

MERRY CHRISTMAS & Happy New Year

CLOSING DATES

Cure Holdings closed from
24 December – 3 January 2021

Cure Bloemfontein closed from
24 December – 3 January 2021

Cure Bellville closed from
22 December – 11 January 2021

Cure Erasmuskloof closed from
19 December – 3 January 2021

Cure Fourways closed from
24 December – 3 January 2021

Cure Medkin closed from
21 December – 3 January 2021

Cure Midstream closed from
19 December – 3 January 2021

Cure Paarl closed from
19 December – 3 January 2021

Cure Somerset West closed from
24 December – 3 January 2021

Cure Wilgeheuwel closed from
19 December – 3 January 2021

Message from our CEO, Bert von Wielligh

Dear Staff members,

I would like to convey a big thank you to all of you for your hard work and loyal service during these trying times. One of the greatest assets for any company is its dedicated staff and we want to take this opportunity to express our appreciation for your dedication. Thank you for adhering to the safety precautions both at work and at home, the minor 7% COVID-19 positive rate is largely due to you abiding by the protocols.

The positive feedback and happy patients are also due to commitment and exceptional service from each and every staff member. Ultimately it is a team effort and as the saying goes "If you want to go fast, go alone, but if you want to go far, go together."

At Cure we go together and that is why the Cure Group will turn thirteen on 01/03/2021.

Last but not least, we are approaching the holiday season, we will be travelling freely and finally seeing our friends and families, it must be borne in mind that large gatherings and reckless behaviour could have serious health repercussions for you, your family, and your colleagues. Please continue to adhere to the safety precautions, and remember to download the free COVID-19 application.

Have a blessed festive season with your family and loved ones, rest well and let us tackle 2021 with new energy and passion.

Dear Doctor,

Your support through a difficult year was much appreciated. It was certainly a challenging year and a year we will remember for a long time.

We also want to thank the 88 doctors who started working at the Cure Group subsequent to the declaration of the COVID-19 pandemic. We hope that the support and the joining of the Cure Family is the beginning of a long-term relationship.

The growth in Orthopaedic surgery, Gynaecology and Urology is also a big milestone.

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

Message from our Group Chairman, Dr Oscar Shimange

As this year comes to end, we look back with pride at Cure's results and progress. We faced many challenges, along with the rest of the country and world with the COVID-19 pandemic, but managed to stand strong despite the odds.

The Cure Day Hospital team wishes our supporting doctors, stakeholders, board members, patients and staff - peace, joy and prosperity this festive season. Have a joyous and festive family time.

Thank you for your continued support, dedication and partnership.



**CURE VALUES OUR
PATIENT'S FEEDBACK**
See how we rated nationally
from August to November 2020



✓ Service received
from Reception
95% Excellent

✓ Discharge
information
93% Excellent

✓ Cleanliness of
facility
96% Excellent

✓ Nursing care
93% Excellent

✓ Ease of finding
hospital location
91% Excellent

✓ Likelihood to
recommend
facility
96% Excellent

New management and staff movements:



Maria Mauoana
Hospital Manager
Medkin



Ranisha Govender
Acting Hospital
Manager Fourways



Antony Kaufmann
IT Technical Manager



Congratulations!

We would like to congratulate Robert Williams for being the lucky winner of our "find the pink ribbon" Cure website hunt.



Somerset West CPD

A successful CPD was hosted on Wednesday 18 November 2020, with a very informative topic "Antibiotic prophylaxis in the dental practice. Latest updates". Appearing with Dr Philip Jonsson (Maxillofacial & Reconstructive Surgeon) is Tossie Roux (Hospital Manager) and Marlene Oosthuizen (Marketing Manager).

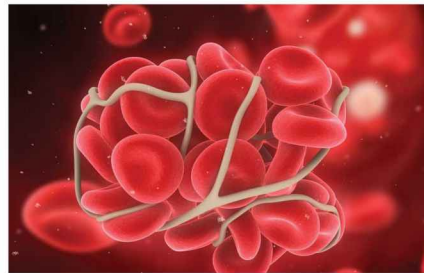
First time procedure at Cure Medkin

Dr IA Khan, Orthopaedic Surgeon, performed a Club Foot repair on 27 October 2020.



Cure News

Cure sponsored towards the Southern African Society of Thrombosis and Haemostasis Congress where the topic was Controversies in Thrombosis and Haemostasis in 2020.



Cure Day Hospital Midstream contributed towards the Blissful Cleft Foundation's Golf Day. The Blissful Cleft Foundation is a non-governmental organisation in SA who wishes to raise funds for the surgeries for cleft lip and palate patients and also create awareness about this condition

WHAT OUR DOCTORS HAVE TO SAY

Cure Erasmuskloof



"Ek het nog nooit so lekker by n plek gewerk soos Cure Erasmuskloof nie! Ek het die tyd van my lewe! Well done aan almal en dankie vir die uitstekende diens!"

Julle is die beste in die wereld! Wens ek kon julle klooi!" –



DR HEINRICH NIEMOLLER
Orthopaedic Surgeon



Cure Golf Days

Cure hosted a golf day at Pearl Valley and Steyn City golf course for our supporting doctors. This was an enjoyable day for all.



Covid Commemoration

In remembrance of those we have lost to COVID-19 & all victims of gender-based violence.

Cure Bellville turned 5 on 5 November 2020!

CURE BELLVILLE FUN FACTS



PATIENTS HELPED:
OVER 13500



DOCTORS WHO
WORKED AT OUR
FACILITY: 205



PRO-DEO
SURGERIES: 54



INFECTION RATE: 0%



WATER SAVING:
OVER 1680 LITRES
PER DAY



5 YEARS
SUCCESSFULLY
OPEN



Cure Bloemfontein voted best Day Hospital

Thank you Bloemfontein, for recognizing Cure Day Hospital in the "LIVING IN BLOEM" section as Best Day Hospital!

Receiving this honour is a tribute to our doctors, employees and our culture.

Pro deo case: cataract surgery

On Tuesday 17 November 2020 Mrs Dorcas Moklake (58 years) received one of the biggest gifts of her life. Already blind in her left eye, she had severe loss of sight in her right eye as well.

Giving her the gift of sight was made possible by Dr Irene Freed (Ophthalmologist-Visusense) and Dr Christa Liebenberg (Anaesthetist)

The procedure was a big success with immediate sight improvement.

Also a big thank you to all the staff making her experience a smooth and pleasant one. We would like to thank all the sponsors involved, especially Hoya Optical for the lens and consumables.

"No Act of Kindness, no matter how small, is ever wasted"



Cure Wilgeheuwel

WHAT OUR DOCTORS HAVE TO SAY

Cure Wilgeheuwel



Cure Day Wilgeheuwel offers a patient-centered, doctor-friendly, highly efficient yet comfortable experience where nothing is too much to ask....

Dr Ian Steyn
Orthopaedic surgeon

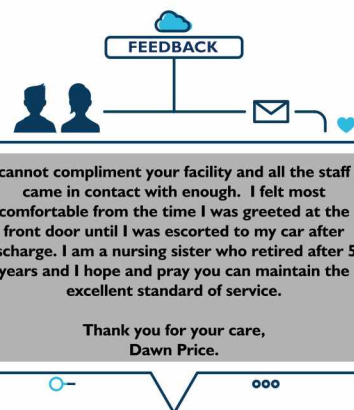
Paarl: CPD function

A successful CPD function was held on the 8 October 2020 with Dr Christo Lourens, Orthopaedic Surgeon from Paarl that presented a talk on "Wrist Arthroscopies, Indications and Instructions. Thank you to Josef de Beer from Medhold for supporting this event



Paarl: News

Since our first Pars Plana Vitrectomy procedure in February, Dr Nieder-Heitmann performed over 60 procedures during this period. Dr Nieder-Heitmann is the first qualified doctor in Retinal surgery in Paarl, and a huge asset to the Winelands community.



I cannot compliment your facility and all the staff I came in contact with enough. I felt most comfortable from the time I was greeted at the front door until I was escorted to my car after discharge. I am a nursing sister who retired after 50 years and I hope and pray you can maintain the excellent standard of service.

Thank you for your care,
Dawn Price.

Cure Bellville

Record Month

Record month in October for Group. Exceeding original budgeted turnover with 15%.



Somerset West CSI Project

Cure Somerset West, in proud associated partnership with Tygerberg Hospital, helped 10 urology patients who were on a long waiting list, during November month.

A heartfelt thank you to the Tygerberg clinical team: Drs Pieter Spies, Etienne du Plessis, Gérard Grobler, Julian Hellig, as well as anaesthetists, Drs Roy Donald and Hugo van Niekerk from Blaine & Associates in Somerset West. Cure Day Hospitals would also like to express our gratitude towards Woolworths Sanctuary (André Botha) for their donations towards this CSI project.



Midstream News

Cure Day Midstream recently served their 14 000th patient, Mr Padayachy. Here he is with the hospital manager, Benita Pretorius.

Wishing you a speedy recovery, Mr Padayachy!



Midstream Reception Upgrade Complete





MEN'S HEALTH QUESTIONS

By: Dr Ernst De Wet, Urologist
MBChB (UFS), FC Urol (SA)
Urologist at Cure Bellville
Tel: 021 948 9025

   www.cure.co.za

How can men mitigate their risk relating to the following health issues?

PROSTATE CANCER

Myth 1: All patients diagnosed with prostate cancer needs active treatment

Active management options to cure prostate cancer includes surgery, radiotherapy, hormonal treatment or a combination of the mentioned modalities. These options are associated with significant morbidity, including erectile dysfunction and voiding problems. Newer technologies like robotic assisted surgery seems to minimise the morbidity, but ultimately cannot guarantee that the treatment will be free of complications and morbidity.

For this reason, we DO NOT offer active curative treatment to all patients diagnosed with prostate cancer. Your urologist will discuss treatment options in full after being diagnosed with prostate cancer. Patients at extremes of age and also patients with significant and multiple medical comorbidities will usually be offered "watchful waiting" as a management option. The rationale behind this decision is that the treating urologist/oncologist is of the opinion that in this specific scenario, the cancer will probably progress very slow and that the patient is unlikely to die because of the cancer. You will still be followed up closely, with the view of lesser morbid treatment once the cancer progresses. Another management option is called "active surveillance". This approach is reserved for fit and healthy patients with a good life expectancy and a low risk prostate cancer. These patients get followed up regularly to determine when the cancer is becoming more aggressive, at which stage the patient will require active curative treatment. This can save a patient the morbidity of the treatment for a couple of years, without compromising the patient's chance at cure.

Myth 2: The dreaded finger test can be replaced by a blood test.

Unfortunately (for both doctor and patient), the digital rectal examination still has an important role in the diagnosis and management of prostate cancer. It is well known that this test is not accurate to determine the presence of prostate cancer, but valuable information can be obtained with regards to the size and stage of the prostate cancer.

The fear of the digital rectal examination is not a reason to stay away from the doctor. By far the majority of patients report only mild discomfort during the examination. It is a quick test and with enough lubrication, should hardly be troublesome.

TESTICULAR CANCER

Myth 1: You can't have children after treatment of testicular cancer

Up to 50 percent of men with testicular cancer have a low number of sperm even before treatment. Treatment with surgery, radiation, or chemotherapy can reduce or eliminate sperm production, causing infertility. For this reason, it is recommended that a patient should store sperms prior to the start of treatment for testicular cancer. This is done by a process called semen cryopreservation.

Men who weren't able to store sperm before treatment may still be able to father a child after treatment, depending upon the type and amount of treatment used.

Myth 2: Testicular cancer has a very poor prognosis

As far as solid organ cancers go, testicular cancer probably has one of the best prognoses. More than 95 percent of ALL patients diagnosed with testicular cancer survive their disease. Even patients with stage 3 disease (already spread to other organs) have a decent chance of survival with a combination of surgery, chemotherapy with or without radiotherapy.

Is it possible to do a self-examination for prostate and/or testicular cancer? If so, what is the basic guide to this / are there any tips for doing this correctly?

Patients with prostate cancer may have no symptoms at all. Unfortunately, no self-examination tool is available to screen for prostate cancer. The most commonly used screening test for prostate cancer is a blood test (serum-prostate specific antigen or PSA), combined with a digital rectal examination. The diagnosis of cancer can only be made by doing a formal biopsy of the prostate.

Testicular cancer is probably the cancer where self-examination has the most value. This is of utmost importance in patients with high risk for developing testicular cancer. Monthly self-examination, or even assisted by one's partner or spouse, can pick up many small lumps early and prompt further investigation. It can be useful to compare the testicles with one another and pay attention to any discrepancy in size, contour or consistency of the testes. The testis should be palpated between the thumb and two other fingers. If you have any concern, you have to see your GP or urologist as soon as possible. The doctor will request some blood tests looking at tumour markers and a formal ultrasound scan of the testes. The only way to confirm the diagnosis of testicular cancer as well as the type of cancer is by means of surgical removal of the testis, via an inguinal incision.

What are symptoms or warning signs a man can observe in himself for prostate or testicular cancer? When is it time to seek medical intervention?

The danger of prostate cancer lies in the fact that a patient might be asymptomatic and still have aggressive cancer. That is why there is value in screening for prostate cancer in an appropriate male with risk factors for the disease. Usually screening starts at age 50 years, unless very high risk (like a first degree relative) then we might start screening from as early as 40 years.

Male patients above the age of 50 years sometimes have poor urinary flow, which in most cases refers to an enlarged prostate. This doesn't necessarily mean that the patient has cancer, but sometimes acts as a trigger to screen for prostate cancer.

One of the most common symptoms that indicates advanced prostate cancer, include lower backache with or without weakness of the lower limbs. The first most common site for metastases from prostate cancer, is the lumbar spine.

As for testicular cancer, the most common sign to look out for include a painless lump in the testis. Up to 10 percent of patients with testicular cancer present with testicular pain. Although testicular cancer represents only about 1 percent of all cancers in men, it is the most common solid malignancy affecting males between ages 15 and 35 years.

Signs and symptoms suggesting advanced disease include shortness of breath (from lung metastases), loss of weight, abdominal pain and gynecomastia (a condition where men develop female-like breasts).