

Health Ally



Alliance Health Quarterly Newsletter

TAKE CARE OF
YOUR BODY.
IT'S THE ONLY
PLACE YOU
HAVE TO LIVE.

-JIM ROHN



Food for thought....



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FROM THE EDITOR

October is National breast cancer awareness month. It is not enough to just know about breast cancer, it is also important to spread the word and make others aware.

What Is Breast Cancer?

Breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast. The damaged cells can invade surrounding tissue, but with early detection and treatment, most people continue a normal life.

What Are the Symptoms of Breast Cancer?

The warning signs of breast cancer are not the same for all women. They include:

- Lump or thickening in or near the breast or in the underarm that persists through the menstrual cycle.
- A mass or lump, which may feel as small as a pea.
- A change in the size, shape, or contour of the breast.
- A blood-stained or clear fluid discharge

from the nipple.

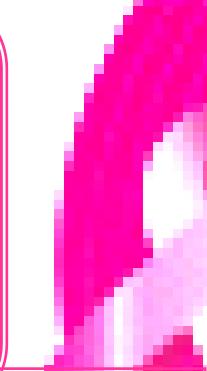
- A change in the feel or appearance of the skin on the breast or nipple (dimpled, puckered, scaly, or inflamed).
- Redness of the skin on the breast or nipple.
- A change in shape or position of the nipple
- An area that is distinctly different from any other area on either breast.
- A marble-like hardened area under the skin.

Breast cancer is diagnosed by self-examination of the breasts, mammography, ultrasound testing, and biopsy. Regular screening tests (along with follow-up tests and treatment if diagnosed) reduce your chance of dying from breast cancer.

Treatment of breast cancer depends on the type of cancer and its stage (0-IV) and may involve surgery, radiation, or chemotherapy.



ALLIANCE HEALTH CARES: PINKTOBER IN PICTURES



**EARLY
DETECTION
SAVES
LIVES**



WHAT'S HAPPENING AT ALLIANCE HEALTH??

NORTHERN MEDICAL AID SOCIETY PACKAGE

OPEN TO INDIVIDUAL MEMBERSHIP

At the most recent board meeting the NMAS Board deliberated and confirmed that they would like to open the NMAS plan to individual membership again.



Individual rates apply and can be viewed on the website www.alliancehealth.co.zw or you may contact your agent for more information.

ALLIANCE INSURANCE - BULAWAYO

All members please note that Alliance Insurance Bulawayo is on the move. With effect from end of November 2015, their new offices will be located at:

**7 Oak Avenue, Suburbs, Byo
(Off 12th Avenue)**

New telephone lines are:

(09) 230641/49/51/53/83

Medical aid / insurance claims may be dropped off at the new AIC offices above clearly marked Alliance Health.

NB: Please ensure that all claim forms are fully completed and respective receipts attached to avoid delays in processing.

Laughing is the best medicine. But if you're laughing for no reason, you may need medicine.



DespicableMeMinions.org

On a lighter note...

CLAIM DROP-OFF BOX IN MUTARE

Members and service providers in Mutare will be happy to know that we now have a drop-off box for claims. It is situated at FEDEX office (Mutare). The box is emptied and claim forms sent to Harare every 2 weeks.

Members and service providers are encouraged to use this service as it is free of charge and reliable.

For member claims, please ensure that original receipts are attached and that all sections on the claim form are completed in full to avoid delays in processing.



**Come
Join Us!**

THE DONNYBROOK CHALLENGE

FUN AND FITNESS FOR THE WHOLE FAMILY

SATURDAY 14th November 2015

Run or walk 7, 14, 21 or 28km, or enter a relay team to do 4 x 7km

INDIVIDUAL 28 AND 21KM - 06h00Am

RELAY 28KM - 06h30Am

INDIVIDUAL 14 AND 7KM - 07h30Am

At Donnybrook, Arcturus Road, Harare

AND INTRODUCING: THE DONNYBROOK SCHOOLS' CHALLENGE:

Prizes for the school covering the most kilometres in relay and/or individual

Prizes for the fastest school relay team over 4 x 7km

THE DONNYBROOK CORPORATE CHALLENGE:

Challenge other companies in your field to beat you over the 4 x 7km relay

PRIZES FOR THE FASTEST MALE & FEMALE TO COVER THE FULL 28KM

ENTRY FEE: (T-SHIRTS FOR ALL ENTRANTS)

\$10 individual \$30 per adult relay team \$20 per school relay team

FOR AN ENTRY FORM: MEL. 0773 060 235 OR STEVE. 0772 134 897

EMAIL: HARARE@RUNWALKFORLIFE.CO.ZW





Fun in the sun!

Playing at a water park or in a pool can be a real treat on a hot day.

Why Is It Important to Be Safe in the Water?

Fish are able to live and breathe in water, but people need air to breathe. People drown when too much water gets into their lungs. Even kids who know how to swim can drown, so let's find out how to stay safe in the water.

Swimming Pools

Pools are awesome! What could be better than a dip in the pool and fun in the sun? But it's important to remember that a pool's sides and bottom are usually made of concrete. A slip or fall could be painful.

Here are some rules to follow:

- Always have an adult watch you

when you are in the pool. Never go in the pool alone.

- Always obey pool rules and swim with a buddy.
- If you're learning to swim, ask your mom or dad to make sure your flotation devices are in good shape
- Walk slowly in the pool area. Don't run.
- Swim at a depth that is safe for you. If you're just learning to swim, stay in the shallow end.
- Don't push or jump on others. You could accidentally hurt someone or yourself.
- Don't chew gum or eat while you swim — you could choke.

Water Parks

You love water parks — and why

wouldn't you? Wave pools, giant slides, and squirting fountains are a lot of fun.

Here are some water park safety tips:

- Wear a life jacket if you don't know how to swim or if you're not a strong swimmer.
- Read all of the signs before going on a ride. Make sure you are tall enough and old enough for the rides.
- Always make sure there's a lifeguard at each ride and listen to his or her instructions.
- Wait until the rider ahead of you has passed a safe point for you to go down the slide.
- Always go down the water slide face up and feet first. This is the safe and correct way to ride.
- When you go from ride to ride, don't run — it's slippery! Also, remember that each ride is different. Read each sign and note how deep the water is in the pool.

NB: Don't forget to wear sunscreen to protect your skin from the sun's harmful rays. !!!

Wherever you're swimming, do have a waterfall of fun!!



Ingredients

2 containers (6 oz each) vanilla yogurt

2 cups cut-up fresh fruit such as blueberries, bananas, cherries, grapes, papaya, peaches, oranges or raspberries

1 tablespoon honey



Directions:

1. In blender, place all ingredients. Cover; blend until smooth.
2. Divide mixture among 6 (5-oz) paper cups. Cover cups with foil; insert craft stick into centre of each pop. (Or use ice pop molds if available)
3. Freeze about 6 hours or until frozen.
4. Enjoy...



YUMMMY!!!

FOCUS ON: CARBOHYDRATES

Carbohydrates often get a bad rap, especially when it comes to weight gain. But carbohydrates aren't all bad. Because of their numerous health benefits, carbohydrates have a rightful place in your diet.



In fact, your body needs carbohydrates to function well. But some carbohydrates may be better for you than others. Understand more about carbohydrates and how to choose healthy carbohydrates.

TYPES OF CARBOHYDRATES

There are three main types of carbs:

Sugar. Sugar is the simplest form of carbohydrates. Sugar occurs naturally in some foods, including fruits, vegetables, milk and milk products. Sugars include fruit sugar (fructose), table sugar (sucrose) and milk sugar (lactose).

Starch. Starch is a complex carbohydrate, meaning it is made of many sugar units bonded together. Starch occurs naturally in vegetables, grains, and cooked dry beans & peas.

Fibre. Fibre also is a complex carbohydrate. Fibre occurs naturally in fruits, vegetables, whole grains, and cooked dry beans and peas.

Functions of Carbohydrates

Carbs are vital to your health for a number of reasons.

1. Providing energy

Your body uses carbohydrates as its main fuel source. Sugars and starches are broken down into simple sugars during digestion. They're then absorbed into your bloodstream, where they're known as blood sugar. From there, the glucose enters your body's cells with the help of insulin. Glucose is used by your body for energy, fuelling all of your activities, whether it's going for a jog or simply breathing. Extra glucose is stored in your liver, muscles and other cells for later use or is converted to fat.

2. Protecting against disease

Some evidence suggests that whole grains and dietary fibre from whole foods help reduce your risk of cardiovascular diseases. Fibre may also protect against obesity and type 2 diabetes. Fibre is also essential for optimal digestive health.



GOOD COMPLEX CARBS

**HIGH IN FIBER
METABOLISM BOOSTER
FEEL FULLER, LONGER**

FOOD EXAMPLES

**WHOLE GRAIN BREAD
BROWN RICE
QUINOA
BEANS
NUTS / SEEDS
OATMEAL
FRUITS
SWEET POTATO
VEGETABLES**

BAD SIMPLE CARBS

**LOW IN FIBER/NUTRIENTS
EMPTY CALS TURN TO FAT
FEEL TIRED**

FOOD EXAMPLES

**WHITE BREAD
SUGAR, BROWN/WHITE
FRUIT JUICES
WHITE RICE
MUFFINS
CANDY
COOKIES
PRETZELS/CHIPS
SUGARY CEREALS**

3. Controlling weight

Evidence shows that eating plenty of fruits, vegetables and whole grains can help you control your weight. Their bulk and fibre content aids weight control by helping you feel full on fewer calories.

CHOOSING CARBOHYDRATES WISELY

Carbohydrates are an essential part of a healthy diet. Still, not all carbs are created equal. Here's how to make healthy carbohydrates choices:

- Choose fibre-rich fruits & vegetables.
- Choose whole grains.
- Stick to low-fat dairy products.
- Eat more beans and legumes.
- Limit added sugars.

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It's Competition time!!!

Test your knowledge and stand a chance to win. Email the answers to these questions to clientservices@healthzim.com
The first 5 CORRECT entries will win the senders Alliance Health Gift packs. (*Please state your membership number)

1. Besides Breast cancer, name one other type of cancer.
2. Breast Cancer only affects females. True or False.
3. Name 2 other nutrients besides Carbohydrates.
4. All carbohydrates are unhealthy and make you gain weight. True or False.
5. Only people who do not know how to swim can drown. True or False

*Hint: Answers to these questions can be found in this and previous editions of the **Health Ally** newsletter.*



ISSUE 8 WINNERS!!! Congratulations to:

Iris Lunga, David Sutherland-Macleod, Allan Winterton and David Woolley

FRIENDLY REMINDERS

- Members are reminded that all **subscriptions/premiums** are to be paid **before the 1st of the invoiced month**. Should the account be in arrears at the time of treatment, **claims will not be honored**. Even if the account is later settled, claims that fell into the period in which account was in arrears will still not be honored.
- It is our standard policy to use **email communications** to provide our members with updates, invoices, statements and payment advice notices. We recommend that you add our @healthzim.com email address to your **safe list** to ensure the emails arrive safely in your inbox rather than your junk mail.
- Ensure that your **email addresses and contact details** are kept up to date by advising Alliance Health of any changes to such.
- Kindly ensure that all **claim forms** are completed in full before submitting, taking note of the key areas marked "critical information".

We value your feedback!!

Whilst every effort is made to ensure that our service to you is convenient, flexible and of the highest standards, we understand that we may not always meet your expectations and that you may find that you disagree with some of the decisions we make.



If you feel at any point in time that we have not lived up to our set standard, then please do bring this to our attention by writing to:

complaints@healthzim.com

Any other queries and questions should be addressed to the Client Services team on:

clientservices@healthzim.com