# Health Newsletter

-Generali China GBD

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# World Drowning Prevention Day learn drowning risk factors

July 25th is World Drowning Prevention Day, according to the WHO data, in 2019, an estimated 236 000 people died from drowning, making drowning a major public health problem worldwide. In 2019, injuries accounted for almost 8% of total global mortality. Drowning is the 3rd leading cause of unintentional injury death, accounting for 7% of all injury-related deaths.

## Risk factors

Learn the risk factors for drowning is the most effective way to ensure your own safety and that of your loved ones.

- **Age**：Globally, the highest drowning rates are among children 1–4 years, followed by children 5–9 years.
- **Gender**：Males are especially at risk of drowning, with twice the overall mortality rate of females. They are more likely to be hospitalized than females for non-fatal drowning. Studies suggest that the higher drowning rates among males are due to increased exposure to water and riskier behaviour such as swimming alone, drinking alcohol before swimming alone and boating.
- **Access to water**：Access to water increased access to water is another risk factor for drowning. Children who live near open water sources, such as ditches, ponds, irrigation channels, or pools are especially at risk.
- **Flood disasters**：Drowning accounts for 75% of deaths in flood disasters. Flood disasters are becoming both more frequent as well as more severe and this trend is expected to continue as part of climate change.

# Blood Clot Symptoms: What to Watch Out for, and When to See a Doctor

Blood clots can cause different symptoms depending on what kind they are and where they're located.

Heart attack, stroke, pulmonary embolism—all three medical emergencies happen in different parts of the body, and yet they have something in common: They can all be caused by a blood clot.

According to the National Blood Clot Alliance (NBCA), approximately one person dies every six minutes as a result of a blood clot. They're so dangerous because they can impede or block blood flow to vital organs in the body, our vital organs such as brain, lungs, and heart need oxygen to function. Without oxygen, the brain cells start dying after four minutes, causing permanent damage to the organs and their functionality as the time progresses.

Not all blood clots are created equal, though. Blood clots "can range from mildly symptomatic and recoverable to fatal, while your overall risk of having a blood clot is fairly low, they can and do happen. Here's what you need to know about blood clots and their symptoms.

While your overall risk of having a blood clot is fairly low, they can and do happen. Here's what you need to know about blood clots and their symptoms.

**What exactly is a blood clot?**

Your blood is typically in a liquid state, but a blood clot is a gel-like clump of blood, the Mayo Clinic explains. Blood clots can be helpful in certain situations, like when you have an injury or a cut, to help plug the injured blood vessel and stop the bleeding.

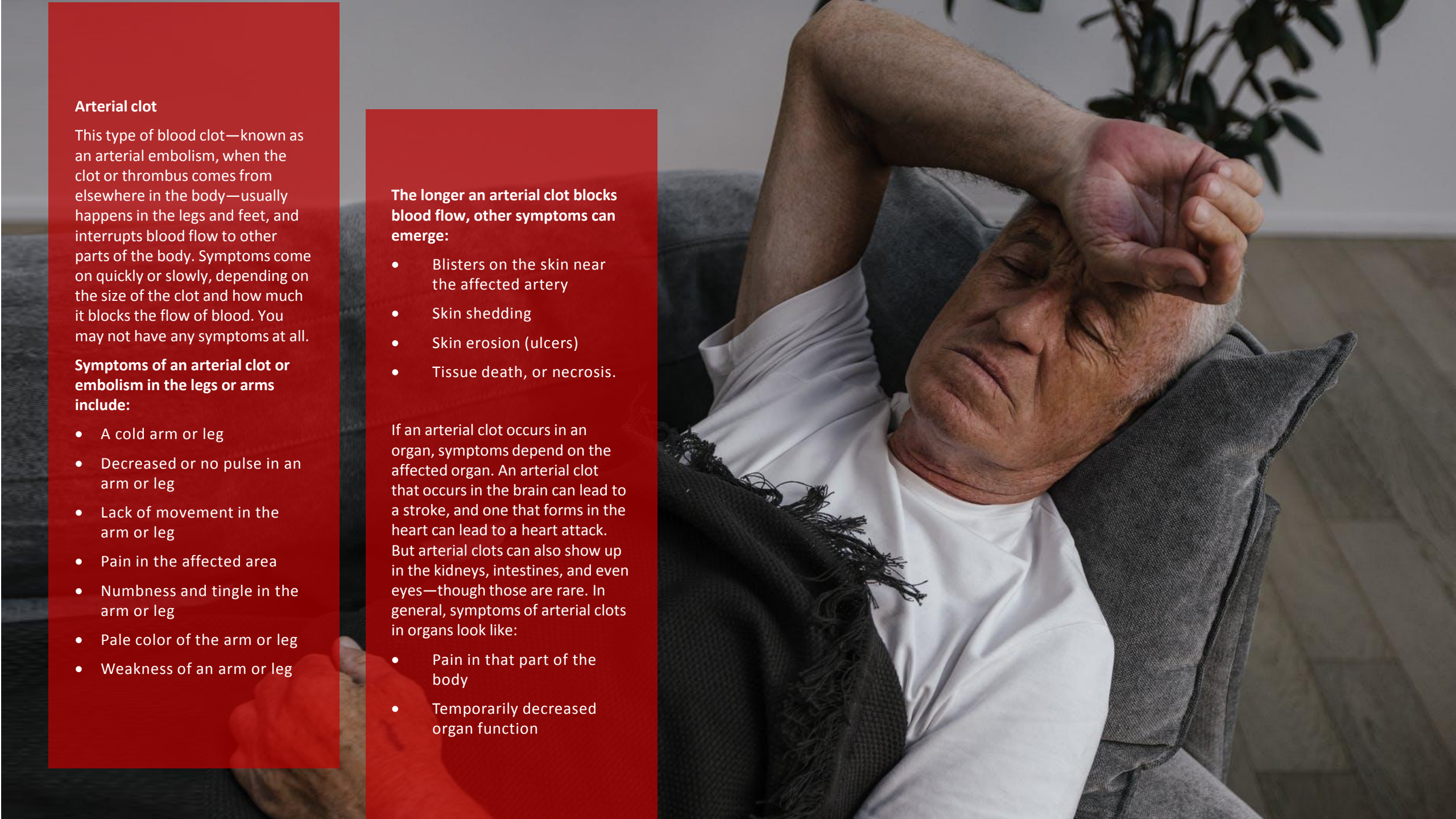
Blood clots can form inside your body without a good reason, and block blood vessels—this is called thrombosis. Those can travel to critical areas of your body, like your lungs, brain, or heart, causing serious and sometimes fatal complications like a pulmonary embolism (when a blood clot travels to your lungs), a stroke (when one reaches the brain), or a heart attack (a blood clot in the heart).

**What are the types of blood clots?**

In order for blood to reach all parts of your body—from the top of your head to the tip of your toes—you have a circulatory system which is made up of blood vessels called veins and arteries. (Arteries carry oxygen-rich blood from the heart to other parts of the body; veins carry oxygen-poor blood back to the heart to get reoxygenated.)

Because there are two types of vessels that carry blood throughout your body, there are also two types of blood clots: arterial clots, which occur in the arteries, and venous clots, which form in the veins.

Blood clots can also be categorized based on their movement—or whether or not they're mobile. According to MedlinePlus, a blood clot that forms inside a vein or artery is called a thrombus (these can also form in your heart). But a blood clot that breaks free and moves from one part of the body is known as an embolus (or the plural form, emboli).



## Arterial clot

This type of blood clot—known as an arterial embolism, when the clot or thrombus comes from elsewhere in the body—usually happens in the legs and feet, and interrupts blood flow to other parts of the body. Symptoms come on quickly or slowly, depending on the size of the clot and how much it blocks the flow of blood. You may not have any symptoms at all.

**Symptoms of an arterial clot or embolism in the legs or arms include:**

- A cold arm or leg
- Decreased or no pulse in an arm or leg
- Lack of movement in the arm or leg
- Pain in the affected area
- Numbness and tingle in the arm or leg
- Pale color of the arm or leg
- Weakness of an arm or leg

**The longer an arterial clot blocks blood flow, other symptoms can emerge:**

- Blisters on the skin near the affected artery
- Skin shedding
- Skin erosion (ulcers)
- Tissue death, or necrosis.

If an arterial clot occurs in an organ, symptoms depend on the affected organ. An arterial clot that occurs in the brain can lead to a stroke, and one that forms in the heart can lead to a heart attack. But arterial clots can also show up in the kidneys, intestines, and even eyes—though those are rare. In general, symptoms of arterial clots in organs look like:

- Pain in that part of the body
- Temporarily decreased organ function


**Venous clot**

A venous clot forms in a vein and can build up over time. The most serious form of a venous clot is deep vein thrombosis (DVT), a condition that happens when a blood clot forms in a deep vein—as opposed to more superficial veins that are closer to the body's surface—the CDC says. Those clots usually develop in the lower leg, thigh, or pelvis, but they can also occur in the arm.

The most serious complication of DVT happens when a part of the clot breaks off and travels through the bloodstream to the lungs, the CDC explains. There, it can cause a blockage called pulmonary embolism (PE), stop blood from flowing to the lungs, and lead to death. DVTs, however, do not lead to heart attacks or stroke, per the CDC.

Symptoms of DVT can include:

Swelling

- Pain
- Tenderness
- Redness of the skin

Symptoms of a PE can include:

- Difficulty breathing
- Faster than normal or irregular heart beat
- Chest pain or discomfort, which usually worsens with a deep breath or coughing
- Coughing up blood
- Very low blood pressure, lightheadedness, or fainting

Cerebral venous sinus thrombosis (CVST) is also a venous clot, forming in the brain's

- Very low blood pressure, lightheadedness, or fainting

Cerebral venous sinus thrombosis venous sinuses, Johns Hopkins Medicine explains. This type of clot keeps blood from draining out of the brain, which can cause blood to leak into the brain's tissues.

Symptoms of a CVST can include:

- Headache
- Blurred vision
- Fainting or loss of consciousness
- Loss of control over movement in part of the body
- Seizures
- Coma

**When should you see a doctor about a blood clot?**

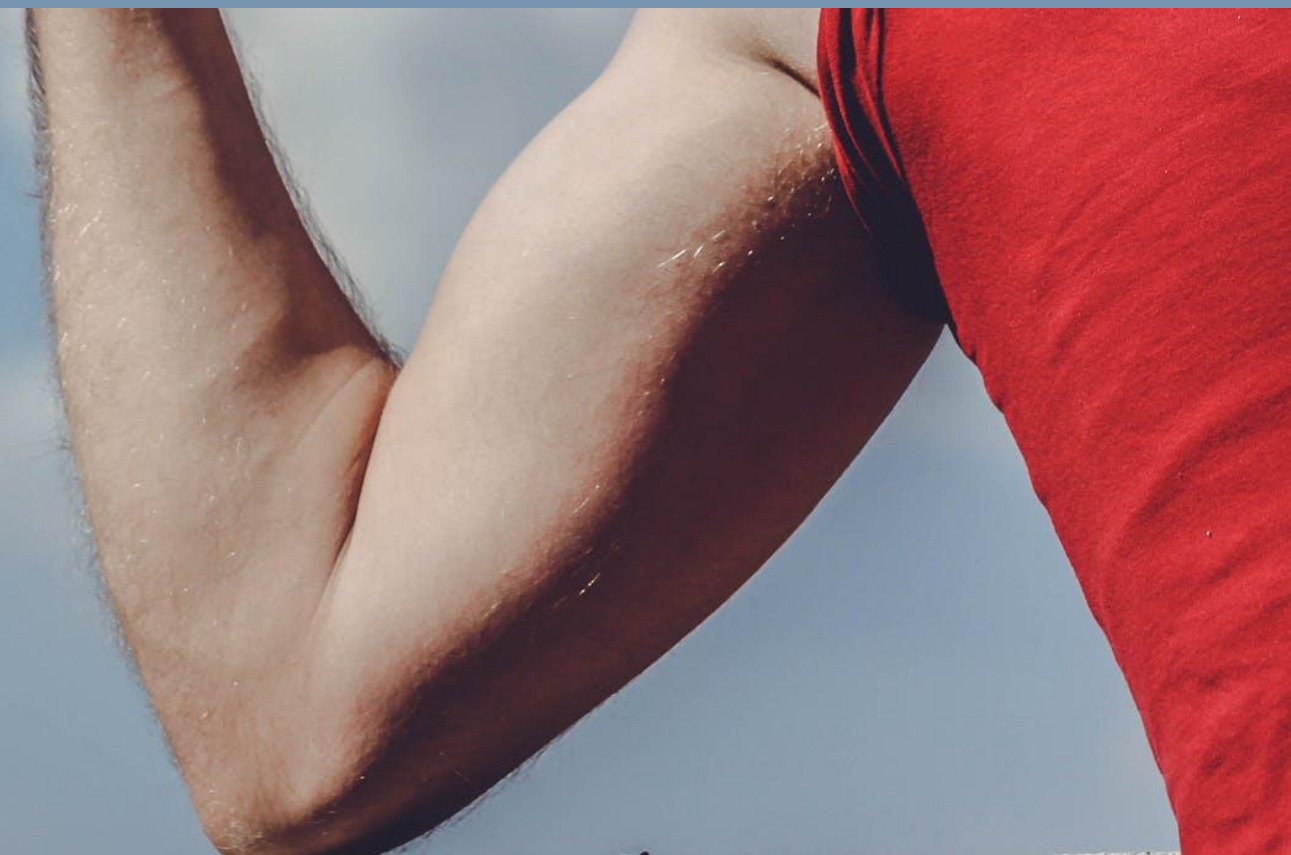
If you have any symptoms of a blood clot, seek medical attention ASAP. Don't waste time calling your doctor and waiting for them to get back to you. Go to an urgent care center, your primary care physician's office, or the emergency room, right away. Timing matters with blood clots. "Cells start dying after four minutes of lack of circulation, this is why when someone has a stroke, the chance of damage to the brain can be minimized or eliminated if the clot is identified and treated promptly."

When the temperature goes up in the summer months, exercising outside can become challenging. It's easier to become overheated when the sun is beaming down all day. The warm months also bring humidity to many parts of the country. With humidity, your sweat doesn't evaporate as quickly, so your body has a harder time releasing heat.

# How to Stay Active in Warm Weather

**Tips to keep in mind**

1. **Timing is key:** Try to avoid exercising outside in the early afternoon. It's usually hottest between noon and 3 p.m.
2. **Hydrate:** Drink water before, during and after physical activity, even if you don't feel thirsty. Bring a bottle of water with you, or plan water stops along your route.
3. **Dress for success:** Wear lightweight, light-colored, loose-fitting clothes. Moisture-wicking fabric can also be a big help. Protect yourself from the sun with sunglasses, a hat or visor and plenty of sweat-resistant sunscreen.
4. **Listen to your body:** Take frequent breaks in the shade, and drink water before you're thirsty. Allow yourself time to adapt to the heat -- some experts say that this can take about 4-14 days. You may not be able to work out as long or as hard as usual when it's very hot.
5. **Doctor's orders:** Check with your healthcare professional before starting an exercise routine or moving your workout outdoors if you have cardiovascular disease, diabetes, other chronic disease or any medical concerns. Certain medications like beta blockers, ace receptor blockers, ace inhibitors, calcium channel blockers and diuretics can exaggerate the body's response to heat.
6. **Buddy up:** If you can, work out with a partner for safety ... and fun!



**Keep cool as you refuel**
Try light, healthy pre- and post-workout snacks that can also help you stay cool, such as:

- Chilled or frozen fruit
- Homemade popsicles made from 100 percent fruit juice
- Fruit smoothies
- Cold salads loaded with vegetables, beans, legumes and heart-healthy fish like albacore tuna or salmon
- Crisp, chilled raw veggies like cucumber, carrot or celery with a light, cool dip
- Cold sparkling water with a splash of 100% fruit juice or slices of citrus or cucumber

**Beat the heat**
**If you find you just can't tolerate the heat, don't skip out on your workout or physical activity time!**
Find indoor locations where you can be active, such as a shopping mall, gym or community recreation center.

- Discover activities you can do in your home or at work.
- Adjust your workout schedule to early morning or late evening when it's cooler outside.
- Know the signs of heat-related conditions.

Heat illnesses or emergencies can occur with exposure to high temperatures and humidity. Dehydration can occur when you don't replace body fluids lost by sweating. Being even slightly dehydrated can make you feel bad and put you at greater risk for heat-related illnesses like heat exhaustion and heat stroke.

**Watch for these signs of mild to moderate dehydration:**

- Thirst
- Dry or sticky mouth
- Dry, cool skin
- Headache
- Muscle cramps
- Not urinating much or darker-colored urine

**Signs of severe dehydration:**
Not urinating or very dark-colored urine

- Dry, shriveled skin
- Irritability or confusion
- Dizziness or lightheadedness
- Rapid heartbeat
- Breathing rapidly
- Fatigue or listlessness
- Unconsciousness

**Heat cramps are the first stage of heat illness and can share some of the symptoms of dehydration:**
Muscle cramps and pains, often in the legs or abdomen

- Very heavy sweating
- Fatigue
- Thirst

**Heat exhaustion symptoms include:**

- Headache
- Dizziness or lightheadedness
- Weakness
- Cool, moist skin
- Dark urine
- Nausea and vomiting

**If you experience signs of dehydration, heat cramps or heat exhaustion:**

- Stop exercising right away.
- Sip water or suck on ice cubes.
- Move to the shade or indoors as soon as possible.
- Douse yourself with cold water.
- Apply cold, wet cloths to the neck, groin and armpits.
- Seek medical attention if your condition doesn't improve or gets worse.

**Heat stroke is when the body is no longer able to regulate its temperature, and it keeps rising. This is very serious and requires immediate medical attention. Call 9-1-1 and take the actions above right away if you experience these symptom**s:

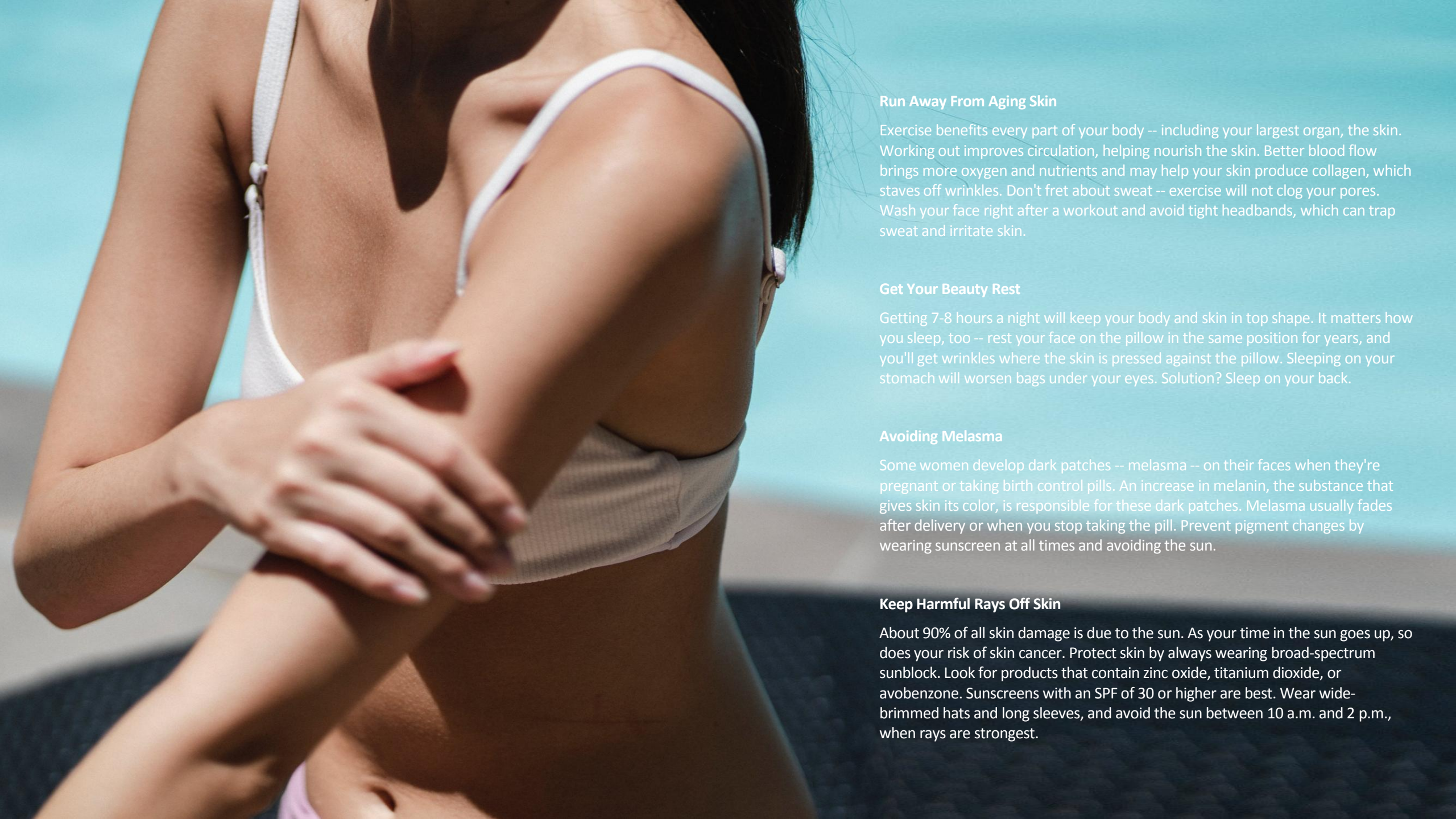
- High fever (above 104 degrees F)
- Hot, dry, red skin
- Fast, weak pulse
- Fast, shallow breathing
- Irrational behavior or extreme confusion
- Seizure or unconsciousness

# See How Your Life Affects Your Skin

Your skin protects your body, but that's not all. It's the face you present to the world. When healthy, it's a source of beauty. The choices you make every day -- what you eat, where you go, how you feel -- affect how your skin looks. Use this visual guide to keep your skin youthful, healthy, and wrinkle-free.

**You've Got Food on Your Face**

Higher intakes of vitamin C and a lower intake of fats and carbohydrates are associated with better appearance as your skin ages. Changing your diet will help your looks. Foods rich in antioxidants, such as fish, fruits, and vegetables, seem to help protect skin. Some studies suggest that to avoid breakouts, go for complex carbohydrates (like whole grains and pasta) and healthy protein. Dairy may also be linked to acne flares.



**Run Away From Aging Skin**

Exercise benefits every part of your body -- including your largest organ, the skin. Working out improves circulation, helping nourish the skin. Better blood flow brings more oxygen and nutrients and may help your skin produce collagen, which staves off wrinkles. Don't fret about sweat -- exercise will not clog your pores. Wash your face right after a workout and avoid tight headbands, which can trap sweat and irritate skin.

**Get Your Beauty Rest**

Getting 7-8 hours a night will keep your body and skin in top shape. It matters how you sleep, too -- rest your face on the pillow in the same position for years, and you'll get wrinkles where the skin is pressed against the pillow. Sleeping on your stomach will worsen bags under your eyes. Solution? Sleep on your back.

**Avoiding Melasma**

Some women develop dark patches -- melasma -- on their faces when they're pregnant or taking birth control pills. An increase in melanin, the substance that gives skin its color, is responsible for these dark patches. Melasma usually fades after delivery or when you stop taking the pill. Prevent pigment changes by wearing sunscreen at all times and avoiding the sun.

**Keep Harmful Rays Off Skin**

About 90% of all skin damage is due to the sun. As your time in the sun goes up, so does your risk of skin cancer. Protect skin by always wearing broad-spectrum sunblock. Look for products that contain zinc oxide, titanium dioxide, or avobenzone. Sunscreens with an SPF of 30 or higher are best. Wear wide-brimmed hats and long sleeves, and avoid the sun between 10 a.m. and 2 p.m., when rays are strongest.

### How to Care for Aging Skin

As you age, your skin changes. Your body doesn't produce as much collagen, and the elastin that allows skin to spring back into place gets weaker. You also don't create or lose skin cells as fast. To boost aging skin, exfoliate to remove dead skin, use a nondrying soap, and moisturize often. Use over-the-counter retinoids to reduce fine wrinkles, or ask your doctor about a prescription version. Most of all, stay out of the sun.

### Cut Yourself Off

Too much alcohol is bad for your skin as well as your body. Alcohol is a diuretic; it causes the body to lose water. That can contribute to dry skin. It also dilates blood vessels. That's why drinkers often have red, flushed faces. Over time, these blood vessels can become permanently damaged, so that skin stays red. Alcohol, especially red wine, can also trigger rosacea flare-ups.

### Quit, Already!

Simply put, smoking is bad for your skin: It's second only to the sun in causing premature wrinkles and dry skin. In fact, under a microscope you can see wrinkles in smokers as young as 20. Smoking reduces blood flow to the skin and contributes to the breakdown of collagen. Less collagen means more wrinkling. And yes, pursing your lips repeatedly encourages wrinkles, too. You can't reverse the damage, but you can stop it by quitting smoking.

### Wash the Day Away

Every day, your skin comes in contact with pollution -- cigarette smoke, car exhaust, or smoggy air. Keep skin healthy by keeping it clean. Depending on the needs of your skin, you can cleanse your face with a gentle soap or wash, or exfoliate nightly with gentle scrubs and toners to remove dead skin cells, and then apply a retinoid cream and moisturizer. (Oily skin still needs moisturizer; look for oil-free products.)

# What Are Antioxidants

## and How Can They Benefit Your Health?

You've probably seen the word "antioxidant" referenced hundreds of times in food and nutrition articles and advertising. A Google search of the term generates a staggering 132 million results. But what exactly are antioxidants, how do they benefit your health, and what are the best ways to consume them? Here's a primer on antioxidant basics.

**What are antioxidants?**

Antioxidants are molecules present in the body and found in plant-based foods that counteract oxidative stress. In a nutshell, oxidative stress occurs when there is an imbalance between the production of cell-damaging free radicals and the body's ability to counter their harmful effects.

Free radicals form as a byproduct of normal metabolism and in response to exercise, sun exposure, and environmental pollutants like smog and cigarette smoke. The oxidative stress triggered by free radicals damages healthy cells and is thought to play a role in a variety of diseases, including cancer, diabetes, Alzheimer's disease, Parkinson's disease, and heart disease. Oxidative stress also negatively affects aging.

Antioxidants essentially serve as bodyguards to protect healthy cells from free radical attacks. By doing so, they help maintain proper physiological function and guard your health.

**Top sources of antioxidants**

There are hundreds, if not thousands, of substances that act as antioxidants, from vitamin C to flavonoids and polyphenols. A wide range of plant-based foods provide antioxidants, so they're easy to come by. Some of the top sources include berries, cocoa, herbs and spices, beans, artichokes, apples, nuts and seeds, cherries, dark leafy greens, coffee and tea, wholegrains, grapes, tomatoes, potatoes and sweet potatoes, avocado, and pomegranate.

**How to boost your antioxidant intake**

To take in a broader spectrum of antioxidants, as well as vitamins, minerals, and fiber, aim for a variety of plant-based food groups of different colors. I advise my clients to build five cups of veggies and two cups of fruit into each day's worth of meals. For example, include one cup of veggies at breakfast, two at lunch and two at dinner, in addition to a cup of fruit at breakfast, and another as part of a daily snack.

**Another way to up your antioxidant intake is to replace processed foods with whole, plant-based foods.**

- Trade a breakfast pastry for a bowl of 'zoats' (zucchini oatmeal) topped with fruit and nuts. In place of a sandwich or wrap, go for a bowl made with a generous base of greens topped with beans, brown rice ；
- Snack on fruit with nuts or seeds, or veggies with hummus.
- Satisfy your sweet tooth with dark chocolate.
- Sprinkle cinnamon into your morning coffee, and infuse water or tea with antioxidant-rich herbs and bits of fruit.

It's impossible to take in too many antioxidants from whole foods. Plus, choosing antioxidant-rich foods can elevate the overall nutritional quality of your diet.

**Too many antioxidants via supplements could be harmful**

The goal isn't to load up on as many antioxidants as possible, though. There are high-dose antioxidant supplements out there, but they aren't the best way to protect your body. In fact, some research has linked the use of high-dose beta-carotene supplements to an increased risk of lung cancer in smokers. Taking high-dose supplements of the antioxidant vitamin E has been associated with an increased risk of both hemorrhagic stroke (a type of stroke caused by bleeding in the brain) and prostate cancer.

The best way to consume antioxidants is in whole, plant-based foods. This is partly because antioxidants work in synergy with one another and with other bioactive compounds. In other words, they're one ingredient in a complex recipe for health protection.

**Bottom line on antioxidants**

Antioxidants are an important aspect of proactive nutrition and may help to fend off aging and chronic disease. For these reasons, they may help you look and feel better. But antioxidants aren't a cure-all, and they shouldn't be used in supplement form to treat a medical condition without the supervision of your doctor. To best reap the benefits of antioxidants, source them from whole foods or products made from whole food ingredients-it's also the most delicious and satisfying way to get your daily dose.

# Staying Young and Healthy

Aging is a biological process and unfortunately there is no “fountain of youth”. However, we can stay young and strong even as we age.

A strong mind and body allows us to be more active and accomplish more in life as well as feel more positive about ourselves.

Research has shown that healthy diets and lifestyle help us achieve good health and slow down the aging progress.

Healthy diets, regular exercises and adequate sleep are some of the things that keep you looking and feeling youthful!

Do you want to stay young and feel active at any age? Besides eating healthy, here are some more tips that can help you:

**1. Sleeping adequately:**

- Both quantity and quality of sleep are important. Results of a recent study by the National Sleep Foundation show that 7 hours provide the healthiest amount of nightly sleep. Seven to nine hours of sleep are recommended for healthy adults. According to our biological clock, 11PM to 4:30AM is the period during which our body recovers, both physically and psychologically, with rhythmic sleep.
- It is important that we take care of our sleep hygiene including lighting, sound, cleanliness, and comfort for a relaxing and uninterrupted sleep to maximize its benefit.
- Moreover, try keeping your sleeping and waking schedule consistent, even on weekends.
- Research links excessive or inadequate sleep to negative physiological and neurobehavioral effects that contribute to high blood pressure, diabetes, weight gain, as well as fatigue and a tired appearance.

**2. Exercising regularly:**

- Sitting for hours on end can be problematic. An hour a week at the gym or a dose of strenuous exercise after a long day isn’t going to fix it.
- If your job requires you to hold static postures such as sitting or standing for long periods of time, then you may want to arrange a little break every 45 minutes and try changing your posture to release the tension from your bones and muscles.
- Exercising at least 20-25 minutes daily is recommended. It isn’t necessary to have it done all in one go. You can break it down to a couple of minutes at a time. The key is exercising regularly.

**3. Positive thinking:**

- Life has its highs and lows. Looking on the bright side of life will help us stay in a better mood.
- Research findings suggest that positive thinking helps strengthen our immune system.
- An optimal level of stress may be beneficial because it keeps us alert and focused. However, too much or chronic stress can lead to physical ill-being, cognitive impairment and mood disturbance.
- To develop positive thinking, try practicing acceptance and forgiveness, living mindfully, listening to uplifting music, socializing with positive people, reading inspiring books, among other things.

**4. Quitting harmful habits:**

Last but not least, some habits such as smoking, excessive alcohol or junk food may lead to damage to your long term health. Try to see what triggers your unhealthy behavior and replace it with healthier alternatives and stay committed to change.

## Enjoy Music

Our thoughts, emotions and behaviors interact with each other. When we listen to music, we usually choose a certain genre that fits with our moods and we tend to listen repeatedly to the same track or genre to satisfy our emotional needs. The type of music we listen to affects our mood and emotions. Relatively speaking, music that’ s more upbeat has a positive impact on our cognitive and emotional functioning.

**Here are a few tips that can allow you to use the mental benefits of different styles of music to your advantage:**

**Up-tempo music:** This type of music is a great companion for activities that require energy. Some people can even boost their mood simply by listening to upbeat music. A study by Ferguson et al. published in “ The Journal of Positive Psychology ” also indicates that people can successfully improve their moods and boost overall happiness in just two weeks of listening to upbeat music.

**Relaxing, instrumental music:** Great for pre-bedtime rituals, meditation or when you need a moment to relax and relieve your stress. Slow paced instrumental music can quiet the mind and help relax your muscles, which is great after a stressful workday.

**Quiet, calming music:** When used during self-care activities such as a massage or skin care sessions, this type of music can enhance the effect of these soothing activities. To answer your question, yes; music has a profound effect on our emotions.

The purported benefits of music are plentiful and are different depending on the various types of music you prefer. Try listening to a multitude of genres to discover the cognitive and physical benefits of music!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