

Wellness

FIRST MUTUAL
HEALTH

AUGUST 2021



- Surviving the Pandemic
- Breastfeeding.
- Healthy Lifestyle.
- COVID-19 Vaccination.



Surviving the Pandemic

The world has been living and dealing with the Coronavirus for more than a year and a half now. At First Mutual Health we are thinking of you and hope that you are coping through the COVID-19 pandemic

During this time, parents have had to spend more time with their children and experience more intently how their children behave. In this newsletter we take the liberty to share nuggets on child behaviour disorders as it may not be easy to tell whether or not a child is going through a difficult stage or time.

Young children can display impulsive and defiant tendencies and this is normal. It is however, a cause for concern when a child is difficult, misbehaves and cannot be controlled. When a child acts out persistently, it can cause serious problems at home and school, but if these behaviours are extreme or outside the norm for their level of development, it could be a sign of a behavioural disorder. A tantrum in the grocery store does not mean your 3-year-old has a problem with authority or your teenager does not want to follow instructions, therefore he or she has a behavioural disorder. Experts state that when it comes to understanding the behaviour of children, diagnosis and labels should be kept to a minimum.

Triggers

Behavioural disorders result from certain temporary stressors in a child's life. There is no single cause for behavioural disorders but it is important to take note of a child's gender, background and general environment in contributing to behavioural disorder.

- Boys are more likely to suffer from behavioural disorders. It is however, unclear if the cause is genetic or socialisation in nature.
- Children who are temperamental and aggressive at an early age are most likely to develop behavioural disorders later on in life.
- Some behavioural disorders emanate from a dysfunctional family and trauma a child might have experienced. Poverty, poor parenting skills, substance abuse or domestic violence can trigger behavioural disorders in children living in those conditions.
- In some cases, a child can have behavioural disorders due to difficulties in their mother's pregnancy, being born prematurely or low birth weight.
- Children experiencing intellectual disabilities are more likely to suffer from behavioural disorders.
- Research shows that behavioural disorder can be genetically passed to children.

Warning signs

Children differ in the way they exhibit signs of behaviour disorder. Signs of behavioural disorder can include physical violence and in some cases, criminal activity that is rare in children of a certain age. The following are signs to look out for when a parent suspects that their child has a behavioural disorder

- Lying and stealing

- Frequent tantrums and arguments
- Persistent hostile and defiant behaviour
- Consistent hostility towards authority figures
- Premature sexual activity
- Alcoholic substance abuse
- Skipping school or not doing well
- Self-mutilations, harming others or pets

Diagnosis

Child behaviour disorders can be complicated with so many factors working in combination. Any of the methods below can be used to diagnose a child suspected to be suffering from behavioural disorder:

- Behavioural checks list and child observation
- Diagnosis by a specialist – paediatrician, psychologist or child psychiatrist.
- In depth interviews with parents, teachers and caregivers.

Types of disorders

There are quite a number of disorders and diagnosis depends on behaviours disrupting a child's day to day function and lasting for six months or more.

- Attention deficit hyperactivity disorder (ADHD) – about 2 – 5% of children are believed to have this type of disorder. The children find it hard to pay attention, forget instruction and failure to complete tasks.
- Oppositional defiant disorder (ODD) – An estimated one in ten children below the age of 12 are believed to suffer from this type of disorder. The child becomes easily angered, exhibits tantrums and refuses to obey rules.
- Conduct disorder (CD) – Children diagnosed with Conduct disorder are often portrayed as 'bad kids' because of their delinquent nature and their refusal to accept any rules set for them. This type of disorder is characterised by substance abuse, violence towards themselves, others and animals, sexual abuse and a tendency to run away from home.
- Anxiety disorder
- Depression
- Autism spectrum disorder ASD
- Bipolar disorder

Treatment and therapies

It is important for the parents and loved ones surrounding the child to be patient in dealing with a child who has been diagnosed with a behavioural disorder. Treatment options include

- Outside counselling can be employed in helping the child cope with the disorder effectively. A trained counsellor can assist the child in dealing with their anger, working through their emotions and effectively communicating their needs.
- Parent management training
- Anger management
- Cognitive behaviour therapy – to help the child to control their thoughts, behaviour and interaction with others.
- Medication can be used even though they it does not cure behavioural disorders but can reduce symptoms and improve a child's quality of life.

Source: www.cdc.gov

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WE ARE THINKING OF YOU

Remember to mask up, sanitize your hands and observe social distancing. We are Thinking of You and look forward to seeing you when it is now safe for everyone.

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Breastfeeding



World Breastfeeding Week runs from the 1st to 7th August and the week is set aside to raise awareness and encourage women to breastfeed and its importance to the growth of babies. The theme for this year's World Breastfeeding Week is Protect Breastfeeding: A Shared Responsibility. The World Breastfeeding Week is not just for the lactating mother but for the society and the loved ones surrounding the infant, especially fathers, partners and other care givers. This will make the breastfeeding period smooth and longer for the benefits of both the baby and the mother. It is also an opportunity to raise awareness and support amongst decision makers, employers and the community that it is a very important process that mothers have to undertake.

The female body was engineered to supply the baby with the perfect source for nutrition, it is the most natural way of feeding the baby. Mothers lactate and produce milk that they use to feed their babies. There has been an old age debate about whether or not to breastfeed babies. But according to the World Health Organization, breastfeeding babies could save about 820,000 infant lives each year. The first two years of a baby's life are critical in the baby's growth and development. Breast milk is designed to cater for a baby's nutritional needs in the first six months of their lives and beyond. Thus, babies should be breastfed soon after birth and maintained exclusively for the next six months and continued for up to two years, until the baby is weaned. The World Health Organization (WHO) recommends the introduction to solid foods for babies who are six months old, but the mother should continue to breast feed the baby. Breastfeeding should be considered a public health issue that requires support and backing at all levels.

Breast milk is often referred to as liquid gold, due to its deep yellow color. It is safe, clean, and convenient for the baby. Breast milk provides abundant nutritional components, enzymes, immune properties, antioxidants and live antibodies that are produced by the mother's body. Her more mature immune system makes antibodies which enter her milk which protect her and her baby from illnesses. Immunoglobulin A coats the lining of the baby's immature intestines helping germs and allergens from leaking through. Breast milk also contains substances that naturally soothe infants ensuring they sleep well and keep them happy.

Benefits of Breastfeeding

- Exclusive breastfeeding for at least 6 months is life-saving. Infant deaths will be greatly reduced if all babies are breastfed. Babies have less risk of malnutrition. Breast milk is easy for a baby to ingest. It is easier to digest than formula and it helps prevent gas and colic (Hormones that cause belly pain or crankiness in a baby)
- Research shows breastfed babies have a lower risk of illnesses including asthma, ear infections and diabetes. Babies have fewer colds and respiratory illnesses like whooping cough and pneumonia.
- Colostrum, the first secretion from mammary glands after giving birth, is rich in antibodies and nutrients which protect babies from possible infections. Colostrum is packed with growth, immune and tissue repair factors that are beneficial to a new born baby.

- Breastfed babies become healthier children and adults. Breast milk contains cholesterol both saturated and unsaturated fats which improves brain maturity, nerve tissue, decreases chances of obesity during childhood and avoids speech and orthodontic problems later in childhood.
- Feeding premature babies breast milk offers protection against potentially fatal conditions which include chronic lung disease. - - - -
- Breastfeeding is also beneficial for the mother. Breastfeeding has been proven to lower risks of a number of diseases such as breast cancer, ovarian cancer, hypertension, diabetes and cardiovascular disease. The mother also enjoys less risk of postnatal depression and improves the mother's mood. Breastfeeding has also proven to shrink the mother's uterus back to pre-pregnancy size more quickly – at about six weeks after giving birth compared to ten weeks if the mother does not breastfeed.
- Physical and emotional bonding between the mother and child is greatly increased. Affectionate bonding during the first years of life help reduce social and behavioral problems in both children and adults.

To breastfeed or not to breastfeed?

The decision to breastfeed is personal to the mother. Some women prefer to breastfeed their babies exclusively. While some mothers partially breastfeed and include formula feeding to ensure that the baby is full. Working mothers tend to breastfeed, make use of formula and pump breast milk in order to feed the baby breast milk in the absence of the mother. When unsure which method of feeding you should opt for, kindly consult your doctor.

Breastfeeding Challenges

Even though breastfeeding is natural, mothers and babies often encounter challenges during this pertinent and crucial process of feeding. A lot of mothers always wonder if their babies are feeding well and getting enough milk. Challenges of breastfeeding can emanate from the onset and during the growth of the baby. Mothers experience challenges that range between sore nipples, plugged milk ducts and breast inflammation. In some cases, the challenges affect the baby, especially when milk supply is low and the baby fails to get enough milk to provide necessary nutrients for the growth and development of the baby. If addressed as soon as the challenge is experienced, most are easy to overcome. When a baby has health issues such as cleft lip or palate, he or she might experience challenges latching on or suckling from the mother's nipples. If the baby's cheeks are dimpled or makes clicking sounds during breastfeeding, this is an indication that the baby is not latched on well. The mother can make sure the baby's head and neck are properly aligned. When the need arises, kindly seek the advice of a pediatrician or lactation specialist.

Reference
clevelandclinic.org



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WORLD BREASTFEEDING WEEK

A newborn has only three demands. They are warm in the arms of its mother, food from her breasts, and security in the knowledge of her presence. Breast feeding satisfies all three. If you do not breastfeed your baby today be prepared for the consequences tomorrow. Happy breastfeeding week to all the nursing mothers out there!

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Healthy Lifestyle

Being healthy should be part of your overall lifestyle. Living a healthy lifestyle can help prevent chronic diseases and long-term illnesses. Feeling good about yourself and taking care of your health are important for your self-esteem and self-image. Maintain a healthy lifestyle by doing what is right for your body.

If you are not fit and healthy you may experience unhappiness with your professional, social and personal life which may prohibit your ability to enjoy any of your accomplishments. Avoid keeping your diet and exercise as your last priority. If you are fit and healthy then you will become more efficient and productive.

The List

A great way to focus your time on the things you value, such as staying healthy and fit, is to create a list of everything you'd like to do in your free time, such as watching your favourite TV series or running. Once you've got your list, number each activity in terms of how much of a priority it is for you, starting at number one and working your way down. At the end of this task you'll have a list of the activities you value. Try to always fit in at least one of your top three priorities per day, even if it's just for 15 minutes.

Learn Some Super Quick Recipes

Slaving over a hot oven is no fun, especially when you've had a hectic day. To make sure that on these days you don't reach for unhealthy convenience foods learn some super quick recipes you can cook in a short space of time. If you make last minute decisions on what you want to eat then the probability of eating unhealthy food increases. To remain fit and healthy you should eat healthy food, and it is best to plan your meals in advance to avoid a last-minute food fiasco. There are numerous healthy food option from which you can choose.

Optimum Foods

When you are busy your diet can suffer and fast foods takeaways can become too much of a regular occurrence. To ensure you are getting the right nutrition make sure you always have a good stock of foods that deliver the maximum health benefits at hand. For example, tomatoes (good for your heart), spinach (good for your brain), oats (good for your cholesterol), yoghurt (good for weight loss) and pumpkin seeds (good for

your memory) are hugely nutritious and will keep you full for longer, thus decreasing the need to snack.

Workout With Your Kids

If you watch your little ones running about you quickly realise that they are better than any personal trainer. Playing with your children, whether it's dancing around your living room or playing in the garden together is a great way to workout.

Ditch bad habits

Avoid all the bad habits you have which are harmful to your health. If you are addicted to smoking or drinking alcohol it is encouraged that you limit the intake in order remain fit and healthy. Bad habits are not only limited to smoking or drinking but if you are addicted to unhealthy food, try your best to avoid indulging in such for the good of your health.

Hygienic environment

Cleanliness will help stop the spread of diseases. Maintaining home hygiene means that there will be no room for diseases to spread since dirt is disposed of well, bacteria are also kept at bay by ensuring the home is clean. This helps to keep one's family safe from bacteria and other disease causing germs.

Social circle

It is easier to live a healthy lifestyle if you associate with the people with the same goals towards health and wellness. It's a psychological thing in humans that if you see someone doing something you also get the urge to the same thing. Have a circle of people who are aligned to your fitness goals and want to live a healthy life.

Relax

Work and home pressure can contribute to high stress levels and this has a terrible impact on your health and wellbeing. Therefore one of the best things you can do to stay healthy and fit is to learn how to relax. If you don't have time to meditate or take a hot bath, studies have found that even the anticipation of laughter can help us to relax and reduce stress levels in the body. So, watch some funny videos to help you unwind.

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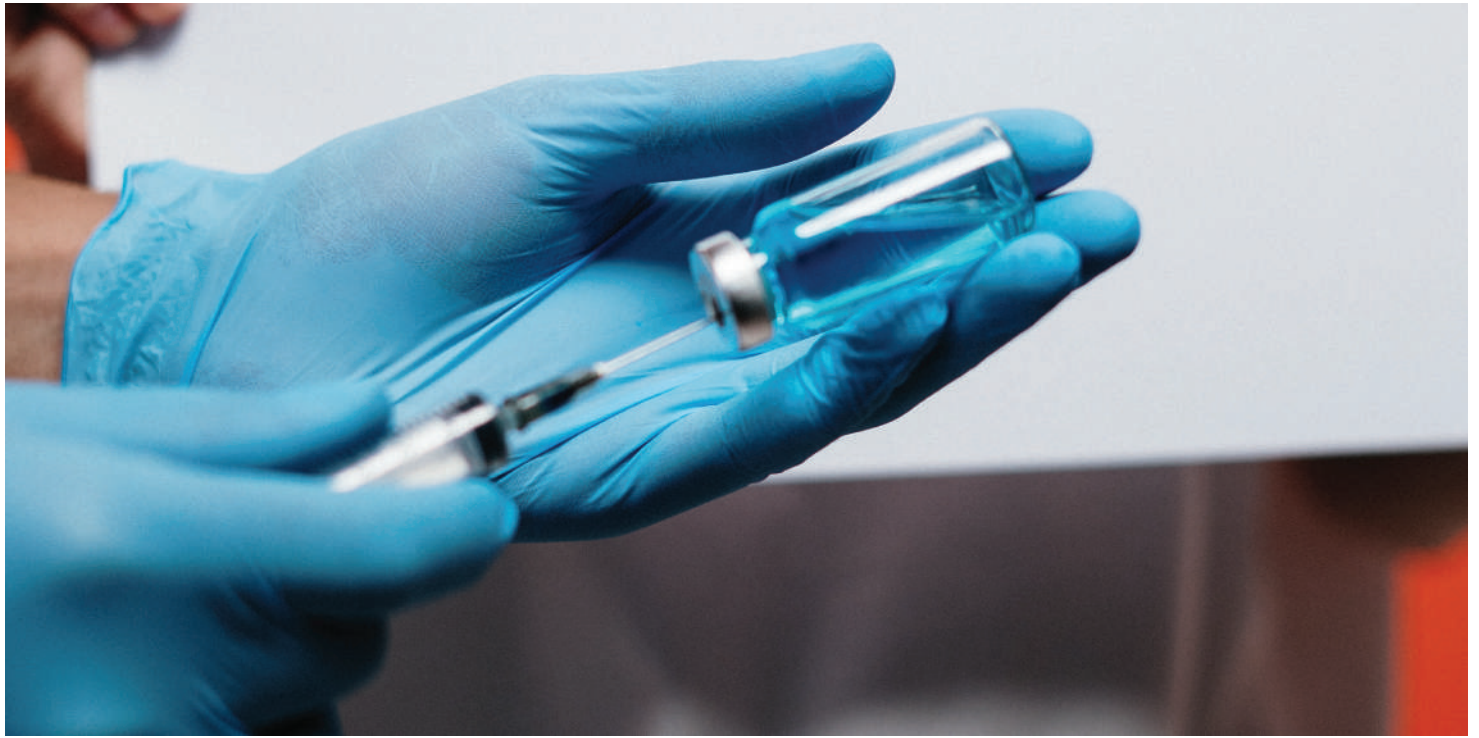


COVID-19 COVER

Dear Valued Member,

Did You Know, you and your dependants have COVID-19 Cover? In the event of receiving a positive COVID-19 result you can access a recovery pack by sending the certificate to info@firstmutualhealth.co.zw or emailing your CRM Consultant. The email should indicate your current address, phone number and membership number.

Alternatively, one may send the details via WhatsApp on 0778917309. Members may also access prescription drugs and hospitalisation at various partner facilities countrywide. Please contact our call centre on 08677007432/ 0242 251 440 or WhatsApp on 0778917309 for assistance.



COVID-19 Vaccination

Since the World Health Organisation (WHO) declared the COVID-19 outbreak a pandemic back in March 2020, the virus has claimed more than 2.5 million lives globally with upwards of 113 million cases being confirmed by laboratory tests (March 2021) according to [news-medical.net](https://www.news-medical.net)

The pandemic has impacted almost every corner of life, causing global economies to stall, changing the way we work and interact with our loved ones, and stretching healthcare systems to the limit. Governments around the world have been forced to implement harsh restrictions on human activity to curb the spread of the virus.

COVID-19 vaccination is now offering a way to transition out of this phase of the pandemic. Without the vaccines, many scientists believe that natural herd immunity would not have been sufficient to restore society to its normal status quo and that it would have resulted in extreme fatality. This is something that has been echoed by many health organisations including the World Health Organisation. In a scenario without access to vaccines, strict behavioural measures may have had to remain for the foreseeable future. Fortunately, the beginning of 2021 saw numerous vaccines given emergency approval by WHO and begin their roll out in countries across the world. The biggest vaccination campaign in history is underway. More than 4.16 billion doses have been administered across 180 countries, according to data collected by Bloomberg. The latest rate was roughly 42 million doses a day.

Efficacy of COVID-19 vaccination

Currently, a total of seven COVID-19 vaccines available across three platforms have been approved and are being rolled out across the globe. However, some question the efficacy of these vaccines, especially given the emergence of new strains of the virus. Vaccines must be effective at significantly reducing the spread of the virus for them to be successful.

It is a common misconception that this means 95% who get the vaccine are protected from the disease, leaving 5% unprotected. If this were true, in a population of 100,000 were vaccinated this would lead to 5,000 people contracting the virus and developing the disease over three months. The 95% effectiveness actually means that people with

the vaccine have a 95% lower risk of COVID-19 when compared to a control group. Without the vaccine, we would expect roughly 1% of the population to get the disease, and with the vaccine, this reduces to 0.05%. At such low rates, the vaccines will allow society to get back to 'normal' and for restrictions to be permanently eased.

Public opinion of COVID-19 vaccination

One major potential barrier to the success of COVID-19 vaccinations is a negative public opinion of the vaccine. Research has established that at least 71.5% of people would be very or somewhat likely to take a COVID-19 vaccine, leaving almost a third less accepting of the vaccine. If significant portions of the population were to reject the vaccine, this could have a serious impact on the vaccine's potential efficacy at controlling the spread of COVID-19.

This challenge can be overcome by educating the public about the importance of COVID-19 vaccination and being transparent about the development of the vaccine along with the prevalence of potential adverse events. Educating people helps to build trust in the decision to offer vaccinations, without which, the world will not be able to overcome the pandemic and return to 'normal' life. Source: [MedicalNet.com](https://www.medicalnet.com)

First Mutual Health has continued offering the COVID-19 vaccine through partnerships with Hospitals and Polyclinics to its valued clients and communities at large to compliment the vaccination programme by the Government of Zimbabwe.

Stay Safe!



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To help minimise possible exposure to COVID-19 we encourage you to make use of our digital channels for queries and payments as listed below:

Ecocash Biller Code 32807

Telecash Biller Code 100012

Banks Transfers Details;

Bank: STANDARD CHARTERED
Account name: FIRST MUTUAL HEALTH COMPANY
Branch: AFRICA UNITY SQUARE
Account Number: 0100206784000

Bank: FIRST CAPITAL BANK
Account name: FIRST MUTUAL HEALTH COMPANY
Branch: FCDA CENTRE (2157)
Account Number: 1031434 Queries and Authorisations

Our contact centre will be available 7 days a week from 8am to 7pm. The contact center numbers are: 08677007432 and 0242 251 440

Claims Quotations

Claims quotations for authorisation may be emailed to: claims1@firstmutualhealth.co.zw
Every effort will be made to respond to the emails within an hour.

Contribution Payments

The proof of payment should be emailed to debtors@firstmutualhealth.co.zw

General Enquiries

Enquiries may also be sent to info@firstmutualhealth.co.zw



We can **STOP** the Corona Virus