

NEWSLETTER

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1ST QUARTER
NEWSLETTER
2025



Word from the CEO, Bert von Wielligh

We are incredibly pleased with Cure Day Hospitals' progress to date and deeply grateful for the continued support of our shareholders, doctors, and employees. The trust and collaboration of our doctors, combined with the hard work and dedication of our employees, the true cornerstone of our success, enable us to consistently exceed our patients' expectations.

Despite the tough economic environment we continue to navigate, we are proud of the steady and responsible growth of our footprint across South Africa. This year marked a key milestone with the opening of Cure Day Hospitals Mbombela, our first facility in Mpumalanga, and we are eagerly looking forward to the launch of Cure Day Hospitals Montana, our 14th hospital, serving the northern suburbs of Pretoria.

We are also thrilled to have secured a day hospital license in Pietermaritzburg, KwaZulu-Natal, another important first for our group, with plans underway for expansion into the Gqeberha and George regions.

Our existing hospitals continue to perform exceptionally well, thanks to the commitment of every doctor and employee. Our patients continue to rate us highly, with recent group-wide satisfaction scores of:

- Reception: 93%
- Nursing care: 95%
- Post-operative information: 91%
- Cleanliness of facilities: 94%
- Likelihood to recommend: 94%

Across our network, we are proud to share these numbers that reflect the scale of our service and impact:

- 13 operational hospitals
- 754 supporting doctors
- 319,351 patients cared for
- 424,737 coffees shared

This newsletter is packed with insights into our hospitals, notable "firsts" within the group, and updates we are proud to share. Enjoy this edition, and thank you for being part of our journey as we continue to advance same-day surgical care across South Africa.

Doctors News

Cure Day Hospitals Fourways:

We want to extend our warmest congratulations to Dr. Bruno Miceli, respected urologist at Cure Fourways, who completed his 30th Cape Town Cycle Tour on 9 March 2025. His long-standing commitment to this iconic race is a testament to his passion, perseverance, and active lifestyle—qualities we admire both in and out of the hospital. Well done, Dr. Miceli



Welcome Dr PETM Motloli

Cure Day Hospitals Fourways is proud to welcome Dr. PETM Motloli, a specialist orthopaedic surgeon focused on upper limb and hand surgery. With training from UCT and Wits, we're excited to have his expertise on our team.



Cure Day Hospitals Forshore Welcomes:

Dr Lisa Kaestner

Cure Day Hospitals Foreshore welcomes Dr. Lisa Kaestner, a specialist in minimally invasive urology, endoscopic and reconstructive surgery, and urogynaecological procedures. She treats incontinence, prolapse, recurrent UTIs, and complex kidney stones.



Dr Sean Botha

Cure Day Hospitals Foreshore welcomes Dr. Sean Botha from Harmonia Dentistry to the dental team. Dr. Botha is passionate about using advanced technology and modern techniques to deliver world-class, patient-focused dental care.



Cure Day Hospitals Midstream:

We are proud to celebrate two of our dedicated Cure Day Hospital doctors who took on one of South Africa's most iconic races – the Two Oceans Marathon. Demonstrating incredible endurance and commitment, Dr. Carolina van der Westhuizen, our resident gynaecologist, completed the 56km Ultra-Marathon, while Dr. Anton Smit, ENT specialist, successfully ran the 21.1km Half Marathon.



Cure Day Hospitals East London:

Welcome Dr Lindikaya Nabela

Cure Day Hospital East London is proud to welcome Dr. Lindikaya Nabela, a qualified Obstetrician and Gynaecologist with a special interest in research, minimal access gynaecological surgery and urogynaecology.



Cure Day Hospitals Paarl:

Dr. Jan Kleynhans, a valued Plastic and Reconstructive Surgeon at Cure Day Hospitals Paarl since 2012, performed his final surgery there in March 2025. Known for his work in cancer-related procedures, he will continue practicing in Somerset West. Thank you, Dr. Kleynhans, for your dedicated service - you will be greatly missed!



Cure Day Hospitals Somerset West:



After years of dedicated service, Dr. Gavin Bingham has retired from full-time practice. He'll continue consulting part-time but will no longer perform surgeries. We thank him for his outstanding contribution and wish him all the best.

Welcome Dr Hentas Van Zyl

Cure Day Hospital Somerset West is pleased to welcome Dr. Hentas Van Zyl, Orthopaedic Hand Surgeon. With expertise in treating hand and upper limb conditions, he brings valuable experience and a strong commitment to quality, personalized care.



Congratulations to Dr. Louis Smit who participated in the Cape Town Cycle Tour in March 2025, marking his 13th time taking part in this event - an impressive achievement!

Hospital Highlights

Cure Day Hospitals Bloemfontein:

Cure Day Hospitals Bloemfontein proudly hosted and took part in an initiative benefiting boys from disadvantaged families in the Free State, providing free surgeries to correct undescended testicles for those on a public waiting list.

Led by urologist Professor Freddie Claassen, Head of Urology at UFS, and supported by Cure, this project highlighted the power of collaboration between public and private healthcare sectors and committed medical professionals in tackling children's health challenges.



Cure Day Hospitals Bloemfontein proudly demonstrated the "C" for Compassion in our Cure values by hosting and participating in a Cataract Blitz in October 2024. This impactful initiative aimed to improve eye health and restore vision for those in need.

Ophthalmologists Prof. Wayne Marais, Head of Ophthalmology at UFS, and Dr. Niel van Wyk performed free cataract surgeries for 34 individuals who could not afford the procedure. Their efforts were supported by anesthetists Dr. Marnus Booyens (UFS), Dr. Christo Bekker, and Dr. Henk van Rooyen, who generously donated their time and expertise.



Cure Day Hospitals Bloemfontein recently celebrated 10 years of quality care and compassion! Thank you to our dedicated team, doctors, and community for a decade of support and trust. Here's to many more years of making a difference together!



Cure Day Hospitals Bellville

Dear Doctor

A BRAND NEW

HOLOGIC FLUOROSCAN
IS NOW AVAILABLE AT
Cure Day Hospitals Bellville

By offering advanced medical technology, together with our experienced medical professionals' team, we continue to deliver exceptional care to our patients. Feel free to contact us directly on 021 000 5050 to book your next patient.



Cure Day Hospitals Bellville



On Saturday, 22 February our Cure Day Hospitals Western Cape Team attended the annual SADA conference at Lagoon Beach Hotel. We were able to connect with over 100 delegates attending.



Cure Day Hospitals East London:

As part of our CSI initiatives during Eye Awareness Month, Cure Day Hospitals East London, in partnership with the OSSA Right to Sight Trust, provided life-changing cataract surgery to 12 patients.



We extend our heartfelt thanks to the dedicated professionals who made this possible: Dr. Sam Mbelwa, Dr. Bernard de Boer, and Dr. Florence Antwi (Ophthalmologists), along with Dr. Andrew Mugerwa, Dr. Andre Evans, and Dr. Jonathan Dowie (Anaesthetists). Your generosity and expertise are deeply appreciated.



Cure Day Hospitals East London proudly participated in the African Synergy Health (ASH) Mandela Week Surgical Marathon, held from 8–19 July 2024. ASH is a registered non-profit and public benefit organisation dedicated to reducing the backlog of urology procedures in the public healthcare sector.

The East London outreach was led by Dr. Jeff John, Head of Urology at Frere Hospital, and focused on delivering essential care to underserved patients. Over two days, Cure Day Hospitals East London assisted 17 patients with urological procedures.

We're proud to have supported this meaningful initiative and grateful for the collaboration and teamwork in serving our community.

Hospital Highlights

Cure Day Hospitals Foreshore

Cure Day Hospitals Foreshore celebrated its first birthday in February 2025.

What an incredible journey it has been, one year of providing top-quality, same-day surgical care to our community.

In just one year, we've treated over 2,740 patients with expert care in a professional, comfortable setting. Every procedure, every smile, and every recovery fuels our passion to keep making a difference.

A huge thank you to our doctors, employees, and every patient who has trusted us on their healthcare journey.

Here's to many more years of care, healing, and making an impact together!



Cure Day Hospitals
Foreshore is turning 1!



Cure Day Hospitals Medkin:

Cure Day Hospitals Medkin proudly marked a clinical milestone this quarter with the successful completion of its first testicular prosthesis procedure, performed by Dr. Radzuma, a respected urologist at the facility. This specialised surgery involves the placement of a prosthetic testicle to restore natural appearance and balance in the scrotum—offering an important medical solution for patients who have experienced testicular loss due to trauma, cancer, or congenital conditions.



Cure Day Hospitals Wilgeheuwel

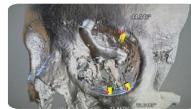
Cure Day Hospital Wilgeheuwel partnered with the South African Association of Paediatric Dentistry (SAAPD) to provide free dental care to nine children in need. This initiative gave them not only healthier smiles but also greater confidence and joy.

A heartfelt thank you to our team and the SAAPD professionals—Dr D Botha, Dr P Gosai, Dr P Brown, Dr L Maboye, Dr T Mfolo, and Dr N Jurkovic—for their incredible dedication. Together, we're making a difference, one smile at a time.



Cure Day Hospitals Fourways:

In support of our drive for surgical excellence, two new state-of-the-art equipment acquisitions were made this quarter. The Woodpecker Piezo Centre, Surgi Smart, sourced from SciVision, enhances the precision of Maxillo-Facial procedures, while the Stryker System 9 Drill empowers our Orthopaedic Surgeons with improved accuracy and wireless mobility during procedures.



In a first for Cure Day Hospitals Fourways, Dr. P. Betts, Maxillo-Facial Surgeon, performed a complex orbital implant procedure on a 68-year-old female patient. The patient, who had her left orbital contents removed 15 years ago due to a malignant tumour, was referred to Cure Fourways for further treatment. After careful planning using CBCT scanning and a surgical guide, three extra-oral implants were placed with precision, achieving excellent primary stability.

Cure Day Hospitals Mbombela

Cure Day Hospitals Mbombela successfully obtained the Department of Health (DoH) approval and welcomed our first admission on 4 February. Dr. K. Smit performed the hospital's first surgery—a laparoscopic procedure, marking the start of quality, patient-centered care in the region.



Cure Day Hospital Mbombela proudly hosted its Grand Opening on 18 March 2025. The well-attended event celebrated the official launch with specialists, healthcare professionals, and stakeholders, marking a proud moment of hard work and collaboration.

Cure Day Mbombela partnered with local NPO Penreach to deliver 400 stationery packs through our 'Back 2 School' CSI initiative, supporting local learners and easing the burden on families. A meaningful step in our commitment to community impact beyond healthcare.



Hospital Highlights

Newmarket Day Hospital:

Newmarket Day Hospital successfully completed its first procedure list for The Weight Doctors, treating seven patients with smooth, efficient care from admission to discharge.

Melinda de Ridder, coordinator for The Weight Doctors, praised the team's professionalism and high patient satisfaction, noting she will share the positive feedback with their team in Germany.

The Weight Doctors offer minimally invasive weight-loss solutions like the intragastric balloon and pose® procedure, supported by personalized nutrition and exercise plans. This marks the start of a strong partnership focused on effective, patient-centered care.



Cure Day Hospitals Paarl:

Cure Day Hospitals Paarl celebrates a milestone as Orthopaedic Surgeon Dr. Lourens, assisted by Dr. O'Farrell, successfully performed the facility's first elbow arthroscopy. This minimally invasive procedure treats conditions like tennis elbow, cartilage damage, and joint fractures.

With benefits such as reduced post-op pain and faster recovery, elbow arthroscopy marks a significant step forward in patient-centred orthopaedic care.



Cure Day Hospitals Paarl has enhanced its leading pain management services with a new state-of-the-art Jackson table. This versatile table offers precision and stability for spinal, orthopaedic, trauma procedures, and imaging.



Cure Day Hospitals Midstream

Cure Day Hospitals Midstream marked a key milestone with the successful completion of its first Osia bone conduction implant. Performed by ENT Specialist Dr. Anton Smit on Mr. Ben van Niekerk, this procedure advances our hearing restoration services.

The Osia System uses digital piezoelectric stimulation to deliver sound directly to the cochlea, helping patients with conductive or mixed hearing loss and single-sided deafness. This success highlights our commitment to innovative, life-changing care.



To further enhance clinical excellence, Cure Day Hospitals Midstream invested in specialised surgical equipment this quarter. Additions include an ophthalmology microscope and instruments to support eye surgeries, and a range of urology scopes such as a cystoscope and urethra-reno scope, ensuring our specialists have the tools they need to deliver exceptional care across disciplines.



Cure Day Hospitals Somerset West:

Celebrating a decade of dedication and impact, Cure Day Hospital Somerset West proudly marks its 10th anniversary of serving the community with quality, patient-focused care. Over the past ten years, the hospital has become a trusted provider of same-day surgical services in a safe, professional environment. This milestone reflects the commitment of its doctors, staff, and the ongoing support of patients and partners.



Staff News

Cure Day Hospitals Fourways:

Mapula Moiloa, our dedicated Admissions Administrator, recently celebrated her 60th birthday! This milestone reflects her years of hard work, commitment, and the positive impact she's made within our team. We're grateful for her dedication and wish her many more years of happiness and success!



Cure Day Hospitals Mbombela:

Our nursing and theatre staff successfully undertook the AHA – Basic Life Support (BLS) course, further strengthening their expertise in handling critical situations. This training initiative reflects our dedication to maintaining the highest standards of care and ensuring that our team is always prepared to provide safe and effective medical support.



Cure Day Hospitals Somerset West:

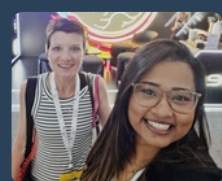


Cure Day Hospital Somerset West recently hosted a fun team-building with "minute to win it" games. The day encouraged teamwork, communication, and friendly competition, while strengthening bonds and creating memories.

Five dedicated team members recently celebrated their 10-year anniversary at Cure Day Hospital Somerset West. We sincerely thank you for your loyalty, hard work, and your valuable contributions.



Cure Day Hospitals Wilgeheuwel:



We're proud to share that two of our dedicated nurses recently attended the 53rd OSSA Congress. Thanks to Endovision's support, our team gained valuable insights in ophthalmology to enhance patient care.

We bid a warm farewell to Sr. Sari Liebenberg, who retired in March after 44 years of dedicated patient care. Her kindness and expertise left a lasting mark on our hospital and team. Thank you, Sr. Sari, for your remarkable service. You will be missed.



Cure Day Hospitals Bloemfontein:

Long service awards recognize our employees at key career milestones, with five and ten years being significant achievements.

Congratulations on reaching this impressive anniversary with us! Your dedication has played a vital role in our team, and your contributions have truly made a difference. We deeply appreciate your commitment and look forward to all the great things you will continue to achieve in the years ahead.



Cure Day Hospitals Medkin:

Well done to Prudence Mbuyiseni for her commitment to professional growth and self-empowerment by attending the CPD-accredited CSSD Workshop. Well Done!



Cure Day Hospitals Midstream:

Elandi Botha completed the five-day Otter Trail, stretching from Storms River Mouth Rest Camp to Nature's Valley Resort Village in the de Vasselot section of the park.



Benita Pretorius won gold in both couples and line dance at the National Country Western Dancers Open Classic/Regional Series.

Cure Day Hospitals Midstream recently held their annual staff teambuilding event, where the team participated in a fun group painting class. Everyone had a great time expressing their creativity.



Congratulations to Tebogo Maripane for completing the Mediclinic Fundamental Anaesthetic Nurse training, and to Margaret Radebe for completing the Circulating Nurse training!

Cure Day Hospitals Paarl:

Cure Day Hospitals Paarl recently celebrated staff members marking 5 and 10 years of service. Thank you for your dedication and loyal support over the years! You are an asset to the team!



Puzzle Fun

Can you spot all the Cure Day
Hospitals locations?

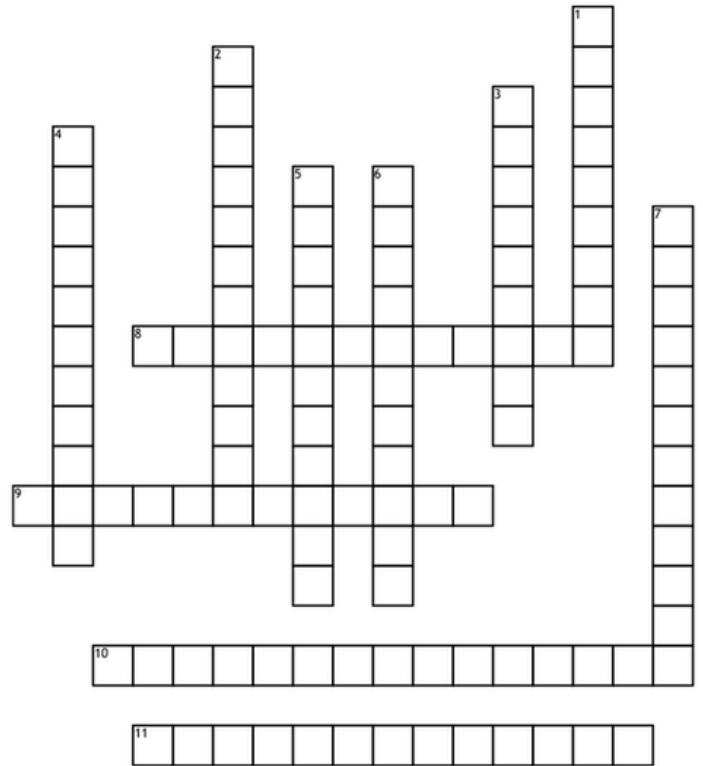
Q	R	G	H	B	R	F	Y	U	H	L	K	O	W	E	V	B
A	S	G	V	R	E	C	I	M	Q	J	E	P	I	R	N	E
I	O	H	U	U	Y	R	A	Y	H	P	R	Y	P	A	Y	L
O	M	Y	J	A	H	T	B	H	Y	R	O	F	U	S	T	L
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G	R	G	W	B	A	B	R	U	A	W	S	R	B	U	G	V
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U	E	V	R	T	G	F	G	A	R	B	N	H	O	O	H	O
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T	F	N	U	N	U	H	L	D	A	G	R	T	G	V	B	R
G	C	G	N	Y	O	Y	Y	G	S	D	H	Y	B	N	L	Y
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C	E	O	I	B	D	F	R	G	F	H	G	B	N	Y	G	H
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D	G	V	D	W	Q	A	W	X	M	B	O	M	B	E	L	A
W	X	G	Y	T	H	B	Y	U	G	R	D	T	L	P	L	O

Words:

Alborton
Bellville
Bloemfontein
East London
Erasmuskloof
Foreshore
Fourways
Mbombela
Medkin
Midstream
Paarl
Somerset West
Wilgeheuwel

Complete the crossword puzzle:

Types of doctors



Across:

- 8. Takes care of your mouth
- 9. Takes care of children
- 10. Cares for how you see
- 11. Takes care of the largest organ in your body

Down:

- 1. Used to unstuff your nose
- 2. Supports your mental health and emotional stability
- 3. Specialises in the urinary system and the male reproductive system
- 4. Oncologist
- 5. Takes care of your nervous system
- 6. Takes care of your bones
- 7. Takes care of the female reproductive system

Hospital Contact Details

Cure Day Hospitals Bellville



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Cure Day Hospitals Bloemfontein



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Cure Day Hospitals East London



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Cure Day Hospitals Erasmuskloof



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Cure Day Hospitals Foreshore



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Cure Day Hospitals Fourways



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Cure Day Hospitals Midstream



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Cure Day Hospitals Montana



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Goede-Vrey:
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012 072 0142

Cure Day Hospitals Paarl



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Northern Paarl
Cape Town



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021 200 2309

Cure Day Hospitals Somerset West



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Somerset West



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021 824 1240

Cure Day Hospitals Wilgeheuwel



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& Cascades Rd
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010 072 0123

Newmarket Day Hospital



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041 072 0112

NIP & TUCK... and back at home!



Written by Dr Ernst Möller
Plastic, Reconstructive and Aesthetic Surgeon, Belville

The demand for plastic surgery is steadily growing in South Africa. With easily accessible information regarding various plastic surgical procedures through social media, podcasts, web pages and virtual consultations, there is roughly a 10% increase of plastic surgery procedures every year. Even though reconstructive surgery is a major part of plastic surgery procedures, there has been a significant increase in aesthetic procedures. ISAPS, the International Society of Aesthetic Plastic Surgeons, published a 2023 survey, revealing that South Africans underwent 85869 aesthetic procedures of which 37383 accounted for surgical procedures.

The rise of aesthetic surgical procedures, often referred to as non-essential surgery, created the demand for surgical facilities, other than conventional hospitals, where patients can safely undergo their procedures. Day Hospitals or day clinics have become very popular service centres to undergo aesthetic surgeries, with the benefit of being more cost effective and being able to create a more personalized experience for patients.

Various aesthetic surgeries can be performed as day surgical cases due to advanced anaesthetic techniques for example TIVA (Total Intravenous Anaesthesia) or TCA (Target controlled anaesthesia) and the adjunct safe use of local anaesthesia, leading to a more rapid post-operative recovery and fewer side effects. The five commonest aesthetic surgeries performed in South Africa in 2023 was upper eyelid surgery, breast augmentation, breast reduction, liposuction and fat grafting which all can be safely performed in a day hospital setting.

Except for large body contouring procedures like tummy tucks, large volume liposuction and body contouring after massive weight-loss, most plastic surgeons perform their aesthetic surgeries in day hospitals.

In my own experience, we often perform aesthetic breast surgeries at the day hospital and have our patients back at home before dinner, to recover safely and comfortably in their own home.

To ensure that patients are safely undergoing aesthetic surgery in a day hospital, I recommend consulting a specialist plastic surgeon being a member of APRASSA (Association of Plastic, Reconstructive and Aesthetic Surgeons of South Africa) and have the procedure performed in a registered and accredited day hospital i.e. Cure Day Hospitals.

Plastic and Reconstructive procedures at Cure Day Hospitals:

- Abdominoplasty
- Blepharoplasty
- Brachioplasty
- Breast Augmentation
- Breast Hematoma Drainage
- Breast Reduction
- Breast Unilateral Placement of Prosthesis
- Breast Removal of Implant
- Breast Capsulectomy
- Calf Implants
- Face Lift
- Ginecomasty
- Labiaplasty
- Lipectomy
- Liposuction
- Lower Body Lift
- Macs Lift
- Major Fat Infiltration / Minor Fat Infiltration
- Mastopexy
- Neck Plication
- Nose Reconstruction or Rhinoplasty
- Otoplasty
- Scar Excision/Scar Revision surgery