

# CLINIC CARE

Your health is our priority | Issue 8

**SUGAR: THE  
BITTERSWEET  
FACTS**

**ANXIETY**

**CYBER SECURITY**

**Kids'  
Activities  
Inside**

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International SOS Clinic Magazine



Joel Fuhrman once made the statement: "You cannot buy your health, you must earn it through healthy living".

**In this issue, we focus on:**

- › The bittersweet truths about sugar and its potential harmful effects to your body.
- › We take a closer look at the extreme effects heat and cold on your health and how to protect yourself.
- › It is said that anxiety is one of the most common mental health disorders. We need to equip ourselves to better understand the symptoms and minimise the effects. We provide you with useful tips to keep calm and manage stress and anxiety.
- › We are living in a fast-paced society, in a world where we are all consumed by technology. This makes us vulnerable to cyber-attack. We look at the basics around cyber-attacks, helping you to keep your company's and your personal information safe and secure, even while travelling.
- › On the 25 April 2018, it is World Malaria Day. We dedicated a section to malaria during pregnancy and try answered some of the questions relevant during pregnancy.
- › We also offer some useful tips on ADHD and back-to-school checks.
- › Finally, our kid's section has some fun activities.

I hope you will enjoy this publication as much as we enjoyed putting it together for you.

Thank you  
Lizette Klingenberg



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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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# SUGAR

## THE BITTERSWEET FACTS

Written by Dr Shweta Gupta, Medical Advisor – Delhi

Does sugar have any benefits? Am I eating so much sugar that it could affect my health? With my sweet tooth, will I ever be able to resist desserts?

If you've ever had thoughts like these, read on to discover the "bittersweet" facts about sugar.

Sugar is a great source of pleasure in food, as well as energy in the form of simple carbohydrates. It is present naturally in many food items we consume daily, like fruit and dairy products. And of course it is added to many other foods. In some ways this can be beneficial.

Sweeter foods are often more appealing, so people may be more likely to eat a whole-grain cereal or low-fat yogurt if it has been sweetened.

### Know your limits

Health authorities vary a little in their recommendations for daily sugar intake, but all agree on one point: people should limit their intake of added sugars. These are sometimes also called "free sugars" and include maple syrup, honey, corn syrup and other sweeteners as well as cane sugar. Added sugar is the kind present in things like cakes, cookies, candy, sweetened juice drinks and sodas. They don't include the sugars naturally present in foods like fruit and vegetables or in milk. Those are sometimes called naturally occurring sugars.

Age	Recommended Limits on ADDED Sugar Intake per Day (from the American Heart Association)		
	Teaspoons	Grams	Calories
Adult men <sup>1</sup>	9	36	150
Adult women <sup>1</sup>	6	25	100
Children (2 - 18 years) <sup>2</sup>	6 or less	25 or less	100 or less
Children less than 2 years <sup>3</sup>	Diet should not contain added sugar		

In general, people tend to eat more than the recommended amounts of sugar each day.

### Detect added sugar in your food

To learn more about your sugar consumption, you need to be able to recognise added sugar in the foods you eat. There are more than 50 different types! Some are easy to spot, since they say "sugar": brown sugar, raw sugar, malt sugar, invert sugar. Also look for words ending in "ose" like glucose, sucrose, maltose, fructose, lactose, etc. Malt, corn syrup, honey and molasses or syrup also indicate added sugars.

Now that you know the buzz words for sugar, your next step is to read nutrition labels. Unfortunately, some food labels only show the total sugar in a product. They do not separate out "added sugars" from those that occur naturally in the food.



### These tips on reading labels may help

- Ingredients are listed in order of most present to least present in the food. If sugar is near the top of the ingredient list, it is one of the main ingredients in the food.
- Manufacturers know people are looking ingredient lists and may be concerned about sugars. They sometimes "split" the added sugars by using different types of sweeteners in the same food item so that each individual one appears farther down the ingredient list. If all the added sweeteners were grouped together, the product's sugar content could be much higher than expected.
- Some countries label food to show how many of the carbohydrates present are from sugar ("carbohydrates (of which sugars)" on a label) in every 100 grams of the food:
  - More than 22.5g of total sugars per 100g is high
  - Between 5 and 22.5g is medium level of sugars
  - 5g of total sugars or less per 100g is low.

## Understand how sugar can be harmful

Excess sugar in your diet can harm your health in several ways, such as:



**Weight gain and obesity** – Excess sugar is stored in the body as fat. Excess body weight is associated with many health risks, such as some cancers, heart disease and arthritis.



**Dental cavities** – Bacteria feed on sugary particles sticking to teeth and cause cavities.



**Cardiovascular disease** – Excess sugar-related hormones (insulin) in your blood can make blood vessel more tense. These changes can contribute to heart attacks and strokes. Risk is higher in people who consume 25% or more of their daily calories from added sugar, even if they are not overweight.



**Diabetes** – When there is routinely too much sugar in a person's diet, their body becomes less able to process it over time. That person is at risk for type 2 diabetes.



**Inflammation: aging and joint pain** – High sugar intake leads to inflammation in the body. Some research shows this can worsen existing joint pain and damage collagen and elastin in the skin (which help keep skin firm).



### References:

1. American Heart Association: Sugar 101 [http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Sugar-101\\_UCM\\_306024\\_Article.jsp#](http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Sugar-101_UCM_306024_Article.jsp#)
2. American Heart Association; Added Sugars and Cardiovascular Risk in Children [http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Sugar-Recommendation-Healthy-Kids-and-Teens-Infographic\\_UCM\\_487755\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Sugar-Recommendation-Healthy-Kids-and-Teens-Infographic_UCM_487755_SubHomePage.jsp)
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## Sugar-proof your diet

Now that you've considered your sugar intake, and the risks associated with too much sugar, you might want to start lowering your consumption. Here are some small changes that really add up.



### Reduce

- The sugar you add to your daily routine: in your tea or coffee, cereal and oatmeal, etc. Slowly cut back so that the transition is gradual. Consider adding spices or fresh or dried fruit instead, which can boost flavour and provide other health benefits too.
- The sugar you use in baking or making desserts. Try using only two thirds or even half the sugar that the recipe recommends. called for in the recipe. It is possible that you won't notice the difference.
- Your consumption of jams, marmalades, honey, and desserts like ice cream, biscuits and candy.
- The sugar found in common condiments. Read the labels on ketchup, salad dressings, curry and pasta sauces, ready made soups/ meals, etc. Even if they don't taste sweet, these can have lots of added sugar. Choose products made with less sugar by comparing food labels.
- Soda, energy drinks and sports drinks. These drinks sometimes contain MORE THAN the daily maximum amount of sugar in just one serving.



### Select

- Water over sweetened beverages when possible. If plain water isn't for you, try small amounts of fruit juice mixed with fizzy water, or adding frozen fruit.
- Healthy snacks like fresh, frozen and dried fruits, unsalted nuts, oatcakes or similar items instead of cakes, biscuits, ice creams and candies. (Avoid fruits canned in syrup, which is loaded with sugar).
- Lower sugar breakfast cereals like plain porridge, whole wheat biscuits, oatmeal. Choose whole wheat or multigrain bread and pasta over white versions.



### Replace sugar with

- Fruits like bananas, cherries, strawberries or dried fruits like raisins,

Remember, the sugar that can be harmful for health is the kind that's added to foods.

5. NHS Choices: Live Well – How does sugar in our diet affect our health? <https://www.nhs.uk/Livewell/Goodfood/Pages/sugars.aspx>
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9. American Heart Association: Tips for cutting down sugar [http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Tips-for-Cutting-Down-on-Sugar\\_UCM\\_461811\\_Article.jsp#.WoQGza6WZqN](http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Tips-for-Cutting-Down-on-Sugar_UCM_461811_Article.jsp#.WoQGza6WZqN)





# EXTREME HEAT

When your body is overwhelmed by heat, your health can be affected as your body temperature can reach dangerously high levels in as little as 10 to 15 minutes.

## Be smart about breaks and drinking water

- Take scheduled breaks in cool places
- Encourage others to take breaks
- Drink safe water or natural juice on schedule – about every 20 minutes, before you feel thirsty.

## Work in a “buddy system”

- Heat sometimes makes people confused and unable to tell if they are sick
- Have a partner who watches you for signs of illness, your water intake and do the same for them.

## Heat stroke (“sunstroke”)

Heat stroke can cause permanent brain damage, and can kill quickly.

Heat stroke is caused when the body is overwhelmed by heat. It can happen within 10 - 15 minutes, without much warning.

### Symptoms of heat stroke:

- High body temperature
- Hot and dry skin, not sweaty
- Fast, strong pulse
- Throbbing headache
- Dizziness
- Nausea, vomiting

## PREVENTING HEAT-RELATED ILLNESS AT WORK

**STAY HEALTHY:** Heat illness ranges from unpleasant to deadly.

**STAY SAFE:** Accidents are more likely if workers are heat stressed. Sweat can make hands slippery, heat can fog goggles and dizziness can increase the possibility of falling.

**STAY USEFUL:** Heat stressed workers are slower and make errors.

## Heat-related illnesses and death are preventable.

- Acting “crazy”:
  - Confused
  - Seeing or hearing imaginary things (hallucinations)
  - Clumsy, may be angry or aggressive
- Losing consciousness (pass out)
- Seizure or convulsions.
- Stay safe: Accidents are more likely if workers are heat stressed. They might get tired, weak and dizzy. Sweat can make hands slippery, heat can fog goggles, falls are more likely, etc.
- Stay useful: Heat stressed workers are slower and make more errors.

## Call for immediate help: Heat stroke is an emergency

What to do for heat stroke while you wait for medical help:

- Call for emergency medical help
- Move the patient to a cooler place to lie down
- Cool the person in the best way:
  - Remove/loosen clothing
  - Cool the skin with water. Gently spray or sponge or wrap in a cool wet sheet or put in a cool bath or shower if possible (only if patient is conscious)
  - Make a breeze by fanning the person once water has been applied
  - Place ice packs on neck, groin and armpits
- Offer cool water to drink if the person is awake and able to drink
- Take their temperature every 10 minutes
- Stop cooling efforts if the temperature reaches around 38.3 - 38.9°C (101 - 102°F)
- Watch their breathing, as it may stop.

## Be ready to give rescue breathing if needed (or find a co-worker who can)

## Preventing heat stroke at work

### Understanding heat and humidity

- Stay healthy: Heat illnesses range from unpleasant to deadly

## Hydration: A key to prevention

- Bodies need fluid to sweat and handle heat
- When people do not drink enough they become dehydrated - and are at higher risk for heat illness. Thirst is not an accurate indicator of dehydration
- Take in as much non-alcoholic fluid as you sweat out – which could average ¾ liter per hour at work! In hot environments, people need half to one litre (16 to 32 ounces) of fluid per hour. Eat a balanced diet to replace the lost salts.

Choose	Avoid
Safe water	Alcoholic drinks
Sports drinks	Drinks with caffeine (coffee, cola, some teas)
Natural fruit or vegetable juice	Very sugary drinks (soda, sweetened)
Ice pops/blocks made with fruit or juice	Hot drinks
Cool drinks	Ice cold drinks
Drinking on schedule	Waiting to feel thirsty to drink
Drink half to one litre (16 to 32 ounces) per hour – drink break every 20 minutes	Drinking a lot of liquid at once, every few hours.



# KEEPING YOUR BODY WARM IS THE MOST EFFECTIVE WAY OF PREVENTING COLD INJURIES.

A normal body temperature is 37°C (98.6°F). The body stays warm when there is balance between production and loss of body heat. Body heat is produced mainly by metabolism, exercise and shivering. The body loses heat by many processes such as respiration, evaporation, conduction, radiation and convection.

What happens when bodies are exposed to cold?

**There are several mechanisms the body uses to stay warm:**

- ❄️ Reduced blood flow to skin and limbs
- ❄️ Shivering
- ❄️ Rapid muscle contraction

**If the body is unable to maintain warmth, injury results.**

**The risk of cold injury increases:**

- ❄️ Exposure to:
  - › colder temperatures
  - › wind
  - › moisture
  - › longer duration of exposures
- ❄️ Exhaustion
- ❄️ Lack of fitness
- ❄️ Chronic illness, including diabetes, hypertension, cardiovascular disease
- ❄️ Extremes of age, young children and older adults are at greater risk
- ❄️ Certain medications including diabetes medication, sedatives and others.

**There are many different types of cold injuries, there include:**

- ❄️ Hypothermia
- ❄️ Frostbite
- ❄️ Chilblains
- ❄️ Immersion/trench foot
- ❄️ Snow blindness

## Hypothermia is a medical emergency

Hypothermia occurs when the body loses more heat than it can produce. It is a medical emergency that can be potentially fatal. It is defined as a drop in core body temperature to less than 35°C (95°F). Commonly seen in cold environments. In summer, very cold air conditioning can cause hypothermia in infants and the elderly. Develops faster on submersion (after falling into cold water).

### Preventing hypothermia

- ❄️ Dress appropriately:
  - › Wear a warm head covering. Most heat is lost through the head
  - › Wear layered clothing and stay dry
  - › Protect feet and hands
- ❄️ Drink plenty of fluids and take frequent breaks in warm area
- ❄️ Pace yourself during activities in the cold
- ❄️ Learn to recognise the signs and symptoms of hypothermia and other cold injuries.

### There are different degrees of hypothermia:

#### Mild hypothermia

In this condition, the body temperature lies between 32°C (89.6°F) to 35°C (95°F).

#### Mild hypothermia symptoms:

- ❄️ Shivering, irritability, drowsiness and confusion
- ❄️ Numbness in limbs, clumsiness making complex tasks difficult, pain from cold.

#### What should you do?

- ❄️ Prevent further heat loss
- ❄️ Stop the exposure if possible
- ❄️ Drink a warm drink
- ❄️ Use a gentle heat source (heater) but not directly to the skin. Be careful not to burn the skin
- ❄️ Exercise to generate heat
- ❄️ More clothing – cover up as much as practically possible.

### Moderate hypothermia

In this condition, the body temperature lies between 28°C (82.4°F) to 32°C (89.6°F).

#### Moderate hypothermia symptoms:

- ❄️ Same symptoms as mild hypothermia but severity may increase and shivering may decrease or stop.

#### What should you do?

- ❄️ Treat it same as mild hypothermia but limit exercise
- ❄️ Give sips of warm liquids if the patient is fully conscious
- ❄️ Avoid alcohol
- ❄️ Get the patient checked by a doctor. If shivering decreases or stops, consider it a medical emergency.

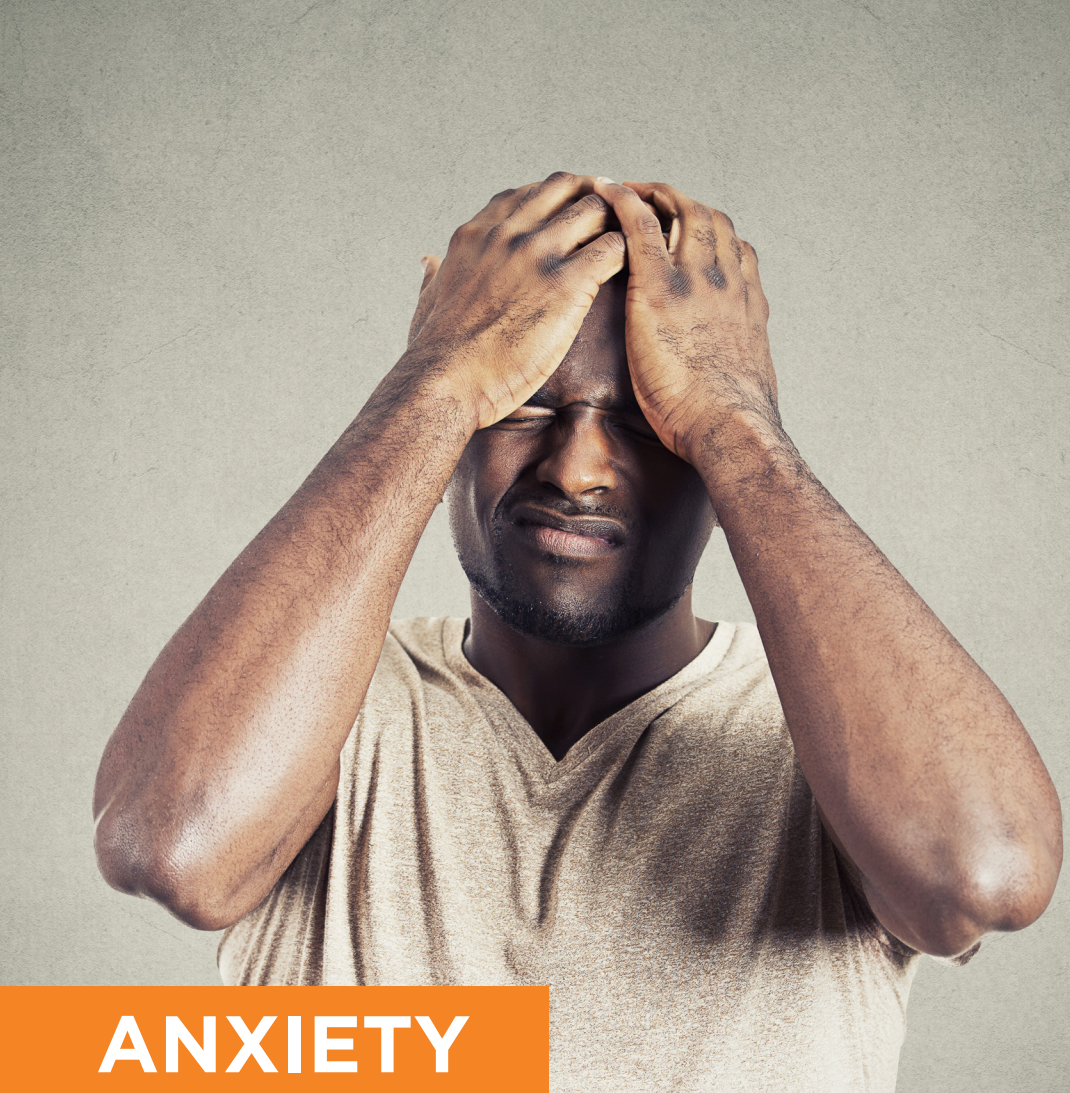
### Severe hypothermia

In severe hypothermia, body temperature falls below 28°C (82.4°F).

- ❄️ Shivering decreases or stops
- ❄️ Shallow or no breathing
- ❄️ Confusion and loss of reasoning
- ❄️ Slurred speech
- ❄️ Semi-conscious to unconscious
- ❄️ Weak or no pulse
- ❄️ Diluted pupils
- ❄️ Muscular rigidity.

**SEVERE HYPOTHERMIA IS A MEDICAL EMERGENCY – GET IMMEDIATE HELP.**





# ANXIETY

Written by Dr Ben Ayed Kheireddine, Deputy Medical Director, Occupational Health and Medical Services – Dubai

My mind is my enemy, so I need you on my side.  
Sometimes I even need you to fight alongside me.

Erin Farmer Perrine, drama educator, Canada



Anxiety is a state of mind causing intense fear, apprehension and/or excessive worry over an anticipated event or everyday life situation.

Small amounts of anxiety are a normal part of life and a reaction to stress. Too much anxiety can interfere with day to day living - feeling worried, nervous or afraid most of the time. Some studies indicate about a third of the population is affected by an anxiety disorder at some time during their life.

It is a very common group of mental disorders, however, it is estimated only 40% of sufferers receive treatment.

## What are the symptoms?

Symptoms of anxiety include headaches, rapid breathing, muscle aches, restlessness, fatigue, irritability and difficulty with sleep and concentration.

A panic attack can happen anywhere, at any time. You may feel terrified and overwhelmed, even though you're not in any danger. There may be a trigger, such as being in a confined space, or hearing what we think are gunshots when it is simply an exhaust backfiring - but there is not always an obvious trigger. A 'panic attack', is intensely disabling.

### Symptoms include:



Pounding, racing heart (palpitations)



Numbness and tingling



Rapid breathing (hyperventilation), feeling unable to breathe



Nausea, vomiting



Sweating



Dizziness



Shaking

### Seek professional help if:

- + You think you have a problem with anxiety
- + You feel trapped, like there's nowhere to turn
- + Anxiety interferes with your work or relationships

- + You feel hopeless or "blue" for more than two weeks
- + You're overwhelmed
- + You have suicidal or self-harming thoughts
- + You become compulsive
- + You feel isolated

If an anxiety disorder is diagnosed, treatment is “psychotherapy” (counselling, behaviour therapy) alone or in combination with medication.



### What can be done?

Early diagnosis and intervention is important. Your doctor will likely need to do some tests to exclude health problems such as an overactive thyroid, or heart disease.

If an anxiety disorder is diagnosed, treatment is “psychotherapy” (counselling, behavior therapy) alone or in combination with medication.

Behaviour therapy - being taught relaxation techniques, and, with professional assistance, removing the possible sources of distress and stress, is very frequently successful. Developing good sleep patterns and taking regular exercise, cutting down on coffee and alcohol and learning self-help coping strategies to invoke at the onset of an attack, increase the chances of success.

There are several types of medication that can help, all of which require a doctor’s prescription and ongoing monitoring.



### Tips to help you reduce anxiety:

When you know what causes your anxiety, you’re better prepared to handle it. Know which situations trigger your symptoms - plan ahead of time and identify changes which you can adopt to reduce the stress.

For example, if you have an important meeting to attend which you are anxious about, does working out or going for a walk before the meeting reduce your anxiety?

Identify any sensory input that is soothing to you - is there a picture, sound, smell, taste, or touch that eases your anxiety?

Living a healthy lifestyle can help anxiety, and there are many other health benefits.



Stop smoking



Limit alcohol and caffeine



Get enough sleep - guidelines vary depending on your age (adults aged 18 to 64 years it is between seven to nine hours per night)



Follow a healthy diet

#### References:

1. Epidemiology of anxiety disorders in the 21<sup>st</sup> century Borwin Bandelow, MD, PhD\* Borwin Bandelow, Department of Psychiatry and Psychotherapy, University Medical Centre, Göttingen, Germany; Sophie Michaelis, MD Sophie Michaelis, Department of Psychiatry and Psychotherapy, University Medical Centre, Göttingen, Germany;
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3. <https://www.erinfarmerperrine.com/>

## STOP DRUG RESISTANCE

Avoid taking medications if your doctor advises against them.

### Use antibiotics/antivirals wisely

#### How can you help?



Maintain general hygiene and prevent spreading disease.



Seek treatment only from certified health professionals.



Purchase medication from reputable suppliers/licensed pharmacies.



Always take medications as prescribed - the right dose, the right time and duration.



Do not share medications.



Dispose any left-over or expired medicines responsibly.

If your doctor advises against antibiotic/antiviral use, trust that advice. Go for a review if you are not improving in the expected time frame.





# COMMON DISEASE SYMPTOMS



## Fever

There are many different illnesses that cause fever. Fever is considered present if a person's body temperature is over 37.5°C/99.5°F.

Infection is a very common cause of fever. Many infections are minor and get better without treatment (head cold/flu). Sometimes serious infections are the cause (malaria, dengue fever, meningitis, etc). The possibilities depend on where you are.

**If symptoms are minor, no specific treatment is required:**

- You can use a simple over-the-counter medication such as acetaminophen/paracetamol to reduce the fever
- Drink plenty of fluids
- Rest
- If you have symptoms that indicate what type of infection you have, then manage that condition (diarrhoea, head cold, etc).

### DO NOT:

- Give children aspirin
- Use antibiotics without medical advice
- Give anyone medication without asking about allergies.

### When to seek help:

- If the patient is very sick, drowsy, not thinking clearly
- Any other serious symptoms, e.g. vomiting
- If a child's fever is very high. (over 39°C /102.2° F)
- If the fever is not reduced after about three days, even if there are no other symptoms
- If there is a rash, immediately seek medical advice.



## Vomiting

- OFTEN caused by bacteria or parasites contained in contaminated food or water
- Can also have fever, abdominal cramps, and diarrhoea
- Diarrhoea is when there are three or more loose stools per day.
- Usually lasts 1 - 2 days and settles with no treatment. Can last up to one week
- Babies, children and people with underlying health problems (such as heart trouble or diabetes) can deteriorate in short time.

## Treatment:

### Prevent dehydration:

- Drink bottled water, soda, sports drinks or other clear fluid
- Use rehydration solutions if you have them
- Keep sipping even if vomiting
- Avoid milk/dairy drinks
- Choose low-residue, bland foods, such as rice, biscuits or dry bread
- Anti-diarrhoea medication (Loperamide/Diphenoxylate) can be used as long as there is: NO blood in the stools and NO bloating/swelling of the abdomen

### Seek medical attention if:

- Symptoms are not improving after two days (one day for a child)
- The symptoms are severe
- Blood in stool or vomit
- Unable to keep any fluids down
- Drowsiness
- Very little urine, very dark urine or no urine (children – if no urine for 6 hours, babies – no wet diaper for 3 hours).

Antibiotics can shorten the duration of the illness but should only be used with medical supervision.



## Rash

There are a number of causes of rashes, including:

- Bites
- Skin infections (bacterial/fungal)
- Heat
- Viral illness (e.g. mumps, measles)
- Exposure to irritants/allergy
- Serious illness (e.g. meningitis)

### A rash might be serious if:

- There are any other symptoms, such as fever, headache, vomiting or pain.

### It might be a minor rash if:

- It is not bothering you
- There are no other symptoms
- It is not getting worse

### Relieve itchiness by using these remedies:

- Applying cool compresses
- Applying calamine lotion
- Dry the area where moisture is present with the rash, e.g.
- Take anti-histamine tablets

### Do NOT:

- Use antibiotics without medical advice.

### Seek medical attention if:

- There are other worrying symptoms accompanying the rash (e.g. headache, fever, vomiting)
- The rash is painful
- The rash is getting worse or spreading
- The rash does not settle in a few days.
- Someone else has the same rash (infectious)
- Signs of infection (pus, swelling, redness).

**SEE A DOCTOR IF THERE IS NO IMPROVEMENT AFTER TWO DAYS (ONE DAY FOR A CHILD), OR IMMEDIATELY IF THERE ARE ANY WORRYING SYMPTOMS SUCH AS BLOOD.**



# CYBER-SECURITY

Securing your own and the company's information and devices.

## TYPICAL CYBER ATTACK TECHNIQUES USED AGAINST TRAVELLERS

- **Data breach.** Theft of data due to limited security measures could lead to leaks of sensitive and reputation damaging information.
- **DDoS.** The use of a large number of infected devices that lead to slow or unresponsive web-facing devices and applications.
- **Ransomware.** Malware which encrypts data until a ransom is paid. Increasingly used as a smokescreen for deeper network intrusions.
- **Malicious updates.** Malicious requests for software or application updates. Hard to detect as installed malware runs in the background.
- **Phishing.** SMS and emails impersonating legitimate institutions, usually involving malicious links or attachments used to install malware.
- **Unauthorised access.** Using stolen credentials or using brute force attacks (guessing username and passwords) to gain access to a network or device. Has been the highest threat score in the past two years due to its potential for privilege escalation and lateral movement.
- **Financial fraud.** Usually delivered through phishing emails. Used to lure victims into making illegitimate payments or redirect legitimate payment details into criminal accounts.

## POINTS OF CYBER SECURITY VULNERABILITY FOR TRAVELLERS

- **Rogue Wi-Fi.** Wi-Fi hotspots in airport, hotel and other public places can be subject to packet sniffing attacks. These put at risk the confidentiality of communications being sent over that network. This may lead to credential theft and network breaches.
- **Eavesdropping.** Snooping, whether in person or through video, can lead to credential theft or sensitive data disclosures.
- **Theft of devices.** Opportunistic or organised theft of devices can lead to data breaches and sensitive data leaks. This may be carried out both by criminals and more advanced groups.
- **USB chargers.** These are supplied at public places for convenience but can be used to download and execute malware onto your devices.

## DATA PROTECTION WHILST TRAVELLING

### BEFORE TRAVELLING



Research the **potential cyber threats** specific to the location.



Implement **adequate and effective security measures** to prevent issues whilst travelling.



**Avoid advertising online** the exact location/purpose of your business trip.



Ensure all software on your devices is **up-to-date**.

### IN HIGH THREAT LOCATIONS



Maintain **continuous physical control** of your devices and sensitive information.



Keep your laptop with you as **carry-on luggage** and do not loan it to anyone while travelling.



When returning from a business trip or if you have witnessed suspicious activity on your devices, ask your **IT service desk to check for signs of cyber attack**.



**Do not connect your devices to sensitive networks** until they have been verified as safe.

### WHILST TRAVELLING



Avoid connecting to **non-secure networks** (public WiFi hotspots).



**Disable any WiFi and Bluetooth capabilities** if possible.

## DATA PROTECTION IN OFFICE

### Preventive and protective actions

- Practice good password management
- Back up your data regularly, and make sure your anti-virus software is always up to date

### Adopt simple cautious behaviours

- Never leave your devices unattended
- Constantly monitor your accounts for any suspicious activity and do not hesitate to report something suspicious
- Always be careful when clicking on attachments or links in email
- Sensitive browsing only on a device that belongs to you and on a network that you trust
- Be careful of what you plug in to your computer

Control Risks





# MALARIA IN PREGNANCY

Written by Dr Clyde Green Thompson, Medical Director

Malaria during any stage of life is a very dangerous and potentially fatal disease spread by malaria parasite infested mosquitoes. The increased mobility of people, together with other factors such as resistant parasite strains, insecticide resistant mosquitoes and climate change are predicted to lead to an increase in malaria risk globally. In recent years the number of malaria cases and deaths has actually risen.

When a pregnant woman is infected, the malaria parasite has a particular affinity for the placenta, and multiplies in the placenta, thereby posing risk to both the mother and developing foetus that relies on the placenta for its blood supply and nutrients.

Despite malaria being largely preventable, there is still a significant loss of life owing to individuals not following recommendations and low coverage of preventive interventions in malaria endemic areas. In 2014 and 2015 it was estimated only around a third of pregnant women in malaria endemic areas slept under a bed

net and less than a third received three doses of a malaria preventive medicine during their pregnancy.<sup>1</sup>

The WHO in 2018 summarises recent evidence that estimates that malaria is responsible for about 20% of stillbirths in Africa, and leads to the death of about 10,000 pregnant women and 200,000 infants annually as result of malaria infection plus associated severe maternal anaemia, premature delivery and low birth weight.<sup>2</sup>

## At what stage is it critical for mother and baby?

As a generalisation, malaria infection is dangerous and a severe illness throughout all stages of the pregnancy. In addition to the risk of death of both the mother and newborn, there is increased risk of miscarriage, premature birth and low birth weight.

## What are the symptoms?

Symptoms include fever and chills, weakness, muscle aches, headaches, vomiting and sometimes diarrhoea. These are “flu-like” symptoms.

If a pregnant woman has grown up and continued to live in a malarial area (and is therefore considered to be “semi-immune”) she will have some immunity against malaria. In this case the symptoms may not be as readily evident.

Sometimes semi-immune women can seem clinically well but have placental malaria infection that adversely affects the foetus in addition to causing maternal anaemia.

## Can pregnant women take preventive malaria medication (chemoprophylaxis)?

The answer is yes, but only specific malaria chemoprophylaxis medications. Others are contra-indicated in pregnancy and breastfeeding. It must be noted that malaria chemoprophylaxis medications are not 100% effective in preventing malaria. Experts advise pregnant women, if at all possible, to avoid travel to areas with malaria.

Women who must travel should consult their doctor well in advance of their trip. It's advisable to visit a travel health doctor at least six to eight weeks before travel.

The doctor will advise the best anti-malarial medication for the individual person based on their personal health status and itinerary.

Of course, in addition, strict mosquito-bite prevention measures should always be carried out, especially taking into account the malaria mosquito's particular attraction to pregnant women.

We strongly advise that non-immune pregnant women should **NOT TRAVEL** to malaria endemic areas.



## Can malaria cause miscarriage?

Yes.

## Can malaria be transmitted from mother to baby?

In “semi-immune” mothers, the risk of transmitting of malaria to her baby appears to be quite low but still significant. Malaria parasites were found in the umbilical cord blood in between 1% to 8% of women infected in pregnancy in high malaria transmission areas in various studies.



### Bite prevention methods include



Bed nets – sleep under an insecticide treated bed net



Insect repellent skin lotions – only use DEET (15% to 35%), Picaridin, IR3535 or PMB



Cover up after dark – wear long sleeves, long pants, shoes and socks



Stay indoors after dark if possible



Knockdown insecticides – use flying insects spray/foil wrapped vaporisers

## How do I prevent malaria infection if I am pregnant or have a baby?

Remember to apply very strictly the ABCDE approach to malaria prevention. This approach is the same as in non-pregnant women and older children and adults. However in pregnancy and in small children, some medicines may be contra-indicated.

### Insect repellents

Many are safe to use in pregnancy but only up to a certain strength – e.g. containing DEET (up to 30 percent concentration), the synthetic compound picaridin (20 percent), or the biopesticide IR3535 (20 percent)<sup>3</sup>.

In addition, many governments in malaria endemic areas now advocate the WHO endorsed policy of treating local pregnant women presumptively with three doses of a malaria medicine during pregnancy.

### Chemoprophylaxis:

Medicines that help prevent malaria

The **THREE COMMONLY USED MEDICINES** are atovaquone/proguanil, doxycycline and mefloquine.

They are more than **90% EFFECTIVE** if taken properly.

If not used before, **CONSULT A TRAVEL HEALTH DOCTOR** ideally 6-8 weeks before departure.

In the unlikely event you get malaria **WHILE TAKING** chemoprophylaxis, the doctor **CAN STILL DIAGNOSE IT.**

They can be **USED LONG TERM** in discussion with your travel doctor.

# All malaria cases and deaths are PREVENTABLE

## ‘ABCDE’ MALARIA PRECAUTIONS



**AWARENESS:** Be aware of the risk and the symptoms.



**BITE PREVENTION:** Avoid being bitten by mosquitoes, especially between dusk and dawn.



**CHEMOPROPHYLAXIS:** If prescribed for you, use chemoprophylaxis (antimalarial medication) to prevent infection.



**DIAGNOSIS:** Immediately seek diagnosis and treatment if a fever develops one week or more after being in a malaria endemic area (up to one year after departure).



**EMERGENCY:** Carry an Emergency Stand-by Treatment Kit (EST kit) if available and recommended (the kit that contains malaria treatment).



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# A HEALTH ROUTINE FOR WORKING ADULTS YOU CAN COUNT ON

Written by  
Dr Ana Garabal  
SMO Talatona Clinic Angola

Life is busy these days. A healthy lifestyle is a daily topic. Many 'lifestyle' diseases, such as heart disease, high blood pressure, stroke, diabetes and some cancers (including breast and colon) can be prevented through a healthy lifestyle.

Due to busy routines (work, family, school) we often tend to forget that a healthy lifestyle is achievable.

## Here are a few tips to achieve it:



### Don't smoke

Apart from reducing the risk of heart attacks, cancer and lung diseases, smokers who quit find they have more energy, improved taste, as well as fewer colds and chest infections. Apart from saving money they also improve the health of their household members who are no longer exposed to second hand smoke.



### Follow a healthy diet

- Integrating healthy foods into the diet improves heart health, body weight, blood sugar and cholesterol levels.
- A healthy and balanced diet contains fresh fruits, vegetables, grains, dairy or food rich in calcium, as well as lean proteins. Whole grains are better than

more processed grains. Legumes, nuts and seeds are a good source of many nutrients and are high in fibre. A simple tip is to avoid packaged and highly processed foods, which tend to be high in added sugar and saturated fats.

- Good hydration is essential, so it is very important to drink water daily. Plain water has no calories, and so is a better choice for staying hydrated than sugar sweetened beverages. If you enjoy alcohol, make sure you limit your intake to one standard drink per day for women, or two standard drinks per day for men.
- Adopting healthy eating habits, will help maintain a healthy weight and can reduce the risk of many chronic diseases.



### Physical exercise

Being physically active is one of the pillars of good health. Any activity is better than none. General guidelines for adults are to aim for at least 150 minutes of "moderate intensity" OR at least 75 minutes of "vigorous intensity" activities each week.

On a 10 point scale, "Moderate" means about a level 5 to 6, and "Vigorous" is about a 7 to 8. This does not have to be done as a single session.

You could incorporate this into your daily routine - for example getting off the train a stop earlier and walking the last section, or taking the stairs instead of the elevator.

Or you can hold sessions from two hours to two and a half hours of moderate intensity cardiovascular exercise, such as cycling or playing tennis. An hour or 75 minutes of high intensity cardiovascular exercise could be a game of singles tennis, or jogging. If you are not a person who is used to physical exercise, you should start gradually, first with fifteen minute sessions and gradually increase cardiovascular exercise, such as brisk walking, jogging, cycling, swimming or elliptical exercise, among others.



### Sleep sufficient hours

#### Getting an adequate amount of sleep has been associated with several health benefits:

- Less likely to gain weight
- Perform better on a variety of mental tasks
- Decreased risk of diabetes, high blood pressure, heart disease and stroke
- Helps your immune system work well, which can help prevent a variety of illnesses and diseases
- Not getting adequate sleep can decrease your quality of life
- Leaves you drowsy and unable to concentrate
- Memory, physical performance and the ability to perform mathematical calculations are all decreased

**Most working-age adults need seven to nine hours of quality sleep each night. To get a good night's rest, follow healthy sleep habits:**

- Follow a routine - it signals your body and mind to get sleepy. Go to bed and get up at the same time, including weekends
- Avoid caffeine four to five hours before bedtime
- Avoid bright lights, such as computer screens 30 minutes to an hour before bedtime
- Keep your bedroom dark and quiet



### Control stress

Stress is simply your mental and physical reaction to a changing environment and the constant demands of life. It's neither good nor bad, on its own. Some stress is necessary to stay productive and engaged in life. Without it, you would be bored and unmotivated.

Whilst you can't avoid all stress, sometimes changing the things we do or the way we think can prevent us from feeling stress.

Your body's stress response is not intended to work all day, every day. When the stress response is engaged constantly, it can negatively affect your health and wellbeing. Stress can also make us unwell if we use unhealthy coping mechanisms.

Usually a combination of coping techniques is most effective in managing stress - and different methods work for different people, there is no single right way.

#### Some suggested methods:

- Meditation - practicing relaxation and breathing techniques
- Yoga
- Tai-chi
- Listening to music

Following some simple rules can make you healthier and live longer.



# TAKE CARE OF YOUR FEET

Foot problems are very common as your feet are prone to injury. Problems mainly occur due to ill-fitting shoes or regular wear and tear. Athlete's foot or tinea pedis is very common fungal infection that usually affects the skin of the feet and can spread to toenails and sometimes to hands. Anyone can get tinea pedis but some people are at a higher risk of contracting it.

## Who is more likely to get tinea pedis?

You have a higher chance of getting tinea pedis if you:

- 👣 Work in wet areas
- 👣 Have sweaty feet
- 👣 Wear closed, ill-fitting footwear
- 👣 Walk barefoot in communal showers, locker rooms and gyms
- 👣 Share towels, socks and shoes
- 👣 Have diseases which weaken the immune system - like diabetes

Warm and humid conditions aggravate the condition.

Keep your feet dry. When feet stay wet for too long, the skin breaks down and weakens. This makes the feet more likely to get infected.

## When to worry about tinea pedis?

Tinea pedis may be a cause of concern as:

- 👣 It can spread easily via contact with infected skin, contaminated surfaces or objects
- 👣 The fungi can grow and stay on shoes
- 👣 Can sometimes become hard to treat, especially when toenails get affected

## Tinea pedis signs and symptoms

Some people may not show symptoms, while others may have severe discomfort.

- Look at the bottom of the feet for:
- 👣 Rash, particularly between the toes
  - 👣 Redness
  - 👣 Splitting, cracking, peeling of skin

- 👣 Itchiness
- 👣 Burning
- 👣 Blisters or injury (sores)

Sometimes both the feet may be infected. In severe cases, the infection may spread to hands, nails and groin.

## Fungal nail infection

- 👣 Occurs when a fungus infects the nail, or the skin under the nail (nail bed)
- 👣 Can occur as a complication of tinea pedis
- 👣 Nail becomes thick, distorted and discoloured (turns white, yellow, black or green)
- 👣 May crumble, split or separate from the skin
- 👣 May be painful when pressure is applied
- 👣 Usually not serious, can cause concern in diabetics or those with weak immune system

## Tinea treatment

- 👣 Tinea pedis can be treated at home
- 👣 Keep the affected area clean and dry
- 👣 Apply over-the-counter (OTC) antifungal ointment, lotion, spray or powder to the affected skin and surrounding areas
- 👣 Reinfection is common. To treat tinea pedis completely, continue medication even after the rash has cleared (as mentioned on the medication leaflet)
- 👣 In severe cases, when the toenail gets infected you may require oral medication

See a doctor if there is no improvement after a week of home-based treatment or if the toe-nail is infected.

## Prevent tinea pedis

### Maintain good foot hygiene:

- 👣 Dry your feet thoroughly after washing, especially between the toes

- 👣 Air your feet during the day
- 👣 Let your feet breathe at night
- 👣 Wear clean dry socks
- 👣 Wear correctly fitted, breathable shoes
- 👣 Alternate shoes every few days to allow them to dry
- 👣 If possible, wear gum boots (wellingtons) when working in wet areas
- 👣 Don't walk barefoot in communal shower areas
- 👣 Do not share towels
- 👣 Inspect your feet daily

### More about socks:

- 👣 Wash socks in hot water with non-staining bleach
- 👣 Change wet socks to dry ones and allow old socks to dry
- 👣 Choose natural fibres which absorb moisture and lessen skin friction (cotton, wool or bamboo)
- 👣 Should have a minimum double thickness of 10mm when new
- 👣 Socks should be an adequate length of 75mm above boot
- 👣 Wear insect-repellent treated socks when working outdoors

### When to replace socks:

- 👣 When there are any holes or tears
- 👣 When there is an overall reduction in thickness, especially where it is in contact with the bottom of the foot

### Choose the right size of boots:

- 👣 Get your feet measured
- 👣 Ensure that your toes are 3 cm (a thumb away) from the front of the shoe
- 👣 Ensure that your toes and especially the little toe and large toe are comfortable inside the shoe and not feeling squashed
- 👣 When the shoe is tied, it must feel secure and comfortable with no pinch points

Prevent tinea pedis from spreading - do not share towels, socks and shoes.



# BACK TO SCHOOL TIPS

Written by Dr Ben Ayed Kheireddine, Deputy Medical Director, Occupational Health and Medical Services – Dubai



A few things to remember when your child goes back to school:



## Get a medical check

An annual physical exam will ensure your child is up to date with routine vaccinations and assessments before going back to class. Routine vaccinations vary by country and age, but usually include measles, mumps, rubella, diphtheria, tetanus, whooping cough, chickenpox, polio. Meningitis and hepatitis B may be included. An annual influenza vaccination is recommended for children over six months of age, as they are at risk of contracting the flu virus, which interferes with learning and lead to serious complications as meningitis.

Some countries like Kazakhstan require a mandatory medical examination with vaccination review for students entering kindergarten.

In some school districts, a physical examination is required for those students who want to participate in school sports. A doctor must ensure they are not suffering from any infectious diseases.

Depending on the child's age, an eye check, hearing and dental review may be recommended. Developmental milestones may be checked.



## Teach your kids about basic hygiene

The most effective way to avoid spreading or catching germs is by washing hands often and thoroughly. Scrub the palms and backs of the hands, fingers and in between, using soap and water for at least 15 - 20 seconds (long enough to sing the alphabet or the happy birthday song twice).



## Encourage healthy food choices

- Kids entering school are likely to change their eating habits.
- Childhood obesity continues to rise and with it comes a greater health risk to those affected.

You can buck this trend by providing healthy meal options for your kids. Avoid processed foods and foods high in saturated fats and added sugars.

Pack morning tea and lunch to ensure your child receives fresh vegetables and fruit each day. Sugar-sweetened beverages are associated with obesity and should be limited. Plain water should be encouraged as the beverage of choice.



## Allergies

Children who suffer from allergies can experience a flare-up when coming back to the school. Discuss any allergy concerns with your doctor during your annual checkup. Your doctor may advise avoidance strategies and additional medication to prevent an exacerbation.

If your child has life-threatening allergies, there is a strict protocol to follow. The school should be informed, and be trained in the use of an epi-pen.

The triggers must be avoided and in some instances this may mean that the child's environment must be kept free of the allergen (for example a nut-free classroom).

Non-life threatening allergies, such as hay-fever, allergic conjunctivitis and sinusitis, may be triggered as the classroom might have dust, mold, and other allergens such as plants and flowers.

These allergens can trigger asthma or lead indirectly to sinus infections.

Allergy symptoms include a runny nose, sneezing, coughing and watery eyes.



## Encourage physical activity

In general, children should get at least an hour a day of moderate to vigorous exercise.

Doing so helps kids maintain a healthy weight, sleep better and reduces stress.

Children can perform different types of sport going from football to swimming sessions. Even if they don't play an organised sport, they can be active in many other ways.

The hour of activity does not need to be undertaken all at once to be of benefit - several shorter activities throughout the day are great too.



# ADHD

## UNDERSTAND YOUR CHILD AND MANAGE THIS CONDITION BETTER.

Written by Dr Jude Onoka, Medical Director – Medsites Nigeria



A persistent pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning or development.

We have all seen that child who just cannot sit still or be quiet. Who literally throws the toys around and cannot seem to behave. Is this your child? Is he/she just naughty or does he/she need medical help? Does he/she have a medical condition that can be treated?

ADHD stands for “Attention Deficit Hyperactivity Disorder”. This is a common disorder in which affected children often show symptoms when they are young. It is defined as: “A persistent pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning or development”. Child specialists, such as a paediatricians or child psychologists) make the diagnosis based on highly detailed assessments of behaviours, and exclusion of other conditions (types of behaviour differ depending on age group and gender and include:

- ▶ **Inattention:** wanders off task, lacks persistence, has difficulty sustaining focus, and is disorganised (not due to defiance or lack of comprehension).
- ▶ **Hyperactivity:** moves constantly, including in situations in which it is not appropriate; or excessively fidgets, taps, or talks. In adults, it may be extreme restlessness or wearing others out with constant activity.
- ▶ **Impulsivity:** actions that occur in the moment without first thinking about them and that may have high potential for harm; or a desire for immediate rewards or inability to delay gratification. An impulsive person may be socially intrusive and excessively interrupt others or make important decisions without considering the long-term consequences.

Even though the behaviours may vary over time, it does not vary based on location – e.g. the problematic behaviours are seen both at home and at school. They impact negatively on the quality of social, academic or occupational functioning. The condition is more common in boys than girls. Boys tend to be diagnosed earlier and as such receive treatment earlier. This is because boys more frequently present with the very visible “hyperactivity” behaviour. Girls tend to present with “inattention” which is less visible and may only be noticed in poor school performance.

Fortunately there are several ways in which we can manage this condition. While there is no cure for ADHD (as with many other neurological conditions), treatment can help reduce symptoms, improve functioning and ensure a favourable long-term prognosis. It is however very important that a multidisciplinary approach is adopted. Often a combination of medication, education, behavioural therapy and counselling are used to achieve the best outcome. Special diets that exclude certain additives may be suggested, however there is not yet a proven diet to reduce symptoms.

The best known drug used is “methylphenidate” (commonly sold under the trade names Concerta or Ritalin). This is a stimulant but it does not cause the child to become more stimulated. Rather it improves communication between several areas of the brain.

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This helps to improve attention, concentration and self-control. Behavioural treatments and psychological support should be added to the medicine to address these issues. It is important that parents are trained first in how to adapt their own behaviour and then support the child.

Basic things one can implement includes setting small and reachable goals, creating a clear schedule, using check-boxes for the child to achieve tasks and obviously reducing distractions as far as possible. Involve the teachers to understand their role and to support the child in the treatment strategy.

Therapists may also teach children social skills, such as how to wait their turn, share toys, ask for help, or respond to teasing. Learning to read facial expressions and the tone of voice in others and how to respond appropriately can also be part of social skills training.





# EDUCATION IS THE MOST POWERFUL WEAPON FOR CHANGING THE WORLD

- Nelson Mandela

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

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

### Hidden words:

- |           |             |
|-----------|-------------|
| School    | Fun         |
| Manners   | Work        |
| Positive  | Hardworking |
| Teacher   | Learn       |
| Helpful   | Study       |
| Committed | Attitude    |
| Friends   | Knowledge   |
| Kind      |             |

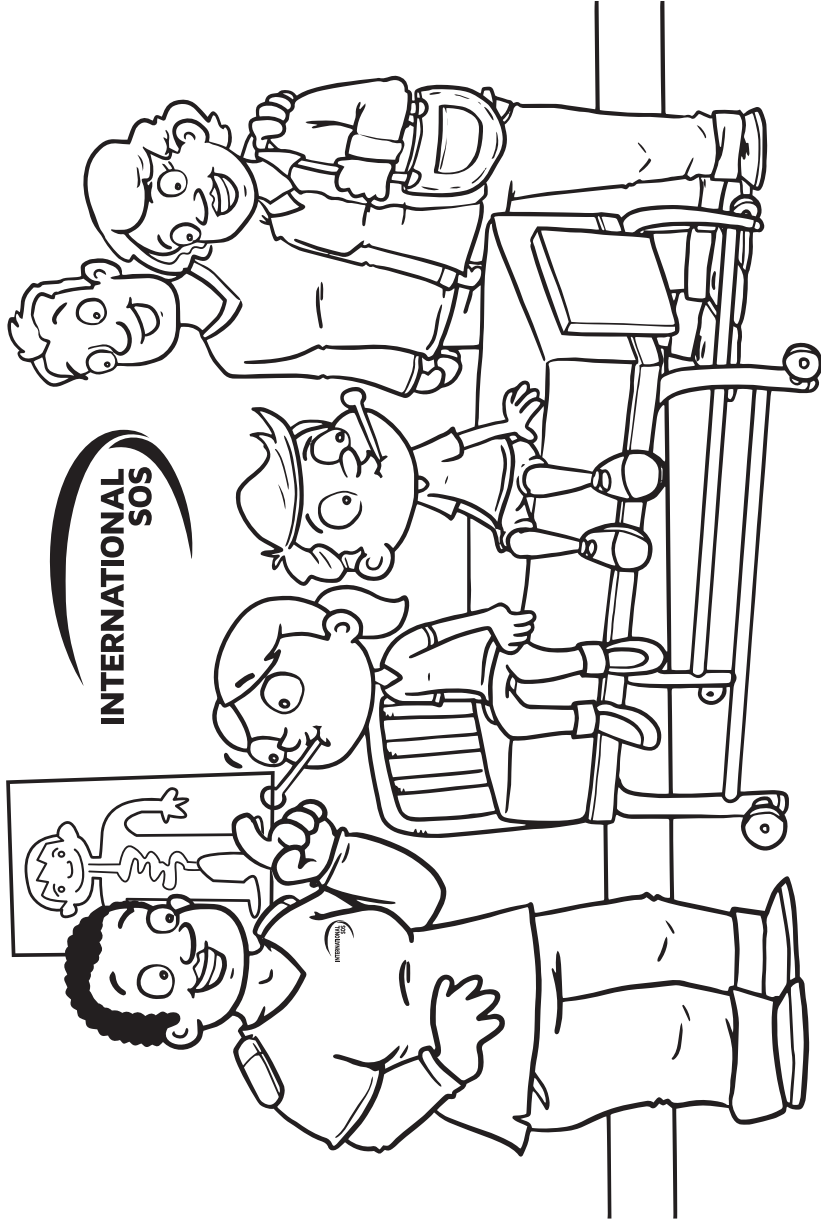


# PROTECT YOURSELF FROM MALARIA - USE BED NETS.



How many mosquitoes can you count?





# WHAT CAN YOU DO TO **STAY HEALTHY?**



E \_\_\_\_\_ regularly



W \_\_\_\_\_ h \_\_\_\_\_ and  
b \_\_\_\_\_ t \_\_\_\_\_



Eat **h** \_\_\_\_\_ food



Have **f** \_\_\_\_\_

Answers: Exercise regularly, wash hands and brush teeth, eat healthy food, have fun





2008

International SOS and Control Risks alliance was formed



200

dedicated travel security experts



Nearly

100k

travel security alerts sent to-date

Protecting  
your workforce  
to be a resilient  
and sustainable  
organisation

10 YEARS  
INTERNATIONAL SOS AND CONTROL RISKS  
AN AWARD WINNING ALLIANCE



2016

International SOS and Control Risks were presented with the Individual Alliance Excellence Award



We supported over

900

clients with their Duty of Care responsibilities through eLearning



We managed close to

200k

travel security cases for our clients to-date