

Health Newsletter

-Generali China GBD

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Historical Newsletters

Contents

P3

GEB Health Kits

Dengue Fever

P4

Disease Prevention

Hepatitis and liver cancer

P8

Summer Health

Know the Heat Stroke

P13

Safety Tips of Outdoor Sports

Kids in Summer

P19

Best tips for

Food & Sleep

P23

Stress Management

Are You Depressed?



How can you protect yourself?



There is no specific treatment or widely available vaccine for Dengue fever, so it's best to take precautions to avoid mosquito bites whenever possible. That means taking preventative steps whether you're at home or at work, including:

Use mosquito nets over your bed at home; cover rainwater and septic tanks with mosquito mesh; use mosquito nets on doors leading outside; keep window screens closed.



Use insect repellent; eliminate standing water which can attract mosquitos.

Wear long sleeves and trousers to protect your skin, and spray the clothing with mosquito repellent



If you suspect you might have dengue fever, consult your doctor immediately to get tested.

We will share more article and material about health & wellbeing in the following newsletters. Your kind comment is highly expected. Click [here](#) to know more detail about GEB Health Kits.

GEB Health Kits Dengue Fever

GEB (Generali Employee Benefit) provide clients with Health Kits available in multiple languages to help our insured members manage & prevent illness. Health kits include animated videos, infographics and more. At the time when the summer vacation, we promote "Dengue Fever" to you, to mention you pay more attention to the infections when travel in certain areas.

Understand the risk factors and symptoms

Dengue fever is caused by a viral infection spread through the bite of a mosquito. Dengue has been spreading in recent years, especially across Southeast Asia, the Pacific Islands, Central America, South America and the Caribbean

What the symptoms of Dengue Fever?

After a person has been infected with Dengue fever, they may experience symptoms similar to the common cold or flu, including: a sudden high fever; severe abdominal pain; headaches; pain behind the eyes; extreme joint and muscle pain; fatigue; nausea and vomiting, even vomiting blood; pale, cold and clammy skin; difficulty breathing; and a skin rash. which appears two to five days after the onset of fever and other symptoms.

The infection usually subsides about a week after symptoms emerge but in some cases, reactions can be severe and symptoms last much longer and can be life threatening



Scientifically Know the

Liver is the body's metabolic and digestive organ and is essential to our health. July 28th is World Hepatitis Day and let's talk about hepatitis and liver cancer here.

Hepatitis and Liver cancer

Areas with high rates of chronic hepatitis B and C (Africa, East Asia, and the Western Pacific region) have highest incidence of liver cancer. Of which, Chronic hepatitis B infection accounts for 50% of all liver cancer cases, chronic hepatitis C infection markers are found in 80% to 90% of patients with liver cancer in Japan and 30% to 50% in the U.S. The WHO estimates that 400 million people worldwide (6% of the population) are chronic HBV carriers, HCV infects more than 185 million individuals worldwide.

Part I: Hepatitis

How do hepatitis virus infect human?

The virus transmission between single hepatitis B or mixed with Hepatitis C infection is mainly horizontal (percutaneous and mucous membrane exposure to infectious blood and other body fluids e.g., sexual transmission, either homosexual or heterosexual); also from needle sharing among drug abusers; occupational exposure to contaminated blood and blood products; persons receiving transfusions of blood and blood products and hemodialysis patients. And can be transmitted to infants at birth or shortly after.

What are the common symptoms of hepatitis?

Many people with hepatitis do not have symptoms and do not know they are infected. If symptoms occur with an acute infection, they can appear anytime from 2 weeks to 6 months after exposure. Symptoms of acute hepatitis can include fever, fatigue, loss of appetite, nausea, vomiting, abdominal pain, dark urine, light-colored stools, joint pain, and jaundice. Symptoms of chronic viral hepatitis can take decades to develop.

When should I see a doctor?

If you had close contact with the hepatitis virus or an infected person recently, you should seek medical advice immediately. If treated within 24 hours from exposure to the virus, preventive treatment may reduce the risk of contracting hepatitis.

You should also contact your doctor as soon as possible if you have symptoms of hepatitis.

What are treatment methods for hepatitis?

Antiviral therapies for HBV or HCV infection can substantially reduce cancer risk among those already infected with virus. They can reduce the number of viruses in the blood and lessen liver damage. Although these drugs don't cure the disease, they lower the risk of cirrhosis, and they may lower the risk of liver cancer as well.

How to prevent hepatitis?

The best way to prevent hepatitis B is the vaccination. A vaccine that protects against HBV has been available since 1982. The WHO recommends that all countries include the HBV vaccine in routine infant immunization programs and integrate hepatitis testing into their national policies (among men and women ages 18 to 79 years).

In contrast to HBV infection, there is no vaccine to protect against HCV infection. Primary prevention strategies include both educating uninfected individuals who are at high risk for infection about exposure prevention and counseling infected individuals about how to avoid transmission to others. Some other strategies include screening of blood, organ, and tissue donors for antibodies of HCV; adherence to infection control practices during all medical, surgical, and dental procedures, and safer sex.



Part II: Liver cancer

According to the China cancer statistics released by the National Cancer Center in 2022, liver cancer is the fourth most common new malignant tumor among Chinese citizens (389,000 new cases/year); It is the second most deadly cancer (336,000 cases/year). The world standard population morbidity of liver cancer is 26.65 per 100,000 men and 8.65 per 100,000 women. Globally, Hepatocellular carcinoma (Liver cancer) is the seventh most common cancer worldwide (around 841,000 new cases/year) and the third most common cause of cancer deaths (around 781,000 deaths/year). 85% of patients with hepatocellular carcinoma have cirrhosis (chronic liver damage).

Risk factors for liver cancer?

The underlying risk factors of the liver cancer burden vary substantially between regions. The most feared correlation with chronic hepatitis B and C are cirrhosis and hepatocellular carcinoma, which kill more than 300,000 people/year globally.

One quarter to one third of patients will go on to develop these complications, in which China alone accounting for almost 50% of the total. Other viruses, such as the hepatitis A virus and hepatitis E virus, can also cause hepatitis. But people infected with these viruses do not develop chronic hepatitis or cirrhosis, and do not have an increased risk of liver cancer. People with cirrhosis have an increased risk of liver cancer.

Other risk factors for liver cancer include heavy alcohol drinking, excess body weight, type 2 diabetes, non-alcoholic fatty liver disease (associated with obesity), and smoking. Additional risk factors may include consumption of food contaminated with aflatoxin (a toxin produced by a fungus that infests grains, peanuts, soybeans, and corn that have been stored in warm, moist conditions).

What are the common symptoms for liver cancer?

Symptoms of liver cancer do not usually appear until the cancer is advanced, include abdominal pain and/or swelling, weight loss, weakness, loss of appetite, jaundice and fever. Enlargement of the liver is the most common clinical sign.

How to prevent liver cancer

Lower your risk of liver cancer: prevention and early detection are more important. At least 70% of liver cancers could potentially be prevented through the elimination of risk factors, such as hepatitis C virus (HCV) and/or hepatitis B virus (HBV) infection.

Additional preventive strategies Limit alcohol and tobacco use. Drinking alcohol can lead to cirrhosis, which in turn, can lead to liver cancer. Not drinking alcohol could help prevent liver cancer. Since smoking also increases the risk of liver cancer, not smoking will also prevent some of these cancers. If you smoke, quitting will help lower your risk of this cancer, as well as many other cancers and life-threatening diseases.

Avoiding obesity might be another way to help protect against liver cancer. People who are obese are more likely to have fatty liver disease and diabetes, both of which have been linked to liver cancer. Limit exposure to cancer-causing chemicals such as aflatoxins by changing the storing way of grains could also reduce health risk .



Know the Heat Stroke



Now, the hottest season of the year has arrived. Under the scorching sun, our bodies are also undergoing a "baking test". When you appear in the high temperature headache, dizziness, thirst, nausea, palpitations, fatigue and other related symptoms, you need to be careful, this may be signs of heat stroke, the discussion of the relevant knowledge of heat stroke will be presented as followed for your reference.

What is the heat stroke?

Heat stroke refers to the acute clinical syndrome of central nervous system and/or cardiovascular system dysfunction caused by central body temperature dysregulation, sweat gland function failure, and excessive loss of water and electrolytes under high temperature and thermal radiation environment and/or intense exercise for a long time. Some key personnel are more vulnerable to heatwave damage, such as the elderly, young, pregnant and other people, as well as patients with chronic basic diseases such as circulation, respiratory, mental and behavioral disorders and kidney diseases. Other groups of outdoor workers, such as farmers, construction and sanitation workers, couriers, athletes, soldiers and traffic police personnel are also more prone to heat stroke.



Symptoms of heat stroke:

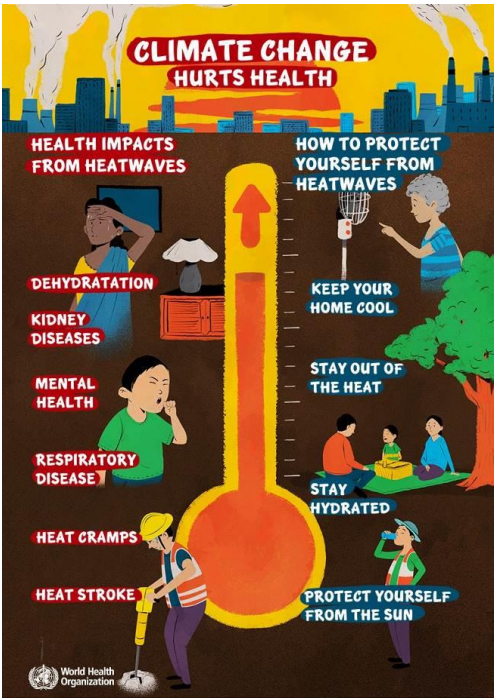
Aura of heat stroke: After working in a high temperature environment for a certain period of time, dizziness, headache, fatigue, thirst, sweating, palpitations, attention-deficiency, uncoordinated movements and other symptoms will occur even with normal body temperature.

If the environment is not improved, the damage will be further deepened, and heat stroke may occur, which can be divided into three different combinations of symptoms such as heat cramps, heat exhaustion, and thermal radiation disease:

Heat cramps: muscle cramps after a lot of sweating, accompanied by contraction pain, especially in the calf muscle both sides. Body temperature is generally normal.

Heat exhaustion: manifested as massive sweating, cold skin, pale appearance, dizziness, nausea and vomiting, low blood pressure, rapid heart rate, decreased urine output, accompanied by vertigo, syncope, the temperature mildly increased.

Thermal radiation disease: severe type of heat stroke, significantly increased body temperature and consciousness disorders are the main clinical manifestations, dry and hot skin without sweat, body temperature up to 40°C and above, delirium, coma, etc., accompanied by grand seizures and multiple organ dysfunction.



First aid of heat stroke

If we encounter heat stroke, especially severe heat stroke cases, what we can do to help? You are advised to use the following “four character formula” for first scene assistance.

Move: First of all, the person with heat stroke should be moved to a cool and well-ventilated place as soon as possible, put him/her lying flat, use a fan or turn on the air conditioner for physical cooling, remove the clothes to better help breathing and heat dissipation.

Drop: Use cold water to splash the body or take bath, or place ice packs in the head, neck, armpit etc., to speed up the cooling, during which the position of ice packs should be frequently changed to avoid long-term low temperature resulting in skin frostbite.

Drink: If patient is unconscious, taking liquid such as light salty water as soon as possible to replenish water and electrolytes.

Evacuation: After the above operations, if no improvement can be achieved, or developing with coma, extreme weakness, consciousness disorder and other symptoms, you should call 120 immediately and transfer patient to hospital as soon as possible, while waiting for rescue, put him/her in the side-lying position to ensure the smooth respiratory tract, and wait for help.

Preventive measures for heat stroke

Avoid the hot sun and high temperature environment, avoid strenuous exercise or work in high temperature environment, keep the place well-ventilated: especially avoid walking in the hot sun from 10 am to 3 pm.

Sun-light protection: using a sunshade umbrella, wearing a sunshade hat, sunglasses, putting on sunscreen and regular replenishment.

Re-hydration: develop a good drinking habit, drink more water or salty drinks frequently, pay attention to eat more fresh vegetables and fruits, avoid drinking a lot of alcohol or coffee.

Do not leave children or pets in the car unattended, pay attention to the elderly or disabled people living alone in the neighborhood and provide necessary help.

TCM prevention and health care of heat stroke

For TCM health care of heat stroke, the following measures are recommended: Light diet: lotus root, lotus seeds, lily lung, wood fungus, bitter melon, lentil and traditional tofu (including gypsum), celery etc. Are all suitable for summer food, and have the effect of reducing heat. Spicy food such as scallions, ginger, garlic, etc. should not be eaten in large quantities.



A close-up photograph of a man with a beard and mustache, smiling warmly at a young child with curly blonde hair. The child is laughing joyfully, showing their teeth. They are outdoors, with a blurred green background suggesting trees or foliage. The lighting is bright and natural, creating a warm, happy atmosphere.

Safety Tips of Outdoor Sports for Kids in Summer

With the summer fast approaching, excitement is in the warming air. Mostly summer is a favorite season of year for kids – and with good reason. The long days of summer provide a much-anticipated break from school – This is the time of year when people are itching to get outside and get active. With the increased outdoor fun comes increased risk of injury. It's important to be aware of the potential dangers in summer sports and to take steps to stay safe while having fun. Here has some important recommendations for parents to keep in mind this summer season.



Keep communication with your kid

Always Some kids are tough and just push through pain, which can lead to a more serious condition that could have been prevented with early intervention. Please make sure your kid understands that he or she should talk with you and seek help if experiencing pain or something that just doesn't feel right.

Get the proper equipment

Protective equipment, like helmets, pads and shoes, are very important for injury prevention. Parents should talk with coaches before the exercise starts so that they have adequate time to properly outfit their kid before practices begin.

Follow proper technique and guidelines

In every sport, there is a correct way and a wrong way of doing things. For example, football players should be taught the proper way to tackle an opponent to avoid a concussion, and baseball players should be taught the proper way to throw and follow the guidelines on how many throws to make in a day. Parents always said that they've followed the guidelines, except for that one time. Unfortunately, that one time is all your kid needs for one incident to happen.

Sunburn Safety

- The best way of sunburn defense is covering up. Put on hats, sunglasses and SPF-rated clothing.

- Stay in the shade whenever possible, and limit sun exposure during peak-intensity hours (between 10:00 a.m. and 4:00 p.m.).
- Use a sunscreen with an SPF of 15 or greater that protects against UVB and UVA rays, and apply it both on sunny and cloudy days.
- Reapply sunscreen every two hours or after swimming or sweating.
- Use extra caution near water and sand as they reflect UV rays and may result in a quicker sunburn.

Hydration

Dehydration should be a concern all year round, but it's especially easy for youth athletes to get dehydrated in the summertime. When temperatures are hotter, our bodies have to work harder to maintain a reasonable core body temperature and we sweat more to help stay cool.

- Adequate hydration should be enforced. A child weighing 90 lbs should drink 5 oz of cold tap water every 20 minutes, and an adolescent weighing 130 lbs should drink 9 oz every 20 minutes, even if the child does not feel thirsty.
- On hot days, sports practice and outdoor games should be shortened and more frequent water breaks should be instituted.
- Clothing should be light colored and lightweight and limited to one layer of absorbent material to facilitate evaporation of sweat.

Look for signs of heat stroke

Cases of heat stroke spike during the summer months, and this can be life-threatening in children. Prior to heat stroke, kids often show mild symptoms such as dizziness, headache, fatigue, thirsty, sweating and palpitations etc. We should learn how to recognize the signs of heat stroke and know how to treat in time.

Avoid bug bites

As the weather warms up, bugs come out in full force. To avoid bug bites, apply insect repellent before spending time outdoors, avoid using heavily scented soaps or lotions and cover arms and legs as much as possible in evening.

Stress the importance of warming up

Stretching is an important injury prevention technique that should become a habit for all athletes before starting physical activity or sport. We suggest a mix of both static and dynamic stretching during warmups to help loosen the muscles and prepare them for play. Toe touches and stretches, where you hold the position for a certain amount of time, are considered static, while jumping jacks and stretches, where the body continues to move during stretching, are considered dynamic.

Make sure they rest

Athletes of all ages need to rest between practices, games and events. A lack of sleep and muscle fatigue predispose an athlete to injury. In fact, the most common injuries seen in young athletes are overuse injuries — too many sports and not enough rest. Along these same lines, we should also plan a schedule for kid, giving him or her adequate time to recuperate before the next season.

Recognize injury and get help early

If parents notice that there is a change in their kid's technique, such as a limp when running, or rubbing a leg during activity, they should pull the kid out of play. If the problems persist, parents should seek an assessment for their child prior to returning to the activity. When to see a doctor for your sports-related injury:

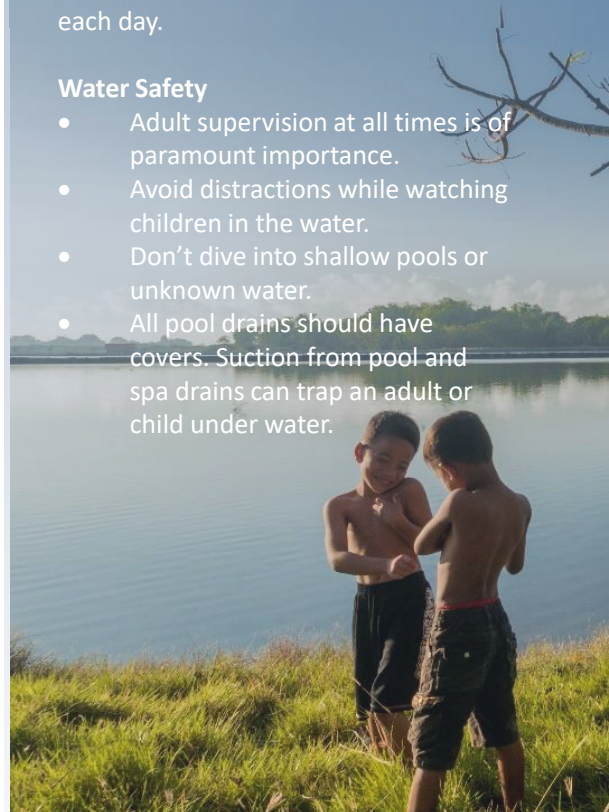
Consistent pain during or after sports
Persistent or new swelling around a joint

Recurrent instability - joints "give way"
Painful pops (non painful pops are OK)
Pain that does not respond to a period of rest

Provide a healthy diet It's important for kid to eat a well-balanced diet full of fruits, vegetables and lean proteins, and to maintain a regular eating schedule. For instance, have breakfast, lunch and dinner around the same time each day.

Water Safety

- Adult supervision at all times is of paramount importance.
- Avoid distractions while watching children in the water.
- Don't dive into shallow pools or unknown water.
- All pool drains should have covers. Suction from pool and spa drains can trap an adult or child under water.



A woman with long brown hair and bangs is drinking from a light green ceramic mug. She is looking upwards and to the right. The background is a blurred cafe interior with warm lighting and other patrons. A large, semi-transparent ampersand watermark is centered over the image.

Best tips for Food & Sleep

We all want better sleep and to feel more rested, and like with all areas of health a holistic approach is needed. Rather than just give a list of foods or vitamins, let's start with what are the habits that are detrimental to your sleep patterns. These include: **Caffeine**、**Chocolate**、**Too much reliance on adaptogens & stimulation**、**Lack of magnesium & relaxation**、**Stress**、**Computers & devices** and **Melatonin**.

Caffeine

Caffeine addiction is real and many people can only “survive” throughout their day with 1-3 cups of coffee or tea. In reality, **our minds and bodies should be full of energy from good sleep and nutrition and not need substances and stimulation from caffeine**, especially coffee and poor quality caffeinated beverages like soft drinks and “energy drinks.”

If you want to improve your sleep first step is to take a look at your food and substance intake, slowly ween yourself off coffee or reduce how much you consume.

Chocolate

Chocolate is similar- the sugar and caffeine combination are quick energy fixes, and contribute to the cycle of being tired, boosting your energy, having a sugar crash in the afternoon, eating more chocolate and feeling good, and then having another crash.

Look to enjoy chocolate that is free from refined white sugar, many so called “dark chocolate” brands are full of sugar, and in small doses as a relaxing dessert, rather than lots of chocolate every day.

Chocolate or cacao is a traditional food saved for special occasions, it is heart opening and relaxing and was enjoyed in small doses in drinks and tonics, not the mass produced candy bars that we find all over the world.

Adaptogens

Adaptogens are wonderful natural herbs, things such as ginseng, maca root, ganoderma, schisandra and ashwagandha, which are all good for when we need more energy. Many people come across them when they have sleep issues or find themselves very fatigued and sleepy in the afternoons. Use wisely though and at the right time of the day, these natural super herbs can be too much for some people taking them in the afternoon or evening as they can be stimulating. So



enjoy them carefully. If you haven't heard of them please see your natural healthcare practitioner, and then enjoy in small doses in the morning until your energy and sleep cycles are regulated and back in balance- which is what they offer us, and then slowly reduce your intake.

Food is medicine! And our bodies are always changing, so learning to meet your own needs is key.

Magnesium & Relaxation

Lack of magnesium & relaxation in one's life can also be a contributing factor in disruptions to our sleep cycles. When we are not able to physically, emotionally energetically and mentally relax from our busy work day our muscles, fascia and brains stay stuck in contraction and hold tension. Instead of softening, unwinding and relaxing- the key factors to falling asleep at night.

Magnesium is found in many foods such as: Whole grains such as brown rice, black rice, red rice, millet and oats; Dark-green leafy vegetables are good sources of magnesium; Dried beans and legumes (such as soybeans, baked beans, lentils, and chickpeas) ;Nuts & seeds, such as almonds and cashews, pumpkin seeds and chia seeds.

Stress

Outside of the kitchen, doing things like yoga, Qigong, stretching and meditation in the evenings can be a really good idea to add to your life too.

Which will also help with Stress as well-stress management is a huge topic, but with more gentle movement, breathing practice and magnesium rich foods, this is a good place to start.

Computers & devices

Lastly, computers & devices have a profound effect on our melatonin and through the light in our eyes and hormonal responses for sleep. When we are using the laptop or tablets at night, especially right before bedtime, the blue light that the screens emit disrupts our natural melatonin and therefore ability to sleep and rest, it keeps it activated and the brain chemistry “on.”

Melatonin

So what else can help us with sleep, induce more calm and help us unwind? The answer is Melatonin.

Melatonin is a hormone that your brain produces in response to darkness. It helps with the timing of your natural circadian rhythms, which traditionally humans used to do. We rose with the sunrise and slept early around 9 or 10pm.

Natural levels of melatonin in the blood are highest at night and helps us go to sleep.

It is primarily known in animals as a hormone released by the pineal gland in the brain at night, and has long been associated with control of the sleep–wake cycle. Melatonin helps control sleep and waking patterns, so it would seem obvious that we don't want to disrupt this with computers, artificial light and stimulants in our life and food.

Darkness prompts the pineal gland to start producing melatonin while light causes that production to stop, so it makes sense to dim the lights in our external environment at night. Use dim lights, lamps, salt lamps, or even candles around the house at night time.

Some of the top foods for Melatonin include; tart Cherries & juice, Goji Berries, Eggs, Milk, Fish, Nuts, Bananas and Oats.

Foods to avoid at night and definitely before bedtime are those that stimulate the digestion, liver, or have high amounts of sugar or caffeine, and include; spicy food, chocolate, tomatoes, pizza and citrus fruits.

Enjoy adopting some of these suggestions and tips for better sleep everyone!



Depression is not far away, smiling may just be their cover

While an estimated 350 million people worldwide suffer from depression, less than half of them receive effective treatment, and social stigma against mental illness is one of the factors influencing treatment. As a common disease, depression has become the second biggest killer of human beings.



Depression is different from usual mood fluctuations and short-lived emotional responses to challenges in everyday life. Especially when long-lasting and with moderate or severe intensity, depression may become a serious health condition. It can cause the affected person to suffer greatly and function poorly at work, at school and in the family. At its worst, depression can lead to suicide. Close to 800 000 people die due to suicide every year. Suicide is the second leading cause of death in 15-29-year-olds. By World Mental Health Day, October 10, 2020, hope more people will understand and put depression in perspective.

Types and symptoms

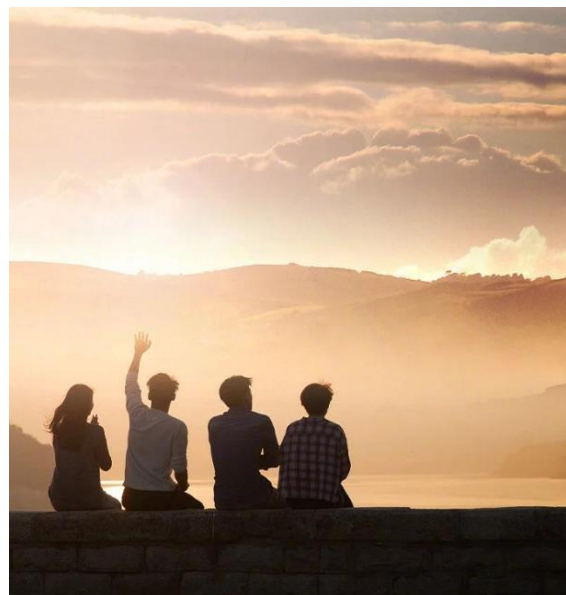
Depression is a disease, according to the number and severity of symptoms, can be classified as mild, moderate or severe depressive episode. The main characteristics are persistent sadness, loss of interest in the usual favorite activities, and inability to engage in daily activities, and these phenomena last at least two weeks.

In addition, people with depression often experience following conditions:

- Loss of energy;
- Appetite change;
- Insomnia or lethargy;
- Anxiety;
- Decreased concentration;
- Indecision;
- Restlessness;
- Feeling worthless, guilty, or hopeless;
- Plan self injury or suicide

Depression prevention

- Most people feel better after talking to someone they trust about their feelings
- Continue to engage in activities that make one enjoy when healthy;
- Keep in touch with family and friends;
- Exercise regularly, even just a short walk;
- Stick to a regular Diet and sleep habits;
- Accept that you may be suffering from depression and adjust your own expectations that you may not be able to get as much Working efficiency as usual;
- Avoid or limit alcohol and illegal drugs, which may lead depression more seriously;
- If one has suicidal tendencies, contact others immediately for help.
- Seek professional help, such as visit your local health care worker or doctor.





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