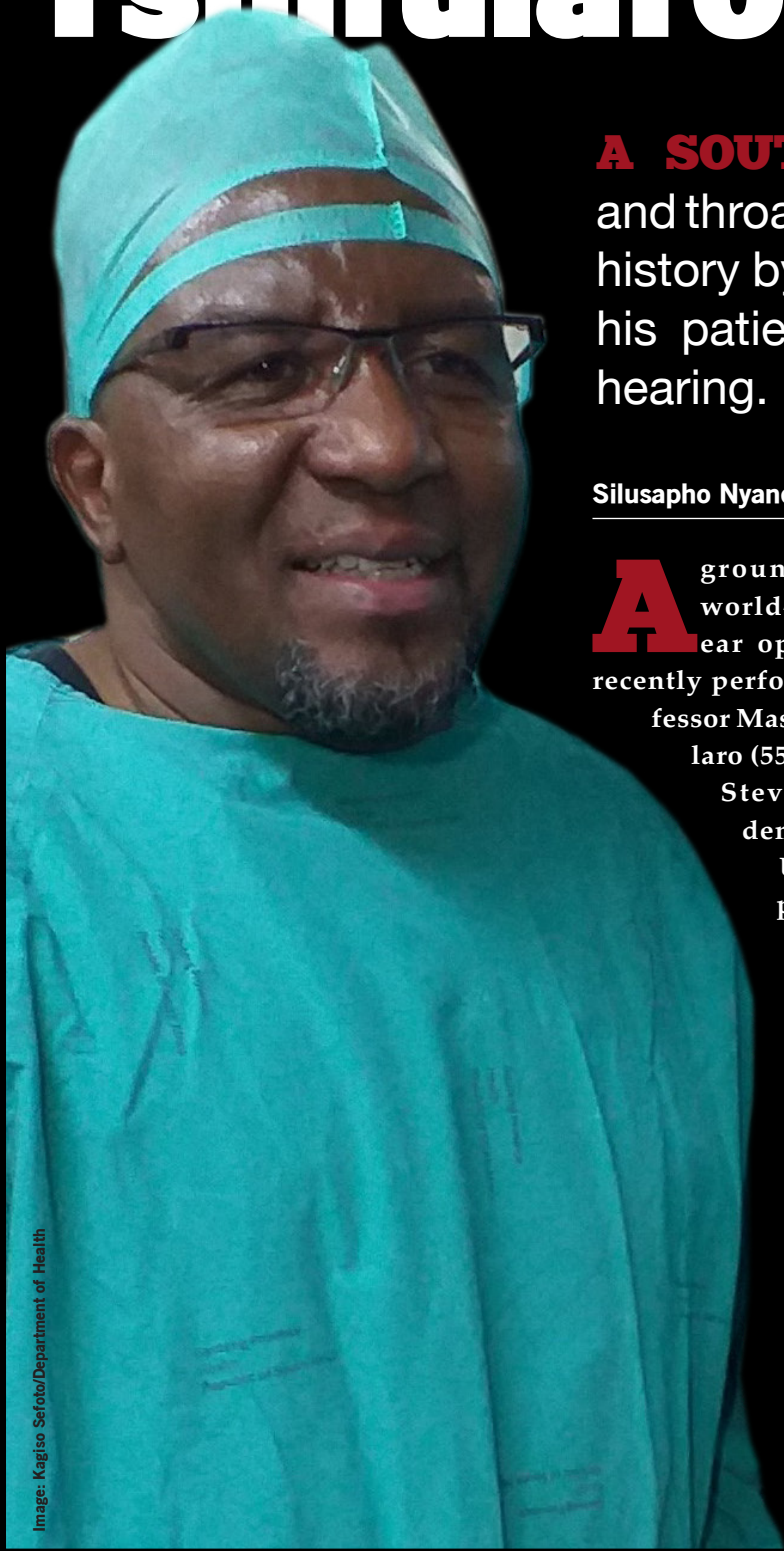


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English/Xitsonga

| Dzivamisoko 2019 Nkandziyiso I

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.

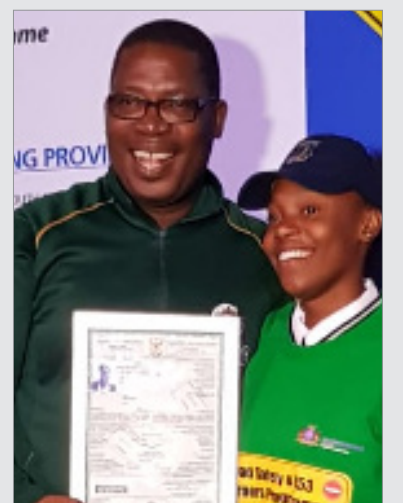
He did not fear that the operation would go wrong, due to his extensive training. Prof Tshifularo and his team removed the patient's three middle ear bones, which were broken in a car accident, and replaced them with the new

● **Cont. page 2**



Teach children how to recycle

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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**



Khombo ra ntshikelelo wa miehleketo eka vana

Loko ha ha langutanile naswivikoswaku tisinga ka vantshwa eAfrika-Dzonga – laha hi nga vona n'wana wa malembe ya ntsevu atisinga hi 2017 – i swa nko-ka leswaku vatswatsi va dyondzo hinkwaswo leswi nga fanela hi timhaka ta ntshikelelo wa miehleketo na hilaha va nga lemukaka vuva-byi lebyi eka vana.

Hi 2018, South African Depression and Anxiety Group (SADAG), lowu tirhanaka na madzanadzana ya tiqingho siku na siku mayelana na rihanyo ra swa miehleketo na vantshwa, wu vikile leswaku 31.5 phesente ya ku ringeta ku tisinga eka vantshwa a ku lava vutshunguri; 17,6 phesente wa vantshwa a va ehleketa ku ringeta ku tisinga; wun'we eka mune wa swichudeni swa le tiyunivesithi va kumekile va ri na ntshikelelo wa miehleketo; naswona ku tlula 20 phesente wa vantshwa va

malembe ya 18 va ringetile ku tisinga kan'we kumbe ku tlula.

Hi ku ya hi Nhlangoana wa Misava wa Rihanyo, hafu ya swiyimo swa rihanyo ra miehleketo swi sungula eka malembe ya 14, kambe timhangu to tala a ti koti ku vonaka ni ku tshunguriwa.

"Hikokwalaho ka mhaka leyi, i swa nko-ka eka vatswari, vadyondzisi, vakokwani, varhandziwa na miganga ku tiva leswaku ntshikelelo wa miehleketo wu nga ha khumbha vantshwa," ku vula SADAG.

I swa nko-ka ku tiva swikoweto swa ntshikelelo wa miehleketo na ku tidlaya na ku tiva leswaku munhu a nga pfuneka njhani ka ha ri ni nkarhi.

Swikoweto swa ntshikelelo wa miehleketo

Hi ku ya hi dokodela wa vuvabyi bya miehleketo Dok. Pralene Maharaj wa

Ndzawulo ya Rihanyu eXibedhlele xa Krugerdorp e-Sterkfontein, swikoweto swa ntshikelelo wa miehleketo eka vana swi hambana hi malembe na ku vupfa ka byongo bya vona.

Swin'wana swa swikoweto swa ku biha ka xiyimo swi katsa ku tihumesa eka migingiriko leyi a va tiphina hi yona eku sunguleni, ku phya kumbe ku kukumuka ka miri, swiphiso swa ku etlela, ku tsandzeka ku heta mitirhokaya, ku tihumesa eka migingiriko ya le tlilasi-ni, ku ya ka timaraka ehansi na ku tikeriwa ka ku yingisela hi nkarhi wa dyondzo.

"Hambiswiritano, ntshikelelo wa miehleketo wa tika ku wu lemuka eka vana hikuva xi nga va xiphiso lexi tumbelele. Xikombiso, vana va nga ha va na ku tikeriwa eku dyondzeni exikolweni. Swi na nko-ka swinene leswaku vana va kuma vukamberi bya ntiyiso naswona kumbe vutshunguri lebyi katsaka

mavabyi hinkwawo," a vula.

Ku tidlaya ka vantshwa

SADAG yi langutanile na tinhlayo ta vana na vantshwa lava nga ni mitshekelelo emiehlekeweni naswona yi le ku kumeni ka nhlayo ya tiqingho leyi nga ku tlakukeni ku suka eka vana lava helaka matimba, ntshembho na ku lava ku tidlaya.

Hambileswi ku tidlaya kun'wana swi nga humelalaka handle ka xilemukiso lexi nga erivaleni, ku tidlaya ko tala ko tshuka ku humelala handle ka swilemukiso. Ndlela yo hetiseka yo sivela ku tisinga i ku dyondza ku lemuka swikoweto swa munhu loyi a nga na nxungeto wo endla tano, tekela swikoweto leswi enhlokweni kutani u tiva hilaha u nga angulaka hakona.

Swikoweto swa khombo swi katsa leswi landzelaka:

- Ku ringeta ku tisinga enkarhini lowu hundzeke
- Ku vulavula hi rifu kumbe ku tidlaya
- Ntshikelelo wa miehleketo
- Ku cinca ka mikarhi yo etlela

- Ku cinca ka madyelo kumbe miri
- Ku vulavula kumbe ku famba hi rivilo kumbe ku nonoka loku nga toloveriwangiki
- Ku karhala kumbe ku hungutana ka matimba
- Ku titwa u nga ri wa nko-ka, ku titwa u ri na swisolokumbe ku titwa u ri na nandzu
- Ku chava ka le henhla, ku chuka, kumbe mahanyelo yo twa u chavisiwile; ni ku tirhisa swidzidziharisi kumbe xihoko hi ndlela yo biha. **V**

Xana ndzi nga endla yini?

Ntshikelelo wa miehleketo eka vana i mhaka leyi faneleke ku tikeriwa enhlokweni naswona i swa nko-ka leswaku n'wana a kamberwa hi vurhon'wani. Endzela tliniki ya rihanyo ya le kusuhi, xibedhlele kumbe dokokela hi xihatla.

- U nga tlhela u bela riqingho eka nomboro ya pfuno ya 0800 456 789 eka Cipla 24 wa tiawara.
- nomboro ya pfuno ya 011 234 4837 eka SADAG kumbe layini ya Khombo ro Tidlaya eka 0800 567 567.

Matimba yo hlaya ndhawu yin'we

Jauhara Khan

Wansati wa ndhuma wa thelevhixini Oprah Winfrey u tisile ku hundzuluka ka matimba eka timhaka to hlaya eUnited States loko a tumbuluxa ntlawa wa yena wa tibuku hi malembe ya va1990. Tibuku leti welaka eka nxa-xamelu wa leti a tibumabumeleke a ti hundzukile tibuku leti a ti xaviwa hi matimba hi ku copeta ka tihlo naswona ti tlakusile mitirho ya vatsari va ndhuma vo tala. Mitlawa leyi yi tlhele yi khutaza vanhu emisaveni hinkwayo ku tumbuluxa mitlawa ya vona kutani va tlhela va tiphina hi ku hlaya nakambe.

Laha Afrika-Dzonga, pfumba ro ra rixaka hlaya hi xikongomelo xo titsakisa *Nal'ibali*, ri fambisa ku tlula 4 000 wa titlaba to hlaya ta vana na ku letela vanhu na mihlangano yo dyondza ku fambisa titlilaba to hlaya ta vana emigangeni ya vona.

Muvulavuluri wa *Nal'ibali*

Sally du Preez u te, "Mitlawa yo hlaya i tindhawu to wisa, handle ko tikisa milawu laha vana va tiphinaka hi tibuku, switori na mingiriko yin'wana ya vuhlayi yo fana na tisimu na switlangwana hi tindzimi ta vona ku katsa na Xinghezi. Mitlawa yo hlaya leyi kota ku ya emahlweni hi ku seketeriwa hi vudzaberi, switirhisiwa leswi faneleke na xinakulobye."

Pfumba leri ri fambisa ku tlula 4 000 wa titlilaba to hlaya leti hanyaka eswifundzhenikulu swa kaye leswi fikelelaka ku tlula 120 000 wa vana, naswona 84 phesente wa mitlawa leyi ya hlangana kan'we hi vhiki. Mitlawa leyi yi nyika vana nkarhi wo tiphina hi ku dyondzo, ku vula du Preez.

U yile emahlweni a vula leswaku ku tlula 22 000 wa vanhu va leteriwaile ku hlaya hi xikongomelo xo tiphina, naswona kwalomuya ka 8 959 wa vanhu va le ku fambiseni kumbe ku tinyiketa ku fambisa mitlawa leyi, naswona 17



000 wa vanhu va nghenerile tinetiweke ta mingiriko ya vuhlayi ya *Nal'ibali* leyi vurikwa "FUNda Leader".

Du Preez u vule leswaku *FUNda Leader* i va leteriwaile dyondzisaka vutshila byo vulavula, ku valanga and ku tirhisa miehleketo xikan'we.

"Loko mingiriko ya ku hlaya yi endliwa hi tindzimi leti vana va nga ti twisiseki, hi ku tirhisa tindlela leti

nga fikelerikiki hi ku olova kumbe ku nyanyula, swilo leswi hinkwaswo swi sungula ku pfumala mongo na ku va swi nga tsakisa eka vana. Ku hlaya swi fanele ku va na nhlamuselo hambu dyondzo ya kona i ya ximfumo kumbe a hi ya ximfumo. Mhaka leyi hi yi tekela enhlokweni loko hi letela vatswatsi hi timhaka to kota ku hlaya na ku hlaya switori," a vula. **V**

Tindlela to sungula Mitlawa ya vahlayi

1. Rhamba vanghana va wena ku tinghenisa eka ntlawa. U nga rhamba vanhu vanyingi hilaha u kotaka hakona, naswona katsa vamakhelwani, vanghana va vandyangu.
2. Teka xiboho xa leswaku u lava ku va na ntlawa wa tibuku ta njhani – xana u ta hlaya tibuku ta rixaka ro karhi ntsena – xikombiso, tibuku leti tsariweke hi MaAfrika-Dzonga ntsena – kumbe tibuku ta tinxakaxaka?
3. Teka xiboho na swirho swa ntlawa leswaku tihlengeletano ta ntlawa ya tibuku mi ta ti khomela kwihi.
4. Khomani nhlengeletano yo sungula ku nga si tumbuluxiwa ntlawa ku teka xiboho xa leswaku hi yihi buku leyi u nga ta sungula hi yona ku hlaya naswona mi ta hlangana kangani ku bula hi buku leyi.
5. Endla leswaku tihlengeletano ta ntlawa wa tibuku ti va na nyanyulo na ku tsakisa hi ku cinca tindhawu leti mi hlanganaka kona, na ku tumbuluxa mimongo na swivutiso eka nhlengeletano yin'wana na yin'wana.

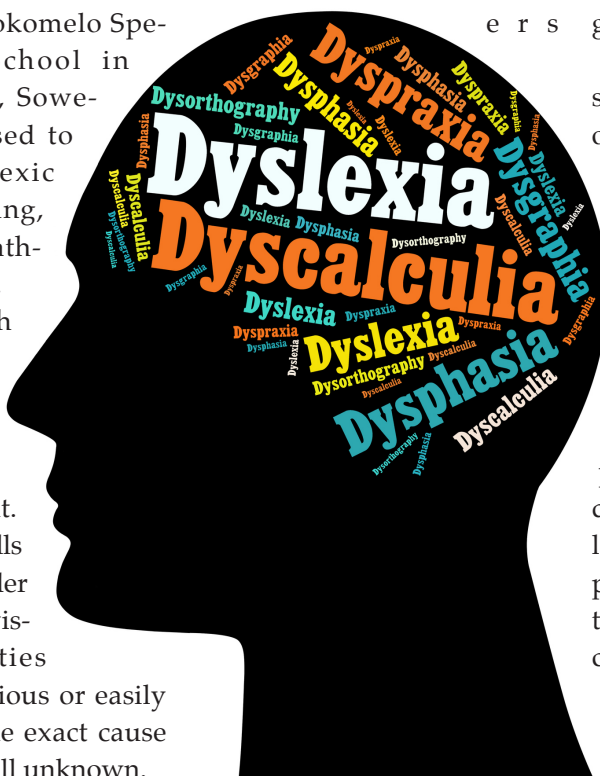
Loko u lava ku tinghenisa eka netiweke ya *FUNda Leader* ya *Nal'ibali* nghena eka: www.nalibali.org, eka: [mobsite – www.nalibali.mobi](http://mobsite-www.nalibali.mobi), kumbe u bela riqingho eka senthara ya tiqingho eka: 021 180 40 80.

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**