



Photo: Hein von Hörsten

Health Focus

“I hope I can be the autumn leaf who looked at the sky and lived. And when it was time to leave, gracefully it knew life was a gift.”

- Dodinsky

Autumn - the time of the year that Keats referred to as *Season of mists and mellow fruitfulness*. A mesmerising season of true beauty, with turning leaves, cooler temperatures and shorter days. The past summer has seen global record soaring temperatures so autumn comes as a relief to many of us - a favorite time of the year when the evening skies are illuminated with breathtaking sunsets. Oscar Wilde remarked: *And all at once, summer collapsed into fall.*

I often wonder if we shouldn't take more time to appreciate these wonderful gifts that God has graciously given us - be more cognisant of the colours and beauty that surround us daily.

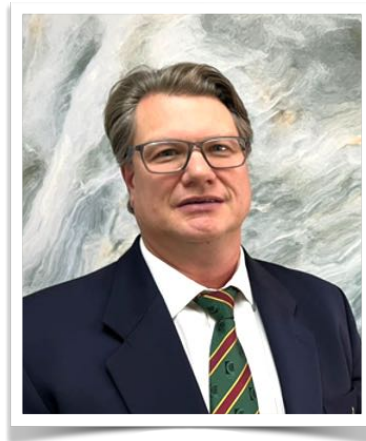
To wake up in the morning with an autumn prayer on our lips: *Heavenly Father, please adorn my life today as You have coloured the leaves and skies so that others may see Your true beauty and experience your goodness and care.* What a difference it would make in the way we touch people's lives. Hence Paul encouraged Timothy: *Guard what has been entrusted to your care. (1 Tim 6:20 NIV)*

May you enjoy the surrounding beauty of Autumn this season and *guard* the patients that have been *entrusted to your care* so that they too may gracefully know that life is a precious gift.

Hip fractures: Causes, Treatment and Recovery

Article written by Dr I de Wilde

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Signs and symptoms of a hip fracture include:

- Inability to get up from a fall or to walk.
- Severe pain in the hip or groin
- Inability to put weight on the leg on the side of the injured hip.
- Bruising and swelling in and around the hip area.
- Shorter leg on the side of the injured hip
- Outward turning of the leg on the side of the injured hip

Causes:

There are 2 main reasons why a hip fracture/break occurs:

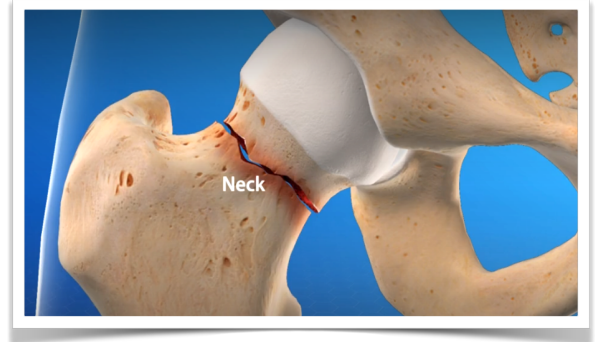
- 1) Trauma/injury reasons: (motor vehicle accident, fall, stress fractures, ext.)
- 2) Pathological/bone being weakened by disease reasons:
 - Metabolic conditions (osteoporosis, calcium/vit D shortage, kidney problems, overactive thyroid, ext.)
 - Cancer (origin at hip bone or metastasis, ext.)
 - Medication (steroids, ext.)
 - Infection in bone.
 - Lifestyle choices (Tobacco and alcohol, Obesity, Lack of regular weight-bearing exercise, ext.)

If malignancy is suspected, then a full-length femoral X-ray and MRI of the femur should be obtained to assess the extent of the malignancy.

Treatment:

Surgical options:

The place that the bone is broken determines the treatment that the orthopaedic surgeon suggests. A hip fracture almost always requires surgical repair or replacement, followed by physical therapy. Surgical repair is an operation to join together the broken bone fragments and hold them in place. This is known as internal fixation. Various devices can be used to provide the fixation, including screws, nails, plates, and rods. The best treatment for a displaced fracture, however, is a hip replacement.



Medications:

Pharmacological venous thromboembolism prophylaxis is recommended during the postoperative period providing there are no contraindications. Drugs like bisphosphonates help in strengthening bones. Calcium and vitamin D supplements can also be beneficial.

Pain Management:

Effective pain control is important, often involving medications and sometimes nerve blocks.

Post-operative:

After surgery, you should be offered rehabilitation treatment, including physiotherapy, which should start on the day after surgery. A physiotherapist will assess you and offer mobilisation (exercises to help promote strength and recovery) unless there is a medical or surgical reason not to. You should be offered supervised mobilisation at least once a day and have regular physiotherapy reviews.

You may also be seen by an occupational therapist to help you reach your maximum level of function and independence after your hip break (fracture). They can help with any adaptations that may be needed around your home to allow you to return home safely.

Complications:

A hip fracture can reduce independence and sometimes shorten life. About half the people who have a hip fracture aren't able to regain the ability to live independently. When hip fractures prevent movement for a long time, complications can include blood clots in the legs or lungs.

What is the prognosis after a hip fracture?

The postoperative rehabilitation is as important as the initial surgery. Physiotherapists play a crucial role in the post-operative care of patients with hip fractures. Dietician input is required to optimize nutrition to meet metabolic demands as well as to promote wound healing. Outlook (prognosis) depends to a great extent on how fit you were before you broke (fractured) your hip and what the reason was for your hip break. However, even the fittest of people do not always regain full mobility afterwards. If you were less fit when you broke your hip, you may find that after a hip fracture, it becomes difficult for you to live independently. Healing can take up to 1-2 years if the fractures were stabilised with instrumentation. Whereas a hip replacement is much quicker, and the patient is immediately mobile and within weeks back to almost normal quality of life.

Some people need extra care when they move back home after a hip fracture. Others may need to move into a residential or nursing home so that they can get the extra care with mobility that they need.

Some people have persistent pain in their hip area after a fracture. If this is severe you should seek medical advice.

Conclusion:

A multiple interprofessional approach (incorporating medical, surgical, and rehabilitative strategies) should be taken to manage this complex patient group.

THE BEGINNING OF THE HEALTH MINISTRY OF THE SEVENTH-DAY ADVENTIST CHURCH IN SOUTH AFRICA

In the previous edition of Health Focus we took a closer look at the establishment of TREATMENT ROOMS in various cities of South Africa. In this edition we will discover how the Wilsons managed to keep the Baths in Kimberley flourishing.



Beaconsfield SDA Church in Kimberley, built in 1888 as the first Adventist Church in South Africa

Both Br Wilson and his wife were great lovers of flowers and they decided to see if they could raise a flower garden which might bring in some income. In this they were remarkably successful. Between 1905-1914, they raised and sold enough flowers to keep the treatment rooms in operation. "Without the flower garden, we should not have been able to keep on financially with the treatment rooms," brother Wilson told Elder Spicer.

The people of Kimberley long talked of the beautiful flowers raised by the Wilsons. Nor was his work along this line confined to beautify Kimberley. As far away as Inyazura Mission he sent bulbs and cuttings to help beautify the mission.

The Kimberley Baths passed through some very trying experiences during the early days. The town was one of those invested by the Boer armies for four months during the early days of the war. Cecil Rhodes himself was in the town doing what he could to encourage the towns people to make a bold defence.

The Wilsons had a flourishing vegetable garden, and produced vast quantities of vegetable soup. Food was a real problem and the people were reduced to eating all kinds of animals.

Speaking of this experience, Wilson reported: "Our vegetable soup came in for competition with the soup made from horse and mule flesh, and the result was a triumph for vegetarianism.

Naturally the treatment rooms were kept busy during the siege, caring for the sick and wounded. This made a favourable impression upon Cecil Rhodes, the officers of the de Beers Company, and the physicians of the town.

The following year the walls crumbled as a result of an unusually wet summer. When he approached the towns people, Wilson found them most willing to contribute funds toward the rebuilding of the treatment rooms. Before going out soliciting, Wilson and his staff knelt and asked God to give them favour with the people. The first man he called upon gave him two hundred pounds. Rhodes gave a hundred.

Other givers were generous and the Plant was re-built at a cost of nearly two thousand pounds. By 1903 the patronage was more than a hundred a week. Seven of the town doctors were sending him patients and the de Beers company regularly sent their employees to the treatment rooms.

Through all the years that the Wilsons remained in Kimberley, the Baths continued to flourish.

Source: <https://africansdahistory.org/wp-content/uploads/2018/04/Third-Angel-Over-Africa-by-Virgil-Robinson.pdf>

Autumn shows us how to embrace change in glorious splendour. It reminds us to accept and flow with the change. Just like the falling leaves you have to let go in order to move forward, grow and heal. Periods of transition and change are often fraught with pain and crisis.

- The Refugee Center

Spinach Frittata



Method:

1. Preheat oven to 200°C
2. Cook spinach in ¼ cup of water in a covered saucepan until just wilted, a couple minutes. Drain water and set aside.
3. In a mixing bowl, whisk together eggs, milk, and Parmesan cheese.
4. Add in chopped sun-dried tomatoes, and sprinkle with salt and pepper. Set aside.
5. Sauté onions in olive oil in an oven-proof, stick-free skillet, until translucent, about 4-5 minutes on medium heat.
6. Add garlic and cook a minute further.
7. Add cooked spinach and mix in with onions and garlic.
8. Spread out spinach mixture evenly on bottom of skillet. Pour egg mixture over spinach mixture. Use a spatula to lift up the spinach mixture along the sides of the pan to let egg mixture flow underneath.
9. Sprinkle bits of Feta over the top of the frittata mixture.
10. When the mixture is about half set, put the whole pan in the oven.
11. Bake for 13-15 minutes, until frittata is puffy and golden.
12. Remove from oven with oven mitts and let cool for several minutes.
13. Cut into quarters to serve.

Ingredients:

500g spinach leaves (about 2 bunches), cleaned, chopped
 1 Tbsp olive oil
 1 medium onion, chopped (about 1 cup)
 1 large clove garlic, minced
 9 large eggs
 2 Tbsp milk
 ⅓ cup grated Parmesan cheese
 Sun-dried tomatoes, about 2 Tbsp chopped
 Salt and freshly ground pepper to taste ± 80 gram Feta

How to Build Healthy Weight-loss Habits in 2024



Make 2024 your weight loss year

Ah, the festive season—a time filled with joy, laughter, and, let's face it, heaps of delicious food! Ever noticed how those extra helpings of peppermint crisp tart and endless holiday treats seem to magically add a few kilos to the scale? It's like a holiday gift we didn't ask for! But truth be told, gaining weight after the festive season is a pretty common tale for many of us. Suddenly, those snug-fit, favourite jeans become a bit too snug.

As the calendar flips to 2024, we partake in a tradition brimming with hope and possibilities – crafting New Year's resolutions! With determination, we picture a new me with positive changes, personal growth, a healthy body, and a slim waistline. Therefore, we make drastic resolutions – which should act as glowing beacons. We face our giant and plan giant steps to overcome it. But too soon we find, we lack the persistent enthusiasm of our aspirations: to pursue our goals like shaking off the extra weight. Maybe the hassle is in the size of our steps.

Step 1: Take Small Steps

In his book *Atomic Habits*, James Clear presents a workable system that will bring you to your goals. He says: Focus on making small improvements each day – over time, those small improvements will equate to massive change. Goals are good for setting a direction, but systems are best for making progress. Tiny persistent steps over time will breed powerful results. Stand amazed at high-level changes by making a 1 percent change each day.

For example, if you want to lose those extra kilos, start eating one fruit a day, if you were not a fruit eater. Then eat a fruit instead of a chocolate. Instead of focusing on losing 10 kg, concentrate on exercising for 30 minutes three times a week. Over time you will begin to see changes in your body.

Step 2: Commit to a Goal

All big things come from small beginnings. The seed of every habit is a single, tiny decision. But as that decision is repeated, a habit sprouts and grows stronger. Stephen Covey said: "I am not the product of my circumstances, I am, a product of my decisions."

Is there a new lifestyle change you would like to make? Commit to a goal for 21 days (less than a month – before your next pay-check) and it will become a habit. The 21/90 rule states that it takes 21 days to form a habit and 90 days to make it a permanent lifestyle change. Don't choose something too difficult.

It cannot be something that you are likely to give up on in a few days. Don't try to immediately practice for 3 hours, before you even have your breakfast, you will fail miserably and feeling like a failure will create a negative mindset about yourself. Commit to an attainable goal for 21 days and it will become a habit. Commit to your goal for 90 days (less than a season) and it will become a part of your lifestyle.

Step 3: Make it Easy

According to James Clear, behaviour change comprises four components. Four components we can use to build better habits. They are: make it obvious, make it attractive, make it easy, and make it satisfying.”

Make it OBVIOUS: Don't hide your running shoes or the fruit you want to eat, display them to remind yourself about the new you.

Make it ATTRACTIVE: Buy healthy snacks or gym wear, and it'll encourage you to use them.

Make it EASY: If you want to eat more fruit, eat the fruits that are easy to eat.

Make it SATISFYING: If you are satisfied, you will want more.

Ask yourself:

How can I make it obvious? Establish a running habit by placing your running shoes at the foot of your bed.

How can I make it attractive? Buy nice running shoes or new gym clothing.

How can I make it easy? By starting small - I can run or walk for fifteen minutes a day.

How can I make it satisfying? By preparing a delicious, healthy meal when I've finished my run.

Step 4: Reward Yourself

After (HABIT I NEED), I will (HABIT I WANT). Something you enjoy or like to do. Some examples: A relaxing bath, reading a favourite book, watching a movie, or tea with a friend after reaching the 21-day goal.

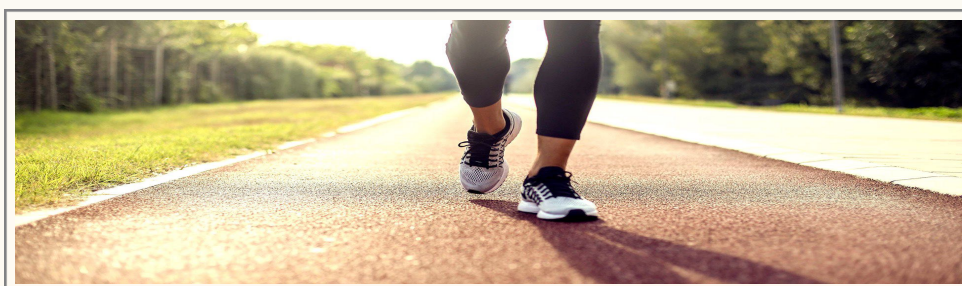
Takeaway

On entering the new year or seeing the scale, many of us decide on some drastic actions to lose weight, but lack the self-discipline to follow through. Visualize the New You. Start with tiny improvements although they may appear small. Minute changes are transformational if you stick with it. The New You is an attainable possibility!

1. make it obvious,
2. make it attractive,
3. make it easy, and
4. make it satisfying

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(<https://mannaplus.co.za/2024/01/08/how-to-build-healthy-weight-loss-habits-in-2024/>)



THE MOST NEEDED AND YET NEGLECTED

Article by Dr O Muyabala Munachitombwe-Muna (DCMS, BSc, MBChB, MPH, MMed (O&G), PhD H&W Executive Director MUNA Healthlife Institute EC Adventist Health Ministries Director)



I got converted to SDA in the early 80's and after leaving high school, I didn't want to go to university even if I passed and was accepted to study there. I came into the church when the thought of Christ's second coming was eminent. In order to

prepare for this coming, I decided to forego secular education and went to Riverside Farm Institute, a self-supporting institution and opted to be a travelling Temperance Evangelist speaking against the health destroying habits of tobacco use and alcohol consumption.

It was during one of these Temperance presentations at a David Kaunda secondary school in Lusaka, Zambia, that a student stood up and asked me what qualifications I had since I spoke convincingly on the matter. I told the audience that I was a form 5 school leaver. The student broke out in laughter saying: "Yessss ..!! We now see why. You are just ignorant of the truth because doctors and nurses who are professionals do smoke and drink alcohol." This challenge made me go to university to study medicine.

After my graduation from medical school I forgot the reason I went to medical school and sat behind the desk in a white coat attending to all types of illnesses for years. In my history taking I realised that people equally went to other sickness service providers such as faith healers, traditional hears and to allopathic medically trained people like doctors and nurses to whom I belonged. I wondered why it was so?

With this understanding I decided to make a survey to find out what was the reason people went to other providers apart from Nurses and Doctors. I asked a simple question to 58 of my patients over a period of one month: "When sick, why do you seek help? Is it to: a) Get back your wellness state, b) Get the medical treatment of the disease, or c) Avoid death?"

The majority (68%) responded with (a) and 22% responded with (c) and 10% responded with (b). So the responses in the survey made me understand that most people seek help when sick to regain their lost wellness and they are willing to go anywhere that can guarantee this, no matter the method. I desired to understand the state of Wellness State.

For a century we as a body of Adventist Health Professionals have promoted lifestyle medicine but it seems we are not succeeding. Let us pause for a moment and consider something we know we all need but have not considered, defined and promoted. It is generally known that humans, you and I, are composed of spirit, body and mind (SBM) - see Adventist Fundamental Belief, number 7

It is when all these human components are working harmoniously that someone has "total whole person wellness." In our MUNA Healthlife Institute we coined a word HEALTHLIFE to denote this "total whole person wellbeing in life." MUNA Healthlife Institute also defines the three states as shown in the Table below

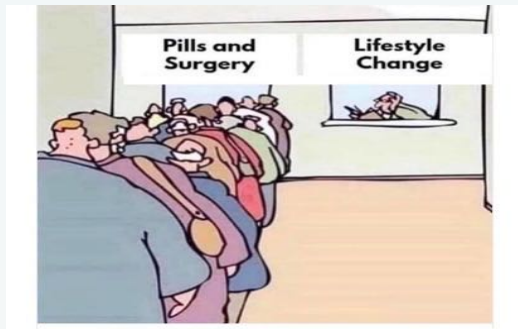
THEIR HUMAN STATES	MHI WELLNESS BASED DESCRIPTION
WELLNESS STATE	• Is the natural state of life God intended all humans to be in and it is the needed state for life, work and productivity. Wellness of the SBM?
SICKNESS STATE	• Is Partial loss of Wellness state
DEATH STATE	• Is Total loss of Wellness state

NOTE: Major Causes of Wellness loss are Lifestyle, Aging, & Sickness (LAS)



What then has been neglected and yet needed? We all want to be Well, but we have not paused the world over to ask what "human wellness" is, how can we maintain it, how do we lose it?

When we go to seek medical care at health facilities, we are truly seeking restoration or recovery of our lost wellness. Sickness is PARTIAL loss of wellness and Death is TOTAL loss of wellness. So instead of getting concerned so much about these two resultant states let us for a moment as a body of professionals be concerned about wellness.



Maybe if we can change the emphasis from the medical model to the Healthlife Wellness model we can influence church members and other people to modify their life style for wellness maintenance not for fear of sickness or death.

There is a need for paradigm shift. We will dedicate some space on this vital subject of Healthlife Wellness and its importance to individual, family, business and National development in the next article.

Stigma and Discrimination

Stigma and misconceptions associated with mental disorders contribute to the discrimination and human rights violations experienced by those affected. Discrimination related to mental disorders has been described as having worse consequences than the conditions themselves, therefore raising awareness of mental health is fundamental to providing a better life to those with mental illnesses.

Not surprisingly, the stigma related to mental health disorders and the discrimination against those suffering from them acts as a barrier to accessing mental health service. In turn, this delays people seeking care preventing timely diagnosis, treatment and recovery. This type of discrimination can affect an individual's education, employment, access to care and reduces their capacity to contribute to society.

Despite a noticeable increase in acknowledgement and awareness of mental health in recent years, stigma remains. While a reduction in the stigma around mental illness can bring about improved knowledge and understanding, it does not necessarily lead to a change in attitude or behaviour towards people with mental illness.

As a result, the ability to form any meaningful social pressure to bring about government action can be restricted and Government's must take a lead in mental health awareness, legislating to improve service provision and reducing discrimination.

- Keynote Contributor: Prof. Dinesh Bhugra



(To read the full version of this article: <https://www.news-medical.net/health/World-mental-health-support-and-the-effect-of-stigma-and-discrimination.aspx>)

THE POWER OF HEALING



Dr Dave & Cheryl Glass

In the previous two issues of Health Byte, Dr Glass looked at the benefits of inflammation. In this issue he discusses proliferation. This covers the process of rebuilding the structure and integrity of the damaged tissues.

In the deeper layers, fibroblasts (cells which make up the supportive structures of tissues, like collagen) invade. These are followed by endothelial cells which make blood vessels. Finally the epithelial cells (outer skin cells) grow on top of the collagen layers to cover the defect. This results in an increasingly firm scar which restores the integrity of the skin and underlying tissues.

Of course the big question most scientists are unable to answer is: "Who directs this process"? If cells arose merely out of random events millions of years in the past, who installed the information that drives this incredibly complex process within the genetics of each cell?

Thankfully the Bible tells us that at the end of creation, God looked at all He had designed and created, and recorded: "Then God saw everything that He had made, and indeed it was very good." We serve an incredible engineer/designer/artist/biochemist/physicist/architect....

But there is another aspect to the process of healing. It is a process of rebuilding that which

has been damaged. We live in a broken and damaged world, and God is in the business of providing healing.

We might think it is beyond repair. Perhaps He is not at this stage as concerned about restoring the physical damage to this earth - that will come later when He creates all things new. But He is very much involved in bringing healing to the nations - to individuals, to you and me. And He has many assistant healers in His company. People who are his agents spreading the good news of salvation through word and deed. Each of us has been called to be such purveyors of His grace and love. But we are not called to build our own "structure", it is to be built according to the blueprint God designed. "You are God's house. Using the gift God gave me as a good architect, I designed blueprints; Apollos is putting up the walls. Let each carpenter who comes on the job take care to build on the foundation! Remember, there is only one foundation, the one already laid: Jesus Christ." 1 Cor 3:10,11. The Message

And the foundation is none other than Jesus Christ. There is no other foundation upon which to build.

This is Health Byte 3 written by Dr Dave Glass for Helderberg Church Health Ministries - used with permission.

MAXIMISE THE MENTAL HEALTH BENEFITS OF
AUTUMN BY SPENDING TIME IN NATURE,
SETTING GOALS, AND PRIORITISING FAVORITE
ACTIVITIES

A graphic with the text "CALL FOR SUBMISSIONS" in bold orange letters. The words "CALL FOR" are on the top line and "SUBMISSIONS" is on the bottom line. Two grey arrows point towards the text from the left and right sides.

SUBMISSIONS are vital to make a newsletter both viable and meaningful. Your contribution, how small or seemingly unimportant, will truly be appreciated and instrumental in adding value to our newsletter.

PLEASE send your submission (news, pictures, articles, etc.)

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