

3rd edition

NEWSLETTER 2015

Dear Remedi Member

It is difficult to believe that the first half of 2015 has already gone by!

Please take some time out and carefully read through this newsletter. In this edition we focus on the following:

- Organ donation
- Donating blood
- Hepatitis
- Drug abuse

I again want to urge all members to please update your contact details online at www.yourremedi.co.za or by sending an e-mail to service@discovery.co.za or by calling us on **0860 116 116**.

Regards

Kobus du Plessis

Principal Officer - Remedi



ORGAN DONATION

South Africa was placed centre stage in the world's spotlight when **Dr Chris Barnard** performed the first human heart transplant. South Africa remains a centre of excellence for organ transplantation.

Becoming an organ donor is something any person in good health, with no chronic disease that may affect a recipient, can do. Find out more about organ donation and the process to become a donor.

Organ donation is a gift of life

You or your family will not receive any monetary compensation for donating. Trading in organs and tissue is illegal in South Africa.

Did you know that an organ donor can save seven lives?

An organ donor's heart, liver and pancreas can save three lives and their kidneys and lungs can help up to four people. An organ donor can help up to 50 people by donating tissue like corneas, skin, bone, and heart valves.

How do I become an organ donor

The most important thing to do once you decide to become an organ donor is to let your family and loved one know

of your wish to donate your organs after your death. They will be the ones to honour your wish when you die.

You can register with the Organ Donor Foundation. When you register, they will give you a donor card to fill in, which you will carry in your wallet or purse. You will also receive a sticker that identifies you as an organ donor to put on your ID book and on your driver's licence.

Go to www.odf.org.za to register to become an organ donor and for more information on organ donation in South Africa.

BLOOD DONOR

You can make a difference in someone's life, today

Chances are high that someone you know will need a blood transfusion. Thousands of patients would die every day if there is not enough blood in supply. The same chances are considerably lower for knowing someone who regularly donates blood.

People who may need blood include women who are bleeding excessively due to pregnancy and other gynaecological complications, and people who have been involved in accidents. Accident victims and people who need major surgery need blood transfusions, as do children with severe anaemia and cancer patients.

A blood donor gives these people a gift that money cannot buy and science cannot create.

Who can donate blood?

In South Africa, a blood donor must be between 16 and 65 years old and must weigh 50kg or more. Donors should be in good health, consider their blood to be safe for donation and lead a safe sexual lifestyle.

What happens when I donate?

As a donor, you must fill in a questionnaire about your health and lifestyle. This is to ensure it is safe for you to donate blood and that your blood is safe for a patient to receive.

Once you have completed the questionnaire, your iron levels, blood pressure, and pulse rate will be checked to ensure you are fit to donate.

The whole process takes about 30 minutes but the actual donation only takes about 10 minutes. The actual donation is similar to having a blood test. After you're done, you will need to sit and rest for a few minutes and drink something, usually a juice.

Some interesting facts about blood donation

- One unit of blood is all it takes to save up to three lives. This is because blood is separated into red blood cells, plasma and platelets.
- There are four major blood groups: O, A, B and AB.
- Group O is the most common blood and is always in demand because it can usually be given to patients of other blood groups.
- Your body replaces liquid donated within 24 hours through fluid intake.
- If every capillary, vein and artery in your body were placed end to end, they would cover a distance of 150 000 kilometres.
- The average volume of blood in an adult body is four to five litres, or about 8% of the body weight.
- About 480ml of blood is taken at one donation.

For more information about blood donation in South Africa, go to www.sanbs.org.za



HEPATITIS

Hepatitis is an infectious disease that affects hundreds of millions of people worldwide.

The word hepatitis means an inflammation of the liver – an organ that helps the body to process nutrients and metabolise medicines as well as clear the body of poisonous waste products.

Many things can cause hepatitis, including a bacterial infection, liver injury caused by a poison, and even an attack on the liver by the body's own immune system, however, the most common cause of hepatitis is a virus.

There are different types of hepatitis

With hepatitis, the liver becomes swollen and damaged and begins losing its ability to function.

The five hepatitis viruses are hepatitis A, hepatitis B, hepatitis C, hepatitis D, and hepatitis E. Millions of people worldwide are living with hepatitis B or hepatitis C and if left untreated, these viruses can lead to liver cirrhosis (scarring), liver cancer and liver failure.

	TRANSMISSION	PREVENTION
Hepatitis A	Spread mainly through eating food or drinking water contaminated with the faeces of an infected person.	<ul style="list-style-type: none"> • There is a vaccination that can prevent infection. • Reduce risk of exposure by practicing good hygiene and avoid drinking water that has come from a potentially unsafe source.
Hepatitis B	Spread by coming into contact with the blood or other body fluids such as semen, saliva and vaginal fluid of an infected person.	<ul style="list-style-type: none"> • There is a vaccination that can prevent infection. • Reduce your chances of exposure by wearing a condom during sex, and avoid sharing needles or other items like toothbrushes, razors and any other sharp items. • Ensure tattoo or body piercing facilities are properly licensed and meet hygiene requirements.
Hepatitis C	Spread mainly through blood-to-blood contact.	<ul style="list-style-type: none"> • Hepatitis C is the most serious type of hepatitis and is the most common reason for liver transplants in adults. There is no vaccination for hepatitis C so it is important to reduce the risk of exposure. Do not share needles or other items like toothbrushes, razors and any other sharp items. • Treatment involves frequent injections to eradicate the virus and is more effective in some than others.
Hepatitis D	Hepatitis D is only found in people who are already infected with the hepatitis B virus Spread through contact with infected blood.	<ul style="list-style-type: none"> • There is currently no effective antiviral therapy available for hepatitis D. People not already infected with hepatitis B should get the hepatitis B vaccination.
Hepatitis E	Spread mainly through eating food or drinking water contaminated with the faeces of an infected person.	<ul style="list-style-type: none"> • There is a vaccine to prevent hepatitis E but it is currently not widely available. • Reduce risk of exposure by practicing good hygiene and avoid drinking water that has come from a potentially unsafe source.

How do I know if I have hepatitis?

Only a doctor can diagnose you with hepatitis because people with hepatitis often get symptoms similar to those caused by other virus infections, such as weakness, tiredness, and nausea. This makes it easy to confuse it with another illness. Also, people with hepatitis A may not show any symptoms, so the infection can go undiagnosed. People with hepatitis B or C infection also may not show symptoms right away, but can develop health problems from

the infection many years later. Even when infected people do not have any symptoms, they can still pass the disease on to others.

Symptoms of hepatitis include yellowing of the skin and eyes, known as jaundice, fever, nausea, vomiting, and lack of appetite. Other symptoms include abdominal pain.

Always seek medical advice if you suspect any illness or infection.





DRUG ABUSE AND TRAFFICKING

The South African government is working towards preventing and reducing alcohol and substance abuse and its associated social and economic consequences on society.

According to the South African National Council on Alcoholism and Drug Dependence (SANCA) drug abuse is on the rise, especially among younger children. Recent reports show that alcohol and cannabis are the most commonly abused drugs. According to the South African Medical Research Council, 11% of the South African population will suffer an addiction disorder in their lifetime. That means close to 5.7 million people will abuse drug and alcohol with consequences.

While some drugs are produced directly in South Africa, it is also a major hub for importing and exporting drugs. Locally formulated drugs, heroin, cocaine

(crack), tik (methamphetamine) add to the growing use of highly addictive, dangerous and lethal drugs, however it's important to note that it's not just these drugs that cause addiction problems – legal prescription and over-the-counter medicines and steroids can too.

With drug addiction, prevention is always better than cure. Parents, other family members and educators need to start talking about drugs and abuse early on. This is even more important given the fact that people are being exposed to drugs at a far younger age than ever before.

Local is definitely not lekker

Whoonga – also called wunga or nyaope – is a potent and highly addictive mixture of marijuana, heroin and HIV medicines. Even though the cost of this mixture is relatively cheap, users quickly become addicted and need more and more. This makes it unaffordable for the addict, who then turns to crime to support their habit.

Life is tough enough and drugs and alcohol make life tougher

With our fast-paced and hectic lifestyle, it is easy to feel out of control and overwhelmed by problems. People are often tempted to use alcohol and drugs

to take a break from reality in the hope that their problems will disappear and make life better.

The facts speak for themselves: people who sell drugs are not interested in anyone's wellbeing.

Quick facts on drugs

- Heroin is produced from morphine, which is extracted from the Asian poppy
- Cocaine is extracted from the cocoa plant
- About 4.5 million people use ecstasy
- Cocaine, ecstasy, and crack-cocaine are designed to make a person feel great and so are called "uppers"
- Alcohol, dagga, and heroin make a person feel relaxed and laid back, which is why they are called "downers".

For more information on International day against drug abuse and trafficking, or about **SANCA** and the support they offer, visit www.sancanational.org

3rde uitgawe

NUUSBRIEF 2015

Beste Remedi-lid

Dit is moeilik om te glo dat die eerste helfte van 2015 reeds verby is!

Knyp asseblief 'n tydjie af en lees die nuusbrieff sorgvuldig deur. In hierdie uitgawe fokus ons op die volgende:

- Orgaanskenking
- Bloedskenking
- Hepatitis
- Dwelmmisbruik

Ek wil weereens 'n beroep op alle lede doen om asseblief u kontakbesonderhede by Remedi op datum te bring. U kan dit aanlyn doen by www.yourremedi.co.za of 'n e-pos stuur na service@discovery.co.za of ons skakel by **0860 116 116**.

Groete

Kobus du Plessis

Hoofbeampte – Remedi



ORGAAN- SKENKING

Suid-Afrika is wêreldwyd in die kollig geplaas toe **dr Chris Barnard** die eerste hartoorplanting op 'n mens gedoen het. Suid-Afrika bly 'n spilpunt van uitnemendheid vir orgaanoorplanting.

Enige persoon wat gesond is en wat geen chroniese siektes het wat 'n onvanger kan aantas nie, kan 'n orgaanskenker word. Vind meer uit rakende orgaanskenking en die proses om te volg om 'n skenker te word.

Orgaanskenking is 'n geskenk van lewe

Nie u of u gesin sal geldelik vergoed word omdat u skenk nie. In Suid-Afrika is dit onwettig om in organe en weefsel handel te dryf.

Het u geweet dat 'n orgaanskenker sewe lewens kan red?

'n Orgaanskenker se hart, lewer en pankreas kan drie lewens red en sy of haar niere en longe kan tot vier mense help. 'n Orgaanskenker kan tot 50 mense help deur weefsel soos korneas, vel, been en hartkleppe te skenk.

Hoe word ek 'n orgaanskenker?

Die heel belangrikste ding om te doen sodra u besluit het om 'n orgaanskenker

te word, is om u gesin en geliefdes in te lig van u wens om ná u dood u organe te skenk. Hulle sal die mense wees wat ná u dood u wens sal vervul.

U kan by die Orgaanskenkingstigting registreer. Wanneer u registreer, gee hulle aan u 'n skenkerkaart om in te vul, wat u dan in u beursie of handsak saamdra. U ontvang ook 'n plakker wat aandui dat u 'n orgaanskenker is wat u op u identiteitsdokument en rybewys plak.

Besoek www.odf.org.za om as orgaanskenker te registreer en vir meer inligting oor orgaanskenking in Suid-Afrika.

BLOED- SKENKERDAG

U kan vandag 'n verskil maak in iemand se lewe

Elke dag sal duisende pasiënte sterf as daar nie genoeg bloed in voorraad is nie. Daar is 'n groot moontlikheid dat iemand wat u ken, 'n bloedoortapping nodig gaan hê. Die moontlikheid dat u iemand ken wat gereeld bloed skenk, is baie kleiner.

Mense wat bloed mag nodig hê sluit vroue in wat uitermate bloei as gevolg van swangerskap of ginekologiese komplikasies, asook mense wat in ongelukke betrokke was. Ongelukslagoffers en mense wat groot operasies nodig het, het bloedoortappings nodig, asook kinders met erge bloedarmoede en kankerpatiënte.

'n Bloedskenker gee hierdie mense 'n geskenk wat geld nie kan koop nie en wetenskap nie kan skep nie.

Wie kan bloed skenk?

In Suid-Afrika moet 'n bloedskenker tussen 16 en 65 jaar oud wees en 50 kg of meer weeg. Skenkers moet gesond wees, hulle bloed beskou as veilig vir donasie en 'n veilige seksuele lewenstyl handhaaf.

Wat gebeur wanneer ek skenk

U, as 'n skenker, moet 'n vraelys oor u gesondheid en lewenstyl invul. Dit is om seker te maak dat dit veilig is vir u om bloed te skenk en dat u bloed veilig is vir 'n pasiënt om te ontvang.

Sodra u die vraelys ingevul het, sal u ystervlak, bloeddruk en polsslag nagegaan word om te verseker dat u reg is om te skenk.

Die hele proses neem omtrent 30 minute, maar die eintlike donasie neem net sowat 10 minute. Die eintlike donasie is soortgelyk aan bloedtrek vir 'n bloedtoets. Ná u klaar is, moet u vir 'n paar minute sit en rus en iets drink, soos sap.

'n Paar interessante feite oor bloedskenking

- Een eenheid bloed kan tot drie lewens red. Dit is omdat bloed in rooibloedselle, plasma en bloedplaatjies verdeel word.
- Daar is vier hoof-bloedgroepe: O, A, B en AB.
- Groep O is die algemeenste bloed en is altyd in aanvraag, omdat dit gewoonlik aan mense met ander bloedgroepe gegee kan word.
- U liggaam vervang binne 24 uur die vloeistof wat geskenk is deur vloeistofinnam.
- As elke kapillêre vaatjie, aar en slagaa in u liggaam kop en punt gesit word, sal hulle 150 000 kilometer ver strek.
- Daar is gemiddeld vyf liter bloed in 'n volwassene se liggaam of ongeveer 8% van die persoon se liggaamsgewig.
- Ongeveer 480 ml bloed word tydens 'n donasie geneem.

Vir meer inligting oor bloedskenking in Suid-Afrika, besoek www.sanbs.org.za



HEPATITIS

Hepatitis is 'n aansteeklike siekte wat honderde miljoene mense wêreldwyd aantas.

Die woord hepatitis beteken inflammasie van die lewer – 'n orgaan wat die liggaam help om voedingstowwe te verwerk en medisyne te metaboliseer asook die liggaam van giftige afvalstowwe te reinig.

Baie dinge kan hepatitis veroorsaak, insluitende 'n bakteriese infeksie, lewerbesering wat deur gif veroorsaak is en selfs 'n aanval op die lewer deur

die liggaam se eie immuunstelsel. Die algemeenste oorsaak van hepatitis is egter 'n virus.

Daar is verskeie soorte hepatitis

Die vyf hepatitisvirsusse is hepatitis A, hepatitis B, hepatitis C, hepatitis D en hepatitis E. Miljoene mense wêreldwyd leef met hepatitis B of hepatitis C en as dit onbehandeld bly, lei hierdie virusse na lewersirroose (littekenvorming), lewerkanker en lewersversaking.

	OORDRAG	VOORKOMING
Hepatitis A	Versprei hoofsaaklik wanneer mense kos eet of water drink wat besmet is met 'n geïnfecteerde persoon se ontlasting (stoelgang).	<ul style="list-style-type: none">• Daar is 'n inenting wat infeksie kan verhoed.• Verminder u risiko vir blootstelling deur goeie higiëne toe te pas en drinkwater te vermy wat van bronne kom wat moontlik onveilig is.
Hepatitis B	Versprei wanneer mense met bloed of ander liggaamsvloeistowwe (soos semen, speeksel en vaginale vloeistof) van 'n geïnfecteerde persoon in aanraking kom.	<ul style="list-style-type: none">• Daar is 'n inenting wat infeksie kan verhoed.• Verminder u risiko vir blootstelling deur 'n kondoom te dra tydens seks en deur nie naalde of ander items (soos tandeborsels, skeermesse of ander skerp items) te deel nie.• Maak seker dat plekke waar u tatoeërings kry of gaatjies in u lyf laat skiet, behoorlike gelisenseerd is en die vereistes vir higiëne nakom.
Hepatitis C	Versprei hoofsaaklik deur bloed-tot-bloed-aanraking.	<ul style="list-style-type: none">• Hepatitis C is die ernstigste soort hepatitis en is die algemeenste rede vir leweroorplantings in volwassenes. Daar is geen inenting teen hepatitis C nie, dus is dit baie belangrik om die risiko vir blootstelling te verminder. Moenie naalde of ander items (soos tandeborsels, skeermesse en enige ander skerp items) deel nie.• Behandeling behels gereelde inspuitings om die virus uit te roei en is meer geslaagd in seker persone as in ander.
Hepatitis D	Hepatitis D koms slegs voor in persone wat reeds met die hepatitis B-virus geïnfecteer is. Dit versprei deur in aanraking te kom met besmette bloed.	<ul style="list-style-type: none">• Daar is tans geen effektiewe antivirale behandeling vir hepatitis D beskikbaar nie. Mense wat nie reeds met die hepatitis B-virus geïnfecteer is nie, moet die hepatitis B-inenting kry.
Hepatitis E	Versprei hoofsaaklik wanneer mense kos eet of water drink wat besmet is met 'n geïnfecteerde persoon se ontlasting (stoelgang).	<ul style="list-style-type: none">• Daar is 'n entstof wat hepatitis E kan voorkom, maar dit is nie tans algemeen beskikbaar nie.• Verminder u risiko vir blootstelling deur goeie higiëne toe te pas en drinkwater te vermy wat van bronne kom wat moontlik onveilig is.

Hoe weet ek of ek hepatitis het?

Net 'n dokter kan hepatitis by u diagnoseer omdat mense met hepatitis gewoonlik simptome kry wat soortgelyk is aan simptome wat deur ander virusinfeksies veroorsaak word, soos swaakteit, moegheid en naarheid. Dit is dus maklik om hepatitis met ander siektetoestande te verwar. Mense met hepatitis A toon soms geen simptome nie, dus kan die infeksie ongediagnoseer bly. Mense met hepatitis B of C toon soms ook nie dadelik simptome nie, maar kan jare

later gesondheidsprobleme ontwikkel. Selfs wanneer geïnfecteerde mense nie simptome toon nie, kan hulle die siekte steeds aan ander mense oordra.

Simptome van hepatitis behels vergeling van die vel en oë (bekend as geelsig), koors, naarheid, braking en apytverlies. Ander simptome sluit abdominale pyn in.

Kry altyd mediese raad as u vermoed dat u enige siektetoestand of infeksie onder lede het.



INTER- NASIONALE DAG TEEN DWELMS EN ONWETTIGE DWELM HANDEL

Die Suid-Afrikaanse regering werk daaraan om alkohol- en middelmisbruik te voorkom en te verminder asook die gepaardgaande sosiale en ekonomiese gevolge vir die samelewing.

Volgens die "South African National Council on Alcoholism and Drug Dependence (SANCA)" is dwelmmisbruik aan die toeneem, veral onder jonger kinders. Onlangse verslae toon aan dat alkohol en cannabis (dagga) die dwelms is wat mees algemeen misbruik word. Volgens die Suid-Afrikaanse Mediese Navorsingsraad sal 11% van die Suid-Afrikaanse bevolking gedurende hul leeftyd aan 'n verslawing lei. Dit beteken dat nagenoeg 5.7 miljoen mense dwelms en alkohol sal misbruik – met gevolge.

Onderwyl party dwelms direk in Suid-Afrika vervaardig word, is die land ook 'n groot spilpunt vir die invoer en uitvoer van dwelmmiddels. Plaaslikgeformuleerde dwelmmiddels, heroïen, kokaïen (crack) en tik (metamfetamien) dra by tot die gebruik van hoogsverslawende, gevaarlike en dodelike dwelms. Dit is egter belangrik om daarop te let dat dit nie net hierdie dwelms is wat tot verslawingsprobleme lei nie – wettig voorgeskrewe medisyne, oor-die-toonbank-medisyne en steroïdes kan ook.

Met dwelmmisbruik is voorkoming altyd beter as genesing. Ouers, ander familieleden en opvoeders moet vroeg reeds begin praat oor dwelms en misbruik. Dit is selfs belangriker, gesien in die lig dat mense op 'n jonger ouderdom as ooit vantevore reeds aan dwelms blootgestel word.

Local is beslis nie lekker nie

Whoonga – wat ook wunga of nyaope genoem word – is 'n sterk en baie verslawende mengsel wat bestaan uit dagga, heroïen en MIV-medisyne. Al is hierdie mengsel redelik goedkoop, raak gebruikers vinnig verslaaf en hulle het meer en meer daarvan nodig. Dit raak dus onbekostigbaar en die verslaafde wend hom of haar na misdaad om die gewoonte te onderhou.

Die lewe is moeilik genoeg en dwelms en alkohol maak die lewe nog moeiliker

Met ons vinnige en dol lewenstyl is dit maklik om te voel dat ons nie beheer oor alles het nie en dat ons probleme ons oorweldig. Mense kom dikwels in versoeking om alkohol en dwelms te gebruik om van realiteit te ontsnap, in die hoop dat hulle probleme sal verdwyn en hulle lewe sal verbeter.

Die feite spreek vir hulself: Mense wat dwelms verkoop, stel nie in enigiemand se welstand belang nie.

Vinnige feite oor dwelms

- Heroïen word vervaardig uit morfien, wat uit Asiatiese papawer onttrek word
- Kokaïen word uit die kakaoplant onttrek
- Ongeveer 4.5 miljoen mense gebruik ecstasy
- Kokaïen, ecstasy en crack-kokaïen is ontwikkel om 'n mens baie goed te laat voel en is sogenaamde "uppers"
- Alkohol, dagga en heroïen laat 'n mens ontspanne en rustig voel. Dit is waarom hulle "downers" genoem word

Vir meer inligting oor die Internasionale Dag teen Dwelms en Onwettige Dwelms handel of oor **SANCA** en die ondersteuning wat hulle bied, besoek www.sancanational.org