

Trans health



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MEDICAL FUND

FIRST EDITION OF 2022

We have
pleasure in
presenting the
first TransHealth
newsletter for
2022

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Principal Officer's note



Petrus Wassermann

Principal Officer

We have pleasure in presenting the first TransHealth 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 peptic ulcer disease, tips to reduce your salt intake, the benefits of grapefruit 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

PEPTIC ULCER DISEASE

What is peptic ulcer disease?

A peptic ulcer is a sore or raw area in the lining of the stomach. It can also occur near the top of the small intestine. This area of the small intestine is called the duodenum. The lining is damaged by the acids your body uses to digest food.



Symptoms of peptic ulcer disease

The most common symptom is a burning pain in your stomach. It usually lasts for a few minutes to a few hours. It comes and goes for days or weeks at a time. The burning typically occurs between meals and at night. Small ulcers may cause no symptoms.

Other symptoms can include:

- a lack of hunger
- difficulty drinking as much liquid as usual
- hunger or an empty feeling in your stomach after you have eaten
- mild nausea
- stomach pain that wakes you up at night.

Less common symptoms include:

- bloating
- burping
- poor appetite
- bloody or dark stools
- chest pain
- fatigue
- weight loss
- vomiting.

Complications include:

- bleeding (this occurs from a broken blood vessel in the small intestine)
- perforation (tear)
- a blockage
- peritonitis (infection).

What causes peptic ulcer disease?

The main cause of peptic ulcer disease is bacterial infection, *Helicobacter pylori* (*H. pylori*). Another common cause is long-term use of nonsteroidal anti-inflammatory drugs (NSAIDs). This includes aspirin, ibuprofen and naproxen. In rare cases, the disease can be caused by cancerous and noncancerous tumours. A less common cause is a rare disorder called Zollinger-Ellison syndrome that causes your stomach to produce too much acid.

PEPTIC ULCER DISEASE



How is peptic ulcer disease diagnosed?

Your doctor will do a physical exam. He or she will ask you questions about your medical history. Tell your doctor if you take aspirin, ibuprofen or naproxen frequently. Your doctor will look for stomach bloating and listen to sounds in your stomach with a stethoscope. Your doctor will tap your stomach to check for pain.

Your doctor may schedule a special procedure to look at your stomach. This is called an endoscopy. For this procedure, you'll be given medicine to relax. The medicine may make you fall asleep. The doctor will insert a thin, flexible tube down your throat. A tiny camera on the end of the tube displays the lining of your stomach and duodenum. The doctor may take a sample of your stomach lining (a biopsy). This is done to test for *H. pylori*. Blood, breath and stool-sample testing can also be used to check for *H. pylori*.

Can peptic ulcer disease be prevented or avoided?

Stress and spicy food don't cause ulcers. However, they can make them worse. Smoking and alcohol can cause a peptic ulcer. Men should limit alcohol to no more than two drinks per day. Women should have no more than one drink per day. Talk to your doctor if you take aspirin, ibuprofen or naproxen regularly.

Peptic ulcer disease treatment

Your doctor may begin by prescribing medicine and suggest treatment for other causes.

If you have *H. pylori*, your doctor will treat the infection with 'triple therapy'. *H. pylori* can be stubborn. Take all your medicine as prescribed.

Your doctor may recommend medicines to neutralise your stomach acid. This will protect the lining in your stomach, too. These include:

- Protein pump inhibitors
- Histamine receptor blockers
- Cytoprotective agents

If NSAIDs caused your ulcer, you may need to stop or reduce the amount you take. You may need to switch to another type of medicine for pain.

Living with peptic ulcer disease

Most ulcers heal within about eight weeks. Peptic ulcers come and go. You have to do what you can to reduce your risk. If you smoke or chew tobacco, ask your doctor about how to quit. Follow a well-balanced diet. Avoid food that causes discomfort. These include alcohol, coffee, caffeinated soda, fatty food, chocolate and spicy food. Avoid eating late at night. Talk to your doctor about alternatives to NSAIDs. Take all medicines with plenty of water.

Source: <https://familydoctor.org/condition/peptic-ulcer-disease/>

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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.

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.

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.

MAY PROMOTE APPETITE CONTROL

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

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.

GRAPEFRUIT MAY HELP PREVENT INSULIN RESISTANCE AND DIABETES

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

EATING GRAPEFRUIT MAY IMPROVE HEART HEALTH

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

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.

MAY REDUCE THE RISK OF KIDNEY STONES

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

VERY HYDRATING

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

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

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TIPS FOR LOWERING YOUR SALT INTAKE



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Choosing fresh fruit and vegetables over their canned equivalents can reduce average daily salt intake.

1. Read food labels

Every food product for sale is required to carry a label that lists all the food's ingredients, as well as nutritional information. Included in the nutritional information is a section that tells you exactly how many milligrams of sodium (a form of salt) the food product contains. If you aren't in the habit of reading these labels, you may be very surprised at the salt content of some common food.

The recommended daily allowance (RDA) for sodium is around 2 300 milligrams (mg) – the equivalent of one teaspoon.

2. Buy fresh food

All processed food contains a lot of salt. While some salt is a necessary part of the preparation process and helps to keep food fresh, the majority is unnecessary. Prepared food is often salted to enhance flavour.

Choosing fresh fruit and vegetables over their canned equivalents can reduce average daily salt intake.

3. Put away the salt cellar

While the table salt cellar is not the biggest contributor to daily salt intake, it is still an important contributor. In many homes, salt is added to a recipe, more salt is added 'to taste' during cooking, and still more salt is added when food reaches the table.

While there is usually nothing wrong with adding the specified amount of salt to a recipe, resist the temptation to add salt afterward. Instead, consider replacing your salt cellars with small bottles of salt-free herbs and spices.

4. Cut back on instant food

In our hectic, time-pressured culture, everything from oatmeal to noodle soup to potatoes is available in an 'instant' form. Usually, instant food contains much more salt than its non-instant counterparts.

One brand of plain instant oatmeal, for example, contains almost 200 mg of salt, where the non-instant variety contains no salt.

While the time savings may seem attractive, reading the preparation directions will often reveal that the amount of time saved is actually very small. Using our oatmeal example, the directions are to let the instant preparation sit for five minutes before

eating, while the non-instant version takes seven to eight minutes to prepare. Flavoured rice, pasta and cereal mixes are often the worst offenders in this category.

5. Choose lower salt convenience food

While eliminating prepared or semi-prepared 'convenience' food completely may be difficult for many families, most manufacturers of these foods usually offer lower salt versions of their products and the packaging is clearly labelled to reflect this difference.

To make the biggest dent in your salt intake from this category of food, buy low-salt versions of canned soup, salad dressing and pre-made 'ingredient food' like breadcrumbs and broth. Frozen dinners and microwavable snacks are also all very high in salt and are good candidates for substitutions.

6. Rinse canned or frozen food before eating

Not all canned or frozen food have fresh alternatives. Tuna, for example, is a very popular food and is actually a good source of low-fat protein.

You can still lower the salt content of these food items by rinsing them before eating or cooking. Canned tuna can be rinsed right in the can — just open it, pour out the packed liquid and flush two or three times with cool, clear water. Frozen vegetables with added salt can be rinsed using a strainer before steaming or boiling. This simple step can reduce the amount of salt by up to 23%.

Source: <https://www.verywellhealth.com/tips-for-lowering-your-salt-intake-1764081>



HOSPITAL PRE-AUTHORISATION

(SELECT AND PRIME PLANS)

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.

Trans flash



Please remember

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

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.

IMPORTANT CONTACT DETAILS

WHO YOU NEED
TO CALL WHEN
YOU NEED TO GET
IN TOUCH WITH
THE FUND



Service	Link plan	Select and Prime plans
Customer service department	Universal Healthcare 0861 686 278 transmed@universal.co.za	0800 450 010 enquiries@transmed.co.za
Membership and contributions	0800 450 010	0800 450 010
Hospital and major medical pre-authorisation	Universal Healthcare 0861 686 278	0800 225 151
Disease programmes	Universal Healthcare 0861 686 278	0800 225 151
Ambulance authorisation	0800 115 750	0800 115 750
HIV/AIDS	Universal Healthcare 0861 686 278	0860 109 793
Dental services	Universal Healthcare 0861 686 278	Select plan 0860 104 941 Prime plan 0800 450 010
Optical services	Universal Healthcare 0861 686 278	Select plan PPN 0861 103 529 Prime plan 0800 450 010
Fraud hotline	0800 000 436	0800 000 436
WhatsApp	0860 005 037	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
External service provider for the Link plan Universal Healthcare	transmed@universal.co.za

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Congratulations to the winners of the brainteaser competition from the fourth edition of TransHealth for 2021.

BRAINTEASER WINNERS:

First prize

Mrs S Pieterse

Second prize

Mr ALS Loubser

Third prize

Mrs SC Borman

Win with Transmed

True or false competition

We are giving away prizes to the winners of our true or false competition. All you need to do is to indicate whether the statements are true or false. You will find the answers in this edition of the newsletter. The first correct entry will win R2 000. The second and third correct entries will each win R1 000.

Please note that terms and conditions apply. You may use the following channels to forward your answers:

- Post: True or False Competition, PO Box 2269, Bellville 7535
- Email: enquiries@transmed.co.za
- Fax: 011 381 2041/42.

Please write down the correct answer in the entry form below, along with your contact details. Your entry form must reach Transmed Medical Fund by no later than 30 April 2022.

Please indicate 'true' or 'false' next to each statement.

1. Call 0800 115 750 to obtain ambulance authorisation.
2. The recommended daily allowance (RDA) for sodium is around 2 800 milligrams (mg).
3. The most common symptom for peptic ulcer is a burning pain in your arm.
4. Grapefruit is high in calories.
5. Grapefruit may help reduce insulin resistance.
6. The main cause of peptic ulcer disease is bacterial infection.

TRUE

FALSE

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FULL NAME: _____

PHYSICAL ADDRESS: _____

POSTAL ADDRESS: _____

EMAIL ADDRESS: _____

MEMBERSHIP NUMBER: _____

CELL PHONE NUMBER: _____

TEL (H): _____

TEL (W): _____

Terms and conditions

• The competition is only open to Transmed Medical Fund members and their registered dependants. • Late entries will not be considered for the draw. • Please note that entries may be posted, emailed, or faxed to Transmed. • Winners will be notified telephonically, and their names will be published in the TransHealth magazine. Transmed may require the publication of the photographs of the winners. • The judges' decision is final, and no correspondence will be entered into. • Entry into the competition signifies acceptance of all rules.