



# NEWSFLASH

MAY 2013

*'Health is like money,  
we never have a true  
idea of its value until  
we lose it'*

*Josh Billings*

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## NO DECISION ON NHI FUNDING : MOTSOALEDI

Health Minister Aaron Motsoaledi says they are yet to decide on how the National Health Insurance (NHI) will be funded in the country. He was responding to questions about how the new health system will be funded and rolled out.

Motsoaledi was part of a debate on the NHI at the launch of the *Mail and Guardian's* Bhekisisa Centre for Journalism. He says they are currently learning from other countries who have implemented similar systems.

"There are many methods that can be used to fund the NHI including capitation and budget. There are many others but fee-for-service, which is the predominant method used in South Africa, will never work. It has not been proven to be effective anywhere in the world."

Motsoaledi adds that he has seen a number of combinations and that one of the best models comes from Finland where they combine all forms. "The combination that Finland uses has produced one of the best NHI systems in the world."

*Source: SABC News Friday 19 April 2013*

## SA BEGINS SINGLE-DOSE HIV DRUG ROLL-OUT

About 180 000 HIV-positive South Africans will soon start taking fixed-dose combination antiretroviral (ARV) medication, which involves one tablet instead of three to five pills a day, reducing the risk of patients defaulting from treatment.

Health Minister Aaron Motsoaledi launched the single-dose ARVs at Phedisong 4 Community Health Clinic in Ga-Rankuwa outside Pretoria on Monday.

The fixed-dose combination (FDC) ARV will be given to newly diagnosed HIV-positive people; HIV-positive pregnant women and breast-feeding mothers.

## SA BEGINS SINGLE-DOSE HIV DRUG ROLL-OUT (Contd.)

Motsoaledi said the department had revised the guidelines for prevention of mother-to-child transmission, paediatric and adult treatment due to changes in the treatment regime for FDC ARVs.

The fixed-dose combination - containing emtricitabine, efavirenz and tenofovir - is a multiple antiretroviral drug combined into a single pill, which helps reduce pill burden. It is easy to take, highly effective and in no way inferior to taking three individual drugs.



Source: [SANews.gov.za](http://SANews.gov.za)

## ANTI-TOBACCO CAMPAIGN MONTH



Although most of us are aware of the health dangers associated with smoking, millions of South Africans still light up. This is unfortunate because smoking puts you at risk of developing illnesses such as lung cancer, chronic lung diseases and heart disease.

Research shows that cigarettes will kill half of those who smoke.

Tobacco contains nicotine, a highly addictive drug that you start to crave when you are without it. This is what makes it so difficult to give up. Your body and brain soon starts to need nicotine in order to feel good, resulting in addiction.

## INTERNATIONAL MULTIPLE SCLEROSIS MONTH

Multiple Sclerosis Awareness Month is an effort by the [Multiple Sclerosis Foundation](http://www.multiple-sclerosis.org) (MSF) to raise awareness of multiple sclerosis. The goals are to promote an understanding of the scope of this disease, and to assist those with MS in making educated decisions about their healthcare. Multiple sclerosis is a progressive, degenerative disorder of the central nervous system, including the brain, optic nerve and spinal cord.

Source: *South African Government Information*



"Miss Moonie here will check your vitals and Miss Howard here will administer hugs."

© 2006, Jerry Harbison

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