



ElderCare

QUARTER ONE

Dear Member

Welcome to the first quarter of 2022. It is difficult to imagine that we are almost at the end of the quarter and are going into the winter season. We trust that as usual, you are all focused on your health and well being and will find the articles in this newsletter helpful.

First we would like to say “thank you” to those pensioners that attended our 2021 roadshows. It was a pleasure to have met you in person and to receive your suggestions and concerns to improve MEDiPOS. We will inform you on the future dates of our roadshows around the third quarter.

We hope that you have been vaccinated against COVID-19 for protection from the virus and its

harmful effects. Remember MEDiPOS will cover you for your vaccination from the Major Medical Expense benefit and this will not affect any of your other benefits.

In this edition MEDiPOS will focus on the following:

1. Preventative Care Benefit
2. Arthritis Care
3. How to live with Diabetes
4. The Elders Corner

We trust that you will keep safe and wear a mask!

Thabi

Thabisiwe Mlotshwa
Principal Officer



TRUSTEE NOMINATIONS

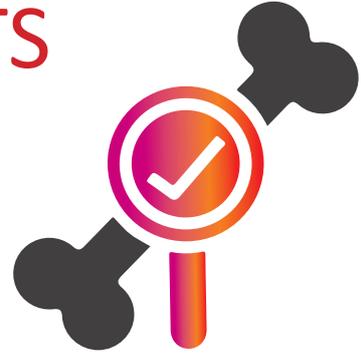
2022 is a Trustee election year, in early February we distributed Nominations Forms and election information letters via email and postal services for you to nominate candidates that you would like to represent you as Trustees for a five (5) year period. The submission for your nominations ended on 31 March 2022 and is now closed.



FLU VACCINE

As we enter the flu season ensure you stay protected, visit your local pharmacy or doctor for your annual flu vaccination. MEDiPOS will cover you and your registered dependants for a flu vaccination which is payable from the major medical expense benefit and no pre-authorization is required. Don't hesitate, get your shot!

PREVENTATIVE CARE BENEFITS



MEDIPOS offers members a number of preventative care benefits. These benefits are payable from your major medical expense benefit, such as one Stool test for cancer screening every 2 years (adult members between the ages of 45 and 75) and one Bone density screening every year (adult members over the age of 65 years).

Why are these important? Let us see why.

• BONE DENSITY

A person's bone density changes over time and we lose the bone density as we age. As we get older we become susceptible to osteoporosis, a disease that can weaken the bones so much that they can break easily. However, there are many ways to help you boost and maintain bone density.

Tips on increasing bone density naturally:

- Eating more vegetables - Vegetables are low in calories and provide vitamins, minerals and fibre. Eating yellow and green vegetables can benefit most people. These vegetables help promote bone growth in adults.
- Consuming calcium throughout the day. Calcium is the primary nutrient for the bone health. As the bones break down and grow each day, it is essential that people get enough calcium. Foods rich in calcium include, milk, cheese, yoghurt, sardines, some leafy greens such as kale and beans.
- Maintaining a healthy weight. A healthy weight is essential for bone density. People who are underweight have a higher risk of developing bone disease, while excess body weight puts additional stress on the bones.
- Eating more protein. A person should have enough protein in their diet. Foods like eggs, fish and meat contain proteins.
- Avoid excessive drinking. Alcohol consumption in moderation is not likely to affect a person's bone health. However, heavy drinking can lead to poor absorption and a decrease in bone density.

• STOOL TEST

Being aware of risk factors, heeding early warning signs and making use of cancer screening like a stool test can increase chances of early detection and successful treatment. Early detection is the key. The stool test can help detect cancer. Early diagnosis is relevant for colon and prostate cancer.

The following are a few early warning signs of cancer:

- Loss of appetite - Cancer can change the metabolism, making you feel too full to eat and leading to weight loss.
- Difficulty in urinating such as pain or burning being experienced when urinating. Difficulty starting or stopping urination.
- Blood in the urine or semen.
- Lower back pain or pain in the bones, including the pelvis, hips or thighs.

MEDIPOS supports cancer patients by offering oncology benefits which can be accessed by registering on the oncology programme. Email oncology@medipos.co.za or contact our disease managers on **0860 100 078**.

ARTHRITIS CARE

Arthritis is a challenging and uncomfortable disease that affects many seniors and older adults. Common arthritis joint symptoms include swelling, pain, stiffness, and decreased range of motion. Severe arthritis can result in chronic pain, inability to do daily activities, and make it difficult to walk or climb stairs. Although arthritis can affect people in any age group, seniors are mostly at risk. Luckily, there are many exercises and easy activities that can assist with elderly arthritis pain relief.

What type of Arthritis is most common in the elderly?

There are 2 types of arthritis that can be expected as we age:

- Osteoarthritis is the most common arthritis in the elderly. It is degenerative arthritis, meaning the cartilage that protects the bones in between the joints wears away.
- Rheumatoid arthritis is less common, but can be even more painful. With this type of arthritis, the immune system does not work properly and the immune system attacks and inflames the joints.

Arthritis pain relief

There are many different medications designed to help relieve arthritis pain. Many of these medications are non-steroid anti-inflammatory, which can be helpful, but can also come with side effects after long-term use. There are some other useful options to help relieve arthritis pain.

- Hot and cold treatments that can be alternated between treatments with 15 minutes of cold and then 15 minutes of hot. A hot bath or a heating pad on a painful joint can often provide relief. Ice packs can also be useful, especially if a joint is inflamed or swollen.
- Acupuncture and gentle massages can provide temporary relief to particularly stiff joints.
- Low-impact aerobic exercises that are easier on your joints include such as, walking and swimming.
- Maintaining good posture when seated and keep moving. Try not to allow your joints to get too stiff throughout the day. For example, stand up and stretch or walk to the kitchen and back during commercials when watching your favorite tv shows.

MEDIPOS BENEFITS

Rheumatoid Arthritis, Osteoarthritis and Osteoporosis are chronic diseases that are covered by MEDIPOS on the disease management programme which is payable from your major medical expense benefit. If you are registered on the programme, you will receive a treatment plan which includes pathology tests, medication and doctor consultations. Should you suspect that you have arthritis, consult your doctor and contact the disease management department on **0860 100 078** or email dm@medipos.co.za for more information.



LIVING WITH DIABETES

Managing diabetes can become increasingly difficult for elderly patients. As their ability to prepare balanced meals, stay physically active, and monitor blood-sugar levels declines, diabetes symptoms can flare into severe complications. Uncontrolled diabetes can cause circulation problems that damage feet and eyes and may cause heart and kidney disease. Providing opportunities for an active and healthy lifestyle, making sure glucose levels are stable, and spotting easily overlooked symptoms such as dryness of the mouth, dark skin patches around the neck, light headiness, can ensure proper diabetes management in seniors. You can also change your environment to assist in managing your diabetes by:

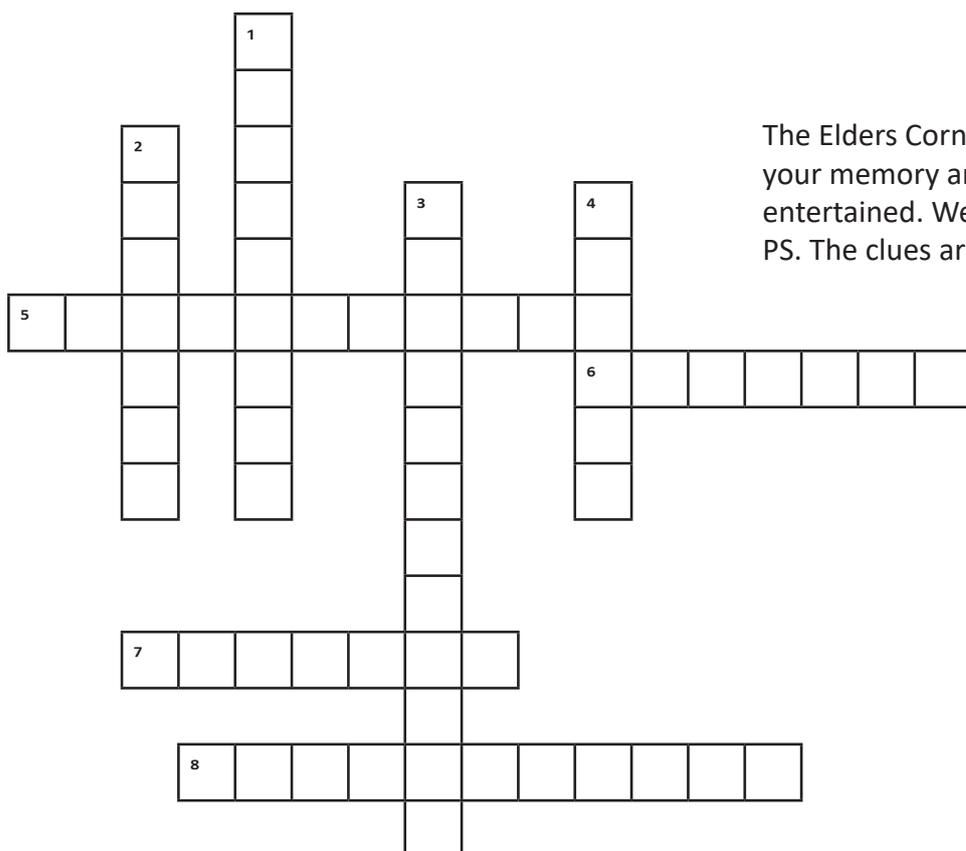


- Promoting healthy living at home can be achieved by preparing meal plans that include nutritious, well balanced meals and physical activities that can help control diabetes. Consulting with a dietician can assist in putting your meal plans together. MEDIPOS does cover you for visits at a dietician which is payable from your day-to-day benefit.
- Regular monitoring of your blood sugar levels is an important part of managing diabetes. Using a home glucose test machine can assist in identifying spikes in glucose levels. If a home machine is not available, you can visit your local pharmacy or doctor to have your glucose tested regularly. This test is payable from the major medical benefit.

MEDIPOS BENEFITS

Diabetes is a chronic disease that is covered by MEDIPOS from your major medical expense benefit. If you are registered on the disease management programme for diabetes, you will receive a treatment plan that consists of medication, doctor consultations and pathology tests. For more information you may refer to your Benefit guide.

THE ELDERS CORNER



The Elders Corner is aimed at helping you improve your memory and visual perception, whilst keeping you entertained. We hope you enjoy these brain games. PS. The clues are in this newsletter!

DOWN

1. A disease that results in pain in the joints
2. High levels of this sugar may result in diabetes
3. A disease that can weaken the bones
4. A dread disease that can be detected when you have a stool screening test

ACROSS

5. You need this to stay protected from viruses
6. The virus that changed our world
7. The name of your Scheme
8. A test to check the strength of your bones