

Primary's masquerade debbs



Dawncrest Primary debutantes and freshmen's ball on Friday, 15 September 2017 at Centre. Participants from Grade R and

Grade 7 fully embraced the masquerade theme that culminated in a night of mystery and magic.

The fund-raiser was a resounding success due to the collaborative support and sacrifice made by both the parents and participants alike. The event was declared the highlight of the school year and Dawncrest Primary staff members and principal extends their heartfelt thanks and congratulations to all the winners.

"Pinched Nerve"

Nerve root entrapment, commonly referred to as a Pinched Nerve, is probably the most frequent complaint that I have been presented with in the past few years of practice. If you have not been diagnosed with it, you probably are aware of someone close to you who has. What exactly is it, and how is it treated?

The spinal cord is a continuous aggregation of nerve tissue/fibres that carry information back and forth between the brain and the different parts of the body, via nerves. These nerves leave the spinal cord between adjacent vertebrae, to go to the area that they supply eg. nerves that exit the spinal cord in the neck go to supply sensation and movement to the arms, nerves that leave the spinal cord from the lower back supply the legs with skin sensation and muscle power, amongst others. Occasionally, as these nerves leave the spinal cord they may become trapped, resulting in it being pinched or compressed thus giving it the title of "pinched Nerve." The cause of such nerve root compression is multifactorial. The most common causes are misalignments of the spinal joints, Disc herniations/ruptures, Severe spinal Degeneration producing excess bone formation in the spinal canal, tumours, nerve or other injury etc. The cause of the pinched nerve is best determined via MRI scans. Whatever the cause, a pinched nerve is excruciatingly painful and severely restricting in movement. Beside pain in the area of the pinched nerve, one may also feel numbness, tingling or pins & needles along the course of the nerve being compressed. Severe and prolonged compression may result in loss of skin sensation and reflexes to the affected area, as well as loss of power and ultimately death of muscle tissue in the area. Eg. a Pinched Nerve in the neck may result in loss of skin sensation and power, or numbness, tingling or pins and needles into the arms;

while a Pinched Nerve of the lower back may produce the same sensations into the legs. Thus, the treatment also depends on the cause of the pinched nerve. Very severe nerve root compression may warrant surgical intervention.

Research studies have shown that Chiropractic manipulation has been very effective in resolving a pinched nerve, especially if it results from misaligned spinal joints. It releases pressure on the nerve, also restoring proper movement to the spinal joints. Since muscle spasm almost always accompanies a pinched nerve, it is equally important to treat the muscular spasm as well. On this point, it is very important to note that some muscles may also refer pain in the same manner that a pinched nerve does. Eg. muscle spasm of some of the neck, shoulder and upper back muscle may refer pain that runs down the arms into the fingers. Similarly muscle spasm of the lower back, pelvis and buttock muscles may refer pain running into the legs till the feet. For this reason it is of vital importance that a pinched nerve

be differentiated from referral pain as a result of muscle spasm.

The treatment options for both vary according to the cause of the pain, thus you will only be able to treat the problem effectively if you diagnose the cause of the problem properly. Over the past few years in private practice I have had many patients present for treatment for a pinched nerve, having previously been diagnosed as having a pinched nerve. However, in many of these cases the cause of the problem was very severe muscle spasm, which was then very conservatively treated. If you have pain radiating into the hands or legs, please have it properly assessed and treated by a trained medical professional, who will be able to diagnose your problem correctly and offer you the best possible treatment options.

If you have any queries about the above feature, or are experiencing pain radiating into the arms or legs and would like a FREE assessment of the radiating pain, please call Dr. Prithipal on 031- 502 5243.

ADVERTORIAL

Sunford's budding scientists



Photo: Vishay Rajcoomar and principal of Sunford Primary School, Dr S Pillay

Three young inspiring future scientists, Jyothi Ramdhani, Tate Naidoo and Vishay Rajcoomar from Sunford Primary School, participated in the Eskom Science Expo, which hosted over 700 students from various schools across KwaZulu-Natal.

Sunford Primary pupils performed very well, Jyothi was acknowledged for her commendable effort, Tate received a silver medal for his project and Vishay was the top achiever with a gold medal and awarded Best Project in his category.

Vishay has since been selected by Eskom to represent KZN at the National Science Expo, which was held in Johannesburg from 2-6 October 2017. Vishay's project aims to highlight the negative effects of generating water from the atmosphere.

The principal, SGB and staff members of Sunford Primary School are very proud of Vishay's achievements and wished him everything of the best at the National Science Expo.

Cybertrade Paints

Cybertrade Paints is not associated with any other paint company. We are an independent paint company.

Cybertrade Paints has been established since March 2005. Rodges Pillay oversees the business from sales to the technical aspects of the business (quality control).

manufactured are strictly subjected to tested quality control, together with a partnership with our raw materials supplier. Cybertrade Paints is committed to innovating the environment-friendly products and cost-effective formulating so that we can pass the benefits to our customers.

At Cybertrade Paints we have a number of experienced staff members in sales, technical, tinting and machine operators. Together with the members of the staff, the Cybertrade Paints team has over 100 years experience in the paint industry. Cybertrade Paints manufactures both water-and solvent-based coatings.

All our solvent-based enamels are lead-free. Waterbase, Undercoat and Primers, Washable, Sheen and Matt, Pure Acrylics, Textured coatings / Acrylic/ PVA, Roof coats and Primers, Supergloss enamel, Eggshell enamel, Non-drop Polyurethane coating, Stoep enamels/ Road marking paints, Epoxy enamels/ OD Enamels. We offer the following services: Free on-site colour matching, free



Dr SB Khan's advice



Teeth becomes less white over time as the mineral structure of your teeth changes and as enamel becomes more porous. Coffee, smoking, red wine, betelnut, etc can also dis-

technical advice, free estimations and quotations. Free delivery. Cybertrade Paints: Paint Your Future. Branches: Umhlanga 173/ 183 Umhlanga Rocks Drive, Tel: 0315649744/ 0315648835. Chatsworth: 645 Sunset Avenue, Logbro Centre, next to Ismail's Hardware, Tel: 0314021793/ 0314010709. ADVERTORIAL

DENTIST
DR S.B KHAN
Specials on Teeth Whitening
KHAN CENTER 468 TRENANCE PARK DR, PALMVIEW.
(NEAR SOOFIE MOSQUE & CAR-WASH)
Pain-Free Injections Available Jet cards welcome
MON - FRI: 8:30AM-5:00PM SAT: 8AM - 2PM
1ST & LAST SUN: 9AM - 12noon
TEL.: 031 505 5836 / 505 5734

DR PRITHIPAL
MOUNT EDGECOMBE
CHIROPRACTIC
(LIFE MOUNT EDGECOMBE HOSPITAL)

FOR THE TREATMENT OF :

- NECK MID-BACK & LOWER BACK PAIN •
- HEADACHES • WHIPLASH INJURIES • SINUSITIS • ARTHRITIS • PINCHED NERVE & DISC HERNIATION • MUSCLE SPASM •
- SPRAINS & STRAINS • SOFT TISSUE INJURIES • SPORT INJURIES • PREGNANCY RELATED BACK PAIN • OCCUPATIONAL INJURIES •
- ARTHRITIS • COLIC • SINUSITIS • EXTREMITY (SHOULDER /ELBOW /HAND /KNEE / ANKLE) PAIN.

TEL : 031-5025243 / 0829009957

GYBERTRADE Paints Quality Paints... Paint your Future

Paints Manufacturer-Quality At Affordable Prices Direct To The Public

Bring in add to qualify for discounted prices Terms & Conditions Apply

Plaster Primer 20lts R529 5lts R165	Acrylic Midsheen Washable Scrubbable For white & 9 standard colours only R729 20lts	Cybertex Texture Weathercoat For white & 9 standard colours only R549 20lts	Cybersupreme Washable Matt Finish R549 20lts
Acrylic Roofcoat Black/Charcoal/Terracotta/Mid Brown R549 20lts	Gloss Enamel For white/cream/black/golden brown/UVWD Brown R219 5lts	Acrylic PVA Special Peach / Cream / White 20lts R229 5lts R65	Renew Your Tar R179 5lts

173/183 Umhlanga Rocks Drive (Basement of Karoo Delhi) 20 Kyalami Park, Ballito 645 Sunset Avenue, Logbro Centre
Durban North Entrance From Ryde Place Tel: 032 946 1453 (Next to Ismail's Hardware)
Tel: 031 564 9744 Fax: 032 946 1454 Tel: 031 402 1793 Fax: 031 402 1794

FREE ENTRY

UMHLANGA GLASS & ALUMINIUM
GLOBES LIQUOR STORE
DMC SOUND & LIGHTING
PRESENTS

DIWALI CONCERT & BHANGRA

PROGRAMME

6:00-8:00PM NAGARA TOUCH
8:00-8:30PM FREE DINNER
8:30-10:00PM VERSITILE
10:00-12:00AM BHANGRA BY DMC
12:00AM GLOBES FIREWORK DISPLAY
GUEST DJ DIZZY D

GLOBES SHOPPING CENTRE
CAR PARK OTTAWA

MAJOR SPONSORS
DLA GRAINS, CUSTO CLEAR SHIPPING, INSANE SOUND & LIGHTING, DMC SOUND & LIGHTING, UMHLANGA GLASS & ALUMINIUM, NEELAN & FAMILY (GLOBES SUPERMARKET), JR PLASTIC GROUP, TKN SECURITY, SHORTYS CLOTHING STORES

7 OCT

SPONSORS
BD SINGH & ASSOCIATES, ZION INTERIORS, SHARP FENCING, STRIKERS SPORTS BAR, SHIV CONSTRUCTION, SIYA BORA PILING, SUNIL RAMPERSAD & FAMILY, HI TECH ROOFING, COOL LAKE AIRCONS, STAINCO PROJECTS, MAHAABER FAMILY

STREAMLINE