Training is where the hard work is. It gets tough and often lonely trying to put in the mileage.

MYRNA LEWIS

DURBAN-based Sarah Ferguson, 36, wants to highlight the plight of many of our country’s inhabitants and focus attention on the threat of plastics in the sea. In July she swam 10km over a six-day period from Ponta do Ouro in Mozambique to Sobhaha Bay. “When I was a little girl, my parents took me to the beach. I cried straight to the water and my mother had to constantly drag me back from the ‘danger’. I could swim before I could walk,” she said before she embarked on another leg of her journey. In Standard 5 (Grade 7) she won the top swimming sports award at (Nzimbhakane) for swimming. She is followed by her parent’s commitment arranging for her to join a swimming team in Cape Town. Her mother drove her to training sessions every day. “Training the ocean waves in where the hard work is; it gets tough and often lonely trying to put in the mileage. There are few other opponents in Durban who want to swim for fun and training. There are many splitting sessions into smaller chunks, to allow different people to join in.” Her training includes exposure to cold water, night swimming, heading through strong waves, long pool screws and strength training to prevent injury. She follows a comprehensive training plan, researches the surroundings of a planned swim and takes advice from the locals. “Holding down a full-time job does not always allow for the recovery time needed between training sessions, and in a constant mental mental and physical toll. This is why I’m so thankful, always knowing you cannot afford to get sick or injured,” she said. She was inspired by Lewis Fug, endurance swimmer and long-distance advocate. “Toni rowed his autotjography when she swam the Knysna Channel, in Hong Kong started. Linda Kaiser, Leanne Coetzee and Sharon Nqola are our very own swim champions. They inspired me in my own small way. Ferguson advises young swimmers to focus on the process, not the destination.”

BREAST CANCER AWARENESS

Mammograms: a healthy lifestyle essential for women

WOMEN today are leading more active lifestyles, which values their lives for them to focus on their health. Jepedal and Partners fat the importance of investigating and maintaining a healthy and fruitful lifestyle. A mammogram is an important diagnostic tool that can detect breast cancer at an early stage. That is why Jepedal and Partners has invested in digital mammography machines at eight of its Hillcrest Private Hospitals—making the service easily accessible for patients in all of their areas. Mammography is a specific type of imaging test used to examine breasts. It uses x-ray to examine breasts and is used to detect the early detection of breast cancer and breast diseases in women. Jepedal and Partners also offers mammography with sonography, and is one of the few practices to offer Contrast Enhanced Spectral Mammography (CEMS). CEMs is a study that is performed as an adjunct to mammography and ultrasound studies. This type of mammography can be helpful in identifying those at risk of breast cancer, and it helps to monitor the rest of the treatment. Using an iodine contrast, the SpectraLight CEM module takes two images per minute from the iodine contrast that is injected into the breast. Unlike mammography, this takes about 30 minutes, and the breasts are not compressed. The views can reduce the exam time. Mammography is performed in addition to 2D mammography, and adds to further save a routine exam. Jepedal and Partners also offers mammography with sonography in women whose mammograms are found. Reassuring can either be self-reassuring or ultrasound-guided. Book your screening mammography today and for more information, visit the Jepedal and Partners website at www.jepedal.co.za. We’ve checked... have you had a mammogram could save your life.

Contact one of the venues below to book your appointment:
Hillcrest Private Hospital +27(0)31 760 1800
Mundab the Eastern Cape +27(0)41 928 9206
City Hospital +27(0)31 390 8465

SARAH’S MAMMOTH SWIM

In WAKING places where plastic pollution is a common sight, South Africa has added a new chapter to its story: the Stop Plastic campaign. Ferguson became aware of the dangers of plastic pollution when she lived in Japan. She truly made a presentation in this regard and was snapped up to promote South Africa’s Stop Plastic campaign. She said she knew it was children who are most aware of the dangers of plastic pollution. “In a really long distance swimmer that believes she can make a statement. She plans to document every stage of such a swim will highlight how she encounters—about 80% to 80% of the time she comes across plastic. Sometimes, she said, it is difficult to tell the difference between a bag and a waste.”

1200000 Eastern Cape coast chase the waves has the first official stunt swim.

SAFARI FERGUSON: Aspen in the South African flag at the end of her 100km swim along the Elephant Coast. | MATTY WILD

SARAH FERGUSON

Deputy head scoops Woolworths’ hero award

Grade 6 teacher scoops Woolworths’ hero award

Sophazi said she had Instagram nominations her for national Teachers’ Day competition. Pinkie Mchunu with Asimbonge Ndlovu who nominated for national Teachers’ Day competition. Pinkie Mchunu with Asimbonge Ndlovu, that gave her the edge in the competition. The 12-year-old girl wrote, “Thank you for not only being a teacher, but a mother and provider to many of us.”

When you saw me without shoes and clothes you made sure that I did not feel the shame that comes with poverty, you provided me with the things I needed. Mchunu said Ndlovu was a role model and played an important part of a mother, she admitted that the corned her of how desperate her abandoned. Mchunu was a 30 000 Woolworths voucher for her submission and Mchunu won 225 000 and a 30 000 voucher. Mchunu, who was still surprised that she won, said she did not know her work would touch the lives of her pupils in this way. “I gave again a household where it was important to give back. We were taught never to watch our successes. He encouraged us to lend a helping hand and therefore giving back as is our duty to us.”

Ndlovu said Asimbonge was not the only pupil she had helped. Some of them, are now in university. “I believe every child deserves an education and to be treated with dignity and kindness.” Mchunu said the would contribute some money that she won from her deeds for children at the school. Some of them,...