



POLMED
OUR INVESTMENT OUR HEALTH OUR FUTURE

YOUR CARE

NEWSLETTER

MARCH 2017



The greatest wealth is health

Dear Member

When it comes to life events, childbirth can be a woman’s happiest rite of passage – but the choice of birth option could make a huge difference. Our main feature highlights the advantages of natural birth for both mom and baby, and what you should know before opting for a Caesarean section.

Also in this issue, we list the steps you can take to lower your salt intake. Salt is an integral part of our lives, and it’s the one ingredient that can make all the difference to a meal. Though our bodies need some salt to help maintain the body’s fluid balance, we consume far more than we need.

Have you been diagnosed with diabetes? While diabetes mellitus is one of the most common chronic conditions in the world, it is possible to live a healthy life despite having this condition. Our diabetes article explains how.

Finally, with flu season right around the corner, it’s time to get prepared. Our ‘Fight the flu’ article sheds some light on why your annual flu vaccination is your best defence against the flu virus.

Stay informed and happy reading!

YOUR CARE Support Team



The natural order

There is a growing fear in women of something that used to be normal: natural childbirth. But experts say that babies born via natural delivery have physiological advantages.

[Read more ...](#)



What is diabetes?

It is possible to live healthily with diabetes, provided you recognise the symptoms at an early stage, receive proper medical care, and make healthy lifestyle changes.

[Read more ...](#)



Pass the salt!

Salt intake in South Africa is almost double the World Health Organization’s recommended limit! Are you aware of the dangers of a high-salt diet?

[Read more ...](#)



Fight the flu

Flu season is almost here. So with April right around the corner, it’s time to get prepared! Get vaccinated now – paid from your Preventative Care Benefits.

[Read more ...](#)

If you have any questions or need more information, please call POLMED on 0860 765 633 (select the option for the Disease Management Programme), or send an email to polmeddiseaseman@medscheme.co.za with your membership number and contact details.