

Health Newsletter

-Generali China Life

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Historical Newsletters

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World Patient Safety Day

Improving diagnosis for patient safety

World Patient Safety Day is an opportunity to raise public awareness and foster collaboration between patients, health workers, policymakers and health care leaders to improve patient safety.

This year the theme is “Improving diagnosis for patient safety” with the slogan “Get it right, make it safe!”, highlighting the critical importance of correct and timely diagnosis in ensuring patient safety and improving health outcomes.





A diagnosis identifies a patient's health problem, and is a key to accessing the care and treatment they need. A diagnostic error is the failure to establish a correct and timely explanation of a patient's health problem, which can include delayed, incorrect, or missed diagnoses, or a failure to communicate that explanation to the patient.

Diagnostic safety can be significantly improved by addressing the systems-based issues and cognitive factors that can lead to diagnostic errors. Systemic factors are organizational vulnerabilities that predispose to diagnostic errors, including communication failures between health workers or health workers and patients, heavy workloads, and ineffective teamwork. Cognitive factors involve clinician training and experience as well as predisposition to biases, fatigue and stress.

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Take Care Your Teeth and Protect Your Health

Having the white and beautiful teeth not only means healthy teeth and good oral hygiene, it can also significantly improve your personal image and make you more attractive and confident. What's more, good oral hygiene can also greatly promote your overall health. This September 20th is the National Tooth Day. The following advice can help you and your family protect your teeth well and prevent oral diseases.





Oral health care recommendations for different populations?

Adults:

1. Brush your teeth in the morning and evening, gargle after meal:

Brushing your teeth can remove plaque, soft dirt and food residue, and maintain your oral hygiene. Gargling after meals can remove food debris from the mouth.

2. Correct use of mouthwash:

fluorine-containing mouthwash is a method to prevent caries with fluoride application locally; Chlorhexidine mouthwash can kill saliva and bacteria adsorbed to the tooth surface which is suitable for patients with periodontal disease.

3. Using floss as an aid to clean the gaps between the teeth:

In addition to daily brushing, it is recommended to floss daily to help clean the gaps between teeth.

4. Eat sugar scientifically and limit the carbonated drinks:

you should reduce the intake of sugar, limit the carbonated drinks, gargle with water or tea after eating, and no longer eat after brushing your teeth before sleep.

5. Oral health check at least once a year:

Regular oral health check, at least once a year, can detect oral diseases in time and get the early treatment if possible.

6. Teeth cleaning once a year.



The elderly

1. Keep brushing your teeth everyday:

Teeth loss for old people are not inevitable. Most tooth loss is due to long-term caries, periodontal disease and so on. The elderly should also adhere to scientific methods to brush their teeth. Old people without teeth should also keep maintaining good oral hygiene condition.

2. Treat the root caries timely: Due to gingival atrophy in the elderly, the tooth roots are exposed to the oral environment, and the root caries are prone to decay, which is called root caries, and the root caries should be treated in time.

3. Food impaction should be treated at the hospital in time: When encountering dental impaction, Elderly should brush the teeth,

rinse the mouth or choose to use floss to clean up. People who repeatedly plug their teeth should go to the hospital for dental professional treatment.

4. Clean movable dentures every day:

The movable denture should be kept clean and hygienic, and it should be removed and cleaned with a soft toothbrush after each meal, before going to bed should be cleaned and placed in clean water, use denture cleaning tablets clean better.

5. Do the oral examination every six months and clean your teeth at least once a year:

The elderly should have an oral health examination at least once every six months to find the oral problems and deal with them in time.



Preschooler

- 1. Eat more fiber-rich foods daily:** Children should keep the balanced diet, especially eat more vegetables and fresh fruits and other foods with high fibers, nutrition and rich, which is conducive to the self-cleaning of the teeth, not easy to suffer from caries, but also conducive to the growth and development of the oral maxillofacial, promote the teeth to line up and enhance chewing function.
- 2. Children learn to brush their teeth correctly,** parents should help and monitor their children: Parents can teach their children to brush their teeth from 3 to 4 years old with the simplest "circle method" which the main method is to place the brush bristles on the tooth surface with mild pressure to make the brush bristles flex, draw a circle on the tooth surface, each part repeatedly draw a circle more than 5 times.
- 3. Oral health check every 6 months:** The peak of caries development in children is from 3 to 6 years old. Children in this period should have an oral health check every 6 months.
4. Using fluoride toothpaste to prevent deciduous tooth caries: Fluoride toothpaste has the exact effect of preventing dental caries, so children can use fluoride toothpaste to brush their teeth.
- 5. Deciduous tooth caries should be treated in time.**

School age children

- 1. See the dentist if there are abnormalities found during tooth replacement period:** If the permanent teeth have erupted first when the baby teeth have not fallen out, and the permanent teeth often cannot enter the dentition smoothly which would result in uneven alignment of the permanent teeth. It is appropriate to see the dentist as soon as possible.
- 2. Prevent cavity caries with fissure sealing method:** The first permanent molar is the earliest eruption of permanent molar teeth and its chewing function is the most powerful, but also is the most prone to have caries, fissure sealing is the best way to prevent cavity caries.
- 3. Prevention and treatment of teenage gingivitis:** The most effective way to prevent and treat gingivitis is to brush your teeth correctly every day and effectively remove plaque.
- 4. Uneven tooth arrangement should be timely diagnosed and treated:** Generally the baby teeth are completely replaced with permanent teeth around 12 years old. If a child has an occlusal deformity such as an uneven tooth alignment, orthodontic treatment should be performed during this period to achieve the optimal treatment effect.



Each type of orthodontic has its specific advantages and disadvantages. When choosing the correction method, you should consider the comprehensive factors, such as your oral situation, economic conditions, the demand of aesthetics and the length of correction time etc. and finally choose the best correction method with the guidance from your dentist.

What are the advantages and disadvantages for common orthodontic methods?

1. Traditional metal bracket: The traditional method is also the most common way for orthodontic correction which are suitable for all groups with the orthodontic needs. The brackets are strong and durable, and the cost is low. The disadvantage is that the appearance is impacted, the metal bracket is likely to irritate the oral mucosa, and is not conducive to daily oral cleaning, and the incidence of caries and periodontal disease will increase.

2. Traditional ceramic bracket: The semi-invisible effect of this method will improve the appearance of wearing. On the other hand, the ceramic texture is thick, the bracket may be broken when you bite hard objects, and the movement speed of the corrected teeth is slower.

3. Tongue side invisible brace: With completely invisible effect, accurate design and good positioning effect. The disadvantage is that the bracket is located inside the mouth, which is difficult for some patients to fit as well as more difficult for oral cleaning. Foreign body sensation will be more obvious while more easily to irritate the tongue, and its cost is higher.

4. Invisible brace without bracket: The advantages include completely invisible, better appearance, high comfort, easy to remove and wear, conducive to cleaning oral health. The disadvantage is that patient's compliance may not be enough and thus affecting the correction effect. Patients with severe dental deformity are not suitable for this method. According to statistics, about 10%-20% of patients who choose this method may have the poor correction results.



Travel with Your Family

Travel Safety and Health

The golden October is upcoming which means the start of cool and comfortable season. Please bring your family and enjoy a nice trip. In addition to enjoying the happiness and relaxation during travel, the travel safety and health are also critical. Here, we share some important travel safety and health advice for you and your family so that you will enjoy a safe and healthy trip in this holiday.



Travel Preparation before departure:

1. Assess your health situation: If you have a chronic condition, consult your doctor in advance. **Some vaccinations** before departure can be helpful to prevent certain infectious diseases, such as measles, hepatitis A, and hepatitis B. If you need to **take certain medications for a long term**, make sure you bring the adequate quantities of medications during your trip.

2. Purchase travel insurance in advance: You need to confirm whether your family's travel health insurance can cover the travel destination. For most overseas trips, travelers usually need to pay their medical expenses by themselves. You may also want to consider purchasing health insurance that covers the medical expenses for your travel destination.

3. Preparation for the possible emergencies during your travel: Make copies of important travel documents (such as itineraries, contact information, credit cards, passports, visas, etc.) with other family members in advance if they are lost in the travel, and ensure that contact way with your family members is always clear.

4. Prepare a travel first aid kit in advance: The first aid kit should include first aid supplies and medicines that may be needed, including medications need to be taken during the trip, certain commonly used over-the-counter medications, trauma dressing supplies, disinfectant items, insect repellent, sunscreen, alcohol-based hand sanitizer, water disinfectant tablets, etc.



Safety and health advice during your travel?

1. transportation. Always wear a seat belt and children should sit in the rear seat in the vehicle. Traffic accidents are the leading cause of death and injury during the travel. Please be careful when you get crossing the road, especially in the countries where vehicles drive on the left side. **Recommendations for riding the motor vehicles:**

- Always wear your seat belt.
- Don't drive at night, especially in unfamiliar areas.
- Don't ride a motorcycle. If you must ride a motorcycle, please wear a helmet.
- Know your local traffic laws before you get behind the wheel.
- Don't drink when you drive.
- Only take the taxi with seat belts.



Avoid mosquito bites. Use insect repellent and other measures to avoid mosquito bites, such as mosquitoes, ticks and fleas that can transmit malaria, yellow fever, Zika virus, dengue fever and other diseases. These insects are usually more common in hot areas. Use insect repellents containing the following active ingredients: DEET, Picaridin, lemon eucalyptus oil/p-menthol diol or 2-undecanone, etc.

Choose safe food and drink. Contaminated food or drink can cause diarrhea or other illnesses in travelers. In general, **foods that have been heated, as well as dry, well-packaged foods, are safe to eat.** Bottled, canned, and hot drinks are generally safe to drink. Eat only thoroughly cooked foods from local and are served with heated condition. For fresh vegetables or fruits, only can eat after washed thoroughly or peeled by yourself. Only drink bottled, sealed drinks, or bottled water (without ice).



Deal with sunburn and extreme weather conditions. Wear sunscreen with SPF 30 or higher when traveling. Protect yourself and your family from the sunburn. If you are traveling in hot areas, you need to wear the loose, lightweight, light-colored clothing. When traveling in cold weather or climates, please wear several layers of warm clothing that are breathable and loose.

Wash your hands frequently. Frequent hand washing is one of the most effective ways to get rid of germs, avoid getting sick and prevent infectious diseases. Wash hands with soap and water together or use hand sanitizer. If soap and water are not available, use the hand sanitizer with at least 60% alcohol inside.

Keep a safe distance with wild animals. When traveling, do not pet or feed animals, even they are pets, as they may not be vaccinated against rabies. Animal bites can lead to wound infection and undergo the rabies exposure risks. It is necessary to seek medical attention immediately in case you are bitten by the animal. In addition, it is recommended that you and your family receive the vaccination against tetanus before the travel.

Be careful when participating in water activities. Drowning is another common cause of death and injury while traveling. Make sure to follow water safety instructions, including the activities of swimming, boating, and diving, especially in countries and regions where local medical emergency services are not well developed.

Emergencies and natural disasters: If you or family members are injured or get sick while traveling and cannot be treated with basic first aid or portable medications, please seek medical attention immediately or call the local medical emergency response number. If you are encountering a sudden natural disaster or other emergency, please contact your family, friends, colleagues, health insurance company or local Chinese embassy as soon as possible and seek their assistance if possible.

Advice after your trip?

If you don't feel very well after the trip, especially if you develop the symptom of fever, please seek medical attention as soon as possible and tell your doctor about the facts of your trip which you and your family have recently made. Your doctor may arrange some specific exams and treatment for you.



World Heart Day: Cardiac Emergency Response (CPR/AED)

World Heart Day is on this September 29. As the most important first aid skill for cardiac arrest, CPR and AED need to be learned by everyone. This article will re-emphasize the characteristics and manifestations of the onset of cardiac arrest, the domestic and international incidence of cardiac arrest the importance of early recognition of the heart arrest, early CPR and the use of AED, and how to correctly carry out CPR and how to use of an AED.

Facts about the incidence of cardiac arrest and the resuscitation success rate in China and in the world :

Cardiac arrest (CA) is the cessation of cardiac activity and perfusion due to cardiac causes, which is essentially a rhythm disturbance and loss of pump function leading to cessation of forward blood flow. It can be categorized into out-of-hospital cardiac arrest (OHCA) and in-hospital cardiac arrest (IHCA).

Out-of-hospital cardiac arrest (OHCA) is a critical condition that seriously threatens people's lives. The occurrence of OHCA without early intervention will lead to irreversible biological death of the patient within 10 min. Survival rates for OHCA vary dramatically across the globe, with a 24-fold difference in survival rates for OHCA in Asia, North America, and Europe ranging from 1.1% to 26.1%.

It is speculated that the annual out-of-hospital cardiac arrest in China is about 1.03~1.36 million. Only 1.2% of out-of-hospital cardiac arrests are discharged; the use of AEDs (automated external defibrillators) is less than 0.1%, and the rate of bystander cardiopulmonary resuscitation (CPR) is only 17%.

The Importance of Early CPR and using of an AED.

CPR performed within 4 minutes of a cardiac arrest is crucial to save a life, with a survival rate of 49% to 75%. For every minute of CPR delay thereafter, the survival rate decreases by 7% to 10%. Additionally, CPR, in combination with an AED for a cardiac arrest can offer the best chance of saving a life.

Characteristics of the onset of cardiac arrest

- 1. Unresponsive:** the patient does not move, does not speak, does not blink, and or does not respond in any other ways, which we call loss of consciousness;
- 2. No aortic pulsation:** no carotid artery pulsation can be felt;
- 3. No respiration** or with sigh-like breathing.





Chain of Survival

The AHA adult Chain of Survival shows the most important actions for adults who have cardiac arrests outside of a hospital. **A strong Chain of Survival can improve chances of survival and recovery for victims of cardiac arrest.**

The 6 links in the adult out-of-hospital Chain of Survival are:

- Recognition of cardiac arrest and activation of the emergency response system**
- Early cardiopulmonary resuscitation (CPR) with an emphasis on chest compressions**
- Rapid defibrillation**
- Advanced resuscitation by Emergency Medical Services and other healthcare providers**
- Post-cardiac arrest care**
- Recovery (including additional treatment, observation, rehabilitation, and psychological support)**

How to properly perform CPR and use an AED?

To correctly implement CPR and using of AED, you can simply remember the D.R.C.A.B.D sequence and effectively handle with the cardiac arrest.

Danger: Identify the dangers and make sure the scene safety

Response: Check patient's response and call for help if possible: pat the recipient's shoulders with both hands and check the response. Call 911 (or local EMS number) if there is no response





Compression: Check the breath and start chest compression if there is no breathing or only gasping, it indicates cardiac arrest occurs and needs to start CPR immediately. Fold your hands, lean forward with your upper body, straighten your arms, and press down the lower part of sternum vertically, firmly and rhythmically, 30 times. The depth of each compression is 5-6 cm for adults and compression speed is 100-120 per minute.

Airway: Open the airway of patient with Head Tilt and Chin Lift maneuver.

Breathing: Give 2 breaths to the patient with your mouth covering patients' mouth. Each breath spends about 1 second. Check the patient's chest to see if it rises with each artificial breath, even during artificial respiration, try not to interrupt compressions for more than 10 seconds

Defibrillation: If possible, an AED should be used as soon as possible. Click the power button on the AED and follow the voice prompts. Paste Electrode on patient's bare skin on the chest. AED perform the analysis. Ensure that no one is touching the patient and follow the voice prompts to administer the shock. Resume CPR right away and the AED will repeat the heart analysis every 2 minutes until the medical professionals arrive to take over or patient begins to move his or her body, talk, blink, or make other responses.

What Is Aerobic Exercise— and Are You Doing Enough?

Aerobic exercise is defined as an activity that uses large muscle groups (legs, glutes, core, etc.) at the same time, usually in a rhythmic way, for an extended amount of time. Examples of aerobic exercises include dancing, jogging, running, cycling, walking, and hiking.

You should aim for 150 minutes of aerobic exercise per week. Read on to learn what counts as aerobic exercise, its benefits and risks, and ways to add aerobic exercise to your regimen.





Types of Aerobic Exercise

While most aerobic activity fits in the low- to moderate-intensity category, different levels exist.

Low-Intensity

Low-intensity aerobic exercise builds endurance, or your ability to perform activity for extended periods. Endurance, like strength, flexibility, and balance, is part of a well-balanced exercise regimen. Low-intensity aerobic exercise would hit that lower heart rate range, around 60 to 70 percent of your max heart rate. **Examples include going on a walk or an easy hike.**

Moderate-Intensity

Moderate-intensity aerobic work would involve a heart rate level between 70 and 80 percent of your max and could include workouts **like step aerobics, walking fast or jogging, or playing doubles tennis.**

High-Intensity

High-intensity aerobic workouts elevate the heart rate between 80 to 90 percent of your max. For this, **you might try spinning, faster running, jogging stairs, playing singles tennis, or playing basketball.** It stops short of going at an all-out effort, though.

Aerobic Exercises to Try

Many aerobic exercises exist. You can choose an activity that you enjoy and makes your body feel good. "All you have to do is perform at the required heart rate and intensity levels so that you're able to maintain it for an extended period of time.

Common aerobic exercises include:

Cycling or spinning, Dancing, Jogging and running, Playing tennis or basketball, Step aerobics, Swimming or swim aerobics, Walking and hiking

How To Do an Aerobic Exercise At Home

If you don't feel like going outside or even leaving your house but still want an aerobic workout, you might like this bodyweight routine, said Tamir. Do the 12 exercises below for 30 seconds each for 5 rounds, with as little rest as possible between exercises:

High knees, Mountain climbers, Butt kickers, Walkouts/inchworms, Alternating bodyweight reverse lunges, High skips, Bodyweight squats, Lateral hops, Walking lunges, Jumping jacks, Crunches.

Gym Classes

Several online and in-person aerobic exercise classes exist. Look at your local gym or search online or social media to see what's available to you. Common aerobic gym classes include:

Cycling or spinning, Dance classes like cardio hip-hop, Jazzercise, and Zumba, Step aerobics, Swim aerobics.

Benefits

Aerobic exercise is wonderful for your overall health. Performing weekly aerobic exercise could have benefits, including:

Decreasing depression, Improving your cardiovascular health, Improving your cognitive function, Lowering your blood pressure, Maintaining a healthy weight or losing weight, Managing diabetes, Possibly preventing cardiovascular disease, Possibly preventing hypertension and stroke, Reducing your risk of falling, Regulating your blood sugar, Relieving stress.

How To Get Started

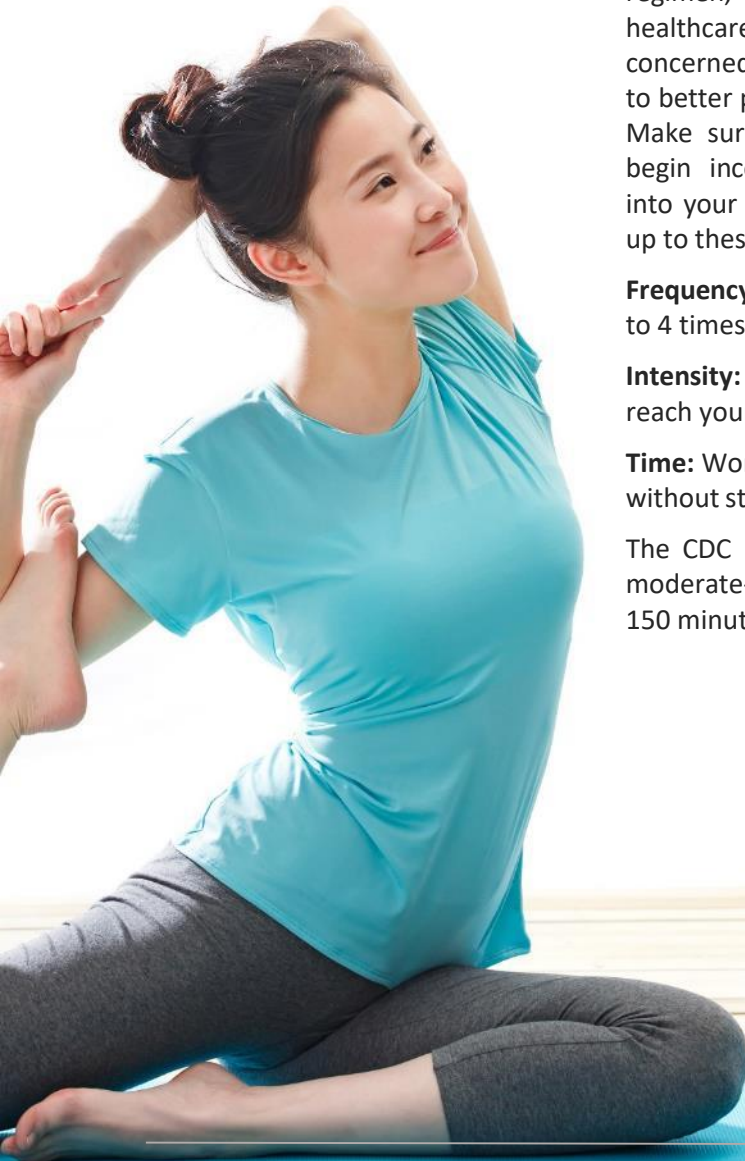
When beginning any new exercise regimen, you may want to talk to a healthcare provider if you're concerned about your health risks or to better program a workout schedule. Make sure you go slowly when you begin incorporating aerobic exercise into your workout. As you start, work up to these goals:

Frequency: Perform aerobic exercise 3 to 4 times per week.

Intensity: Work out hard enough to reach your target heart rate.

Time: Work out for at least 20 minutes without stopping.

The CDC recommends you aim to do moderate-intensity aerobic activity for 150 minutes per week.



Risks

Like with any physical activity, aerobic exercise does have a few risks. However, its health benefits usually outweigh these. Aerobic exercise risks can include:

Acute cardiovascular events like stroke, Muscle cramps, Possibly sprains or strains, Talk to a healthcare provider immediately if you experience any pain while exercising.

Tips

Trying a new workout can seem intimidating. Here are a few tips as you begin doing aerobic activities:

Don't skip your warm-up: Walk or cycle for 5-10 minutes to increase blood flow to your muscles and get them feeling warm and loose.

Go slowly: Build up your endurance. Don't put pressure on yourself to hit your maximum time or heart rate goals right away.

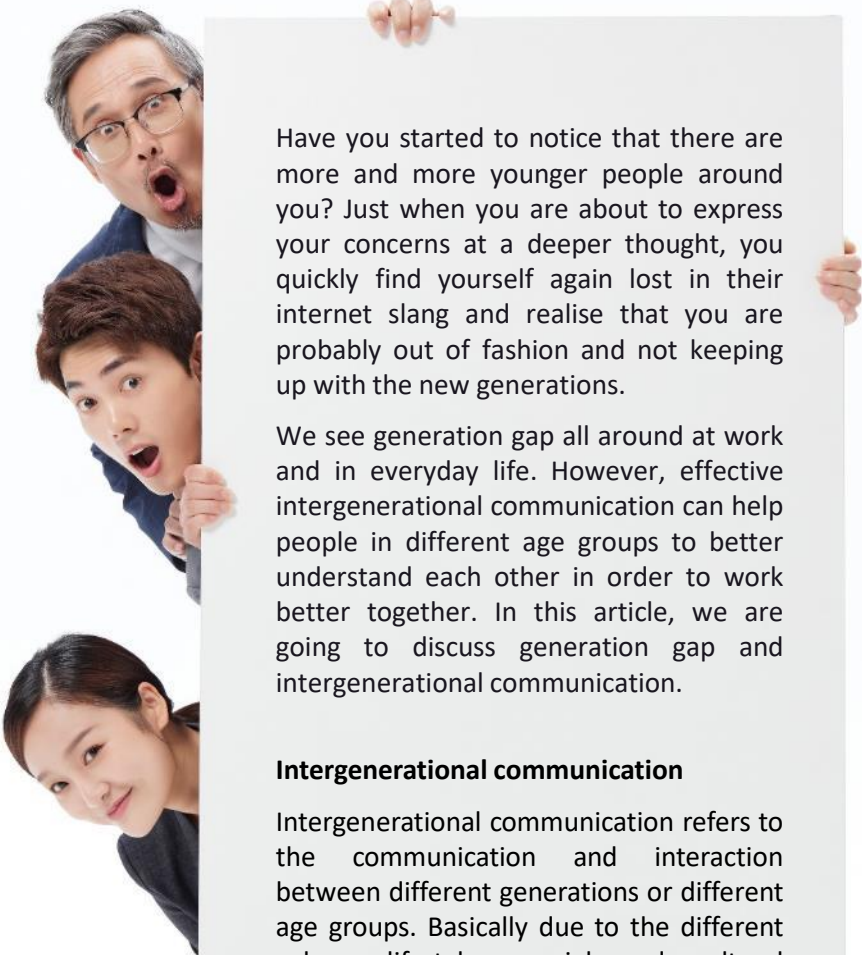
Drink water. Staying hydrated will help you perform better during your workouts.

Try a few activities. The benefit of aerobic workouts is you have a lot of options. Find an activity you genuinely enjoy doing so you're having fun while working out.

Cool down: Take another 5-10 minutes at the end of your workout to let your heart rate gradually slow down. You can go for a short walk and perform a few stretches. Hold each stretch for 30 seconds.



Intergenerational Communication at Workplace



Have you started to notice that there are more and more younger people around you? Just when you are about to express your concerns at a deeper thought, you quickly find yourself again lost in their internet slang and realise that you are probably out of fashion and not keeping up with the new generations.

We see generation gap all around at work and in everyday life. However, effective intergenerational communication can help people in different age groups to better understand each other in order to work better together. In this article, we are going to discuss generation gap and intergenerational communication.

Intergenerational communication

Intergenerational communication refers to the communication and interaction between different generations or different age groups. Basically due to the different values, lifestyles, social and cultural environments that different generations grow up in, it is easy and normal to come across conflict and misunderstanding between them during communication and interaction.



More specifically it is related to the following:

Culture difference: different generations show different level of understanding and acceptance towards technology, networking styles, and worldviews.

Language: younger generations tend to be more receptive to newly emerged internet language and slang and keen to use them freely, whereas older generation prefer the traditional ways of using language.

Worldviews and attitude: different generations hold different views and perspectives on work ethics, family and social issues.

Different Characteristics by Different Generations

Due to the different upbringings, social and cultural environment, ever-evolving technology, different generations show different characteristics. Therefore it is important to understand each other and learn to communicate better and more effectively in order to work better together and achieve common goals. Now let's take a look at different characteristics.

Prior to the 80s

we call the generation before the 80s traditional. They tend to rely on authority and stability and have a more traditional way of working and thinking. They value structure and follow rules while remaining cautious towards changes and new ideas.

The 80s

The generation in the 80s show a need for work-life balance, pursue personal growth and development, and look for meaning and purpose at work. So they tend to be quite open towards new ways of working and technology, at the same time they also respect authority and structure and follow rules.

The 90s

The 90s generation seem to embrace personality and diversity. They value independent thinking and expressing your own opinions, and prefer flexibility and autonomy at work. They are also more open to digital and social networking type of work styles.

The 00s

They are the generation born in the digitalization and information age. Naturally they adapt to technology and internet quickly and easily. They are good at using digital technology to work and communicate with each other, and show some distinct characteristics:

Autonomy and creativity: this generation value individual personalities and autonomy. They are drawn to independent thinking and creativity. They like to come up with new ideas and thoughts.

Networking and diversity: the 00s are used to social networking to work together and value team work and diversity. They embrace people from various cultures and backgrounds.

Authority: compared to the more traditional hierarchical structure, this generation prefer equality and respect. They value communication and negotiation, and respond better to a more open and easy-going type of authority.



Communication Methods

The 00s have started to join the workforce now. Knowing that they come from different upbringing, family background and education than the generations before them, it is important that the senior staff at work show support and understanding for them so that they are able to thrive and reach their full potential. Firstly let's talk about communication methods:

Digital tools: as mentioned earlier, the 00s are used to digital communication. So it'd be easier to connect with them through emails, virtual communication tools, social media in order to communicate effectively.

Equality and respect: when interact with this generation, it is important to show respect and that you are equal to them. Respect their personality and independent thinking, listen to their ideas and opinions, and allow them to speak up.

Encourage open discussion and creative thinking: encourage them to come up with new ideas and share different perspectives, support their creative thinking, and provide an open environment for their discussion and trying out new ideas.

Feedback and guidance: provide timely feedback and guidance so they know what is expected of them and what their goals might be. This is good for their personal and career development in the long run.



Support and Motivation

Opportunities: this new generation need opportunities to further develop their personal and professional skills and abilities. So it is important to provide them with training, workshops, seminars, group projects etc. to upskill and motivate them.

Acknowledgment: recognize and acknowledge their effort and hard work, encourage them to continue their creativity.

Meaning and value: help them find meaning and value in the work they do so they are motivated to engage and bring passion into work.

Flexibility: make it flexible for the younger generation, including flexible work hours, work off-site etc. so they achieve a work-life balance. This will also increase their satisfaction and engagement at work.

Teamwork: create a positive and supportive working environment, encourage team working and sharing.





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