

CLINIC CARE

Your health is our priority | Issue 7

STAY MENTALLY RESILIENT

ALLERGY FACTS

STAYING HEALTHY WHILE ON THE MOVE

COMPLIMENTARY COPY
International SOS Clinic Magazine

Kids'
Activities
Inside



PROTECTING YOUR PEOPLE IS OUR PRIORITY - THE MEDFIT ADVANTAGE

Many employees go on international assignment unaware of their personal health, occupational health and the destination's risks. MedFit is a health screening programme that provides clients with the global infrastructure and medical resources to minimise these risks. Minimising medical risks not only satisfies your Duty of Care obligations, but helps safeguard your investment.

MEDFIT DELIVERS:



Medically led pre-assignment and periodic screening including vaccinations, malaria chemoprophylaxis and TB screening



Tailored medical examinations and fitness conclusions aligned with your company risk profile



Global co-ordination of appointment administration and recall for certificate expiry



Dedicated MedFit provider network



Annual health trend reporting



Tailored company portal



Medical data storage





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Disclaimer: These articles have been developed for educational purposes only. It is not a substitute for professional medical advice. Should you have questions or concerns about any topic described here, please consult your medical professional.

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LETTER FROM THE EDITOR

“Health is like money, we never have a true idea of its value until we lose it.” Josh Billings.

I personally believe that with the right knowledge and attitude one can ensure a better return on our health investments. It all starts with the greatest resource at our disposal... our minds! Life is unpredictable and will throw you an unexpected curve ball either in your personal capacity or professionally. The key is to avoid such events, to direct your mind towards being mentally resilient, ensuring a quality result towards a better life. Always remember to smile and share a laugh as this stimulates your mental health and those around you.

In this edition we provide you with the tools to improve emotional wellbeing at work, while travelling and at home. We also feature an insert on allergies, equipping you with some basic facts that can help you understand and deal with it in your day to day life.

Lastly we look at the sensitive matter of weight management - know what you eat and create healthy habits that will contribute to quality of life.

Our special kids' section in the magazine is not only aimed at the young, but also at you as their parents and caregivers, so enjoy it with them!



STAY MENTALLY RESILIENT

Written by: Dr Suo Peng, Health Training Consultant, China

Man never made any materials as resilient
as the human spirit.

Sir Bernard Arthur Owen Williams, Philosopher

The World Health Organization (WHO) is running a campaign to address the issue of depression. The campaign started on April 7th, the official World Health Day, and will last one year. According to WHO's report, more than 300 million people globally are currently suffering from depression. More concerning is that the prevalence of depression is increasing. The United States Centers for Disease Control and Prevention advises: "It has been estimated that by the year 2020, depression will be the second leading cause of disability throughout the world, trailing only ischemic heart disease".

Most people have ups and downs in life. However, those who suffer from depression may be in a depressed state for a sustained period of time. Depression makes it difficult to cope with life, and in

some extreme cases, it can lead to suicide. Thus, depression is more than just a mental state but a disease. Fortunately, depression is both preventable and treatable. Enhancing our personal mental resilience is an effective way to prevent depression.

What is "mental resilience"?

Mental resilience is the ability for an individual to successfully adapt to life tasks or recover to a positive mental state in the face of highly adverse conditions or danger. Corporate resilience is similar to a spring. The more elastic it is, the more adaptable it becomes. Mental resilience is the inner strength to give you the tenacity to learn from your mistakes without the devastating blow failure can sometimes deal.

Why is it so important for us to stay mentally resilient?

When faced with various adverse external factors, such as change, pressure, danger or uncertainties, a person may experience additional stress. We do not need to let these challenges throw us off course. Resilience and a positive attitude enable us to meet these situations with confidence and optimism. These traits are critical as they can enable us to discover our hidden potential and turn a challenge into an opportunity to break-through. Ultimately, enhancing our mental resilience can help us achieve our life goals.

Consider training to enhance your mental resilience, especially if you:



Have a sudden **serious illness** or a chronic disease



Experience **sudden changes** in life, such as a breakup, divorce, give birth to a child, a financial crisis, or the loss of a loved one



Have **pressures from work** (for example poor workplace relationships, layoffs, demotion, reassignment)



Travel for work and are frequently away from family



Are contemplating an **international move**



Are a **perfectionist, nervous, sensitive, introverted**

Tips to enhance your mental resilience



Will Power: the ability to have a clear sense of purpose and values, be able to advance and succeed despite being faced with setbacks.



Social Support: establish a strong social network with healthy relationships, and a good work-life balance. Seek support in challenging times.



Confidence: believe in yourself. Stay positive.



Adaptability: adjust and adapt to changing circumstances.

In addition, a healthy lifestyle places you in the best position to meet any challenges you may face:

Follow a healthy diet, engage in regular physical activity, get adequate sleep, do not smoke, and if you enjoy alcohol - drink only in moderation.



ATTENTION TRAVELLERS

STAYING HEALTHY WHILE ON THE MOVE

Written by: Dr Charl van Loggerenberg , Regional Medical Director — Africa

Getting from A to B can be stressful – luggage, logistics, customs, transport, weather, and not forgetting where and how you can charge your cellphone or laptop!

I'll give you the benefit of the doubt and assume that in your own home environment you have a sensible strategy in terms of a healthy and balanced diet, an exercise routine, and control of unhealthy lifestyle behaviours and habits.

If you can't remember when you last bought a pair of running shoes, or bacon and beer purchases exceed oat and orange juice purchases, or the closest you get to perspiring is watching the big game on TV – then please consult your favourite healthcare practitioner for a “20 000km service” and maybe a new health plan. So whether A is Accra or Antananarivo and B is Beira or Beirut – what can you do to maintain your health plan while travelling? Let's unpack the trip before you pack your spare socks.

Planning your travel logistics thoroughly will reduce a huge amount of mental stress and anxiety, as well as save you time and frustration. Get tickets, visas, transport pick ups, currency sorted. **Get advice from International SOS on location health risks if the following is relevant:**

- + **If malaria is present** — consult your healthcare practitioner and start prophylaxis on time. Take enough with you. Consider taking along a rapid detection kit and standby treatment if you're going remote.
- + Check whether **specific vaccines** might be required (such as yellow fever) or recommended (such as meningitis or even rabies).
- + If you are **taking medication for a chronic condition**, make sure you have enough, and consider taking a script for repeat prescriptions in the language of your destination country.
- + If you are **taking medication for an acute condition** — check with your healthcare practitioner that you are in fact fit to travel.
- + Pack a **hand sanitiser** and use it frequently.

- + Pack some **gym kit and your running shoes!** No excuses.
- + Remember a **hat, sunscreen, insect repellent and sunglasses** for Africa.
- + Once you are on the plane, train, boat, landcruiser or horse-drawn trailer — **what can you do?**
- + **Plan your rest** if travelling long haul — time zones changes.
- + **Pay attention to safety** briefings (and remember seatbelts) and take frequent mobility breaks.
- + **Stay well hydrated** (especially when flying) with non-caffeinated and non-alcoholic beverages.
- + **Watch food sources** – “chicken or beef” might be fine, but avoiding travellers’ diarrhoea is key.



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When you get there – what can you do to stay on your health plan, especially in terms of exercise?

- + **If you’re staying in a hotel** — it may have a gym. Set aside some time in your day to use it. And that doesn’t mean aggravate the exercise bicycle while watching the news on CNN. It means getting some professional advice about an exercise routine that is appropriate for your age and physical condition.
- + **If the environment is safe** — going for a jog in a new place, new city, along the beach or even around the mine site – can be a tremendously invigorating experience. Get advice from International SOS and trusted locals first, and plan your route or use a GPS. Go with someone else if possible.
- + If you are stuck in accommodation where outside exercise opportunities are limited, consider a short, high intensity, equipment free workout to give you some pep. **There are many apps available that can assist in this regard.** Check out the 7 minute workout, the J&J app, the Nike Training club, My Fitness Pal, Yogastudio, Sixpack app pro or the soon to be launched “Dr Charl says you should be doing something active with your time” app.

And finally, when you're back:



Keep the **momentum** of your health plan going.



Keep taking **your malaria prophylaxis** for the period prescribed by your doctor.



If you fall ill, especially with a fever or flu-like illness – alert your healthcare practitioner to your travel history, especially if you have been to a malaria area.



Have fun planning your next trip!



Traveller's Checklist

Packed

First Aid Kit	
Adhesive bandages (or gauze with tape)	
Alcohol swabs	
Antiseptic (e.g. povidone-iodine)	
Bandage rolls (for sprains, etc.)	
Scissors	
Thermometer	
Tweezers	
Personal Items	
Feminine hygiene products	
Birth control/condoms	
Laxative	
General Items	
Antiseptic hand wipes	
Candle and matches	
Electrical plug adaptor / voltage transformer	
Flashlight and batteries	
Insect repellent with DEET	
Mosquito netting	
Oral rehydration solution (ORS) for diarrhoea / dehydration	
Spare glasses, sunglasses, contact lenses, solutions, etc.	
Sunscreen	
Water purification (iodine, chlorine, filter)	
Medicines	
Antibiotics for travellers diarrhoea (e.g. Cipro or Azithromycin)	
Antifungal ointment or powder	
Sleeping tablets (if required for jetlag)	
Anti-diarrhoeal medication (e.g. Loperamide)	
Moisturising cream / soothing cream for bites	
Pain relievers	
Prescription medications (in original bottle, carry an original prescription or letter from the doctor, take in hand luggage, take enough for entire trip)	
Vitamins	
Documents	
Airline tickets	
Credit cards / travellers checks	
Passports	
Medical summary	
Passport photos	
Travel insurance documentation	
Visas	

MENTAL HEALTH AND THE MOBILE WORKFORCE

Written by: Dr Mark Parrish, Regional Medical Director — Northern Europe

As mental health in the workplace rises on the corporate agenda, it is increasingly important for organisations to consider the well-being of their mobile workforce.



┌ According to the World Health Organization, just \$1 of investment in treatment for depression and anxiety leads to a return of \$4 in better health and ability to work.¹ └

From short-term travel to longer-term expatriate assignments, onshore or offshore, or even getting caught in a security incident; this business critical workforce could face acutely stressful situations.

Globally, one-in-four people are likely to experience a mental health problem at some point in their lives and over 300 million people are estimated to suffer from depression.² When you consider that the mobile workforce accounts for over 38%⁵ of the total global workforce, mental health issues are potentially a significant threat to employees, and the resulting impact on absenteeism and productivity.

Organisations are at vastly differing stages in recognising and managing mental health. Even those with established Occupational Health programmes in place don't always have an appropriate way of dealing with these issues. From the SME to global conglomerates, the benefits of implementing stronger procedures outweigh the costs of implementation.

Along with the fact that in many jurisdictions, health and safety regulators are now requiring employers to assess and manage stress in the workplace, it is becoming crucial that organisations start to address this important area of health.

Business Travel Stress Factors

The working life of a business traveller intrinsically incurs some of the most common and well documented work-related stress factors. These include a sudden and unexpected workload, fast changing events and blurred reporting lines or responsibilities. These are compounded by a number of stress factors specific to the mobile workforce, including:



Jet lag



Poor sleep and a poor diet



Diminished peer support



Severance from home and family



Trepidation to speak about concerns or issues in case it negatively impacts the perception of their ability to carry out their job

The list doesn't stop there. In the current global environment, business travellers are also faced with a perception of heightened travel and security risk.⁴ While this is something that affects everyone, the business traveller may be required to pass through territories that are uncommon to them or work in a higher risk environment⁵ more often as business increasingly look to expand global footprints and trading relationships.

How can an organisation support its mobile workforce

Organisations need to start putting stronger risk management procedures in place to help employees deal with workplace stress. This is particularly necessary for the business traveller and expatriate community, which is more vulnerable to stress-related health issues. If there is lingering doubt about the continuing fitness of an employee to travel, then an opinion can be sought from an Occupational Health physician who will be experienced in the field of mental health in the workplace.

HR departments should ensure all employees take a pre-placement medical assessment prior to travelling and working abroad to make sure they are not at risk of becoming depressed or developing a chronic anxiety state or another medical condition.

Workplace stress is now a well understood science: organisations can implement inexpensive programmes to assess and manage stress in the workplace and, indeed, demonstrate to regulators that they are doing so. Employee resilience training, employee assistance programmes and regular employee surveys can be implemented to mitigate stress.

Supporting workers abroad with regular 'catch-up' calls with no specific agenda can be helpful as is allowing adequate rest between assignments.



¹ <https://www.weforum.org/agenda/2017/04/7-steps-for-a-mentally-healthy-workplace/>

² <http://www.who.int/mediacentre/factsheets/fs369/en/>

³ The global mobile workforce is set to increase from 1.45 billion in 2016, accounting for 38.8% of the global workforce, to 1.87 billion in 2022, accounting for 42.5% of the global workforce, Strategy Analytics 'Global Mobile Workforce Forecast Update 2016-2022'

⁴ International Travel: Risks and Realities: The New Normal for Business, an Ipsos MORI research study conducted among 1,119 business decision makers across 75 countries. Research was conducted online using representative panels in the period October 6 to October 26 2016

⁵ International SOS and Control Risks Travel Risk Map 2017

The road to a mentally healthy workforce

The Global Agenda Council on Mental Health, brought together at the World Economic Forum, developed the following practical toolkit to promote a mentally healthy organisation:



Be aware of the workplace environment and how it can be adapted to promote better mental health for you, your colleagues and the organisation. Every workplace is unique. It's important that before starting you source the necessary information about where you work, to determine what policies will be best suited to your company, including: protecting the mental health and wellbeing of employees; doing the "right thing" for the employees; benefits in employee engagement and reputation and managing costs and liabilities.



Learn from the motivations of organisational leaders and employees who have taken action. There is typically no single motivation but, rather, several motivations working in combination, including: protecting the mental health and wellbeing of employees; doing the "right thing" for the employees; benefits in employee engagement and reputation and managing costs and liabilities.



Don't reinvent the wheel. Be aware of other companies that have taken action, and how. Around the world companies and organisations are already putting mental health policies into place. The toolkit includes case studies from Bank of England, Bell Canada, BHP Billiton, British Telecom Group, Kind & Wood & Mallesons, among others.



Understand the opportunities and needs of you and your colleagues, in helping to develop better policies for workplace mental health. Every organisation is different, and will require a unique set of policies to best deal with the needs of its staff. It's therefore important to identify what these needs are, and how a workplace mental health programme could begin to address these.



Take practical steps to help your organisation. Workplace strategies to protect, promote, and address mental health are commonly delivered by building internal and external partnerships. The successful delivery of any mental health initiative relies on collaboration. Employees can seek educational materials, leverage local training programmes, either use or promote with human resources the use of the adequate diagnostic tools and move forward with the development, implementation and evaluation of workplace wellbeing strategies.



Find out where to go if you or a colleague needs help. Getting help for a mental health problem can be a personal and emotional challenge for some people. The important thing is to be unafraid of asking for support, or of being there for colleagues that may need support.



Get started. As Dr Brock Chisholm, the first Director-General of the World Health Organization and a psychiatrist that shepherded the notion that mental and physical health were intimately linked, famously said: "without mental health there can be no true physical health".



LAUGHTER

THE BEST MEDICINE

Written by: Dr Abraham Udoudom, Medical Officer — Nigeria

Relationships are essential to our well-being. Our health is significantly affected by the quality of our relationships. Robust, resilient relationships thrive on many factors. Principal amongst which is **LAUGHTER**. So basic, so ubiquitous and also very contagious, laughter bears a social link in human interactions. From the giggle of a child to a robust deep holler of an audience at a comic show, we hear laughter every day.

Is there any one definition of laughter?

One definition says laughter is an experience or manifestation of mirth, amusement, scorn or joy. This to me, means everyone needs to experience it first hand or be a witness of others' experience of it. The former is bliss! Laughter just happens to find a natural niche in happy places.

According to a 2005 article published in the Quarterly Review of Biology journal, the primary purpose of laughter could be to trigger positive feelings in other people. Laughter is an activity regulated by the brain and has the power to form group cohesion.

Pioneered by William F. Fry of Stanford University, Gelotology (from the Greek gelos-laughter) which is the study of laughter and its psychological and physiological effects on the body, became a formally established science in 1964 by Dr Edith Trager. The limbic system of the brain (our so-called primitive brain; an area also responsible for self-preservation and finding food) has been shown to be responsible for the control of laughter. When we laugh, a series of actions and interactions take place physiologically with variously documented effects that are beneficial to the whole body.

┌ If we couldn't laugh we would all go insane. ┐
Robert Frost

Endorphins, which are natural chemicals released in the brain, have been known to reduce pain. In blood vessels, these natural chemicals also mediate a process that causes the vessels to relax and thus may play a role in reducing blood pressure. Studies have also shown that laughter promotes some sort of safety shutter valve against the release of stress hormones. Laughter causes an increase in some types of white blood cells and proteins and natural killer cells, gamma interferon, T cells and B cells. These all play a role in boosting immunity, reducing inflammation, curbing viral and tumor cell replication.

In the respiratory system, laughter may lead to hiccups and cough which serves to dislodge mucus plugs and clear up the respiratory tract. The diaphragm, abdominal muscles, respiratory, facial, back and leg muscles get a great workout when we engage in hearty laughter.

We have heard the saying “mind over matter” and this is actively practiced in various yoga techniques, especially Laughter Yoga. Psychology influences our hormonal state and by extension our neurological activities. Little wonder the comic / comedy industry pulls a crowd — an outlet for de-stressing and relaxing.

So here are a few truths about laughter.

Health Benefits of Laughter

- ↘ Reduces blood pressure
- ↘ Exercises many groups of muscles all at once
- ↘ Boosts immunity
- ↘ Reduces stress
- ↘ Relieves depression
- ↘ Improves relationships
- ↘ Improves breathing
- ↘ Relieves pain

References:

The Free Dictionary by Farlex; www.thefreedictionary.com/laughter
R E Ferner, JK Aronson. Laughter and MIRTH: narrative synthesis. *BMJ* 2013; 347:f7274
How Stuff Works: Science; science.howstuffworks.com/life/Wikipedia.en.wikipedia.org/wiki/Gelotology

Like any doctor’s medicine prescription, there are a few things to consider as possible “side effects” when there is over dosage. In no particular ranking order, humour weakens resolve. Mirthful laughter may cause a fainting spell. One may inhale foreign bodies following the quick intake of air that accompanies laughter. Headaches have been known to be precipitated by a bout of guffaw. In an instant, a hernia may protrude from a good belly laugh. So can the jaw fly off its hinges and the plumbing fail with resultant enuresis risoria (aptly called giggle incontinence).

These conditions are not in themselves, sufficient to not recommend a healthy dose of humour as it is known that only those with pre-existing susceptibility are at risk from over-exposure. The risk of harm is therefore, very low.

While it cannot be said in incontrovertible terms that laughter improves one’s health, there is no denying that it improves the quality of life.

Happiness is many things to many people but laughter is one thing to all people. Laughter is perhaps the most contagious of all emotional expressions.

Babies yet to utter any meaningful word, show love with a laugh. Across continents of unknown languages and gestures, laughter signifies a welcome.





SMOKING AWARENESS

Quitting has an immediate
positive impact on your body.
Start today!

Lifestyle diseases

Smoking causes disease in nearly every organ in the body and increases your risk of many "lifestyle" diseases.

Disease	What happens
Cardiovascular disease	Smoking damages the blood vessels - raising the risk of heart attacks and strokes. Smoking five cigarettes a day or fewer can also cause disease.
Respiratory disease	Smoking leads to chronic obstructive pulmonary disease (COPD) and asthma both in smokers and non-smokers.
High blood pressure	Smoking makes the heart beat faster and narrows blood vessels leading to high blood pressure.
High cholesterol	Smoking decreases levels of "good" cholesterol.
Diabetes	Smoking can cause type 2 diabetes (Diabetes mellitus).



Health benefits of quitting

20 minutes	Blood pressure and pulse drop.
12 hours	The carbon monoxide level in your blood drops to normal.
2 weeks - 3 months	Risk of heart attack begins to drop. Lungs start to function better.
Within 1 - 9 months	Coughing and shortness of breath reduce.
1 year	Heart disease risk decreases to half of that of a smoker.
5 - 15 years	Risk of stroke and cancers of the mouth, throat and oesophagus is halved compared to that of a smoker.
10 years	The risk of strokes and cancers of the bladder and lungs is as low as a non-smoker.
15 years	Risk of heart attacks is the same as that of a non-smoker.

Smoking and cancer

Tobacco smoke has more than 50 chemicals that can cause cancer in various parts of your body. It can cause cancer of the lung, oesophagus, larynx (voice box), mouth, throat/pharynx, blood, kidney, liver, pancreas, stomach, cervix, colon, and rectum.

Smoking affects your appearance

- ▣ Yellow eyes
- ▣ Hollowed cheeks
- ▣ Bad breath
- ▣ Yellow teeth
- ▣ Tooth loss
- ▣ Smelly clothes
- ▣ Smelly hair
- ▣ Hair loss
- ▣ Early wrinkles
- ▣ Greying skin

Quitting has an immediate positive impact on your body

When smokers quit, they report many positive life changes. They have more energy, money to spend, enjoyment in eating, quality life years and free time!

Quitting may require several attempts. Keep trying; don't give up if you fail initially.

Tobacco kills around 6 million people each year.*



* Source: World Health Organization, Tobacco Fact Sheet, June 2016

ALLERGY FACTS



An allergy is the immune system reacting to substances that are harmless to most people.

Allergies are common. They can cause minor symptoms or can be life threatening. 30 - 40% of the global population suffers from one or more allergies.



Globally, **220 – 520 million** people may suffer from food allergies.



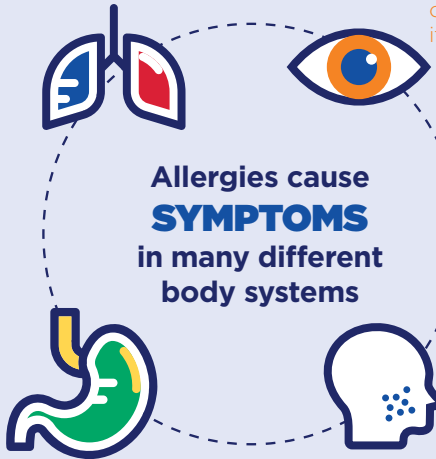
If **one parent** has allergies, chances that the child will **develop allergies are 33%**. If **both parents** have allergies, the chances **rise to 70%**.

LUNGS

Asthma (wheezing) coughing, chest tightness, shortness of breath

NOSE AND EYES

Hay fever (allergic rhinitis) affects 10 -3 0% of people worldwide. Symptoms include sneezing, a runny or blocked nose, red, itchy, watery eyes



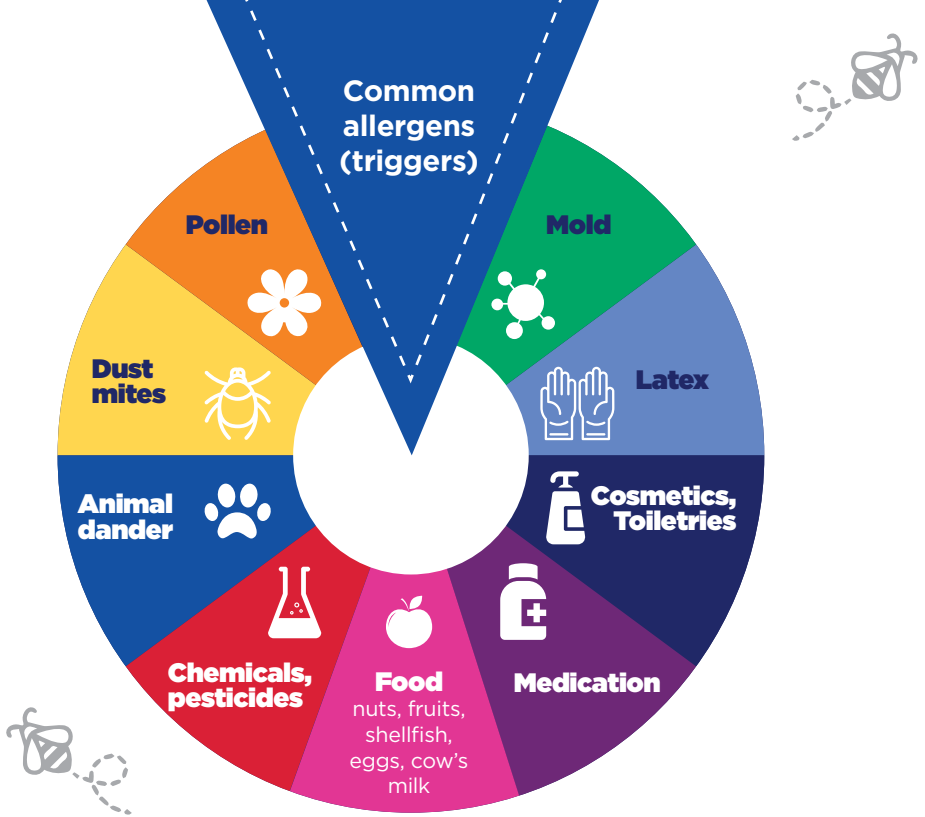
Allergies cause **SYMPTOMS** in many different body systems

GASTROINTESTINAL

Itchiness and swelling of the mouth, abdominal pain, vomiting

SKIN

Swelling of the face, eczema (itchy, red rash), hives (itchy welts), swelling of the face



Seeing a doctor and getting a diagnosis is important to manage allergies.

Severe reactions

Can be life threatening within minutes, or may take hours to develop. Anaphylaxis, the most severe allergic reaction, is a medical emergency. Any of the following symptoms need urgent medical attention, and if the victim has an adrenaline/epinephrine auto-injector it should be used:

- Difficulty breathing (noisy breathing, wheezing)
- Swelling of tongue or throat
- Dizziness, collapse
- Wheezing

Prevention

Anyone with allergies should know their triggers and avoid them as much as possible. Measures include:

- Minimising dust mites, animal dander and mold in the home
- Stay in an air conditioned environment in the hay-fever (pollen) season
- Avoid trigger foods
- Use preventive medication as advised by a doctor

Sources:

- <http://acaai.org/allergies/types>
- <http://www.nhs.uk/conditions/allergies/Pages/Introduction.aspx>
- <https://www.allergy.org.au/patients/about-allergy/common-myths-about-allergy-and-asthma-exposed>
- http://isir.ru/files/WAO_White_Book-Summary.pdf
- <https://www.cdc.gov/healthcommunication/toolstemplates/entertainmented/tips/allergies.html>

DEEP VEIN THROMBOSIS (DVT)

There is ongoing concern among airplane travellers about “economy class syndrome”, the development of a deep vein thrombosis (DVT) and possible associated complications during a flight.



What is DVT and why is it dangerous?

DVT is the development of a blood clot (thrombosis) in one of the large veins, most commonly in the leg or pelvis. The presence of a blood clot is not in itself life threatening, but a complication of it can be. If a part of the blood clot breaks off, it can float through the bloodstream to the heart and lungs. If it obstructs blood flow to the lungs (called pulmonary embolus) it can be fatal.

Are DVTs new?

Air travel-related DVT was first recorded in 1954. The factors that can lead to clotting of blood in veins were first described by the famous pathologist, Virchow, in the 19th century. He noted that there was an increased tendency for the blood to clot within a vein when blood flow was stopped (or significantly slowed), when a blood vessel had a damaged internal wall, or when the composition of blood was altered by illness or other factors.

Who is at risk?

Travellers who have conditions that slow the blood flow in the veins and/or increase

the tendency of the blood to clot face an increased risk of developing a DVT. For example, people who are bedridden after an illness, injury, or operation have slowed blood flow and are at increased risk. Pregnant and obese people are also at increased risk.

Increased coagulability of the blood is also a factor. This risk factor can be higher among smokers and people with a current illness or malignancy, past history of DVT, family history of DVT. Certain medications, such as oral contraceptives, may also increase coagulability.

While people with any of the above risk factors are more likely to develop DVTs, anyone can be affected.

Does air travel contribute?

DVTs can result from a prolonged period of uninterrupted sitting, and can happen to passengers in a car as well as a plane. The risk increases with flights longer than four hours and multiple flights within a short period. The World Health Organization estimates the risk as 1 in 6000, for an otherwise healthy person for flights of more than four hours*.

PEOPLE AT HIGHER RISK OF DVT



Immobility

- Sitting or lying still for hours e.g long flights

Age

- Older adults

Weight

- Obesity

Height

- Being very tall or short

Medication

- Contraceptive pill / hormone replacement

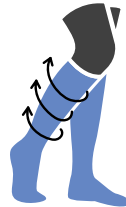
Medical Conditions

- Recent trauma / surgery / hospitalisation
- Pregnancy / recent delivery
- Heart disease, inherited blood clotting disorder, cancer
- Previous DVT

WHAT YOU CAN DO TO MINIMISE YOUR RISK WHEN FLYING



Wear **loose fitting clothes**



Wear **flight socks**



Move often; get up and walk, exercise your calves by moving your feet up and down



Keep hydrated - drink plenty of water and avoid excessive alcohol

* World Health Organization, Research into global hazards of travel (WRIGHT) project

Reference

International SOS - Country Guides: <http://www.internationalsos.com>



HEALTHY

WEIGHT MANAGEMENT

Expert groups (like the World Health Organization) are concerned about the number of people who are overweight. It's getting worse every year.

A worldwide weight problem

In 2014

Over **1.9 billion** adults, 18 years and older, were overweight (39%)

More than **600 million** of them were obese (13%)

Globally, obesity has **more than doubled** since 1980

Formerly a “rich nation” problem, now dramatically affecting low and middle-income countries as people are eating more foods high in fat and sugar and less

foods high in nutritional value. There is a reduction in physical activity as technology makes work, transport and leisure less physically demanding.

Why weight matters

Your body functions better when you are at your optimal weight.

Being overweight has serious side effects, increasing your risk of:

- High blood pressure
- High cholesterol
- Heart disease
- Stroke
- Diabetes
- Osteoarthritis
- Some cancers
- Gallbladder disease
- Sleep apnea
- Low quality of life
- Depression/anxiety

People who lose weight report these positive life improvements:

- More confident in social situations
- Increased energy and stamina to enjoy life
- More options in styles of clothing
- Improved relationships with family and friends
- More comfortable eating or being physically active in public
- Reduced discrimination from others
- Easier to fit in seats e.g. cars, airplanes
- Can move, walk and breathe more easily, and no longer experiencing knee or back problems

If the energy you eat is **equal** to the energy you burn, your weight will stay the same.

If the energy you eat is **greater** than the energy you burn, you will put on weight.

If the energy you eat is **less** than the energy you burn, you will lose weight.

Healthy eating at a glance



Fruit and Vegetables

More: Eat fresh fruit and vegetables in a variety of natural colours for maximum nutrients.

Less: Processed produce: Limit juice and fruits canned in syrup. Eat the “real thing” instead for more fibre and fullness.



“Healthy” Fats

More: Unsaturated fats are good for your body, but they are high in calories. Enjoy moderate amounts of healthy fats.

Example: Olive and canola oils, avocados, nuts.

Less: Saturated fats found in meat and dairy are unhealthy. These unhealthy fats are also found in fried foods and many processed foods.



Whole Grains

More: Choose bread, pasta, rice, cereals and flour that use whole grains. Wheat, rice, oats, or corn should appear as “whole” in the ingredient list.

Less: “White” grains are processed, bleached, or refined. This process strips the nutrients and fibre from the natural grains.



Low-fat Proteins

More: Eat beans, legumes, and lean skinless meats (poultry, seafood), tofu, and low-fat dairy, which are low-fat sources of protein.

Less: Meat with skin on it, organ meat, red meat (beef, mutton) and full-fat dairy products are proteins higher in fat.

Results

More: Energy, confidence, and control over your health!

Less: Risk of disease, joint pain, and body dissatisfaction

Healthy eating habits

Eat breakfast:

This meal literally breaks an overnight fast and prepares the body for the day. Studies show breakfast eaters are more likely to maintain a healthy weight.

Pay attention to portion sizes:

The amount of food you’re given in a packet or on a restaurant plate is often 2-3 times more food than you need to eat!

Eat often – at least 3 meals a day:

If you wait to eat until you are very hungry, you may make food choices quickly, without thinking.



Read the nutrition label on processed food to discover the amount of saturated fats per serving.

Physical activity and health

Diet control can lead to weight loss. Physical activity is important to keep it off.

Physical activity reduces your risk of:

- Cardiovascular disease
- Diabetes
- Stroke
- Colon and breast cancer
- High blood pressure
- People at a healthy weight who are ALSO physically active are the most protected!

Physical activity can also:

- Control weight
- Contribute to healthy bones, muscles and joints
- Reduce anxiety, stress and depression
- Improve sleep
- Improve your health and overall wellbeing

Getting started

You don't need any special equipment or a gym membership to start being more active.

Simple tips to get you started:

- Take the stairs instead of the elevator
- Park farther away than usual, and walk to reach your destination
- March on the spot, do push-ups or lift weights while watching TV
- Get off the train or bus one stop early and walk to your destination
- Actively play with your children. This is a great way to spend time together
- Some moderate changes include:
 - Taking a walk or bike ride instead of watching a television show
 - Join a sports league or dance class
 - Walk or bike ride to work, school, church, or a friend's house
 - Join a gym

How much activity is enough?

It depends on your goals.

To maintain your weight	At least 150 minutes of moderate-intensity aerobic physical activity per week, or at least 75 minutes of vigorous-intensity aerobic physical activity per week or an equivalent combination.
To lose weight and keep it off	High amount of physical activity, unless you adjust your diet.

Longer, more vigorous sessions may give even greater health benefits.

Children and adolescents should do at least 60 minutes physical activity every day.

In summary

Weight management is a worldwide issue, and getting worse. Weight matters because it affects your physical and psychological health.

The good news is even a modest weight loss can improve your overall health picture. Energy balance is simple. Remember to balance the energy you eat with the energy you burn.

Stay in the healthy eating range and develop healthy eating habits. Healthy eating is only one factor in weight management. Physical activity plays an important role.

Find fun ways to get physically active and make physical activity part of your everyday routine. As little as 150 minutes a week will help protect you against cardiovascular disease.

DRUG RESISTANCE

Antimicrobial* resistance (AMR) has the potential to be even more deadly than cancer, to kill as many as 10 million people a year and, according to a recent review undertaken by the United Kingdom, to cost the world economy as much as \$100 trillion annually.

World Health Organization, September 2016



Drug resistance is a serious public health threat that is rapidly increasing globally. Medications normally used to treat microorganisms (such as bacteria, viruses, fungi or parasites) can become ineffective. “Superbugs” is a term used for microorganisms which have become resistant to most antimicrobials.

Reasons for concern

When organisms become resistant, medications fail to improve or cure a condition:

- Infections are harder to treat and last longer
- Severe illness and fatalities may occur
- Resistant infections create huge costs
- Hospital stays are longer
- More visits to the doctor are required
- Resistance spreads. When our remaining antimicrobial medications are no longer effective, more people will die from infections as happened in the days before the discovery of antibiotics.

How does it happen?

Microorganisms have the ability to change and can naturally become resistant. Resistance becomes widespread with misuse or overuse of antimicrobials / antibiotics:

- Overuse in food production such as poultry, beef, dairy and seafood
- Personal antibiotic use: Not taking medication as prescribed, missing doses, not completing the full course
- Prescribing habits: unnecessary prescription, unsuitable selection
- Poor infection control in health settings

How can you help?

- Maintain general hygiene so that you minimise the risk of sickness and the need for medication
- Seek treatment only from certified health professionals
- Ensure you purchase medication from reputable suppliers/licensed pharmacies
- Always take medications as prescribed – the right dose, the right time and intervals and duration
- Do not share medications
- If your doctor advises against antibiotic/antiviral use, trust that advice. Go for a review if you are not improving in the expected timeframe
- If you have any left-over or expired medicines – dispose of them responsibly

Some locations have “take back” programmes at pharmacies. If not, (and there are no special disposal instructions for the medicine), dispose of them in the regular trash in a sealed plastic bag.

Medications to treat infections are a precious resource – use them wisely, and help stop the spread of resistance.



* An antimicrobial is any medicine used against any microorganism. It includes antibiotics (medicines for bacteria), antivirals, antifungals and anti-parasitic drugs.

RABIES

According to the World Health Organization, rabies causes tens of thousands of deaths every year, mostly in Asia and Africa.

World Health Organization, Fact Sheet N°99, June 2016



What is rabies?

Rabies is a viral disease which is almost always fatal, but can be prevented.

People can get the disease if they are bitten or scratched by an infected (rabid) animal – often a dog. Initial symptoms are flu-like and are accompanied with prickling, itching or discomfort at the site of bite. Once rabies virus enters the body, it travels along nerves and affects the brain and spinal cord leading to various symptoms including paralysis coma and death.

A few countries are free of rabies. However elsewhere, any mammal may be infected with rabies, including dogs, cats, monkeys, raccoons, ferrets and bats.

In areas with rabies, seek prompt medical attention for ANY animal bite or scratch.

Rabies spreads from infected animals to people through bites or scratches



Dog bites are responsible for 99% of human rabies deaths*

Avoid contact with wild animals

Teach children to not touch unfamiliar animals

A white silhouette of a parent is kneeling and talking to a white silhouette of a child. Above them is a white speech bubble containing a white silhouette of a child reaching out to touch a white silhouette of a dog. A red 'X' is placed over the child's hand and the dog, indicating that this action is prohibited.An orange heart is positioned above a white ECG line that extends to the right.

Rabies is responsible for about

59,000

human deaths each year**

RABIES IS **100% PREVENTABLE**

Vaccinate if there is a high risk of exposure



Children who may not tell anyone they have been bitten



People **living or travelling** in high risk areas



People who **handle animals**



40%

of risky bites occur in children under 15 years of age*



Rabies occurs in more than **150*** countries



If bitten or scratched, you may need an urgent vaccination which can save your life.

Seek medical attention promptly!

*World Health Organization - Rabies Fact Sheet, March 2016

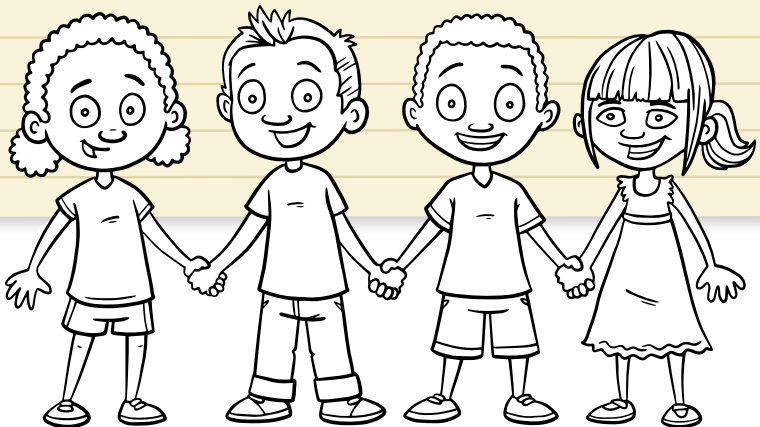
**Global Alliance for Rabies Control - Rabies Facts

THINGS THAT MAKE ME HAPPY!

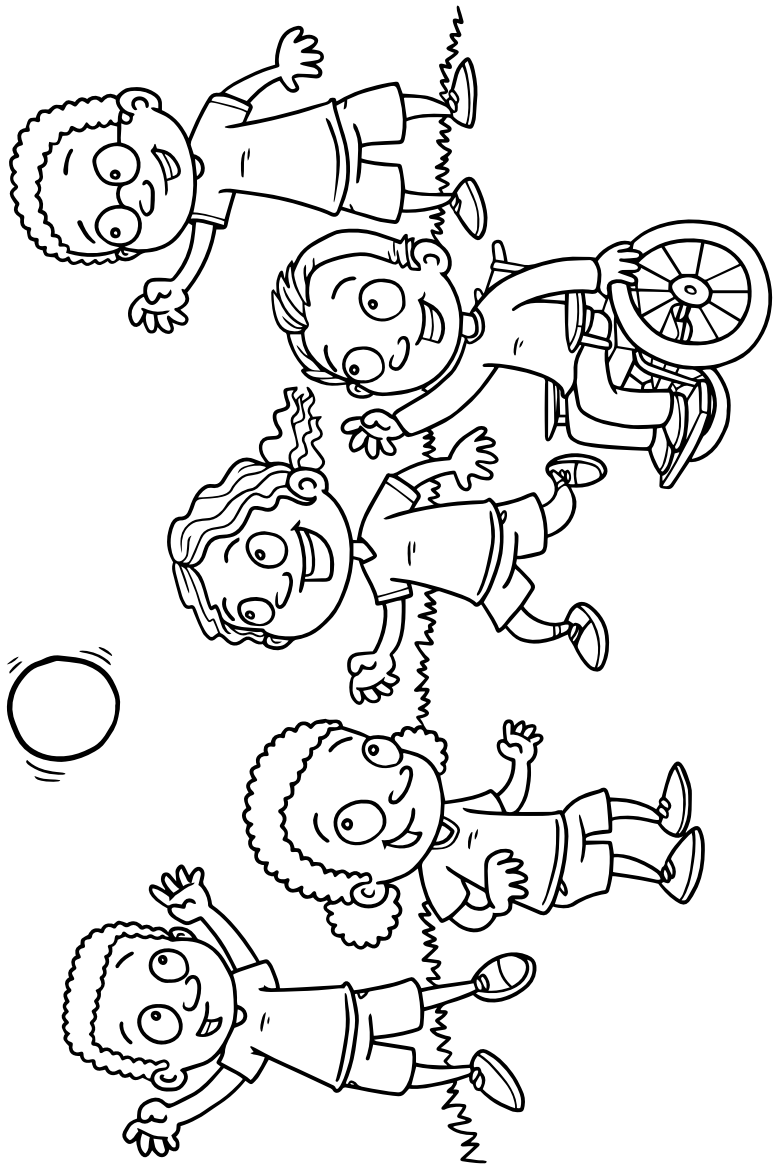
Write down things that make you happy:

swimming

playing with friends



WE ARE ALL HUMAN BEINGS



BE KIND TO ONE ANOTHER

HEALTHY FOOD FOR MY BODY

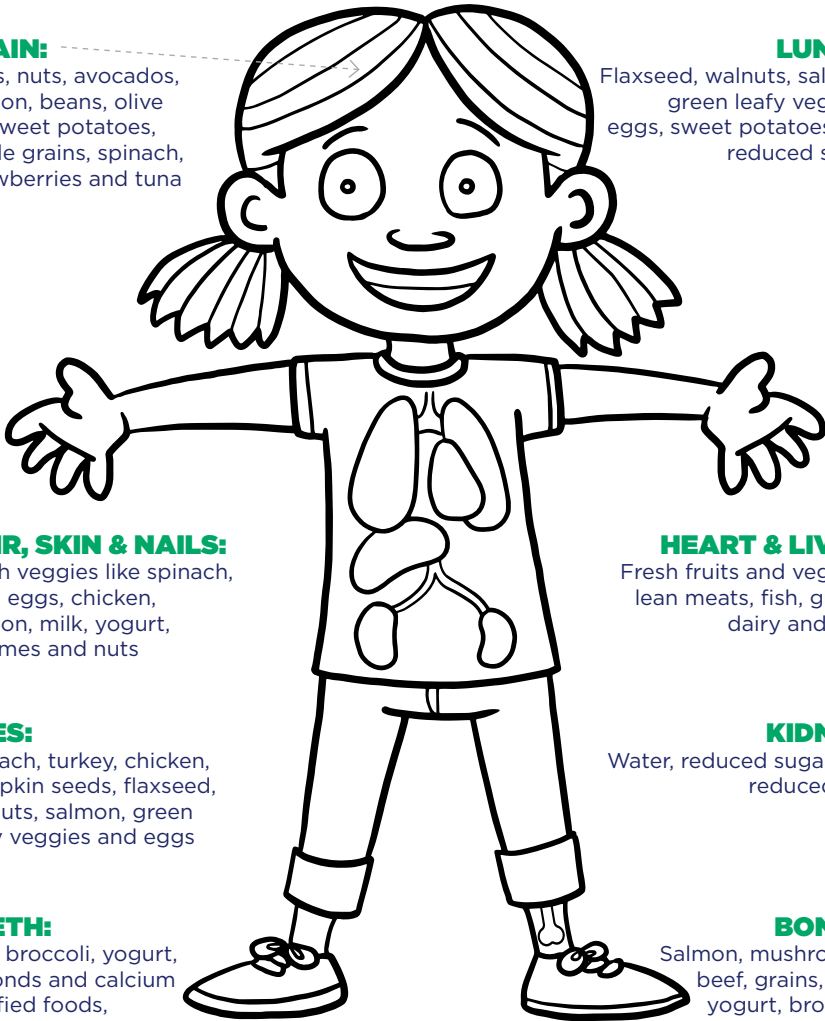
Draw a line to the body parts listed below:

BRAIN:

Eggs, nuts, avocados, salmon, beans, olive oil, sweet potatoes, whole grains, spinach, strawberries and tuna

LUNGS:

Flaxseed, walnuts, salmon, green leafy veggies, eggs, sweet potatoes and reduced sugar



HAIR, SKIN & NAILS:

Fresh veggies like spinach, fruit, eggs, chicken, salmon, milk, yogurt, legumes and nuts

HEART & LIVER:

Fresh fruits and veggies, lean meats, fish, grains, dairy and nuts

EYES:

Spinach, turkey, chicken, pumpkin seeds, flaxseed, walnuts, salmon, green leafy veggies and eggs

KIDNEY:

Water, reduced sugar and reduced salt

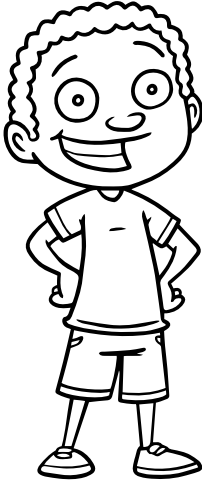
TEETH:

Milk, broccoli, yogurt, almonds and calcium fortified foods, reduced sugar

BONES:

Salmon, mushrooms, beef, grains, milk, yogurt, broccoli, leafy greens, almonds and calcium fortified foods

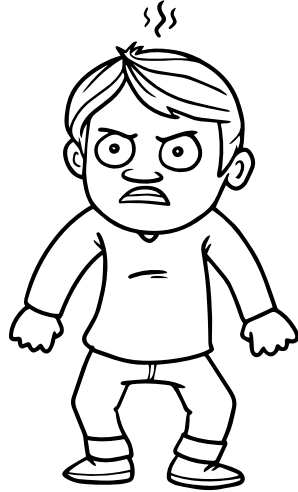
HOW I FEEL TODAY



HAPPY



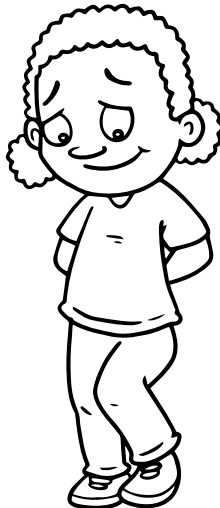
SAD



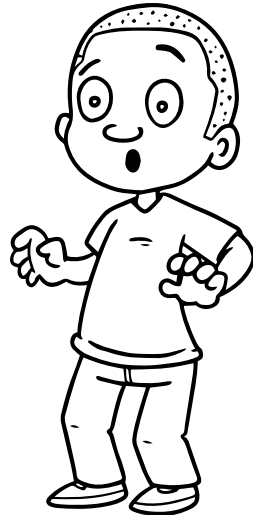
ANGRY



TIRED



SHY



SURPRISED



MANNERS MAKE THE PERSON

A	U	R	O	P	M	H	J	G	X	C	V	K	M	S	A	A	P	L	D
M	K	R	L	M	B	G	U	J	N	G	F	F	T	Y	H	B	H	N	I
S	D	E	K	L	N	U	O	P	X	C	Z	C	B	H	J	K	I	O	L
P	C	S	X	Z	D	G	B	N	M	M	K	I	U	H	G	K	O	D	L
H	J	P	K	L	Y	U	I	P	N	M	G	H	J	K	L	P	O	J	H
O	P	E	R	E	T	Y	U	L	A	Y	O	L	F	R	T	G	D	A	Q
A	S	C	Z	X	C	V	B	E	R	T	Y	Y	U	I	H	J	R	D	D
P	E	T	H	I	C	A	L	A	M	J	H	K	L	Y	U	I	K	H	R
D	F	E	R	D	S	W	E	S	T	A	Y	H	B	I	O	P	H	U	J
Z	X	C	P	O	K	H	G	U	I	O	P	F	R	T	Y	F	O	Q	W
A	U	R	E	Y	T	Y	U	R	A	U	R	P	H	G	F	I	C	V	V
M	K	R	R	T	C	V	B	E	M	K	R	Y	E	U	V	H	T	Y	U
S	D	E	O	P	C	A	L	V	S	D	E	D	F	A	Z	X	C	V	B
P	C	S	Y	U	S	W	E	P	P	C	S	L	H	J	R	U	C	A	L
I	Y	H	E	L	P	F	U	L	I	I	Q	E	R	T	Y	A	S	W	E
D	T	Y	U	V	B	E	M	K	D	I	B	O	A	U	R	I	N	N	M
O	C	V	B	S	H	A	R	E	O	J	K	L	M	K	R	D	F	C	G
Y	C	A	L	R	T	Y	U	I	Y	V	B	N	S	D	E	O	O	P	E
T	S	W	E	L	K	J	H	G	T	Q	W	E	P	C	S	Y	A	S	D
C	V	B	E	M	K	R	E	T	C	A	R	A	H	C	P	T	P	L	M

Find the hidden words in the table above.
Words run from left to right, top to bottom and diagonally.

Hidden words:

Loyal
Pleasure
Appearance
Share
Kind

Respect
Ethical
Helpful
Character
Behaviour

WHAT IF HELP COULD BE BOTTLED?

We are in the business of saving and protecting lives, 24/7, wherever you are - on land, in the air or at sea.

WE HELP WITH:

- Replacing lost passports
- Travel advice
- Medical referrals
- Air lifts from civil unrest
- Supply vital prescription drugs and medical treatment
- Pre-travel medical assessments and training



You can access it all **ANYWHERE, ANYTIME** from the palm of your hand with our **ASSISTANCE APP** or voucher in your membership card. And for every activated Assistance App, we will make a donation to malaria charities.

Scan the QR code for more information.

