

YOUR HEALTH

Living with diabetes

DIABETES is becoming a major health problem in South Africa and internationally. Urbanisation and unhealthy lifestyles are partly to blame for this.

What is diabetes?

It is a condition in which the body cannot produce insulin (Type 1) or cannot use insulin effectively (Type 2). The latter being more common – 80 – 90% of all cases. Diabetes Type 2 is often associated with obesity, raised blood pressure and cholesterol.

Signs and symptoms

- Passing excessive amounts of urine;
- Constant thirst and drinking lots of fluids;
- Feeling tired or lethargic;
- General body weakness;
- Repeated skin and genital infections;
- Poor wound healing; and
- Blurred vision.

What do I do if I have any of these symptoms?

Don't panic. Go to your doctor or clinic for a blood test. A fasting blood sugar of > 7 and a random blood sugar of > 11, plus signs and symptoms will indicate if you have diabetes.

Management

The doctor or nurse will then advise you on "lifestyle modification". This includes weight control or weight loss; regular exercise; stopping smoking; and following a healthy diet.

There is no such thing as a "diabetic diet", rather a healthy way of eating. This involves:

- Three meals a day. Only people on insulin may need five small meals or snacks in between.
- Reduce fat intake – one teaspoon of oil per person when cooking;
- Increase fibre intake;
- Limit alcohol; and
- Restrict your salt intake.

Some people manage to control their blood sugar by "lifestyle modification" alone, however many need medication. Type 1 diabetics will need insulin injections up to five times a day.

Type 2 diabetics usually start taking tablets and may progress to insulin.

Diabetics need to monitor their blood sugar regularly.

Diabetes is a chronic illness but it is treatable.

The aim of management is to keep the diabetic's blood sugar as close to the normal range as possible as this reduces complications.

Where can I get help?

- Your doctor or clinic;
- By contacting Diabetes South Africa on 031 205 8109; and
- By contacting Diabetes Education Society of South Africa on 031 266 1280.

Compiled by the eThekweni Health Department

Grants-in-Aid Distributions: 2007 (continued)

THE state relies on non-governmental organisations to help it meet society's needs. EThekweni's Grants-in-Aid programme is a way of supporting these organisations. Applications for sundry grants are invited yearly and fall within one of four categories:

social welfare, early childhood development, sport and culture, and economic empowerment.

This year, goods and cheques to a total value of R4-million have been approved and the City began distributing the aid early last month (details of which

were published in the past two edition of *eZasegasini Metro*). The distribution continues until next month. Below are listed the organisations which will be receiving aid on 18, 24 and 25 November and 1 December.

18 November

VENUE: Welbedacht open space (Zone 9)

WARD	NAME OF ORGANISATION	ADDRESS	GOODS REQUIRED
17	Khethicebo Home Base Care	10457 Main Road	R10 500 cheque
17	Zimele Group	Klaarwater	2 x ind sewing machine, 1 x overlocker, R3 021 material voucher
17	Savannah Day Care and Pre-School	269 Mpanza Road	1 x 4 plate electric stove, 1 x 3x3m carpet, 40 x cot mattresses, 10 x blankets
17	Damaseku Holy Association	16 Majola Place Klaarwater	2 x block making machine, 40 bags cement, 2 x wheelbarrows, 2 x garden forks
17	Sekuyasa Old Age Care Centre	15 Jili Street	1 x 4 plate gas stove, 1 x 19 litre gas cylinder, 1 x fire extinguisher, 4 x 55 litre pots, 1 x fridge, 1 x urn, 1 x kettle, 50 x spoons, 50 x knives and 50 x forks
70	Association for Persons with Physical Disabilities	65 Gemini Crescent	R10 500 cheque
70	Young Clydes Football Club	111 Greenvale Avenue	1 x soccer kit boys under 19 (maroon and white) 1 x soccer kit girls under 17 (maroon and white) 1 x soccer kit division 1 boys (maroon and white) 1 x soccer kit girls under 13 (maroon and white) – all Adidas kits
71	Chatsworth Poverty Alleviation Body	46 Lemuria Grove-	R10 500 cheque
72	Sinothando Care Centre	House 2472	R10 500 cheque
72	Masakhane Gospel Group	HS/ 2655 Welbedacht East	1 x Yamaha keyboard, 1 x sound system, 2 x cordless mic
72	Honey Bees Pre-School and Crèche	2197 Main Road Village	20 x jolly chairs, 5 x jolly table, 1 x 4 drawer cupboard, 1 x electric stove and R4 000 cheque for fencing
72	Isibonelo Esihle Children's Project	3197 Demat Road Village	2 x 100 litre pots, 1 x television, 1 x DVD player, 1 gas stove, 1 x gas cylinder, 1 x fire extinguisher, 30 x teaspoons, 30 x plastic cups, 30 x jolly chairs
72	Dzong Community Project	4491 Welbedacht East	1 x cordless drill, 1 x medium size compressor, 1 x drill press machine, 1 x portable router
Zone 9	Fundani Disability Organisation	587 Welbedacht East	R50 000

24 November

VENUE: City Church Walk (Zone 10)

WARD	NAME OF ORGANISATION	ADDRESS	GOODS REQUIRED
23	Rainbow Ridge FC	357 Palmiet Road	1 x soccer kit Adidas (blue and white) 15 x soccer boots, 15 x pairs shin guards, 2 x set training bibs, 1 x pair keeper gloves, 1 x captain armband, 4 x soccer balls
23	R P Moodley School for Learners with Disabilities	306 New Germany	R10 500 cheque
23	Umzamo Daycare and Pre School	53 Blaine Road	1 x computer, 1 x photocopying machine, 1 R1 000 set toys, 20 x jolly chairs, 5 x jolly chairs
24	Vukayibambe Youth Programme	1071 Road 24 Chesterville	2 x grass cutting machine with accessories and safety gear, 4 x wheelbarrows, 4 x rakes, 4 x slashers
24	Umncedisi Project	2974 Jamaica	R10 500 cheque
24	Uthingo Lenkosazane	Mgudulu	R10 500 cheque
24	Phambili Siyakhana Sewing Club	370 BG Nicholson Rd Chesterville	R10 500 cheque
25	Durban and Coastal Mental Health	3 Hatton Avenue Sherwood	R10 500 cheque
25	St Philomena's	92 Rippon Road	R10 500 cheque
25	Spring Youth Movement	25 Larkspur Road	1 x office desk, 1 x office chair, 1 x fridge, 1 x microwave oven, 20 x jolly chairs, 5 x jolly table, 1 x hot/cold water dispenser
28	SANCA Durban Alcohol and Drug Centre	236 9th Avenue	R10 500 cheque
29	Bhekimpilo Support Centre	300 Bamabanani Street	R10 500 cheque
29	Bamba Izandla Creche	Mahlathi Road 1	1 x jungle gym, 3 x cot beds
65	Down Syndrome Association-KZN	382 Stella Road	R10 500 cheque
65	Ubuhle Outreach Project	Burlington Halt	1 x container one window
65	Sakha-Okuhle Youth Organisation	Burlington Halt	R10 500 cheque
65	Imbumbulu Women's Forum	702 Nkomo Road	R50 000 cheque

25 November

VENUE: City Church Walk (Zone 12)

WARD	NAME OF ORGANISATION	ADDRESS	GOODS REQUIRED
11	Ulwandle Dairy Farm	116 Baracuda Road Newlands	R10 500 cheque
11	Mothers of Compassion Group	22E John Dory Drive Newlands	R10 500 cheque
34	Multi Entertainment and Cultural of SA	House no 324 KwaBester	R10 500 cheque
34	Khanya Educare Centre	2205 Greenfield Avenue	1 x R 6 000 set toys, 1 HP Photosmart CS 183, 20 x cot mattresses
34	Imbalenhle Counsellors Group	Umkutu Place Unit 5	1 x data projector, 1 x dvd player, 2 x cordless microphone, 1 x digital camera
35	Ndonsakusa Club	2230 Sandy Lane Quarry Heights	1 x Defy Gemini gourmet, 1 x Kenwood major mixer, 2 x 12 cup muffin trays
37	Siyaphambili Organisation	34 Grandale Place Bridale	R10 500 cheque
37	Ubuntu Youth Organisation	29 Rockhill Groove	1 x sound system, 1 x computer
48	Phoenix Advice Dawah and Care Centre	44 Bridgevale Crescent	R10 500 cheque
48	SLM Creche	21 Cape Clay	R10 500 cheque
48	Isibonelo	2226 Sandy Lane Quarry Heights	R50 000 cheque

1 December

VENUE: Bombay grounds (Zone 13)

WARD	NAME OF ORGANISATION	ADDRESS	GOODS REQUIRED
49	Phoenix Foundation Trust	156 Loncroft Drive	R10 500 cheque
50	Redcliffe Samaritans Organisation	37 Woodview Drive	R10 500 cheque
50	Sangeet Vidya Institute	3 Peachwood Close	R10 500 cheque
52	Outreach Community Services	87 Roeham Place	R10 500 cheque
53	Mathubeszwe Community Project	Tanzania Area	R10 500 cheque