

Health Newsletter

-Generali China Life

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Historical Newsletters

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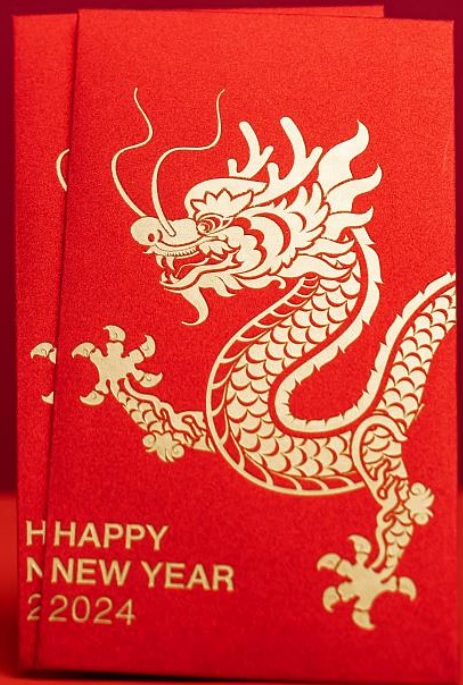
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2024 Make a Healthy New Year's Resolutions Stick

New Year is the time when many people resolve to accomplish big things – say, run a marathon or lose 10 pounds – then watch those noble intentions melt away before the winter snow. Is there a better way to make our resolutions stick?

Here are some of their achievable ideas:

Finish Your Annual Check-up

If you haven't been to your check-up that's a good way to start the new year, check your numbers, things like blood pressure, blood sugar and cholesterol, and make a plan for any of the numbers that need attention.

Don't say "exercise." Just move.

If you're intimidated by the gym or you don't have an hour or two to burn there, just do something to be active, with only 10 to 15 minutes a day can help keep the heart attack away.

DASH to a healthier diet.

Bookstores and websites are packed with diet and nutrition advice, but the best eating pattern for heart health is the DASH (Dietary Approaches to Stop Hypertension) diet, that diet is high in non-starchy vegetables, fruits, whole grains and legumes, and it's low in salt, added sugar, tropical oil, alcohol and processed foods.

Think fiber.

It may not make a lot of New Year's resolution lists, but boosting dietary fiber does a lot of good. It's been proven to reduce the risk for heart disease, it reduces the risk for diabetes, it improves cholesterol, which is another way to reduce your risk for heart disease and stroke, and it's a significant reduction in the risk for colon cancer.

Don't overthink.

We all have stress, but we need to manage it, find one thing that helps you manage stress – whether it's being with your pet, listening to music, taking a bath, meditating, prayer, decompressing with your loved ones – and find five minutes a day that helps you do that.

Don't go it alone.

Find a buddy to help you engage with your health and you'll be more consistent, do things you enjoy doing, make it fun, and throw in a little activity.

Resolve not to lose your resolve.

Part of success is understanding there will be peaks and valleys in the journey, the biggest thing is to stay encouraged and keep moving forward every day.



Take Care Your Health During Spring Festival

During the traditional Chinese New Year, the Chinese tradition during Spring Festival is to wish the whole family to be at good health and happiness. However, during this holiday, we can often see a surge in medical visits due to unhealthy lifestyle or overeating during the holiday, as well as irregular rest schedule. These diseases during Spring Festival include gastrointestinal diseases, hypertension, hyperlipidemia, diabetes, pancreatitis, etc.

For everyone to have a healthy holiday, we need to pay attention to a healthy diet and regular lifestyle, maintain a happy mood and enjoy this wonderful holiday.

Here are some healthy eating and lifestyle tips for the Spring Festival holiday:

1. Balanced diet: During the Spring Festival, we should not eat too much animal protein. It is recommended to eat more fresh vegetables and fruits, such as broccoli, carrots, apples, oranges, etc. At the same time, proper intake of whole grains, meat, eggs, milk and other foods is required to ensure balanced nutrition. Don't overeat and drink too much.

2. Maintain a regular diet and lifestyle: During the Spring Festival, our life rhythm may change, but we still need to maintain a regular diet, living and sleep time. Try to keep your sleep time and get up time consistent every day to ensure adequate sleep time, which allows your body to recover and adjust better. If there is a custom in your place to sleep late, you can adjust your sleep and rest time appropriately.

For example, if you go to bed 3 hours later than usual, then you should get up 3 hours later the next morning and adjust your bedtime later than usual at the next night. Sleep later for 2 hours and get up 2 hours later the third morning. You are advised to make plan and adjust back to your normal schedule before you return to work. This not only ensures sufficient sleep time, but also satisfies everyone's holiday entertainment traditions and habits.

3. Pay attention to food hygiene to avoid gastroenteritis: During the Spring Festival, we may have many dinner parties and banquets. We must pay attention to food hygiene to avoid food poisoning and other related problems.

- **Food selection:** During the Spring Festival, we must choose fresh, clean, and hygienic food, and try to avoid eating expired, spoiled, and rotten food.

- **Food processing:** Try to avoid raw and semi-raw food, such as sashimi, oysters, etc. At the same time, pay attention to the cooking time and cooking temperature to ensure that the food is cooked thoroughly to avoid problems such as food poisoning.

- **Preservation of food:** Pay attention to the preservation of food and try to avoid long-term storage and repeated heating.

- **Cleaning of tableware:** Avoid using dirty, broken or old tableware. Some other problems, including moisture and contamination of tableware.

4. Drink more water: During the Spring Festival, due to the low temperature and low air humidity, we are prone to have dry mouth. Therefore, we should drink more water to maintain the body's water balance



5. Appropriate exercise, which can improve our immunity and keep you energetic. Recommended outdoor sports include: walking, jogging, Tai Chi, etc. If the weather condition is poor, you can also do some simple exercises at home, such as yoga, Pilates, etc. Here are some specific suggestions:

- **Take a walk:** Choose some proper places to take a walk, breathe some fresh air, and relax yourself.
- **Jogging:** Jogging can enhance your cardiopulmonary function and improve the body's metabolic level.
- **Practice Tai Chi:** Choose a park or square to practice Tai Chi, which can enhance your body's flexibility and balance.
- **Yoga:** Perform some simple yoga exercises at home, such as lotus pose, tree pose, dog pose, etc., which can enhance the body's flexibility and balance.

If you have eaten too much, here are some ways to alleviate the discomfort: Lie down quietly on the bed or chair and don't move around. Let your stomach digest the food slowly in a relatively stable and comfortable state. Do not exercise vigorously as it can be very harmful to the stomach. You can use medication to speed up the digestion of food but remember to consult your doctor first. If you have eaten too much during a meal, it is best not to exercise immediately.

At this time, you can sit still and massage your abdomen appropriately to promote gastrointestinal motility. After about half an hour, you will feel less uncomfortable than before.

Here are some tips to take care of a drunk person:

Check that they're safe: Ask them how much they've had to drink. Knowing what they had to drink and how much of it can help you decide what the best course of action is. If they're incoherent and unable to understand you, it could be a sign of alcohol poisoning. Get them to a hospital as soon as you can. If you've been drinking, do not drive. Call an ambulance or have a trustworthy sober person drive you and the drunk person to a hospital.

Make sure they sleep it off safely: If they're sleeping, make sure they're lying on their side with their head turned to one side. This will help prevent them from choking on their own vomit if they vomit while sleeping. If they're not sleeping, encourage them to rest and stay hydrated by drinking water or other non-alcoholic beverages.

Help them sober up: Drinking water or other non-alcoholic beverages can help them sober up. Eating food can also help absorb the alcohol. However, do not give them coffee, cannabis (marijuana), or any other substances as a way to sober up. These substances can make the situation worse.



Series of Physical Examination Interpretation: Lung Nodule

Most of employees will complete their annual physical checkup at the beginning or end of every year. Colleagues and friends often ask me for the advice about their medical indicators from examination report. In order to help clients understand the common physiological indicators in the physical examination report and the health meanings scientifically and correctly, we will launch a series of popular science articles on the interpretation of physical examination indicators in future. In recent years, pulmonary nodules found during the physical examination are more and more common, and today let us talk about the pulmonary nodules.





What are pulmonary nodules?

Pulmonary nodules are abnormal tissues that form in the lungs and can appear as spot or coin on X-ray or CT scan. **Pulmonary nodules can be single or multiple to be identified and about 95% of lung nodules are benign.** In medicine, pulmonary nodules are less than 3 centimeters or 1.2 inches in diameter. Chest X-rays can detect lung nodules larger than 1 cm, and CT scans can detect nodules smaller than 1 cm. Almost half of the people are found to have lung nodules during routine chest X-ray or CT examination. It can be divided into the solid pulmonary nodules and subsolid pulmonary nodules (pure ground glass nodules and partial solid nodules) according to the density of pulmonary nodules in China.

What are the causes of benign pulmonary nodules?

When an infection or disease inflames lung tissue, granuloma will develop locally. The granuloma will be calcified or hardened over a period of time, and eventually lead to lung nodules. **Common causes of noncancerous lung nodules include:**

- Air pollution or air irritation
- Autoimmune diseases such as rheumatoid arthritis and sarcoidosis
- Fungal infection
- Respiratory infections such as tuberculosis
- Scars from surgery or previous infections



Risk Factors for cancerous lung nodules?

- Smoking
- Over 65 years of age
- Family history of cancer
- Receive chest radiation therapy.
- Previous exposure to asbestos, radon gas or second-hand smoke

Common symptoms of pulmonary nodules?

Small lung nodules are less likely to cause symptoms, and coughing, wheezing, or difficulty breathing may occur if the nodules oppress the airways.

If you have any of the following symptoms, seek medical attention as soon as possible:

- Chest pain
- Coughing up blood
- Easy fatigue
- Hoarse voice
- Loss of appetite and unexplained weight loss.
- Recurrent respiratory infections, such as bronchitis or pneumonia.

Examination and diagnosis methods of pulmonary nodules?

If you have lung nodules, your doctor may recommend the medical follow-up.

Within 6 to 12 months, you may need receive the CT scan again. Lung nodules that do not change significantly within two years are likely to be benign. Other examination methods of pulmonary nodules include:

- **Bronchoscopy**
- **CT scan guided biopsy**
- **Positron emission tomography (PET) scan**

How to treat lung nodules?

The small and non-cancerous lung nodules usually do not require treatment. If there is pulmonary infection existing, you may need to be treated with antibiotics or antifungal drugs. If the lung nodule continues to grow and cause the complications or considered as malignant, surgery may be considered. Types of surgery include:

- **Video-assisted Thoracoscopic Surgery (VATS)** : A minimally invasive procedure that is less invasive, less risky, and faster than traditional open-heart surgery.
- **Thoracotomy**

Make the Outdoor Exercise Safely in Winter

As we know, regular exercise and fitness have many benefits, such as improving heart and lung function, maintaining healthy weight, preventing the chronic diseases, such as cardiovascular diseases, diabetes, some cancer etc., preventing osteoporosis, improving you emotion and so on. However, outdoor exercise become more challenging because of the poor weather, snow and freezing condition on the road etc. in winter. Today, let's talk about the outdoor exercise in cold season. The following suggestions will help you and your family enjoy the outdoor exercise safely and enjoy the fun of exercise in winter.



Safety Tips for outdoor exercise in winter?

Wear proper clothing and equipment

Exercise and fitness in cold ambient circumstances, the priority is to ensure that you are dressed appropriately. **No matter what physical activities you are doing, you need to choose the right clothes.**

- **You should wear the clothing contained three layers**, the inner layer should be moisture wicking materials, such as polyester, nylon or polypropylene and other non-cotton synthetic fiber clothing. It can also absorb sweat and assist the water evaporation.
- The middle layer should be thermal insulation material, such as wool or polyester wool.
- The outer layer should be a windproof and waterproof material, such as a nylon trench coat.
- A suitable cap should also be worn during exercise to help absorb sweat and retain heat. Also, gloves can protect your hands.

Warm up before exercise

- The viscosity of the muscles increases, and the elasticity of the ligaments and the flexibility of the joints are reduced due to the low temperature in cold season. As a result, sports injuries are easy to occur, so we need do the warm-up before exercise.
- **The recommended warm up time of 10 to 15 minutes**, can help accelerate the blood circulation throughout the body and in local tissues, reduce the risks of sports injury. Warm-up exercises such as lunges and squats, arm swings, and core activation may be included before running.
- You should also do cooling down such as stretching after the exercise

Start slowly and make an exercise plan

- Excessive exercise may cause injury, especially if it exceeds your body's capacity. For beginners, you can consult a professional fitness coach, and make a suitable exercise plan and gradually increase the intensity of exercise.
- Please adjust your breathing rhythm properly during your exercise, try to breathe through the nose, the nasal mucosa can help keep warm and moisturize, avoid the stimulation of cold air on the respiratory mucosa and cause discomfort.
- **If you feel much discomfort during exercise, you should stop exercising immediately.** If there is no apparent improvement after the rest, you should seek medical attention as soon as possible.



Common outdoor sports in winter and the safety advice

Walking and running

- Walking and running are the most common outdoor activities in the cold season, and they do not need special equipment or conditions. As long as the weather is good, you can put on your running shoes, athletic clothing (warm clothes) and start your outdoor exercise.
- During the exercise, **it is necessary to pay attention to the safety conditions of the road surface**, such as slippery and freezing so as to avoid accidental injuries

Biking

- Biking is also one common outdoor exercise in winter. You need to ensure the safety conditions on the road during the biking.
- Before you start riding, **you should also warm up and wear the appropriate clothing and safety equipment**, such as a helmet, gloves, windproof and thermal clothing.

Skating

- Skating is one of the common outdoor sports in winter, and it is also desired to warm up, including the limbs, trunk and core before exercise.
- Skates are important and make sure that they fit and support your ankles well so as to reduce the risks of injury.

Skiing

- **Choosing the proper ski equipment is crucial, including ski clothing, ski shoes and helmets.**
- Before you start ski, you should fully learn the terrain of the ski resort, snow quality and weather condition etc. Avoid skiing under the extremely poor weather condition, such as strong wind, heavy snow, extremely cold weather.

- Based on your skiing level, **you should choose the appropriate ski venue and ski trail. Beginners can choose the simple ski trails.** You need to follow the safety regulations during the skiing. You should also control your skiing speed and avoid exceeding your self-control ability. You are advised to keep a safe distance to avoid colliding with others.
- **Maintaining the proper fall posture during skiing can reduce the risks of injury**, and when falling, you should quickly spread your feet outward, land on your hips, and place your hands at your sides or crossed them in front of your chest to lessen the impact to your body. Do not put your arms or wrists on the ground when you fall to avoid the injury risk.
- Please seek medical attention if you feel extreme pain or discomfort after a fall.



A TEASPOON OF SALT & HYPERTENSION

High blood pressure can lead to heart failure, heart attacks, and strokes, because it puts extra pressure on your arteries, it affects the heart's ability to work effectively and pump blood.

Cutting out just one teaspoon of salt from your diet each day can significantly lower blood pressure as good as a first-line medication for hypertension, new research shows.

A single teaspoon of table salt has about 2,300 mg of sodium—the daily upper limit for sodium intake among people ages 14 and over, according to the Dietary Guidelines for Americans. However, the average American consumes about 3,400 mg of sodium each day.



The American Heart Association recommends a daily sodium intake much lower than both, at just 1,500 mg. To decrease sodium levels even lower than the AHA-recommended 1,500 mg, which may be difficult for many, but even lowering sodium intake by a little bit is beneficial—particularly because high blood pressure is the leading cause of death worldwide.

Read on to learn more about how reducing your salt intake can affect blood pressure—and how to easily remove some of the salt from your diet

Dietary Sodium Intake and Blood Pressure

For the new study, researchers examined the impact of dietary sodium intake on blood pressure in middle-aged to elderly individuals. The participants completed one week each of high- and low-sodium diets. The high-sodium diets added an extra 2,200 mg of sodium to their usual diets (just under one teaspoon); a low-sodium diet had approximately 500 mg of sodium, total.

The Survey result shows that participants' systolic blood pressure was lowered by 7–8 mm Hg when they ate a low-sodium diet compared to a high-sodium diet; meanwhile, their systolic blood pressure was lowered by 6 mm Hg on a low-sodium diet compared to their usual diet. The blood pressure reduction of around 6 mm Hg “is comparable to the effect produced by a commonly utilized first-line medication for high blood pressure.

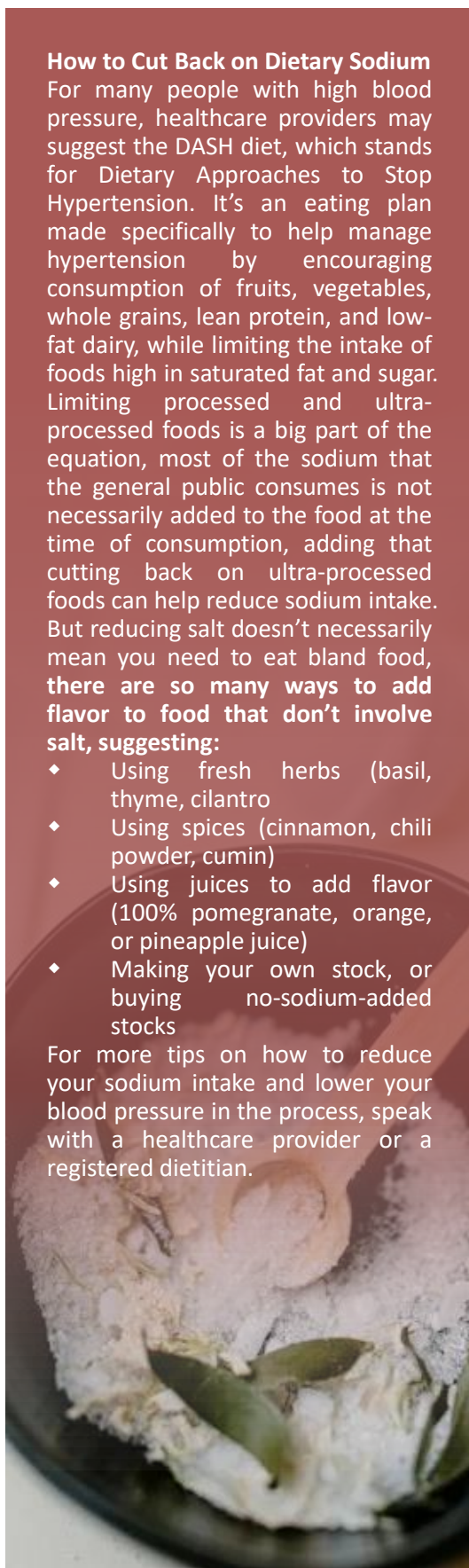
People who were on blood pressure medication still benefitted from the dietary sodium reduction, highlighting that dietary changes don't just impact people who are not taking medication.

How to Cut Back on Dietary Sodium

For many people with high blood pressure, healthcare providers may suggest the DASH diet, which stands for Dietary Approaches to Stop Hypertension. It's an eating plan made specifically to help manage hypertension by encouraging consumption of fruits, vegetables, whole grains, lean protein, and low-fat dairy, while limiting the intake of foods high in saturated fat and sugar. Limiting processed and ultra-processed foods is a big part of the equation, most of the sodium that the general public consumes is not necessarily added to the food at the time of consumption, adding that cutting back on ultra-processed foods can help reduce sodium intake. But reducing salt doesn't necessarily mean you need to eat bland food, **there are so many ways to add flavor to food that don't involve salt, suggesting:**

- ◆ Using fresh herbs (basil, thyme, cilantro)
- ◆ Using spices (cinnamon, chili powder, cumin)
- ◆ Using juices to add flavor (100% pomegranate, orange, or pineapple juice)
- ◆ Making your own stock, or buying no-sodium-added stocks

For more tips on how to reduce your sodium intake and lower your blood pressure in the process, speak with a healthcare provider or a registered dietitian.



A Happiness Plan For The New Year

Another year has just started. You have probably already made plans for this year. They may be related to your career, your family, and your own development and growth. Making plans can help us stay on the right track and achieve our goals and we are motivated to get there by our inner desire for happiness.

Essentially we all want to be happy. However, we often forget about this essential goal when we get swamped with information and distracted by the temporary goals. As said once upon a time: we have gone too far, down to where we had forgotten why embarked. In this article, let's take a step back and have another look at Happiness and explore what we can do to make a happiness plan.



What is Happiness?

Many may simplify happiness as good things coming our way and bad things going away. However we are not living in a vacuum and no one can be spared difficulties and setbacks in life. Positive psychology suggest that true happiness is not just about the pleasures we experience but also inclusive of our resilience when facing challenges.

Former Harvard professor Dr. Tal Ben-Shahar suggests the SPIRE model of happiness, which includes five elements of happiness. They are Spiritual, Physical, Intellectual, Relational, and Emotional wellbeing. Let's take a closer look at these elements and see how they can help us improve our resilience and experience happiness.

Spiritual Wellbeing

Action Plan:

- 1. Simply ask yourself these questions a couple of times day:** am I staying present? Am aware and clear of my goals? Do I find it meaningful and purposeful in my work and personal life?
- 2. Take a purposeful perspective.** Write down one of your work tasks and all the actions that you need to take to complete it, and then think about the meaning and purpose of each action. You may try the following practice to help you:
- 3. Practice meditation to help you stay present and experience happiness.**



- This is important because _____
- I am passionate about _____
- I can help others by _____

Physical Wellbeing

Physical wellbeing and mental wellbeing are interconnected. We look after our physical health by exercising, resting, and recovering. We also keep a healthy diet and experience loving touches. All of these help us maintain physical wellbeing.

Action Plan:

1. Ask questions: am I taking good care of my physical body? Have I given it enough time to rest and recover?
2. Give it a break. Make the most of short breaks. For example, take 10-15 minutes break every hour, have a coffee or go for a stroll. It will help our body to relax for a little bit.
3. Set aside some time every day to do just one thing. We are now getting more and more used to multi-tasking. This actually consumes and wastes a lot of our energy. But if we can focus on one thing only for a period of time, it can help slow us down and regain our attention and concentration.

Intellectual Wellbeing

We need to keep our brain going and learn new things. Research has shown that people who are curious and ask questions and have a desire to learn and expand their knowledge base are happier and healthier. Intellectual wellbeing has something to do with our curiosity. Curiosity will motivate us to explore and go further into a new area and help us stay sharp and switched on. Intellectual wellbeing means that you are more open-minded to face challenges and take failures as valuable lessons.

Action Plan:

1. Ask questions: Do I have the courage to take on challenges? At times of failing, can I maintain curious and be open to what comes next?
2. Apply deep learning. Make time each week and delve into a subject of your choice, study it and research it, take notes where necessary to learn about it. However, remember when it comes to learning, sometimes less is more.
3. Develop a growth mindset. See your life as different stages, knowing that each stage has its own milestone. Stay open and accepting, and keep moving forward.



Emotional Wellbeing

We all have feelings and emotions. When it gets intense and negative, what can we do? How can we get back to the happy and cheerful state? Can we stay happy for as long as possible? Emotions are inevitable and we can't pick and choose what we like and what we don't. However, we can learn about emotions and understand what they are and why we have them in order to achieve emotional wellbeing.

Action Plan:

1. Ask questions: are you emotionally stable? Can you accept negative emotions the way you accept happy and cheerful emotions?
2. Be free to express your emotions. Particularly when you feel negative and

suffer, try crying out loud or talk to someone you trust, or write down how you feel and what you think in the moment.

3. Separate emotions and personality. You can start by changing your statements. For example, replace 'I'm an emotional person' with 'I have emotions'; or change 'I'm a short-tempered person' to 'I feel angry because_____' etc. In doing so, we no longer identify ourselves with the emotions. We are simply human beings who have the ability to experience emotions at different situations and they come and go.





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