

Trans care



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MEDICAL FUND

FIRST EDITION OF 2023

Welcome to the first
2023 edition of
TransCare, your
healthcare
magazine.

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Principal Officer's note



Petrus
Wassermann
Principal Officer

Welcome to the
first 2023 edition
of TransCare, your
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On behalf of the Transmed team and Board of Trustees, I would like to extend our warmest wishes for 2023 to all our members.

In this edition we cover a range of topics that I believe will be of value to you and your family. We hope that you will take the time to read this newsletter and that you find it informative and helpful.

Ensure that your contact details are updated with the Fund to enable our correspondence to reach you timeously. Kindly contact our customer service department on 0800 110 268 to update your details.

Should you wish to give us feedback, please do not hesitate to do so by sending an email to suggestions@transmed.co.za.

Warm regards

Petrus Wassermann
Principal Officer



ULCERATIVE COLITIS

Ulcerative colitis is an inflammatory bowel disease (IBD) that causes inflammation and ulcers (sores) in your digestive tract.

What is ulcerative colitis?

Ulcerative colitis affects the innermost lining of your large intestine, also called the colon, and rectum. In most people, symptoms usually develop over time, rather than suddenly.

Ulcerative colitis can be draining and can sometimes lead to life-threatening complications. While it has no known cure, there are several new treatments that can greatly reduce signs and symptoms of the disease and bring about long-term relief.



ULCERATIVE COLITIS

CONTINUES>>

Symptoms

Ulcerative colitis symptoms can vary, depending on the severity of inflammation and where it occurs. Signs and symptoms may include:

- diarrhoea
- rectal bleeding, i.e. passing a small amount of blood with stool
- abdominal pain and cramping
- rectal pain
- urgent need to defecate
- inability to defecate despite urgency
- weight loss
- fatigue
- fever
- in children, failure to grow.

Most people with ulcerative colitis have mild to moderate symptoms. The course of ulcerative colitis may vary, with some people having long periods during which its signs and symptoms disappear. This is called remission.

Types

Healthcare providers often classify ulcerative colitis according to its location. Symptoms of each type often overlap. Types of ulcerative colitis include:

- **Ulcerative proctitis.** Inflammation is confined to the area closest to the anus, also called the rectum. Rectal bleeding may be the only sign of the disease.
- **Proctosigmoiditis.** Inflammation involves the rectum and sigmoid colon — the lower end of the colon. Symptoms include bloody diarrhoea, abdominal cramps and pain, and an inability to move the bowels despite the urge to do so. This is called tenesmus.
- **Left-sided colitis.** Inflammation extends from the rectum up through the sigmoid and descending portions of the colon. Symptoms include bloody diarrhoea, abdominal cramping and pain on the left side, and an urgent need to defecate.

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The course of ulcerative colitis may vary, with some people having long periods during which its signs and symptoms disappear. This is called remission.'

- **Pancolitis.** This type often affects the entire colon and causes bouts of possibly severe, bloody diarrhoea, abdominal cramps and pain, fatigue and significant weight loss.

Causes

The exact cause of ulcerative colitis remains unknown. Previously, diet and stress were suspected. However, researchers now know that these factors may aggravate, but don't cause, ulcerative colitis.

One possible cause is an immune system malfunction. When your immune system tries to fight off an invading virus or bacterium, an irregular immune response causes the immune system to attack the cells in the digestive tract, too.

Heredity also seems to play a role in that ulcerative colitis is more common in people who have family members with the disease. However, most people with

ulcerative colitis don't have this family history.

Risk factors

Ulcerative colitis affects about the same number of women and men. Risk factors may include:

- **Age.** Ulcerative colitis usually begins before the age of 30, but it can occur at any age. Some people may not develop the disease until after the age of 60.
- **Race or ethnicity.** Although white people have the highest risk of the disease, it can occur in any race.
- **Family history.** You're at higher risk if you have a close relative, such as a parent, sibling or child, with the disease.

Source: <https://www.mayoclinic.org/diseases-conditions/ulcerative-colitis/symptoms-causes/syc-20353326>

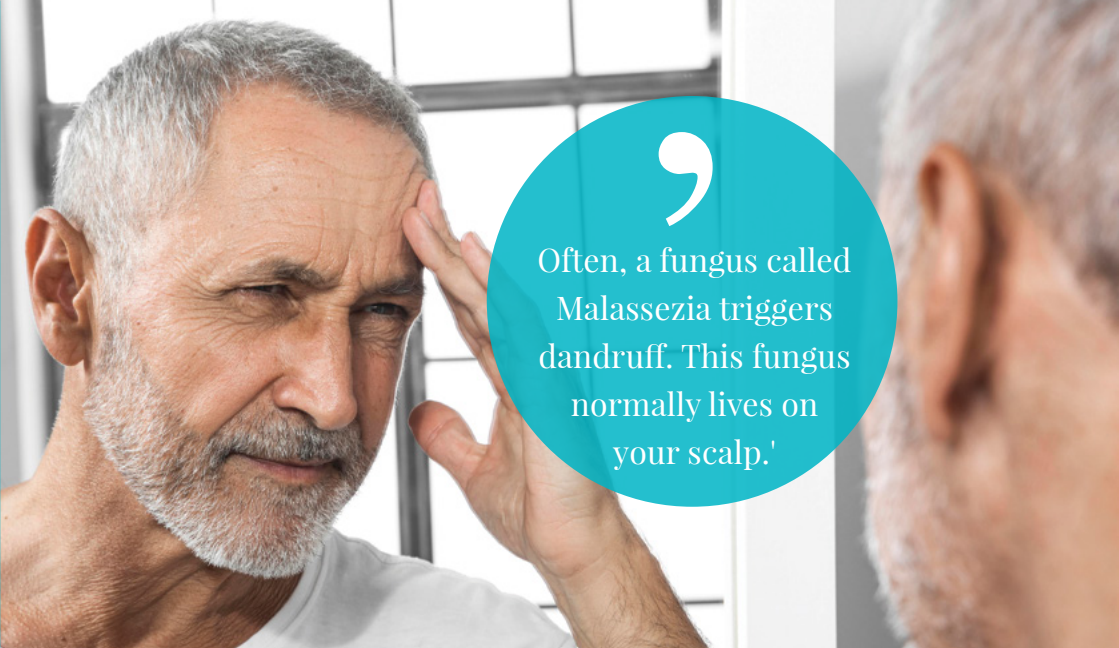


IS IT DANDRUFF OR DRY SCALP?

Both dandruff and dry scalp cause flakes and itchy skin on your scalp, which makes them challenging to distinguish. Oily, large flakes typically point to dandruff, while dry, smaller flakes signal dry scalp.

If you have a dry, flaking scalp, you may suspect dandruff, but it could be a symptom of dry scalp. Dandruff and dry scalp have the same main symptoms, which are falling flakes and an itchy scalp, but they're two different conditions.

With dry scalp, your skin gets irritated and flakes off. With dandruff, the cause is too much oil on your scalp along with an overgrowth of yeast, called *Malassezia*, that's already on your skin. The excess oil causes skin cells to build up and then shed. Knowing which of these conditions you have can help you get the right treatment and banish those flakes for good.



Often, a fungus called *Malassezia* triggers dandruff. This fungus normally lives on your scalp.'

Causes of dry scalp

You get dry scalp when your skin has too little moisture. The skin on your scalp becomes irritated and flakes off. If your scalp is dry, the skin on other parts of your body, such as your arms and legs, could be dry too.

Causes include:

- exposure to cold, dry air
- contact dermatitis caused by a reaction to products you apply to your scalp, such as shampoo, styling gel and hairspray
- older age
- the use of products that strip the natural oils from your skin.

Causes of dandruff

The skin cells on your scalp and body normally multiply when you need more of them. Then they die and shed off. The process of shedding and renewal of skin cells occurs on a regular basis and occurs faster in response to inflammation.

When you have dandruff, skin cells on your scalp shed more quickly than usual.

The main cause of dandruff is seborrheic dermatitis, a condition that turns your skin oily, red and scaly. The white or yellow scales flake off, creating dandruff. You can get seborrheic dermatitis anywhere you have oil glands, including your eyebrows, groin, armpits, chest, upper back, ears and along the sides of your nose. In babies it's called cradle cap.

Often, a fungus called *Malassezia* triggers dandruff. This fungus normally lives on your scalp. If you have too much of it, though, it causes your skin cells to multiply more quickly than usual.

Certain factors can cause *Malassezia* to multiply, including:

- age
- hormones
- stress
- underlying medical conditions and nutritional deficiencies.

IS IT DANDRUFF OR DRY SCALP?

CONTINUES>>

Dirty hair doesn't cause dandruff, but if you don't wash your hair often enough, the oily build-up can contribute to flakes.

Dandruff versus dry scalp

One way to tell the difference between dry scalp and flakes from dandruff is by their appearance. Dandruff flakes are bigger and they look oily. In babies with cradle cap, their scalps look scaly or crusty. Both dryness and dandruff can make your scalp itch.

Symptoms of dandruff versus dry scalp

The following is a comparison of the main symptoms of each condition:

	Dandruff	Dry scalp
Oily, large flakes that are yellow or white	✓	
Smaller, dry flakes		✓
Itchy scalp	✓	✓
Oily, red and scaly skin	✓	
Dry skin on other parts of your body		✓

Treatment

If you have dry scalp, wash your scalp with a gentle shampoo and then use a moisturising conditioner. One way to tell whether you have dry scalp or dandruff is to apply a light moisturiser to your scalp before you go to bed. If the cause is dry scalp, the flakes should disappear once

you shower the next morning. Some hair stylists can perform a scalp treatment that uses steam to deliver more moisture to your scalp.

For mild dandruff, wash your hair every day with a gentle shampoo to lower the amount of oil on your scalp. If your dandruff is more severe or a regular shampoo doesn't work, try a dandruff shampoo. Most dandruff shampoos contain medication that kills the fungus on your scalp or removes flaky skin.

Prevention

Here are some tips to prevent dandruff and dry scalp:

- If you have dandruff, wash your hair often with an antidandruff shampoo. Make sure to rinse out all the shampoo.
- Avoid using hair products that contain harsh chemicals, such as bleach and alcohol. These ingredients can dry out your scalp. Also avoid oily hair products that can build up on your scalp.
- Spend a few minutes out in the sun every day. There's some evidence that ultraviolet (UV) light exposure can help control dandruff. You don't want to get too much sun exposure, though, because it can increase your risk of skin cancer.

Source: <https://www.healthline.com/health/skin-disorders/dandruff-vs-dry-scalp>



CHRONIC SINUSITIS

Chronic sinusitis occurs when the spaces inside your nose and head (sinuses) are swollen and inflamed for three months or longer, despite treatment.

This common condition interferes with the way mucus normally drains and makes your nose stuffy. Breathing through your nose may be difficult and the area around your eyes might feel swollen or tender.

Chronic sinusitis can be brought on by an infection, by growths in the sinuses (nasal polyps) or by swelling of the lining of your sinuses. Also called chronic rhinosinusitis, the condition can affect both adults and children.

Symptoms

Common signs and symptoms of chronic sinusitis include:

- nasal inflammation
- thick, discoloured discharge from the nose (runny nose)
- drainage down the back of the throat (postnasal drainage)
- blocked or stuffy (congested) nose, causing difficulty breathing through your nose
- pain, tenderness and swelling around your eyes, cheeks, nose or forehead
- reduced sense of smell and taste.

Other signs and symptoms can include:

- ear pain
- headache
- aching in your upper jaw and teeth
- cough or throat clearing
- sore throat
- bad breath
- fatigue.

CHRONIC SINUSITIS

CONTINUES>>



Chronic sinusitis and acute sinusitis have similar signs and symptoms, but acute sinusitis is a temporary infection of the sinuses often associated with a cold. The signs and symptoms of chronic sinusitis last at least 12 weeks, but you may have several episodes of acute sinusitis before developing chronic sinusitis. Fever isn't a common sign of chronic sinusitis, but you might have one with acute sinusitis.

Causes

Common causes of chronic sinusitis include:

- **Nasal polyps.** These tissue growths can block the nasal passages or sinuses.
 - **Deviated nasal septum.** A crooked septum – the wall between the nostrils – may restrict or block sinus passages, making the symptoms of sinusitis worse.
 - **Other medical conditions.** The complications of conditions such as cystic fibrosis, HIV and other immune system-related diseases can lead to nasal blockage.
 - **Respiratory tract infections.** Infections in your respiratory tract – most commonly colds – can inflame and thicken your sinus membranes and block mucus drainage. These infections can be caused by viruses or bacteria.
 - **Allergies such as hay fever.** Inflammation that occurs with allergies can block your sinuses.
- asthma
 - aspirin sensitivity
 - a dental infection
 - a fungal infection
 - tumours
 - an immune system disorder such as HIV/AIDS or cystic fibrosis
 - hay fever or another allergic condition
 - regular exposure to pollutants such as cigarette smoke.

Prevention

Take these steps to reduce your risk of getting chronic sinusitis:

- **Avoid upper respiratory infections.** Avoid contact with people who have colds or who are sick with other infections. Wash your hands frequently with soap and water, especially before meals.
- **Manage your allergies.** Work with your doctor to keep symptoms under control. Avoid exposure to things you're allergic to whenever possible.
- **Avoid cigarette smoke and polluted air.** Tobacco smoke and air contaminants can irritate and inflame your lungs and nasal passages.
- **Use a humidifier.** If the air in your home is dry, such as it is if you have forced hot air heat, adding moisture to the air may help prevent sinusitis. Be sure to keep the humidifier clean and free of mold with regular, thorough cleaning.

Risk factors

You're at increased risk of getting chronic sinusitis if you have:

- a deviated nasal septum
- nasal polyps

Source: <https://www.mayoclinic.org/diseases-conditions/chronic-sinusitis/symptoms-causes/syc-20351661>

COVID-19 booster vaccination



From 30 January 2023, vaccinated adults are eligible for an extra COVID-19 booster vaccination:

- Adults aged between 18 and 49 years can now have a total of four doses.
- Adults aged 50 years and older can now have a total of five doses.

The fourth and fifth doses can be given after 180 days has passed since the previous vaccination.

Adults aged 18 and older who are registered as immunocompromised on the Electronic Vaccination Data System (EVDS) are eligible for additional booster doses, provided that a period of 180 days has passed since the previous booster dose.

Please note
that most larger vaccination sites have closed down, but vaccinations are still available at some pharmacies. Members can visit www.findmyjab.co.za to confirm an available vaccination facility close to them.



IMPORTANT CONTACT DETAILS

WHO TO CALL TO GET IN TOUCH WITH THE FUND

Services	Contact numbers
Customer service department (general queries)	0800 110 268
Chronic medication application	0800 122 263
Hospital and major medical pre-authorisation	0800 225 151
Optical services (PPN)	0861 103 529
Dental services (DENIS)	0860 104 941
HIV/AIDS	0860 109 793
Ambulance authorisation	0800 115 750
Fraud hotline	0800 000 436
WhatsApp	0860 005 037

IMPORTANT EMAIL ADDRESSES

Services	Email address
Enquiries	enquiries@transmed.co.za
Banking details and membership	membership@transmed.co.za
Compliments	compliments@transmed.co.za
Complaints	complaints@transmed.co.za
Appeals	appeals@transmed.co.za
Claims	claims@transmed.co.za
Ex gratia	exgratia@transmed.co.za
Suggestions	suggestions@transmed.co.za

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