



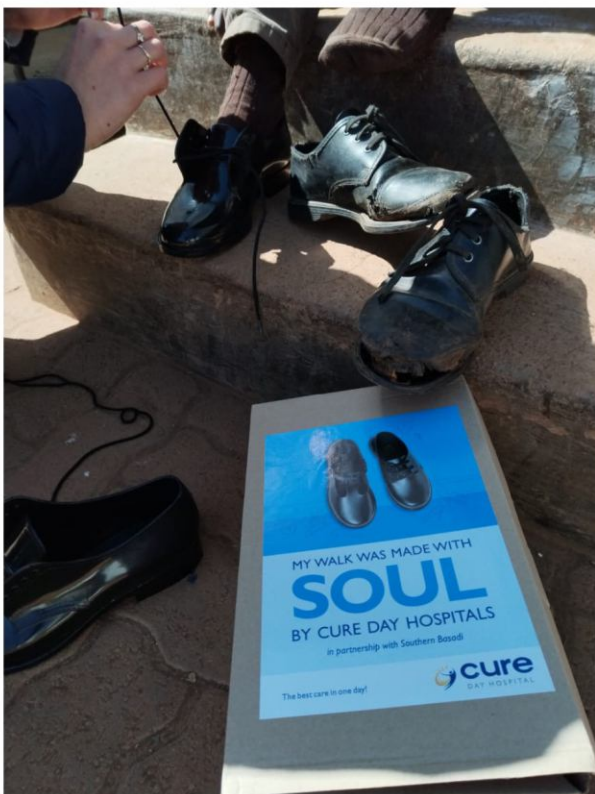
Check Today.
SEE TOMORROW.
EYE AWARENESS MONTH 2022

MY WALK WAS MADE WITH SOUL BY CURE

Cure Day Hospitals lives out our “C” for Compassion in our Cure values and proudly participate yearly in various community initiatives for Mandela Day. The theme for Mandela Day this year is “do what you can, with what you have, wherever you are” and we have done just that. This year we have embarked on a school shoe donation drive on a large scale. We are not only contributing to our learners in need of school shoes but we are also helping our planet by recycling various used plastic items into school shoes, that would ordinarily be discarded as waste.

We have donated just over 2000 pairs of shoes to schools in need around the country. We realise the importance of education and the need for learners to be as equipped to learn as possible, especially with a basic necessity like the comfort of school shoes. Our dream was to provide as many school shoes to children in need countrywide and we achieved this with generous donations from our hospital staff, stakeholders, suppliers, doctors, and patients.

For more information on this initiative or to donate yourself, contact us on thoulla@cure.co.za



WE VALUE OUR PATIENTS FEEDBACK

See how we rated nationally from June to August 2022.

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

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

Nursing care
Excellent Rating **92%**

Discharge information
Excellent Rating **94%**

Ease of finding hospital location
Excellent Rating **94%**

Cleanliness of facility
Excellent Rating **91%**

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

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!



FEEDBACK

"Cure Erasmuskloof 100% deserves 5 stars. I'm 20 and went in for implants and removal of wisdom tooth. I was scared, but each and every person ensured that I was comfortable. The nurse was extremely friendly as well as the anaesthesiologist. They treated me with so much gentleness and kindness. The receptionist was exceptionally helpful. The place itself is very clean and neat. I could go on about many more things that impressed me, but this stood out for me. Thank you for your professionalism and ensuring a calm and safe place for patients."

Morgan Demeyere

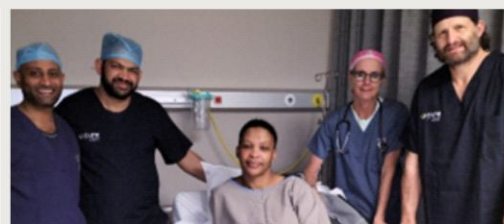


Meet Cure-ious Jack, our Cure superhero mascot! Cure-ious Jack has been a part of the brand from the start and we are so pleased to see him come to life. Book your procedure at one of our child-friendly facilities today!



Cure Bloemfontein celebrated all their ladies on Women's Day 2022. Increasingly we're seeing women's safety featured in news headlines. It is important to set the safety of women as one of the top most priorities and spread awareness on self-defence. Women should be encouraged to carry at least one self-defence device. Each lady received pepper spray, which is a powerful self-defence tool, causing temporary blindness and respiratory difficulty.

Cure Bloemfontein celebrated our supporting Doctors' practice managers and receptionists for a breakfast treat. 32 ladies attended the breakfast celebration.



Pro Deo – Dr Bobat

On 9 July, Cure Fourways performed a Pro Deo with Dr M Bobat, Specialist Maxillo-Facial Surgeon. Mrs Lana Makoni had a bilateral sagittal split osteotomy performed to correct her under developed lower jaw. This will improve her aesthetics, allow her to chew correctly and improve her oral health.



Cure Bellville helped 11 patients in need with Orchidopexies, Inguinal Hernia Repairs and Circumcisions. The day would not have been possible without all the surgeons, anaesthetists, nurses and staff who assisted on the day.

Movie Night with Cure Bellville

Doctors and their partners were treated to an exclusive viewing of the Top Gun Movie at the Nu Metro VIP cinema.



10-year Service Awards

Cure Paarl is celebrating a decade of exceptional care in 2022 as well as 6 of our colleagues. Dr Roland Berry, Cure Paarl Chairman handed over their certificates and gifts to Anel Scheepers, Sharon Willemse, Johan Sampson, Gwen Stemmet, Marietjie Wiehahn and Michelle Louw at a staff function on the 14 July.



Cure Midstream in partnership with Operation Healings Hands provided free surgery for 8 patients who received tonsillectomies and adenoidectomies. A big thank you to Dr Anton Smit (ENT), for performing these life changing surgeries, and the Anaesthetists, Dr Hannah Brand and Dr Marie Karshagen who provided their services. Top Dogs – Therapy Dogs also visited our patients and made sure that they were at ease before their surgeries.

On 22 August, Cure Midstream partnered with Operation Healing Hands and Dr Nicolette Landman to change the life of 16 year old Elan Sbanyoni. More than 8 kilograms of breast tissue were removed in an operation to remove benign breast tumors. The team of doctors comprised of Dr Nicolette Landman, Plastic and Reconstructive Surgeon, Dr Alex Kock, Anaesthetist, Dr Evadne Marx, Surgical Assistant and Githa Grassman, Theatre Sister.



Cure Day Hospitals Fourways, Medkin, Midstream and Wilgeheuwel attended the Gauteng South branch SADA conference in July. The South African Dental Association (SADA) represents the majority of active dentists in the private and public sectors in South Africa.



The first BRACHYTHERAPY PROCEDURE

was performed at
Cure Day Hospitals Medkin
by Dr M Radzuma - Urologist.

Your **hard work** does not go unnoticed.



ADMINISTRATIVE *Professionals Day*

We cannot thank you enough for all you do.

7 September 2022



On 21 July, Cure Medkin performed free dental surgery on 15 children from Smile of Joy Children's Home that were in desperate need of dental treatment. A big thank you to our dedicated staff, doctors and companies for their involvement towards the success of this project.



Interschool Competition

Paarl is the host of one of the biggest Interschools rugby games in South Africa, Paarl Gymnasium vs Paarl Boishaaai. Cure Paarl staff dressed in their favourite school and an internal score prediction competition was held. Carry van Zitters was the lucky winner of a R500 Checkers voucher.

Top Fan from Midstream

Congratulations to Sinah Ledwaba from Cure Midstream who won a R1000 voucher from Sorbet for being Cure's top social media fan.



Pro Deo - Dr Betts

What a great way to celebrate Women's Month. Cure Fourways partnered with Maxillo Facial Surgeon, Dr Paul Betts to assist a patient in need and provided free surgery to Ms J Van Staden. Thank you Dr Betts and team for making this possible.



Somerset West donation

Cure Somerset West donated a First Aid Kit and Medals to Beaumont Primary School for their Winter Festival Sports Event during August 2022.

HOSPITAL NEWS



We have received licenses for Mbombela, Montana and Plettenberg bay.

Cure Day Hospitals Medkin and Wilgeheuwel received their COHSASA accreditation.



Somerset West Pro Deo

On 23 May, Cure Somerset West performed a Pro Deo with Dr Leon Nel, Ear Nose and Throat specialist. Ms Deandre Erens suffered from severe middle ear infections since birth. The family expressed the gratitude towards Cure Day Hospitals and Dr Nel for making the surgery possible.

“ RAISE THE BRA

and Dr Deon Weyers, Plastic & Reconstructive Surgeon's Practice, seeks bra donations for underprivileged learners and women across South Africa.

Donation boxes in Reception at all the Cure Day Hospitals.



Cure East London celebrated their first procedure on the 20th July 2022. The procedure was performed by Dr Tim Perks (Plastic Surgeon) and Dr Jan Swanepoel (Anaesthetist). We look forward to many more successes to come in the future at our new Cure Day Hospitals East London facility.



Cure Wilgeheuwel
celebrated their 3rd birthday!

3

If I have normal vision and no symptoms, do I still need to see an eye specialist?



By: Dr Nicky Cockburn
Ophthalmic Surgeon

Yes, definitely. Because of glaucoma, the "silent thief of sight"

Glaucoma is an eye disease that permanently damages the optic nerve (the nerve at the back of the eye that takes the "picture" from the eye to the brain.)

From a certain age it is worthwhile to regularly consult an eye specialist (ophthalmologist) in order to detect glaucoma early, before it causes blindness. The main risk factors for glaucoma are advanced age, someone in your family with glaucoma, raised eye pressure, black ethnicity, short sightedness and type 2 diabetes.

There are no widely accepted rules for when the first check up should happen. But a rule of thumb is around the time you start to need reading glasses (mid to late 40s). If you are at increased risk, your first examination should be earlier. Initially the check ups can be infrequent, but as one ages and the risk of glaucoma increases, the check ups should be more frequent.

There are several good reasons (see below) why it is important to be screened for glaucoma.

1) Glaucoma is very common. The 4 main causes of blindness worldwide are glaucoma, cataract (clouding of the lens), macular degeneration (age related degeneration of the most important part of the retina) and retinal damage from diabetes.

2) Loss of vision from glaucoma is irreversible. No treatment or operation will reverse the damage to the optic nerve that has already occurred or restore vision if it has been lost.

3) There is very effective treatment available. The aim of treatment is to prevent further damage to the optic nerve and prevent blindness or development of blind spots in your side vision.

There are several forms of treatment, the most common of which is putting drops in the eyes to lower eye pressure. In certain situations, laser treatment or an operation may be needed.

4) Most glaucoma is completely asymptomatic. Most patients have no discomfort and do not notice the very slow loss of vision in their peripheral field (side vision) until their vision gets very blurred. In a survey done in high income countries more than half the people found with glaucoma in the community were unaware that they had glaucoma. In low and middle income countries, 90% of all people found to have glaucoma, do not know they have the disease. This is because glaucoma does not have symptoms until it is too late.

5) There are 2 types of glaucoma. Open angle glaucoma (common and almost always painless) and closed angle glaucoma (less common and often painful). The "angle" is the term we use for "drain of the eye" through which fluid produced in the eye passes out of the eye. Both types of glaucoma can come "out of the blue" (called primary glaucoma) or can be caused by another problem in the eye or the body (secondary)

6) Primary open angle glaucoma is the commonest type of glaucoma found in Africa, Europe and the Americas. In this type of glaucoma eye pressure can be either high or normal. Because Normal Pressure Glaucoma is extremely common, it is not enough to just have your eye pressure checked, because people with absolutely normal eye pressure can lose vision from glaucoma.

If you would like to understand more about glaucoma, check out the following link:

<https://www.aaio.org/eye-health/diseases/what-is-glaucoma>

