

Health Newsletter

-Generali China Life

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Historical Newsletters

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World Drowning Prevention Day

Anyone can drown, but it can almost always be prevented. Yet every year nearly a quarter of a million people lose their lives to drowning, and almost 82,000 of them are children aged 1 to 14 years.

Drowning is abrupt, silent and shocking, with people often not realizing it's happening until it's too late.

25 July

is World Drowning Prevention Day



World Health
Organization

What leads to drowning often happens in just a few seconds:

A small child slipping unnoticed into a pond or pool on a sunny afternoon;

Feeling invincible after a few drinks and jumping into the ocean for a swim;

Accepting that one extra passenger on the boat, despite knowing it might capsize;

Deciding it's too much of a hassle to put on that lifejacket.

So much can happen in a single moment. But with the right awareness and actions, what happens in those seconds can also be changed – for the better.

Seconds can save a life.

Do you have a story about the seconds before and during an incident of drowning?

What did you witness? Were there any effective measures you took that

prevented drowning from happening?

Any advice you could give to your family and friends about drowning prevention?

This World Drowning Prevention Day, we invite everyone to share stories about drowning prevention on social media. Help us to raise awareness on effective measures that helped to save a life from drowning.

Some examples include:

- Keeping watch over children while they are near water
- Checking the weather forecast before boating
- Choosing to not consume alcohol or drugs before entering water
- Putting on a lifejacket when fishing
- Ensuring swimming pools are fenced and access controlled

There is A guide to taking part from WHO, Click [here](#) to download the detail information in case if you want to know more.



Learn the Fatty Liver

The number of patients who are suffering from chronic diseases around us is becoming more and more common with the living conditions and behaviors change, such as heart disease, diabetes, hypertension, fatty liver, etc. It is not difficult to understand that the occurrence of chronic diseases is more closely related to our lifestyles, including diet, exercise, smoking, drinking and so on. This July 28th is the World Liver Day and let's talk about how to treat and prevent fatty liver.



What is fatty liver?

The liver is an important digestive and metabolic organ. In fact, the healthy liver contains a small amount of fat. **If you drink too much alcohol, or consume too many calories, the excess calories in the body will be converted into fat and stored in liver cells.** Fatty liver refers to the excessive fat contained in the liver, when the fat in the liver exceeds 5% or more, it is called fatty liver.

Fatty liver is quite common in the people with diabetes and overweight, while it may not cause any symptoms. However, it can still develop into the serious health problems, and changing your lifestyle is the key to prevent and improve the fatty liver.

Types of fatty liver?

Fatty liver is generally divided into two types:

1. Alcohol-related fatty liver disease
2. Non-alcoholic fatty liver disease (metabolic associated fatty liver)

How common is fatty liver disease?

Globally, non-alcoholic fatty liver disease has become the most common chronic liver disease. According to latest statistics, the global incidence of non-alcoholic fatty liver disease in the adult population is about 25%. A study in 2023 showed that the prevalence of mild and severe fatty liver disease in Chinese adults was 44% and 11%.



Common symptoms of fatty liver?

Fatty liver disease usually does not cause symptoms, and some people may have:

- **Feeling tired** or general malaise
- **Pain** in the right upper abdomen

Symptoms of severe fatty liver disease include: Yellow eyes and skin (jaundice), The urine becomes darker, ascites, Hematemesis, Black stool, Itchy skin

Complications of fatty liver?

Most people with fatty liver disease have no significant discomfort, and eventually fatty liver disease may develop into the liver inflammation, and even lead to liver scarring (fibrosis), and cirrhosis or liver cancer.

What are the common causes of fatty liver?

- Obese or overweight, including abdominal obesity
- Type II diabetes
- Hyperlipidemia (elevated cholesterol or triglycerides)
- Drinking too much
- Insufficient exercise

How is fatty liver diagnosed?

There are currently no effective drugs to treat fatty liver disease. Thereby, it is very important to cultivate healthy living habits and lifestyle to deal with fatty liver. Healthy lifestyle and habits can improve or even reverse fatty liver disease back to normal. We recommend you:

- **Keep the healthy diet** that includes plenty of fruits, vegetables, whole grains, legumes, and nuts. Replace animal fats with olive oil or other vegetable oils, limit red meat intake, and eat more fish and poultry.
- **Weight management:** The 5% weight loss can improve liver function apparently and reduce the amount of fat in the liver.
- **Regular physical activities:** 30 minutes per day or at least 150 minutes of moderate-intensity aerobic exercise per week is recommended
- **Control blood sugar** within normal range



- **Treat hyperlipidemia**
- **Use drugs** that affect liver function with caution
- **Stop smoking** and stop drinking

Some studies have shown that drinking some black coffee (two cups per day) will reduce the risks of liver fibrosis with non-alcoholic fatty liver disease.

How to prevent fatty liver disease?

The recommendations of prevention for fatty liver disease are the same with treatment. Includes: Healthy diet; Weight management; Stop smoking and stop drinking; Regular physical exercise;



Recommend some healthy summer foods?

Finally, we recommend you some healthy summer foods that are delicious and nutritious.

Tomato and chili: Tomato and chili are rich in nutrients such as lycopene, vitamin C and vitamin A. And they contain fewer calories, which is helpful for weight management.

Berries: Blueberries, strawberries, cherries, blackberries and other berries are not only delicious, but also rich in antioxidants, which help to reduce the damage to human cells. Berries also contain affluent fibers and less calories.

Yogurt: Low-fat dairy products such as yogurt are also good sources of calcium and protein. They are helpful for the weight loss.

Beans: Beans can be consumed as staple food as well as the substitute of meat. Since it is rich in protein and fibers. Beans also contain less calories, easily produce satiety and good for weight management.

Mango: As tropical fruit, mangoes are delicious, juicy and rich in fiber, potassium, vitamins A and C. It also contains less calories.



Children Safety and Health Advice in Summer

Nothing is better than the prospective long summer vacation and enjoy the lovely free days for our children. This summer vacation is coming, and every adult needs to consider how to ensure our children to spend the happy and safe summer vacation. The guide for parents to keep children safe and healthy in summer is for your information.



1. Protect yourself from the sun

Physical activities outdoors in summer can easily cause the sunburn for children. Use sunscreen when staying outdoors. It is recommended that **children should use sunscreen with SPF 15-50 and reapply sunscreen every two hours, or after swimming or sweating heavily. You should also wear proper clothes and hats or use sunscreen tools to prevent direct sunlight.** If children have dizziness, headache, high body temperature and other heat related symptoms in a high temperature environment, first aid should be

delivered in time, **including moving the child to a cool and ventilated environment or air-conditioned room, drinking cool water or beverages, applying cool water to cool the body.** If the heat stroke is existing and you should seek the medical treatment or call 120 immediately.

2. Stay hydrated

Keep hydration is the key to stay health and prevent heat stroke during the hot summer season. For children, drinking adequate water is the best way to keep hydration. To assess whether the body is dehydrated, you had better to check the color of the children's urine. Normally the urine should be light yellow, and if the urine color becomes darker, children should drink more water.



3. Healthy diet

Children should eat more seasonal vegetables and fruits in hot season, such as tomatoes, cucumbers, green leafy vegetables, watermelon, grapes, berries, mangoes and so on. Vegetables and fruits produced in summer are rich in water, as well as nutrients such as cellulose, vitamins and trace elements.

Children can also be properly supplemented with protein, such as milk, yogurt, lean meat and soy products, to supplement the protein and energy required for growth and development. Limit your intake of fried foods, processed foods and sweets. In addition, children should maintain good eating habits and should avoid overeating. Children should also develop the good personal hygiene practice, such as washing their hands before eating and after using the toilet.

4. Prevent drowning

Drowning is the leading cause of accidental death among children in summer, and parents should be cautious with drowning risks for children. **You need to avoid leaving children alone in bathtubs, tubs, or open water area.** When children swimming or splashing in the water, they should be supervised by adults persistently. Children should wear appropriate water flotation equipment, such as life jackets, life rings, etc. when they are staying in water. **When children are swimming in the pool, there should be monitored by a full-time lifeguard** at the side of the pool.



5. Prevent mosquito bites

Adults can use mosquito repellent to prevent mosquito bites. **When children are staying outdoors in summer, they should be applied with mosquito repellent every 2-4 hours.** You can choose to wear light-colored long clothes and pants when traveling, and apply mosquito repellent to exposed skin areas, including the head, face, neck and limbs.

6. Use electronics wisely

The Implementation Plan of Comprehensive Prevention and Control of Myopia in Children and Adolescents issued by government mentioned that parents should minimize the duration of using electronic products for their children. Parents should consciously control their children's utilization of electronic products during summer holidays, especially for preschool children.

Non-learning purpose of using electronic products should not exceed 15 minutes each time, and the daily duration should not exceed 1 hour. The child should stay away from the electronic device every 30-40 minutes, rest and overlook, and relax the eyes for at least 10 minutes. The younger, the shorter for the continuous using of electronic products





7. Avoid sports injuries

Since the Outdoor activities have increased in the summer, and accidental injuries are more likely to occur for children . Children should be trained to develop safety behaviors to prevent accidental injuries. When participating in outdoor sports, in addition to sun protection and hydration, child should also wear the appropriate clothing and sports equipment to reduce the risk of accidental injury.

If the medical emergency occurs, such as bleeding, sprain, fall and other injuries during exercise, immediate first aid should be carried out if possible. When bleeding, direct pressure on the bleeding point should be used to stop the bleeding, and disposable sterilized dressings such as gauze should be directly pressed at the bleeding point to stop bleeding.

If there is soft tissue sprain occurs, ice pack can be applied to the injured area . Resting the injured area properly and elevating the affected limb if available will help reduce swelling as well as pain. If the symptoms of sprain are not significantly relieved after 24-48 hours, you should seek medical attention in time. If there is serious trauma take place, such as fracture, you should call 120 for help as soon as possible.

8. Safety advice during extreme weather conditions

When encountering extreme weather conditions, such as heavy rain, thunderstorms, windy weather, you should close the doors and windows timely indoors. When you are staying outdoors, you should not go through the underpasses or pedestrian passages under viaducts. When you are encountering the signs of flood outbreak during travel, such as the increasing speed of river water flow in riverbed, cloudy water or sudden much more sand or sediment in the river, you should be away from the river as soon as possible.

If the building may be flooded, you should evacuate to the safe place as soon as possible. Children should also avoid walking in flowing water. In fact, flowing water more than 10 centimeters deep can make children fall or slip. In summer, you should often learn the meteorological information around your area and avoid outdoor activities under the extreme weather conditions.



Outdoor Activities

Guidance in Summer

As summer approaches, with prolonged sunshine and climate change, people's outdoor activities will also increase. For outdoor enthusiasts, it is particularly important to enjoy the joy of exercise during the hot season while ensuring their own safety and health. Our expert team has specially prepared this summer outdoor sports enthusiast sports guide to the readers.





The common summer outdoor activities as follows?

Walking: It is a relaxing aerobic exercise suitable for people of all ages, especially in the summer, because it is not limited by time and venue, and can be done in the street under the shade of a tree or by a windy river.

Swimming: one of the best sports in summer, it can not only exercise the hands, feet, waist, abdomen, but also **benefit the heart, brain, lungs, liver and other internal organs, while helping to lose weight and shape your body.**

Brisk walking: the speed is between running and walking, suitable for middle-aged and elderly people to participate in, and **has a good effect on strengthening leg muscles and improving heart and lung function.**

Diving and surfing: Diving can experience the mysterious underwater world, surfing is an exciting water sport, **suitable for the pursuit of fresh sports enthusiasts**

Badminton: suitable for men, women and children, the amount of exercise can be determined according to their age, physique, sports level and the characteristics of the venue environment, **can strengthen the body, lose weight and shape the body, prevent cervical spondylosis**

Yoga: physical and mental exercise, suitable for all ages, summer practice yoga can **relieve bad mood, calm your mood and keep you healthy.**

Camping: One way to get in close contact with nature, most of them choose to be carried out at the seaside, which is a leisure-based outdoor activity



What is the best exercise period?

The best time for exercise in the summer should be from 6am to 9am and 5pm to 7 pm. in the evening, which helps digestion and develops sleepiness.

Dress advice for outdoor activities in summer?

Except for water activities, sportswear with cotton fabric is the best. The looser for the style, the better for the heat dissipation performance. At the same time your skin should not be exposed too much when you are making outdoor exercise in summer. **when the maximum temperature is close to or over 37°C, your bare shoulders or back cannot dissipate heat, but the skin will be absorbed heat from the external environment, and thus you will feel hotter with bare shoulders or back in summer, and strong ultraviolet rays directly irradiated on the skin, will cause skin sunburn.**

Body self-monitoring?

Excessive sweating from running in the summer has both benefits and drawbacks. Sweating in moderation degree can help regulate body temperature, eliminate body wastes and improve blood circulation, but excessive sweating can lead to water and electrolyte loss, skin problems and fatigue.

Therefore, **when exercising in the summer, it is important to keep your body healthy and comfortable by replenishing water and electrolytes,** protecting yourself known as "water intoxication", can appear dizziness, blurred vision and other situations, serious cases will also faint.

Once the symptoms of heat stroke occur, you should promptly go to the emergency department of hospital, seek the standardized treatment under the guidance of the doctor for. During the period of treatment, you should drink a moderate amount of water to prevent dehydration, and at the same time, wearing breathable and lightweight clothing are advised.



It is also important to keep an eye on your physical condition, so that you can respond to abnormal sweating and seek medical attention if necessary. In summer, when the weather is hot, the best way to hydrate yourself during exercise is with plain water. Such as walking, jogging, etc., drinking plain water is advisable.

For high-intensity sports such as marathons, or highly confrontational sports, you can consider supplementing with sports drinks. Sports drinks include electrolyte drinks and functional drinks. The former are usually drinks containing minerals such as potassium, sodium and magnesium, while the latter contains caffeine, taurine, glucose and other ingredients. These beverages can quickly replenish carbohydrates, water and electrolytes for long-duration, high-exertion athletes.

However, **beverages like those containing caffeine can excite the central nervous system, leading to a raised heart rate, and people with heart problems should drink these beverages with caution.** As for whether to drink it before or after exercise, it mainly depends on individual health conditions. But must you should not drink too much water, as it will probably lead to "dilute hyponatremia".



How to Recognize Heat Stroke?

You can determine whether you are suffering from heatstroke by observing your surroundings, measuring your body temperature, observing changes in your skin, observing your breathing, and observing your mental condition.

Observe the surroundings :

Heat stroke generally occurs in high temperature and humidity environments. If one stays in such environments for a long time, the body's heat will significantly increase, which may lead to heat stroke. **If you experience symptoms such as dizziness and fatigue, and are in a high temperature and humidity environment, you should be alert to heatstroke.**

Measurement of body:

temperature : After heatstroke, the body heat increases and the body temperature generally rises. **If the condition is severe, the body temperature can reach 39 °C or above.** Measuring the body temperature can preliminarily determine whether heatstroke occurs.

Observe skin changes: After heat stroke, the body loses

water and the skin becomes dry, which may be accompanied by symptoms such as **fever, redness, and rash.** **You can observe whether your skin has undergone these changes.**

Observation of respiration :

Heat stroke can easily affect normal breathing and can manifest as shortness of breath or shallow breathing. In severe cases, difficulty breathing may occur. If such symptoms occur, one should be wary of heatstroke.

Observation of the mental state:

Heat stroke may lead to central nervous system dysfunction, thereby affecting a person's mental state, resulting in symptoms such as **lack of concentration and drowsiness.** If sleep deprivation and other illnesses are excluded, it is likely to be heatstroke.





How to Deal with Heat Stroke?

First aid for heat stroke cases includes evacuation patient from the hot environment, rapid cooling the skin, and calling emergency services timely.

Evacuate patient from the hot environment: you should move the heat stroke patients immediately out of the high temperature, high humidity environment, and transfer them to a ventilated and cool place, and remove the clothing.

Rapid cooling: you can use cool water to wipe or spray on the patient body, and fanning if possible, so that the water on the skin evaporates quickly, and cooling the body.

Call the emergency number: If the symptoms of patient suffering from heatstroke are getting serious, you should call the emergency number immediately or transport the victim to hospital for treatment.

Staying Hydrated Staying Healthy

When the temperatures rise, getting enough water is important whether you're playing sports, traveling, or just sitting in the sun.



It's critical for your heart health

Drinking enough water keeps the body hydrated, **which helps the heart more easily pump blood through the body. It also helps muscles work efficiently.** If you're well hydrated, your heart doesn't have to work as hard.

Dehydration means your body doesn't have enough water, **which can make you feel really thirsty and cause other problems such as dizziness, feeling tired, swollen feet, a headache or even life-threatening illnesses, such as heat stroke.**



How much water do you need?

What does being well hydrated mean? The amount of water a person needs depends on the climate, clothing worn and exercise intensity and duration.

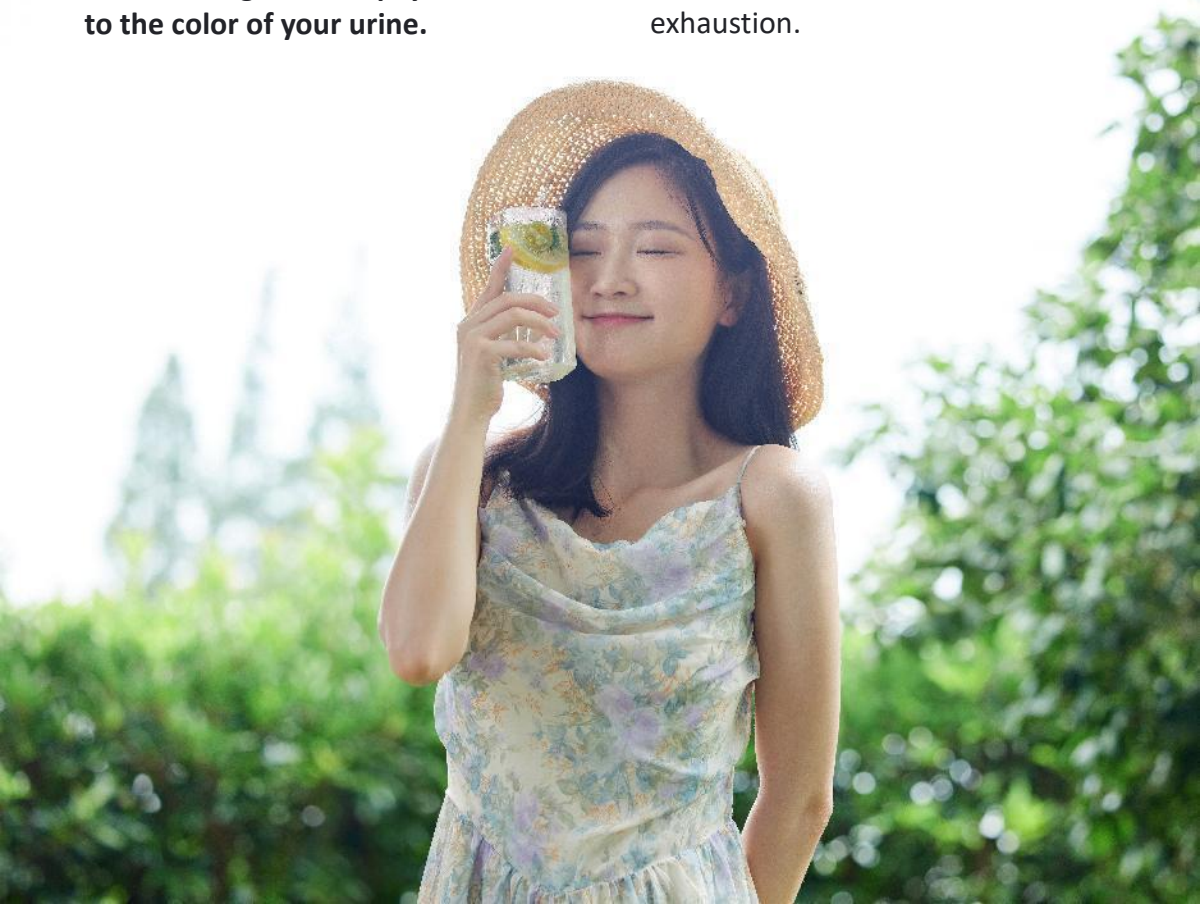
A person who sweats a lot will need to drink more than someone who doesn't. Certain medical conditions, such as diabetes or heart disease, may also mean you need to drink more water. People with cystic fibrosis have a lot of salt in their sweat and also need to use caution to avoid dehydration. Some medications can also act as diuretics, or water pills, making you to urinate more and lose more fluid.

Thirst isn't the best indicator that you need to drink. **If you get thirsty, you're already dehydrated. The easiest thing to do is pay attention to the color of your urine.**

Pale and clear means you're well hydrated. If it's dark, drink more fluids.

If you want to know exactly how much fluid you need, weigh yourself before and after exercise to see how much you've lost through perspiration. It's a particularly good guide for athletes training in the hot summer months.

For every pound of sweat you lose, that's a pint of water you'll need to replenish. For example, it's not unusual for a high school football player, wearing pads and running through drills, to lose 5 pounds or more of sweat during a summer practice. Not sweating during vigorous physical activity can be a red flag that you're dehydrated to the point of developing heat exhaustion.



Water is best

For most people, water is the best thing to drink to stay hydrated.

Some foods can be a source of water, such as fruits and vegetables. Sports drinks with electrolytes may be useful for people doing high-intensity, vigorous exercise in very hot weather, though they tend to be high in added sugars and calories.

It's healthier to drink water while you're exercising, and then when you're done, eat a healthy snack like orange slices, bananas or a small handful of unsalted nuts. **Avoid fruit juices or sugary drinks, such as soda.** They can be hard on your stomach if you're dehydrated. **It's also best to avoid drinks containing caffeine, which acts as a diuretic and causes you to lose more fluids.**

Drinking water before you exercise or go out into the sun is an important first step. Otherwise, you're playing catch-up and your heart is straining.

Not just for athletes or exercise

Hydration isn't just important during physical activity. You also need to keep tabs on your water intake if you are:

- Sitting in the sun on a hot or humid day.
- Someone with a heart condition.
- Over age 50.
- Overweight or obese.
- Traveling.



Keep Up the Motivation

The summer school holiday is already here. Parents with school aged children are probably thinking about plans for the holidays. The main goal is to make the most of the holidays and not to waste it.

So how do parents make the most of it and make it 'meaningful' for their children? Some pay for classes and lessons for their children to attend, hoping to explore and grow their interests. Some sign their children up for summer camps or overseas trips. Some even create daily hour by hour schedules for their children. There is no doubt that parents are coming from a good place wishing the best for their children.

However, the question is what about the children themselves? What is their own interest and inner drive? What gets them excited and motivated? If unsure or unknown, perhaps the most meaningful holiday is the one that is spent on finding it out, so they can make their own decisions and arrange their own holiday that will make their heart sing. In this article, **we are going to explore inner drive and how to help children find it.**



What is Inner Drive?

Inner drive means **an individual's self-motivation that drives them to get up and go, pursue their goals, and realise their dreams. The core concept can be understood by the following:**

Self-determination theory (SDT) : Fundamentally inner drive is interrelated with self-determination. SDT includes autonomy, competence, relatedness. Inner drive grows from an individual's sense of satisfaction when they exercise their autonomy and control over their behaviours, and also from their confidence in their skills and competence, as well as from them feeling understood and accepted in relationships.

Goals and motives: Inner drive is also related to an individual's goals and motives. When an individual feels a strong desire towards a goal/goals, they are willing to make efforts to achieve the goals. This is a reflection of their inner drive.

Mindset and attitude: When an individual feels positive towards a goal or result, they are more likely to do what it takes to achieve them. This shows their inner drive.



Self-actualisation and self-growth:

When an individual desires self-growth and wishes to realise their full potentials and self-worth. This desire propels them to strive for the better and becomes their inner drive.

Basically, inner drive is related to an individual's autonomy, competence, and relatedness to others, and the contentment that comes with all that. Inner drive also links to an individual's goals, motives, mindset and attitude, and their need for self-growth and self-actualisation. An individual's inner drive is key to their success and further development.

How to evoke children's inner drive?**Support and encouragement:**

When children experience something new or challenges, it is important to provide them with support and encouragement and reassure them that you are always there to help. This will increase their confidence and grow their inner drive.

Problem solving:

Allow children time and space to solve problems themselves. This will help them learn the skills to solve problems and manage stress and pressure. Eventually this will become their inner drive.

Positive feedback:

It's significant to provide positive feedback for children when they have achieved their goals or made efforts to try. This is to acknowledge their efforts and reassure their worthiness. This will help evoke their inner drive.



Grow their autonomy: Encourage children to make their own decisions and support them to be responsible for their choices. This is to help them learn to self-manage and develop their own thinking skills, which will lead to strengthening their inner drive.

Learning opportunities: Allow children to learn and explore their own interests and support them to choose how they want to spend their time.

Goal-setting: Encourage and support children to set their goals and guide them to make plans to achieve their goals. The goal setting and planning will help them develop a mindset that grows their inner drive.

Self-expression: Encourage children to express their feelings and thoughts. This will help them understand that they are heard and their opinions and feelings are important.

Applying these techniques, parents and caregivers are helping their children to build a positive mindset and internal motive, evoke their inner drive, contribute to their growth and development. This parenting approach is helpful to nurture children's autonomy, a sense of responsibility, and to develop problem solving skills, which will eventually help them get through the challenges later in life.





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