



Organisation for and from People with Disabilities South Africa

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NEWSLETTER

NUMBER 18 JANUARY 2018

Some words from the chairman

A new year has started. A new change has started. The last evening of a year is always time to put every negative moment of the year behind you and make a positive step into the New Year. Making a positive start to the new year is my wish to all our members, all organisations and persons with whom we dealt with in 2017. Let's start the year with positive energy and continue with all the good work we did together to change the lives of people with a disability, giving them the opportunity to live a normalized life. Let put our hands together and work towards a better life, a better community and a better world.

With the loss of a few of our members, we came to realise that there is a lack of information and a lot of misinformation regarding ALL kind of diseases and disabilities. In 2018 we aim to address this by organising more workshops to share vital information to allow people to enable themselves.

The first workshop is on the 13th February about;
TUBERCULOSIS

Information about the workshop, please phone Daniel
0849530219

WHAT IS TUBERCULOSIS?

Tuberculosis (TB) is a bacterial infection, which most often attacks the lungs, but can affect other parts of the body as well.



While tuberculosis is contagious, the infection can be suppressed in people with healthy immune systems. This is known as latent tuberculosis and its symptom-free. Active tuberculosis will show signs

of infection.

Mission:
To create equal opportunities, through awareness and access to all kind of facilities to realise that all persons can participate in a barrier free society.

Vision:
People must function in full dignity and independently and with respect in the community.

We can only do this from 'own experience and knowledge and the expertise of our members.

If someone wants to receive these newsletters directly by email, please send us an email with the subject "Newsletter".

You are allowed to copy the newsletter as many times you want.

The OPD is not only for people who are in need of a wheelchair. We advise also on accessibility and other issues regarding all

- In this number:**
- ◆ Words of the chair
 - ◆ What is TB?
 - ◆ What do you know about TB
 - ◆ How many effected?
 - ◆ TB is curable.
 - ◆ Repair centre
 - ◆ Second hand aids.

THINGS YOU NEED TO KNOW ABOUT TB

- TB in the lungs or throat can be contagious i.e. the bacteria can be spread to other people. TB in other parts of the body is usually not contagious.
- TB is spread mainly through the air. When infected people cough, sneeze, talk, laugh or spit droplets containing bacteria are sprayed into the air. People nearby may inhale these bacteria and become infected. Bacteria can stay air-borne for a long time, and can remain active in house dust for weeks.
- However, transmission usually occurs only after substantial exposure to someone with active TB.
- People with TB disease are most likely to spread it to those they spend time with daily, such as family members and co-workers.
- You cannot get TB from handshakes, toilet seats, or sharing eating utensils, bedclothes or clothing with people who have TB.
- Vitamin C leads to TB breakthrough in the cure.



HOW MANY PEOPLE ARE AFFECTED?

According to the South African National Tuberculosis Association (SANTA), up to 80% of

people in South Africa may be infected with tuberculosis bacteria, with most of these infections being latent.

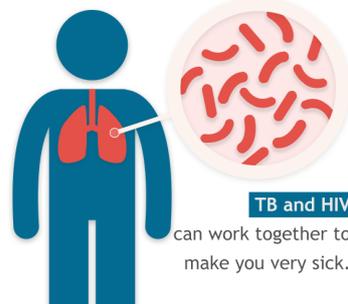
In 2015 the World Health Organisation (WHO) statistics, South Africa is one of the countries with the highest burden of TB. (1 per 100 population) And every year

We are looking for help for:

- Visit people at home,
- Get people to the clinics/hospital,
- To do admin work,
- Money to get so the organisation get going on,
- Maintain wheelchairs etc.

more and more people are infected. The main course can be the fact that TB hits the poor people especially hard. There is a huge lack of information about what to

Tuberculosis is a **serious threat** for people living with HIV.



expect from TB, what to do and what not to do. The secondary misunderstanding is not following doctor's instructions. Too many people stop taking tablets

the moment they feel better, they don't understand the risks involved of doing this. The moment you stop taking the tablets because you are feeling well, you can become re-infected and you became resistant to the tablets. The TB becomes worse and there are no more tablets that can help.

This is your place for an advert.

Design costs are not included.

Rates for one time:

50x90mm R100

75x90mm R150

For more information:

Phone: 0761452681

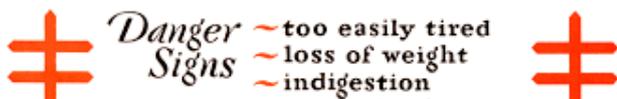
TB IS CURABLE

Preventing infection is growing in importance but still not enough to stop the TB in SA. There are still too many people who believe that you die from TB and don't believe in the right treatments. If this was true, then why could Nelson Mandela and Desmond Tutu have been cured from a serious form of TB and other people not? They looked after themselves in the right way, did what the nurses told them to do and were healed. They proved that TB is curable, but you must believe in the treatment and take care of yourself. One of the most common signs of TB is coughing, so you may be excused for wondering if the person with a chronic cough next to you in church, in the taxi or has TB, and if you need to worry about catching it.

So, it is important that we all understand the way TB is spread?

Tuberculosis

EARLY DISCOVERY. EARLY RECOVERY



Because TB is an infectious disease that is caused by a germ that attacks and damages the lungs; it can be easily passed to others. When an infected person coughs, sneezes or spits saliva onto the ground, the germs are spread into the surrounding air. If you inhale that air, you can breathe in the germs and get infected.

People need to be aware that because TB is an airborne disease, they need to open windows in taxis, houses, clinics and to let in fresh air. But most of the time you only can be infected by TB if you have a weakened immune system.

TB has increased substantially since the 1980s, mainly due to HIV/Aids. HIV suppresses immunity, which makes it easier for the TB bacteria to gain a foothold. Basically, anything that weakens your immune system can make you more susceptible to TB.

Even though your body may harbour TB bacteria, your immune system is usually strong enough to prevent you from getting sick.

The symptoms of active TB include the following:

- A cough that lasts for more than three weeks
- Coughing up blood
- Pain in the chest
- Sudden weight loss
- Weakness and fatigue
- Chills, fever and night sweats
- Lack of appetite

Note that these are only some of the symptoms and that TB can also occur outside your lungs, giving rise to apparently unrelated symptoms. If you suspect that you may have TB, have yourself tested as soon as possible. A chest X-ray or a sputum sample will indicate if you have TB disease. Always discuss any unusual symptoms with your doctor if you have been in close proximity with someone infected with TB or if your immune system has been compromised.

Be aware of that people with HIV are up to

The OPD-SA is willing to held a workshop at your place, please contact us.

The subject can be for instance:
Accessibility, Diabetes, Wheelchairs,

37 times more likely to develop active tuberculosis.

What are your treatment options?

Tuberculosis treatment in new-onset tuberculosis cases is usually a six-month combination of various antibiotics to treat the infection and reduce the risk of resistant strains of the disease emerging. It's essential to take tuberculosis medication as directed for the prescribed length of time, even if the symptoms do disappear sooner, as not adhering to treatment can lead to the development of drug-resistant, multi-drug resistant (MDR) and extensively drug-resistant (XDR) forms of tuberculosis which don't respond to the mainstay drugs of TB treatment anymore.

A new aids repair centre

One of the aims of the OPD for this year is to open a repair centre for wheelchairs and other aids for people with a disability in the community.

The OPD is sponsored by Amandla Omoya Trust for the next year with money for tools and parts to repair wheelchairs and the creation of jobs for two or more people. In this way people who are using a wheelchair don't have to wait that long before the wheelchair will be usable again. We are delighted with this sponsorship and are very grateful.

The next step is to find funding for small building, in the community, where the repairs can be done. A place as close as possible to the people who are using the aids. But in the mean time we are already starting with the work. So, the moment you have problems with your wheelchair, just phone us and we will come and have a look what we can do. The moment we have a building in the community you can come by yourself to the centre and they will help you. But for now, phone us and we will come to you.

Second hand aids

Because we can now start with a real repair centre our need has increased for more second-hand wheelchairs, old parts of aids etc. so that we can help people sooner when they need aids to make their lives easier and live a life like other people do.

Please if you know of, or have second hand aids and you are willing to donate them to us, phone us, we come to you.

In that way you are helping lots of people who need aids.

Once again we would like to thank all the sponsors that helped in 2017, and look forward to growing a better OPD to serve many more in our community in 2018.



We thanks the Humansdorp Hospice for the donation of some wheelchairs, crutches etc.

INCOME AND TAX ACCOUNTING

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