

Vuk'uzenzele

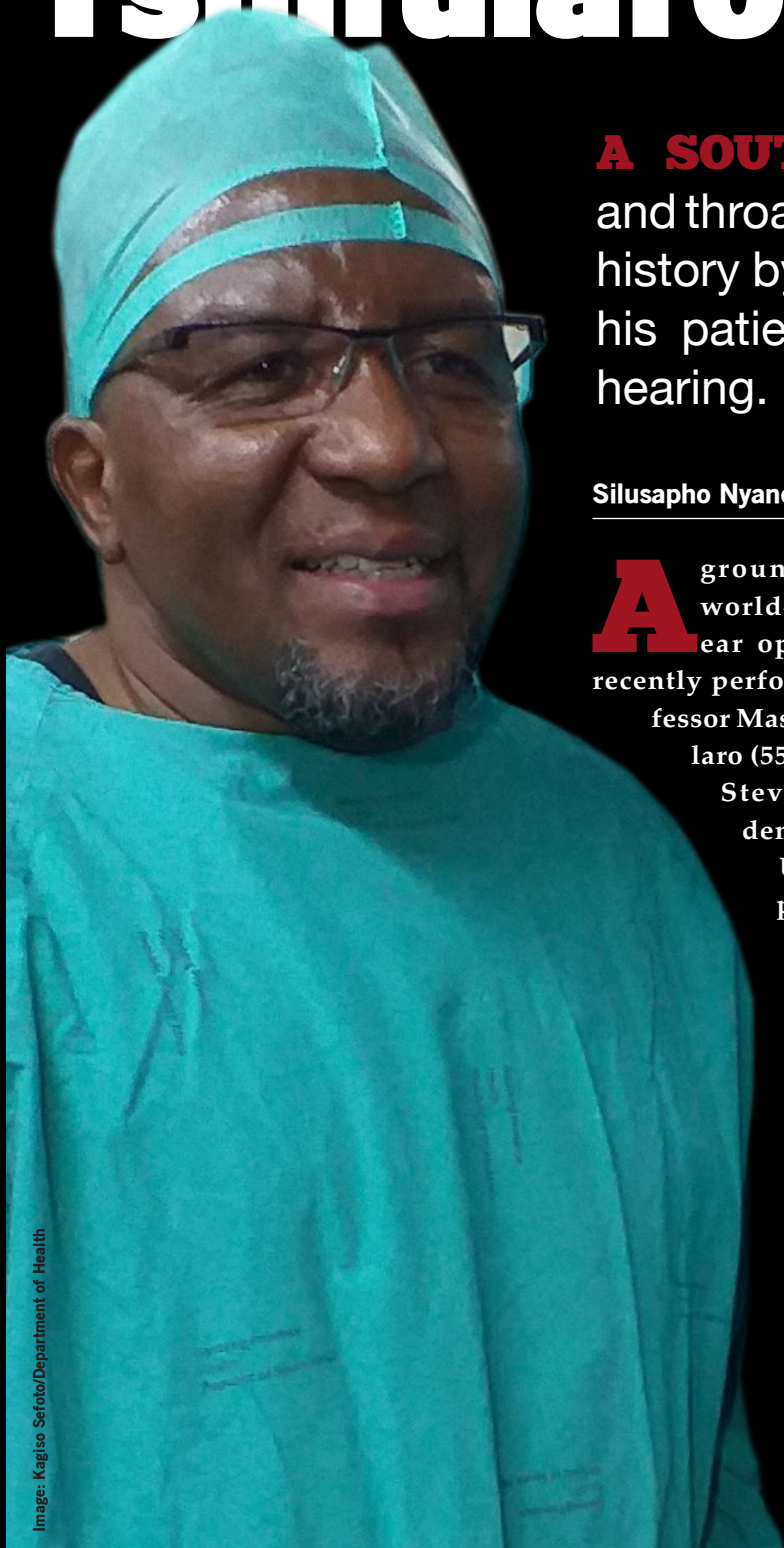


Produced by Government Communications (GCIS)

English/isiZulu

| Mbasa 2019 Ushicilelo 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.

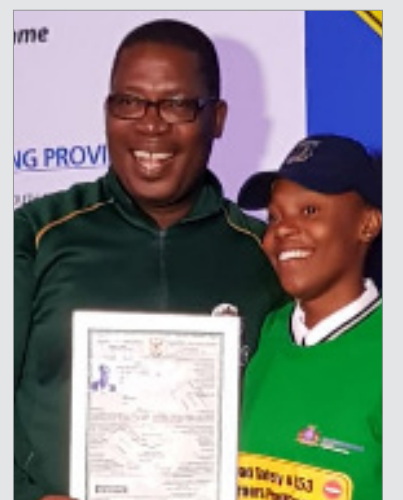
He did not fear that the operation would go wrong, due to his extensive training. Prof Tshifularo and his team removed the patient's three middle ear bones, which were broken in a car accident, and replaced them with the new

● **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,



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

we fund additional theatre time for these operations over weekends. We also coordinate 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**



Ubungozi bengcindezi yengqondo ehlasela izingane

Njengoba ikhula imibiko yokuzibulala kwabantu abasha eNingizimu Afrika – futhi omncane kunabo bonke, owazibulala ngowezi-2017, wayeneminyaka yobudala e-yisithupha nje kuphela – kusemqoka ukuthi abantu abadala bazame ukuthola lonke ulwazi abangaluthola oluphatelene nengcindezi yengqondo (*i-depression*) futhi bafunde nokuthi bangayibona kanjani ezinganeni.

Ngowezi-2018, i-South African Depression and Anxiety Group (i-SADAG), ethola amakhulu ngamakhulu ezingcingo nsuku zonke eziphatelene nempilo yabantu abasha kanye nesifo sokugula ngengqondo, yabika ukuthi amabhungu namatshitshi angama-31.5% ayezame ukuzibulala adinga usizo lokwelashwa; amabhungu namatshitshi ayi-17.6% ake afikelwa wumqondo wokuzibulala; umfundi wasenyuvesi oyedwa kwabane kwatholakala ukuthi unengcindezi yengqondo; futhi bangaphezu kwama-20% abantu abasha abaneminyaka yobudala eyi-18 asebeke benza umzamo wokuzibulala owodwa noma ngaphezulu.

Ngokwemibiko yeNhla-

ngano Yezempilo Emhlabeni (i-WHO), isigamu sabantu abanesifo sokugula ngengqondo baqalwa yilesi sifo beneminyaka yobudala eyi-14, kodwa-ke abaningi abahlonzwa ngendlela efanele futhi nalabo esibaphethe abakutholi ukwelashwa.

"Yingakho-ke kusemqoka kangaka ukuthi abazali, othisha, ogogo nomkhulu, izihlobo kanye nemiphakathi bazi ukuthi ingcindezi yengqondo iyabahlasela ngisho nabantu abasha imbala," kusho i-SADAG.

Kusemqoka kakhulu ukwazi izimpawu zengcindezi yengqondo kanye nemicabango yokuzibulala, nokuthi lutholakala kanjani usizo kusenesikhathi, izinto zingakonakali kakhulu.

Izimpawu zomuntu onesifo sengcindezi yengqondo

Ngokusho kukadokotela wezifo zengqondo (*i-psychiatrist*) uDkt u-Pralene Maharaj osebenza esibhedlela sezifo zengqondo i-Sterkfontein Psychiatric Hospital esise-Krugersdorp esingaphansi koMnyango Wezempilo waseGauteng, ziyahlukahlu-ka ngokweminyaka yobu-

dala kanye nokuthuthuka kwengqondo izimpawu ezibonisa ukuthi ingane inaso isifo sengcindezi yengqondo.

Ezinye zezimpawu ezixwayisayo zibandakanya ukuthi ingane ingabe isazibandakanya ezintweni ezithokozisayo ezenziwa esikoleni, okuyizinto ebizithanda ngaphambili, ukuzaca noma ukukhuluphala, izinkinga zokungalali kahle, ukungawuphothuli umsebenzi wesikole owenzelwa ekhaya, ukungabambi iqhaza ekilasini, ukwehla kwezinga lamamaki atholwa yingane ezivivinyweni zayo kanye nobunzima bokugxilisa ingqondo kulokho okwenziwayo.

"Kodwa-ke, kunzima implela ukuhlonza isifo sengcindezi yengqondo ezinganeni ngoba kungenzeka ukuthi leyo ngcindezi ingumphumelela wokunye ukugula noma inkinga ekhathaza ingane. Isibonelo, mhlawumbe ingane inobunzima bokufunda noma iyahluleka ukuqonda lokho ekufundiswayo esikoleni futhi iyahluleka nokwenza umsebenzi wesikole ngempumelelo. Kusemqoka kakhulu ukuthi izingane zithole ukuxilongwa ngendlela afanele ukuze zithole ukwelashwa

okuphelele," kusho yena.

Ukuzibulala kwamabhungu namatshitshi

I-SADAG ilibona likhula inani lezingane namabhungu namatshitshi anesifo sengcindezi yengqondo kanye nesibalo sezingane ezishayela i-SADAG ucingo ezikhungathekile, ezingasazi nokuthi zithatheni zihlanganise nani, eseziphelelwe yithemba futhi ezifikelwa nawumcabango wokuzibulala imbala.

Nakuba abanye abantu bezibulala ngaphandle kokubonakalisa izimpawu zokuthi bazozibulala, abaningi babo abanazo izimpawu ezibonakalisa ukuthi bazozibulala. Indlela esebenza kahle kakhulu yokuvimbela ukuzibulala wukuthi abantu bafunde ukubona izimpawu zomuntu osengcupheni yokuzibulala futhi bangazithathi ne kancane lezo zimpawu futhi bazi ukuthi yiziphi izinyathelo okumele bazithathe mayelana nalokhu.

Izimpawu zobungozi bokuzibulala zibandakanya:

- imizamo yokuzibulala ngaphambili

- ukukhuluma ngokufa noma ngokuzibulala
- ingcindezi yengqondo
- ukuguquka kwendlela avamise ukulala ngayo umuntu
- ukuguquka kothando lokudla noma isisindo somzimba
- ukukhuluma noma ukunyakaza komzimba ngokushesha noma ngokunensa okungajwayelekile
- ukubhocobala noma ukuphelelwa wumdladla namandla
- ukuzizwa ungelutho, ukuzisola noma ukuba nesazela
- ukukhathazeka ngokweqile, ixhala noma intukuthelo; kanye nokuxhaphaza izidakamizwa noma notshwala. **V**

Yini engingayenza?

Ingcindezi yengqondo ehlasela izingane yinto ebusayo okungamele neze ithathwe kancane futhi kusemqoka ukuthi ingane ixilongwe ngendlela efanele. Vakashela emtholampilo wezifo zengqondo, esibhedlela noma kudokotela oseduze nawe ngokushesha. Futhi ungashayela nenombolo: ye-Cipla yosizo lwempilo yengqondo esebenza imini nobusuku ethi: 0800 456 789. ye-SADAG ehlinzeka ngosizo ethi: 011 234 4837 noma eye-Suicide Crisis Line ethi: 0800 567 567.

Ukubaluleka kokufunda ndawonye

Jauhara Khan

Inqalabutho kamabonakude u-Oprah Winfrey waletha uguquko olunohlonze kwezokufunda kwelase-United States ngenkathi esungula eyakhe ikilabhu yokufunda, ngeminyaka yawo-1990. Izincwadi ezisohlwini lwezincwadi ezinconywe nguena zathengiswa ubuthaphuthaphu futhi lokhu kwabayisiqalo esihle esachumisa umsebenzi wababhali abaningi abadumile. Futhi kwakhuthaza abantu emhlabeni wonke jikelele ukuthi basungule awabo amakilabhu okufunda futhi baphinde bathokozele ukufunda.

ENingizimu Afrika, umkhankaso kazwelonke wokufunda-sakuzijabulisa obizwa nge-Nal'ibali, uqhuba amakilabhu okufunda enzelwe izingane angaphezu kwezi-4 000, futhi lo mkhankaso uqeqesha abantu kanye nezinhlangano ukuthi balawule futhi baqhuba amakilabhu okufunda enzelwe izingane

emiphakathini yazo.

Umkhulumeli we-Nal'ibali u-Sally du Preez wathi, "Amakilabhu okufunda ayizindawo ezinethezekile, futhi ezikhululekile lapho izingane zingathokozela izincwadi, izindaba kanye neminye imisebenzana ehlobene nokufunda nokubhala, njengamaculo kanye nemidlalo etholakala ngolimi lwazo lwebele futhi iphinde itholakale nangesiNgisi. Ukusimama kwalawa makilabhu kusekelwa ngezinhlelo zokufundisa nokweluleka, ukuhlinzeka kwezinsiza-kusebenza kanye nobambiswano."

Lo mkhankaso ulawula futhi uqhube amakilabhu okufunda angaphezu kwezi-4 000 asebenzayo kuzo zonke izifundazwe zakuleli eziyisishiyagalolunye afinyelela ezinganeni ezingaphezu kwezi-120 000, futhi ama-84% alawa makilabhu abuthana okungenani kanye ngeviki. Amakilabhu okufunda anikeza izingane amathuba okufunda atholaka-



la ngokuqhubekayo futhi athokozisayo, kwasho u-du Preez.

Wangeza ngokuthi bangaphezu kwezi-22 000 abantu asebethole ukuqeqeshelwa ukufunda-sakuzijabulisa, okungenani bayizi-8 959 abantu njengamanje abaqhubalawa makilabhu okufunda noma abangamavolontiya, futhi bangaphezu kwezi-17 000 abantu asebelanganyele ohlelweni lwe-Nal'ibali olubanzi lokufundisa amakhono okufunda nokubhala. Laba bantu babizwa ngama-FUNda Leaders.

U-Du Preez wathi ama-FUNda Leaders aqeqeshiwe ekufundiseni abantu ukuzwakalisa imizwa yabongobuciko nobuhlakani, ukuhlola-sakuthungatha amakhono abo afi-

hlakele kanye nokucabanga ndawonye.

"Uma imisebenzi ephathelene nokufunda ibhalwe ngezilimi ezingaziqondi izingane, futhi kusetsheziwa izindlela zokufundisa ezingazwakali kahle noma ezingenabo ubumnandi, leyo misebenzi iba yinto eyize leze, engasho lutho futhi engathandeki ezinganeni. Kungakhathalekile ukuthi kwenziwa esikoleni noma endaweni engesona isikole, ukufunda kumele kube yisenzo esinengqondo, esinenhloso futhi esiwusizo. Lokhu kuyinto ehla isezingqondweni zethu ngenkathi siqeqesha abantu abadala mayelana nokufundisa amakhono okufunda nokubhala kanye nokuxoxa izindaba," kwasho yena. **V**

Ngingayisungula kanjani ikilabhu yokufunda

1. Mema abangani bakho ukuthi bajoyine ikilabhu. Ungamema abantu abaningi ngangokuthanda kwakho, futhi ungabandakanya omakhelwane, abangani noma umndeni.
2. Yenza isinqumo sokuthi nhloboni yekilabhu yokufunda ofuna ukuyisungula – ingabe nizofunda izincwadi zohlobo oluthile kuphela – isibonelo, izincwadi ezibhalwe ngababhali baseNingizimu Afrika kuphela – noma izincwadi ezinhlobonhlobo?
3. Yenza isinqumo namalungu ekilabhu yokufunda sokuthi nizoyibambela kuphi imihlangano yekilabhu yokufunda.
4. Bambani umhlangano yekilabhu owandulela umhlangano wokufunda lapho nizothatha khona isinqumo sokuthi iyiphi incwadi enizoqala ngayo ukufunda, nokuthi nizohlangana kaningi kangakanani ukuzoxoxa ngaleyo ncwadi.
5. Yenzani imihlangano yekilabhu yokufunda ihtale inobumnandi nenjabulo ngokuthi nishintshashintshe izindawo enibambela kuzona imihlangano yenu, futhi nakhe izindikimba kanye nemibuzo eqondene nomhlangano ngamunye.

Uma ufuna ukujoyina uhlelo lwe-Nal'ibali, i-FUNda Leader, vakashela ku-www.nalibali.org, noma kuwebhusayithi kamakhalekhukhwini ku-www.nalibali.mobi, noma ushayele isizinda sezincingo ku: 021 180 40 80.

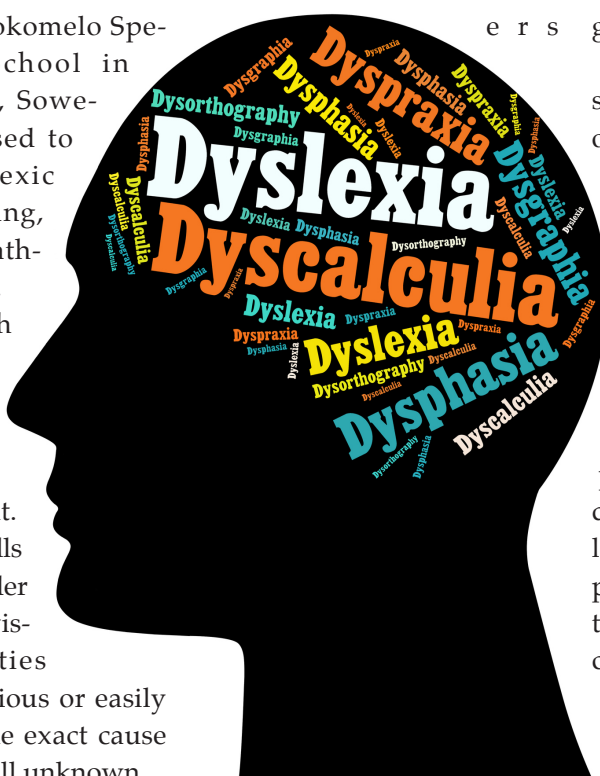
New resources for dyslexic kids

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. **V**