

How to take care of your heart health?

September is heart health awareness month, with September 29 being World Heart Day.

The day is commemorated to promote different preventative steps and changes in lifestyle to avoid cardiovascular events and diseases, such as heart attack, stroke, heart failure and any other related conditions.

According to The Heart and Stroke Foundation of South Africa, cardiovascular disease (CVD), including heart disease and strokes, are the leading cause of disabilities and death worldwide, accounting for 17 million deaths a year (31% of total global deaths).

In South Africa CVD is the leading cause of death and is responsible for almost one in six deaths (17.3%), equating to 215 people dying every day from heart disease or strokes

The World Heart Day is an important initiative to raise public awareness about heart and heart-related diseases. It is also intended to educate the public on how to manage their disease once diagnosed, - which symptoms to look-out for, the importance of regular medical check-ups, and adopting a responsible lifestyle including a healthy diet and regular exercise.

A lack of awareness around cardiovascular disease results in people being undiagnosed and untreated until it is too late. This year for World Heart Day, The Heart Federation is on a mission to ensure heart health equity for all by creating a global community of Heart Heroes.

Here are some symptoms to be aware of, to be able to effectively manage or recognise heart failure:

Shortness of breath

Heart failure can cause the fluid in your body to gather in your lungs which may cause you to feel short of breath during everyday activities.

Tiredness

Heart failure means less oxygen-rich blood is circulating the body. Because your muscles and tissues need oxygen for energy, this means people with heart failure can feel tired very easily.

Shortness of breath when lying down

Lying flat may also make you feel short of breath so that you need to sleep sat up or with multiple pillows.

Swelling in the ankles, legs and abdomen

Clothes or shoes might feel tighter as fluid in the body builds up in the legs, ankles or abdomen causing them to swell up.

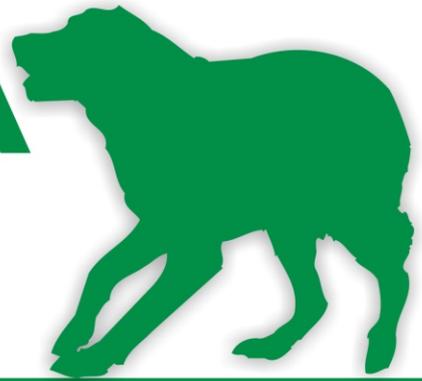
Rapid heartbeat

The heart sometimes starts to speed up to compensate for its reduced ability to pump blood around the body.

The above symptoms are non-specific and are not intended to diagnose heart failure or replace medical advice but may form the basis for discussion between patients and their healthcare professionals.



THINTELA UMGADA



Gonya inja nekati yakho

LUMKA, UMGADA UYABULALA!

Eli cebiso lingasindisa ubomi bakho

YINTONI UMGADA?



Ukusasazeka kwesifo:
Intsholongwane ibaninzi kakhulu
kwizinkcwe zesilwanyana esinomgada



Umgada sisifo esihlasela ingqondo nesikhokelela
ekufeni komntu okanye isilwanyana
esichaphazelekileyo



Iimpawu zibandakanya:

Ukutshintsha kwesimo, Ubundlobongela, Ukuvuza izinkcwe, Umbathalala

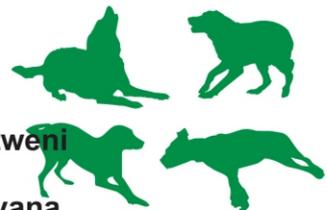
**DIBANA NOGQIRHA WEZILWANYANA OKANYE IGOSA
LONYANGO-MFUYO**

UNGATHINTELWA NJANI UMGADA?



Ugonyo kuphela kokhuseleko
gonya izinja neekati zakho
ukhuthaze nabanye abantu ukuba
bazigonye nezabo

Sukuvumela izilwanyana zakho zibhadule ezitalatweni
Chazela oogqirha bezilwanyana, amagosa
onyango-mfuyo okanye amapolisa ngezo zilwanyana
zikrokreleka kumgada



Musa ukusiphatha okanye ukusibamba isilwanyana ongasaziyo,
esonzakeleyo okanye esikhangeleka sigula

Ukufumana uncedo sitsalele ku

0800 20 30 25

Monday to Friday

Ungaqhakamshelana nathi

nakumakhasi ethu ezonxibelelwano

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COVID-19

Help prevent the spread of respiratory diseases like COVID -19



WASH YOUR HANDS



COVER A COUGH OR SNEEZE



AVOID TOUCHING



CLEAN & DISINFECT



PREVENTION IS KEY.



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MAIZE SPOTTED STALK BORER

Introduction

The Spotted Stalk borer is originally from Asia. In South Africa, it is one of the major pests of maize and sorghum in the field. The pest is found along the coast and in medium altitude areas (1230 m altitude and below). Hot spot sites in the Province include Centane, Willovale, East London, Ncerha, Mooiplaas, Ngqeleni, Port St Johns, Kenton on Sea, Alexandria and Bizana.

Damage

Damage is caused by larvae (caterpillars) that eat through leaves when young and as they grow older, eventually bore into the stem causing it to break (lodge) or die resulting in a condition called 'deadheart'.

Stage when plant is attacked

Vegetative stage or before harvest. Younger plants less than two months old are more often attacked than older plants.

Cultural control

- Intercrop cereal crop with non host plants such as beans or a repellent plant such as Silver leaf desmodium and then plant a trap plant (Napier grass) as a border crop around the intercrop
- Destroy maize residues by burning them to get rid of the larvae and pupae within the stems
- Remove volunteer crop plants and/or alternative hosts to prevent carry-over populations



Plant part affected

Feeding by younger larvae occurs in leaf whorls while older larvae tunnel into the stem. Older larvae may also eat into the cob in older plants.

Yield losses

Yield losses are variable across regions, seasons, plant species and varieties, and management regime on farms. Yield losses may exceed 20% on maize and 50% on sorghum. Where no control is being done, yield losses may reach 100%.

Chemical control

- It can be achieved by applying insecticides to the leaf whorl early in crop growth to kill young caterpillars
- This method has limited effectiveness once the larvae bore into the stem
- Insecticides are poisons so it is important that farmers follow all safety precautions on labels

Damage symptoms

Damage occurs as a series of small holes in lines (pin holes) in younger leaves and/or patches of transparent leaf epidermis (windowpanes) in older leaves. Holes in stem caused by larvae tunneling into the stem can result in broken stems or drying and eventual death of the growing point of the maize (deadheart).

Scouting

Scouting is done as follows:

- Walk through young maize/ sorghum plants, look for characteristic feeding marks on funnel leaves, presence of deadheart, and holes in tunneled stem.
- In older crops and in crop residues take random samples of stems to dissect to find caterpillars and pupae.

TEN DAY FARMERS FORECAST

TEN DAY FORECAST FOR AMATHOLE (EAST LONDON)

TEN DAY FORECAST FOR EAST LONDON - YR'S FORECAST

Monday 14 Sep	Tuesday 15 Sep	Wednesday 16 Sep	Thursday 17 Sep	Friday 18 Sep	Saturday 19 Sep	Sunday 20 Sep	Monday 21 Sep	Tuesday 22 Sep
20°	17°	20°	19°	21°	21°	20°	16°	16°
Lowest 13°	Lowest 12°	Lowest 13°	Lowest 14°	Lowest 13°	Lowest 16°	Lowest 13°	Lowest 12°	Lowest 12°
11 kn	10 kn	16 kn	10 kn	8 kn	12 kn	16 kn	14 kn	7 kn
					Precipitation 0.4 mm		Precipitation 14.7 mm	Precipitation 2.7 mm

TEN DAY FORECAST FOR OR TAMBO (MTHATHA)

TEN DAY FORECAST FOR MTHATHA AIRPORT - YR'S FORECAST

Monday 28 Sep	Tuesday 29 Sep	Wednesday 30 Sep	Thursday 1 Oct	Friday 2 Oct	Saturday 3 Oct	Sunday 4 Oct	Monday 5 Oct	Tuesday 6 Oct	Wednesday 7 Oct
6°	9°	14°	2°	2°	1°	9°	14°	16°	15°
Lowest -1°	Lowest -4°	Lowest -2°	Lowest -2°	Lowest -2°	Lowest 0°	Lowest 0°	Lowest 1°	Lowest 0°	Lowest 0°
7 kn	11 kn	12 kn	11 kn	11 kn	10 kn	9 kn	5 kn	5 kn	9 kn
	Precipitation 0.1 mm		Precipitation 10.8 mm	Precipitation 8.9 mm	Precipitation 8.6 mm		Precipitation 0.2 mm		

TEN DAY FORECAST FOR CHRIS HANI (QUEENSTOWN)

TEN DAY FORECAST FOR QUEENSTOWN - YR'S FORECAST

Monday 28 Sep	Tuesday 29 Sep	Wednesday 30 Sep	Thursday 1 Oct	Friday 2 Oct	Saturday 3 Oct	Sunday 4 Oct	Monday 5 Oct	Tuesday 6 Oct	Wednesday 7 Oct
17°	18°	24°	10°	10°	10°	21°	23°	25°	27°
Lowest 6°	Lowest 5°	Lowest 6°	Lowest 5°	Lowest 4°	Lowest 7°	Lowest 7°	Lowest 9°	Lowest 11°	Lowest 10°
8 kn	11 kn	11 kn	14 kn	16 kn	12 kn	10 kn	4 kn	5 kn	10 kn
			Precipitation 7.0 mm	Precipitation 8.8 mm	Precipitation 2.4 mm		Precipitation 0.6 mm		Precipitation 0.2 mm

TEN DAY FARMERS FORECAST

TEN DAY FORECAST FOR SARAH BAARTMAN (PORT ELIZABETH)

TEN DAY FORECAST FOR PORT ELIZABETH - YR'S FORECAST

Monday 28 Sep	Tuesday 29 Sep	Wednesday 30 Sep	Thursday 1 Oct	Friday 2 Oct	Saturday 3 Oct	Sunday 4 Oct	Monday 5 Oct	Tuesday 6 Oct	Wednesday 7 Oct
17°	16°	19°	15°	15°	17°	19°	21°	20°	18°
Lowest 13°	Lowest 12°	Lowest 10°	Lowest 13°	Lowest 13°	Lowest 15°	Lowest 15°	Lowest 17°	Lowest 16°	Lowest 16°
11 kn →	20 kn →	16 kn →	17 kn →	21 kn ←	19 kn ←	23 kn ←	19 kn ←	10 kn →	16 kn →
	Precipitation 0.5 mm	Precipitation 0.1 mm	Precipitation 0.8 mm	Precipitation 4.5 mm	Precipitation 3.5 mm				Precipitation 1.1 mm

The symbol shows the weather at noon. Temperature maximum and minimum, wind maximum and precipitation are for the entire day.

TEN DAY FORECAST FOR JOE GQABI (ALIWAL NORTH)

TEN DAY FORECAST FOR ALIWAL NORTH - YR'S FORECAST

Monday 28 Sep	Tuesday 29 Sep	Wednesday 30 Sep	Thursday 1 Oct	Friday 2 Oct	Saturday 3 Oct	Sunday 4 Oct	Monday 5 Oct	Tuesday 6 Oct	Wednesday 7 Oct
17°	19°	23°	18°	19°	14°	21°	17°	23°	26°
Lowest 7°	Lowest 4°	Lowest 3°	Lowest 7°	Lowest 6°	Lowest 8°	Lowest 6°	Lowest 9°	Lowest 7°	Lowest 8°
5 kn →	9 kn ↔	12 kn ↔	22 kn ↔	14 kn ↔	12 kn ↔	9 kn ↔	8 kn ←	5 kn ←	8 kn →
			Precipitation 4.3 mm	Precipitation 8.0 mm	Precipitation 0.9 mm		Precipitation 1.5 mm		

TEN DAY FORECAST FOR ALFRED NZO (MOUNT AYLIFF)

TEN DAY FORECAST FOR MOUNT AYLIFF - YR'S FORECAST

Monday 28 Sep	Tuesday 29 Sep	Wednesday 30 Sep	Thursday 1 Oct	Friday 2 Oct	Saturday 3 Oct	Sunday 4 Oct	Monday 5 Oct	Tuesday 6 Oct	Wednesday 7 Oct
14°	17°	24°	11°	10°	11°	17°	22°	24°	27°
Lowest 7°	Lowest 3°	Lowest 5°	Lowest 7°	Lowest 6°	Lowest 8°	Lowest 8°	Lowest 10°	Lowest 10°	Lowest 10°
8 kn ←	8 kn ↔	12 kn ←	10 kn →	8 kn ←	5 kn ↔	8 kn ←	8 kn ←	6 kn ←	6 kn →
	Precipitation 0.4 mm		Precipitation 9.6 mm	Precipitation 6.7 mm	Precipitation 11.3 mm		Precipitation 0.6 mm		

INTRODUCTION TO ENTERPRISE RISK MANAGEMENT

What is a risk?

Risk is an unwanted outcome, actual or potential to the department's service delivery and other performance objectives, caused by the presence of risk factors.

What is risk management?

Risk Management is a systematic and formalised process to identify, assess, manage and monitor risks

Consequences of not

implementing

risk management in

the department

- ⚙ Reputational damage
- ⚙ Project Failure
- ⚙ Financial Loss
- ⚙ Service delivery protests
- ⚙ Negative audit outcomes

Risk Management affects the entire department as it improves the achievement of objectives and service delivery

Why risk Management

Benefits of Risk Management?

- ⚙ Proactive responses to threats
- ⚙ More efficient utilisation of resources
- ⚙ Focuses on understanding the nature and impact of risks
- ⚙ Improve quality decision-making
- ⚙ Increase efficiency and effectiveness of operations
- ⚙ Improve levels of compliance to laws, regulations and policies

Who is responsible for risk management?

- ⚙ Accounting Officer – sets the tone at the top (Senior Management membership on the department's Risk Management Committee)
- ⚙ Audit Committee – Provide an independent review on adequacy and effectiveness of Risk Management
- ⚙ Risk Management Committee – Evaluates the effectiveness of risk mitigating strategies to address the material risks of the department
- ⚙ Management – Overseeing the management of key risks within their area of responsibility
- ⚙ CRO – working with Senior Management to develop the department's vision for risk management
- ⚙ Other Officials – Integrating risk management into their day to day activities (e.g. ensuring payment of invoices within 30 days by timeouts processing of invoices to avoid penalties)
- ⚙ Internal Audit – provide an independent objective assurance on the effectiveness of risk management



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