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OUR INVESTMENT OUR HEALTH OUR FUTURE



YOUR CARE POLMED

April 2024

“Your body holds deep wisdom. Trust in it. Learn from it. Nourish it. Watch your life transform and be healthy.”

Bella Bleue

Dear Member

We hope that you had a restful Easter period with your loved ones. Easter marks the start of cooler temps and shorter days in the Southern Hemisphere, and as we head into winter, we’re looking at all the ways you can live healthier.

Statistics show that over four million people in South Africa are living with diabetes, a condition that can be successfully managed with medication and lifestyle choices. We know that as the temperature plummets, choosing healthy food and drink over something warm and comforting isn’t always on our minds. This month’s article explores healthier drinks and things to avoid if you’re living with diabetes.

We also share two insightful infographics that unpack two fascinating topics: World Malaria Day and World Haemophilia Day.

As always, have a healthy, active and happy month ahead!

YourCare Team

In this issue...

WORLD HAEMOPHILIA DAY

Commemorated in April, World Haemophilia Day is dedicated to raising awareness of a disorder affecting over 800,000 people worldwide.

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WORLD MALARIA DAY

Malaria is one of the leading causes of death in Africa. World Malaria Day is commemorated in April to raise awareness and highlight the high incidence of the disease.

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DRINKS TO AVOID IF YOU’RE LIVING WITH DIABETES

Over four million South Africans are currently living with diabetes. While it’s the second leading cause of death in South Africa, the condition can be managed with medication and good lifestyle choices

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WORLD HAEMOPHILIA DAY

Commemorated in April, **World Haemophilia Day** is dedicated to raising awareness around a disorder that



AFFECTS OVER 800 000 PEOPLE WORLDWIDE.

WHAT IS HAEMOPHILIA?

Haemophilia is a hereditary disease that prevents blood from clotting normally, causing excessive bleeding.

There are two types:

Haemophilia A

The more common type, affects around 2 000 South Africans and is characterised by the lack or absence of coagulation factor VIII.

Haemophilia B

Also called Christmas disease, is characterised by the lack or absence of coagulation factor IX.



Males are more at risk of haemophilia than females.

SYMPTOMS

Signs and symptoms of haemophilia include:

- Blood in the urine or stool
- Excessive bleeding from cuts or injuries
- Numerous large or deep bruises
- Pain, swelling and tightness in the joints
- Bleeding in the mouth, especially in children
- Random nosebleeds
- Increasing headaches, repeated vomiting, seizures and poor balance, which may be a sign of bleeding in the brain



IS HAEMOPHILIA DANGEROUS?

Without proper treatment, haemophilia can cause a host of serious complications, which include:

- Internal bleeding, which can be painful and fatal
- Bleeding into the throat or neck, affecting the ability to breathe
- Pressure on the joints, which leads to pain and an increased risk of arthritis or destruction of the joint

LIVING WITH HAEMOPHILIA

While there is no cure for the disease, there are treatment options. In addition to medication, those with haemophilia should:



Design an exercise plan with their doctor, and avoid contact sports.



Follow a healthy diet.



Monitor intake of non-prescribed medication, as some medications may affect blood clotting.



Take extra care of teeth and gums.



Have regular medical check-ups, including dental.

Living with haemophilia can be difficult, so support your loved ones by encouraging healthy lifestyle choices, having medical supplies such as gauze and bandages at the ready, and offering emotional support.

However, with proper precautions and the correct treatment, individuals with haemophilia can lead full and productive lives.

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WORLD MALARIA DAY

In 2022, around
249 MILLION MALARIA CASES
were reported worldwide, with
608 000 DEATHS
linked to the disease in 85 countries.



Malaria is one of the leading causes of death in Africa.



World Malaria Day is commemorated in April to raise awareness and highlight the high incidence of the disease.

WHAT IS MALARIA?

Malaria is a life-threatening disease spread to humans by certain mosquitoes infected by a parasite. It can also be spread through blood transfusions and contaminated needles, but it's not contagious.

SYMPTOMS

Symptoms of malaria often start within two weeks of being bitten by an infected mosquito and can be either mild or severe.

Mild symptoms typically occur in those who've had malaria before. These include chills, headaches, fatigue and sore muscles.

Severe symptoms are more common in infants, toddlers, pregnant women, travellers and those living with HIV/AIDS. These include:

- Nausea
- Vomiting
- Diarrhoea
- Extreme fatigue
- Difficulty breathing
- Bloody urine
- Yellowing of the eyes and skin (jaundice)
- Abnormal bleeding



COMPLICATIONS

It's important for those with severe symptoms to seek treatment immediately, as malaria can cause the following complications:



Seizures



Coma



Low blood sugar (hypoglycaemia)



Tissue damage



Organ failure

TREATMENT

Early diagnosis and treatment can prevent malaria from becoming severe. There are multiple medications available for the treatment of malaria.

PROTECTING AGAINST MALARIA

In 2023, South Africa recorded 7 400 cases of malaria and 66 deaths. Only 17% of the recorded cases were local infections, with the majority infected being travellers.

In 2022, these countries accounted for nearly half of all malaria cases globally:

Nigeria
26.8%

The Democratic Republic of the Congo
12.3%

Uganda
5.1%

Mozambique
4.2%

To protect against malaria, you need to take precautionary measures when travelling to endemic areas. Always use mosquito repellent, sleep under mosquito nets, take antimalarial medication before, during and after travel, and wear long-sleeved clothing.

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DRINKS TO AVOID IF YOU'RE LIVING WITH DIABETES

Over

4 million South Africans

are currently living with diabetes.



While it's the second leading cause of death in South Africa, the condition can be managed with medication and good lifestyle choices. One of the most important is following a healthy diet, which includes watching what you drink.



UNHEALTHY DRINKS

Alcohol, fizzy, sugary, and energy drinks aren't healthy options, especially if you're living with diabetes. High in sugar and carbohydrates, they can cause spikes in blood sugar and poor blood glucose control.



Sustained high glucose levels can increase the risk of complications such as damage to the nerves, kidneys, heart, and eyes. Alcohol can also interfere with diabetes medications.



The South African government recommends a threshold of 4g of sugar per 100ml can. Yet, a 100ml can of some cold drinks and energy drinks contains over 10.5g of sugar. Fruit juices also have a very high sugar content.



DIABETES-FRIENDLY DRINKS

There are many options that won't compromise the health of those living with diabetes. These include:

- **Sugar and milk-free tea or coffee:** If you enjoy a cup of tea or coffee, take it without milk, cream, sugar, or syrup, as these additions can affect blood sugar.
- **Herbal teas:** Green, ginger, and chamomile teas, for example, are free of sugar and carbohydrates and higher in antioxidants, which promote good health.
- **Water is the best option. It prevents dehydration and helps** manage blood sugar levels. Try adding fresh fruit like strawberries and lemons to your water for a better taste.

Staying hydrated is essential, but, especially if you're living with diabetes, you need to avoid alcohol, fizzy, sugary and energy drinks. Keep to the right choices, and you can protect your health.

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