



transmed
MEDICAL FUND

TransCare

SECOND EDITION 2021



IN THIS EDITION:

- Principal Officer's note
- Bladder cancer
- Break the habit ...not your teeth
- Positive thinking – Tap into the power of positivity
- Ways to keep your immune system healthy
- Health benefits of citrus fruits
- Address change
- Transmed mobile app
- Important contact details



Welcome to the second edition of
TransCare for 2021



▲ Petrus
Wassermann
Principal Officer

Welcome to the second edition of TransCare. Colder temperatures have arrived and temperature drops call for extra precautions to remain healthy.

Principal Officer's note

It is important that you take care of your body. Make sure you follow a healthy diet, get regular exercise and enough sleep and protect yourself and others during the cold and flu season by practising good hygiene.

June is Men's Health Month. In keeping with this theme, our main article focuses on bladder cancer, the fifth leading cancer in South African men. We also cover the subject of positive thinking, the health benefits of citrus fruits and how to break bad dental habits and not your teeth.

We hope that you will take the time to read this newsletter and that you find it informative.

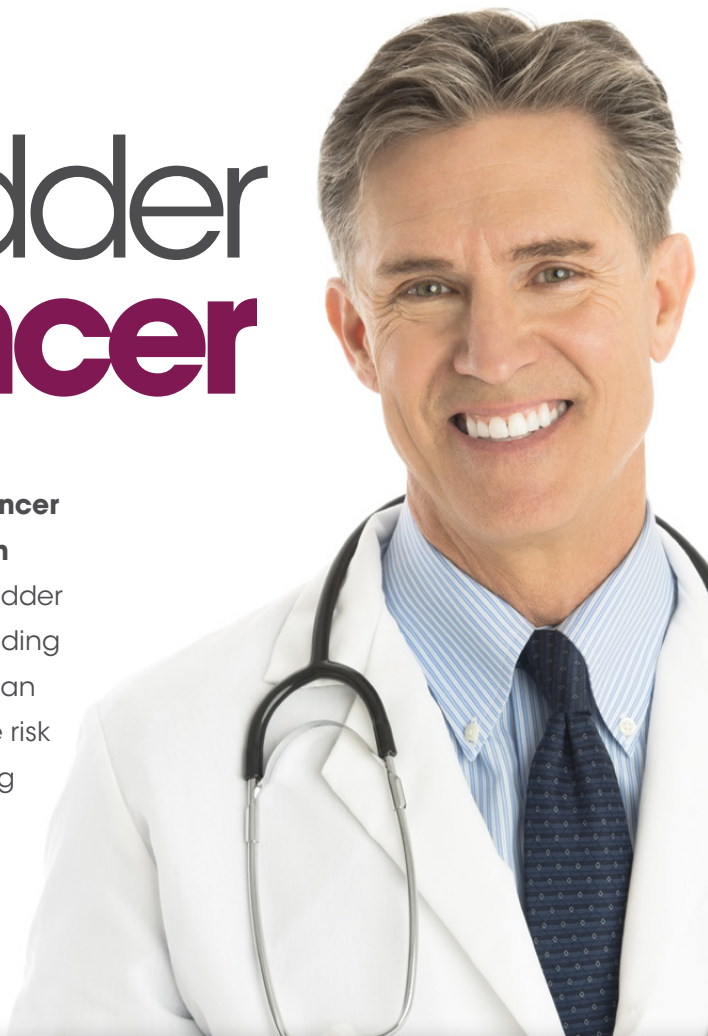
We welcome any suggestions on topics you would like to see published in forthcoming editions. Please send your suggestions to suggestions@transmed.co.za.

Happy reading!

Petrus Wassermann
Principal Officer

Bladder cancer

According to the **Cancer Association of South Africa (CANSA)**, bladder cancer is the fifth leading cancer in South African men, with the lifetime risk of developing it being **one in 148 men.**



Bladder cancer forms in the tissues of the bladder. Most bladder cancers are transitional cell carcinomas (cancer that begins on cells that normally make up the inner lining of the bladder). Other types include squamous cell carcinoma (cancer that begins in thin, flat cells) and adenocarcinoma (cancer that begins in cells that make and release mucus and other fluids).

Continues on page 4 >>

Bladder cancer



Continues >>

BLADDER CANCER RISK FACTORS MAY INCLUDE:

- use of tobacco products
- obesity
- age
- chronic bladder inflammation
- bladder birth defects
- exposure to certain chemicals
- being male
- family history of cancer.

Signs and symptoms

- Blood in urine
- Frequent urination
- Urgent need to urinate
- Bladder spasm
- Painful urination
- Inability to urinate
- Reduced bladder capacity
- Back pain
- Pelvic pain

Symptoms of advanced bladder cancer

- Pain
- Unexplained appetite loss
- Weight loss

Types of bladder cancer

- Transitional cell bladder cancer
- Non-muscle invasive (superficial) bladder cancer
- Squamous cell bladder cancer
- Adenocarcinoma of the bladder
- Small-cell cancer of the bladder

Diagnosis

Bladder cancers are usually discovered when a person consults a healthcare practitioner for certain symptoms and signs.

If your healthcare provider suspects bladder cancer, tests are needed to confirm the diagnosis.

TEST TYPES INCLUDE:

- **Lab tests:** Various urine tests
- **Imaging tests:** Computed tomography (CT) and magnetic resonance imaging (MRI) scans and ultrasounds
- **Cystoscopy:** Examination of the lining of the bladder and the tube that carries urine out of the body
- **Bladder biopsy:** Removal of cells or tissue from the bladder to be tested in a laboratory.

TREATMENT

Standard treatment types include:

- surgery
- radiation therapy
- chemotherapy
- biologic therapy
- photodynamic therapy
- immunotherapy.

CAN BLADDER CANCER BE PREVENTED?

Bladder cancer cannot be prevented altogether, but there are precautions you can take that should lower your risk. These include:

- not smoking
- avoiding exposure to industrial chemicals
- drinking water throughout the day
- limiting the intake of smoked or cured meats
- limiting the intake of other processed foods.

Source: CANSA

Break the habit

... not your
teeth



Tooth enamel protects the tooth. Although it is the hardest substance in the body, even it has limits. If you are in the habit of using your teeth as a tool, you might end up with a chipped or broken tooth. **Is it really worth the risk?**

The following five dental troublemakers are bad habits that you should break before it can cause permanent damage to your teeth.

USING YOUR TEETH AS TOOLS

Broken or chipped teeth are often caused by people using their teeth for things that they are just not intended for. Do not use your teeth when you cannot find a pair of scissors or to hold things when your hands are full. And never open bottles with your teeth. Using your teeth as a bottle opener might be an entertaining party trick, but it only takes one unfortunate slip or tricky bottle to lead to a dental emergency.


Break the habit: Before you use your teeth to rip something open – stop. Rather find something or someone else to help you out. Never take your teeth for granted.

CHEWING ICE CUBES

Ice cubes may seem harmless, but the force needed to crush them can cause problems with your existing dental work, such as fillings and crowns. It can also damage your tooth enamel. Over time your teeth will become more sensitive to hot and cold drinks and food and also more prone to tooth decay and cavities.

Break the habit: Drink chilled beverages without ice or use a straw so that you are less tempted to chew ice cubes.

Continues on page 6 >>



Break the habit ... not your teeth

Continues >>

BITING YOUR FINGERNAILS OR CHEWING PENCILS

Are you in the habit of biting your nails or holding a pen or pencil between your teeth while concentrating on something else? You might be surprised at the amount of pressure that you are placing on your teeth as you bite down on inedible objects.

The problem with these habits is that you probably use the same teeth every time. You may not be able to see the damage, but repeated high pressure on the same points can cause tiny cracks and weaknesses to build on the inside of those teeth. Eventually, these weaknesses can get to a point where it really does not take much for major damage to occur.

Break the habit: Be aware of situations that might trigger this habit and set small, realistic goals to stop it. If you feel the urge to chew on something, rather reach for sugarless gum.

FIZZY DRINKS AND STICKY, SUGARY TREATS

Sports drinks are loaded with damaging sugar and carbonated drinks (even the sugar-free type) tend to be very sour (acidic).

This acidity can lead to decay around your gum line and loss of enamel. Sugary treats promote tooth decay and chewy, jelly-like sweets can stick to your teeth for hours.

Break the habit: Drink water more often and limit sweets, sugary food and sugar-filled drinks. If you really struggle to kick the sweet treat habit, eat the sweets after meals instead of as a separate snack. Your mouth produces more saliva when you eat meals, helping to rinse away sticky, sugary residue.



BRUSHING YOUR TEETH TOO HARD

Brushing your teeth for two minutes twice a day is one of the best oral hygiene habits that you can have. Just make sure that you are not too enthusiastic in getting rid of the plaque. If you brush your teeth too aggressively or use a toothbrush with hard bristles, it can wear down enamel, irritate your gums, make your teeth sensitive to cold and even cause cavities.

Break the habit: *To avoid these problems, brush your teeth and gums gently with a soft-bristled toothbrush.*

The following good oral hygiene habits can make your teeth last a lifetime:

- Brush your teeth every morning and every night.
- Floss every day to clean between your teeth.
- Visit your dentist at least once a year for a dental check-up and preventative care.




Source: DENIS

A man and a woman are sitting back-to-back on a blue mat, in a meditative pose. They are both looking upwards with serene expressions. The man has grey hair and a beard, and the woman has blonde hair. They are both wearing white t-shirts and grey pants. The background is a bright, out-of-focus indoor space.

Positive thinking

**– Tap into
the power of
positivity**

A person is shown from the waist down, sitting in a meditative pose on a blue mat. Their legs are crossed, and their hands are held in a mudra (prayer position) with fingers touching. The background is a bright, out-of-focus indoor space.

Positive thinking or an optimistic attitude is the practice of focusing on the good in any given situation. It can have an impact on your physical and mental health. That does not mean you should ignore reality or make light of problems. It simply means you should approach the good and the bad in life with the expectation that things will go well.

How to tap into the power of positivity

Learn to substitute every negative thought with a positive one.

Every time a negative thought crawls into your mind, replace it with a positive thought. Imagine someone writing a phrase you don't like on a blackboard, getting up, erasing it and writing something much more to your liking.

See the positive side of every situation, even when you are surrounded by pure negativity.

This one is a bit harder to put into practice, but it does not mean it's impossible.

You can find positivity in everything by mentally holding on to something positive, whether it be family, friends, your faith, nature, someone's sparkling eyes or whatever other glimmer of beauty you find.

If you seek it, you will find it.

At least once a day, take a moment and think of five things you are grateful for.

This will lighten your mood and give you some perspective on what really is important in life and how many blessings surround you already.

Change the mental images you allow to enter your mind.

How you see yourself and your surroundings make a huge difference to your thinking.

Instead of dwelling on dark, negative thoughts, consciously build and focus on positive, light and colourful images, thoughts and situations in your mind a few times a day.

Source: <https://www.lifehack.org/articles/lifestyle/how-to-tap-into-the-power-of-positivity.html>

Ways to keep your immune system healthy





Don't smoke.



Eat a diet high in fruits and vegetables.



If possible, exercise regularly.



Maintain a healthy weight.



If you drink alcohol, drink only in moderation.



Get adequate sleep.



Take steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly.



Try to minimise stress.

Health benefits of citrus fruits





Citrus fruits offer a wealth of health benefits, from boosting immunity to fighting cancer. Below are a few reasons to eat citrus fruits:

- Citrus fruits are very nutritious, offering a host of vitamins, minerals and plant compounds that help keep you healthy.
- Citrus fruits are good sources of soluble fibre, which helps lower cholesterol and aids digestion.
- Citrus fruits are low in calories, making them a smart choice for people seeking to lose or maintain their weight.
- Eating citrus fruits may help lower the risk of kidney stones in some people by raising citrate levels in urine.
- Citrus fruits have been widely studied for their protective effects on a variety of cancer types.
- Many compounds in citrus fruits can benefit heart health by improving cholesterol levels and lowering blood pressure.
- Citrus fruits and juices may help boost brain function and protect the brain from neurodegenerative disorders.





Address change

The Fund has relocated to a new building and can now be reached at the following physical and postal addresses:

- **New physical address:**
Traduna House, 118 Jorissen Street, Braamfontein 2001
- **New postal address:**
PO Box 2269, Bellville 7535.

All other contact details, such as our current telephone and fax numbers and email addresses, will remain unchanged.

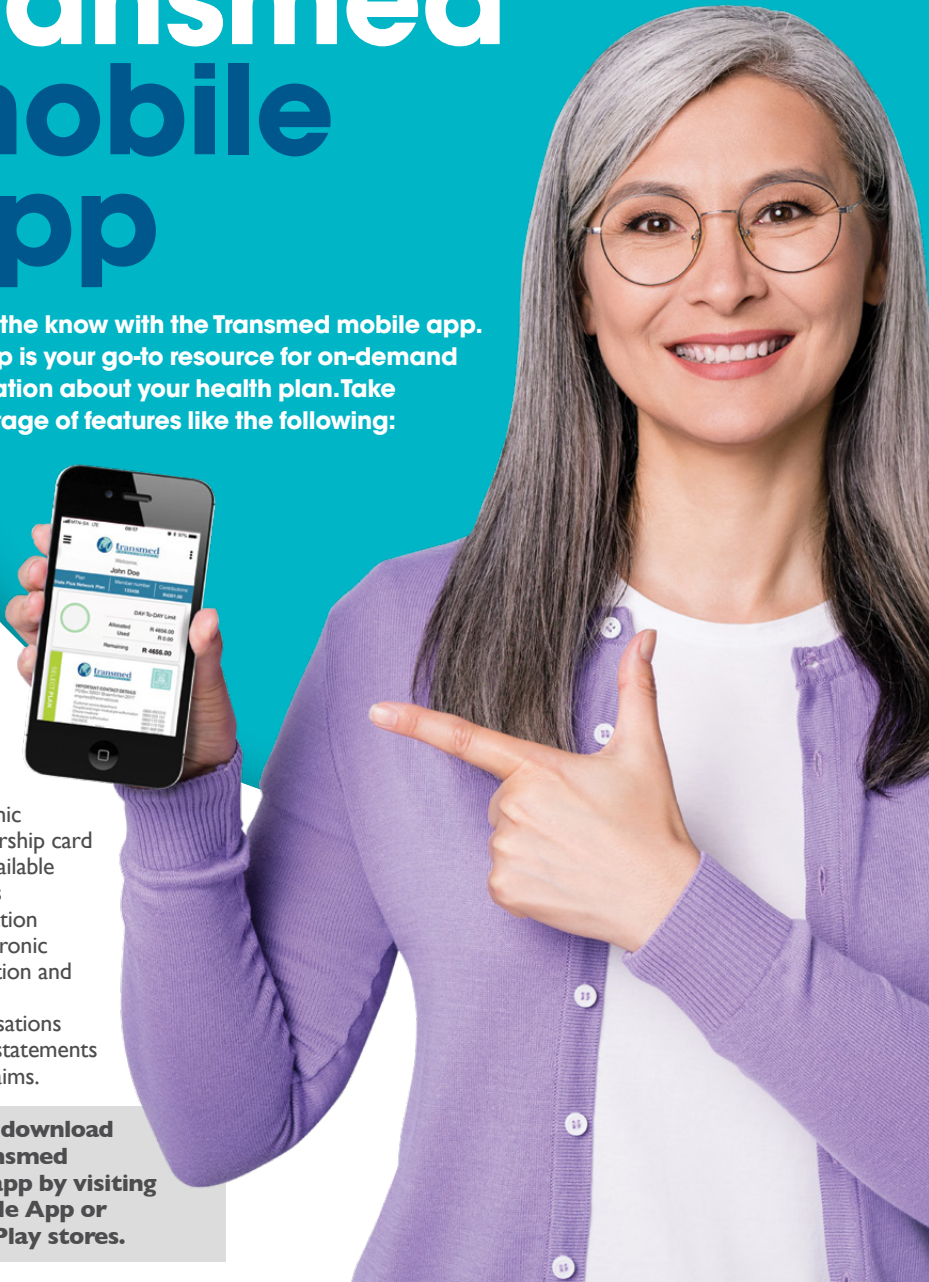


Transmed mobile app

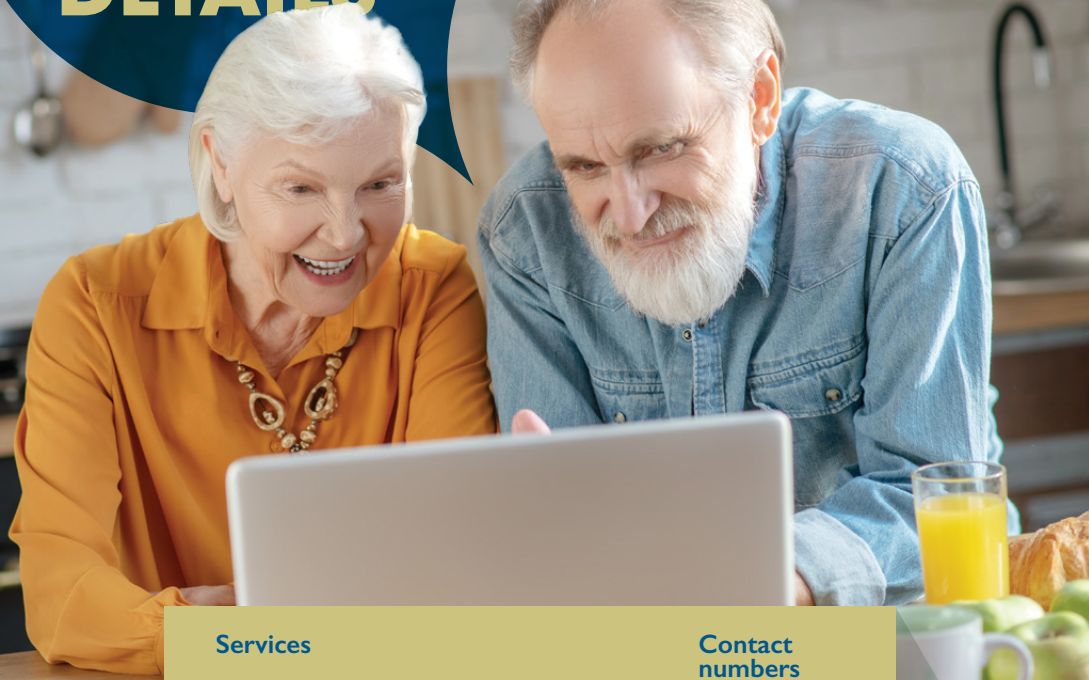
Stay in the know with the Transmed mobile app. The app is your go-to resource for on-demand information about your health plan. Take advantage of features like the following:

- electronic membership card
- view available benefits information
- view chronic medication and hospital authorisations
- access statements
- view claims.

You can download the Transmed mobile app by visiting the Apple App or Google Play stores.



IMPORTANT CONTACT DETAILS



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) | 0860 304 060 / 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 |

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