

wellness cimas programme

CIMAS INTRODUCES A WELLNESS PROGRAM

Cimas is introducing a wellness program which aims to encourage healthy lifestyles. The aim of the initiative is to see an improvement in the quality of life of its members.

The wellness program seeks to promote the health of individuals through health promotion and health education programs. In line with the current worldwide trend, the emphasis on health is on preventive measures and promotion of primary health care.

It is important to identify conditions that are preventable. Education, early detection and treatment can prevent illness and /or debilitating complications.

The major components of a wellness program are

- behavior and life style modification
- physical check and undergoing screen tests as advised by healthcare professionals

Some key areas of behavior modification that the program will focus on include diet, exercise, smoking cessation, reduced alcohol consumption, stress management and avoidance of sexual behavior especially in the face of the HIV and AIDS pandemic.

In addition to behavior modification the Wellness program intends to encourage participants in the program to know their health status through physical check ups and screening tests for conditions such as HIV, high blood pressure, diabetes and cancer.

The screening tests will help to promote prevention and early detection and treatment of diseases.

The program will be implemented in partnership with member firms who can participate by providing platforms for information dissemination and encouraging their employees to participate in the program.

Health related associations like the Cancer and Diabetic associations will be engaged to provide health information to participants of the program.

Information on the wellness program will be disseminated through an e-news letter, print media and the Cimas website.

The benefits of participating in a wellness program include the prevention of illness, early detection of illness, promotion of health leading to improved physical and mental fitness.

For the corporate bodies healthy lifestyles for employees will hopefully result in reduced absenteeism and an increase in productivity.



Together we make a difference



DIABETES MELLITUS (DM)

Definition: Diabetes Mellitus (DM) is defined as a syndrome characterized by hyperglycaemia (high sugar levels in the blood) resulting from impaired insulin secretion and or effectiveness. There are two main types of Diabetes Mellitus:-

1. TYPE I: Insulin dependent Diabetes (IDDM)

This type I DM accounts for 10 – 15% of all cases of DM and is clinically characterised by hyperglycaemia and a propensity to Diabetic ketoacidosis. Its control requires chronic insulin treatment, administered through an injection.

Although IDDM can occur at any age, it most commonly develops in childhood or adolescence and is the predominant type of DM commonly diagnosed before the age of 30. IDDM results from a genetically conditioned, immune-mediated, selective destruction of >90% of their insulin – secreting (Beta) cells.

Complications associated with IDDM include:-

- Retinopathy which can lead to blindness,
- Early cataract formation
- Nephropathy which can lead to kidney failure. Usually asymptomatic until end – stage.
- Atherosclerotic, coronary and peripheral vascular disease and this can lead to Heart disease.
- Neuropathy is associated with numbness.

There is no sure way to prevent this type I DM. However if there is a family history of DM, it is advised to go for voluntary assessment by medical personnel. When diagnosed early, effective sugar control is possible and many complications which may lead to blindness or death are reduced and treated early. This is usually a combined effort by various clinicians including eye specialists.

2. TYPE II DIABETES MELLITUS (Non-insulin dependent diabetes mellitus) NIDDM.

This is characterised clinically by hyperglycaemia. It is commonly associated with obesity. NIDDM is the type usually diagnosed in patients >30 years of age, but it also occurs in children and adolescents. There is no proven association between NIDDM and genetic disposition. Risky health life styles (e.g. eating habits) poor diet and high intake of sugar are known to increase the risk of developing NIDDM.

This type II diabetes can be prevented or the risk can be reduced by eliminating most sugars in our diets and regular physical exercise

FEW TIPS ON SIGNS AND SYMPTOMS

1. TYPE I (IDDM)

- **Polyuria** (increased frequency visiting the toilet to urinate, sometimes waking up at night so many times.)
- **Polydipsia** (taking too much water because of increased desire for it.)
- Weight loss despite having good diet or sometimes increased dietary intake.

2. TYPE II (NIDDM)

Can be asymptomatic for weeks with elevated sugar levels. In women it is frequently associated with itching due to vaginal discharge.

Please note that you need to see a doctor urgently if you notice a sudden decrease in vision, foot ulcer not healing, frequent skin infections, numbness of toes or fingers in addition to the above described symptoms.

HEALTH ADVISE

- Exercise regularly for at least 30 minutes most days of the week.
- Eat healthy diet (reduce or preferably eliminate sugar from your diet).
- Weight control
- Visit your doctor at least once a year for a regular check up if you are in the risk group (obese, family history of diabetes).