

BUPA Healthy Living

Sharing Experiences



August 6th, 2007

To Whom It May Concern:

I would like to take this opportunity to thank BUPA for looking after my wife and daughter during their stay at the hospital. A few weeks ago, my wife gave birth to our daughter in our home, a month and a half before the scheduled delivery date.

Given the nature of the delivery, my wife was hospitalized for five days, and my daughter remained eight in an incubator. During that time, the USA Medical Services doctors in Miami were in constant contact with us, providing the support and peace of mind that we needed.

We would also like to thank our agents Angel Tejada H. and Fernando Nava, as well as their staff, for all their care, support and assurance.

Sincerely yours,

A handwritten signature in black ink, appearing to read 'Armando de la Fuente Martinez'.

Armando de la Fuente Martinez

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Health Tips

Dear BUPA family members:

BUPA makes every effort to improve the effect it has on the communities in which it lives and works. "Taking care of the lives in our hands" not only applies to our clients; it also means being socially responsible and helping others.

A vital part of our business is to identify some of the health and wellbeing needs of these communities, and address them through different programs that include volunteering, fundraising, and activities in which our employees participate.

Through *Community Connections*, BUPA also pledges millions to help charities around the world that will benefit from its fundraising efforts.

Thanks to this program, BUPA Miami has been successful in helping to improve the facilities of the Casa de la Caridad Center and the Mindo School in Ecuador, and donating school supplies to a school for underprivileged children in the Dominican Republic.

Our relationship with these centers includes monitoring the progress and outcome of the donation, as well as maintaining contact with them in the following years.

Besides providing health and care services, our company also has a corporate social responsibility to make a difference in the life of others, wherever they are.

Live healthy,
Chief Editor

Reye's Syndrome

Reye's Syndrome is a deadly disease that can attack any child or adult without warning. All body organs are affected, with the liver and brain suffering most seriously. It is produced by an imbalance in the chemical structure of the body, which causes inflammation of the brain and an increase in the intracranial pressure level.

As a result, the syndrome creates abrupt neurological disorders, as well as liver and kidney damage. It generally affects children ages 2 to 14. Although its exact cause is unknown, it generally manifests itself after a viral infection, like chickenpox, in children ages 5 to 9, or an acute respiratory illness in children ages 10 to 14. Research has established a link between Reye's Syndrome and aspirin use.

Symptoms:

- Persistent or continuous vomiting
- Listlessness, loss of pep and energy, drowsiness
- Personality changes: irritability, aggressive behavior
- Disorientation: confusion, irrational or combative behavior
- Delirium, convulsions, coma

A medical check-up, a full physical exam, and other tests to assess liver function and rule out other neurological disorders can be used to diagnose Reye's Syndrome.



The patient will need to be hospitalized immediately in Intensive Therapy under strict observation to avoid deadly complications. Treatment will depend on the patient's age, history, health, severity of the condition, etc. The therapeutic measures will try to lower the intracranial pressure level by treating the inflammation of the brain, convulsions, fever, and other clinical signs.

As a preventive measure, it is recommended not to administer medication containing aspirin (salicylate) like Alka-Seltzer, Anacin, Bufferin and Pepto-Bismol, to children and adolescents.

Parents should check labels and instructions before giving medication to their sick children, and talk to their pediatrician about medications and proper dosage.

Comments and Suggestions

We're very excited with the responses that our quarterly newsletter has received. This allows us to *"be in touch with you"* by keeping you informed about current medical issues, and our role as your health's primary caretaker. If you have any comments or suggestions, please forward them to: BUPA Miami Marketing Department, 7001 S.W. 97th Avenue, Miami, FL 33173; thru amedex@amedex.com, or by calling us at +1(305) 275-1400.

From the Doctor's Office

Cataracts: Myths and Truth

There are many myths and misconceptions about cataracts. In this article you will find information on the causes, detection and treatment for this condition.

Cataracts occur when the crystalline (the lens of the eye) becomes opaque or clouded, affecting vision. It can be compared to a window that is covered with ice or is misty with vapor. Cataracts can occur at any stage of a person's life, from birth through old age.

A cataract is not a film or layer over the eye, and it is not caused by overusing the eyes. It is neither spread from one eye to the other, nor a cause of irreversible blindness. Some of its most common symptoms are double vision, painless blurring of vision; poor night vision; frequent lense fitting changes; and fading and yellowing of colors.

Adult cataracts are classified as:

- Senile: it is the most common, starting at age 55 to 60.
- Congenital: it rarely occurs, and may manifest itself during or after birth.
- Traumatic: results from an injury or contusion.

Other possible causes include family history, medical problems (such as diabetes), injury to the eye; medications (especially steroids); long-term, unprotected exposure to sunlight; and previous eye surgery.



The speed with which cataracts develop will depend on each person. A thorough eye examination can detect the presence and progress of a cataract. There are no medications, dietary supplements, exercises or optic devices that have been proven to prevent or cure cataracts.

The only available treatment to cure this condition is through a "Cataract Removal with Intraocular Lens Implant" surgery. Surgery should be considered when the loss of vision interferes with daily activities. It is not true that cataracts have to "ripen" before they can be removed.

Surgery consists of removing the opaque crystalline of the eye and restoring its focus through a permanent intraocular lens. These outpatient surgeries are usually performed without any complications.

Your ophthalmologist can help you decide if surgery is recommended for you. Although cataracts are a common cause of bad vision, they are relatively easy to treat.

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Donation to the Mindo School/Orphanage (Ecuador)

At the beginning of 2007, BUPA made a donation to Centro Casa de la Caridad, an orphanage in Penipe, Ecuador, to help them improve their facilities.

We recently traveled to the town of Mindo to visit another school and orphanage that is also being helped by BUPA. The purpose of the trip was to get an overview of the water quality and the measures needed to maintain its standards.

An inspection concluded that the municipal water supply is clean, but the storage tanks are not in good condition,

thus contaminating the water. The children's health could be affected if no immediate measures are taken.

Thanks to an initial donation from BUPA, a project has been launched to solve the water issues. Some of the recommendations that will be addressed include cleaning and repairing the storage tanks, replacing the equipment, and installing a water purification system.

The project is expected to be completed within the next few months. We will keep you updated on its progress.

