

oct2021

wellness @work

your wellness matters

keeping you healthy – keeping us all healthy



Why a health check is important – especially during a pandemic:

Having a personal medical practitioner means having an expert that is already well acquainted with your overall health, and a person you can trust to answer your health questions or treat your symptoms when needed.

Regular health checks can help you understand and manage the many health aspects that positively contribute to maintaining an overall strong immune system

- Not smoking
- Eating healthy and balanced
- Exercising regularly
- Drinking in moderation
- Getting quality sleep
- Limiting stress and anxiety

Even if you feel healthy, a visit to your health practitioner can help to identify underlying or chronic health conditions, as well as common illnesses that could impact your overall health and wellness.

Common chronic health conditions include:

- Diabetes or pre-diabetes
- Heart disease
- High blood pressure
- Asthma
- Anxiety or depression
- Obesity

Your medical practitioner will help you manage your chronic and general health conditions, and if required, refer you to a specialist for further treatment.

Remember, many medical professionals now offer you the choice of an in person or a virtual consultation.



light up your world
with **a smile** and
a **positive mindset**



health screenings – *the basics to know*

Screenings are medical tests used to check, identify and monitor health risk conditions. Screenings can often help find problems early on, before there are any signs or symptoms, when they may be easier to treat.

One of the most important things you can do for your personal health, even if you feel fine, is to see your health professional or provider for regular checkups. These visits can help you avoid problems in the future.

Depending on your age, gender, and medical history, you may need to be screened for things like:

- Cancer
- High blood pressure
- High cholesterol
- Diabetes
- Osteoporosis or weak bones
- STDs (sexually transmitted diseases)
- Mental health conditions

Before you have any screening test done it is recommended that you discuss the proposed screening test with your medical professional to find out:

- which screening tests you may need
- what you need to know and understand, and
- the risks and benefits of these test

Remember also to share any relevant family medical history with your doctor.

Make sure that you fully understand the implications of your test results.

stay alert as conditions improve

ensure your health today

You need to seek medical care for any nagging or new health issues that have appeared, especially since the onset of the pandemic. It is important that you consult with your medical professional about your personal and family health history to determine what you should or could be doing to reduce future health risks. Discuss any chronic condition to ensure that you receive the proper treatment, and do not delay scheduling any routine health checks.

Screening tests can provide early diagnoses of serious conditions or health threats such as cancer, osteoporosis and other debilitating diseases – often at a most treatable stage.

Don't delay – Schedule a checkup to ensure your good health.



october health awareness calendar

Attention Deficit Hyperactivity Disorder Month
Breast Cancer Awareness Month
Mental Health Awareness Month

10 World Mental Health Day
12 World Arthritis Day
12-20 World Bone and Joint Week
14 World Sight Day
16 World Food Day
16 World Spine Day
17 World Trauma Day
17 National Emergency Medical Services Day
20 National Down Syndrome Day
20 World Osteoporosis Day
24 World Polio Day

your natural environment – a healthy alternative

Exercising is not for everyone. But exercising is necessary to maintain your personal health and wellness.

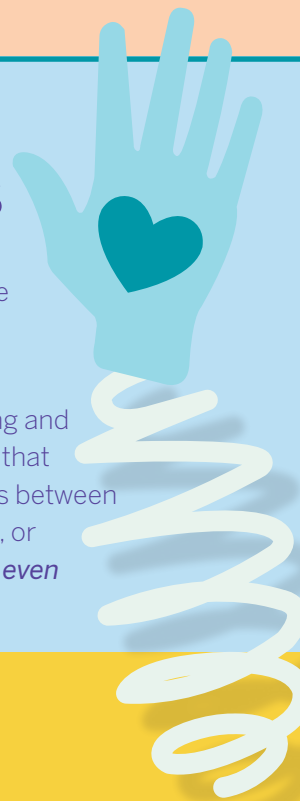
Discover the many eco-friendly workout options that surround you:

- Walking with a partner, the kids or a friend in a public park, through your suburb, or even your garden
- Hiking up the local hills or through a reserve dotted around your city
- Cycling 20 kilometers with a group of friends on back roads or along scenic drives
- Do a walk-about through your local zoo or botanical garden
- Take a wheelchair bound neighbour or friend on a walk with you
- Go kick a ball about at the local sports club
- Rediscover the joy of a picnic

caring for yourself with added benefits

As the need to self-care continues to grow, the concept of separation could help you to self-care even smarter while providing some unexpected additional benefits.

The concept of separation simply means defining and separating activities, areas, and associations so that your brain can understand the subtle differences between that which for instance is work related, personal, or family related – *from spaces to technologies to even your wardrobe.*



your health and wellness matters

maintain all the protocols at all times



wear your mask correctly – over your mouth and nose – to protect yourself and others



sanitise or wash your hands regularly for 20 seconds



maintain a safe social distance of at least 1.5m

early detection is how cancer can be beaten



integrated business support services



the magic hour

Find the hour – be it at 21:30, be it earlier or later. But find the hour to shut things down.

Everything.

Shut down your TV, social media, and emails. Switch your mobile to silent. Now get ready for a tech-free routine including a cosy bed and a good book from your second-hand bookseller to read.

Uninterrupted, peaceful and comfortable sleep is important to your health.

*Treasure the hour.
Treasure your sleep time.*



lowering the risk of breast cancer

Although breast cancer screening cannot prevent breast cancer, it can help in detecting breast cancer early, when it is easier to treat.

Breast cancer screening can be done using a mammogram (a specialised x-ray of the breast), ultrasound or an MRI scan. These breast cancer screenings can be combined with a clinical breast exam that is performed by a medical professional.

Mammograms (every two years) are recommended for women aged 50 to 74 years, while women aged 40 to 49 years old should first discuss mammogram screening with their medical or health care professional.

Women with a mother or sister, who had breast cancer, should consider yearly mammogram tests.

Finally, breast self examination is an opportunity to detect changes in how your breasts look and feel, including lumps or changes in size that may be of concern. You should discuss this with your medical or health care professional, and remember to report any change immediately to them. Breast self examination is not an alternative to professional breast screening tests.

Early detection is how cancer can be beaten

time to check if your health is on *the* *right track*

The COVID-19 pandemic has undoubtedly changed our day-to-day life in so many unexpected ways. By now we know that staying healthy means avoiding things we used to do like attending big sporting or social events, or crowded spaces. And doing things we never used to do like wearing a facial mask in public, living in a mode of lockdown, and doing the elbow greeting instead of a hug.

This pandemic has certainly changed our priorities, our attitudes and our behaviour when it comes to daily life, be it at work, home or in public spaces.

However, the importance of maintaining our overall good health has not changed. *Staying healthy means working with your medical professional, physician or health care provider to continue to set realistic health goals and health checks to ensure your health is on the right track.*



always here **for you**

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| national gbv helpline | 0800 150 150 | suicide helpline | 0800 567 567 |
| aids helpline | 0800 012 322 | lifeline | 0861 322 322 |
| childline | 0800 055 555 | diabetes sa | 0861 111 3913 |
| rape crisis | 021 447 9762 | cansa | 0800 226 622 |

If you need help remember **your manager or hr person is there to listen.** You can also email amandap@primeserv.co.za



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