

# Nammed

## HEALTH BULLETIN

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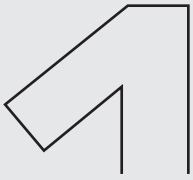
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## **NAMMED BOARD OF TRUSTEES ELECTS CHAIRPERSON & VICE-CHAIRPERSON**



We are pleased to introduce the Chairperson and Vice-Chairperson of the Board of Trustees of Nammed Medical Aid Fund, as elected during the Board meeting in August 2020.

**Please join us in congratulating them on their new positions!**

**Mr P.D. Theron**  
Chairperson  
B Proc  
P.D. Theron and Associates

**Mr S. Kauapirura**  
Vice-Chairperson  
LLB Hons (Essex University, UK)  
Hollard Namibia



**The Chairperson and his fellow Trustees are committed to providing you with peace of mind by offering a range of affordable benefits to cover your healthcare needs.**

*They are your Partners in Health.*

# FIVE LUNG CANCER FACTS



Fact #1

LUNG CANCER IS THE MOST COMMON TYPE OF CANCER

2.09 million cases  
WORLDWIDE EVERY YEAR

While it was only the 5th most common cancer in Namibia from 2010 to 2014, lung cancer appears to be on the rise in the country:

2010 - 2014

Average of 53 lung cancer cases per year

2015

85 lung cancer cases

2016

65 lung cancer cases

Fact #2

LUNG CANCER KILLS MORE PEOPLE THAN ANY OTHER TYPE OF CANCER

1.76 million  
LUNG CANCER DEATHS  
WORLDWIDE EVERY YEAR

MORE THAN ½  
of people with lung  
cancer die within 1 year  
of diagnosis

Early diagnosis and treatment greatly increase the chance of survival, however...

Fact #3

LUNG CANCER IS RARELY DIAGNOSED IN THE EARLY STAGES

Lung cancer typically only causes symptoms once it has spread through the lungs or into other parts of the body. Therefore, by the time lung cancer is diagnosed, it is often advanced and difficult to cure.

### SYMPTOMS INCLUDE:



• Persistent cough



• Chest pain



• Shortness of breath



• Unexplained weight loss



• Coughing up blood



• Hoarseness



• Fatigue

Fact #4

LUNG CANCER CAN OCCUR IN NON-SMOKERS

As lung cancer spreads, additional symptoms appear, depending on the parts of the body that are affected.

The majority of lung cancers are caused by smoking, BUT lung cancer can also occur in people who have never smoked. In such instances, **prolonged exposure to second-hand smoke is usually the cause.**

### OTHER RISK FACTORS FOR LUNG CANCER INCLUDE:



• Exposure to asbestos, diesel exhaust and other toxic substances



• Previous radiation therapy to the chest for another type of cancer



• Exposure to radon (a natural gas)

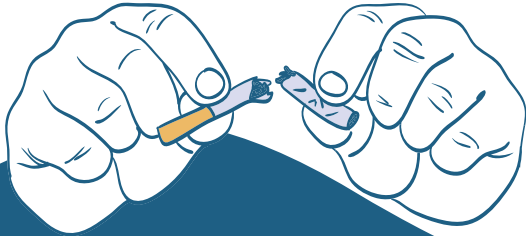


• Family history of lung cancer

Fact #5

**LUNG CANCER RISK  
CAN BE MINIMISED**

The **BIGGEST** risk factor for lung cancer is smoking! Smokers are **15 to 30 times** more likely to be diagnosed with lung cancer than non-smokers. The risk increases with the length of time and number of cigarettes a person has smoked.



**THE BEST WAY TO MINIMISE  
THE RISK OF LUNG CANCER:**

**QUIT SMOKING  
TODAY**

**- OR NEVER EVEN START!**

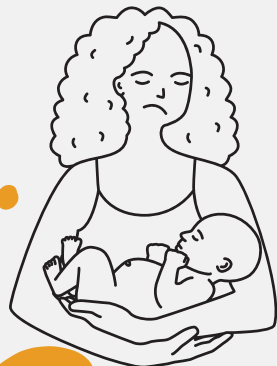
**NAMMED ONCOLOGY BENEFITS**

- All oncology medication is covered
- Oncology and Radiotherapy treatment subject to available limits per Option

Please consult our Membership Guide for benefits per Option <http://bit.ly/2lOdjro>



# 24/7 PAED-IQ BABY HOTLINE



IS NEW PARENTHOOD MAKING  
YOU FEEL LIKE A HOT MESS?

CALL THE BABY HOTLINE ON

# 9 1 6 0 0

Being a parent of an infant or toddler can be overwhelming - especially if your little one is feeling under the weather. The toll-free Paed-IQ Baby Hotline gives you access to professional baby healthcare advice anytime of the day or night, 7 days a week.

**Available to all Nammed members with children younger than 1000 days old.**



# SAY "HELLO, LIFE!" WITH OUR DIGITAL BINGO

Saying "Hello, Life!" is all about taking care of your physical, mental and emotional health. In order to do this, you must meet the needs that all humans have - from the basic needs for food, water, air, sleep, safety and security, to emotional needs for love, belonging and esteem, and higher self-actualisation needs.

**Make it FUN with the monthly Hello Life Digital Bingos on our social media pages!**

## START RIGHT NOW WITH THESE TWO TASKS:

**FOLLOW NAMMED ON  
FACEBOOK**

**FOLLOW NAMMED ON  
INSTAGRAM**



# FROM THE HEALTHCARE PROFESSIONAL'S DESK: BOOST IMMUNITY WITH GOOD NUTRITION

By Charlotte Thiele  
Dietician & Diabetes Educator

## DID YOU KNOW THAT YOUR NUTRITIONAL STATUS PLAYS AN IMPORTANT ROLE IN YOUR IMMUNE FUNCTION?

Undernutrition (deficiencies) and malnutrition (excess and imbalances) are associated with impaired immune response. On the other hand, a balanced diet ensures a strong immune system - especially if coupled with regular exercise and sufficient sleep.

Boost your immune system by adding the following nutrients, vitamins and minerals to your daily diet:

### Protein

Vital for renewal of immune system cells

### Vitamin C

Reduces cold and flu symptoms and speeds up recovery

### Vitamin D

Seems to decrease susceptibility to infection

### Vitamin E

Prevents oxidative stress and inflammation in immune cells

### Zinc, selenium & iron

Boost immune function

### Probiotics

Play a major role in immunity and gut health

## Fast Fact

### DIET AND COVID-19

Diets high in processed foods, sugars and fats elevate blood sugar and cholesterol levels, both of which are associated with an inflammatory response, which can compromise the immune system and increase the risk of infections. This is thought to be one of the reasons why chronic conditions associated with a poor diet, such as type II diabetes and obesity, increase the risk of severe COVID-19 complications.

Read the full article on our [LinkedIn page](#)

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