



# Happy Holidays

7 of our 11 Hospitals had a new record turnover month in November.

## Message from our CEO, Bert von Wielligh

Thanks to all our supporting doctors and dedicated staff who were instrumental in treating over 35 000 patients this year. We have a team of 300 supporting doctors and 350 dedicated staff members who work tirelessly to ensure that our patients receive the best possible treatment at our 11 Cure hospitals. We are pleased to announce that our Cure family will soon be expanding with the addition of a 12th hospital, set to open by the end of 2024. Construction of Cure Day Hospitals Mbombela will commence early in the new year, and we can look forward to expanding our footprint to the Lowveld. We wish all the Cure stakeholders a well-deserved break and festive season with loved ones. Be safe and return well rested to continue being part of the team growing the Cure legacy further.

## Message from our Group Chairman, Mr Vusi Mahlangu

As 2023 comes to an end, it is time to reflect on the year. South Africa experienced its worst loadshedding and high cost of living in 2023. Cure can be proud of what we have achieved this year because of the dedication of our staff and doctors who work diligently to provide quality care to our patients. For Mandela Day, we embarked on a big donation drive where we sponsored a total of over 1732 school shoes, 1123 roll on deodorants and 2085 sanitary pads to learners in need. We have extended support to more than 1,900 patients by providing free surgery to those in need. We wish you a safe festive season with your loved ones. Take a well-deserved break and we look forward to next year.

## Cure Day Hospitals is closing for the holidays

### Cure Bellville

Closing on: 21 December 2023  
Opening on: 10 January 2024

### Cure Bloemfontein

Closing on: 15 December 2023  
Opening on: 2 January 2024

### Cure East London

Closing on: 23 December 2023  
Opening on: 8 January 2024

### Cure Erasmuskloof

Closing on: 15 December 2023  
Opening on: 4 January 2024

### Cure Fourways

Closing on: 22 December 2023  
Opening on: 8 January 2024

### Cure Medkin

Closing on: 14 December 2023  
Opening on: 3 January 2024

### Cure Midstream

Closing on: 14 December 2023  
Opening on: 5 January 2024

### Cure Paarl

Closing on: 19 December 2023  
Opening on: 8 January 2024

### Cure Somerset West

Closing on: 22 December 2023  
Opening on: 8 January 2024

### Cure Wilgeheuwel

Closing on: 15 December 2023  
Opening on: 3 January 2024

### Newmarket Day Hospital

Closing on: 22 December 2023  
Opening on: 8 January 2024

### Cure Holdings

Closing on: 22 December 2023  
Opening on: 3 January 2024



## WE VALUE OUR PATIENTS FEEDBACK

See how we rated nationally from September to November 2023.

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

Service received from Reception **92%**  
Excellent Rating

Discharge information **88%**  
Excellent Rating

Cleanliness of facility **94%**  
Excellent Rating

Nursing care **94%**  
Excellent Rating

Ease of finding hospital location **89%**  
Excellent Rating

Likelihood to recommend facility **93%**  
Excellent Rating



For more information or if you would like to get into contact with us, please don't hesitate to call us on 012 003 2000 or email us on [info@cure.co.za](mailto:info@cure.co.za)

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The best care in one day!



**OPENING 2024**

Cure Day Hospitals is embarking on its very FIRST acquisition in Cape Town. Watch this space.

**Milestones in November**

On November 2, Newmarket Day Hospital achieved a remarkable milestone with the admission of its 1000th patient.



On November 13, Newmarket Day Hospital admitted their first paediatric patients.



**SPECIALS**  
**CONTACT YOUR NEAREST CURE DAY HOSPITAL** to find out what the current co-payment or procedural specials are!

Everything you need to know is right here, just scan!

**Partnership provides free cataract surgeries**

Cure Bloemfontein exemplifies compassion in our core values and proudly organized a "Cataract Blitz" on October 31st. Ophthalmologists, including Prof Wayne Marais, Head of the Department of Ophthalmology, Dr. Shelley Anne Barrett, and Dr. Niel van Wyk from Cure Day Hospital Bloemfontein, dedicated their expertise to provide free cataract surgeries for twenty-three eligible individuals in the community who might not otherwise have had access to the procedure. Anaesthesia support was generously provided by Dr. Marnus Booyens from the Department of Anaesthesiology at UFS, along with Dr. Henk van Rooyen, Dr. Christo Bekker, and Dr. Johannes van der Westhuizen, who offered their services pro bono. These dedicated professionals assessed potential cataract patients and scheduled them for their complimentary procedures.



**Exclusive Movie Night for Doctors**

Cure Bellville hosted an exclusive movie night for their supporting doctors and partners, featuring a VIP screening of "Oppenheimer" at a premium movie house.



**Meet our IT TEAM**

**Meet our STOCK CONTROL TEAM**

**HR & PAYROLL**

**LEGAL & ADMINISTRATION**

**GENERAL**

**Meet our Head Office SUPPORT TEAM**

**Breast Cancer Awareness 2023**

Team Compassion at Cure Fourways organized an educational session for the staff, emphasizing the significance of regular checks for lumps and abnormalities.



**House Ukuthula**

As part of Healthcare Skills Development initiative, Cure Day Hospitals handed over 137 Surgical Scrubs to House Ukuthula men's health sciences residence at the University of Pretoria. House Ukuthula provides accommodation to Medical, Dental, Nursing, Clinical Associates, Occupational Therapy and Physiotherapy students from their first to final year. Approximately 75% of these students are in the MBChB programme.



**Hospital Bed Donation**

Cure Midstream has generously contributed 7 hospital beds and mattresses to the Tambotie Care Centre in Thabazimbi. The Tambotie Care Centre specializes in providing compassionate care for the elderly.



### Doctors' appreciation dinner

On September 7th, Cure Paarl organized a delightful appreciation dinner for our Ophthalmologist at the Boschendal wine estate. Throughout the evening, a Boschendal winemaker enriched the experience by providing insights into their exquisite wines, expertly paired with each course.



### Movie Night for Breast Cancer Awareness

We extended invitations to doctors' receptionists and theatre scrub nurses, inviting them to join us for a fundraising movie night at Minimax Paarl. The event aimed to promote breast cancer awareness, with the theme "Bra's off, Pajamas on!"



### November Urology CPD

During November, Cure Medkin organized a Continuing Professional Development (CPD) event in the field of urology. The event featured speakers Dr. KK Ijane, a Urologist, and Dr. R Chaloner, a case manager and ethical speaker in medical protection. The topics covered included penoscrotal conditions in children, the prostate gland and insights relevant to family practitioners.



### Smile of Joy

Cure Erasmuskloof welcomed the spring season with enthusiasm! On September 18, they provided free dental surgery assistance to 9 children under the "Smile of Joy" initiative. A heartfelt appreciation goes to Dr. Koos Conradie (Dentist), Dr. Helet Polson (Dentist), and Dr. Seugnet de Beer (Anaesthetist) from Brink Anaesthetists for generously donating their services. Special thanks are also extended to Safeline Pharmaceuticals for their steadfast sponsorship of this annual Corporate Social Investment (CSI) project.



### Breast Cancer CPD

In October, Cure Erasmuskloof organized a highly engaging CPD event focused on Breast Cancer. Dr. Tienie van Rooyen (Plastic and Reconstructive Surgeon) and Dr. Coenraad Slabber (Oncologist) captivated the audience with their insightful presentations. Our gratitude goes to CIPLA for their sponsorship of this event.



### Month of Eye Care Awareness

From September 21 to October 18, Eye Care Awareness Month is celebrated to highlight the significance of eye health, focusing on the prevention and treatment of avoidable blindness. Cure Wilgeheuwel, in collaboration with VISUSENSE, positively impacted the lives of 7 patients through complimentary cataract surgeries. Special appreciation goes to Dr. Susane Smith, Dr. Dimple Shastry, and Dr. Monique Camacho for their surgical expertise, along with Dr. Martius Gouws (Anaesthetist).



### Team Building Event for Staff

In October, the Cure Somerset West team participated in a team-building session featuring the exciting game of Rolball, thoroughly enjoyed by all staff members.



### PATIENT FEEDBACK SOMERSET WEST

"The service was top-notch, and I was highly impressed with the efficiency. The staff's communication was impeccable, making me feel well-informed and at ease throughout the process. The friendly and attentive staff members truly made a difference, creating a warm and inviting atmosphere."

### Administrative Professionals Day Event

Cure Somerset West recently organized its Annual Appreciation Event for Supporting Doctors' Receptionists. The receptionists were celebrated with a unique breakfast and a Modge Podge activity facilitated by Carlin Groenewald from Klein Katryn. The morning was filled with enjoyment as everyone participated in the activity.



### Right to Sight 2023

#### Cure Erasmuskloof

Throughout October, Cure Erasmuskloof extended support to 12 patients by providing free cataract surgery as part of their Right to Sight CSI Initiative. The transformative impact of cataract surgery brings immense joy when offered to patients in need. A heartfelt THANK YOU goes out to our dedicated doctors: Dr. Riel de la Bat (Ophthalmologist), Dr. Helen de Jager (Ophthalmologist), Dr. Rakeesh Dayaram (Ophthalmologist), Dr. Annelise van Antwerpen (Anaesthetist), Dr. Werner Swart (Anaesthetist), and Dr. Phillip Cronje (Anaesthetist), for generously contributing their services. This CSI Initiative is made possible by our steadfast and generous sponsors. Special appreciation to SOS (Surgical & Ophthalmic Supplies), Alcon, Envision, Zeiss,

Genop, Gen-Eye, Mrs. Von Wielligh, and her team.

#### Cure Somerset West - Eye Care Awareness Week

During Eye Care Awareness Week, from October 9 to 13, Cure Day Hospital Somerset West collaborated with Somerset Eye for the OSSA (Ophthalmology Society of South Africa) Right to Sight Initiative, dedicated to eradicating preventable and curable blindness in South Africa. Cataracts, attributed to factors such as aging, genetics, and long-term diseases like diabetes, were addressed through surgeries on 12 patients during this impactful week.

#### Cure East London - Inaugural CSI project

Cure East London successfully hosted its first CSI project, providing life-changing cataract surgery to patients in collaboration with the OSSA Right to

Sight Foundation. Our skilled surgeons, Dr. S Mbelwa, Dr. B de Boer, and Dr. F Antwi, along with anaesthetists Dr. A Mugerwa, Dr. J Evans, and Dr. C Wesson, joined forces with sponsors Genop, Envision, and PathCare. Together, this dedicated team assisted 11 patients, all of whom are now on their path to recovery, showcasing the power of teamwork and compassionate care.



## DAY-CASE KNEE REPLACEMENT SURGERY



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Total and partial knee replacements have proven to be successful, safe, and cost-effective in treating advanced osteoarthritis of the knee, leading to improvements in pain, function, and quality of life. There has been a steady increase in the incidence of knee replacements in the last two decades, with people wanting to stay more active as they age.

Enhanced recovery programs were developed to improve the outcomes of knee replacements and reduce complications, with studies showing higher morbidity and mortality with a prolonged hospital stay. As these programs developed, they resulted in shorter hospital stays, and building on the experience of these programs day case replacement programs developed. Improvements in the management of blood loss, and pain control have enabled day-case knee replacements to be possible.

Day-case knee replacement surgery, also known as outpatient knee replacement surgery, is a type of surgery where the patient is discharged from the hospital on the same day as the procedure. Potential benefits include a reduced hospital stay, recovery in the comfort of your home, and a reduction in the risk of complications that are associated with a prolonged hospital stay.

However, not all patients are eligible for day-case surgery, and appropriate patient selection and patient education are key to achieving good outcomes and ensuring patient safety.

As same-day discharge knee replacements are becoming more commonly performed the indications are increasing, with several scoring and classification systems used to select the appropriate patient.

Gogineni et al reported 3 main groups of factors including:

1. Surgical factors
2. Medical factors including bleeding disorders, liver cirrhosis and end-stage kidney disease
3. Social factors, ensuring a strong social support system

Factors that lead to a favorable outcome are proper patient selection, with well-designed clinical and education pathways. When patients are selected appropriately, rates of complications and functional outcomes are similar to those seen in patients that stay in the hospital, with high patient satisfaction.

Success requires a multidisciplinary approach that includes extensive pre-operative patient education. Day-case knee replacements have been shown to be safe, and have a low rate of hospital readmissions, with a Royal College of Surgeons of England review showing lower readmission rates with day-case replacements when compared to inpatients. The clinical results are as good as in in-hospital patients. Patients have high satisfaction rates, with the ability to recover in the comfort and privacy of their own homes.

Day-case knee replacements have been found to be successful, safe, and cost-effective. The success is dependent on the coordination of the multidisciplinary team, standardised peri-operative protocol, optimal hospital discharge planning, and careful patient selection. With the focus being on minimising complications, maximising patient safety, and discharging patients to an appropriate and safe environment.

## CONGRATULATIONS

Congratulations to Cure Wilgeheuwel for achieving a 97% and to Cure Erasmuskloof for scoring 95% for their COHSASA (Council for Health Service Accreditation of Southern Africa) accreditation.

We are  
**EXPANDING**  
our footprint in 2024  
**WATCH THIS**  
**+SPACE!**



Cure Wilgeheuwel extends congratulations to Dr. de Wilde, one of our shareholders, on his appointment as the President of the South African National Hip Arthroscopy Society.