

March is Dental Health Awareness Month

#SayCheese:

Show off your **beautiful smile** by prioritizing your dental health.



www.cure.co.za f i t

NEWMARKET DAY HOSPITAL OPENING FUNCTION



On March 8, our Newmarket Day Hospital in Alberton hosted an opening function for all our stakeholders. Esteemed attendees, such as the Department of Health and MMC for Health and Social Development, came together to celebrate the launch of our new facility. Our team welcomed everyone with warm hospitality, and guests were treated to a tour of the hospital, which showcased our state-of-the-art equipment and facilities. We also had speeches from our directors as well as Thami Moloyi (Head of Corporate Contracting at Discovery), who shared their vision for the hospital and thanked everyone for their support. The event was a wonderful opportunity to connect with our community and build relationships with our stakeholders, and we look forward to continuing to serve our patients with excellence and compassion.



NEWMARKET DAY HOSPITALS FIRST PROCEDURE



We performed our first ever procedure by Dr Fabiyi – Specialist Gynaecologist. This marks a significant milestone in the facility's development. The success of the first procedure is a testament to the skilled and dedicated team of healthcare professionals who work here.

Thank you to everyone for their hard work and dedication towards making this hospital a success.



NEWMARKET DAY HOSPITALS 100TH PATIENT



Reaching a new milestone with our 100th patient at Newmarket Day Hospital! We are proud to have provided exceptional care and support to each and every one of you. Thank you for entrusting us with your health and wellbeing. Here's to many more milestones and continued success!



SPECIALS

Contact your nearest Cure Day Hospital to find out what the current co-payment or procedural specials are!

Just scan!



10 MILLION THEATRE MINUTES ...and counting!

The Cure Group reached 10 million theatre minutes in February 2023. We are proud to have made a difference in so many lives. Here's to many more moments of healing and care!



Investing in our future

We covered the registration fees for a bright student in need, Lungeli Gwala at the University of the Free State in Bloemfontein for the Bachelor of Medicine and Bachelor of Surgery (MBChB), to help him pursue his dream. Education is a fundamental right and should be accessible to everyone. By supporting Lungeli, we hope to make a difference in his future and inspire him to reach for his dreams.



Tongue-tied

In February, at Cure Wilgeheuwel, a pro-deo surgery was performed on a 5-year old patient in need of a Frenulectomy. Thank you to Dr Anton Brewis (Plastic Surgeon) and Dr Piet de Wet (Anaesthetist) for performing this life changing surgery.



FirstTime Cataract Procedure

On Thursday, 23 February 2023, Cure Fourways had its very first Cataract surgery done by Dr S Tlhapane. We are very excited that this will be the first of many to come for Fourways.



Secretary meet-and-greet

Cure Bellville hosted a meet-and-greet pottery evening to introduce our new Theatre Bookings Clerk and Reception staff.



British Cycling Champion

Alice Towers, British cycling champion, was recently a patient at Cure Bellville. Alice had an ACL repair and the procedure was done by Dr Dirk Nel – Orthopaedic Surgeon.



Honouring 10 years of service

Mariana Neve, Hospital Manager at Cure Erasmuskloof, celebrated her 10th anniversary in January 2023. Congratulations Mariana!



Cure Erasmuskloof brings joy to doctors' secretaries

Cure Erasmuskloof hosted a doctors' receptionists morning in January 2023. It was a lovely morning filled with fun and laughter.



Orthopaedic CPD function

Cure Erasmuskloof hosted an Orthopaedic CPD event with Speakers; Dr Pauline Greyling and Dr Jaco Naude in March 2023. The presentations were very interesting and informative. Thank you to PPS for sponsoring this event.



Meet Dr Francke: Giving back through pro deo work

Cure Midstream provided pro deo dental surgery to seven year old, Eduan le Grange. Thank you to Dr Wiehahn Francke (Dentist) and Brink Anaesthetists for performing this surgery.



Celebrating a decade of dedication

Sinah Ledwaba from Cure Midstream, received her 10 year service award.



Cure East London celebrates innovative first time procedures

Cure East London welcomed Dr Zwelithini Mpungana, Neurosurgeon, to our hospital where he performed the first Facet Block procedure in our facility. Dr Bernard de Boer, Ophthalmologist, performed the first Pars Plana Vitrectomy (PPV) in our facility with the help of our new Zeiss ceiling mounted microscope.



New faces, same passion: Get to know the new staff at Cure Medkin
 Nondumiso Masanabo RN-WARD
 Hazel Memo ENA Theatre
 Pearl Ramakau Marketing Officer

WE VALUE OUR PATIENTS FEEDBACK

See how we rated nationally from January - March 2023.



Patients have the opportunity to score: Poor/Average/Good/Excellent.

Service received from Reception Excellent Rating	91%	Discharge information Excellent Rating	90%	Cleanliness of facility Excellent Rating	92%
Nursing care Excellent Rating	92%	Ease of finding hospital location Excellent Rating	89%	Likelihood to recommend facility Excellent Rating	92%

FEEDBACK

"Beautiful clean hospital and everyone from cleaner to doctor are friendly and professional! They walk the extra mile and come highly recommended! Keep up the great work! Marie-Celeste Van Zijl."

CURE SOMERSET WEST



State-of-the-Art Eye Ward now open at Cure Paarl

In March Cure Paarl opened an eye ward to enhance our care offering to our patients. Ophthalmology is Paarl's top discipline and contributes 34% towards our revenue.

CURE PAARL

We are proud to offer excellent health care to the community of the Cape Winelands. In February we reached the **20 000th patient** count since we opened our doors in 2012.

Empowering nursing research: Cure sponsors 5th annual Gauteng Conference.

At Cure Day Hospitals we proudly sponsored towards and attended the 5th Gauteng Nursing Research Conference, and it was a truly enriching experience. The conference brought together nurses from various specialties, providing an excellent platform for knowledge sharing and networking.

The topics covered during the conference were diverse, ranging from aims to improve nursing leadership and management, and research through the sharing of good practises. We look forward to attending similar events in the future to continue improving the quality of our patient care.



FEEDBACK

"This is an excellent facility. We are very impressed. Thank you!"

CURE MIDSTREAM



VALENTINES DAY 2023

Over the past two years we have welcomed

307

NEW DOCTORS
to our facilities.

5 Questions To Ask Yourself Before Having Plastic Surgery

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Question 1:

WHO IS MY SURGEON?

It is important to understand the difference between a Cosmetic Surgeon and a Plastic and Reconstructive Surgeon.

Not all surgeons who offer aesthetic surgery are the same, they will differ greatly in their medical training, surgical qualifications and recognition by medical boards, surgical specialties (surgical study, skills, and expertise), technical expertise (ongoing education of new and advanced surgical techniques) and the number of surgeries performed.

A Cosmetic Surgeon is a term often used by General Practitioners (GP's) who have an interest in aesthetics while a Plastic & Reconstructive Surgeon is board-certified in plastic and reconstructive surgery and can be found as a registered member on the APRASSA website.

Question 2:

HOW MANY PLASTIC SURGERY PROCEDURES CAN I HAVE AT ONCE?

The number of surgeries that can be combined is usually two. When safety and the need for complete recovery are considered, some of the common combinations are liposuction and tummy tuck, mommy makeover, facelift and blepharoplasty (eyelid surgery).

Combining more than one procedure will affect your recovery time and surgical risk. So, although it is acceptable to have more than one plastic surgery procedure, safety must be ensured and patience during your recovery time needs to be a priority to minimize risk and allow the body to rest and the immune system to recover. Very often, your surgeon might opt to perform surgeries separately if the risk is deemed too high.

Question 3:

WHEN IS THE BEST TIME TO HAVE PLASTIC SURGERY?

There are important aspects to consider regarding the timing of procedures to optimize the desired outcome. Natural aging, weight gain, weight loss and for ladies, future pregnancies, are just some of the factors that need to be considered before scheduling your surgical procedure. You should also consider the

recovery time and perhaps the possibility of having to take time away from your family or work responsibilities.

Not following post-surgery instructions and taking short cuts regarding your recovery can cause a poor result, and in some situations can result in a complication.

Question 4:

ARE MY EXPECTATIONS REALISTIC?

Your plastic surgeon can only control what happens inside the operating room. No matter how great a job your surgeon does, it will not guarantee a job promotion, a relationship, or a cure for depression.

If this is the reason for your surgery or if you are doing it for anyone other than yourself then you may not be a good candidate for plastic surgery.

Do not expect to look model-ready after surgery. Be patient with your recovery and allow your body to heal properly before seeing the results. It takes time for swelling and bruising to go away, and it can take weeks or months for the skin to adapt to a new shape. Accept that you will never look like anyone else. You are unique; your surgery and the outcome will be too. Your goal should be improvement, not perfection.

Lastly, plastic surgery is costly, and you must be honest with yourself when determining whether you can afford it. Medical aids do not cover these procedures and you should be mindful of the possibility of follow-up surgeries.

This is not a procedure to consider should it result in the creation of debt or negatively impact your financial status.

Question 5:

SHOULD I SEEK A SECOND OPINION?

Rapport with your chosen surgeon is the most important and often neglected factor when considering plastic surgery. Personalities differ, opinions differ and recommendations may not be what you want to hear. For whatever reason, if you have any doubt, seek a second opinion.

Your holistic wellbeing is of primary concern. As, in all important matters, give careful consideration before taking action.