transcare

transmed MEDICAL FUND

FIRST EDITION OF 2022

We have pleasure in presenting the first TransCare newsletter for **2022**

IN THIS EDITION:

Principal Officer's note

Petrus Wassermann
Principal Officer

We have pleasure in presenting the first TransCare newsletter for 2022. I hope all of you had a safe festive period. On behalf of the Transmed team and Board of Trustees I would like to take this opportunity to wish you a prosperous year ahead!

We continue to provide you with useful health-related articles to keep you and your loved ones healthy. In this edition, we include articles on blood clots, ways to keep your brain young and an update on the COVID-19 booster vaccination.

We also include the process you and your dependants should follow when you require treatment in a hospital.

Stay healthy, enjoy reading the newsletter and, should you wish to give us feedback, please do not hesitate to send an email to suggestions@transmed.co.za.

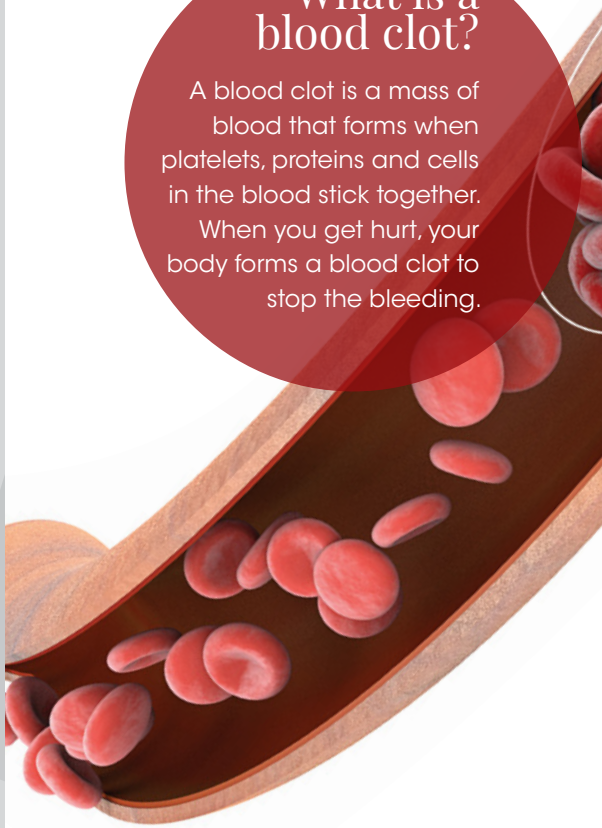
Warm regards

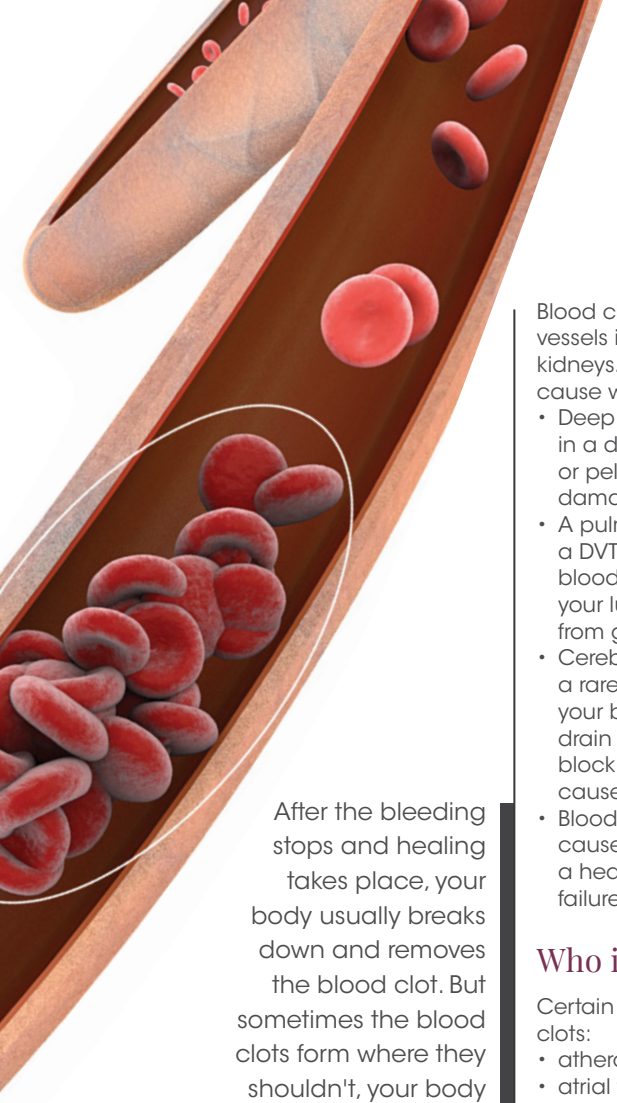
Petrus Wassermann
Principal Officer

BLOOD CLOT

What is a blood clot?

A blood clot is a mass of blood that forms when platelets, proteins and cells in the blood stick together. When you get hurt, your body forms a blood clot to stop the bleeding.





After the bleeding stops and healing takes place, your body usually breaks down and removes the blood clot. But sometimes the blood clots form where they shouldn't, your body makes too many blood clots or abnormal blood clots, or the blood clots don't break down like they should. These blood clots can be dangerous and may cause other health problems.

Blood clots can form in, or travel to, the blood vessels in the limbs, lungs, brain, heart and kidneys. The types of problems blood clots can cause will depend on where they are:

- Deep vein thrombosis (DVT) is a blood clot in a deep vein, usually in the lower leg, thigh or pelvis. It can block a vein and cause damage to your leg.
- A pulmonary embolism can happen when a DVT breaks off and travels through the bloodstream to the lungs. It can damage your lungs and prevent your other organs from getting enough oxygen.
- Cerebral venous sinus thrombosis (CVST) is a rare blood clot in the venous sinuses in your brain. Normally the venous sinuses drain blood from your brain. CVST clots block the blood from draining and can cause a haemorrhagic stroke.
- Blood clots in other parts of the body can cause problems such as an ischemic stroke, a heart attack, kidney problems, kidney failure and pregnancy-related problems.

Who is at risk for blood clots?

Certain factors can raise the risk of blood clots:

- atherosclerosis
- atrial fibrillation
- cancer and cancer treatment
- certain genetic disorders
- certain surgeries
- COVID-19
- diabetes
- family history of blood clots
- being overweight and obesity
- serious injuries
- some medicines
- smoking
- staying in one position for a long time, such as being in the hospital or taking a long car or plane ride.

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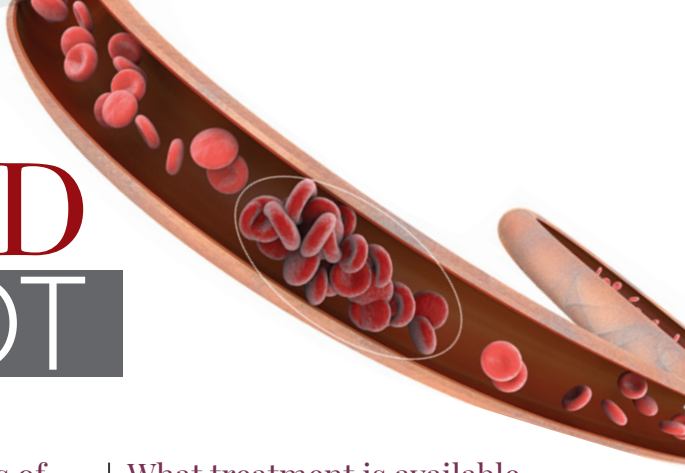
BLOOD CLOT



What are the symptoms of blood clots?

The symptoms of blood clots can be different, depending on where the blood clot is:

- In the abdomen: Abdominal pain, nausea and vomiting
- In an arm or leg: Sudden or gradual pain, swelling, tenderness and warmth
- In the lungs: Shortness of breath, pain with deep breathing, rapid breathing and increased heart rate
- In the brain: Trouble speaking, vision problems, seizures, weakness on one side of the body and sudden, severe headache
- In the heart: Chest pain, sweating, shortness of breath and pain in the left arm

How are blood clots diagnosed?

Your healthcare provider may use many tools to diagnose blood clots:

- a physical exam
- a medical history
- blood tests, including a D-dimer test
- imaging tests, such as:
  - ultrasounds
  - X-rays of the veins (venography) or blood vessels (angiography) that are taken after you get an injection of special dye; the dye shows up on the X-ray and allows the provider to see how the blood flows
  - CT scans.

What treatment is available for blood clots?

Treatment for blood clots depends on where the blood clot is located and how severe it is. Treatment may include:

- blood thinners
- other medicines, including thrombolytics; thrombolytics are medicines that dissolve blood clots and are usually used where the blood clots are severe
- surgery and other procedures to remove the blood clots.

Can blood clots be prevented?

You may be able to help prevent blood clots by:

- moving around as soon as possible after having been confined to your bed, such as after surgery, illness or injury
- getting up and moving around every few hours when you have to sit for long periods of time; for example, if you are on a long flight or car trip
- performing regular physical activity
- not smoking
- staying at a healthy weight
- taking blood thinners to prevent blood clots if you are at high risk.

Source: https://medlineplus.gov/bloodclots.html

10 SCIENCE-BASED BENEFITS OF grapefruit

Grapefruit is a tropical citrus fruit known for its sweet and somewhat sour taste. It's rich in nutrients, antioxidants and fibre, making it one of the healthiest citrus fruits you can eat.

1. **It's low in calories, yet high in nutrients**

   Grapefruit is low in calories and provides a significant amount of fibre, vitamins, minerals and antioxidants.

2. **It may benefit your immune system**

   Grapefruit may benefit your immune system, as it contains several vitamins and minerals known for their role in preventing infection.

3. **May promote appetite control**

   Grapefruit contains fibre, which helps with appetite control by decreasing hunger.

4. **It has been shown to aid weight loss**

   Eating grapefruit before meals may be helpful for weight loss. Its fibre and water can reduce hunger and calorie intake.

5. **Grapefruit may help prevent insulin resistance and diabetes**

   Grapefruit may help reduce insulin resistance, which can lower your risk of developing type 2 diabetes.

6. **Eating grapefruit may improve heart health**

   Grapefruit contains nutrients and antioxidants shown to help protect the heart by regulating blood pressure and cholesterol levels.

7. **It's high in powerful antioxidants**

   Grapefruit contains several types of antioxidants that may help prevent the development of some chronic conditions, including heart disease and cancer.

8. **May reduce the risk of kidney stones**

   The citric acid in grapefruit may help reduce the formation of calcium oxalate kidney stones.

9. **Very hydrating**

   Grapefruit has a high water content, which helps you stay hydrated.

10. **Easy to add to your diet**

    Grapefruit is a healthy food that's easy to incorporate into your diet.

Source:
https://www.healthline.com/nutrition/10-benefits-of-grapefruit#TOC_TITLE_HDR_13

WAYS TO KEEP YOUR brain young

Our brains change with age and mental function changes along with it. Mental decline is common and it's one of the most feared consequences of ageing. But cognitive impairment is not inevitable. Here are 10 ways you can help maintain brain function.

Get mental stimulation

Through research, scientists have found that brainy activities stimulate new connections between nerve cells and may even help the brain generate new cells, develop neurological 'plasticity' and build up a functional reserve that provides a hedge against future cell loss.

Any mentally stimulating activity should help to build up your brain: read, take courses and try 'mental gymnastics,' such as word puzzles or Sudoku.

Experiment with things that require manual dexterity, as well as mental effort, such as drawing, painting and other crafts.

Get physical exercise

Research shows that using your muscles also helps your mind.

Exercise also spurs the development of new nerve cells and increases the connections between brain cells (synapses). This results in brains that are more efficient, plastic and adaptive, which translates into better performance in ageing animals.

Exercise also lowers blood pressure, improves cholesterol levels, helps blood sugar balance and reduces mental stress, all of which can help your brain as well as your heart.

Improve your diet

Good nutrition can help your mind and your body. For example, people who follow a Mediterranean-style diet that emphasises fruit, vegetables, fish, nuts, unsaturated oil (such as olive oil) and plant sources of protein are less likely to develop cognitive impairment and dementia.

Improve your blood pressure

High blood pressure in midlife increases the risk of cognitive decline in old age. Use lifestyle modification to keep your blood pressure as low as possible. Stay lean, exercise regularly, limit your alcohol intake to two drinks a day, reduce stress and eat correctly.

Improve your blood sugar

Diabetes is a serious risk factor for dementia. You can help prevent diabetes by eating correclty, exercising regularly and staying lean. But if your blood sugar stays high, you'll need medication to achieve good control.

Improve your cholesterol

High levels of LDL (`bad') cholesterol are associated with an increased risk of dementia. Diet, exercise, weight control and avoiding tobacco will go a long way towards improving your cholesterol levels. But if you need more help, ask your doctor about medication.

Avoid tobacco

Avoid tobacco in all its forms.

Don't abuse alcohol

Excessive drinking is a major risk factor for dementia. If you choose to drink, limit yourself to two drinks a day.

Build social networks

Strong social ties have been associated with a lower risk of dementia, as well as lower blood pressure and longer life expectancy.

Care for your emotions

People who are anxious, depressed, sleep-deprived or exhausted tend to score poorly on cognitive function tests. Poor scores don't necessarily predict an increased risk of cognitive decline in old age, but good mental health and restful sleep are certainly important goals.

Protect your head

Moderate to severe head injuries, even without diagnosed concussions, increase the risk of cognitive impairment.

Source: https://www.health.harvard.edu/mind-and-mood/12-ways-to-keep-your-brain-young

COVID-19

BOOSTER VACCINATION

The Omicron variant of COVID-19 can partially, but not fully, evade the vaccines produced by Pfizer and BioNTech and therefore **booster doses of the vaccines produced by these companies could provide additional protection due to an increase in neutralising antibodies.**

From 21 February 2022, individuals over the age of 18 who have received one dose of the Johnson & Johnson (Janssen®) COVID-19 vaccine will be eligible for a booster dose of the same vaccine or of the Pfizer (Cominarty®) COVID-19 vaccine after two months (60 days).

From 23 February 2022, individuals over the age of 18 who have received two doses of the Pfizer (Cominarty®) COVID-19 vaccine will be eligible for a booster dose of the same vaccine or of the Johnson & Johnson (Janssen®) COVID-19 vaccine three months (90 days) after receiving the second of two doses of the Pfizer (Cominarty®) vaccine.

The table below indicates the timelines for the booster doses for non-immunocompromised individuals.

Type of vaccine	Targeted group	Time period between first and second dose of vaccines	Booster vaccine
Pfizer (Cominarty®)	18 years of age and older	A second dose of the Pfizer vaccine can be administered a minimum of 21 days after the first dose	A third dose of the Pfizer vaccine can be administered a minimum of 90 days after the second dose OR Instead of a third dose of the Pfizer vaccine, a Johnson & Johnson vaccine can be administered a minimum of 90 days after the second dose of the Pfizer vaccine
Johnson & Johnson (Janssen®)	18 years of age and older	Not applicable (Johnson & Johnson is a single-dose vaccine)	A second dose of the Johnson & Johnson vaccine can be administered a minimum of 60 days after the initial Johnson & Johnson vaccine OR Instead of a second dose of the Johnson & Johnson vaccine, a Pfizer vaccine can be administered a minimum of 60 days after the initial dose of the Johnson & Johnson vaccine

Eligible individuals are not required to register on the Electronic Vaccination Data System (EVDS) for the booster vaccine. You can book an appointment at the vaccine site that is the most convenient for you and present your vaccination record confirming the date of your last vaccine.

Most vaccination sites also assist on a walk-in basis.

The Fund pays in full for COVID-19 vaccinations and booster vaccinations for you and your registered dependants who are eligible for such vaccinations.

Hospital

PRE-AUTHORISATION

What you must do if you need to go to hospital

If you plan to be admitted to hospital, you need to obtain pre-authorisation by contacting 0800 225 151.

Pre-authorisation should be obtained at least 48 hours prior to your admission to hospital. In the event of an emergency admission or if you are admitted to hospital over a weekend, public holiday or at night, you must still obtain pre-authorisation by calling 0800 225 151 – available 24 hours a day, seven days a week.

Please ensure that you have the following information at hand when applying for pre-authorisation:

- membership number
- benefit plan name
- name, surname and date of birth of the patient
- admission date
- name of treating provider, and his or her practice and contact numbers
- name of hospital and its practice and telephone numbers, where available
- reason for admission to hospital – ask your doctor for a full description.

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Please remember

to ensure that your membership number appears on all communication to the Fund, such as accounts, letters of enquiry and emails.

IMPORTANT CONTACT DETAILS

WHO YOU NEED TO CALL WHEN YOU NEED 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