

**HEALTH &
WELLNESS**

FIRST MUTUAL

HEALTH

**Alzheimer's & Brain
Awareness Month**

Cholera Alert

Celebrating Fathers Day

JUNE 2023

ALZHEIMER'S & BRAIN AWARENESS MONTH

Every June, Alzheimer's and Brain Awareness month is observed, as a way to spread the word about and discuss Alzheimer's disease and other brain health diseases. Worldwide, more than 55 million people are living with Alzheimer's or another dementia. Throughout the month, the Alzheimer's Association encourages people to support the movement by wearing purple and training their brains to fight the disease.

The causes probably include a combination of age-related changes in the brain, along with genetic, environmental, and lifestyle factors. The importance of any one of these factors in increasing or decreasing the risk of Alzheimer's disease may differ from person to person. Alzheimer's disease is thought to be caused by the abnormal build-up of proteins in and around brain cells.

One of the proteins involved is called amyloid, deposits of which form plaques around brain cells. The other protein is called tau, deposits of which form tangles within brain cells. Although it's not known exactly what causes this process to begin, scientists now know that it begins many years before symptoms appear.

As brain cells become affected, there's also a decrease in chemical messengers (called neurotransmitters) involved in sending messages, or signals, between brain cells. Levels of one neurotransmitter, acetylcholine, are particularly low in the brains of people with Alzheimer's disease. Over time, different areas of the brain shrink.

The first areas usually affected are responsible for memories. In more unusual forms of Alzheimer's disease, different areas of the brain are affected. The first symptoms may be problems with vision or language rather than memory.

Increased Risk

Although it's still unknown what triggers Alzheimer's disease, several factors are known to increase your risk of developing the condition.

Age

Age is the single most significant factor. The likelihood of developing Alzheimer's disease doubles every 5 years after you reach 65. But it's not just older people who are at risk of developing Alzheimer's disease. Around 1 in 20 people with the condition are under 65. This is called early- or young-onset Alzheimer's disease and it can affect people from around the age of 40.

Family History

The genes you inherit from your parents can contribute to your risk of developing Alzheimer's disease, although the actual increase in risk is small. But in a few families, Alzheimer's disease is caused by the inheritance of a single gene and the risks of the condition being passed on are much higher.

If several of your family members have developed dementia over the generations, and particularly at a young age, you may want to seek genetic counselling for information and advice about your chances of developing Alzheimer's disease when you're older. The Alzheimer's Society website has more information about the genetics of dementia.

Down's Syndrome

People with Down's syndrome are at a higher risk of developing Alzheimer's disease. This is because the genetic changes that cause Down's syndrome can also cause amyloid plaques to build up in the brain over time, which can lead to Alzheimer's disease in some people.

The Down's Syndrome Association has more information about Down's syndrome and Alzheimer's disease on downs-syndrome.org.uk

Head Injuries

People who have had a severe head injury may be at higher risk of developing Alzheimer's disease, but much research is still needed in this area.

Cardiovascular disease

Research shows that several lifestyle factors and conditions associated with cardiovascular disease can increase the risk of Alzheimer's disease.

These include:

- smoking
- obesity
- diabetes
- high blood pressure
- high cholesterol

You can help reduce your risk by:

- stopping smoking
- eating a healthy, balanced diet
- leading an active life, both physically and mentally
- losing weight if you need to
- drinking less alcohol
- having regular health checks as you get older

Other risk factors

In addition, the latest research suggests that other factors are also important, although this does not mean these factors are directly responsible for causing dementia.

These include:

- hearing loss
- untreated depression (though depression can also be one of the symptoms of Alzheimer's disease)
- loneliness or social isolation
- an inactive lifestyle

Prevention

As the exact cause of Alzheimer's disease is still unknown, there's no certain way to prevent the condition. But a healthy lifestyle can help reduce your risk.

Reducing your risk of cardiovascular disease

Cardiovascular disease has been linked with an increased risk of Alzheimer's disease and vascular dementia. You may be able to reduce your risk of developing these conditions – as well as other serious problems, such as strokes and heart attacks – by taking steps to improve your cardiovascular health.

These include:

- stopping smoking
- keeping alcohol to a minimum
- eating a healthy, balanced diet, including at least 5 portions of fruit and vegetables every day
- exercising for at least 150 minutes every week by doing moderate-intensity aerobic activity (such as cycling or fast walking), or as much as you're able to
- making sure your blood pressure is checked and controlled through regular health tests
- if you have diabetes, make sure you keep to the diet and take your medicine

source: www.nhs.uk

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Put your best foot forward

With the right partner, your employees
don't have to be on the back foot of
health and wellness.

Corporate plans designed
With You, For You



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FIRST MUTUAL HEALTH

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Sweat it out!

Find your location and pick the days and times you want to commit to fitness:

Harare

Venue: City Bowling Club

Days: Tuesdays and Thursdays

Time: 5:30pm to 6:30pm

Harare

Venue: Borrowdale Scout Hall

2 Campbell Avenue, Pomona
(Opposite Borrowdale Post Office)

Day: Tuesdays

Time: 5:30pm to 6:30pm

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Cholera Alert

Zimbabwe is on alert for a possible cholera outbreak following similar outbreaks in neighbouring countries, the Ministry of Health and Child Care has reported.

Cholera spreads fast in explosive epidemics, and can kill, by dehydration, in just hours. It's caused by the bacterium *Vibrio cholerae*, which spreads in food and water tainted by infected faeces. Despite the fact that we've known the fundamentals of its prevention it since the 1850s, it precipitates an estimated 21,000 to 143,000 deaths a year worldwide, surging often amid war and disaster.

What do we do today to prevent the spread of cholera?

Bath and wash clothes or diapers 30 meters away from drinking water sources. Clean and disinfect toilets and surfaces contaminated with poop: clean the surface with a soap solution to remove solids; then disinfect using a solution of 1-part household bleach to 9 parts water.

To prevent cholera, you should wash your hands often and take steps to ensure your food and water are safe for use. Following these simple steps greatly reduces your risk of getting cholera in areas where cholera is spreading:

Following these simple steps greatly reduces your risk of getting cholera in areas where cholera is spreading:

Be sure you drink and use safe water.

Use bottled water to brush your teeth, wash and prepare food, and make ice or beverages.

- If bottled water is not available, use water that has been properly boiled, chlorinated, or filtered using a filter that can remove bacteria.

Note:

Boiled water is at risk for re-contamination if not stored and used safely.

- Treat your water with one of the locally available chlorine treatment products and follow the label instructions.

Or Boil it

- If a chlorine treatment product is not available, boiling is an effective way to make water safe. Bring your water to a rolling boil for 1 minute Or Treat with Bleach
- If you cannot boil water, treat water with household bleach. Add 2 drops of household bleach for every 1 litre of water) and wait 30 minutes before drinking.

Or Filter It

- If filtering, use a device with a pore size less than or equal to 0.3 microns and treat the water with a disinfectant such as chlorine, chlorine dioxide, or iodine.
- Always store your treated water in a clean, covered container

Wash your hands often with soap and safe water.

- Before, during, and after preparing food.
- Before and after eating food or feeding your children.
- After using the toilet.

- After cleaning your child's bottom.
- After taking care of someone who is sick with diarrhoea.

If you don't have access to soap and water, use an alcohol-based hand rub with at least 60% alcohol.

Use toilets

- Use toilets or safely managed sanitation facilities to get rid of faeces (poop). This includes disposal of children's poop.
- Wash hands with soap and safe water after going to the bathroom.

If you don't have access to a toilet:

- Poop at least 30 meters away from any body of water (including wells) and then bury your poop.
- Dispose of plastic bags containing poop in latrines or at collection points if available, or bury it in the ground.
- Do not put plastic bags in chemical toilets.
- Dig new latrines or temporary pit toilets at least a half-meter deep and at least 30 meters away from any body of water.

4. Boil it, cook it, peel it, or leave it.

- Cook food well, keep it covered, eat it hot, and peel fruits and vegetables.
- Eat foods that have been thoroughly cooked and are still hot and steaming. Be sure to cook seafood, especially shellfish, until it is very hot all the way through.
- Avoid raw vegetables and fruits that cannot be peeled wait 30 minutes before drinking.

5. Clean up safely.

- Clean food preparation areas and kitchenware with soap and treated water and let dry completely before reuse.
- When finished cleaning, safely dispose of soapy water and dirty rags. Wash hands again with soap and safe water after cleaning and disinfecting.

Traveling to an area with cholera?

Visit a doctor or travel clinic to talk about cholera vaccination if you will be traveling to or living in an area of active cholera transmission.



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#LetsLimitRisk We Can Stop Cholera.



Thoroughly wash your hands with soap or ash under safe running water after taking care of a person suffering from cholera, after using the toilet as well as before handling, preparing and eating food.



Drink water from safe sources i.e borehole, protected spring or bottled water. Disinfect all water through either boiling or use of water purifying tablets or solutions. Also store your water in clean containers and keep them covered.



Always keep your toilet clean and use protective gear when cleaning. Avoid shaking hands at public gatherings, particularly at funerals during a cholera outbreak.



Cook food thoroughly and eat it whilst it is still hot. Wash fruits and vegetables under safe running water before eating them.



Let's limit risk and take action to prevent cholera.
With you, for you

FIRST MUTUAL HEALTH

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*#LetsLimitRisk is a community risk management initiative by First Mutual Holdings Limited and its subsidiaries to limit risk and protect communities.



Sweat it out!

Bulawayo

**Venue: Marcel Studio
Corner 8th and Robert Mugabe**

**Time: 5:45pm - 6:30pm Mondays
5:30pm - 6:15pm Wednesdays & Fridays**



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1st CARE

Sweat it out!

Gweru

**Venue: Studio X Gym
25 Coventry road light Industry**

**Time: 5:00pm - 6:00pm Tuesdays & Thursdays
9:00am - 10:00am Saturdays**



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Fathers Day

Father's Day is celebrated to honour the importance that a father plays in the family as a protector and this year it falls on Sunday 18 June 2023! This day is dedicated to all the fathers who stand as a pillar for their family members. Father's Day is a day to show our love and gratitude to our fathers and make them feel special.

Any man can sire a child, but being a father is an intentional lifetime commitment. Fathers play a role in every child's life that cannot be filled by others. This role can have a large impact on a child and help shape him or her into the person they become.

Fathers and Emotional Development

Fathers, like mothers, are pillars in the development of a child's emotional well-being. Children look to their fathers to lay down the rules and enforce them. They also look to their fathers to provide a feeling of security, both physical and emotional.

Children want to make their fathers proud, and an involved father promotes inner growth and strength. Studies have shown that when fathers are affectionate and supportive, it greatly affects a child's cognitive and social development. It also instils an overall sense of well-being and self-confidence.

Fathers Set the Bar for Relationships with Others

Fathers not only influence who we are inside, but how we have relationships with people as we grow. The way a father treats his child will influence what he or she looks for in other people. Friends, lovers, and spouses will all be chosen based on how the child related with his or her father.

The patterns a father sets in the relationships with his children will dictate how his children relate with other people.

Fathers and Their Daughters

Young girls depend on their fathers for security and emotional support. A father models for his daughter what a good relationship with a man is like. If a father is loving and gentle, his daughter will look for those qualities in men when she's old enough to begin dating. If a father is strong and valiant, she will relate closely to men of the same character.

Fathers and Their Sons

Unlike girls, who model their relationships with others based on their father's character, boys model themselves after their father's character. Boys will seek approval from their fathers from a very young age. As human beings, we grow up by imitating the behaviour of those around us; that's how we learn to function in the world. If a father is caring and treats people with respect, the young boy will grow up much the same. When a father is absent, young boys look to other male figures to set the "rules" for how to behave and survive in the world.

From First Mutual Health team, happy Father's Day and may you continue to provide healthcare cover for your families.



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Happy Fathers Day



From All of us at First Mutual Health

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