

Top Vibe

ONLINE

Magazine

ISSUE 125 2019



OCTOBER
Breast
CANCER
AWARENESS
MONTH

Diabetic Tip 1 & 2 page 6 & 8

show 



VAAL 24

I'M ON YOUR
PHONE!!

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Redakteurs Nota.



Geniet jou Oktober maand. Die jaar staan nou vinnig einde se kant toe en dan is dit weer vakansie, Kersfees en weer 'n nuwe jaar vol nuwe geleenthede.

Tot volgende keer.
Charms

Charms
Xox

Ocean Basket - Vanderbijlpark host Greek evening for Mionè

Oktober maand, dit is koel die wind waai en die weer is nie gelukkig nie. Mense is siek met maaggreip, verkoues ens.

Ek sit nou die anderdag in 'n dokter se spreukkamer en ek is verbaas om te sien hoe besig dokters is. Hulle is vol "geboek" daar is net eenvoudig te min dokters vir die hoeveelheid pasiente wat daar is.

Die verkoues word erger en die medisyne op die mark help nie meer nie. Dit maak mens nogal bekommerd wanneer jy daaraan dink.

My ouma hulle het geglo sodra die reën kom sal al die gaggas in die lug gaan lê. En die wintersiekte sal verby gaan. Die aarde moet skoon was.

Die eerste keer wat ek die woord "globelwarming" gehoor het, het ek gedink die mense is besig om simpel te raak. En tog is dit waar ons natuur is nie "happy" nie.

Dan kan mens nie help om te wonder waar los dit ons jongmense vandag om nie eers van hulle kinders te praat nie.

Genoeg oor die wind en die weer, ons kan tog niks daaraan verander nie.

Op 'n ligter noot, Mr en Mej Vaal is gekroon en die geleentheid is ook nou verby. Moet darm net sê ons het pragtige jongmense. Lees oor Anè Oosthuysen Miss Vaal in die Talk Magazine.

Daar word hard gewerk agter die skerms aan volgende jaar se beplannings. Daar gaan heelwat verrassings wees.

Ek groet tot volgende maand.



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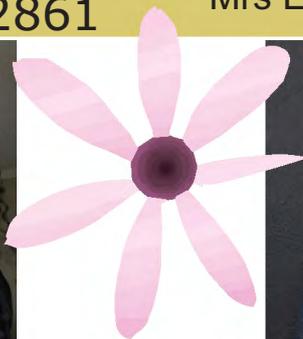
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TYPE 1 DIABETES..

What is Type 1 Diabetes?

An overview and key facts about type 1 diabetes including causes, signs and symptoms, screening and the process of diagnosis, as well as treatments for this autoimmune disorder.

Type 1 diabetes is much less common than type 2 diabetes and typically arises in children. Type 1 diabetes (T1D) usually begins before 40 years of age, although occasionally people have been diagnosed at an older age. In the United States, the peak age at diagnosis is most often around 14 years old.

Type 1 diabetes is associated with a deficiency or lack of insulin. It is not known why, but the pancreatic islet cells stop producing insulin in the quantities needed to maintain a normal blood glucose level. Without sufficient insulin, the blood glucose level rises, causing some of the common signs and symptoms of hyperglycemia.

When this happens, the person experiencing high blood sugar (hyperglycemia) must get medical help. One of the first signs of high blood sugar is unexpected and unexplained weight loss that occurs over several days and is associated with the onset of their diabetes. The appearance of these first symptoms of type 1 diabetes may be fairly abrupt or can occur more gradually.

To learn more about type 1 diabetes basics, see our type 1 diabetes slideshow.

How Many People Have Diabetes?

It has been estimated that the yearly incidence of type 1 diabetes developing is 3.7 to 20 per 100,000. More than 700,000 Americans have this type of diabetes. This is about 10% of all Americans diagnosed with diabetes; the other 90% have type 2 diabetes.

What You Need to Know about Type 1 Diabetes

Type 1 Diabetes Symptoms

Type 1 Diabetes Causes

Type 1 Diabetes Treatments

Type 1 Diabetes Causes

Islet cells of the pancreas. Type 1 diabetes usually develops due to an autoimmune disorder. This is when the body's immune system behaves inappropriately and starts seeing one of its own tissues as foreign.

In the case of type 1 diabetes, the islet cells of the pancreas that produce insulin are seen as the "enemy" by mistake. The body then creates antibodies to fight the "foreign" tissue and destroys the islet cells' ability to produce insulin.

The lack of sufficient insulin thereby results in diabetes. It is unknown why this autoimmune diabetes develops. Most often it is a genetic tendency. Sometimes it follows a viral infection such as mumps, rubella, cytomegalovirus, measles, influenza, encephalitis, polio, or Epstein-Barr virus.

Certain people are more genetically prone to this happening although why this occurs is not known. In some cases, family members of those with type 1 diabetes also have a family history of autoimmune conditions. Thus, 2 people may be infected with the same virus and only one of them who is

Certain people are more genetically prone to this happening although why this occurs is not known. In some cases, family members of those with type 1 diabetes also have a family history of autoimmune conditions. Thus, 2 people may be infected with the same virus and only one of them who is genetically prone will go on to develop diabetes.

Other less common (very rare) causes of type 1 diabetes include injury to the pancreas from toxins, trauma, or after the surgical removal of the majority (or all) of the pancreas.

Hereditary Tendencies in Type 1 Diabetes

Type 1 diabetes tends to have less tendency to have other family members affected with diabetes than type 2 diabetes. In the first large family study of diabetes, less than 4% of parents and 6% of siblings of a person with diabetes also had diabetes.

In studies with identical twins, less than 50% of the siblings of a person with diabetes also had diabetes versus almost 100% of siblings of people with type 2 diabetes. Children of fathers with type 1 diabetes are more likely to develop type 1 diabetes than children of mothers with type 1 diabetes.

Type 1 Diabetes Treatments

Type 1 diabetes must be treated with insulin. This involves injecting insulin under the skin—in the fat—for it to get absorbed into the bloodstream where it can then access all the cells of the body that require it. Insulin cannot be taken as a pill because the juices in the stomach would destroy the insulin before it could work. Remember, insulin is a hormone, and like all other hormones, insulin is a protein and therefore it has a very important 3-dimensional structure which is destroyed by the acid in the stomach.

See the section on treatments for a comprehensive summary of the types of insulin available.

Even if insulin did make it through the stomach, the digestive enzymes secreted by the pancreas would breakdown the insulin protein molecule so it could no longer do its job. Scientists are looking for new ways to give insulin such as an inhaled version; It is typically given with meals, and long-acting insulin is still needed by anyone with type 1 diabetes.

Still, injections are the most widely used method but pens now make it much easier to give yourself the right dose quickly. Insulin pumps are becoming more popular. Since more insurance companies are covering some or all of the cost, this method of insulin delivery is gaining in use. There is now an implantable insulin device that lasts for 90 days, and is expected to gain approval for twice that long. And, the concept of an artificial pancreas is advancing.



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OPEN FOR REGISTRATIONS

Tipe - 2 diabetes

Tipe-2 diabetes kan ernstige gevolge inhou.

Dit is hoekom dit uiters belangrik is om dit so vroeg as moontlik te kan identifiseer.

Hoe vroeër ons dit kan raak sien, hoe vroeër kan ons begin om dit te behandel – en as ons gelukkig is, kan ons dit dan sonder te veel moeite onder beheer kry.

So wat is die vroeë tekens van tipe-2 diabetes?

Konstante dors:

Die bogenoemde proses lei tot die dehidrasie van die liggaam, wat sodoende 'n konstante dors veroorsaak. Wanneer ons dan meer vloeistof inneem om die dors te les, vererger dit net die urinering soos genoem in die vorige punt.

Baie Gereelde Honger:

Dit is veral duidelik as mens nog honger is selfs direk na 'n maaltyd.

Insulien help met die vervoer van glukose na die liggaamselle. Wanneer die selle meer bestand is teen insulien, kan glukose nie die selle bereik nie en word die selle van glukose en ontnem.

Dit veroorsaak konstante honger, selfs direk na 'n ete.

Gereelde urinering:

Diabetes veroorsaak dat oortollige glukose (suiker) opbou in die bloedstroom. Dit veroorsaak dat die niere harder moet werk om die oormatige hoeveelheid glukose te filtreer en te absorbeer.

As die niere nie kan byhou met die verwerking van al die glukose nie, word die oortollige glukose, sowel as vloeistowwe wat uit die liggaamsweefsel getrek word, uitgeskei deur urinering. Dit veroorsaak meer gereelde urinering as normaal.

Moegheid:

Dit is so 'n moeg, uitgeputte gevoel waar jy fisies en soms selfs emosioneel swak voel. Dit word veroorsaak deur meer as een faktor.

Faktore sluit in: die konstante urinering en daaropvolgende dehidrasie, asook die liggaam se onvermoë om te werk soos dit moet omdat suiker nie behoorlik gebruik word om energie te produseer nie.

Onduidelike Visie:

Onduidelike visie is dikwels 'n teken van diabetes. Dit is as gevolg van dehidrasie oor 'n lang tydperk waar hoë bloedsuiker vlakke die vloeistof uit die ooglense trek. Dit veroorsaak dan dat die oë nie behoorlik kan fokus nie. As dit nie behandel word nie, kan diabetes die retina beskadig en lei tot verswakte visie of self blindheid.

Stadige Genesing van Sere en Kneusplekke:

Dit is as gevolg van die hoë bloedsuiker vlakke wat die senuwees beskadig en dan sodoende die bloedsomloop verswak. Dit kan veral opgemerk word op die bene en voete.

Gis infeksies:

Diabetes kan baie infeksies soos gis infeksies, vel infeksies, urine infeksies, of tandvleis- en mond infeksies veroorsaak.



Dit is as gevolg van diabetes wat die bloedsomloop en senuweestelsels beskadig.

Jeukerige Vel:

Die mees algemene vorm van hierdie jeukerigheid kom gewoonlik in die vaginale- of lies-gebied voor.

Oorsake van die jeuk kan infeksie, droogheid, of swak bloedsomloop wees.

Dit is nie ongewoon om 'n jeukerige gevoel in die geslagsgebied te ervaar wanneer hoë bloedsuikervlakke teenwoordig is nie.

'n Teken van vroeë diabetes is jeuk in die onderste gedeelte van die bene.

Gevoelloosheid of Tinteling in die Ledemate:

Hoë bloedsuikervlakke kan 'n tintelende gevoel in die arms, bene, hande, en voete veroorsaak as gevolg van skade aan die senuweestelsel.

Dit staan bekend as neuropatie. Hierdie simptome verskyn dikwels eers na 'n paar jaar, en as dit dan dus een van jou simptome is beteken dit jy moet DRINGEND iets aan jou bloedsuiker vlakke doen.

So hoe maak ek as ek hierdie simptome het?

Jy begin dit so vinnig moontlik onder beheer kry! Elke dag wat jy nie iets doen om dit te beheer nie, is nog 'n dag wat dit vererger en wat dit moeiliker word om te beheer.

Om tipe-2 diabetes onder beheer te kry moet ons die wortel van die probleem aanvat: hoë bloedsuiker vlakke.

En die hoof rede vir hierdie hoë bloedsuiker vlakke is 'n ongesonde leefstyl. So as ons dit wil regmaak, moet ons 'n paar veranderinge maak aan ons leefstyl en so 'n paar gesonde gewoontes aanleer.

Bron: Manna - Health Products

There is no definite symptom which means that you definitely have Breast Cancer. Most of the symptoms which are related to Breast Cancer are also present with non-cancer problems, so it is important not to panic if you develop a problem but to ensure you get it checked out.

If you have Breast Cancer will you feel a lump?

Most Breast Cancer present as a lump in the breast. Often women are surprised by the unexpected appearance of a lump and are unsure whether to get it investigated. No matter how sudden or how the lump feels, it is very important to see your doctor. Cancer lumps often feel hard and craggy and grow steadily in the breast. Eventually the cancer will spread to the lymph glands causing hard lumps to be felt under the arm too.

Approximately ten per cent of Breast Cancers present without a lump, and in fact when you do feel a lump in your breast, around 80-85% of those are benign. Most lumps felt in the breast are not cancers but might be cysts or masses known as fibroadenomas.

No matter how sudden or how the lump feels, it is very important to see your doctor

Cancer can show up without a lump, and if you experience some of these other symptoms you should also get checked out:

Change in the size and shape of the breast:

- Thickening of the skin of the nipple or ulceration
- Eczema of the nipple, itching or scaly patches
- Nipple turning inwards
- Thickening or dimpling of the skin of the breast
- Lumps noticed under the arm
- Is Breast Cancer painful?

Unlike most cancers, Breast Cancer does not present with pain. That doesn't mean that if you have a painful lump it can't be cancer, but it is unusual for pain to be the first thing a women with Breast Cancer notices. The most common way that women find a Breast Cancer is when they feel a lump in the breast or notice a discharge from the nipple. In the future, we want Breast Cancer to be found on mammogram, before there is even a lump, because we know that the earlier a cancer is detected, the better it can be treated.

Is a nipple discharge normal?

It is true that some nipple discharges are very normal- take breast feeding for instance! It is also quite common to get a discharge after breast feeding for a while. Not all nipple discharges are normal however, and they can mean different things.

Breast specialists worry particularly with one sided nipple discharges that come from just one place on the nipple what ever colour they are, and we also don't like nipple discharges that have blood in them. The best plan is to get every nipple discharge checked out by a specialist who can help you understand what the problem is, and help you solve it too.

Remember not to squeeze your nipples- they can respond

.by producing or increasing a discharge. If you have been squeezing, the first step to preventing a discharge is by stopping.

What changes in the nipple are related to Breast Cancer?

There are two particular changes on the nipple which are concerning for Breast Cancer.

The first is an itchy scaly eczematous rash which can develop on the areolar (the coloured part of skin around the nipple) or on the nipple itself. This kind of rash can cause the skin to peel or become red and raw. It is termed 'Paget's disease' and is a spread of cancerous or pre-cancerous cells along the ducts to the nipple where they cause rash or an ulcer.

The second symptom that can develop is an inversion and in-drawing of the nipple. Many women have inverted nipples which are completely normal, but if a nipple suddenly becomes inverted, particularly on one side only, it is cause for concern and should be investigated.

Whilst all cancer is treatable and potentially curable it is better to pick up cancer as early as possible. Remember to go for screening mammography and sonar after the age of forty every year, and get your GP or a breast specialist to examine you once a year too. Being breast aware also means learning to love your breasts, and getting to know your body. You may be the best person to pick up when something is wrong with your body if you learn what is normal for you and what is not.

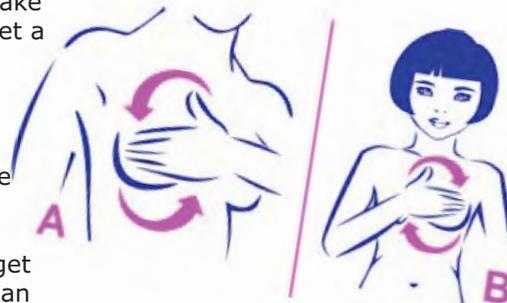
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FIELA SE KIND



Production Houses: The Film Factory

Writers: Novel by Dalene Matthee and Screenplay by Brett Michael Innes

Director: Brett Michael Innes

Producers: Danie Bester and Brett Michael Innes

Running Time: 120 Minutes

Our rating: 

FIELA SE KIND:

Southern Africa, 1865. When Fielia, a hardworking coloured woman, discovers a three-year-old white boy on her doorstep her choice to take him in is one that will have long-lasting ramifications on both her and the child. After a decade in Fielia's care, Benjamin is noticed by government officials and taken from her, returned to the white family of woodcutters they believe he came from.

Separated by law and geography, Fielia and Benjamin spend the next decade trying to find each other while simultaneously coming to terms with their individual identities. Fielia has lost a son and slowly descends into depression, a state of mind that is further exasperated by the abuse that she experiences from both law and Benjamin's new father as she tries to find him. Benjamin, on the other hand, is thrust into an abusive and impoverished environment, one where he is forced to take on a new identity while suppressing the one he has.

This is a movie not to be missed, take tissues with you are going to shed a tear.



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