

Diabetes campaign launches on Radio 2000 with Bongzi Ngema-Zuma

Radio 2000 will take a stand against diabetes on Friday 20 June 2014 between 6-10am at SABC Radio Park, Auckland Park.

The stations' breakfast show, Planet Haaibo, hosted by Just-Ice Ramohlola in partnership with the First Lady's foundation, Bongzi Ngema-Zuma Foundation, will host a morning of diabetes screening with SABC employees. This will be a call to other corporates to create an environment that encourages employees to learn more about diabetes and to conduct regular screenings for this disease.



Bongzi Ngema-Zuma

Importance of testing

"We inhabit a world where more than 382 million people live with diabetes," says Ngema-Zuma. "Diabetes is a major killer that we should all be worried about. It indiscriminately kills both the haves and the have-nots, hence it is important for everyone to test and know their numbers."

The station will interview the Ngema-Zuma on the importance of testing, host an expert who will educate people about keeping to a healthy diet and how diabetes can affect you in the bedroom - diabetes-related sexual complications. It will also host fitness expert Khabonina Qubeka who will lead the Haaibo Workout with her Khabodacious moves and help create a healthy lifestyle routine

to take back home.

Educating South Africans

"The station's mission is to empower and improve the lives of South African citizens, which is the reason why we will dedicate four hours to educate the citizens of South Africa about this chronic condition," said Siyanda Fikelepi, Radio 2000 programmes manager.

Diabetes is the most common chronic condition in the world and many South Africans have diabetes, but a large number remains undiagnosed. The station urges all South Africans to make a stand against this disease by having regular diabetes screenings and to recognise the symptoms early in order to receive proper medical care and live a healthy lifestyle.