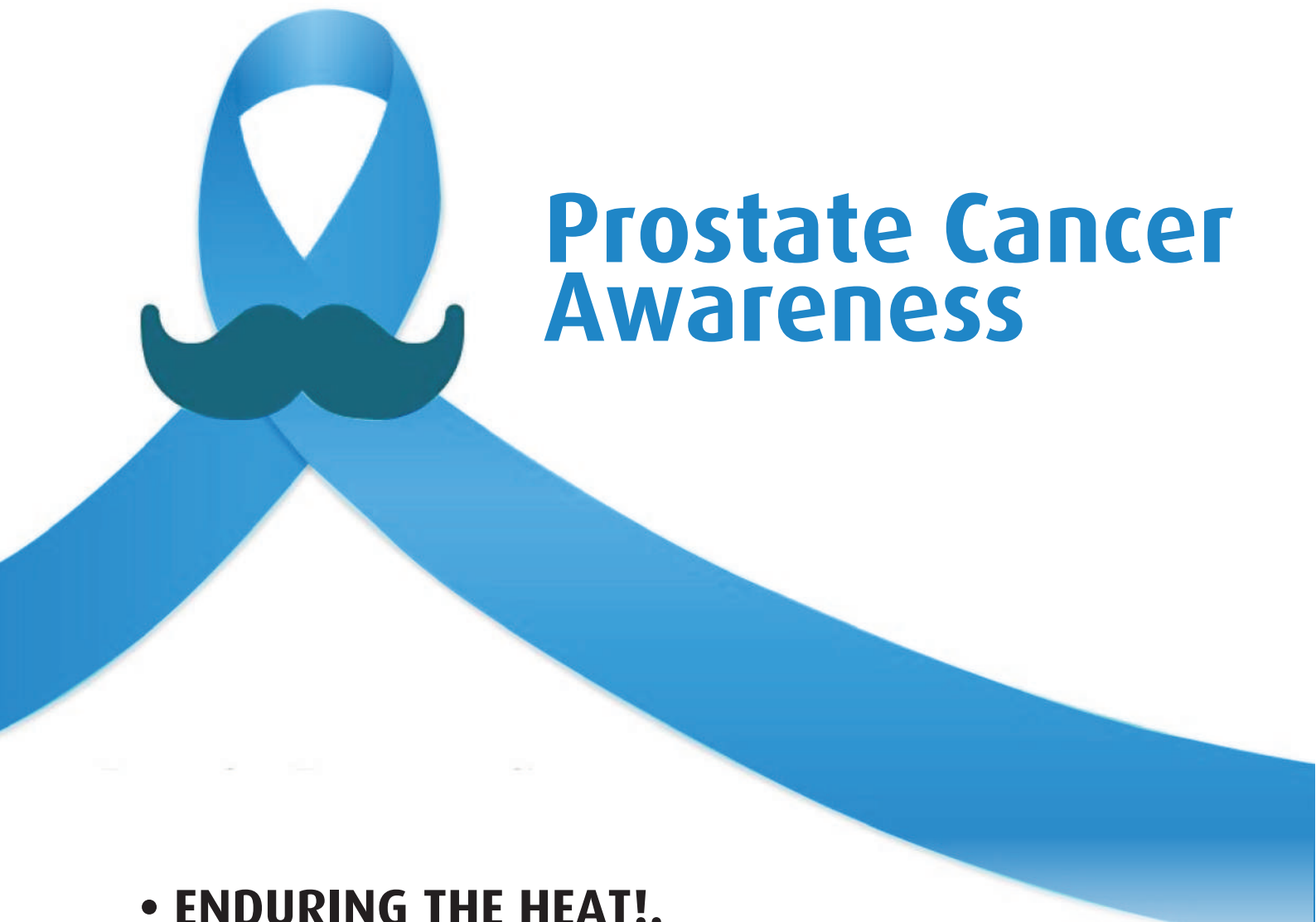


# Wellness

FIRST MUTUAL  
HEALTH

NOVEMBER 2021



## Prostate Cancer Awareness

- ENDURING THE HEAT!.
- WHEN TO CALL AN AMBULANCE.
- PERSONAL GOALS.



# Prostate Cancer Awareness

The month of November otherwise referred to as **#Movember**, is when men around the world grow a moustache to raise awareness and funds for men's health. In this issue of the newsletter we discuss prostate cancer and other types of cancers associated with men as part of the awareness programme.

Prostate cancer affects mainly older men. Six out of ten cases are diagnosed in men over 65 years of age, but less than 1% in men under 50. Though uncommon, prostate cancer can be seen in men even in their 30's and 40's. Men with a family history of prostate cancer are more likely to develop prostate cancer than the general population. On a case-by-case basis, doctors cannot say with certainty what causes prostate cancer, but experts generally agree that diet contributes to the risk. Men who consume large amounts of fat, particularly from red meat and other sources of animal fat cooked at high heat may be more likely to develop advanced prostate cancer. The disease is much more common in countries where meat and dairy products are dietary staples than in countries where the basic diet consists of rice, soya bean products, and vegetables.

The underlying factor linking diet and prostate cancer is probably hormonal. Fats stimulate increased production of testosterone and other hormones, and testosterone acts to speed the growth of prostate cancer. High testosterone levels may stimulate dormant prostate cancer cells into activity.

Some findings suggest that high testosterone levels also influence the initial onset of prostate cancer.

While a healthy diet can lower the risk of developing certain cancers, other factors like genes can play a larger role. Once cancer spreads, it can be difficult to treat.

### Symptoms of prostate cancer may include the following:

- Trouble passing urine
- Decreased force in urine stream (dribbling)
- Blood in the urine (haematuria)
- Blood in sperm
- Urinary leaks
- An inability to urinate despite urges to go
- Delayed urination
- Straining during urination
- Bone pain
- Unexplained loss of weight
- Erectile dysfunction

### Treatment

Prostate cancer treatment options depend on several factors, such as how fast your cancer is growing, whether it has spread and your overall health, as well as the potential benefits or side effects of the treatment.

### Treatment options include:

- Surgery
- Radiation therapy
- Ablative therapy - heating or freezing
- Hormone therapy
- Chemotherapy
- Immunotherapy

### Targeted drug therapies

Other health issues associated with men which could be cancerous and should be discussed with your doctor right away include the following signs.

#### 1. Bowel changes

The occasional bowel problem is normal, but changes in your bowels may indicate either colon or rectal cancer. These are collectively called colorectal cancers. Colon cancer can develop in any part of your colon, while rectal cancer affects your rectum, which connects the colon to the anus.

Frequent diarrhoea and constipation may be symptoms of cancer, particularly if these bowel changes come on suddenly. These problems also may occur with frequent gas and abdominal pain.

A change in the calibre or size of your bowel movement may also be a symptom of cancer.

#### 2. Rectal bleeding

Rectal bleeding may be an early sign of rectal cancer. This is especially concerning if the bleeding persists or if you're found to have iron deficiency anaemia due to blood loss. You may also notice blood in your stools.

Although there are other more common causes of rectal bleeding like haemorrhoids, you shouldn't try to diagnose yourself if you're having these symptoms. Talk to your doctor about your concerns. You should get regular colon cancer screenings starting at age 50.

#### 3. Blood in your urine

If you have blood in your urine, you shouldn't ignore it. This is a common symptom of bladder

cancer. This type of cancer is more common in current and former smokers than in people who've never smoked. Prostatitis, prostate cancer, and urinary tract infections can also cause blood in your urine. Early prostate cancer can also cause blood in your semen.

#### 4. Persistent back pain

Back pain is a common cause of disability, but few men realise that it may be a symptom of cancer. Symptoms of cancer may not show until it has spread to other parts of your body, such as the bones of your spine. For example, prostate cancer is especially prone to spread to the bones and may cause these symptoms within your hip bones and lower back.

Unlike occasional muscle pain, cancer of the bone causes tenderness and discomfort in your bones.

#### 5. Unusual coughing

Coughing isn't exclusive to smokers or to people with a cold or allergies. A persistent cough is an early sign of lung cancer. If you don't have any other related symptoms, such as a stuffy nose or fever, the cough probably isn't due to a virus or infection.

Coughing accompanied with bloody mucus is also associated with lung cancer in men.

#### 6. Testicular lumps

Testicular cancers in men are less common than cancers of the prostate, lungs, and colon. Still, you shouldn't ignore early symptoms. Lumps in the testicles maybe symptoms of testicular cancer.

Doctors look for these lumps during wellness checks. For earliest detection, you should check for lumps once a month.

#### 7. Excessive fatigue

Fatigue can be related to a number of chronic illnesses and medical disorders. Excessive fatigue is your body's way of telling you that something is not right. As cancer cells grow and reproduce, your body may start to feel run down. Fatigue is a common symptom of various cancers. See your doctor if you have excessive tiredness that doesn't go away after a good night's sleep.

#### 8. Lumps in the breast

Breast cancer isn't exclusive to women. Men also need to be on guard and check for suspicious lumps in the breast area. This is the earliest detectable symptom of male breast cancer. Call your doctor immediately for testing if you notice a lump. Genes can play a role in male breast cancer, but it may also occur due to exposure to radiation or high oestrogen levels. Breast lumps are most commonly found in men in their 60s.

#### Take charge

Many cancers are difficult to detect in the earliest stages, but some may cause noticeable differences. Knowing the most common cancer symptoms is vital to obtaining a prompt diagnosis. Still, the exact signs and symptoms of cancer can vary. As a rule of thumb, you should always see your doctor if you suspect something isn't right.

Source: Prostate Cancer Foundation



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**LET THE MOUSTACHE GROW**



**TO SAVE A BRO**



This November/Movember, in honour of our brothers who have conquered, are fighting or were lost to prostate cancer, grow a moustache to raise awareness. We want to shine a light on men's health. Let us bring awareness to prostate cancer, testicular cancer, mental health and suicide prevention.

     Follow us at @FirstMutualHoldings





The country has been experiencing high temperatures and temperatures are likely to remain high for the next few weeks. When we are exposed to extreme hot temperatures, we become more vulnerable to exhaustion long term consequences that can lead to diseases, even those that are fatal such as heat stroke. Extreme hot temperatures cause fatigue, which can be dangerous and can feel like a physical blow to the head!! The longer you spend in the heat, the more serious the effects can be on your body.

Increased body temperature can cause heavy sweating, clammy skin, dehydration, tiredness, headache, dizziness, nausea, cramps, and a quick, weak pulse. Once a person gets hot enough, they can develop heat stroke, and when body temperature rises to 39 degrees Celsius or higher, a person starts to suffer from heat stroke, which can be a fatal medical emergency. Heat waves also exacerbate allergies especially symptoms felt in the nose, throat, eyes, and more.

#### Here are some tips for protecting yourself from high temperatures

- Wear light clothes. It is important to wear loose-fitting clothes made of cotton or linen, so that your sweat can evaporate easily. If you are a man you can choose to remove neck ties as it may cause difficulties in breathing.
- Do not exercise vigorously during the hottest times of the day, instead, you can run, jog, or exercise in the cooler part of the day. If the outside temperature is too high with unbearable humidity, you should consider doing a shorter exercise routine.
- Drink plenty of liquids to replace the fluids you lose from sweating. Do not wait until you feel like you need a drink before drinking water. Thirst is not a reliable sign that your body needs fluids. When you exercise, you should take small sips of liquid, preferably water, than other drinks as water is the best drink to replace lost fluids. Water with salt added can be used if you sweat a lot. However, do not drink alcoholic beverages or beverages with too much caffeine because

they speed up fluid loss.

- If you feel very hot at work or home try by all means to cool down. Open a window, use a fan, or turning on an air conditioner might go a long way in protecting your body from high temperatures.
- If you are a nursing mother do not bundle a baby in blankets or heavy clothing. Infants do not tolerate heat well because their sweat glands are not well developed.
- Do not stay in or leave anyone enclosed in parked cars during hot weather, especially children or pets.
- To function properly, all the cells and organs of the body need water needs to be hydrated all the time particularly in this heat.

#### Here are some reasons our body needs water:

##### 1. It lubricates the joints

Cartilage, found in joints and the disks of the spine, contains around 80 percent water. Long-term dehydration can reduce the joints' shock-absorbing ability, leading to joint pain.

##### 2. It forms saliva and mucus

Saliva helps us digest our food and keeps the mouth, nose, and eyes moist. This prevents friction and damage. Drinking water also keeps the mouth clean. Consumed instead of sweetened beverages, it can also reduce tooth decay.

##### 3. It delivers oxygen throughout the body

Blood is more than 90 percent water, and blood carries oxygen to different parts of the body.

##### 4. It boosts skin health and beauty

With dehydration, the skin can become more vulnerable to skin disorders and premature wrinkling.

##### 5. It cushions the brain, spinal cord, and other sensitive tissues

Dehydration can affect brain structure and function. It is also involved in the production of hormones and neurotransmitters. Prolonged dehydration can lead to problems with thinking and reasoning.

##### 6. It regulates body temperature

Water that is stored in the middle layers of the skin comes to the skin's surface as sweat when the body heats up. As it evaporates, it cools the body. In sport. Some scientists have suggested that when there is too little water in the body, heat storage increases and the individual is less able to tolerate heat strain. Having a lot of water in the body may reduce physical strain if heat stress occurs during exercise. However, more research is needed into these effects.

##### 7. The digestive system depends on it

The bowel needs water to work properly. Dehydration can lead to digestive problems, constipation, and an overly acidic stomach. This increases the risk of heartburn and stomach ulcers.

##### 8. It flushes body waste

Water is needed in the processes of sweating and removal of urine and faeces.

##### 9. It helps maintain blood pressure

Lack of water can cause blood to become thicker, increasing blood pressure.

##### 10. The airways need it

When dehydrated, airways are restricted by the body in an effort to minimise water loss. This can make asthma and allergies worse.

##### 11. It makes minerals and nutrients accessible

These minerals dissolve in water, which makes it possible for them to reach different parts of the body.

##### 12. It prevents kidney damage

The kidneys regulate fluid in the body. Insufficient water can lead to kidney stones and other problems.

##### 13. It boosts performance during exercise

Dehydration during exercise may hinder performance. Some scientists have proposed that consuming more water might enhance performance during strenuous activity. More research is needed to confirm this, but one review found out that dehydration reduces performance in activities lasting longer than 30 minutes.

##### 14. Weight loss

Water may also help with weight loss, if it is consumed instead of sweetened juices and fizzy drinks. "Preloading" with water before meals can help prevent overeating by creating a sense of fullness.

##### 15. It reduces the chance of a hangover

When partying, unsweetened soda water with ice and lemon alternated with alcoholic drinks can help prevent over consumption of alcohol.

Source: Medicalnewstoday.com



# WHEN TO CALL AN AMBULANCE

**Ambulance services/** paramedic services/emergency medical services are services reserved for life threatening conditions that require urgent medical response, on-site treatment to save life before transportation to the nearest hospital or emergency department.

### Categories of emergency medical services

Emergency medical services can be in the form of air evacuation using a plane or helicopter, road transport for short distances and long distances to major referral hospitals

### Who can call an ambulance?

Members of the public, relatives, medical personnel such as nurses, doctors, nurse assistants, physiotherapists, other emergency rescue

### Ask yourself the following questions:

<p><b>Does this patient require immediate life-saving interventions?</b></p>	<ul style="list-style-type: none"> <li>• Is the airway clear - no foodstuffs in the mouth or other objects blocking the airway?</li> <li>• Are they breathing?</li> <li>• Is their heart beating- is it slow, fast, skipped breaths?</li> <li>• Are they bleeding, from where and is the bleeding heavy?</li> </ul> <p><b>Examples of conditions or scenarios requiring immediate lifesaving interventions</b></p> <ul style="list-style-type: none"> <li>• Road traffic accidents with multiple injuries or fractures involving the head, spine and major limbs</li> <li>• Non-penetrating injuries or forceful impact to the abdomen causing internal injuries</li> <li>• Unconscious patient-not responsive to outside stimuli, pain, verbal commands</li> <li>• Patient who appears to be having a stroke. Think F-A-S-T: Facial droop, Arm weakness, Speech difficulty, Time to CALL EMERGENCY SERVICES</li> </ul>
<p><b>Is this a patient who should not wait? Is the patient in severe pain or distress?</b></p>	<ul style="list-style-type: none"> <li>• Acute chest pain</li> <li>• Ectopic pregnancy</li> <li>• Suicidal patient who may have ingested a poisonous substance</li> <li>• Confusion or disorientation of sudden onset,</li> <li>• In some patients, pain can be assessed by observation: distressed facial expression, grimacing, crying, excessive sweating, body posture, increased heart rate, and increased breathing pattern rate.+2</li> <li>• Severe allergic reactions</li> <li>• Severe burns</li> </ul>
<p><b>Check the patient’s vital signs if possible?</b></p>	<ul style="list-style-type: none"> <li>• Blood pressure, Temperature, Glucometer, Pulse, Breathing pattern if possible</li> <li>• Extremely cold and clammy skin or extremely hot requiring immediate attention.</li> <li>• Weak or very fast pulse is a cause for concern if you can measure (more than 60 beats per minute or more than 100 beats per minute)</li> <li>• Level of Consciousness</li> </ul> <p><b>Alert</b> -The patient is alert, awake and responds to voice.  <b>Verbal</b> - The patient responds to verbal sounds by opening their eyes when someone speaks to them.  <b>Pain levels</b>-The patient does not respond to voice, but does respond to a painful stimulus.  <b>Unresponsive</b>-The patient is not talking and does not respond even when a painful stimulus is applied.</p>
<p><b>Exclusive or Special Cases.</b></p>	<ul style="list-style-type: none"> <li>• Fall from a height of more than 1 metre in children and 2 metres in adults even if they look stable call for medical attention.</li> <li>• Needle stick injuries in healthcare personnel.</li> </ul>

services or local authorities through an emergency telephone number or any available emergency numbers.

### When should I call an ambulance?

- When the person’s condition appears life-threatening.
- When the person’s condition could worsen and become life-threatening on the way to the hospital.
- Moving the person could cause further harm or injury.
- The person needs the skills or equipment used by paramedics or emergency medical technicians (EMT).
- Driving or any other mode of transport would cause significant delay in getting to the hospital.



**When you call an ambulance:**

- Provide the name of the person having the emergency and what the problem seems to be if possible.
- Share the location information and specific address, if possible.
- Tell the dispatcher where the person is located, such as in the back yard or in the downstairs bedroom.
- Provide the phone number you're calling from.
- Stay on the phone with the dispatcher in case the dispatcher needs more information.
- If you witness or are part of a highway emergency, do your best to make note of highway markers or exit signs. Also determine which lane and in which direction the accident occurred so you can communicate as clearly as possible with the dispatcher.

First Mutual Health covers all emergency ambulance transfers which fit into the categories described above. The following comprise the exclusions:

- Hazardous sports injuries are not covered by First Mutual Health Company medical aid society. First Mutual Health medical aid can come in as first port of call but payment should be recovered from sports insurance.
- Work related injuries as well are covered under the Workers Compensation Scheme.
- Maternity is a planned event and transport to hospital should be pre-arranged. Transfers for maternity cases should be by referral only from a health institution to another institution for a higher level of care of a dire emergency where delivery is unexpected such as in a case of premature delivery in a woman who is 6 months pregnant.

**Cost of an ambulance ride to the hospital**

How much you have to pay depends on your medical aid coverage and the ambulance provider charges. You or your medical aid fund will be billed at a later time by the ambulance company. Do not delay calling for an ambulance when you think one is needed as life is more precious than the bill to be paid.

**EMERGENCY NUMBERS FOR AMBULANCE SERVICE PROVIDERS.**

**Emergency Police +242777777**

**NETSTAR Ambulance Service- +263 4 797589/90 / 0774 828888 / 90025**

**MARS Ambulance Service - +263 712 600002 / 771221 / 753164 / 706034 / 0772 235461**

**Medical Rescue International +263 776 404070 / 0776 404045 / 336394 / 336150**

**Fire Brigade and Ambulance -+263 4 783980/7**

**Econet Subscribers Toll Free number: 112**

**Net-One Subscribers Toll Free number: 114**





**FIRST MUTUAL**

HEALTH

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# We help you **Go Beyond**

At First Mutual, when we say "Go beyond" we want you to see a world where your health is a priority because we know that your first wealth is health.

**Choose First Mutual for the wellness your life truly deserves.**







# Setting Personal Goals

The year 2021 has been absolutely challenging as we are still reeling from the COVID-19 pandemic. As the year is coming to a close, and a new year imminent, there is no better time than now to reflect and set new personal goals and be ready for 2022 before we get caught up in the festive season hype!

Setting personal goals is not some kind of magic that will immediately make all your dreams come true. Of course, personal goals require commitment and action however they have a tremendous power to give meaning to a daily routine and transform your life to the better. This is what makes personal goals a common attribute of a happy fulfilling life.

## But what is the best way to create personal development goals?

Firstly, you need to define what you want to achieve. Your personal goals need to be aligned with your values and be something you deeply desire. Secondly, you need to create a plan for how you are going to achieve what you want.

## Why Set Personal Goals?

Setting personal goals can help you improve any aspect of yourself or your life. Even if you have a perfect picture in your head and feel 100% motivated, the setting of a goal makes a huge difference.

## Here are the main reasons why:

- **You are in charge:** it's easy to assume that we can do everything and even more. Personal goals force you to take responsibility for the actual efforts and desired progress.
- **You see the small steps leading to a big picture:** big goals can be scary. That's why you need to break them into clear and manageable steps. This way, you have a clear road map that guides you on how to tackle your challenge. It also saves you from

feeling overwhelmed and helps overcome a fear of failure

- **It allows you to celebrate small wins:** setting a formal goal and taking the necessary steps towards it is an achievement in itself. Moving from one step to another motivates and installs a belief that you can achieve your goal

After you have found several ideas for personal goals, it's time to define those using SMART criteria.

A SMART personal goal should be:

- **Specific:** make your goals clear and well-defined. To "go on a two-week trip to Europe next May" is more specific than to "travel more".
- **Measurable:** avoid any abstract notions – you should be able to tick "done" any goal you set as well as any step it involves.
- **Achievable:** think if goal depends on something you cannot affect. Make sure you have enough time and resources (money, free time, energy) to achieve it.
- **Relevant:** your personal goals should be relevant to your life goals and feel rewarding
- **Timed:** set a deadline for achieving each goal and sub-goal. Without a clear time-limit, a goal turns into a pure dream that you hope to achieve any other day

As a final step, test your goal for third-party interests.

Your goal needs to be your personal goal, not the goal of your parents, spouse, or society. If buying a large house or being promoted is not your dream, just don't make it your personal development goal.

Thus, ask yourself frankly, "Do I really want this?", "Will this make me happy?"

A goal is not the culmination of your life's journey. Rather, it is a milestone motivating yourself to take action every day.

# FIRST MUTUAL

## HEALTH

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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](mailto: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](mailto:debtors@firstmutualhealth.co.zw)

### General Enquiries

Enquiries may also be sent to [info@firstmutualhealth.co.zw](mailto:info@firstmutualhealth.co.zw)



We can **STOP** the Corona Virus