

“Good health is not something we can buy. However, it can be an extremely valuable savings account.”

– Anne Wilson Schaefer



Dear Member

Winter is just about here in full swing and for most that means unpacking that bottle of sherry for a little warm-up nip in the evenings... but did you know that according to global statistics, South Africans are among the highest consumers of alcohol? In this month's edition, we look at **how your drinking habits could be telling of a serious underlying problem**.

You can also read more on **3 ways to simplify diabetes care** and **5 things you need to know about your medicine**.

Did you know that people who don't exercise are almost twice as likely to get heart disease as people who are active? Read more about the effects of exercise for your **heart health**.

We wish you a healthy month ahead – remember to keep making those small changes that add up!

#### POLMED YOUR CARE Support Team



#### 3 WAYS TO SIMPLIFY DIABETES CARE

Diagnosed with diabetes? Managing it may seem daunting, but it needn't be. Here are some great tips to stay on top of it all.

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#### EXERCISE THAT HEART MUSCLE

Want to move more but don't know where to start? Exercise is vital, and here's how you can get off the couch without it feeling like mission impossible!

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Medication is not something to be messed with. Here are 5 things that are vitally important to know about your medication.

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#### DRINKING AND MENTAL HEALTH

Think before you drink. How does your drinking habits affect your mental health?

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