



PWH Newsletter

Central Region

May & June 2013

UJ DANCE CHALLENGE 4 PWH (PEOPLE WITH HAEMOPHILIA) 2013

Report by Erica Bradley
(Secretary Central Haemophilia Foundation)



The UJ Dance Challenge 4 PWH took place on 20 April 2013 in Soweto, amidst bolts of lightning and torrential rain.

The weather did not dampen the spirit of the dancers & officials inside the hall though, as the dancing started at 9am and finished at 9pm. The UJ Soweto Campus proved to be a brilliant venue and the dancers had plenty of space to strut their stuff. Competitors & spectators were treated to an awesome display of

artistry by Craig Smith & Micheline that left us all wondering how they are able to defy gravity in the way that they do. Dancers young & old, professional & amateur entertained us with their competitive routines for the remainder of the day and many a dancer went home with a medal, trophy or prize attached. What makes an event of this nature a success is support from the



dancing community – the officials who gave of their precious time freely for the day, the dance studio's that promoted their students to dance, the spectators & **supporters, and let's not forget our wonderful sponsors.**

Just over R41000-00 was raised for the SA Haemophilia Foundation, but most importantly, the roughly 600 people who attended the event helped to create awareness for people living with bleeding disorders (PWbD) in South Africa.



A huge thank you to Erica Bradley for organizing such a successful event. Without her hard work and dedication the event would not have been possible.

Special announcement from UTi

UTi (previously CMD) will no longer be supplying and delivering haemophilia medication to patients on Medical Aid. If you have not already done so you should contact Clicks Direct Medicines – details below – or your Medical Aid's preferred Chronic medication supplier.

Clicks Direct Medicines Contact Details
Email address: speciality@dirmed.co.za
Contact no : 0861 444410 option 2
Fax no : 086 5763467
Patients can register on-line
<https://www.clicks.co.za/DM-Registration.aspx>

Welcome home Prof Cyril Karabus!

Story from News24, Photographs courtesy of Nardus Engelbrecht



Cape Town - Loud cheers echoed through the arrivals hall of Cape Town International Airport when Cyril Karabus walked through the terminal doors just after noon on Friday 17 May 2013. His family, old colleagues and members of the public scrambled to see him as he emerged.

A group of Cape minstrels spontaneously broke into a jovial song, causing SA Zionist Federation members to grab hands and dance around in circles.

The 78-year-old paediatric oncologist has been detained in the United Arab Emirates since 18 August after being sentenced in absentia for the death of a Yemeni girl he treated for leukaemia in 2002.

Karabus was acquitted on 21 March, and won a subsequent appeal. His return to South Africa was delayed because he was on the UAE's database as a fugitive from justice.

Karabus then needed to get his passport back from the relevant authorities, but there were administrative delays. He received his passport on Tuesday afternoon, but his visa had the incorrect date of entry to the UAE, which would make it appear as if he had stayed in the country illegally for a period of time.



Tebogo's Haemophilia walk

By Tebogo Mphahlele

Each and every individual has dreams and aspirations, and they differ from each other.

We all want to make a mark and be remembered by what is considered as GOOD deeds – it is human nature.

We take time and effort planning for that one thing that would change our lives and that of our fellow men for the **better and I'm no different!** Except that **I'm a haemophiliac** and with this I have a couple of extra limitations. I wanted to prove that anything is possible if you believe, and I wanted to encourage fellow bleeders to try and overcome obstacles.

"I learned a while ago that medical conditions and disabilities are just like the weather, you accept and maneuver around it."



On the 29th of April 2013, Kabelo Modisenyane and I took part in a 36 Km Haemophilia awareness walk, from Centurion to Charlotte Maxeke Hospital in Johannesburg. Sr Alice Banze drove in front of us with our banner attached to the car, while the Metro police drove behind us. You can never train enough for such an **event, I've heard experts say, but my mind and courage** had already finished this walk a couple of time in **advance, so I didn't listen.**

My body had not done it before and this gave me sleepless nights and all I could do was hope for the best. The big day finally arrived.

Both Kabelo and Sr. Alice reminded me that I don't have to walk all the way; I can stop the car at any time and

get inside it until I feel strong enough to start walking again. But in my mind I was already at the finish line. The first hour went well, the feeling of obstructing traffic legally was incredible and with sirens behind us it was an unbelievable experience. Along the way I was mesmerized by the number of hoots, stares and **applaud...** then I knew we were doing something good. I had lots of people phoning me along the way wishing me the best of luck. A colleague phoned and reminded me that **what I'm doing is equivalent to climbing Mt Kilimanjaro** and this gave me an extra burst of energy. A call from the central committee chairman proved that this was not just about me trying to prove a point but an attempt to encourage all Haemophiliacs.

Five hours into the walk without resting my feet were killing me and Kabelo was also taking strain. His toes were sore, he had pain in the back of his knee, he was suffering from muscle pulls and his flu was getting worse. We encouraged each other by focusing on the distance we had already covered.

We had a perfect view of the Telkom tower which somehow brought more hope as it was next to our **finish line. If it wasn't for Kabelo I don't think I would have kept walking all this time.**

At one point one of the metro police got out of car and walked with us. After 20 minutes he was tired and he returned to the car and we laughed. At this point we had more cheers and hoots as it was rush hour and we obstructed more traffic and there was no giving up now.



Tebogo would like to thank the following people for making his walk a success:

Erica Bradley (Secretary General Haemophilia Foundation)

Sr Alice Banze

Kabelo Modisenyane,

Central Haemophilia Committee members

Charlotte Maxeke staff members

The Johannesburg Metro Police Department



We reached Charlotte Maxeke Hospital just after 6pm. I think I was too tired to notice how great it felt to complete the walk without a single bleed. I am proud to **announce that I haven't suffered any bleeds after the walk; I even went to work the next day!**

Thank you to Rijk Roux for fuelling my courage by taking part in the Argus. My hope is for fellow bleeders to be inspired and to realise that anything is possible when you believe.

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THANK YOU

How can you help our cause?

- Pay your subs to the SAHF and become a member. Contact secretary Erica Bradley on jbandes@mweb.co.za or 0834532200 for membership forms
- Support our fundraising efforts during the year e.g. Dance 4 PWH
- Chat to your company about us. We can provide them with all the relevant certification so that they can receive tax benefits and BEE points when making donations.
- Raise awareness in your companies or participate for PWH in public events.
- Follow us on Twitter @HaemophiliaSA
- Follow us on Facebook www.facebook.com/groups/401785716506736/



Visit our website www.haemophilia.org.za to download our new Haemophilia Pamphlets. They are available in all 11 official languages

World Haemophilia Day 17 April 2013

South Africans raise awareness on World Haemophilia Day by wearing RED

