

Trans



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MEDICAL FUND

health

FOURTH EDITION 2021

Welcome to the
Fourth edition of
TransHealth for
2021

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Principal Officer's note

▲ Petrus Wassermann
Principal Officer



Welcome to the fourth edition of TransHealth for 2021. As this is our last edition for 2021, I would like to wish you and your family a healthy and prosperous 2022. Travel safely, be sun smart, keep hydrated by drinking lots of water and please don't drink and drive.

Summer is a time to enjoy yourself in the sun, particularly with the vacation period around the corner. Our health articles in this issue therefore concentrates on skin cancer and the warning signs of heat-related illnesses. Also included in this edition is an article on prediabetes – a condition where your blood glucose or blood sugar levels are higher than normal, but not high enough to be called diabetes.

The Transmed Trustee election has been completed and we are very happy to announce the results of the member election, as well as the appointment of the employer and trade union representatives to the Board of Trustees. The names of the elected and appointed Trustees are indicated in this edition. The Trustees play a pivotal role in the management of the Fund and we wish them every success in their new positions.

In closing, congratulations to the winners of last edition's competition. Please relax and have some fun completing the brainteaser in this edition. Once again there are excellent prizes up for grabs.

I sincerely hope that you enjoy the newsletter and, 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



Thank you to the members who participated in the nomination and election process earlier in the year.

Transmed Medical Fund is governed by a group of people that are known as

Trustees, some of whom are elected by members and others appointed by the employer groups and trade unions. Together these representatives make up the Board of Trustees.

Results

of the Trustee election



The Board of Trustees is led by the Chairperson of the Board. The Board of Trustees is responsible for the overall governance and management of the affairs of Transmed Medical Fund. As part of its duties and responsibilities, the Board of Trustees is responsible for ensuring that the Fund is financially and administratively sound, complies with relevant legislation and conforms to the principles of good corporate conduct and practices.

The composition of the Board is as follows:

MEMBER-ELECTED TRUSTEES

- Mr C Beard
- Ms S Booysen
- Mr T Campher
- Mr W Goosen
- Mr B Jonker – Vice-Chairperson
- Mr F Mabaso

EMPLOYER AND TRADE UNION-APPOINTED TRUSTEES

- Mr H Fourie
- Mr F Mackenzie – Chairperson
- Mr J Mamabolo
- Mr L Siwani
- Mr V Ramlugaan



Say yes to sun
protection **and**
**no to skin
cancer**

As we enjoy the lovely, hot summer weather, we should remember that the ultraviolet (UV) rays of the sun may be harmful to our skin. Skin cancer is the greatest health risk related to overexposure to UV radiation.



**Be sun smart
and help
prevent skin
cancer.**

The sun's ultraviolet (UV) radiation is the major cause of skin cancer. UV damage also causes sunburn, tanning, premature ageing and eye damage. The good news is you can prevent damage – and skin cancer – by being sun smart.

HOW TO PROTECT YOUR SKIN FROM THE SUN'S HARMFUL UV RAYS AND LOWER YOUR RISK:

- Avoid direct sunlight between 10:00 and 15:00 when the sun's rays are most dangerous.
- Cover up by wearing thickly woven hats with wide brims and loose-fitting clothes made of tightly woven fabric that is cool, but will block out harmful UV rays.
- Always apply sunscreen, preferably with a sun protection factor (SPF) of between 20 and 50 – preferably SPF 30 to 50 for fair to very fair skin. Apply the sunscreen generously to all exposed skin areas.
- Apply sunscreen 20 minutes before going outside into the sun. Re-apply regularly (at least every two hours) after towel-drying, perspiring or swimming.
- Protect your eyes by wearing sunglasses with a UV protection rating of UV 400.
- Avoid sunlamps and tanning beds.

SPOT THE SPOT

Self-examination may also help identify skin irregularities.

The following is a guide to detecting skin cancers using the A-B-C-D-E skin self-examination guide adapted from the American Academy of Dermatology:

- A** Asymmetrical shape: Look for moles with irregular shapes, such as two very different-looking halves.
- B** Irregular borders: Look for moles with irregular, notched or scalloped borders. These are characteristics of melanomas.
- C** Changes in colour: Look for growths that have many colours or an uneven distribution of colour.
- D** Diameter: Look for growths that are larger than about 6 mm.
- E** Evolving: Look for changes over time, such as a mole that grows or that changes colour or shape. Moles may also evolve to develop new signs and symptoms, such as new itchiness or bleeding.

Cases of skin cancer are increasing, but can be prevented by limiting or avoiding exposure to UV radiation and by paying attention to suspicious changes in your skin. With early detection, you can receive successful treatment for most skin cancers, even the most aggressive forms.

Heat-related illnesses – **know the warning signs**

Summer often implies warmth, fun and sunshine, but it can also bring heat-related illnesses. Here are the warning signs of the illnesses.



SIGNS OF HEAT EXHAUSTION

- Very sweaty
- Feeling weak, tired and giddy
- Fast, weak pulse
- Nausea or vomiting
- Headache
- Dizziness
- Cold, pale and clammy skin
- Fainting
- Muscle cramps

SIGNS OF HEATSTROKE

- Confusion or delirium
- Fainting
- Fast, strong pulse
- Dizziness
- Elevated body temperature
- Hot, red, dry or damp skin
- Headache
- Nausea

SIGNS OF HEAT CRAMP

- Muscle cramping or spasms
- Heavy sweating during intense exercise

SIGNS OF HEAT SYNCOPE (FAINTING)

- Sweaty skin, but normal body temperature
- Temporary loss of consciousness
- Lack of symptoms of heat stroke or heat exhaustion

SIGNS OF HEAT RASH

- Small pink or reddish bumps along the skin
 - Irritation, itchiness and a particularly 'prickly' sensation
-

Prediabetes

WHAT IS PREDIABETES?

Prediabetes means that your blood glucose or blood sugar levels are higher than normal, but not high enough to be called diabetes. Glucose comes from the food you eat. Too much glucose in your blood can damage your body over time.

If you have prediabetes, you are more likely to develop type 2 diabetes, heart disease and stroke, but if you make some lifestyle changes now, you may be able to delay or prevent type 2 diabetes.

WHAT CAUSES PREDIABETES?

Prediabetes usually happens when your body has a problem with insulin. Insulin is a hormone that helps the glucose get into your cells to give them energy. A problem with insulin could be:

- Insulin resistance, a condition in which the body can't use its insulin properly. It makes it hard for your cells to get glucose from your blood. This can cause your blood sugar levels to rise.
- Your body can't make enough insulin to keep your blood sugar levels at a healthy level.

WHO IS AT RISK FOR PREDIABETES?

About one out of every three adults has prediabetes. It is more common in people who:

- are overweight or obese
- are age 45 or older
- have a parent, brother or sister with diabetes
- are not physically active

Source: <https://medlineplus.gov/prediabetes.html>



- have health conditions, such as high blood pressure and high cholesterol
- have had gestational diabetes (diabetes in pregnancy)
- have a history of heart disease or stroke
- have metabolic syndrome
- have polycystic ovary syndrome (PCOS).

WHAT ARE THE SYMPTOMS OF PREDIABETES?

Most people don't know they have prediabetes because usually there are no symptoms.

Some people with prediabetes may have darkened skin in the armpit or on the back and sides of the neck. They may also have many small skin growths in those same areas.

HOW IS PREDIABETES DIAGNOSED?

There are a few different blood tests with which to diagnose prediabetes. The most common ones are:

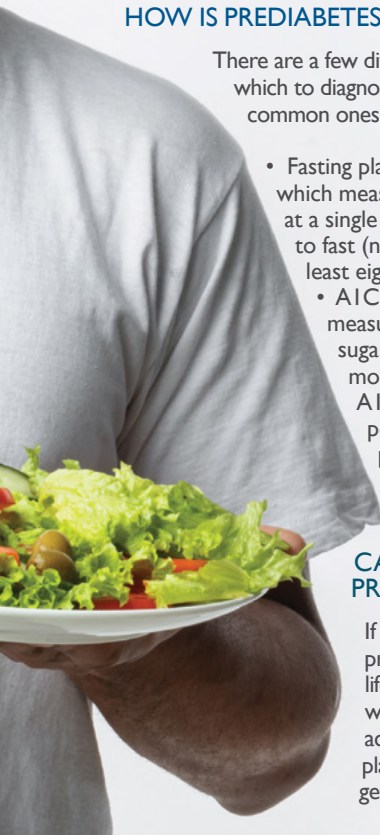
- **Fasting plasma glucose (FPG) test**, which measures your blood sugar at a single point in time. You need to fast (not eat or drink) for at least eight hours before the test.
 - **A1C blood test**, which measures your average blood sugar over the past three months. The results of an A1C test are given as a percentage. The higher the percentage, the higher your blood sugar levels have been.

CAN PREDIABETES BE PREVENTED?

If you are at risk for prediabetes, those same lifestyle changes (losing weight, regular physical activity and a healthy eating plan) may prevent you from getting it.

Ways to have a healthy and safe festive season

- **Wash your hands often:** Washing your hands helps prevent the spread of germs.
- **Wear your face mask:** Wearing a face mask not only protects you, but others too.
- **Manage stress:** Give yourself a break if you feel stressed out, overwhelmed and out of control. Some of the best ways to manage stress are to find support, connect socially and get plenty of sleep.
- **Be smoke-free:** Avoid smoking and second-hand smoke. Smokers have greater health risks because of their tobacco use, but non-smokers are also at risk when exposed to tobacco smoke.
- **Prepare food safely:** Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.
- **Eat healthily and stay active:** Eat fruits and vegetables that pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt and sugar.
- **Don't drink and drive** or let others drink and drive: Driving under the influence puts everyone on the road at risk. Choose not to drink and drive and help others to do the same.
- **Fasten seat belts** while driving or riding in a motor vehicle: Buckle up every time, no matter how short the trip and encourage passengers to do the same.



Less Sugar!



Now *that* is something to smile about - Select plan members

Sugar is a leading risk factor for tooth decay. A high intake of free sugars – that is all sugars added to food and drinks and natural sugars in honey, syrups, and fruit juices – is associated with higher rates of dental caries.

Source: DENIS

As parents or grandparents, we need to help our children break the bad sugar habit. Take action. Reduce the number of sugar-sweetened beverages our children drink and introduce more fruit and vegetables into their daily diet.

Choosing fresh fruit instead of sweet snacks, such as cookies, cakes and chocolate, helps reduce consumption of sugars. Limiting intake of soft drinks and other drinks high in sugars (fruit juices, cordials, syrups, flavoured milks and yogurt drinks) also helps reduce sugar in their diet.

THE SUGAR STATISTICS

- Consuming free sugars more than four times a day leads to an increased risk of dental caries.
- There are 10.6 g (two-and-a-half teaspoons) of sugar in 100 ml of soft drink, i.e., eight teaspoons in a 330 ml can.
- The World Health Organization recommends that we limit sugar to less than 10% of our total daily energy intake.
- For pre-school and young children, free sugars intake should not be more than about 30 g (seven teaspoons) per person per day.
- For teenagers and adults, free sugars intake of above 60 g (14 teaspoons) per person per day increases the rate of dental caries.

FOUR STEPS TO A HEALTHIER SMILE

Our children deserve to grow up with healthier smiles, along with the best possible oral and general health, and we can do something about it:

- Limit sweets, sugary foods and sugar-filled drinks.
- Brush teeth in the morning and at night.
- Floss every day.
- Visit your dentist at least once a year.

Important contact details

SERVICES	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

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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PREVIOUS WINNERS

Congratulations to the winners of the Test Your Knowledge Competition from the third edition of TransHealth for 2021.

Test Your Knowledge Competition winners:

FIRST PRIZE
MR WM FISH

SECOND PRIZE
MR A VAN DER MERWE

THIRD PRIZE
MR JG MOSTERT



BRAINTEASER COMPETITION

We're giving away great prizes to the winners of our competition. Simply complete the brainteaser below by circling the relevant words and find the one that does not appear. The words may appear diagonally, vertically and horizontally.

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

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

Your entry form must reach Transmed Medical Fund by no later than 31 January 2022.

Z	K	P	O	L	Y	C	Y	S	T	I	C	R	P	Z	L	P	T
E	E	B	B	B	S	S	R	K	E	H	S	K	Z	J	M	D	J
L	X	I	U	T	O	C	R	A	M	P	I	N	G	H	E	I	N
E	H	I	L	L	N	E	S	S	E	S	J	M	U	J	L	A	M
V	A	F	P	D	F	P	X	N	U	I	Q	K	B	W	A	M	Q
A	U	W	G	B	E	L	S	O	Q	N	I	L	A	E	N	E	F
T	S	M	O	V	T	A	A	X	S	A	S	V	M	I	O	T	F
E	T	P	Y	X	L	S	N	F	Q	T	U	H	Z	Y	M	E	Z
D	I	O	R	L	X	M	U	O	Q	E	C	V	I	V	A	R	C
G	O	N	H	L	R	A	R	U	G	J	I	N	G	N	S	H	J
X	N	U	P	D	Q	O	U	V	M	R	B	O	D	M	E	I	F
R	P	E	I	W	J	V	P	P	T	Y	S	T	Y	R	D	X	S

PUZZLE WORDS

Cramping
Diameter
Elevated
Exhaustion
Illnesses
Melanomas
Plasma
Polycystic
Prediabetes
Sunshine

FULL NAME: _____
PHYSICAL ADDRESS: _____
POSTAL ADDRESS: _____
EMAIL ADDRESS: _____
MEMBERSHIP NUMBER: _____
CELL PHONE NUMBER: _____
TEL(H): _____ TEL(W): _____
MISSING WORD: _____

ANSWERS FROM PREVIOUS ISSUE

- Question 1** POPIA
Question 2 DENIS
Question 3 30 days
Question 4 No
Question 5 Early detection of breast cancer
Question 6 20-20-20 rule

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.