

Trans health



transmed
MEDICAL FUND

FOURTH EDITION OF 2022

Welcome to the
fourth edition of
TransHealth for
2022

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**Petrus
Wassermann**
Principal Officer

Principal Officer's note

Welcome to the fourth edition of TransHealth for 2022. Unbelievably, we seem to be nearing the end of yet another year. As some of us prepare to unwind and spend time with family and friends, it is important to remember to take care of ourselves and our families.

If you are going on a road trip, buckle up, do not drink and drive, keep a safe following distance and, if you feel tired or restless, pull over at a safe stop and rest a little while.

Before moving on, it is my sad duty to inform you that earlier in 2022 we had to bid farewell to two of our member-elected Trustees, Mr T Campher and Mr W Goosen, who passed away. Their contribution on the Board of Trustees will be dearly missed.

In this edition we cover adjustment disorders, a group of conditions that can occur when you have difficulty coping with a stressful life event. We also share articles on summer skin hazards and anosmia or total loss of the sense of smell.

With regard to our competition, please read the newsletter carefully to answer the six questions about the topics in this edition correctly. I would also like to congratulate our winners of the last competition.

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

As this is the last newsletter for 2022, we wish you a healthy, happy festive season. May the new year be filled with blessings, happiness, joy and health.

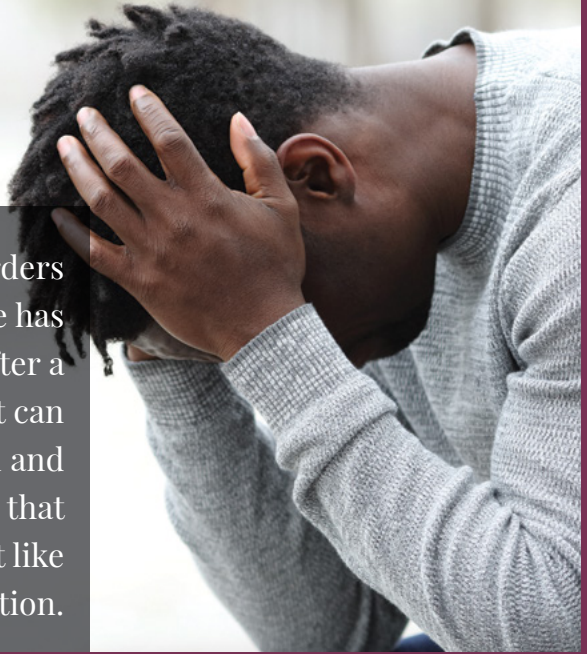
Should you wish to give us feedback, please do not hesitate to do so by sending an email to suggestions@transmed.co.za.

Warm regards

Petrus Wassermann
Principal Officer

ADJUSTMENT DISORDER

Adjustment disorders occur when someone has difficulty coping after a stressful event. It can cause psychological and physical symptoms that may need treatment like therapy or medication.



Understanding adjustment disorders

Adjustment disorders are a group of conditions that can occur when you have difficulty coping with a stressful life event. These can include the death of a loved one, relationship issues or being fired from work. While everyone encounters stress, some people have trouble handling certain stressors.

The inability to adjust to the stressful event can cause one or more severe psychological symptoms and sometimes even physical symptoms. There are six types of adjustment disorders, each type with distinct symptoms and signs.

Adjustment disorders can affect both adults and children.

These disorders are treated with therapy, medication or a combination of both. With help, you can usually recover from an adjustment disorder quickly. The disorder typically does not last more than six months unless the stressor persists.

Recognising the symptoms of adjustment disorder

The mental and physical symptoms associated with adjustment disorder usually occur during or immediately after you experience a stressful event. While the disorder lasts no longer than six months, your symptoms may continue if the stressor is not removed. Some people have just one symptom. Others may experience many symptoms.



ADJUSTMENT DISORDER

CONTINUES>>

The mental symptoms of adjustment disorders can include:

- rebellious or impulsive actions
- anxiousness
- feelings of sadness, hopelessness or being trapped
- crying
- withdrawn attitude
- lack of concentration
- loss of self-esteem
- suicidal thoughts.

There is one type of adjustment disorder that is associated with physical symptoms, as well as psychological ones. These physical symptoms can include:

- insomnia
- muscle twitches or trembling
- fatigue
- body pain or soreness
- indigestion.

Types of adjustment disorder

The following are the six types of adjustment disorders and their symptoms:

1. Adjustment disorder with depressed mood

People diagnosed with this type of adjustment disorder tend to experience feelings of sadness and hopelessness. It is also associated with crying. In addition, you may find that you no longer enjoy activities that you formerly enjoyed.

2. Adjustment disorder with anxiety

Symptoms associated with adjustment disorder with anxiety include feeling overwhelmed, anxious and worried. People with this disorder may also have problems with concentration and memory. For children, this diagnosis is usually associated with separation anxiety from parents and loved ones.

3. Adjustment disorder with mixed anxiety and depressed mood

People with this kind of adjustment disorder experience both depression and anxiety.

4. Adjustment disorder with disturbance of conduct

Symptoms of this type of adjustment disorder mainly involve behavioural issues like driving recklessly or starting fights. Teens with this disorder may steal or vandalise property. They might also start missing school.

5. Adjustment disorder with mixed disturbance of emotions and conduct

Symptoms linked to this type of adjustment disorder include depression, anxiety and behavioural problems.

6. Unspecified adjustment disorder

Those diagnosed with unspecified adjustment disorder have symptoms that are not associated with the other types of adjustment disorder. These often include physical symptoms or problems with friends, family, work or school.

What causes adjustment disorders?

A variety of stressful events can cause an adjustment disorder. Some common causes in adults include:

- death of a family member or friend
- relationship issues or divorce
- major life changes
- illness or a health issue in you or someone you are close to
- moving to a new house or place
- sudden disasters
- financial troubles or fears.

Who is at risk of developing an adjustment disorder?

Anyone can develop an adjustment disorder. There is no way to tell who out of a group of people experiencing the same stressor will develop one. Your social skills and methods for coping with other stressors may determine whether you develop an adjustment disorder.

How are adjustment disorders diagnosed?

In order to be diagnosed with an adjustment disorder, a person must meet the following criteria:

- experiencing psychological or behavioural symptoms within three months of an identifiable stressor or stressors occurring in your life
- having more stress than would be ordinary in response to a specific stressor, or stress that causes issues with relationships, in school or at work, or experiencing both criteria
- the improvement of symptoms within six months after the stressor or stressors are removed
- symptoms that are not the result of another diagnosis.

How are adjustment disorders treated?

If you receive an adjustment disorder diagnosis, you will probably benefit from treatment. You may require only short-term treatment or may need to be treated over an extended period. Adjustment disorders are typically treated with therapy, medication or a combination of both.

How to prevent adjustment disorders

There is no guaranteed way to prevent an adjustment disorder. However, learning to cope and be resilient can help you deal with stressors. Being resilient means being able to overcome stressors. You can increase your resilience by:

- developing a strong network of people to support you
- looking for the positive or humour in hard situations
- living healthily
- establishing good self-esteem.

It can be helpful to prepare for a stressful situation in advance if you know you will need to confront it. Thinking positively can help. You can also call your doctor or therapist to discuss how you can best manage especially stressful situations.

Build up your support system: Engage your family, friends and groups you are in to support you and uplift you in troubled times.

Do self-care regularly: Spend time taking care of yourself. Take a hot bath, read a book, write in a journal, go for a walk or play with your pets. Take time for yourself. Do things that make you feel better and make you happy. Set a regular schedule for 'me time.'

Source: <https://www.healthline.com/health/adjustment-disorder>

A photograph of two young children with curly hair on a sandy beach. The child on the left is standing and looking towards the camera, while the child on the right is in motion, reaching up with their hands. The background is a bright, hazy sky. An orange semi-transparent banner is overlaid across the middle of the image, containing the title text.

SUMMER SKIN HAZARDS

While you may be looking forward to long summer days, lots of things can wreak havoc on your skin if you are not careful. Below are ten common skin problems people experience in the summer and how you can protect yourself.

A woman with dark hair, wearing a patterned swimsuit, is leaning forward and smiling at a young child. The child is holding a large, colorful beach ball (pink, green, blue, and orange). They are on a sandy beach with the ocean in the background. The scene is brightly lit, suggesting a sunny day.

Sunburn

Sunburn is possibly the most common summer skin concern. Even if you wear sunscreen and reapply it regularly, chances are good you would still have gotten a painful, red burn at one time or another.

Wear sunscreen with a sun protection factor (SPF) of at least 30 every day to protect your skin. Furthermore, consider wearing clothing with ultraviolet (UV)-blocking properties and a wide-brimmed hat to shield your face. If you do notice a sunburn, stay out of the sun as it heals. More sun exposure can heighten skin damage.

Heat rash

When sweat glands get clogged, sweat cannot escape your body. It will build up under your skin and an itchy rash of tiny bumps can form. This skin problem is sometimes called prickly heat, because skin feels prickly when the bumps burst.

You can help prevent getting a heat rash by avoiding outdoor activities during the hottest part of the day. Furthermore, wear cool, loose-fitting clothing and, if you do sweat, wipe it away to keep your skin as dry as possible. To lower your body temperature, consider taking cool showers.

Folliculitis

Folliculitis is an infection that forms in hair follicles. Folliculitis looks like pimples, but the bumps are often tender or itchy. It is a common skin condition in the summer, because pore-clogging bacteria thrive on sweaty skin.

Showering as soon as you can after you sweat is the best way to prevent folliculitis. Do not wear sweaty clothing twice. To reduce build-up in pores, consider using a noncomedogenic sunscreen that prevents blocked pores on your whole body.



SUMMER SKIN HAZARDS

CONTINUES>>

Eczema flare-ups

Eczema is a chronic condition that causes patches of itchy, red, cracked skin to develop. Summer weather may make eczema flare-ups more likely. Hotter temperatures can irritate skin and sweat can quickly collect in the bends of elbows and knees, which are areas in which eczema commonly appears.

To reduce the risk of eczema flare-ups in the summer, strive to maintain a moderate body temperature. Regularly rinse sweat from your skin with clean water, keep your skin moisturised throughout the season and change into fresh clothing often.

Acne breakouts

Acne forms when pores in your skin get clogged with oil and bacteria. When it is hot outside, your body can sweat more. Sweaty skin is more likely to collect oil and bacteria build-up, making acne breakouts a real possibility.

If you have acne-prone skin, take extra precautions to avoid sweating excessively. Pat your skin gently to remove sweat

rather than rub it off, as this can irritate your skin more. And always wash sweaty clothing, hats and towels before using them again.

Poison ivy rash

Poison ivy is a plant with an oily resin that generates an itchy skin rash. It is a common problem for anyone who spends time hiking, biking or enjoying the outdoors. Poison oak and poison sumac are other common plants that can cause itchy, painful rashes.

Learn to identify the leaves of poison ivy, oak and sumac. Once you recognise the leaves, you can avoid them. If you do come in contact with leaves, wash your clothing and skin as soon as possible. Hydrocortisone ointment can soothe itchy skin and promote healing.

Bug bites

Spending more time outdoors in the summer means increased exposure to bugs. Female mosquitoes bite, leaving a bit of saliva in your skin and stimulating your body's histamine response. The red, itchy bump is your body's reaction to the bite.



Limiting sun exposure and wearing sunscreen and a hat when you go outside are the best ways to control melasma.'



Wearing bug repellent and protective clothing – such as long sleeves and pants – can prevent insects from reaching your skin and attacking. But if you do suffer a bite, do not scratch it. Scratching an itchy bite can irritate your skin, increase damage and slow healing time.

Athlete's foot

Athlete's foot is a common type of fungal infection that makes the skin between your toes itchy and uncomfortable. It can happen at any time of the year, but it often develops if you have sweaty feet in warm, damp environments.

Avoid getting athlete's foot by making sure your feet are dry and protected. Consider using an antifungal powder in your shoes and between your toes. Furthermore, change your socks if you sweat through them and do not wear wet shoes.

Melasma

Melasma is a skin condition that causes discoloured patches to appear. It primarily affects the face and patches are

often grey or brown in colour. People with melasma generally have it year-round, but sun exposure can make patches darker.

Limiting sun exposure and wearing sunscreen and a hat when you go outside are the best ways to control melasma.

Skin cancer

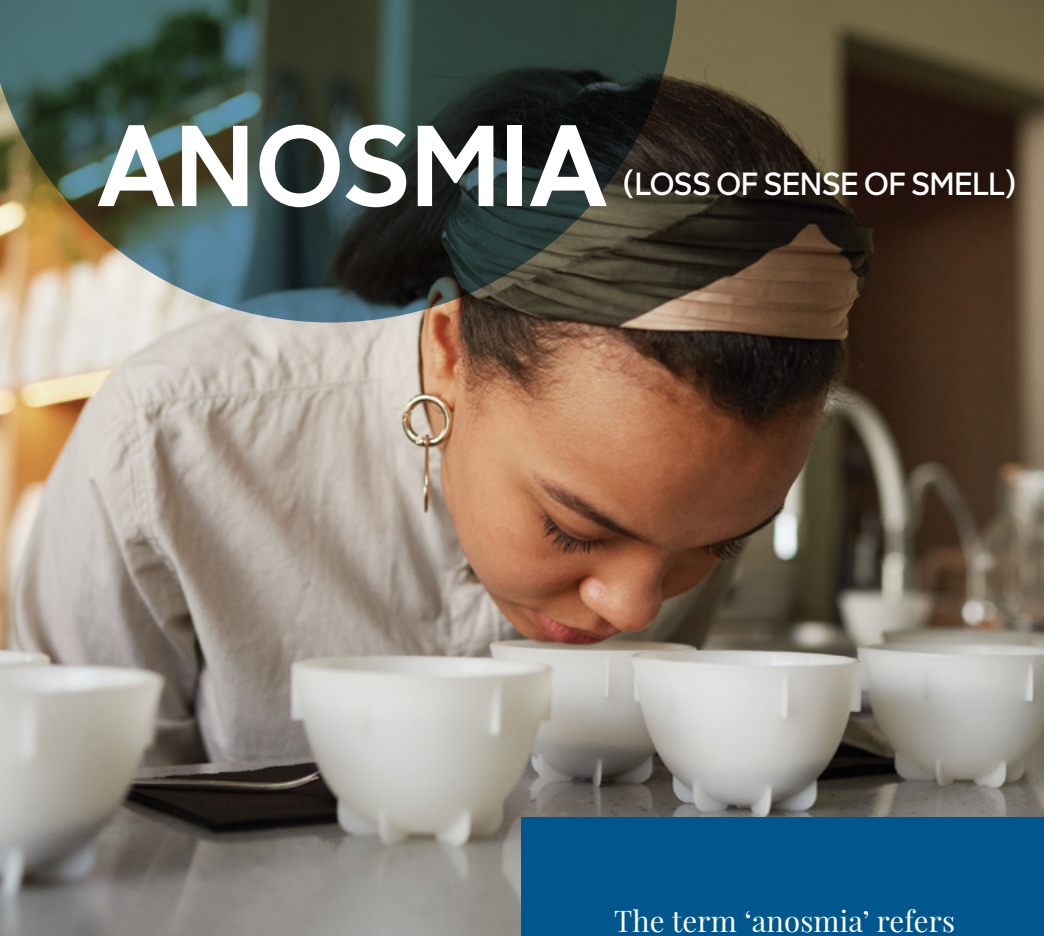
If you are spending time in the sun this summer, it could increase your risk for developing skin cancer. Skin cancer is the most common type of cancer in South Africa and develops when harmful ultraviolet rays from the sun trigger abnormal skin cell growth.

The best way to prevent skin cancer is to stay in the shade when the sun is at its the strongest; that is, from 10:00 to 16:00. Protect your skin with sunscreen and cover up with clothing and a broad-brimmed hat.

Source: <https://www.dalcdermatology.com/blog/summer-is-right-around-the-corner-here-are-10-summer-skin-problems-and-how-to-prevent-them>.

ANOSMIA

(LOSS OF SENSE OF SMELL)



While anosmia itself is usually not dangerous, it can be related to many concerning health issues.’

The term ‘anosmia’ refers to the total loss of the sense of smell. Anosmia may be caused by an infection, such as a cold or flu. It may also be caused by nasal polyps or other blockages. In most instances, treating the underlying cause of anosmia can restore your sense of smell.

Who does anosmia affect?

Temporary anosmia can affect people of all ages, but a long-lasting loss of a sense of smell is more common among adults over the age of 50. In rare cases, people have congenital anosmia; in other words, they were born with the condition. Congenital anosmia affects roughly one in 10 000 people.

How common is anosmia?

Anosmia is a common side effect of many conditions, including colds, sinus infections and allergies. Most of the time, symptoms are temporary and resolve themselves in a short amount of time.

Is anosmia dangerous?

While anosmia itself is usually not dangerous, it can be related to many concerning health issues. Additionally, it can reduce your ability to detect the smell of smoke, gas leaks or spoiled food. As a result, people with anosmia should take extra steps to ensure that their environment is safe. Change the batteries in your smoke detectors frequently and read food expiration dates carefully.

What are the symptoms of anosmia?

People with anosmia can lose their sense of smell gradually or suddenly. You may notice that familiar scents smell differently before you develop a complete loss of smell.

What causes anosmia?

There are many common conditions that can cause anosmia to develop. These may include:

- nasal polyps
- common cold
- influenza (flu)
- nasal congestion
- a deviated septum
- sinus infection (sinusitis)
- hay fever or other allergies.

Anosmia has also been linked to:

- diabetes
- smoking
- obesity
- high blood pressure (hypertension)
- Kallmann syndrome
- Alzheimer's disease
- certain medication, such as antibiotics and antihistamines
- multiple sclerosis (MS)
- Parkinson's disease
- Sjögren's syndrome
- traumatic brain injury
- brain tumours.

Can anosmia be prevented?

Because anosmia is a symptom of many health-related conditions, it cannot always be prevented. However, there are certain things you can do to reduce your risk:

- Avoid toxic chemicals and environments.
- Do not smoke.

Source: <https://my.clevelandclinic.org/health/diseases/21859-anosmia-loss-of-sense-of-smell>



IS IT TIME FOR A VISIT TO YOUR DENTAL HEALTHCARE PROFESSIONAL?

(SELECT PLAN MEMBERS)

A visit to your dentist, dental therapist or oral hygienist at least once a year for a check-up and professional cleaning will help prevent the development of tooth decay (caries) or gum disease, as these dental healthcare professionals can detect and treat early oral disease.

Although you do not have to wait for any symptoms to appear before visiting your dental healthcare professional, here are five signs that you should make an appointment without delay:

Pain

If your mouth or jaw hurts, or if it is painful when you chew, it could be a sign of an infection or disease. This should be looked at by your dental healthcare professional right away to determine the cause of the problem and prevent tooth loss.

Sensitive teeth

If your teeth hurt when you drink hot or cold beverages, you may have sensitive teeth. This can be the result of tooth decay, fractured teeth, worn fillings, gum disease, worn tooth enamel or an exposed tooth root due to gum recession. The sensitivity of your teeth needs to be diagnosed and treated by your dental healthcare professional.



The sensitivity of your teeth
needs to be diagnosed and
treated by your dental
healthcare professional.'

Bleeding or sore gums

Bleeding or puffy, sore gums may be a sign of gingivitis. Gingivitis is an early and reversible stage of gum disease. If your gums are bleeding and swollen, make an appointment with your dental healthcare professional to address this problem.

Mouth sores

Your dental healthcare professional should examine any mouth sore. Mouth sores might be an infection or result from irritation caused by braces, dentures or the sharp edge of a broken tooth or filling. It might also be the symptom of an underlying medical condition.

Bad breath

Persistent bad breath or a bad taste in your mouth may be a warning sign of

gum disease. Bad breath can also be caused by what you eat, not cleaning your mouth, smoking, dry mouth or other medical conditions. Brushing twice a day and flossing daily are essential to reducing bad breath and preventing gum disease. Brushing your tongue can help too. Visit your dental healthcare professional to address your bad breath.

What else can you do to prevent tooth decay?

- Avoid sugary foods.
- Brush your teeth twice a day.
- Floss every day.
- Ask your dental healthcare professional for fissure sealants on your child's permanent teeth.

Source: DENIS

Trans flash



In case of a medical
emergency when an
ambulance is required,
please contact:

Europ Assistance
0800 115 750

IMPORTANT CONTACT DETAILS

Who to call 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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It is with great pleasure that we announce the winners of the brain teaser competition from the **third edition of TransHealth for 2022.**

WINNERS:

First prize

Mr FS Aylwin

Second prize

Mr A Roestorff

Third prize

Mrs H Bronkhorst

Win with Transmed

Test your knowledge competition

We are giving away prizes to the winners of our test your knowledge competition. All you need to do is answer six questions. 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: Test your knowledge 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 along with your contact details. Your entry form must reach Transmed Medical Fund by no later than 31 January 2023.

Question 1: How many adjustment disorders are there?

Question 2: What is the term for a total loss of the sense of smell?

Question 3: Which symptoms are linked to adjustment disorder with mixed disturbance of emotions and conduct?

Question 4: What forms when pores in your skin get clogged with oil and bacteria?

Question 5: What is the most common summer skin concern?

Question 6: What is a common type of fungal infection that makes skin between toes itchy?

A1: _____

A2: _____

A3: _____

A4: _____

A5: _____

A6: _____

FULL NAME: _____

PHYSICAL ADDRESS: _____

POSTAL ADDRESS: _____

EMAIL ADDRESS: _____

MEMBERSHIP NUMBER: _____

CELL PHONE NUMBER: _____

TEL (H): _____

TEL (W): _____

ANSWERS FROM PREVIOUS ISSUE

C . R A D I A T I O N . . . S . . .
 . . . H T . . . T E . . L .
 I O C . . H N S Y .
 C M O . . . E S H M .
 K O N . . . R I I P .
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 O . . . P A N . . . Y V L . .
 P O P T . . . I E . .
 S X H . . . T S . .
 Y Y . . . Y . . .
 D I A G N O S E S .

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.