

Bupa Healthy Living

Sharing Experiences

October 29th, 2007

Dear Bupa Miami Staff:

I am writing to thank you all for your concern and assistance during this trying time in my life. I have been in Miami since late August due to a stomach/liver condition hard to diagnose. The doctors at Jackson Memorial Hospital referred me to numerous specialists and ran several diagnostic tests.

Finally, in early October, the cancer that was causing me to be so sick was identified and, since then, I have been undergoing chemotherapy.

Dealing with this situation has not been easy for me and my family. The Bupa Miami staff has reassured us that they will handle the hospital bills and expenses, and that all that I should worry about is regaining my strength and health. I am working towards that goal, and hope to get discharged within the next few weeks.

The Bupa International Patient Reception Center staff at Jackson has visited me every day, offering to assist in any way possible. A Bupa Miami Case Manager has also been here every week to check on my progress and needs.

Thanks again for helping me through this difficult time, so I can focus on healing and returning home to my family.

Best Regards,



Jorge Plúa

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Dear Bupa Family Members,

Happy 2008! The beginning of every new year is always an appropriate time to reflect and make positive changes in our lives. These are the well-known "resolutions" that we set to achieve harmony and be at peace with ourselves.

We usually make resolutions concerning our health, such as improving our well-being, adopting an exercise program, changing our eating habits and choosing a healthier lifestyle.

As a worldwide leader in health insurance, Bupa is always at the forefront, providing its members with the best healthcare plans. Our new line of Bupa Care products offers a wide range of options and benefits, such as coverage for congenital conditions and maternity complications, transplant procedures and cancer treatment.

There are also coverage options for in-patient and out-patient services, diagnostics and surgeries. Our Hospital Networks provide access to the highest quality care in Latin America, the Caribbean and the United States.

Good health is important and beneficial in every aspect. It makes you feel better, having control of what you do and empowering you to successfully manage the challenges that you face.

The best way to start the year is to protect your health and the health of your family. We hope to continue providing you with the best care and personalized service.

Live healthy,
Chief Editor

Health Tips

Selective Enzyme Inhibitors and Cardiovascular Complications

There has been an increase in cardiovascular complications related to selective enzyme inhibitors used to treat erectile dysfunction. Viagra, Cialis and Levitra, authorized by the FDA (Food and Drug Administration) in the United States, are the most common selective enzyme inhibitors in the market. They enable blood to flow into the penis to achieve and maintain an erection.

FDA regulated laboratories advise against these medications when taking nitroglycerin (tablet, patch or ointment dose forms), other nitrates (isosorbide or nitroprusside), nitric oxide donor drugs, or recreational drugs (poppers) containing amyl or butyl nitrates, because of very serious interactions. If you are uncertain if a medication contains nitrates, contact your doctor or pharmacist.

Some people make the mistake of not getting informed about health risks or contraindications when using this type of medication. Another error is trying other products, like natural supplements or herbs, when they cannot use selective enzyme inhibitors, assuming these are beneficial, less dangerous or do not have the unwanted side effects of pharmaceutical drugs. Statements like "Herbs are powerful potentiators for sex...especially for men" or "Herbs are strong enough to benefit the male system without the unwanted side effects of drugs," create a false idea that a magic formula is available.



Products advertised on TV, newspapers and other media may be sold without a prescription, but may also have side effects that include myocardial infarction, cerebrovascular disease and even death.

Men with heart problems should be aware that sexual activity may put extra strain on their heart. If you experience severe dizziness, fainting, chest pain, or nausea while having sex, consult your doctor immediately.

If you are taking a selective enzyme inhibitor and experience a painful or prolonged erection lasting more than 4 hours, stop using the medication and seek immediate medical attention to avoid permanent problems. Remember that all medications, even over-the-counter products like aspirin, have side effects, and in many cases, are contraindicated for particular conditions or diseases.

If you consider taking selective enzyme inhibitors, inform your physician about any other medication or supplement you might be taking, read the product information and follow your doctor's instructions to avoid medical complications. Only your doctor can prescribe the right dose for you and recommend the best way to take care of your health.

Comments and Suggestions

We are very pleased with the response to our quarterly newsletter. It allows us to be in touch with you, keeping you up-to-date regarding current medical issues and our role as your health's caretaker. If you have any comments or suggestions, please forward them to Bupa Miami Marketing Department, 7001 SW 97th Avenue, Miami, FL 33173, by email at bupa@bupalatinamerica.com or by phone at +1 (305) 398-7400.

From the Doctor's Office

Arthroscopy

Arthroscopy is a surgical procedure that allows a doctor to look at the inside of a joint in the body through a thin viewing instrument called arthroscope.

The word arthroscopy is derived from the Greek words, *arthro* (joint) and *scopy* (to look), which together literally mean "to look inside a joint."

An arthroscopic surgery allows the doctor to examine the joint surfaces and the surrounding soft tissue, such as the one connecting bone to bone (ligaments) and the tough tissue that covers the ends of the bones at the joints (cartilage), which provide a cushion between the bones.

This procedure can be used to diagnose joint problems, perform surgery that repairs joint problems, remove a loose foreign body, screen a disease, or monitor the effectiveness of a treatment. Arthroscopy is usually performed on the knees, shoulders, and ankles. It can also be done on the hips, elbows, and wrists.

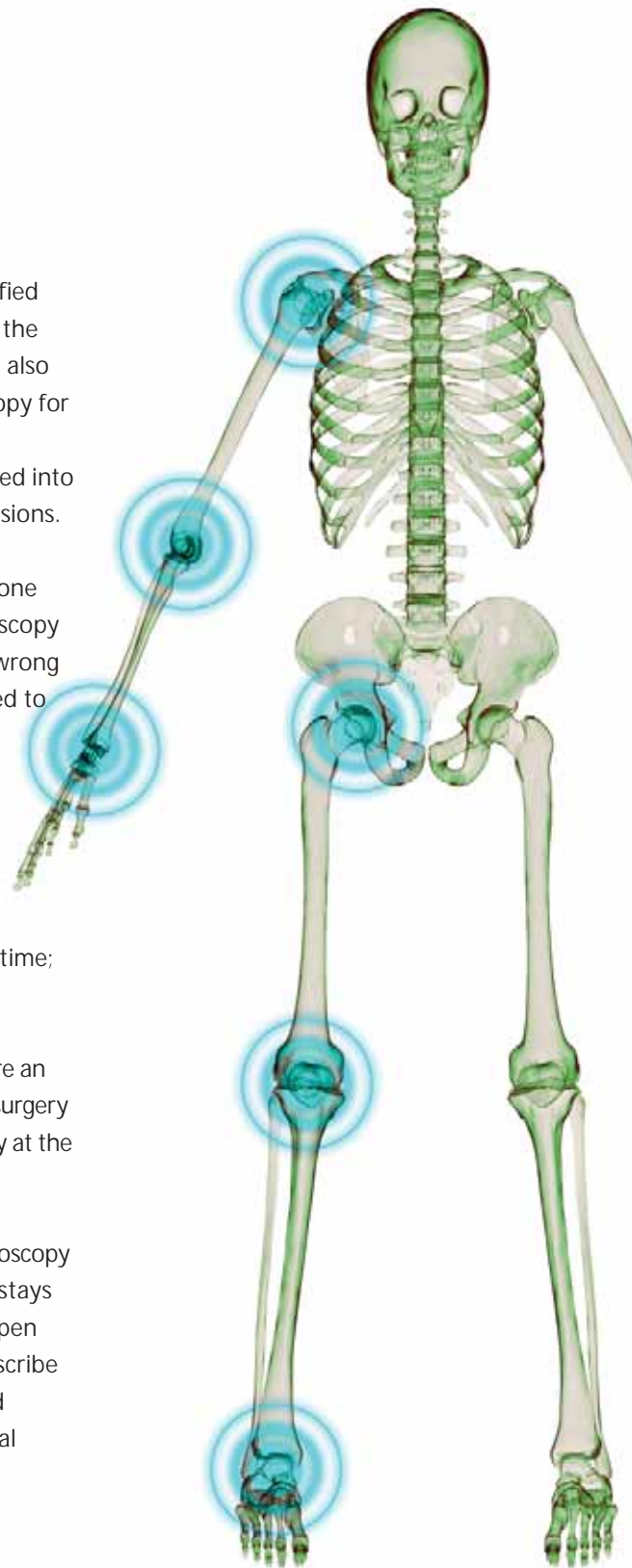
During this procedure, the arthroscope is inserted into the joint through a small incision in the skin. The instrument has a light source and a video camera. Images from the camera can be seen

on a video monitor. These magnified images provide a clear picture of the joint. A sample of joint tissue can also be collected during the arthroscopy for biopsy. If surgery is performed, additional instruments are inserted into the joint through other small incisions.

Just like open surgery (which is done using a larger incision), an arthroscopy allows the doctor to see what is wrong with the joint. However, compared to open surgery, an arthroscopy:

- Is less painful;
- Is less costly;
- Allows for a quicker recovery time;
- Can be done as an outpatient procedure that does not require an overnight hospital stay. Open surgery often requires an inpatient stay at the hospital.

Surgical procedures done by arthroscopy usually result in shorter hospital stays and faster recovery times than open joint surgery. The doctor will prescribe pain medication and recommend rehabilitation exercises or physical therapy during the recovery.



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Donation to *Cabecitas de Algodón* in Guatemala

Cabecitas de Algodón (Little Cotton Heads), a nursing home located outside Guatemala City, was the recipient of a Bupa donation in September 2007.

Cabecitas was opened in 2002 to provide elderly people with food, shelter, and medication. It supports itself through donations, and its two locations currently provide care to 52 people.

Keith Biddlestone (Managing Director - Bupa International), David Maltby (Managing Director for Latin America and the Caribbean) and Raúl Miranda (Bupa Miami) presented a check for Q38,250 (approximately USD5,000) to the nursing home, along with Bupa branded blankets for residents of the home.

Bupa feels proud to have helped this nursing home, as it continues to “take care of the lives in our hands.”