

DEAR MEMBER

SPRING is here- It's time to get moving - physical activity or exercise can improve your health and reduce the risk of developing several diseases. Focus is also on Prostate cancer – The silent killer few South African men are prepared to talk about. Key reasons why a living Will gives you the last say. Understanding your benefits when having endoscopic procedures is important. Lastly we remind you that the 2019 AGM will take place on the 10 October 2019 -read on for information on these topics.

SPRING IS AROUND THE CORNER

IT'S TIME TO GET MOVING! FOR CERTAIN HEART CONDITIONS, EXERCISE CAN BE AS POWERFUL AS SOME MEDICATIONS.

THE GOOD NEWS:

Understanding just how physical activity benefits your heart can be strong motivation to get moving. **Here's what to you need to know:**

EXERCISE LOWERS BLOOD PRESSURE

Exercise works like medication to slow the heart rate and lower blood pressure (at rest and also when exercising). High blood pressure is a major risk factor for heart disease.

EXERCISE IS KEY TO WEIGHT CONTROL

Especially when combined with a smart diet, being physically active is an essential component for losing weight and even more important for keeping it off which in turn helps optimize heart health. Being overweight puts stress on the heart and is a risk factor for heart disease and stroke.

EXERCISE HELPS STRENGTHEN MUSCLES

A combination of aerobic workouts (which, depending on your fitness level, can include walking, running, swimming, and other vigorous heart-pumping exercise) is considered best for heart health. These exercises improve the muscles' ability to draw oxygen from the circulating blood. That reduces the need for the heart—a muscular organ itself—to work harder to pump more blood to the muscles, whatever your age.



EXERCISE CAN HELP YOU QUIT SMOKING

As smokers become more fit, they often quit. And people who are fit in the first place are less likely to ever start smoking, which is one of the top risk factors for heart disease because it damages the structure and function of blood vessels.

EXERCISE CAN STOP OR SLOW THE DEVELOPMENT OF DIABETES

Research has shown that when combined with strength training, regular aerobic exercise such as cycling, brisk walking, or swimming can reduce the risk of developing diabetes by over 50% by allowing the muscles to better process glycogen, a fuel for energy, which when impaired, leads to excessive blood sugars, and thus diabetes.

EXERCISE LOWERS STRESS

Stress hormones can put an extra burden on the heart. Exercise—whether aerobic (like running), resistance-oriented (like weight training) or flexibility-focused (like yoga)—can help you relax and ease stress.

EXERCISE REDUCES INFLAMMATION

With regular exercise, chronic inflammation is reduced as the body adapts to the challenge of exercise on many bodily systems. This is an important factor for reducing the adverse effects of many of the diseases just mentioned.



SAVE THE DATE

The AGM for members of the Moto Health Care Medical Scheme will be held at the **MIBCO TRAINING CENTRE; 276 OAK AVENUE RANDBURG, on 10 October 2019 from 11h00 to 13h00.**

The notice, together with minutes from the previous meeting, will be sent to members in due course. We look forward to seeing you there!

PROSTATE CANCER

4000 South Africa men are diagnosed with prostate cancer annually. The incidence of prostate cancer is rising, but the mortality rate is decreasing.

RISK FACTORS

ALTHOUGH THE ACTUAL CAUSE OF PROSTATE CANCER IS NOT KNOWN, THE FOLLOWING RISK FACTORS HAVE BEEN IDENTIFIED:

- Age is the major risk factor. Men over 50 years are at risk. More than 80% of all prostate cancers are diagnosed in men over the age of 65 years.
- Family history / Genetic factors. If a father or brother had prostate cancer, there is an increased risk of getting the disease.
- Unhealthy Diet. There is a relationship between a diet high in animal fat and protein (especially red meat), and prostate cancer.



THE IMPORTANCE OF **EARLY DETECTION**

The early detection of prostate cancer greatly improves the success of treatment.

THE FOLLOWING GUIDELINES SHOULD BE OBSERVED:

Annual screening from the age of 50 years.

If there is family history of prostate cancer, annual screening is advisable from the age of 45 years. Diet low in animal fat and protein is advisable. Health professionals would advise you to have a blood test and a rectal examination.

The blood test would measure the level of a protein called Prostate Specific Antigen (PSA) in the blood. If the blood test results show an increased level of PSA, you will be referred for further investigation. Any condition affecting the prostate can cause the PSA level to rise. A rise in PSA does not mean that the person has cancer.

A rectal examination would confirm the presence or absence of prostate cancer. This examination generally discourages men from seeking medical advice. It is vital to understand that this examination must be performed for your health and well-being.

TREATMENT OPTIONS

Depending on the patient's age and on how aggressive the cancer is, treatment options include **radiation therapy, chemotherapy, hormonal therapy and surgery**. If diagnosed and treated early, prostate cancer usually has a good prognosis.

REDUCE YOUR RISK OF **PROSTATE CANCER** BY **MAKING HEALTHY CHOICES**

According to diagnosis data, age is the greatest risk factor for prostate cancer, but there are also others, including family history of prostate or other cancers, genetic factors, race, lifestyle and diet. Research into understanding genetic risk factors is ongoing to develop better treatment. However, there is nothing you can do about family history and genes that will reduce your risk.

BUT YOU CAN TAKE STEPS TO REDUCE YOUR OTHER RISK FACTORS:



Eat a **healthy diet**, avoiding a high-fat, high processed carbohydrate diet



Keep your **weight** at a healthy level



Don't smoke or **stop smoking**



WHAT IS A LIVING WILL?

Simply put, a “living will” is a written, **legal document** that **details a person’s wishes about future medical treatment in circumstances** in which they aren’t able to make informed decisions and give their consent, this includes your preferences for other medical decisions, such as pain management or organ donation. To draw up a living will, a person must be **over the age of medical consent** and sound of mind.

5 REASONS WHY YOU NEED A LIVING WILL:

- 1** A living will speaks for you when you **cannot speak for yourself**. For example, if someone is in a coma and there is no reasonable chance of recovery, a living will could state whether or not the patient wishes to be kept alive through artificial life support.
- 2** Having a living will in place spares your loved ones from making **life-or-death decisions**. It will be up to you whether or not you want to remain on life support, for instance. This will also eliminate any emotionally straining arguments family members might have over the situation.
- 3** The document will also **let you have a say in specific medical procedures** and organ donation. The latter is particularly important for healthy individuals, as their organs could be harvested and used to give someone else another chance at life.
- 4** **The financial burden will be lessened**. Being on life-support, especially when there is no reasonable chance of recovery, is incredibly expensive. And while it might seem heartless to put a price on life, medical bills could be devastating for many families.
- 5** A living will gives you peace of mind. Because **life is so unpredictable**, you want to make tragic situations as easy as possible for yourself and your family.



HOW TO DRAW UP A LIVING WILL

Drawing up a living Will isn’t time-consuming, and while you can do it yourself, it’s always best to have a **lawyer assist you with the process**.

CONSCIOUS SEDATION VERSUS GENERAL ANAESTHETIC

Based on recent enquiries received, we thought it would be **beneficial to share some information** with you about conscious sedation and general anaesthetic when having endoscopic procedures. Endoscopies – also called scopes – are used to investigate certain medical and surgical conditions like gastric ulcers, reflux and infections. We refer to **four diagnostic scopes** namely gastroscopy, colonoscopy, sigmoidoscopy and proctoscopy. These are all used to investigate the digestive system.



DID YOU KNOW?

CONSCIOUS SEDATION

During this form of sedation, the patient is **usually able to respond to verbal commands** or light stimulation by touch, but feels little or no pain and has an altered level of consciousness. This level of sedation is used for medical procedures in which it is necessary for the patient to be responsive, and also for minor procedures which do not merit the use of general anaesthesia. Patients are also able to breathe on their own without any intervention.

GENERAL ANAESTHESIA

This is the administering of medications either by **injection or by inhalation** (breathing in) that block the feeling of pain and other sensations, or that produce a deep state of unconsciousness, which allows medical and surgical procedures to be undertaken without causing undue distress or discomfort. The ability to maintain independent breathing is impaired and the patient requires assistance.

In recent years, based on research and best practice both internationally and within South Africa, through the South African Gastroenterology Society, the necessity for an anaesthetist to be present for these single operator procedures has been reviewed. Endoscopists should be able with the help of an assistant (usually nursing staff), to administer and monitor conscious sedation. A general anaesthetic is rarely required for routine endoscopic procedures.

PREAUTHORISATION FOR SCOPES

When you are having a planned scope it is important to call **0861 000 300** at least 48 hours before for approval. The pre-authorisation team, will confirm your benefits and also inform you how the Scheme will pay your accounts and whether, depending on the procedure you're having done and facility (rooms or hospital), a co-payment or deductible applies.

MESSAGE OF APPRECIATION



I would like to take the opportunity to congratulate you on the excellent staff member with the name of Lethu Ndlovu. He really is an asset to your company and we can't thank him enough for the great service he rendered. Please convey our gratefulness and appreciation on the extra mile he went to assist us.



André Slabbert
Dealer Principal

If you suspect fraud, please call our **whistle-blower hotline** number on **0800 000 436** or email tip-offs to **mhg@tip-offs.com**. **All reports are confidential.**

DISCLAIMER: The information is for educational purposes only, and is not intended as medical advice, diagnosis or treatment. If you are experiencing symptoms or need health advice, please consult a healthcare professional.