



Suremed Health Newsletter

Welcome to the second Suremed Health Newsletter of 2017!

In this issue we would like to discuss the silent killer in South Africa: Tobacco. May was Anti-Tobacco month in line with the National Health calendar and this is very important as smoking puts you at risk for developing illnesses such as lung cancer, chronic lung disease and heart disease.

Tobacco contains nicotine, a highly addictive drug that start to crave when are without it. This is what makes it so difficult to give up. Your body and brain soon starts to need nicotine in order to feel good, resulting in addiction.



Reasons to Quit

Many people quit smoking for health reasons or for family members.

Here are a few of the benefits gained by quitting smoking

- Being a good role model
- Smelling better and having fewer wrinkles
- Saving money
- Lowering the risk of heart attack, lung Cancer, stroke and many other diseases.

Benefits of Quitting

Within 24 hours... Your risk of heart attack decreases

Within 48 hours... Damaged nerve endings start to regrow

Within 3 months... Circulation and lung function improves

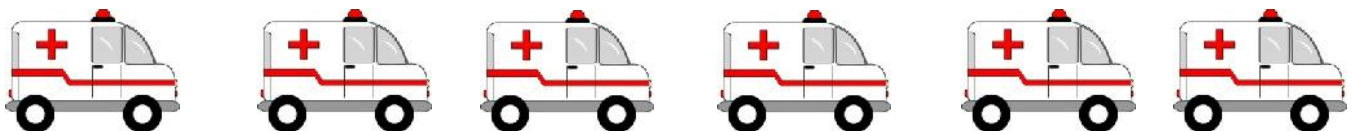
Within 5 years... The risk of lung cancer is halved

Within 10 years... The risk of lung cancer is normal

Need an ambulance?

Here are some tips to remember what to do when you need help!

- Stay Calm!
- State clearly what the emergency is
- State your name and contact number.
- Give a clear address as the where the ambulance is required including Floor. Building / Complex name, Street name. Suburb. City and Province.
- If possible, give the dispatcher the nearest cross street or landmark
- If there is security present, then notify them that an ambulance has been called.





Suremed Health Annual General Meeting

The AGM of the Members of Suremed Health will take place at 13h30, on Wednesday 14th June 2017 at The Intaka Island Education Centre, Century City, Cape Town.

All Suremed Health members are welcome and are required to produce their membership cards on arrival.

Congratulations to our HRA Competition Winner



Quintao d'Oliveira

Suremed Health ran a Health Risk Assessment Competition from January 2016 where all members were encouraged to go to their nearest Clicks or Dischem and get tested.

Members had the chance to win one of three prizes where Mr D'Oliveira chose a R10 000 Game voucher.