

Botswana's Premier Health Journal

Diagnos**t**ics

update.com

Issue No: **4.0** Second Quarter **2013**

Early Detection Cancer

Health Risks Associated With Tobacco



Fish And Seafood

get healthy... herbally...



● Riverwalk
3700108

● Gamecity
3932023

● Molapo Crossing
3710045



**THE GOLD STANDARD
OF WHEY PROTEIN**



- Vitality
- Omega 3s
- Raw foods
- Body detox
- Multi Vitamins
- Herbal cosmetics
- Herbal energy drinks
- Nutritional supplements

www.healthalternatives.co.bw

Refer To Page 5

Table Of Contents



Fish And SeafoodPg 13

Protect Your World -
Get Vaccinated **04**

Challenge The World
To Do More On TB **06**

People Affected By
Leprosy **10**

World Health
Day **12**

Fish And Seafood **13**

Lifesaving Malaria
Prevention **14**

Dear Reader,

Planning for the future while keeping an eye on the bottom line - HEALTH, is what motivated us while working on and creating this second edition of 2013.

But to be successful in good health means understanding when you need expert advice.

Diagnostics Update.com is in the process of revamping its Master Plan and is looking to update its Redevelopment plans.

With the updated plans we will look to implement a real plan not only for the health programme, but a borough wide strategy that will enhance and redevelop the community that warrant true health development.

As we plan for the future, we have invested back into the community with upgrades and renovations of our health focus free knowledge and awareness. We are in the process of updating current health developments to facilitate

and upgrade our children and seniors to have a place to recreate right here in the community!

We realize there is so much more to do. We may not have all the answers to every challenge, but by working together, for a common purpose we can maintain the quality of our lives.

Our character as a small, safe and suburban place to health, reflect the overall of our society. We will continue to work to ensure we stay on the right track for life.

Diagnostics Update.com
Private Bag 283, Gaborone
Tel: 395-0007, Fax: 395-7980
www.diagnostics-update.com
Email: ddiagnostics@yahoo.com

Advertising Sales
& Copyrighting Editor

Mothusi Jowawa

Editor:

Mothusi Jowawa

Tel: (267) 76145612, 74502457
72167209, 73584988

Copyright © 2012 by the Diagnostics Update.com, except as noted.

Some materials were condensed from various sources, specifically on-line sources, where copyright stays with the original owner.

Diagnostics Update.com and all the entities associated with them accept no liability, under any circumstance,

for anything whatsoever arising out of the information presented in this publication. All opinions expressed are those of the authors and not of Diagnostics Update.com.

All materials in Diagnostics Update.com are for informative purposes only and are not a substitute for professional medical or health advice, examination,

diagnosis, or treatment. Always seek the advice of your physician or other qualified health professional before starting any new treatment, making any changes to existing treatment, or altering in any way your current exercise or diet regimen. Do not delay seeking or disregard medical advice based on information you hold and

the information should not be used to diagnose, treat, cure, or prevent any disease without the supervision of a medical doctor. Please be advised that medical information changes rapidly and new discoveries are being made on a daily basis. Therefore, some information in this publication may have changed by the time you read it.

Protect Your World - Get Vaccinated

World Immunization Week, beginning on 20 April, aims to promote one of the world's most powerful tools for health - the use of vaccines to protect, or "immunize", people of all ages against diseases.

Under the global slogan "Protect your world - get vaccinated",

WHO encourages individuals and organizations working at international, regional, national, and community levels, in the public and private sectors, to coordinate and engage in activities during World Immunization Week.

Immunisation day is dedicated to make people aware about different vaccines effective against different diseases.

Measles, mumps, tuberculosis are some of the diseases which attack children and parents usually do not know what is happening to them.

Therefore in this day different immunisation programs are established in order to create awareness among people about diseases, their causes, vaccines, their effects and proper recovery methods.

In this program, a number of activities happen:

- Health workers and society members come together to give the guidelines related to immunisation.
- People come to know about new vaccine availability, and their benefits.
- People bring their children for detailed check-ups and get Vaccines and polio as required.
- Staff members and nurses maintain the immunisation records and provide them when needed.
- A number of immunisation sessions are organised so that awareness can spread worldwide.

What is immunisation?

Immunisation is a shield that protects children, young people and elderly people from different diseases.

There is widespread distribution of infectious particles in nature that might end up in our bodies. Immunization increases our bodies' resistance so that we become strong enough to fight any infections.

Different injections and vaccines increase the body's immunity making it more resistant to infection.

There are different types of diseases like measles, mumps, influenza, hepatitis which can create complications in the body and sometimes result in death.

Therefore immunisation is given to protect children and adults from diseases. This is given in the form of injection or through mouth.

There are vaccines available that can protect children from diseases listed below:-

Tuberculosis

It is a disease caused mainly by bacteria affecting the main organ, that is lungs.

When a person inhales the air having this infected bacteria, one gets infected with TB. Earlier people suffered from this disease because there was no proper vaccine available. The BCG vaccine has been made for protecting against this infectious disease.

Measles, Mumps and Rubella
Measles is caused by a virus

resulting in a rash all over the body similar to the Rubella virus. Mumps is also an infectious disease caused by a virus. The MMR vaccine is made for these highly infectious diseases.

Therefore proper vaccination should be done, as it is said that prevention is better than cure.

Influenza

This is a viral contagious disease affecting the lungs and air pipes. It spreads when one comes in contact with a person suffering from it. This flu attacks the person as the body does not have enough resistance to fight with disease.

Therefore FLU SHOT vaccine is given to protect the body from infectious disease and another to increase the immunity or resistance to safeguard the body from this disease.

Polio:

This is a drop given in the mouth to fight with the disease causing paralysis. This is a viral infectious disease. It is spread in unhealthy, dirty, crowded places.

Creating awareness and spreading knowledge will create a platform to end different diseases.

Early Detection Of Cancer

Early detection of cancer greatly increases the chances for successful treatment. There are two major components of early detection of cancer: education to promote early diagnosis and screening.

Recognizing possible warning signs of cancer and taking prompt action leads to early diagnosis. Increased awareness of possible warning signs of cancer, among physicians, nurses and other health care providers as well as among the general public, can have a great impact on the disease.

Some early signs of cancer include lumps, sores that fail to heal, abnormal bleeding, persistent

indigestion, and chronic hoarseness.

Early diagnosis is particularly relevant for cancers of the breast, cervix, mouth, larynx, colon and rectum, and skin.

Screening

Screening refers to the use of simple tests across a healthy population in order to identify individuals who have disease, but do not yet have symptoms.

Examples include breast cancer screening using mammography and cervical cancer screening using cytology screening methods, including Pap smears.

Screening programmes should be undertaken only when their effectiveness has been demonstrated, when resources (personnel, equipment, etc.) are sufficient to cover nearly all of the target group, when facilities exist for confirming diagnoses and for treatment and follow-up of those with abnormal results, and when prevalence of the disease is high enough to justify the effort and costs of screening.

Based on the existing evidence, mass population screening can be advocated only for breast and cervical cancer, using mammography screening and cytology screening, in countries

where resources are available for wide coverage of the population.

Several ongoing studies are currently evaluating low cost approaches to screening that can be implemented and sustained in low-resource settings.

For example visual inspection with acetic acid may prove to be an effective screening method for cervical cancer in the near future. More studies that evaluate low cost alternative methods to mammography screening, such as clinical breast examinations, are needed.

CONSTIPATION?? - Don't worry!! Remove it naturally

Constipation is one of the most common digestive complaints that affect people all over the world in the present era. It mainly attributes to our changes in lifestyle, irregular food habits and unhealthy eating practices. Though the normal frequency of bowel movements varies widely from person to person, from once or more a day to three times a week, we can say a regular bowel movement means passage of normal stool at least once a day and said to be constipated if you pass a hard, dry stool less than three times a week.

Constipation occurs for many different reasons. It can be functional or pathological i.e., as a result of any diseases. Functional constipation can be due to stress, lack of exercise, as a side effect of some medications, lack of fiber or fluids in diet, intake of some supplements etc. Medical conditions like underactive thyroid, irritable bowel syndrome, diabetes, cancer etc also cause constipation which is called pathological constipation. The older we get, the more prone we are to the problem. Usage of some vitamins, over use of laxatives etc can also make you constipated. But majority of the people face constipation from unhealthy food habits from our modern lifestyle.

When we think of constipation, what we have to know first is that constipation is only a symptom, it is not a disease, so to manage it effectively, it requires to determine the cause of the problem first.

How to manage constipation without medicines

1: Fiber

Fiber, the indigestible parts of plant foods, adds mass to the stool and stimulates the colon to push things along. Insoluble fiber, which passes through the body almost unchanged, gives stools bulk and a soft texture, making them easier to pass. Foods that are high in insoluble fiber include whole grains, fruits, and vegetables. Add plenty of fiber into your food which can relieve constipation. Add wheat bran, brown rice, or whole grain bread in your diet. Prunes, oranges, figs etc contains high amount of insoluble fiber.

2: Fluids

Make sure you drink enough fluids. Drink at least 12 glasses of water per day. Fluids make bowel movements softer and easier to pass.

Reduce consumption of alcoholic beverages and caffeinated beverages like coffee and colas which can dehydrate your body.

4: Fruits and Vegetables

Add plenty of fruits and vegetables into your diet which can provide enough fiber and fasten the bowel movements.

Apples, oranges, figs, papaya, banana, raisins etc are the major fruits which help to ease constipation.

5: Oils

Oils can give an effect of lubrication in the intestines, thus help to relieve constipation. Any vegetable oils can be used for this. Take 2 to 3 tablespoons a day, if you don't like taking oil straight, mix the oil with lemon juice or vinegar or use as salad dressing.

6: Medicines

A number of medicines can cause constipation especially calcium-channel blockers taken for high blood pressure, beta blockers, antidepressants, narcotics, pain medications, certain decongestants and some antacids. Exactly know your medications and consult your doctor or pharmacist to check whether it can add to your constipation problem.

7: Exercise

People with sedentary habits are more prone to constipation. When you are active, your bowels will also be active. Be active and do exercises and workouts regularly including yogas that will help to ease constipation.

8: Don't Fight the Urge

Never fight with your urge! People sometimes suppress the urge to have a bowel movement because of busy schedule or reluctance to use public bathrooms. It is never advised to suppress the urge which can cause obstruction and impaction of stool.

9: Train Yourself to a Daily Routine

We're all born with a reflex to defecate a short time after we're fed, and as babies, that's what we did. With socialization, we learn to control our bladders and bowels, and we tend to inhibit this reflex. Work on reviving this innate tendency by choosing one mealtime a day and trying to have a movement after it; you may be able to teach your body to pass a stool at the same time each day. By following that routine every day, whether you have to go or not, and soon it may very well become your time.

It is not advisable to depend on laxatives continuously to relieve constipation since it can cause dependability. There are a lot of other natural ways to help constipation habit.

Some of the homely herbal tips to get rid of constipation are as follows:

1. Drink 5 glasses of luke warm water in the morning everyday which can help your bowel to move properly.

2. Oranges:

Drink one cup of fresh orange juice with pulp everyday and you will go regularly to the bathroom. When constipated drinks 2 cups. Prune juice can also do the same.

3. Cabbage:

Take half a cup of cabbage juice twice a day. This is very effective in treating and curing constipation.

4. Apples and bananas:

Eat an hour after a meal to prevent

constipation.

5. Raisins:

Eat a handful daily, an hour after a meal.

6. Dates:

Boil Dates with milk and consume it at night before bed.

7. Figs:

To cure chronic constipation eat fig in the morning in empty stomach. Fig is considered as a rich source of fiber. Boil 6-7 figs in water and drink the water before going to bed. This is an excellent home remedy for constipation.

8. Castor Oil:

Mix 1 teaspoon of castor oil with milk and consume before bedtime or take it as such.

9. Aloe vera:

Drinking aloe vera juice also helps to move bowel smooth and regular. Either take juice alone or add a pinch of black pepper powder and rock salt to it and drink it empty stomach early in the morning.

10. Black strap Molasses:

Take 2 tablespoons of blackstrap molasses before going to bed to relieve constipation.

11. Rhubarb:

This is a natural laxative. Cook and eat it sweetened with honey, or bake it in a pie or create a drink with cooked, pureed rhubarb, apple juice and honey.

12. Flaxseed, psyllium, and fenugreek are three well-known herbal bulk laxatives. You can take one tablespoon of whole seeds two to three times a day, followed by two cups of liquid. To help bulk laxatives do their job properly, one must drink a lot of water, and otherwise gastrointestinal obstructions can occur. These can also be used by sprinkling over your foods.

13. Probiotics, such as lactobacillus acidophilus, can improve the digestive function and prevent constipation. It is available in herbal shops.

14. Senna pods or leaves, cascara, rhubarb root and leaves, and dandelion root are powerful herbs for constipation. Either we can take it directly or as tincture or teas which are available almost all herbal shops which can give amazing results on your constipation habit!

Prevention is better than cure always! Rather than searching for treating constipation, maintain a good healthy lifestyle, eating habits and regular exercise which will help us to maintain a healthy bowel and healthy body..!!

Dr. K R Renjith BHMS
Homoeopathic physician
Health Alternatives
PH: 3700108/74052630
E-Mail: drrenjith@healthalternatives.co.bw

Challenge The World To Do More On TB

Share Your Activities

Tell The World What You're Going To Do.

In 2013 we enter the second year of the two-year stop TB in my lifetime World TB Day campaign.

At a time when partners are calling for zero TB deaths, we need to make a stronger statement that the world's failure to stop deaths from tb is an outrage. Each individual can do his or her part to advocate for increased commitment, visibility and funding for TB care and research.

This is your space to share stories about what people in your country are doing to stop tb in their lifetimes. Please post announcements and news about upcoming events, photos, artwork, calls to action and more.

Each year, we recognize World TB Day on March 24, often with a variety of activities leading up to the official day.

World TB Day provides the opportunity to raise awareness about TB-related problems and solutions and to support worldwide TB-control efforts. While great strides have been made to control and cure TB, this disease is still a problem and more should be done so that one day TB is eliminated.

It is a worldwide event that aims to raise public awareness of tuberculosis and the efforts made to prevent and treat this disease. This event is held on March 24 each year and is promoted by organizations such as the World Health Organization (WHO).

This two-year campaign allows us to build upon the messages and resources developed during the last World TB Day.

Both the slogan and theme



encourage people all over the world, from the youngest to the oldest, to make an individual call for the elimination of TB, and say what changes they expect to take place in their lifetimes.

In their lifetimes, today's children should expect to see a world where no one gets sick with TB. And, in their lifetimes, women and men should expect to see a world where no one dies from TB. From a faster treatment, to a quick, cheap, low-tech test that is accessible to all, to an effective vaccine, we all have different hopes.

Everyone has a role to play so that one day TB will be eliminated.

We can only reach the goal of TB elimination by working together to detect, treat, and prevent this disease.

The fight to stop TB will only be successful if local, state, national, and international partners from all sectors of our society join resources and collaborate to find solutions.

Our united effort is needed to reach those at highest risk for TB and to identify and implement innovative strategies to improve testing and treatment among

high-risk populations.

How You Can Become a Partner in the Fight Against TB

- Find out more about TB services in your area.
- Reach out to your community and educate them about TB.

Because many people are not aware of the impact of TB, local coalitions in many states and countries are convening educational and awareness activities related to World TB Day.

What do people do?

Various World Tuberculosis Day events and activities are organized by various organizations involved in the Stop TB Partnership. WHO is a United Nations' (UN) health authority that works with this network to promote World Tuberculosis Day each year. Campaign activities include:

Community discussion groups that are organized to look at ways to prevent TB.

Award ceremonies or other events to honor the life and work of those who dedicate their lives to prevent and fight against TB.

Photo exhibitions that showcase images to raise worldwide

awareness of TB.

People, community groups and government agencies may also take the time to work with broadcast, print and online media to promote stories on the awareness of tuberculosis and the works of those who help fight against the spread of the disease.

Public life

World Tuberculosis Day is an observance and is not a public holiday.

Background

Tuberculosis, or TB, is an infectious bacterial disease caused by *Mycobacterium tuberculosis*, which most commonly affects the lungs. It is transmitted from person to person via droplets from the throat and lungs of people with the disease.

World Tuberculosis Day, annually held on March 24, marks the day in 1882 the cause of tuberculosis was detected, the TB bacillus. This was a first step towards diagnosing and curing tuberculosis.

The Stop TB Partnership, called the Stop TB Initiative at the time of its inception, was established in 1998. It is a network of organizations and countries fighting tuberculosis.

WHO works with this partnership on to support the activities and events that take place on World Tuberculosis Day each year.

Symbols

The global campaign for World Tuberculosis Day has had different themes and slogans over the years. For example, the 2010–2011 campaign's theme was "Innovation" and the slogan was "On the move against tuberculosis. Innovate to accelerate action".



The front office area for patient registration



Spacious waiting area



Charlene working on the haematology machine



Entrance to the Diagnofirm Premises in Maun

Diagnofirm Opens In Maun

Diagnofirm Medical Laboratories opened a new testing branch in the resort town of Maun.

This brings the total number of testing laboratories to four including Gaborone, Francistown and Selebi-Phikwe.

The opening of the Maun branch will result in improved turnaround times as doctors and patients in Maun will now get most of their results on the same day.

The proximity of the service will also result in significant cost savings for our customers.

This is in line with the company's vision "...to provide an effective and efficient testing service at affordable cost to all our customers..." and also "...dedicated to providing accurate pathology results in a timely manner..."

The Maun Laboratory will provide onsite testing for the following routine tests:

Haematology:

Full blood counts, Reticulocyte counts,

Blood group, ESR, direct coombs, malaria parasites and CD4 testing

Chemistry:

Urea and Electrolytes, creatinine, uric acid, liver function tests, amylase, cardiac enzymes, lipid profiles, calcium, magnesium, phosphate, glucose (fasting and random), glucose tolerance test, HBA1C

Microbiology:

Urine analysis, Stool analysis, Pus swabs, fluids, sperm analysis, Mantoux (TB), Sputum for TB, Faecal occult blood, M2-PK

Serology:

CRP, ASO, RA factor, Monospot, drugs of abuse, HIV Elisa, skin test (inhalents), Hepatitis B surface antigen Elisa, TPHA, RPR, Brucella agglutination, Weil Felix, Widal, β -HCG (urine, blood)

All specialised tests and non routine tests will be referred to the main laboratory in Gaborone. We promise our doctors and patients an efficient, effective and timely service in Maun.



For further information about the services being offered in Maun Doctors and patients can contact Diagnofirm Maun on

Plot 726,
Old Mall, Maun,
Phone 6860330,
Fax 6860296

or
Diagnofirm Main
Laboratory
Plot 12583 Nyerere
Drive, Middlestar,
Gaborone,
Phone 3950007,
Fax 3957980, email:
lab@diagnofirm.
co.bw



Bleeding room



John working on the CD4 machine



John and Charlene discussing Quality Control results

Wesbank In Association with Diagnofirm Medi



Journey of hope



**Cancer
Awareness
event
held recently
at Main Mall
Gaborone**

with Journey of Hope And Medical Laboratories



Participant asking questions



Wesbank/FNB Ladies standing against breast cancer



A demonstration on how to self diagnose breast cancer



Dr Mohan giving a talk on cancer



Dr Mohan and some ladies from Journey of Hope
on the VIP table

People Affected By Leprosy

Sunday 27 January 2013 marks the 60th World Leprosy Day. On this day, organisations that work with people affected by leprosy will hold events such as rallies, lunches, church services and disability sports days to raise awareness of a disease that is completely curable but can cause great anguish for the people diagnosed with it.

Leprosy can cause physical disability if not treated quickly enough. But perhaps worse than the physical damage is the damage caused by stigma. In many countries leprosy is feared and people who have it are rejected from their homes and communities. In some countries there are still laws discriminating against people affected by leprosy.

Help change their lives by raising awareness and funds for this cause.

The awareness day is held on the last Sunday in January each year. This Sunday was chosen as the closest date to the anniversary of the assassination of Mahatma Gandhi, who was greatly concerned by the plight of those with leprosy.

Leprosy is a chronic disease affecting the

nerves and the skin - if not treated sufferers can become blind, lose the sensations in their hands and feet; and become prone to a disability through the threat of injury. Can also be seen as a air-borne disease transmitted by minute respiratory droplets, but the course that the disease progresses through puts the patient through severe mental and physical pain. The disease leads to gradual loss of nerve endings, fingers, toes etc.

This results in isolation, discrimination and fear amongst the healthy.

For the most recent awareness day activities to raise awareness of leprosy and transform one's life.

It's actions like this that can make all the difference to the way someone thinks and you could be the one to make that change. Organise your fundraising event or do something bigger - ride a bike round, why not?!

The 58th World Leprosy Day was celebrated on January 31st will make the people aware of their role to fight indifference towards people

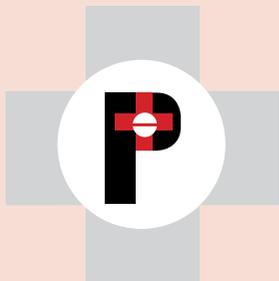
with leprosy and to accord them the dignity and respect that they deserve. Fund raising and awareness will be the key features of the World Leprosy Day.

The World leprosy day hopes to make states formulate policies that will disseminate information about leprosy, the fact that the disease is wholly curable. To encourage the media, visual and print to spread awareness about leprosy, to portray pictures that do not impinge on the sensibilities or dignity of people with leprosy.

To raise awareness of the skills and inherent talents of people with leprosy and to provide them with a gainful living. To provide access to quality medical care and to encourage health authorities to improve healthcare practices.

The World Leprosy day also marks many field activities like distributing leaflets', pamphlets, greeting cards and review of books, research materials, seminars, and fundraising events.

The vision and mission of the World Leprosy day will be 'A World without Leprosy'.



Premier Pharma Trade (Pty) Ltd

Distributors & Wholesalers of Pharmaceuticals, Surgicals,
Hospital, X-Ray Products and Allied Medical Requirements

Tel: (267) 3900606/3 • Fax: (267) 3900614

E-mail: narendra@premierpharma.co.bw

P.o. Box 401777, Gaborone, Botswana

Plot 22053 / Unit 6, Kgomokasitwa Road
Gaborone West Industrial Sites, Gaborone, Botswana

MAKING AVAILABLE THE BEST THAT THE WORLD HAS TO OFFER

A Taste of the Good Life

A partnership between Ministry of Local Government, the Department of Social Services and SmartSwitch Botswana is making food grants much more effective in grassroots communities. Here's how.

We all know what technology is supposed to do. Liberate our society. Improve our standards of living. Drive us forward. Make things easier in a world of difficulty and stress.

That is, of course, if you're one of the privileged few who can afford the luxury of technology.

For the rest of society here in Botswana, the grassroots population living out their lives in villages and remote areas, technology has been, up until recently, an abstract concept with limited relevance. In such severe circumstances, such hardship and scarcity and despair, where the main concern of the day is just to put a meal on the table come dinner time, high-tech solutions seem out of place. Right?

Wrong.

A public-private sector partnership between Ministry of Local Government, Department of Social Services and SmartSwitch Botswana has changed all of that.

THE FOOD GRANT

'Many people, especially the privileged, have no idea how many households in Botswana survive solely on the Government-funded Food Grant,' says SmartSwitch Botswana Chief Executive Officer, Kevin Duke.

'We're talking about at least 50 000 beneficiaries, receiving a total of P25 million in food aid a month,' says Duke.

The Food Grant is not a new institution. The Ministry of Local Government and the Department of Social Services have been in charge of feeding Botswana's most destitute citizens for many years now. But the old system (the 'Food Basket' scheme) had many flaws.

That's now ancient history. With the help of new technology, Government can now ensure that the allocation of resources goes directly to those who need it most.

THE FOOD COUPON PROJECT

'We equip people living in destitute conditions, the unemployed, the disabled, home-based care patients, orphans and vulnerable children with their own, personally-identifiable smart cards. It's a coupon system that helps them to get the most out of the Food Grant,' Duke explains.

'We call it the Food Coupon Project.'

So, why is this smart-card technology such a leap forward for these people?

ADVANTAGES

Poverty, as a social condition, is not just about being poor, then. It's about feeling poor.

'The new system – which we've pioneered along with our visionary partners at Ministry of Local Government and Department of Social Services – fundamentally changes the way grassroots communities live and see themselves,' he says.

Duke continues, 'In the past, the food basket system helped. But it didn't work as well as it could have, not by a long way. Beneficiaries didn't have any choice as to which foods they could enjoy. They could only pick up their baskets at month-end. They had to travel, sometimes long distances, then queue in the sun, then carry heavy baskets back home. They had to eat all the meat and dairy products straight away, before they went rancid.'

Vendors had no incentive to give any decent customer service, and were known to supply over-priced goods that had passed the expiry date. Plus, of course, the tender-based system was wide open to corruption.

Now that all of the Food Grant beneficiaries have their very own smart card – which looks and functions just like an ATM card, onto which their monthly funds are stored safely – all the problems which plagued the old Food Basket system have gone away.

Food Grant beneficiaries now get treated like customers. They can choose where they want to shop (over 1000 countrywide outlets have been equipped with the necessary technology to swipe the



4 fast facts about the Food Coupon project

The new system is not only a game-changer for the impoverished communities who rely on it. It's good news for the whole country. Here's why.

It's all about transparency

The new Food Coupon system immediately uncovered about twenty thousand 'ghost beneficiaries': people who were claiming food every month even though they had no legitimate right to do so.

Empowering grassroots entrepreneurs

Only citizen-owned, small scale food stores may be equipped with a smart card reader. Supermarket chains are not included in the project. This means that the money stays in the community.

Massive countrywide spread

At the moment, the Food Coupon system is running efficiently in 232 villages and over 1 000 stores all over Botswana.

Financial services for the unbanked

The smart cards give people their first taste of real-world financial service, thus helping rural to overcome fear and suspicion of the banks.

cards) and they can choose what food they want to purchase – just like anyone else. And they can choose how: if they want smaller quantities to ensure freshness and quality, they can.

SAVING GOVERNMENT RESOURCES

Do more with less is the public sector battle-cry at the moment. And rightly so.

'It's very important that the Food Coupon System saves money for the Government,' emphasises Duke.

'The initial investment made on the cards, the card readers and the management of the whole system – all that has been made back many times over. The old Food Basket system was not just inefficient and insensitive. It was also abused. And those abuses cost the Government tens of millions over the years. Thankfully, that's all in the past now,' he explains.

REAL SOCIAL WORK

Social workers out in the rural areas have become a lot more effective now that the new Food Coupon Project is up and running. It takes the cumbersome administrative weight off their shoulders as they no longer have to spend the bulk of their time pushing Food Grant paperwork.

Instead, social workers can now focus on their professional duties, such as spending quality time with the destitute, home based care patients, orphans, vulnerable children – and giving them the psychosocial support they so desperately need. 'The foundation on which this project is built can be summarised in one word: dignity. We want to help restore dignity to the beneficiaries of the Food Grant. That's really the driving force of everything we do here,' he concludes with a smile.

Testimonial – Boi (Oodi)

I remember the food trucks. They would come to the main kgotla in Oodi once a month. We would all queue up there, with empty wheelbarrows, waiting in the sun. People of all ages, we all gathered patiently. The trucks were not reliable. I remember that quite often we would wait two or three days for food.

I remember other villagers, the ones with jobs, would pass by. I could hear them remark sometimes, or see them whispering to each other. They knew we had to depend on the government to feed us. For me, it was a constant reminder that my parents had passed away. There were so many of us receiving food baskets, but I always felt alone in that line.

When the trucks came, I remember carrying all that food back home. We didn't have a refrigerator, so I had to ask the neighbours to use theirs. In return, they expected a cut from our rations. We also had to be careful of thieves, because they knew we had food in the house.

Often the meat was not good. Too many bones, and slightly sour from the heat. The vegetables would spoil too soon. I very quickly learned how to ration the food and make it last for a month, as best we could. Important lessons for a teenage girl.

And then things changed. We were told to report to the council, and each of us was given a card. The card, we were told, would allow us to visit the local stores and buy the food we wanted, when we wanted.

I immediately felt an improvement in the quality of my life. With my card, I could shop like a normal person. I chose the brands I wanted, and I could buy a bag at a time, without having to worry about the heavy load home, our storage problem – or the thieves. Everything we ate from that point on was fresh. I couldn't believe how much choice we had.

As an orphan, the food coupon system completely changed my views of the world. Suddenly, I felt like I belonged in the community. I could concentrate better at school. No longer was I self-conscious. Nobody was teasing me.

Having that sense of hope and optimism and faith helped to set me up for the bright future that I now experience and take for granted today. I'm moving forward in my life and career – and I'm not sure if things would have worked out this well if not for the food coupon system.

Getting the most out of the food grant

Everyone is singing the praises of the new Food Coupon system.

Food Basket system (before)

- Had no choice of food at all
- Rotting food was commonplace
- Collection of food was fixed at given locations and dates. No flexibility
- Problems with corruption in tender processes
- 'Ghost' beneficiaries all over the country
- Quickly made Food Grant recipients feel inferior

Food Coupon project (after)

- Beneficiaries can now choose what to buy
- Much more freshness and quality
- Had no choice of food at all
- Can shop at any time of the month
- Transparent process – no more loopholes
- Optimal allocation of Government resources



World Health Day

7 April 2013

World Health Day is celebrated on 7 April to mark the anniversary of the founding of WHO.

Each year a theme is selected for World Health Day that highlights a priority area of public health concern in the world.

The theme for 2013 is high blood pressure.

High Blood Pressure

- also known as raised blood pressure or hypertension

- increases the risk of heart attacks, strokes and kidney failure.

If left uncontrolled, high blood pressure can also cause blindness, irregularities of the heartbeat and heart failure. The risk of developing these complications is higher in the presence of other cardiovascular risk factors such as diabetes.

However, high blood pressure is both preventable and treatable together with other cardiovascular risk factors,

has brought about a reduction in deaths from heart disease. The risk of developing high blood pressure can be reduced by:

- reducing salt intake;
- eating a balanced diet;
- avoiding harmful use of alcohol;
- taking regular physical activity;
- maintaining a healthy body weight; and
- avoiding tobacco use.

Goals

Greater awareness, healthy behaviours, improved detection, and enabling environments

The ultimate goal of World Health Day 2013 is to reduce heart attacks and strokes.

Specific objectives of the

campaign are:

- to raise awareness of the causes and consequences of high blood pressure;
- to provide information on how to prevent high blood pressure and related complications;
- to encourage adults to check their blood pressure and to follow the advice of health-care professionals;
- to encourage self-care to prevent high blood pressure;
- to make blood pressure measurement affordable to all; and
- to incite national and local authorities to create enabling environments for healthy behaviours.

Health Risks Associated With Tobacco



Every year, on 31 May, WHO and partners everywhere mark World No Tobacco Day, highlighting the health risks associated with tobacco use and advocating for effective policies to reduce tobacco consumption.

Tobacco use is the single most preventable cause of death globally.

The theme for World No Tobacco Day 2013 is: ban tobacco advertising, promotion and sponsorship.

Evidence shows that comprehensive advertising bans lead to reductions in the numbers of people starting and continuing smoking.

Statistics show that banning tobacco advertising and sponsorship is one of the most cost-effective ways to reduce tobacco demand and thus a tobacco control “best buy”.

To help reduce tobacco use, comprehensive advertising, promotion and sponsorship bans work to counteract:

- the deceptive and misleading nature of tobacco marketing campaigns;
- the unavoidable exposure of youth to tobacco marketing;
- the failure of the tobacco industry to effectively self-regulate; and

- the ineffectiveness of partial bans.

The ultimate goal of World No Tobacco Day is to contribute to protect present and future generations not only from these devastating health consequences, but also against the social, environmental and economic scourges of tobacco use and exposure to tobacco smoke.

Specific objectives of the 2013 campaign are to:

- spur countries to implement comprehensively ban tobacco advertising, promotion and sponsorship such that fewer people start and continue to use tobacco; and
- drive local, national and international efforts to counteract tobacco industry efforts to undermine tobacco control, specifically industry efforts to stall or stop comprehensive bans on tobacco advertising, promotion and sponsorship.

Cool Ways To Beat The Winter Blues

Winter is in full force. As the days get shorter and the nights get colder, even the best of us can get a little down. The “winter blues” are characterized by the mild depression, lack of motivation, and low energy that many people experience during this cold season. Luckily, there’s a lot you can do to both prevent the blues from coming on and get yourself back to normal if they’re already here.

Exercise

As if we needed another reason to get fit! Exercise isn’t only for maintaining your weight and staying healthy. It’s great for relieving the stresses of life. Plus, the effects of a good workout can last for several hours after you hit the showers. You’ll have more energy throughout the day, and your metabolism will stay elevated too. Exercise also helps your mind by releasing those “feel good chemicals” that improve your mood.

Eat a Healthy Diet

What and when you eat has a great affect on your mood and energy. Avoid refined and processed foods (like white breads, rice, and sugar). These foods are not only devoid of the nutrients your body craves, but they zap your energy levels and can affect your mood—causing depression, lack of concentration, and mood swings. Try to incorporate more complex carbohydrates (whole wheat breads, brown rice, veggies, fruit) and get your daily 8 cups of water. These healthy foods provide your body (and mind) with nutrients, and stabilize your blood sugar and your energy levels.

Fish And Seafood

Fish and seafood can be used in every type of cuisine and everything in between.

Delicious recipes using this versatile protein:-

Low in calories and carbohydrates, fish is the perfect choice for the health-conscious. You can add fish to pasta, sandwiches, tacos and stir-frys or just eat it on its own. You'll never run out of ideas!

Whether you catch your own fish or frequent your local fish market, these meals are perfect for a simple weeknight dinner or impressing picky guests.

Pan-seared salmon with succotash

This is a light, fresh and bright dinner the whole family will love. Brown sugar, cumin, chili and garlic powder combine to make the perfect crust. Enjoy this dish al fresco!

Baked sea bass and potatoes

Wondering what to do with that fish your husband caught? One of the best ways to enjoy whole fish is to bake it with potatoes and season it with fresh rosemary, sweet paprika and extra-virgin

olive oil. Easy, simple and low in fat!

Shrimp baked in garlic and chili oil

Serve this shrimp dish family style in its casserole dish with a large spoon for scooping. And don't forget to supply plenty of crusty bread on the side to soak up all the leftover spicy, fragrant oil.

Pistachio-crust shrimp with paprika

Shrimp, pistachios, smoked paprika and orange zest are all you need to whip up this crunchy entree. It's a harmonious combination of diverse flavors that is sure to impress.

Cheesy lobster spaghetti

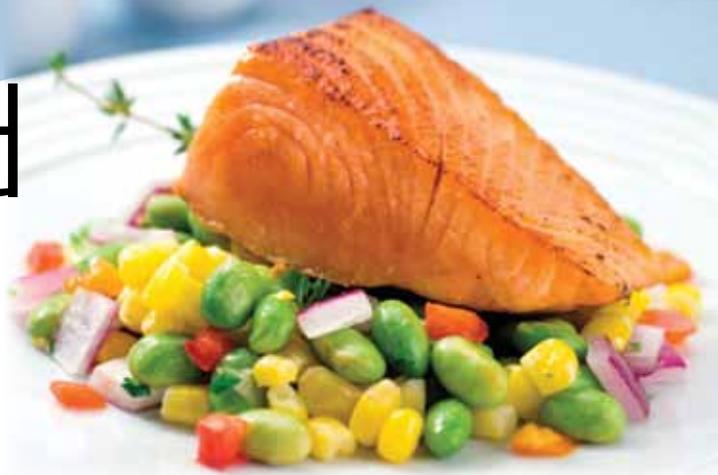
Cheese, lobster and pasta? Yes, we went there. Don't knock it until you've tried this rich and creamy twist on the Italian feast.

Fried lobster ravioli with red pepper cream sauce

Use frozen lobster ravioli in this fried appetizer served with a slightly tangy and nutty dipping sauce.

Crab and mango sliders

Combining sweet fruit with spicy jalapeño and fresh crab makes these sliders a creative meal your family will ask for time



and time again.

Open-face tuna melt

Upgrade the classic, kid-friendly tuna melt with the additions of ciabatta bread, pickle relish and hard-boiled eggs. It's the perfect weeknight meal.

Crab rangoons

Enjoy your favorite go-to Chinese appetizer at home with this healthier, low-calorie version that you bake instead of fry.

Tuna, salmon and swordfish skewers

Wow your guests with three diverse kinds of fish sandwiched between oranges, fennel and tomatoes

marinated in soy sauce, lime, ginger and sesame seeds for a hint of surprise.

Shrimp sevice tacos

You can't go wrong with this healthy shrimp taco recipe, containing less than 300 calories! The addition of tequila is a boozy surprise.

Tomato and pepper soup with seared scallops

This slow cooker meal is light and refreshing — perfect for warmer days. A seared scallop garnish adds a hint of seafood flavor to your peppery soup.

Get Some Sun

Most people know that sunlight provides us with Vitamin D. But did you know that it also improves your mood? Winter days are shorter and darker than other months, and because of the cold weather, a lot of people spend less and less time outdoors. Lack of sunlight can cause many people to become depressed—without knowing why! Similar to exercise, sunlight exposure releases neurotransmitters in the brain that affect mood. Try to spend a little more time outdoors. Keep your shades up during the day to let more light in. Sit near windows in restaurants and during class. Try changing the light bulbs in your house to "full spectrum" bulbs. These mimic natural light and actually have the same effects on your mind as the real thing.

Act on your Resolutions

A recent study from the CDC showed a strong link between healthy behaviours and depression. Women who exhibited healthy behaviours (like exercising, not smoking, etc.) had less sad and depressed days than those whose behaviours were less than healthy. Although researchers studied women, the results are likely similar in men.

Avoid Binge Drinking

Staying in with a cold beer or a nice glass of wine may seem like the only thing to do in the winter months, and many people who feel down also tend to turn to alcohol when they're feeling down. But alcohol is actually a depressant, and rather than improving your mood, it only makes it worse. Avoiding alcohol when you are already depressed is a good idea. Moderate drinking is fine for most people, but binge drinking (defined as having 5 or more drinks in one sitting) is never a healthy choice. The morning after will have you feeling sick, depressed, and even more tired, which will affect many aspects of your life. This will make your low energy and bad mood even worse.

Treat Yourself

Having something to look forward to can keep anyone motivated. Winter seems endless! But if you plan something exciting, your mood improves when you're anticipating it and when the event actually comes. Plan something that's exciting to you—a weekend trip, a day at the spa, a party (but keep #5 above in mind), or special event like a play, girls (or guys) night out, or sporting event.

Relax!

You're busy! Work, class, family, friends, appointments, meetings—even if you enjoy being busy, everyone needs some time off. Don't be afraid to say "No" to extra opportunities (covering a shift for a co-worker, bringing food to your son's class party). Try to spend a few minutes each day doing nothing! Read a book or magazine, sleep in on the weekend, go to bed early, try some meditations, or take a yoga class. Relaxation, especially in the form of yoga, can alleviate stress and leave you with a calm energy. Mental exercises like meditation and positive thinking can help keep depression at bay.

Embrace the Season

Instead of always avoiding the cold and the snow—look for the best that it has to offer! Take up a winter sport like ice skating, snowboarding, hockey, or even sledding! Enjoy these opportunities while they last—after all, they're only here a few months per year. Staying active will boost your energy. Seeing winter in a positive light, with all the fun activities that it has to offer, will keep your spirits high.

Get Social Support

Don't underestimate the power of friends, family, mentors, co-workers, and neighbours. Who can you turn to when you're down and need a pick-me-up? Keep a mental list of these special people and don't be afraid to ask for help or encouragement when you need it. Something as simple as a phone call, a chat over coffee, or a nice email or letter can brighten your mood.

Catch some Zzzz's

People naturally want to sleep a little bit more during the winter. But with all we have going on, sometimes sleep is the first thing to go. With a little time management, and some self-discipline, you can meet your shut-eye needs. Aim for 7-8 hours each night, and try to keep your bedtime and waking time consistent. That way, your sleeping patterns can normalize and you'll have more energy. Try not to oversleep—those 12-hour snoozes on the weekend can actually make you MORE tired. Don't forget naps! A short (10-30 minute) afternoon nap may be all you need to re-energize midday.

Source: www.sparkpeople.com

Lifesaving Malaria Prevention



Massive scale-up of lifesaving malaria prevention and control interventions, with hundreds of thousands of people receiving insecticide-treated bed nets and effective medicines to treat malaria. These simple, inexpensive interventions have been able to reduce malaria's burden.

Malaria is caused by a parasite transmitted by a female Anopheles mosquito. It can cause severe illness, dangerously small newborns, permanent disability, and death.

Sustain gains, Save lives

World Malaria Day is commemorated each April 25, and it provides an opportunity to reflect on the status of global efforts to "roll back malaria."

This year's theme, "Sustain Gains, Save Lives: Invest in Malaria," is a reminder of the recent successes in saving lives and a call to continue malaria prevention and control efforts so that these gains will not be reversed.

Effective intervention package now being used in global efforts worldwide: insecticide-

treated bed nets and house-spraying to protect families from mosquitoes, accurate diagnostic tests and high-quality effective drugs, and treatment for pregnant women so that they are protected and their babies are born healthy.

New treatment medicines, vaccines, diagnostic tests, and mosquito control products has developed effective strategies for using and evaluating them, making sure we invest wisely.

We boosting efforts to monitor and evaluate approaches to resistance to drugs and insecticides, as well as investigating new ways to collect the strategic information needed to track progress in the fight against malaria has resulted in an effective prevention.

Working Together

A fully-resourced Global Fund, new donors, and endemic countries to join forces and address the vast challenges that lie ahead as millions of bed nets will need replacement in

the coming years, and the goal of universal access to diagnostic testing and effective treatment must be realized.

Acting with urgency and resolve to ensure that no-one dies from malaria for lack of a bed net, antimalarial drug and a diagnostic test, will eventually win the effects of Malaria.

Defeating malaria requires a threefold approach described in the Global Malaria.

Action Plan:

Control: controlling malaria in high burden countries to reduce death and disease;

Elimination: eliminating malaria from low-burden countries on the geographic periphery of the disease to "shrink the malaria map";

Research: investing in research and development in new tools to help us advance the fight, and stay one step ahead of emerging resistance to current drugs and insecticides.

Full Range of Prescription & OTC Medicines

YOUR CHEMIST

Shoprite Centre Station Road Gaborone

Tel: 3974111



The Core of Healthcare Education

Centre of Clinical Excellence t/a Boitekanelo College, is a registered and accredited institute by the Botswana Training Authority in accordance with the Botswana Vocational Act of 1998. The college is also registered with the Tertiary Education Council and has been given a letter of interim authority to offer higher tertiary qualifications. Boitekanelo College is the only privately owned institute in the health sector in Botswana, offering training of health care personnel. The college offers accredited short and long term programme's grounded in research and are designed to meet the ever changing healthcare delivery system demands.

We are also actively engaged in provision of in-service training and consulting for the public sector by working closely with the Ministry of Health and Local Government to ensure effectiveness and promote high standards of patient care. The development of health care training is part of wider strategic objectives of the Botswana government to address understaffing in the health sector by engaging a well-structured multi-disciplinary approach.

- » Multi-media classrooms
- » State of the art skills laboratory furnished with teaching aids
- » Fully equipped library with text books, journals and e-library
- » Fully furnished computer laboratory

Department of Allied Health Sciences

- » Diploma in Health Care Management
- » Diploma in Emergency Care Technology
- » Certificate in Health Care Assistance
- » Certificate in Phlebotomy
- » Certificate in Dental Surgery Assisting
- » Certificate in Plaster Technology
- » Certificate in Emergency Medical Care
- » Certificate in Health Care Administration

Department of Public and Occupational Health

- » Diploma in Counselling
- » Diploma in Occupational Health & Safety
- » Diploma in Health Education & Promotion
- » Certificate in Public Health Education
- » Certificate in Occupational Health & Safety
- » Certificate in Counselling

Short Courses

- » Basic First Aid
- » Occupational Health & Safety
- » Ergonomics (Lifting & Handling Techniques)
- » Peer Education
- » HIV/AIDS in the Workplace
- » Substance Use & Abuse
- » Disaster Management
- » Stress Management
- » Food Safety



East Campus
4th Floor Kopanyo Hse, Gaborone Station
T. (00267) 3911-009 F. (00267) 3911-014

West Campus
Plot 5867, Mogoditshane Block 9
T. (00267) 393-6656 F. (00267) 393-????

**Feel like
lickin' your
fingers?**



**26⁹⁰
2 Piece**

