

WHAT'S UP?

2009

TALK SHOWS

24 - 28 AIDS WEEK

DUT – DURBAN

1. Scrutinize Campaign:
28 August 2009
(All campuses and Midlands)
2. VCT Needs Analysis:
August 2009

DUT – PMB

1. Community outreach campaign:
28 September 2009
– Indumiso site

For more information please call
the centre on (031) 373 2260/2320.

Let's Talk HIV/AIDS blog

The HIV/AIDS Centre presents a new forum discussion website where you can get all the information you need if you feel uncomfortable visiting the Centre.

Get your responses immediately from your counselor, daily from 12h00-13h00. Whatever the queries, whatever the issues, get the facts.

To access:

Go to the DUT website: www.dut.ac.za

Click Let's Talk HIV/AIDS blog

Click on any of the categories below. Your questions will be answered.

- General Comments and Questions
- Learn how HIV/AIDS is contracted
- HIV/AIDS prevention
- Health related issues
- Support group

It is not compulsory to leave your e-mail address, unless you would like us to respond to your questions, privately.

For general information on HIV/AIDS, access our section on DUT's website.

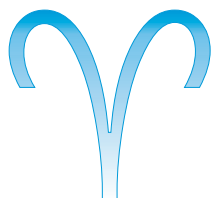
Go to Support Services-Student Services and Development – HIV/AIDS Centre. You will find information on:

- All HIV/AIDS events @ DUT and around the country
- Nutritional information
- General information on HIV/AIDS.
- HIV/AIDS Policy

CELEBRATED BIRTHDAYS

Mam Zett

Astro star:
Character:



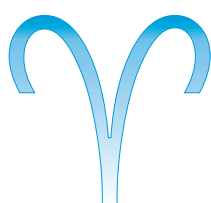
09/04

Aries

Extremely unpredictable, passionate about something she believes and has faith in. Expects the best of everyone around her, nothing less - deliver on your mandate as expected otherwise she will be very disappointed and will let you know all about it.

Mrs. Fikile Gwiliza

Astro star:
Character:



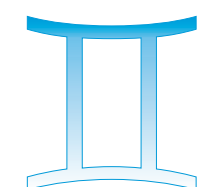
25/03

Aries

Good at making others rise above problems they are experiencing. She will make sure you don't dwell on your problems unnecessarily. Always cracking jokes - with her, life is as good as it gets, therefore no need to stress at all. Oh, by the way, she will make you buy anything that's on sale, even if you can't afford it!!!

Ms. Sindy Dlomo

Astro star:
Character:



02/03

Pisces

Very down to earth and kind-hearted, Oh! but my word she can be very stubborn sometimes, especially once her mind is made up. Demands self-discipline from people close to her. Once in a while naughtiness crops up!!! Very conservative though.

DID YOU KNOW?

When you do a rapid HIV test, the results only take 5-10 minutes.

Know Your Status, Get Tested.

Our offices are situated at First Floor, Open House - Tel: 031 373 2260

AIDS toll free help line: 0800 012 322 • Rape Crisis: 0861 322 322

Reclaim your life, reclaim your future

Young people remain at the centre of the HIV /Aids pandemic in terms of rates of infection, vulnerability, impact and potential for change. They have grown up in a world changed by Aids, but many still lack comprehensive and correct knowledge about how to prevent HIV infections.

Young people are disproportionately affected in the HIV / Aids epidemic. They face the economic and social impact of HIV /Aids on families, communities and nations, and they must be at the centre of prevention actions. Whilst most young people have adequate knowledge of the major routes of HIV transmissions, there still exists a trend among adolescents and young adults towards high risk behaviour. Issues dealing with sex and sexually transmitted infections (STIs) are discussed openly as part of life skills education at schools. What is alarming, however, is that young people - despite this information - still engage in unsafe sexual encounters, with no protection against HIV/ AIDS, STIs and unwanted pregnancies.

Many of them are not sufficiently empowered to reduce their vulnerability to HIV infection, such as the ability to negotiate condom use and the practice of multiple partners. We, at the HIV /Aids Centre realize that having access to HIV/Aids information is not sufficient. We recognize that young people are diverse. Interventions must be tailored to meet individual circumstances such as age, sex, religion, socio-economic and domestic arrangements, among other factors. Our students need to be guided and taught to incorporate this knowledge into daily life. Through the HIV / Aids centre we offer counselling and advice by the VCT counsellors, support groups run by the health promoters as well as current information and access to the latest research breakthroughs. Students can also access healthcare support through the Wellness Clinic run by the Campus Health Clinic. Take advantage of these services. Reclaim your life, reclaim your future.

Mrs Naseem Haniff

Acting Director: Department of Student Counselling and Health



International Candlelight Ceremony

Bhekani Dlamini

The HIV/AIDS Centre recently held a Candlelight Memorial Ceremony in remembrance of all those who are infected, affected or have passed away because of HIV/AIDS. This year marks the 26th Anniversary of the historic International AIDS Candlelight Memorial, which is one of the world's first public events against HIV/AIDS that continues to be led by communities, worldwide. The theme for this year's Candlelight ceremony was "Together we are the solution".

Mr Rogers Phili represented the Acting Head of KwaZulu-Natal (KZN) Department of Health, Dr Y L Mbele, as the guest speaker at the International Candlelight Memorial Ceremony. Mr Phili is the Manager of the HIV/AIDS Programme in the KZN Department of Health in Pietermaritzburg.



Standing: Oziel Mdletshe, Thobile Zulu
Seated: Lehlohonolo Mokhohlouloane,
Naseem Haniff, Rogers Phili

Addressing staff, students and representatives of non-governmental organisations, Mr Phili applauded DUT for having celebrated the International Candlelight Memorial Ceremony. He said this event brought together people, individuals, organisations, sectors and communities who are either infected or affected with HIV/AIDS or both.

continued on page 7 ...

HIV/Aids Centre and Future Life provide assistance to poverty stricken children

Hlumelo Nyikana

Over the Nelson Mandela weekend, Durban University of Technology's (DUT) HIV/Aids Centre, in partnership with Future Life, assisted disadvantaged children from Balindi Welfare Hospice, Inanda. Future Life gave away ten fully packed boxes of Future Life porridge which helps boost the immune system.

According to the HIV/Aids VCT counsellor, Mr Nkosiyazi Goba, "As part of the Nelson Mandela drive, we decided to focus on helping to alleviate the problems found within poor communities. Future Life helped us by sponsoring this porridge."

Future Life is a South African company which provides health solutions. The immune boosting meal is made from micronized soya and maize which contains a rich cocktail mixture of vitamins, minerals, protein and Moducare. These powerful immune stabilisers work together to help fight illnesses.



Left - Right: Zett Masondo (Professional Nurse), Fikile Gwiliza (Counsellor), Nonthuzelo Giqika (Counsellor), Paddy Moon (Future Life), Nkosi Goba (Counsellor), Paul Saad (Future Life)

continued on page 7 ...

Fight HIV/AIDS with the spirit of '76

Slindile Maluleka



Children from Ukubanesibindi Foundation singing Nkosi Sikelela



Professor Bonganjalo Goba



Left - Right: Pholokgolo Ramothwala, Philisiwe Hlongwane and Cleo Maphumulo

Today's fight against HIV/Aids should be fought with the same intensity as the students of 1976 battled against apartheid.

As the country prepared to commemorate the June 16 uprising, AIDS activist, Pholokgolo Ramothwala, told students at the Durban University of Technology that the disease was the struggle that faced today's youth. One Love campaigner Ramothwala, 31, was a guest speaker at a function organised by the DUT Child and Youth Development Department. He advised young people to get tested, refrain from having multiple and concurrent sexual partners and warned against having "sugar mommies and daddies".

"When you are in a relationship with an older person and he buys you things, it is very hard to negotiate sex," he warned.

"Why is it that when we talk about HIV, we talk about it as if it is someone else's disease and not ours? If you are scared to get tested today, it's not going to disappear, even after five years."

Another motivational speaker, and former DUT vice-chancellor, Professor Bonganjalo Goba, encouraged youngsters to not only strive to be leaders tomorrow, but to start leading from today.

"We should not wait for the future to create itself, but we should create the future for ourselves," Goba said. "Leadership starts within you, do not

wait to be told that you are a leader. Look at the South African soccer team, our coaches are from outside of our country. Why do we have to get people from outside to solve internal problems?"

According to research on HIV Prevalence, Incidence, Behaviour and Communication conducted last year by the Human Sciences Research Council, the biggest increase in prevalence was seen in KwaZulu-Natal from just under 12 percent to about 16 percent. Inter-generational sex with older men (sugar daddies) was identified as a significant risk factor which increases vulnerability to HIV infection.

Courtesy Daily News - 15 June 2009

HIV/Aids Centre and Future Life provide assistance to poverty stricken children ... continued from page 2

The Professional Nurse, Mam Zett stresses, "Helping the community and promoting a healthy lifestyle to people should become a culture in South Africa."

She added, "We are grateful for Future Life's contribution and we also hope to instill the values of giving back to the community which has in some way or other, shaped our lives."

DUT's HIV/Aids Centre appeals to everyone to continue to strive for the betterment of all communities in South Africa.



Mr Masinga (Manager- Abalindi Welfare), Nkosi Goba (DUT), Paddy Moon (Future Life)



Nkosi Goba handing out Future Life porridge sachets to Abalindi Welfare children at Inanda



Nkosi Goba (DUT), Mr Masinga (Manager- Abalindi Welfare), Paddy Moon (Future Life)

International Candlelight Ceremony ... from page 1

"We are here to honour the lives of those who have fought in different ways, fighting against HIV and AIDS. We have lost so many people, our loved ones through AIDS - related illnesses. We also want to support those people who have gone to our Voluntary Counselling and Testing (VCT) facilities and have tested for HIV. We want to salute you. We are also here to support those who are living positive with HIV. We want to raise social consciousness about HIV and AIDS, so that we fight the stigma and discrimination associated with HIV and AIDS," said Mr Phili. He pointed out that HIV and AIDS is not just a disease but is a socio-economic issue. To date in South Africa, he added, there are about 5.5 million people living with HIV and over 1.5 million of those live in KZN.

Mr Phili said KZN has demonstrated its commitment to curbing this epidemic in many ways, including increasing the funding for HIV and AIDS programmes from R35 million in year 2000 to more than a billion rand in 2008. He thanked all the caregivers who visit and provide physical help to relatives and families, who are sick at home.

He stated that he has observed how HIV and AIDS has progressively had a negative impact at institutions of higher learning in this country. "Today, in this Province, tertiary education institutions are now regarded as high risk areas for HIV transmission. This is indeed a sad state of affairs as these are supposed to be institutions where young people acquire skills to take this beloved country of ours forward, not where dreams are lost and lives are changed forever by HIV". Mr Phili appealed to people not to stigmatise TB, adding that TB is curable, even if one has HIV. He then urged people to ensure they know their HIV status and use preventative methods to stop it spreading.

The Candlelight Memorial Ceremony featured entertainment which included a rendition of sweet melodies, a musical item by a group of three students, and an educative short drama accompanied by a gum boot dance by Drama students.



Lehlohonolo Mokohlouloane, Naseem Haniff, Rogers Phili

The role of the Higher Education Sector in the fight against HIV & AIDS: 21st Century Challenges

Gwendeline Stuart

This conference was run by the University of Zululand on 13 and 14 May 2009 at Richards Bay. Gwendeline Stuart, an Information Officer from the HIV & AIDS Centre, Durban University of Technology (DUT), attended the workshop to benchmark curriculum integration with other universities.

The conference was characterized by three panel discussions, a plenary session and two parallel sessions. Discussion One was composed of students from various academic institutions debating on being a student in a society ravaged by HIV & AIDS. Discussion Two was on curriculum integration and was led by a team of nationally renowned academics. Discussion Three focused on current medical and ethical approaches and was led by a team of medical and ethical experts.



Nokuthula Ntshalintshali(MUT), Desiree from UNISA (Pretoria), and Lebo Ramafoko from Soul City and Gwendeline Stuart (DUT).

Recommendations

- ✚ The use of media as a communication strategy for HIV & AIDS awareness campaigns.
- ✚ Return to traditional African values.
- ✚ Introduce HIV/AIDS modules that are compulsory or add core-modules to existing modules.
- ✚ Emphasis should also be more on behavioural change, not on knowledge only.
- ✚ Individual responsibility and attitude is essential.
- ✚ Individual commitment and institutional commitment is essential.
- ✚ Find strategies to change attitudes and perceptions towards condom use.
- ✚ A need for intense engagement with student formatives particularly the student representative councils to ensure individual responsibility and institutional commitment.

We are taking the steps featured above, to ensure that HIV and AIDS awareness is successfully integrated into our curriculum at DUT.

FIGHTING STIGMA THROUGH SPORT

Londiwe Buthelezi

Durban University of Technology's (DUT) Student Counselling Development Centre held a sports day at the Midlands' Riverside site as a part of the department's campaign, *Fighting Stigma Through Sport*.

The event, that was organised by the department and co-ordinated by students who are members of the Peer Education Programme, was aimed at educating students about the role sport plays in fighting the HIV/AIDS stigma.

The event took place at Riverside's main hall on 29 July from 10am to 2pm. A variety of modern and ancient sports were played by a group of more than 300 attendants. Among the most loved ancient sports that students took part in were Tega, Shumpu, Three tins, Gimba, Skip-rope and Tug-o-war.



Scrutinize DVDs were played to educate students about HIV and booklets on HIV/AIDS and condoms were distributed. Students who participated in this event helped themselves to T-shirts and were very pleased with the information they had gained. "This day is a fun way of educating us about how to fight against stigma," said Sphamandla Njongo, one of the participants.

The Student Counselling Development Centre was also pleased with the turnout of students at this event. "According to the list of games and the programmes everything went as planned," said Sthembiso Mkhize, a health promoter at the Student Counselling and Development Centre.

Scene and Around

Student Counselling and Development Centre - sports day at the Midlands' Riverside Site - *Fighting Stigma Through Sport*.



POSITIVE LIVING



1

What is positive living?

It is a new way of thinking or of facing the daily challenges of life and is essential when facing something as difficult as living with HIV-infection. It is turning away from negative thinking, which is not only unproductive, but actually has a negative impact on your health. It is adopting a 'positive' approach to life. It requires many changes to take place, starting with the mind (thoughts and attitudes), behaviour and lifestyle.

2

A healthy body

People infected with HIV need to keep their body protected, strong and healthy. Our bodies fight infection better when we keep up our energy. Factors that affect our energy levels include:
Rest
Exercise
Diet

3

Resting

Resting is an important part of staying healthy. Allowing yourself to become overly tired is not good for your body or your ability to stay healthy.

4

Exercise

Maintaining good fitness keeps us prepared for physical challenges. Exercise should be regular and moderate, e.g. a 20 minute walk a day, use stairs instead of a lift.

5

Diet

Maintaining a healthy balanced diet is critical to keeping a person well and a good diet is also an excellent and essential means of providing what your body needs. Maintaining good nutrition comes first, before buying expensive herbal medications or immune boosters.

6

NUTRITION & HIV

Essential Food Groups

You need food for energy (carbohydrates or starch). You need food to build your body and immune system (proteins). You need food that supplies your body with vitamins and minerals.

7

Food you might want to avoid...

Fried Food – is difficult for the stomach to digest and having too much fried and oily food in your diet can lead to diarrhoea.

Sugar - encourages oral thrush to grow in your mouth and is also high in 'empty' calories.

Spicy Food – can irritate the stomach and worsen gastritis and heartburn.

8

You have control over your mind, body and future

Any choice you make has consequences.

If you make a good or bad choice, the outcome is affected.

If you have negative or positive thoughts, the outcome is affected.

If you choose thoughts contaminated with anger and bitterness, you will have an outcome that is full of alienation, hostility and isolation.

9

You have control over your mind, body and future (continued) ...

The mind and body are linked. What your mind thinks, your body feels. Negative thoughts and depression have a direct effect on your immune system.

If your immune system is low, you cannot fight off diseases.

It is therefore essential that you keep your mind positive, so your body can be strong and help you fight off infection and HIV, specifically.

10

Conclusion...

Not only do our thoughts and actions affect our bodies, they also affect other people.

How we treat others has a direct effect on how they respond to us.

It is important to bear this in mind when a person thinks of disclosure.

- Most people are simply afraid of what they do not know.
- You may be the one who is INFECTED, but they are also AFFECTED (and may be infected as well – you don't know).
- By loving other people and tuning into what they are feeling, you will draw the same from them.
- This will be very important for you – build your support network of those who love and want what is best for you.

11

Frequently Used Terms in HIV and Aids, Simplified

WINDOW PERIOD: When the virus enters your body, it hides quietly as if it's looking through a "window" trying to understand the body system in order to spot the perfect environment where it can get excited and multiply. During this time the test is negative because the antibodies are not showing and we hope that approximately three months later, we will get a true negative or positive result.

CD4 COUNT: cd4, also known as "body soldiers". During a fight between the virus and the body soldiers, there are casualties on both sides. After we have discovered one's positive status, it is crucial to know how many soldiers survived the fight because that number of survivors is the deciding factor for one's treatment - whether to boost the soldiers or ARV's. The South African government has stated that a cd4 of 200ul is the deciding factor.

OPPORTUNISTIC INFECTIONS:

These are "chance takers" as the name suggests. These infections take advantage of opportunities in the weakened (compromised) immune system. When noticing these infections, one should acknowledge the immune system has been compromised. Examples of opportunistic infections are: TB, meningitis, oral thrush, pneumonia, diarrhoea, sexually transmitted infections (STI's).

ONGOING COUNSELLING: This is a follow up visit to your counselor. After being diagnosed negative or positive, it is important to discuss challenges faced now the status is known, discriminating partner, a better approach to disclose your status, need for a support buddy to start ARVs, discovering that you are pregnant after being diagnosed positive, etc.

HEALTHY LIVING: As the term implies, this is an awareness of a healthy lifestyle to ensure that the immune system is strong, so preventing infections. This can be done by regular exercise, a balanced diet, safer sex, drinking at least eight glasses of water per day, avoidance of smoking and alcohol, reducing stress levels.

For more information,
don't hesitate to contact:
Mam Zett, HIV/AIDS Center
Tel: 031 373 2320 or
masondoz@dut.ac.za,
Open House, 1st floor,
Steve Biko Campus

LETTERS TO SISTER ZEE



Dear Sister Zee

I have a problem, my vagina has an itch and now my partner has it. He said I slept with someone but I did not. I used antibiotics, how can I make him understand.

Response: For him to understand, he has to visit the doctor or the clinic. When you have any vaginal or penile problem, you don't engage sexually before you are treated completely, even if you are on antibiotics. Finish the course first before engaging sexually. The clinic or the doctor will explain the situation, preferably to both of you.

Dear Sister Zee

My boyfriend and I are HIV+ and want to know if we will be able to have kids in future.

Response: If you are HIV positive, it doesn't mean that you'll never have a baby. The only limitation is that before conceiving you have to inform your doctor that you want to conceive. The doctor will do all the relevant tests, check the treatment you are taking to see if it's going to affect the unborn baby, advise you on the right method to conceive, i.e. whether natural or artificial, and establish your readiness.

Dear Sister Zee

My girlfriend is positive and on treatment. How safe is it for us to have oral sex?

Response: It is as unsafe as the other HIV negative couple. Ensure that you use protection when engaging in oral sex. There are flavoured condoms (chocolate, fruits, etc) in the chemists, use them to be safe.

Dear Sister Zee

Both me and my partner are positive. One is on treatment and the other is not and we don't use a condom. Is this ok?

Response: Very dangerous and unsafe. The level of re-infection is very high and the partner that is not on treatment will have resistance to the drugs taken by the other partner when he/she's due for it.