



Message from our MD

Dear Doctors,

Your service, commitment, dedication and professionalism towards Cure Day Hospitals is truly remarkable. You play a vital role in the prosperity of Cure Day Hospitals! Together let us scale new heights and make impossible, possible. We salute you and thank you for the hard work.

Have a blessed festive season with your family and loved ones!

Dear Staff,

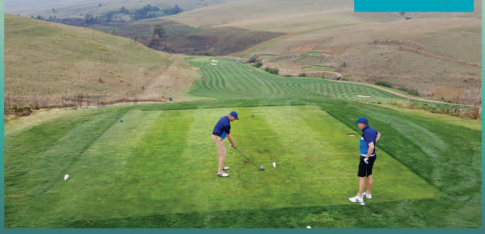
A hospital without exceptional staff is just a building. You have earned trust, respect and admiration with your commitment towards your work at Cure Day Hospitals. Congratulations on a job well done! Cure have reached a milestone and it's all because of you, putting your heart and soul in our company. We thank you for your contribution to many successes this year.

Let us strive to excel even more in 2020! Have a blessed festive season with your family and loved ones!

CURE GOLF DAY

Cure hosted their National Golf Day at Highland Gate Golf course in Dullstroom. The golf day was well attended and thoroughly enjoyed by our doctors nationally.

HELLO!



CURE VALUES OUR PATIENT'S FEEDBACK

See how we rated nationally from June to November 2019!



✓ Service received from reception/admissions staff
90.06 % Excellent

✓ Nursing care pre-operative and post-operative
92.55 % Excellent

✓ Discharge information
87.9 % Excellent

✓ Neatness of Staff
92.65 % Excellent

✓ Cleanliness of facility
92.61 % Excellent

✓ Likelihood of you to recommend our facility
92.4 %

HOSPITALS CLOSED FOR

FESTIVE SEASON

CURE DAY HOLDINGS

Closed between 20 December 2019 to 6 January 2020

CURE DAY HOSPITAL BELLVILLE

Closed between 20 December 2019 to 7 January 2020

CURE DAY HOSPITAL BLOEMFONTEIN

Closed between 20 December 2019 to 6 January 2020

CURE DAY HOSPITAL ERASMUSKLOOF

Closed between 20 December 2019 to 6 January 2020

CURE DAY HOSPITAL FOURWAYS

Closed between 20 December 2019 to 6 January 2020

CURE DAY HOSPITAL MEDKIN

Closed between 20 December 2019 to 6 January 2020

CURE DAY HOSPITAL MIDSTREAM

Closed between 20 December 2019 to 6 January 2020

CURE DAY HOSPITAL PAARL

Closed between 20 December 2019 to 6 January 2020

CURE DAY HOSPITAL SOMERSET WEST

Closed between 20 December 2019 to 6 January 2020

CURE DAY HOSPITAL WILGEHEUWEL

Closed between 20 December 2019 to 6 January 2020



CURE ERASMUSKLOOF Cataract CSI Project:

The gift of sight is probably one of the best gifts to give. Therefore, as part of eye awareness month in October, Cure Erasmuskloof and Dr Riël De La Bat (Kloof Eye) took hands and treated 12 patients who desperately needed cataract removal surgery. All procedures were a big success with immediate improvement on sight.

We would like to thank all our sponsors: Allergan, Apex, Bbraun, Nitran, Priontex, SOS, UPD, Vindmed, Zeiss and @Fresh. It would not have been possible without their generous support. Thank you to the theatre staff, Marlize Bakker, Cornette Ferreira, Johanna Mashego, Leah Mukhola and Jorina Botha and all the ward staff; Betsie Ferreira, Lizelle Potgieter, Lizette De Olival, Julie Anderson and Lerato Mogula for your hard work.



CURE ERASMUSKLOOF Dental CSI Project:

Cure Erasmuskloof sponsored 10 children from Smile of Joy with free dental surgeries as part of their annual community project. Thank you to all who contributed to this wonderful project: Dr Koos Conradie (Dentist), Dr Johan de Beer (Anaesthetist), Cure Erasmuskloof staff, Mrs Von Wielligh and her team, The smile of Joy team and our 2 sponsors Safeline Pharmaceuticals and Pfizer.

Belville, Paarl and Somerset West: Boks vir 'n Boervrou

Boks vir 'n Boervrou is an initiative started by the Vroue-Landbouvereniging. Cure Bellville donated 12 boxes containing household goods which will be distributed to too many farmers wives during the drought season.



Bellville: CPD

On 10 September 2019 Cure Bellville hosted a CPD with Dr Dirk Nel (Orthopaedic Surgeon) and Mr Jay Page from Bowmans Law presented a talk to Surgeons, GP's and Physiotherapists.



Medkin: New and improved

Cure Medkin would like to apologise for the inconvenience caused during the renovation process. The good news is that we are now back in business and ready to take your bookings. Thank you for your continuous support.



We are COHSASA accredited

We are the first Day Hospital Group to be awarded this prestigious accreditation by COHSASA for quality service at the Cure Day Hospitals in Bellville, Bloemfontein, Erasmuskloof, Medkin, Midstream, Paarl and Somerset West.



DHA Conference



Cure recently attended the DHA (Day Hospital Association) conference and it was a very positive and fruitful session. There were key speakers punting the benefits of day hospitals, and it is clear day hospitals are the way of the future. We would like to thank our two doctors, Dirk Nel, Orthopaedic Surgeon and Dr Cornelius von der Heyden, Anaesthetist, who volunteered to speak on very enlightened topics at the conference.

Midstream: Community Project

On 6 August 2019, Cure Midstream had their Community Project for Dental & Maxillofacial procedures.

20 Children from Abraham Kriel Children's Home received free surgery. Thank you to everyone who gave their time for this worthy cause.

This project would not be possible without the support of our doctors, Dr F Pinheiro (Dentist), Dr A Roux (Anaesthetist), Dr S Botha (Maxillofacial-surgeon), Dr C Steenkamp (Anaesthetist) & the amazing Midstream team.

Sponsors involved: Wright Millners, Colgate, Midstream Pharmacy & Midstream Ridge Spar. Mrs von Wielligh and her team thank you for the gorgeous blankets you knitted for all the children.



Wilgeheuwel is 3 months old and brags record opening months!

CURE ERASMUSKLOOF Orthopaedic CPD Function:



On 17 October 2019, Cure Erasmuskloof hosted an Orthopaedic CPD event with speakers; Dr Shaun East and Dr Heinrich Niemoller. The topics of this event included: The Role of orthopaedics in day surgery, Mountain bike injuries, Ankle ligament injuries and Tennis Elbows. A big thank you to our sponsors Affmed and Arthromedix.

CURE BLOEMFONTEIN: The Free State & Northern Cape SAOA Congress '19

Cure Bloemfontein joined hands with Orthopaedic Surgeons from the Free State, Northern Cape and Free State graduates during a mini congress meeting, Saturday, 9 November. We gifted the 42 attendees each with an umbrella. The highlights included the "Robert B Snowdowne Memorial Lecture: The Changing World", by Prof John Shipley. This sponsorship opened dialogue with newly qualified surgeons and an opportunity to network with established surgeons.



From left to right: Dr. Natie Swart, Dr. Erik Kloppers, Dr. Jannie Oosthuizen, Dr. Vincent Oppong and Dr. David Uheubor

FOURWAYS



We'd like to thank everyone at Cure Day Hospital, Dr Betts and receptionist, and Dr van Dyk for the service received when Emma Atkins had her wisdom teeth out on Wednesday 23rd.

Best regards,
Stefania Atkins



Cure Western Cape voted best private Day Hospitals



Cure Day Hospitals in Bellville, Somerset West and Paarl received the vote from Die Burger readers for the best private day hospital in the Western Cape. Die Burger hosted a competition earlier this year with their readers to vote for their favourite business. The competition was facilitated by Forum 24. Cure is very proud of this achievement.



Paarl: CPD function

Dr Norman Nieder-Heitman an Ophthalmologist at Paarl Eye Centre presented a talk on "What is new on diabetic macular oedema" We would like to thank Alcon Laboratories and FFG Financial Services for making the function possible.



Paarl: CSI Project

Cure Paarl and Paarl Provincial Hospital partnered for a community project. Dr Andre van Straten from Paarl Provincial Hospital identified 6 children for Tonsillectomy procedures that took place at Cure Paarl. The waiting list for these procedures take up to 8 months at Paarl Provincial hospital and we are very pleased to be able to assist with a community project.



SOMERSET WEST



What a smart, impressive facility the Cure Day Hospital is – spacious and sparkling, with invitingly comfortable lounging chairs that ensure each patient's relaxation, while all personnel attend to their specific functions competently and efficiently. Your professionalism, advice and information given and quality care is commendable.



Somerset West: CSI Project

Cure Somerset West are grateful to all the parties involved in our multi-disciplinary CSI project. A special word of appreciation towards all the role players in this successful event:

Dr Eric Falletisch (Ophthalmologist), Dr James Beatty (Ophthalmologist), Dr Nico van Helsdingen (Ophthalmologist), Dr André de Waal (Maxilla Facial Surgeon), Dr Ramon Aronius (Gynaecologist), Dr Inandi du Toit, Dr Johan Mathee (Dentist), Dr Leani Rabie (Dentist). Thank you to Dr Smit, Dr van Coller, Dr Theron, Dr Stidworthy (Anaesthetist / Sedations).

Sponsors: Tallahassee Spur Somerset Mall, Panarottis's Somerset Mall, Woolworths Sanctuary

Cure Bellville, Paarl and Somerset West: Secretaries function

Cure hosted a combined secretaries appreciation brunch for all their supporting doctors' receptionists and admin staff. The function was held at Boeresjiek in Bellville and was attended by over 70 ladies and a few gents.



Somerset West: Awards

We hosted the 5 Year Service award for staff, with the shareholders.



Cure Financial Update:

Cure Group on budget for the first 8 months of the 2020 financial year.



A top-down photograph of various summer beach items arranged on a light-colored wooden plank surface. On the left are a pair of white flip-flops. In the center is a folded beach towel with horizontal stripes of white and tan. Resting on the towel is a tube of yellow sunscreen labeled 'SUNSCREEN SPF50' with a sun icon, and a pair of dark sunglasses. To the right of the towel is a small green folding beach umbrella, a glass of orange juice with a straw and a slice of orange, and a large, round, woven straw hat with a blue band.

SUMMER SAFETY: FOCUS ON SKIN CANCER

Reference: article written by
Dr Magnus D Potgieter

Plastic and Reconstructive Surgeon.
MBChB (Cum Laude), FC Plast Surg (SA),
MMed Plastic Surg (Pret)

Whenever I think of summer on the beach I can hear Norah Jones warning: "The sun doesn't like you, you always get burned". For many of us this holds true and we need to make sure we are adequately prepared to enjoy the sun responsibly this summer. The incidence of skin cancer has been increasing worldwide and everyone needs to be informed of the risks, symptoms and potential treatments. According to Leiter et al from the University of Munich there are numerous reasons for this increase. Increased outdoor activity as part of a growing movement of healthier lifestyles, ozone depletion and increased longevity are the most important of these. The good news is that the mortality associated with skin cancer has actually decreased as increased awareness, sun protection methods and cancer treatments have progressed over the years. It is therefore of paramount importance that we continue to spread awareness about prevention and early detection of skin cancer.

Not getting excessive sun exposure is the main focus of skin cancer prevention and simple logic should prevail as to best achieve this. Protective clothes such as light coloured breathable long sleeved shirts and hats are recommended. Try to stay in the shade as much as possible, using beach umbrellas and gazebos. Use a good sunscreen within your budget: all sunscreens are not created equal. The SPF or "sun protection factor" measures the protection against UVB and decreases logarithmically, meaning that the higher the number, the smaller change in protection it offers. An SPF 15 sunscreen will filter out about 93% of UVB rays, SPF 30 filters 97%; and SPF 50 about 98%. There are no sunscreens that offer 100% protection. Preferably look for "broad spectrum" sunscreens that also offer UVA protection, as it also contributes to skin cancer risk.

The commonly used Fitzpatrick scale of skin photo-types classify us from light to dark according to how easily one tans or burns, labeling them from 1 to 6. The details are used in research/medicine but the important take home point is that the lighter your skin colour (as well as light hair and eye colours), the higher your chance for burning and skin cancer.

There are many types of skin cancer, commonly divided into melanoma and non-melanoma cancers since the former is mostly pigmented while the others are mostly not and since melanoma is the most devastating. The simple criteria for suspicious lesions are according to the ABCDE mnemonic: A=asymmetry of the lesion, B=borders irregular, C=Colour dark and/or changing, D=diameter>6mm, and E for evolution or change over time. Some people have many moles and sun spots and identifying a cancer takes an expert eye.

A rule of thumb is to look for lesions that are out of keeping with a person's other spots/moles, the so-called ugly duckling sign. It is highly recommended that any suspicious lesion is evaluated by a doctor, usually a dermatologist or a general practitioner, depending on the amount and complexity of the lesions. A skin biopsy usually proves a clinical suspicion of a skin cancer which is then referred to a plastic surgeon for excision and reconstruction.

The standard management of skin cancers remains surgical but advances in chemotherapeutic agents show great promise for cancers that can spread to the rest of the body, including melanoma. In some cases radiotherapy, alone or in conjunction with surgery are advised but these decisions are made on an individual basis and by a team of specialists working together to optimize treatment. Depending on the area affected various reconstructive methods are used, ranging from small flaps and skin grafts to reconstructing entire structures such as eyelids. It is important to seek help as soon as possible so that the lesion can be excised while it is still small. One needs to keep in mind that a skin cancer extends further into the skin microscopically than what is visible to the naked eye and that a margin of normal looking skin is excised with the lesion. Depending on the type of cancer a centimeter or two may be needed, multiply that by two on each side of the lesion and the one centimeter melanoma results in a 5 cm diameter defect. Rest assured, plastic surgeons are trained to reconstruct a wide variety of defects and only the most advanced cases will be deemed irresectable.

This once again illustrates the point made earlier that early detection is key and that prevention is indeed better than cure. I do not want to paint an overly pessimistic picture and it should be noted that the majority of people will not develop skin cancer even after moderate sun exposure, but just like everything in life, the sun is to be enjoyed responsibly. If the necessary precautions are taken, it is no more dangerous than other holiday activities like alcohol consumption, with the advantage that, especially for the flashy cabriolet drivers, the sun can even be enjoyed while driving.

