



MedicAlert® Foundation of Southern Africa is a registered non-profit membership organisation offering services to its members which are built around a repository of healthcare information, enabling members to manage their personal health records, while maintaining security, privacy and confidentiality.



## Newsletter August 2013

### Wellness Day hosted by MedicAlert® Foundation of Southern Africa

**All welcome**

Date: Saturday the 17th August 2013

Time: 10h00 - 14h30

Venue: Clovelly Country Club

Join us for breakfast at the Clovelly Country Club where you will hear health & wellness experts speak on the following topics:

- MedicAlert - the importance of being a MedicAlert member and wearing an identification emblem (this is really useful!)
- Early onset of Diabetes - creating awareness, detection and treatment of diabetes
- Cancer - Breast Cancer Awareness - Cancer Buddies



Health & wellness - lucky-draw hampers to be won for attendees



Entrance is FREE



Thereafter the afternoon will be packed with health & wellness exhibits from gym fitness to free hand & foot massages. Come and support small businesses display and demonstrate their health & beauty products just for YOU.

Contact: Pearle on 021 782 8816  
Email: [marketing@medicalert.co.za](mailto:marketing@medicalert.co.za)

### > Medic Alert® Foundation Wellness Day 17th August at 10am-2.30pm at Clovelly Country Club

It is with pleasure that the MedicAlert® Foundation of Southern Africa invites you to attend a Wellness Day at Clovelly Country Club from 10am - 2.30pm. Enjoy a hearty breakfast or delicious lunch (or both if you so wish) then take a leisurely stroll around the many stalls and catch up on the latest health information specifically Breast Cancer and the much misunderstood Insulin Resistance. To receive a programme or for more information please do not hesitate to call us on 021 782 8816 or send an email to [marketing@medicalert.co.za](mailto:marketing@medicalert.co.za)

## Bone Marrow & Leukaemia Awareness months from 15th August - 15th October.

Leukaemia is a broad term covering a range of cancers of the blood, bone marrow, and lymphoid system affecting hundreds of South Africans yearly. Whilst there are many different forms of successful treatment available, from chemotherapy, medical radiation therapy and hormone treatment, for some their only chance of survival is a bone marrow transplant from a healthy donor.



Fortunately for 30% of patients requiring this form of treatment, a matched donor can be found within the person's own family, a brother or a sister for example. Sadly, the other 70% have to rely on an unrelated donor suitably matched. This is an extremely specialised process with chances of finding a match being 1:100 000 but there is hope for those affected as the South African Bone Marrow Registry (SABMR), established back in 1991, has over 65,000 South African donors and access to 19 million donors internationally. The SABMR has identified donors for 1,092 South African children and adults with a 75% success rate. However, more donors are always needed. If you are interested please visit SABMR on <http://www.sabmr.co.za/> or <http://www.sunflowerfund.org.za/>

## Organ Donor Month

Did you know one organ donor can save seven lives? Organ donation is unquestionably one of the greatest advancements in the history of modern medicine. In South Africa in 2012, there were 573 organ and cornea transplants but unfortunately there are approximately 4,300 South African adults and children awaiting a life-saving transplant. Due to a lack of suitable organs many South Africans will not benefit from this modern medical miracle. Why not become a donor today, simply visit <http://www.odf.org.za/> or call the Organ Donor Foundation free toll line (0800 22 66 11 ) to obtain more information. Remember tell your friends and family and your life could save seven other lives.



Please remember to inform MedicAlert® Foundation if you become a donor so your records can be updated.  
Visit <http://www.medicalert.co.za/>

## Cervical Cancer & Breast Cancer Awareness Month

Within this month, women are encouraged to have regular screenings for both these very treatable cancers.

According to the South African National Cancer Registry 1 in every 29 women in South Africa will be diagnosed with breast cancer. Cervical cancer is the most common cause of cancer related deaths in the country with over 3000 deaths per year (International Cancer Project).

Cervical cancer is caused by the human papilloma virus (HPV) transmitted through genital skin contact during sex. HPV is an extremely contagious virus with over 50% of the women affected being between the ages of 35-55. Yet it is almost entirely preventable with regular screening which can detect early changes in the cervical cells and lead to successful treatment.

Breast cancer seems to have overtaken cervical cancer and is now the most common cancer in women within South Africa. Life time risks of developing this cancer vary from a low of 1 in 81 in African women to a high of 1 in 13 among white women. Women are encouraged to conduct regular self examination and have regular mammograms.

Come and join us on 17th August at 10am at the MedicAlert® Foundation Wellness Day and learn more about cancer, the importance of early detection and treatments.



## > 5th-9th August is Rheumatic Fever & Rheumatic Heart Disease Week

Rheumatic heart disease claims at least 1642 deaths per year in South Africa. It ranks as the number six cause of death, secondary to heart disease. Dr Bongani Mayosi, a cardiologist at Groote Schuur Hospital suggests this may be a complete under estimation as there are no accurate statistic as rheumatic heart disease mainly affects the poor and is often not diagnosed. Many children and young adults are crippled or die as a result of rheumatic heart disease and it all starts off with an untreated sore throat! Prompt and effective treatment of streptococcal infection with anti-biotics will usually prevent rheumatic fever developing. Prompt diagnoses and effective treatment of rheumatic fever are of the utmost importance hence parents need to be made aware of the connection between a sore throat and heart disease. Treatment can reduce tissue damage from inflammation, reduce pain, but most importantly reduce the chances of reoccurrence. In acute cases the use of long term antibiotics are necessary and if the heart has been affected the length of therapy may be up to forty years.

For more information please visit [www.heartfoundation.co.za](http://www.heartfoundation.co.za). If you are taking any long term medication, especially for heart disease it is imperative to safe guard your well being by becoming a member of MedicAlert® Foundation. Simply visit [www.medicalert.co.za](http://www.medicalert.co.za) for more information.



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