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GENERALI CHINA

Health Newsletter

-Generali China GBD

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Historical Newsletters

Contents

P3

GCL Global Emergency
Assistance Services

P5

Disease Prevention
Learn Norovirus

P8

Sports Health
Exercise and Anti-aging

P12

Eye health
Let's Talk About Eye Strain

P15

Health Tips
for Summertime

P18

Mental Health
Positive Parenting





Generali China Global Emergency Assistance Services

With Dragon Boat Festival has just gone, have you enjoyed your vacation, when travel abroad, you need to prepare a lot, not only for general things like transportation and accommodation, but also Global Emergency Assistance Service.

What is Global Emergency Assistance Services?

When you are abroad and unfortunately suffered from accidents, acute diseases or other medical problems, you are entitled to receive Global Emergency Assistance Services from Generali China, then you can get professional and timely assistance.

What services does Generali China Global Emergency Assistance Services specifically include?

Medical Assistance

- Telephone Medical Consultation
- Introduction and Recommendation of Medical Facilities
- Emergency Medical Evacuation
- Emergency Medical Repatriation to China or Place of Residence
- Condolence Visits and Accommodation for Immediate Family Members
- Repatriation of Minor Children (under the age of 12) to China
- Hotel Accommodation during Recuperation
- Repatriation of Remains or ashes
- Travels of Family for Funeral Affairs
- Emergency Repatriation (China) or to Place of Residence
- Arranging Emergency Escort when necessary

Travel Assistance

- Travel Information Consultation Service
- Emergency Message
- Visa Requirements
- Overseas Vaccination Requirements
- Weather Forecast Information
- Exchange Rate and Airport Tax
- Embassy or Consulate Information
- Translation Service
- Emergency Message Delivery
- Lost Luggage Assistance
- Assistance Service for Lost Travel Documents/Passports
- Translation Service Referral
- Hotel Arrangements
- Delivery of Necessary Medications
- Legal Aid

How to get assistance services in case of danger?

Contact the local medical emergency hotline as soon as possible, such as the local 110, 120, etc., to receive emergency treatments quickly. When traveling abroad, it is important to be aware of the medical emergency numbers about the destination.

If you are entitled to Generali China Global Emergency Assistance Services, when you suffer from an accident or a sudden acute illness, please call Europ-Assistance's 24-hour assistance hotline: Outside mainland China, please dial **+86 21 6129 7980**

In mainland China, please dial **400-882-1800**

Note: For specific service contents and guidelines please inquiry hotline: 956156/400 888 7555.

Generali China Global Emergency Assistance Agency

The partner of Generali China Global Emergency Assistance Services is the internationally renowned Europ-Assistance. Established in 1963, Europ-Assistance provides professional assistance to more than 300 million people in more than 200 countries and regions around the world. Various assistance and health management consulting services for business, leisure travel and sojourns is achieved through their 760,000 medical service networks, 24/7 service centers, and 41 comprehensive assistance service platforms around the world. Europ-Assistance has also successfully undertaken multiple emergency medical transfers, evacuation and repatriation in and outside of China under extreme conditions.



Learn Norovirus

Norovirus is a leading cause of acute gastroenteritis (AGE) outbreaks, a main cause of childhood-endemic AGE, and a common cause of endemic diarrhea in community settings. The first outbreak was described in Norwalk, Ohio, in 1968.



Norovirus outbreaks have occurred in a wide range of settings, including the following : Restaurants and catered events , Hospitals and long-term care facilities , Schools , child care settings, and community centers , Municipal water contamination and recreational water exposure , Cruise ships and resorts , Military populations、 Athletic teams , Rafters and backpackers , Natural disasters , Prisons。

Foods associated with norovirus transmission include shellfish, salads, sandwiches, frosting, and produce items such as celery, melon, and raspberries.

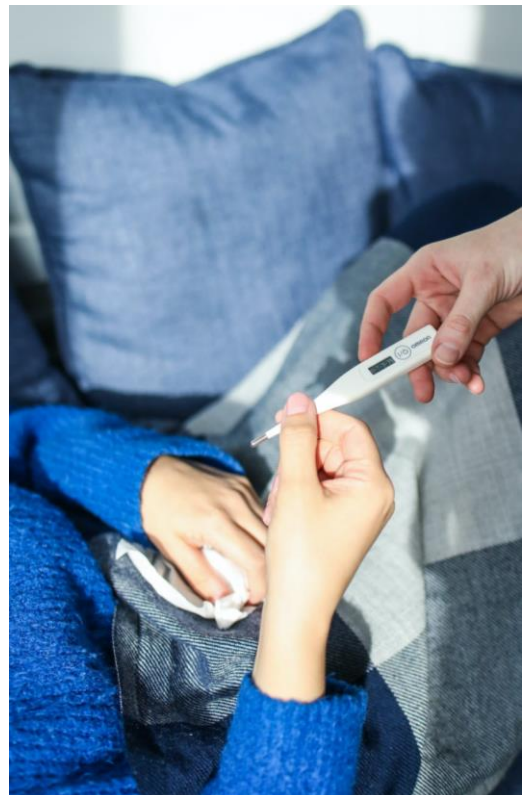
Noroviruses are highly contagious. That means the norovirus infection can easily spread to others. The virus is shed in stool and vomit. You can spread the virus from the time you first have symptoms of illness until several days after you recover. Noroviruses can stay on surfaces and objects for days or weeks. You can get norovirus infection by:

- Eating contaminated food
- Drinking contaminated water
- Touching your hand to your mouth after your hand has been in contact with a contaminated surface or object
- Being in close contact with a person who has norovirus infection

Noroviruses are difficult to kill because they can withstand hot and cold temperatures and many disinfectants. Signs and symptoms of norovirus infection may start suddenly and include. The incubation period is generally 24 to 48 hours (range 12 to 72 hours), and onset of symptoms is

typically abrupt . Symptoms typically last for 48 to 72 hours with rapid recovery. Norovirus shedding in stool is maximal over the first 24 to 48 hours after illness; the mean duration of viral shedding is four weeks after onset of illness. In immunocompromised hosts, viral shedding in stool can persist for months following infection. Nausea , Vomiting , Stomach pain or cramps , Watery or loose diarrhea , Feeling ill , Low-grade fever , Muscle pain.

Signs and symptoms usually begin 12 to 48 hours after your first exposure to a norovirus and last 1 to 3 days. You can continue to shed virus in your stool for several weeks after recovery. This shedding can last weeks to months if you have another medical condition. Some people with norovirus infection may show no signs or symptoms. However, they're still contagious and can spread the virus to others.



Norovirus infection is highly contagious. There are many types of noroviruses. Anyone can get norovirus infection more than once.

: To prevent norovirus infection:

- Wash your hands thoroughly with soap and water for at least 20 seconds, especially after using the toilet or changing a diaper and before you prepare food and eat or drink. Alcohol-based hand sanitizers aren't as effective against noroviruses as using soap and water.
- Avoid contaminated food and water, including food that could have been prepared by someone who was sick.
- Wash fruits and vegetables before eating.
- Cook seafood thoroughly.
- Disinfect surfaces that might have been contaminated. Wear gloves and use a chlorine bleach solution or a disinfectant that is effective against noroviruses.
- Use caution when traveling. If you're traveling to areas with a high risk of norovirus infection, consider eating only cooked foods, drinking only hot or carbonated beverages, and avoiding food sold by street vendors.



To help prevent norovirus infection spread, during illness and for 2 to 3 days after your symptoms end:

- Avoid contact with others as much as possible.
- Wash your hands thoroughly with soap and water.
- Stay home from work. Children should stay home from school or child care.
- Avoid handling food and items to be used by other people. Disinfect contaminated surfaces with a disinfectant effective against noroviruses.
- Dispose of vomit and stool carefully. Wearing disposable gloves, soak up material with disposable towels. Disturb soiled material as little as possible to avoid spreading noroviruses by air. Place soiled items in plastic bags and place them in the trash. Remove and wash clothes and linens that may be contaminated.
- Avoid traveling until 2 to 3 days after your symptoms are gone.

There's no specific treatment for norovirus infection. Recovery generally depends on the health of your immune system. In most people, the illness usually resolves within a few days. It's important to replace lost fluids. Oral rehydration solutions may be used. If you're not able to drink enough fluids to prevent dehydration, you might need to receive fluids through a vein (intravenous). Your health care provider might recommend over-the-counter anti-diarrheal medication and medication to reduce nausea. Seek medical attention if you develop diarrhea that doesn't go away within several days. Also call your health care provider if you experience severe vomiting, bloody stools, stomach pain or dehydration.



Exercise and Anti-aging

Exercise has many benefits for your body. It can not only improve the health of the cardiovascular system and respiratory system, but also benefit the brain, skeletal and musculoskeletal system. Exercise can also reduce the risks of a variety of chronic diseases, delay the decline of cognitive ability, reduce the risk of falling in the elderly, relieve depression, anxiety etc. In addition, **research has shown that exercise can help our body adapt the degenerative changes that occur during aging at cellular level and help combat aging.** Today I'm going to talk about exercise and anti-aging.

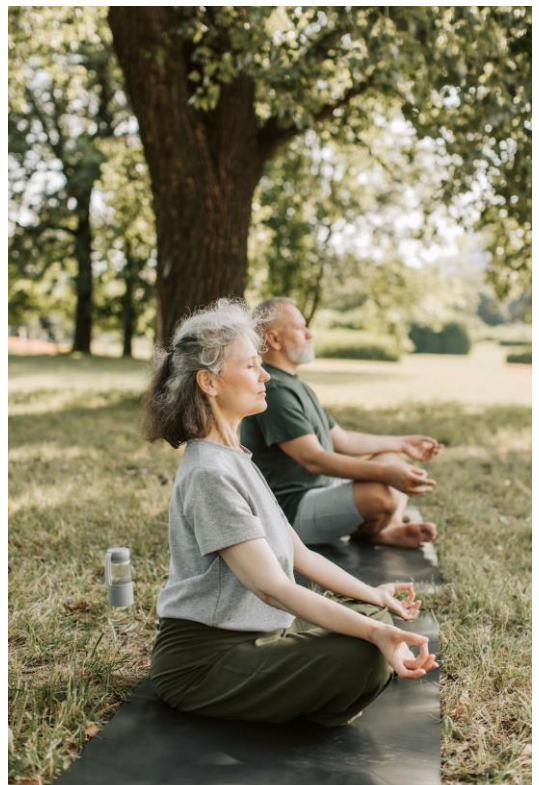
Statistics shows the number of people over the age of 60 in the world will nearly triple by 2050. **Whether you can maintain the individual independence or self-care for a long time in the body aging process mainly depends on your physical fitness.** In general, physical fitness is often described as having enough energy and flexibility to perform daily tasks without excessive fatigue. The maintenance of physical fitness mainly depends on the function of heart, lung and muscle strength.

What physical functions does aging reduce?

A major challenge faced by the elderly is to maintain individual independence as long as possible. Aging of the human body will affect a variety of physical functions and threaten the individual independence or self-care capability. Many physiological systems and organs in the human body will decline with the gradual aging process. The effects of aging on cardiopulmonary and musculoskeletal system can lead to "Frailty Syndrome" which is mainly manifested by weakened muscle strength, slower movement, reduced balance and flexibility, body fatigue or weight loss without obvious causes.

Frailty syndrome is a growing problem for the elderly population. It may affect approximately 20-30% of elderly over the age of 75 and may result in the elderly unable to take care of themselves independently or carry out activities of daily life

In addition, age-related muscle mass loss is often associated with elderly disability, falls, hospital admissions, and mortality etc. The body muscle mass usually begins to decline after the age of 25 years old. On average, the body will lose about 40 percent of body muscle mass by age of 80 years old. Loss of muscle mass often affects a person's physical endurance and ability to carry, lift, or move heavy objects as well as climbing or stepping stairs. In addition, decreased muscle mass can also affect the body's ability to take in oxygen and result in the reduced capillary density as well as microcirculation disorders.



What are the anti-aging effects of exercise?

Exercise is good for our health and it can help reduce the risks of chronic diseases. Existing research shows that exercise can also allow your body to make changes at the cellular level and combat the aging process. The effects including:

- Brain: Improves nerve cell formation, reduce cognitive function disorder;
- Cardiovascular system: Lower blood pressure and improve heart function;
- Metabolism: Improve body metabolism;
- Muscle: Increases muscle mass, maintains muscle strength well, improves body balance and flexibility
- Respiratory system: Improved lung ventilation

The Mechanism of Exercise for Anti-aging?

One research from the European Heart Journal shows that aerobic exercise such as running, swimming or cycling as well as high intensity interval training (HIIT) can work against ageing at the cellular level.

Telomeres, which are found at the end of the DNA strand in human cells, decrease in length with aging and will lead to cell degeneration. Telomere length has been linked to certain chronic conditions, such as high blood pressure, stroke and heart disease. High level of exercise are associated with longer telomere length in human cells compared to sedentary individuals, particularly in older age groups where longer telomeres are thought to reduce the risk of age-related diseases.

In addition, muscle training can effectively prevent osteoporosis which is a chronic process of loss of bone strength, density and mass. The risk of osteoporosis will increase as you are getting old. Muscle training has been proved to increase the bone density. Balance exercises as well as power and weight bearing exercises can also help prevent falling fractures in older adults.



The research results for the exercise patterns?

Effective physical ability is very important to maintain the long-term independent life and self-care ability of human body in the aging process of human body. A healthy lifestyle to keep you be active including increasing physical aerobic activity, resistance training and reducing long time sitting. A study from Harvard shows that engaging in moderate aerobic exercise, such as walking or jogging 5 kilometers a day can increase the individual's healthy life. The study also shows that men who exercise and consume 2,000 calories every week are one-third less likely to die than those who hardly exercise. Even for those with high blood pressure, regular exercise can also reduce the 50% risks of early death. To consume 2,000 calories every week, you need to complete 30 to 45 minutes moderate exercise a day, such as brisk walking, jogging, biking, swimming or dancing etc. One exercise trial between two group of sedentary 36-60 years old: one group

was asked to do daily 20-60 minutes moderate or vigorous physical activities five days a week, such as swimming, running, brisk walking or cycling. Another group was asked to do about 30 minutes of "lifestyle exercise" a day, such as increasing walking time, engaging in more housekeeping and stepping stairs instead of using elevator. At the end of the 24-months trial period, both groups showed the similar improvements of physical fitness, cardiopulmonary function, blood pressure and body fat percentage.

Developing the habit of regular exercise and fitness will bring definite health benefits to our bodies. We recommend that you should do at least 150 minutes a week or at least 30 minutes a day of moderate aerobic exercise and muscle training at least twice a week for positive outcome. Life lies in the exercise. Everyone can benefit from exercise, no matter their age, gender or physical conditions. Let's exercise together.



Let's Talk About Eye Strain

Eye strain, also known as asthenia, is a common condition that occurs when your eyes get tired from intense use. This can happen when you're reading, driving, or using a computer for long periods of time. Eye strain can cause discomfort and can interfere with your daily activities.

According to the American Optometric Association, some common symptoms of eye strain include: Tired or burning eyes, Headaches, blurred vision, neck or shoulder pain.

These symptoms can be caused by a variety of factors, including poor lighting, glare on a computer screen, and incorrect posture.





According to professional literature on digital eye strain, estimates suggest its prevalence may be 50% or more among computer users. Symptoms fall into two main categories: those linked to accommodative or binocular vision stress, and external symptoms linked to dry eye. Although symptoms are typically transient, they may be frequent and persistent, and have an economic impact when vocational computer users are affected.

One of the main causes of eye strain is computer use. When you're using a computer, your eyes have to focus and refocus constantly as you read and look at different parts of the screen. This can put a lot of strain on your eyes and cause discomfort. Additionally, the blue light emitted by computer screens can also contribute to eye strain.

There are several things you can do to prevent eye strain when using a computer. The Mayo Clinic recommends positioning your computer screen so that it's about an arm's length away from your eyes and slightly below eye level. You should also make sure your screen is free from glare and that the text size is comfortable to read. Another way to prevent eye strain is to take regular breaks from your computer or other digital devices.

The Centers for Disease Control and Prevention recommends following the 20-20-20 rule: every 20 minutes, take a 20-second break and look at something 20 feet away. This gives your eyes a chance to rest and refocus.

In addition to taking breaks, it's important to make sure your workspace is set up correctly. This means having good lighting and proper ergonomics. You should position your chair so that your feet are flat on the ground and your wrists are straight when typing. You should also make sure your monitor is at the correct height and distance from your eyes.

If you're experiencing symptoms of eye strain, it's important to see an eye doctor. They can help determine the cause of your symptoms and recommend treatment options. In some cases, you may need glasses or contact lenses to correct vision problems that are contributing to eye strain.

It's also worth noting that there are other factors that can contribute to eye strain. For example, dry air can cause your eyes to become dry and irritated. To prevent this, you can use a humidifier or artificial tears to keep your eyes moist.

Additionally, certain medical conditions can increase your risk of developing eye strain. For example, people with uncorrected vision problems or underlying eye conditions such as dry eye syndrome may be more susceptible to eye strain.

It's also important to note that certain lifestyle factors can contribute to eye strain. For example, smoking can increase your risk of developing dry eyes which can lead to eye strain. To prevent this, it's important to quit smoking or avoid exposure to secondhand smoke.

Additionally, diet plays a role in maintaining healthy eyes. Eating a diet rich in fruits and vegetables can provide essential vitamins and nutrients that support good vision and help prevent conditions such as dry eyes. Another factor that can contribute to eye strain is age. As we get older our ability to focus up close decreases which means tasks such as reading or using a computer become more difficult causing more strain on our eyes. Regular visits with an optometrist can help diagnose any vision problems that may be contributing to eye strain.

It is also important to note that the use of electronic devices before bed can interfere with sleep patterns. The blue light emitted by screens can suppress the production of melatonin, a hormone that regulates sleep. This can make it harder to fall asleep and stay asleep, leading to fatigue and eye strain. To prevent this, it is recommended to avoid using electronic devices for at least an hour before bed.

Overall, it's important to take care of your eyes and take steps to prevent eye strain. By following the tips outlined above and seeing an eye doctor if you're experiencing symptoms, you can help keep your eyes healthy and comfortable.



Health Tips for Summertime

Summer is always a fun season and a favorite for many people. The weather is warm, we tend to enjoy being outdoors and more active, and therefore our nutrition & health care routines should also reflect a new season of the year.

If we eat the same foods all year around or have the same lifestyle practices, we are not living optimally and definitely not having variety in our nutrients nor inspiration in our lives.



Food

As the temperature outside increases so does the inside of us. Our body temperature rises, we need cooling down, our digestive system and metabolism increase, we tend to wake up earlier with the sun, and try to do fit more work or activities into the day.

This effects the food choices we make too, and you can observe this with what nature offers us in summer time in the markets & supermarkets. We see more green vegetables available, including a wide variety of herbs, leafy greens, varieties or melon like bitter melon, gourds, squashes, cucumbers, and even summer fruits have more hydration qualities to them such as watermelon, rock melon and all tropical fruits.

The inherent cooling properties of what we know as “summer” fruits and vegetables have a very important job to help us get through the hot weather, and provide us with the vitamins, minerals, electrolytes that we need. It's just not many of us will think about this.

Some questions to consider

Do you eat seasonally?

What summer foods, fruits and vegetables do you enjoy?

Which ones haven't you had for a long time?

Which ones could you try this summer?

New foods, vegetables, colors, flavors are always a good idea to maximize your nutritional intake, and also keep food shopping, preparation and cooking interesting for you.

Nowadays even western nutrition recognizes and advocates for eating cooling foods in summer, the idea that food affects us internally and energetically is gaining popularity outside of China and Asia.



Other summer factors include; increasing fluids & hydrating vegetables, controlling caffeine intake (things like coffee, chili & chocolate bring extra heat to our system), also not overeating is key.

When we overeat in any season it puts a lot of strain on the digestive system, brings heat in the body too, and in summer this is an extra burden as the body just wants to metabolize and “burn” food through as efficiently as it can. Not like in winter when we need rich, hearty foods and meals to warm and fill us.

In summer it's often a time for more drinks and beverages, but make sure you remember the concept of hydration. Caffeine dehydrates as it is a diuretic, so drinking too much coffee or tea during summers may lead to headaches and make you feel dehydrated.

If you are having juices and cold drinks watch out for the excessive amounts of sugar, which may increase your energy temporarily, but may result in an energy crash in the afternoon, or worse if you get addicted to sugary drinks you have a chronic spleen, pancreas and metabolic issue in the longer term. Consider drinking only fresh fruit juices (proper amount), herbal tea, or good filtered water.

If you are someone likes to diet during summer, for slimming down or weight loss, be very careful as fad diets or crash dieting can lead to sluggishness, headaches, nausea and diarrhea.

If you would like to explore minerals then watch out for Magnesium & Potassium. Magnesium and potassium are keys for maintaining healthy muscle and nerve function, plus also plays a role in regulating blood pressure and supporting the immune system. In summer we sweat more which can lead to electrolyte imbalances. Magnesium and potassium are important electrolytes that help regulate fluid balance in the body, so see if you can add more magnesium rich foods this summer, including;

Foods rich in magnesium: Almonds, Cashews, Dark chocolate, Soymilk ; Spinach, amaranth leaves & all leafy Chinese green vegetables.

Foods rich in potassium: Beans & lentils, Broccoli, Avocado, Bananas ; Dried fruits such as raisins and apricots.

EMOTIONS & ENERGY

In summer it is also important to address our emotional states and personality tendencies. When the weather gets hot, we get hot and bothered, and for some people they literally are on fire emotionally. If this applies to you then also consider cooling your mood AND emotions down. Start doing meditation, having a yoga or Qigong practice, going for slow walks, and also find ways to somatically move the emotions through you. So that when you do get angry, impatient, overly excited or stressed, you can have a safe space to process, digest, move and release the emotions.

When emotions and energy build up inside us, especially in summer time, they will store in the liver, gallbladder, heart, small intestine and whole digestive system. When the body gets "full" of emotions, just like overeating with food, then we explode with the anger, chaos or rage. Just like food, emotions need attention and care, and to have a healthy balance and portion in our lives.

Have a wonderful summer & may you find some peace, remember to enjoy cooling foods and calming activities too.



Positive Parenting

Parenting is one of the priorities for families. All parents will hope for their child growing up well and healthy, from which a question arises: what is good parenting?

Generally speaking, parenting is divided into two different and rather extreme styles. One is authoritative approach. Parents taking this approach believe that they need to be strict and that children will learn by getting punished. Temporarily punishment does help children learn and listen at the time, but in the long run it also grows child's anger, resentment, revenge, or withdrawal. On the other side of the spectrum is neglectful style. Parents using this approach tend to believe that their child will grow better without their interference and involvement. However, this is highly likely resulting in the child not understanding boundaries and what they can and can't do. They are likely to have self-esteem issues and possibly develop addiction.



Apart from the above styles, parents may consider taking a positive parenting approach. Being 'gentle but firm' is the basic of positive parenting. It's not about punishing the child nor leaving parents feel hopeless. It encourages taking an approach of mutual respect and collaboration to deal with any issues your child may encounter as growing up, so your child will eventually grow up independently.

The four purposes of positive parenting:

- Be gentle and firm so your child feels loved at the same time understands boundaries in order to gain a sense of safety and certainty.
- Your child feels a sense of worthiness as they are being parented. They will learn to look for solutions when facing challenges and frustrations and also learn that challenges and frustrations are part of life.
- Develop a healthy and consistent parenting communication style.
- Your child gradually learns social and living skills, as well as good qualities.



Now that we have a brief look at positive parenting, let's take a closer look at the causes behind a child's misbehaviors from this perspective.

Psychiatrist suggests that there are a few causes for child's misbehaviors: attention seeking, power gaining, and revenge.

For example, for a child asking for snacks, sometimes they actually just want to get parents' attention. They may say 'I want to eat some snacks', but the hidden message is 'look at me, I want some affection'. Another scenario could be power and control that 'I can decide for myself'. The child might want to express their resentment and revenge by being oppositional, such as 'well you want me to eat vegetables at dinner. I'm going to eat some biscuits NOW.'

Recognize, understand and respond

We can observe our child's behaviours and emotions, and be aware of our own reactions, in order to understand the drives behind our child's behaviours.

1. If your child is seeking attention, when you say no to eating snacks, they may go quiet for a little while, but then they'll ask again. After a few times, you may get annoyed and impatient.
2. If your child is exercising power and control, when you say no to them, they may pretend they didn't hear you and go ahead looking for the snacks. You may then feel challenged and angry.
3. If your child is expressing anger and revenge, when you say no to them, they may get upset and have an outburst including crying and saying terrible things to you. You may get hurt and disappointed.

Once you understand the messages your child is expressing, you can take an appropriate approach to respond, so your child feels heard and understood at the same time able to learn boundaries and rules.

1. For children who need attention, you may consider doing things together with them, such as reading books together, picture books on tooth health and digestive system. In doing so, your child gets positive attention and quality time with you as well as learning about why eating snacks at night time is not good for their health.
2. For children who exercise power and control, you may be gentle but firm to say no, and then offer some options for them, such as what they would like to do in the evening, reading books together or taking a bath, or thinking about what they would like to eat for breakfast the next day.



3. For children who expresses anger and revenge, you may want to stay calm yourself first to avoid getting into an emotional fight with your child. Allow some time for yourself and your child to calm down and get through the emotions, and then spend quality time together or give your child a chance to choose what they would like to do within a safe boundary, and through doing this help your child learn and manage their emotions and needs.

Sometimes your child may experience rather complex needs and emotions, different kinds at the same time. There are four principles of positive parenting approach you can use to help you and your child work through this complexity together and figure it out:

Relativity. Say your child pushed over other kids at kindergarten. You may want to focus on the behaviour of pushover other kids and help your child talk about what they were feeling at the time of pushing, and then learn about the impact of this behaviour and explore alternatives. For example, if your child pushed over another child because their toy was taken from them by the other child. You may express your understanding of their feelings at the time, and then talk about the impact of pushing i.e. causing injury etc. and explore what they could have done differently other than pushing in order to express their anger and upset. This is the principle of relativity that is learning from present experience.

Respect. This includes respecting your child and accepting the reality. Never talk down to your child or punish them severely just because they misbehaved. It's also important to help your child learn acknowledging and accepting the reality and their misbehaviors as well as looking for solutions.

Be reasonable. When exploring solutions with your child, help your child learn and understand what's reasonable and appropriate. You may consider checking other child's condition together with your child, and discussion solutions accordingly.

Being helpful. You may encourage your child to apologies to the other child as well as express their needs such as 'I really liked the toy. If you'd like to have a go with it too, you can ask me for it, but please don't just take it from my hand'. In doing so, your child will learn problem-solving skills and grow confidence at dealing with challenging situations.





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