

# Bupa Healthy Living

## Sharing Experiences

April 15<sup>th</sup>, 2008

I want to thank the staff at Bupa for assisting me in getting my husband from Curaçao to Miami on an air ambulance on February 27<sup>th</sup>, 2008.

My husband had been in severe abdominal pain due to a reaction to chemotherapy for a stomach tumor. He had not been able to eat anything for over a week and was being fed through an IV line. He was so weak that he was not able to carry out the simplest task by himself.

I had called on February 25<sup>th</sup> to find out what I needed to do to arrange an air ambulance to transport my husband to Miami. Everything happened so fast. Once the doctors sent the medical information to Bupa, the air ambulance was approved and scheduled. Two days later my husband was at Mt. Sinai Hospital in Miami. We even had a private room with two beds so that I could stay with him.

Bupa has been attentive to my needs, being available around the clock. A Case Manager from the company visited us to follow up on the care he was receiving. It was determined that my husband needed a higher level of care, so the Case Manager recommended moving my husband to a floor with higher level of service. Eventually, he requested a second opinion on surgery

being recommended by one of the surgeons. Bupa arranged for a ground ambulance and a consultation at Jackson Memorial Hospital, where it was determined he did not need the surgery. What a relief for both of us! He continues to receive care at Jackson Memorial Hospital, and a hospitality representative from the Bupa International Patient Center visits him everyday, in addition to Sharon Ford's support, the Case Manager at Bupa.

I have never known of an insurance company to suggest and cover expenses for a second opinion at another facility to ensure that our needs were being met to our satisfaction, and to relieve some of our anxiety.

This has allowed us to focus on my husband's health rather than worrying about medical expenses and making arrangements for his care.

Thank you for being there for us when we needed you!

Best regards,

  
Mrs. Haresh Daryanani

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## Dear Bupa Family Members,

Welcome to our second edition of the year. As part of Bupa's charity efforts and corporate social responsibility, we are striving to make a difference in the life of those less fortunate in Latin America and the Caribbean. Caring is one of our core values because we feel passionately about helping people to achieve greater health and general wellbeing. In April, employees from Bupa Miami welcomed an ailing Guatemalan child in need of corrective surgery for a birth malformation. She will be undergoing treatment at Jackson Memorial Hospital in Miami. We feel proud to contribute to the development and improvement of our communities and their residents, one person at a time. We will keep you informed on the progress of the Guatemalan girl.

On this same note, it is important to invest in our own well being, because life is a gift that should be celebrated! By taking care of our health, we celebrate life. Good health is important and beneficial, physically and mentally. Physically, it brings benefits that help us perform everyday activities. Mentally, it improves concentration, alertness and a general sensation of wellbeing. Keeping a healthy lifestyle can only bring good results, and therefore, a better outlook on our life, whatever personal challenges we might have to face.

Bupa is dedicated to providing an exceptional service to you, our loyal customer, by constantly searching for new ways to improve and protect your health.

Stay committed to living and staying healthy!

Chief Editor

## Metabolic Syndrome (MS) and our young ones

Metabolic Syndrome, also known as MS, is a clustering of cardiovascular disease risk factors that include glucose intolerance, hypertension, elevated triglycerides, low HDL cholesterol, and obesity.



Adolescents with MS have a history of low fitness and physical activity levels. People with MS are at increased risk of coronary heart disease and other diseases related to plaque buildup in artery walls, stroke, peripheral vascular disease, and type 2 diabetes.

Adolescents are in the transitional stage of development between childhood and adulthood, when a person experiences a variety of biological changes. The ages considered to be part of adolescence vary by culture, and range from preteens to nineteen year olds. According to the World Health Organization (WHO), adolescence covers the period of life between 10 and 20 years of age.

Two important and common factors that have been associated with MS in adolescents are:

- Obesity
- Lack of exercise

## Health Tips

Thankfully, these lifestyle factors can be modified.

In children, obesity appears to be strongly associated with MS. Several cross sectional studies have reported that low physical activity levels, a sedentary lifestyle, and low aerobic fitness in youth are associated with MS.

The primary goal of clinical management of the Metabolic Syndrome is to reduce the risk for cardiovascular disease and type 2 diabetes. Then, the first-line therapy is to reduce the major risk factors to recommended levels (LDL cholesterol, blood pressure and glucose).

Lifestyle therapy is used to address and reduce long- and short-term risks:

- Weight loss to achieve a desirable weight
- Increased physical activity, with a goal of at least 30 minutes of moderate-intensity activity most days of the week
- Healthy eating habits that include reduced intake of foods with saturated fats, trans fats and cholesterol

As a preventive measure, children should follow an established physical activity routine well before they reach adolescence.

## 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 Marketing Department, 7001 SW 97<sup>th</sup> Avenue, Miami, FL 33173, by email at [bupa@bupalatinamerica.com](mailto:bupa@bupalatinamerica.com) or by phone at +1 (305) 398-7400.

# From the Doctor's Office



From the desk of:  
Arnon Krongrad M.D.  
Medical Director

## What is Prostate Cancer?

The prostate is a walnut-sized gland found right below the bladder in men. Prostate cancer starts as a tiny, microscopic group of abnormal cancer cells that grows into a full-blown tumor. In some men, prostate cancer that isn't treated can spread (metastasize) and cause death.

## How Common is Prostate Cancer?

Prostate cancer is a very common type of cancer in men. More men die from prostate cancer than from any other form of cancer, except lung cancer. According to recent studies, about one in every six men will be diagnosed with prostate cancer during their lifetime, and two to three in every 100 men will die of prostate cancer.

## What's Your Risk?

There are some things that may put you **personally** at higher risk:

- Genetic and hereditary factors
- Age
- Race or ethnicity
- Diet and environment factors

The older you get, the higher the chance you will be diagnosed with prostate cancer. If you are lucky enough to live to a 100, there is a high probability of developing prostate cancer, but the chances of dying from it are slim. Men with a family history of prostate cancer are at greater risk than men with no family history. African American men are at greater risk than white, Hispanic, Asian, or Native American men.

## What Else Do You Need to Know?

1. There is absolutely no **proven** way to prevent prostate cancer today that doesn't come with other serious risks.

2. In its early and most curable stages, prostate cancer causes no symptoms at all.
3. The key to the effective treatment of prostate cancer is early detection: regular physical exams and the appropriate blood tests.
4. Many men, particularly older men, with early stage prostate cancer may never need to be treated at all.
5. There are several different ways to treat early stage prostate cancer. There is no absolute proof that any one form of treatment for early stage disease is better than other.
6. Every form of treatment for prostate cancer has serious risks and possible side effects, from inability to control the need to urinate, to loss of erections, to deterioration of bone health.
7. Doctors with extensive experience using specific treatment techniques can reduce the patient's risk for complications.

## Did you know?

ONE MAN IN  
EVERY SIX WILL  
GET PROSTATE  
CANCER IN HIS  
LIFETIME.



## Good news for those diagnosed early:

- Nearly 100 percent will live at least five years,
- 92 percent live at least ten years, and
- 61 percent will live at least 15 years.



## Scoliosis

Scoliosis is a deformity in which the spine is bent to one side. The thoracic and lumbar regions are commonly affected.

This condition may start in childhood or adolescence. In many cases other parts of the spine curve toward the opposite side of the body to compensate for the scoliosis curvature, resulting in the spine becoming S-shaped. The cause of juvenile scoliosis is unknown; Scoliosis rarely develops as a result of a congenital abnormality of the vertebrae, osteomyelitis or spinal injury.

If the condition is not corrected, it may lead to deformity.

Scoliosis can be diagnosed by a physical examination, along with X-rays of the spine.

If the cause is known, treatment is directed to the cause, and it will vary depending on the degree of the curvature. When the cause is unknown and the curvature is slight, treatment may not be required. However, follow ups and monitoring are recommended to assess the condition's progress.

There are many treatment options for scoliosis like bracing and surgery. Other treatments for less severe conditions are chiropractic manipulation, electric stimulation and exercise.

Researchers continue to look for causes of different types of scoliosis. This will hopefully lead to better treatments and even a cure, resulting in a better and more fulfilling life style.

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