

The Legacy Lives Through You:

CURE DAY HOSPITALS' MANDELA DAY INITIATIVE 2023



Cure Day Hospitals, in the spirit of honouring the remarkable legacy of Nelson Mandela, embarked on a special Mandela Day initiative to make a meaningful difference in the lives of underprivileged communities across the country. With a firm belief that positive change starts from within, Cure Day Hospitals initiated a project to provide essential items such as school shoes, deodorants, and sanitary pads to rural areas nationwide. Our aim was to empower young learners and address the challenges faced by individuals in less-fortunate communities.

We are proud to announce that we were able to cover **all 9 provinces**.

We were able to reach the following schools, community centres and homes : Paradise Bend Primary School; Tswelang Special School; Danie Ackerman Primary Methodist; Rusthof Olsen Disabled School; Andrew Murray Orphanage; Ribane-Laka Secondary School; Botlokwa Special School; Primary School; Hope Foundation and Thembaletu Community Centre; Kagiso Senior Secondary School; Nhluvuko Drop-In Centre; Bergendal Primary School, Masiza Primary and Kimberley Progress Primary; Daily Bread Child & Youth Care Centre; Mafato Primary School; Ikageng Primary School; Refilwe High School, Ikhutšeng Primary School, Moganetšwa Primary; Futura School and Gcilima Primary School.

Why did we choose these items?

Cure Day Hospitals recognized the significance of education, personal hygiene, and dignity in the lives of individuals, especially those living in rural areas.

“We sponsored a total of over 1732 school shoes, 1123 roll on deodorants and 2085 sanitary pads.”

School Shoes: Understanding the role that education plays in shaping the future, Cure Day Hospitals made it a priority to address one of the challenges faced with children in rural areas – the lack of proper footwear.

Deodorants: Recognizing the significance of personal hygiene and the impact it has on an individual's social interactions, Cure Day Hospitals included deodorants as a part of their donation. By providing this essential personal care item, we hope to promote a sense of dignity and self-confidence among learners.

Sanitary Pads: Understanding the challenges faced by girls and women in accessing sanitary products, Cure Day Hospitals extended its support by donating sanitary pads. Our aim was to empower girls and women, enabling them to pursue their education without interruption.

Cure Day Hospitals' initiative would not have been possible without the generous donations from our local community, staff, supporting doctors and various other stakeholders. We want to extend a big thank you to the following stakeholders for their generous donations – Tamela Holdings; Dr Stallmann-Ophthalmologist; Dudley Annenberg – Annenberg Properties; Dr Maimela-Urologist; The Blaine Group; Richard, Glynis and Rob from EB BlueStar – Rosebank; TSC Capital and Masimini Trading.





Cure's Doctor-Centric Events: Creating Memorable Experiences

Recently, we hosted a range of events for our esteemed doctors, including a Hunting Trip at Otterskloof, the Rugby Springbok vs. Australia game at Loftus, and the Prof Mokgokong Foundation Golf Event.



Ophthalmology Appreciation Dinner at Cure SomersetWest

Cure Somerset West hosted its annual Ophthalmology Appreciation Dinner at the elegant Cavalli Restaurant. The evening was a delightful experience shared with our supporting Ophthalmologists.



Cure Bloemfontein: Setting New Records in Patient Care

In July, Cure Bloemfontein achieved a remarkable milestone by caring for 631 patients, setting a new record. We express our heartfelt gratitude to every staff member for their unwavering dedication and passion.



ASH Mandela Week Surgical Marathon: Fulfilling Childhood Dreams

Cure Hospitals Midstream and Medkin, in collaboration with African Synergy Health, lent their support to address the backlog of urology patients. The Inaugural African Synergy Health Mandela Week, held from July 17-23 2023, witnessed the performance of 61 urological and general surgical procedures.

Urologists Dr. Viola Morolo and Dr. Guy Gaudji made dreams come true for one patient who expressed eternal gratitude.

PATIENT FEEDBACK ERASMUSKLOOF



"I underwent surgery at the Erasmuskloof day hospital. The service and friendliness of all the staff I interacted with was excellent! 5 Star Rating!" – Phillip Du Plessis



Operation Healing Hands: Transforming Lives Through Surgery

Cure Hospitals Midstream partnered with Operation Healing Hands-OHH to provide ten pro-deo Adenoid Tonsillectomy surgeries to patients in need. Top Dogs therapy dogs brought comfort to our patients before surgery, while each patient received a special handmade blanket from Mrs. von Wielligh and her dedicated knitting team.



Cure Day Hospitals at DHA Conference: A Platform for Education and Insights

In September, distinguished doctors and professionals from the medical industry delivered insightful and educational talks during the Day Hospital Association (DHA) Conference.



Tonsillectomy Procedures in Memory of Madiba: Compassion in Action

Cure Paarl, in alignment with our core value of compassion, partnered with Paarl Provincial Hospital and Smith and Nephew to provide children with much-needed Tonsillectomy procedures.

Celebrating COHSASA Accreditation: A Commitment to Quality Care

Cure Day Hospitals Bellville and Somerset West recently received their three-year accreditation certificate from the CEO of COHSASA!

"Cure Day Hospitals is making great strides in the quality improvement game with nine of their eleven hospitals now in the COHSASA programme. This high percentage in the COHSASA quality improvement and accreditation programme signals that Cure Day Hospitals is an organisation that is serious about providing safe and better care to their patients."



Swan Lake Ballet: An Evening of Elegance and Art

We had the privilege of hosting our doctors and their partners for a memorable evening enjoying the timeless Swan Lake ballet production in Gauteng and the Western Cape. This classical masterpiece, performed by elite dancers and a full orchestra, was a treat for our doctors who appreciate the beauty of classical music and ballet.



Meet our Finance Team
Debtors & Patient Administration Team



Meet our Finance Team
CREDITORS & ACCOUNTING TEAM



Cure Bellville's Partnership with SAAPD: Transforming Lives through Dental Surgery
 Cure Bellville proudly collaborated with SAAPD to make a significant impact on the lives of 15 children in need, providing them with essential dental surgery. We extend our heartfelt gratitude to the dedicated dentists who joined hands with us in this noble endeavor, including Dr. D Botha, Dr. Nicolene Potgieter, and Dr. Nadia Schoonraad.



Urology Appreciation Dinner: Honouring Our Valued Urologists
 On August 3rd, Cure Bellville hosted a special appreciation dinner at the picturesque De Grendel Wine Farm, expressing our heartfelt gratitude to the dedicated urologists who have continually supported our mission.



Cure Medkin's Latest Equipment Expansion: Enhancing Patient Care
 We are delighted to share the exciting news of our equipment expansion at Cure Medkin. With the addition of an ENT microscope and an Orthopaedic stack, which includes a laser printer, we are further enhancing our capabilities to provide top-notch medical care.

WE VALUE OUR PATIENTS FEEDBACK

See how we rated nationally from June to August 2023.

Service received from Reception <i>Excellent Rating</i>	90%	Discharge information <i>Excellent Rating</i>	88%
Cleanliness of facility <i>Excellent Rating</i>	91%	Nursing care <i>Excellent Rating</i>	92%
Ease of finding hospital location <i>Excellent Rating</i>	88%	Likelihood to recommend facility <i>Excellent Rating</i>	91%

PATIENT FEEDBACK WILGEGHEUWEL

"I just want to send a huge thank you to nurse California at Wilgeheuwel Day Hospital. She is an absolute treasure. I had a hip scope done and she looked after me so well when I came out"



Cure Medkin Dentathon: Impacting Lives Through Dental Services
 Cure Medkin extended its healing touch by providing dental services to children from Smile of Joy's children and adults from Wespoort. This initiative, inspired by Nelson Mandela's values of kindness and respect, wouldn't have been possible without the generous support of our doctors and sponsors. Thank you to Dr Machete, Dr Makwakwa, Dr Metsing, Dr Leballo, Dr Matima, Dr Rademan, Dr Vermuelen and our sponsors Sefako Makgatho, Safeline Pharmaceuticals, Wright-Millners and Silver Orange.



Cure East London welcomes Paediatricians, Dr Seth Muller and Dr Frederik Pohl alongside their Physiotherapists, Occupational Therapists and Anaesthesiologist to our facility. This incredible team administer Botox injections into different muscle groups for patients suffering from Cerebral Palsy. The Botox injections improve the patient's quality of life, reduces muscle stiffness, enhances mobility, and relieves some of their pain. The procedure generally lasts between 3-6 months and the patients continue physiotherapy between injections.

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!

Celebrating Remarkable Women in Medicine
 In celebration of Women's Month in August, we proudly introduce some of our new female doctors.



Dr Louise de Lange
 Plastic & Aesthetic Surgeon at Cure Bellville



Dr Geraldine Jahn
 Obstetrician and Gynaecologist at Cure Midstream



Dr Monique Camacho
 Specialist Ophthalmic Surgeon at Cure Wilgeheuwel



Dr Dimple Deepa Shastry
 Specialist Ophthalmic Surgeon at Cure Wilgeheuwel

Admin Day Highlights: Stay Tuned for Exciting Promotions!

Keep an eye on our social media pages for a glimpse of all our internal promotions in celebration of Admin Month

PATIENT FEEDBACK FOURWAYS

"I was so amazed at the staff, professionalism, and friendliness. The place is top niche and I was made to feel so comfortable. I'd like to especially say thanks to Thembi who was nothing short of a superstar and was courteous and went the extra mile in ensuring my admission."

Record-Breaking Success for Cure Erasmuskloof

Cure Erasmuskloof proudly celebrates two consecutive record revenue months in June and July!



6 THINGS TO KNOW ABOUT CATARACT SURGERY



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Once your ophthalmologist has assessed your eyes and determined that cataracts are present, here are 6 things you should know before your procedure.

1. What is cataract surgery?

Cataract surgery is recommended because the lens in your eye has become cloudy. This may have made it difficult for you to see well enough to carry out your daily activities, including reading, driving and vision in dim light conditions. If the cataract is not removed, your vision may stay the same or it may get worse over time. If you choose to wait this may not make the operation more difficult at a later stage.

During the procedure, the cloudy lens (cataract) is removed through a small incision made on the eye and replaced with a new lens (implant) inside the eye.

Cataract surgery improves colour vision and the lens implant used will give you clear distance vision. However, you will still require reading glasses after surgery.

2. Will I still need glasses following cataract surgery?

Cataract surgery is not the same as laser vision correction and therefore will not eliminate the need for you to wear spectacles afterwards. Whilst the majority of patients have improved eyesight following cataract surgery, it cannot be guaranteed that you will not need distance spectacles following surgery. It is expected that nearly all patients will need to wear reading glasses afterwards.

In patients who have astigmatism, there are special intraocular lens implants which can be used at the time of surgery to reduce the need for distance glasses afterwards.

The choice of intraocular lens implant used will differ based on each patient's individual vision requirements and eye measurements. These lens options will be discussed with you during your consultation.

3. What can I expect on the day of surgery?

You will be provided with an anaesthetic form to complete prior to surgery so that your anaesthetist is aware of any possible medical conditions that you may have. Once you are admitted to the day ward, eye drops will be instilled in the eye to dilate your eye pre-operatively. The operation is performed under local anaesthetic which consists of anaesthetic eye drops. This may be supplemented with either mild sedation or a local anaesthetic block. The most suitable anaesthetic for you will be determined once you have been seen and examined by your anaesthetist.

It is recommended that you take your chronic medications prior to surgery, however, diabetics may need specific advice especially if on insulin injections.

You will be awake during the operation, which can take between 30 –

45 minutes. You will not be able to see what is happening, but you will be aware of a bright light from the microscope.

During the operation you should keep your head still and lie as flat as possible. You will be accompanied to and from theatre and at the end of the operation, a shield may be placed over your eye to protect it. You will be advised when this can be removed. You will not be able to drive yourself home after the operation, so plan to have a family member, relative or friend collect you once you are discharged.

4. What information should I tell my surgeon?

It is important to alert your surgeon to the following as soon as possible: Any history of previous laser eye treatment (such as LASIK or RK); any medical history including your chronic medications or previous anaesthetic exposure; any recent lower respiratory tract infection and coughing or difficulty lying supine (flat) for prolonged periods. Smokers are advised to stop or cut down their smoking prior to surgery.

5. What to expect after the operation?

It is normal to have some bruising or swelling of the eye or eyelids, cloudiness of the cornea (front part of the eye), increased awareness of floaters, glare from the intra-ocular implant and / or high pressure inside the eye in the initial days following surgery. You will be followed up the day after your surgery and thereafter a week later. You will also be prescribed eye drops to reduce inflammation and help the eye heal. These must be used at specific intervals in the operated eye starting from the first day after your surgery.

The healing eye needs time to adjust so that it can focus properly with the other eye, especially if the other eye has a cataract. Please note that if you have another condition such as diabetes, glaucoma or age-related macular degeneration, your quality of vision may still be limited after surgery.

Normal daily activities may be resumed after surgery unless otherwise stated. Please discuss with your surgeon if heavy lifting or job specific requirements will be needed sooner.

6. When will new glasses be prescribed?

In most cases, healing will take about 4 to 6 weeks after which new glasses can be prescribed. Slight discomfort following surgery is not unusual and the vision will gradually improve. However, if you experience excessive pain, loss of vision, increased redness, swelling of the eyelids or a discharge, contact your doctors room immediately as these signs are indicative of an infection.

With ever advancing technology, cataract surgery has become a routine day procedure in most centres. However, each eye is different – sometimes even within the same patient. It is important not to compare your journey with that of another patient and to allow the eye sufficient time to heal. Always discuss your queries with your doctor before making a final decision on surgery.

