

Health Newsletter

-Generali China GBD

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As Summer Deepens, Nurturing Body and Mind

As June unfolds, the essence of summer deepens, and the sun reveals its scorching edge. It is a season of vibrant energy, where all things grow with wild abandon. In these days of rising temperatures and a quickening pace of life, our bodies and minds require an inner steadiness more than ever, allowing us to gracefully navigate the physical toll brought by the changing seasons.

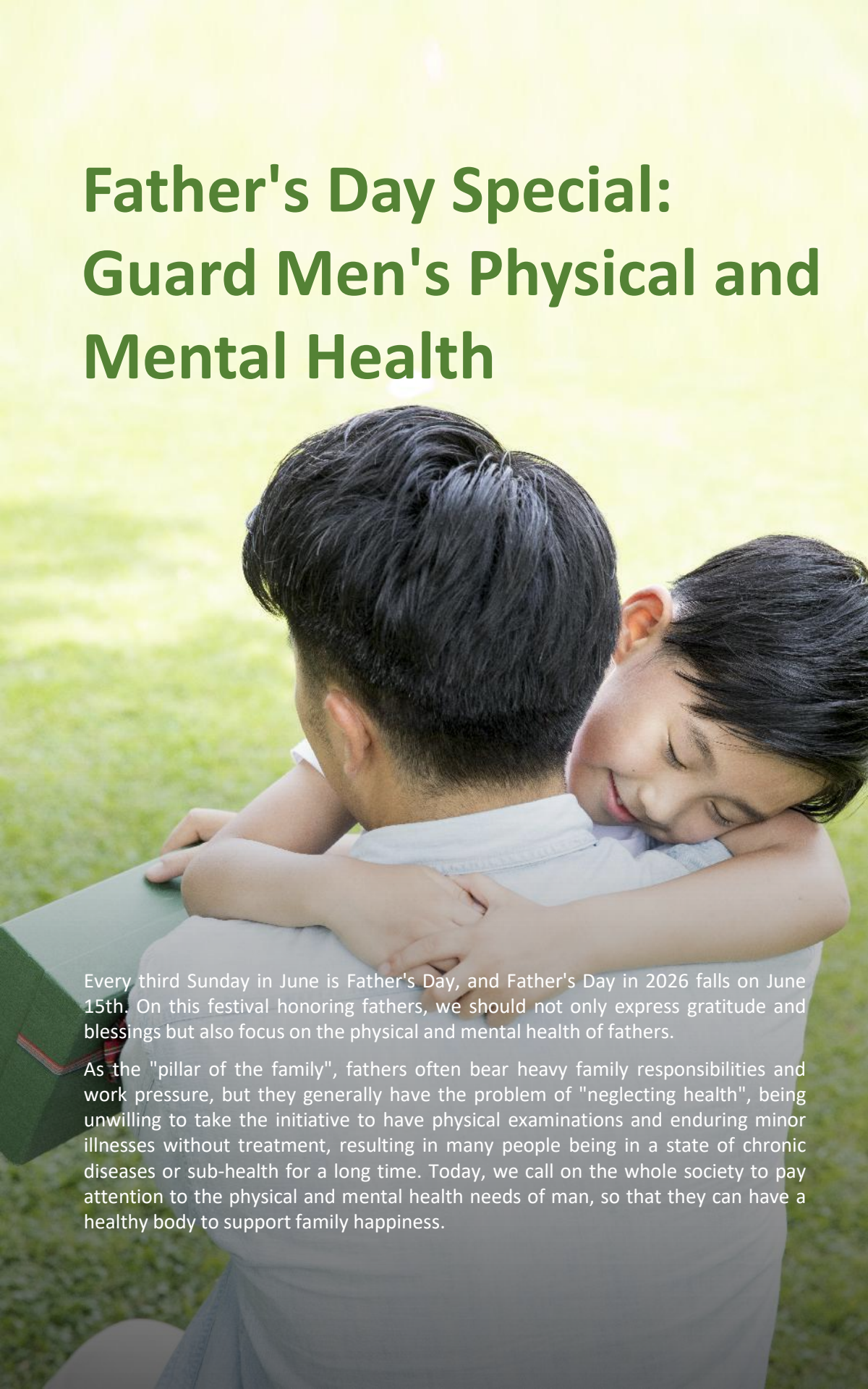
In this issue of Health Monthly, we have tailored an exclusive summer protection guide for you. Addressing the indispensable air conditioning of midsummer, we trace the roots of "air-conditioning sickness" to safeguard your respiratory health. In terms of diet, we introduce the summer wisdom of Traditional Chinese Medicine, seeking to balance bodily functions between cold and heat. Furthermore, amid the ongoing World Cup fever, we have specially compiled tips for staying up late to watch the matches, taking careful care of your cardiovascular and gastrointestinal systems.

June also carries a special warmth dedicated to fathers. In honor of Father's Day, we urge society to focus on the often-overlooked physical and mental well-being of fathers. Concurrently, our psychology column highlights "Father's Role in Parenting." From a scientific perspective, it explores the unique psychological value of a father "stepping up as the main force" in fostering a child's sense of security and spirit of exploration—reminding us that parenting should always be a shared commitment and adventure for both parents.

Health is a continuous practice of adapting to the rhythm of the seasons. May your June grant you both the exhilaration of summer festivities and the calm restraint to protect your physical boundaries. Generali China will continue to stand by your side as we embrace this bright and bountiful summer together.



Father's Day Special: Guard Men's Physical and Mental Health

A photograph of a man and a young boy hugging outdoors. The man is seen from the back, wearing a light blue shirt, and the boy is leaning his head on the man's shoulder, also wearing a light blue shirt. They are in a grassy area with a bright, hazy background.

Every third Sunday in June is Father's Day, and Father's Day in 2026 falls on June 15th. On this festival honoring fathers, we should not only express gratitude and blessings but also focus on the physical and mental health of fathers.

As the "pillar of the family", fathers often bear heavy family responsibilities and work pressure, but they generally have the problem of "neglecting health", being unwilling to take the initiative to have physical examinations and enduring minor illnesses without treatment, resulting in many people being in a state of chronic diseases or sub-health for a long time. Today, we call on the whole society to pay attention to the physical and mental health needs of man, so that they can have a healthy body to support family happiness.

Men's Health Needs and Challenges

Core Health Needs

Taking middle-aged fathers over 40 as the main group, men's core health needs are concentrated in four aspects: chronic disease management, preventive health care, stress relief, and chronic disease screening. However, both men themselves and their family members do not pay enough attention to health. Many fathers adhere to the concept that "Earning money is the primary task", and ignore their health management and families often ignore fathers' health, resulting in weak overall health awareness.

Wellness Cognitive Misunderstandings

The wrong concept of "no symptoms mean no illness" is deeply rooted, making many people give up the opportunity of regular physical examinations. At the same time, busy work and frequent social gatherings have become excuses for "no time for physical examinations", and some people are unwilling to take the initiative to seek medical treatment because of "fear of trouble" and "avoiding medical treatment due to fear of illness".

Common Diseases and Health Problems

Certain diseases are mostly characterized by "concealed early symptoms", such as cardiovascular diseases, tumors, musculoskeletal strains, prostate diseases, etc. When obvious symptoms appear, they have often developed to certain stages, and the difficulty of treatment is greatly increased. At the same time, long-term pressure can also lead to psychological problems such as insomnia and anxiety, which in turn cause decreased immunity, accelerate the illness development.





Solutions and Action Suggestions

Optimize Lifestyle and Healthy Behavior

A healthy lifestyle is the cornerstone against diseases and stay healthy.

- Adjust the diet structure, reduce the intake of high-oil, high-salt, and high-sugar foods, and eat more vegetables, fruits, whole grains, and high-quality protein
- Quit smoking and limit alcohol, smoking is an important incentive for lung cancer and cardiovascular diseases, and excessive drinking will damage the liver and cardiovascular system
- Do a good job in weight management to avoid metabolic syndrome caused by obesity
- Maintain a regular schedule, avoid staying up late, stay away from electronic products such as mobile phones 1 hour before going to bed, and improve sleep quality

Meanwhile, smart devices can be used to assist in health management, such as using smart watches to monitor heart rate, blood pressure, and sleep data, and generating personalized diet and exercise plans through health APPs, making health management more convenient and efficient.

Family support is an important motivation for men's health management:

- Family members accompany their fathers for a 30-minute walk every day, which can not only enhance feelings but also drive exercise
- Cook low-salt and low-fat family meals together to create a healthy eating atmosphere
- Take the initiative to supervise fathers to quit smoking and limit alcohol, and give encouragement and tolerance.

Adhere to Regular Physical Examinations

Regular physical examinations are the key to detecting early diseases and to achieve early detection, early diagnosis and early treatment of diseases.

- It is recommended that men under 40 without chronic diseases or tumor family history have a basic physical examination every 2 years, including blood routine, urine routine, liver function, kidney function, blood lipids, blood sugar etc.;
- Men over 40 have a comprehensive physical examination every year;
- Men over 50 need to add special screenings under the guidance of doctor, such as prostate-specific antigen (PSA) testing, low-dose chest CT, gastrointestinal endoscopy, etc.

Pay Attention to Personal Changes and Seek Medical Treatment in Time Without Delay

Men should take the initiative to pay attention to their own physical signals. When experiencing discomfort symptoms such as chronic fatigue, persistent pain, dizziness and palpitations, abnormal urination, see a doctor in time to avoid minor illnesses turning into major ones. At the same time, we should pay attention to psychological regulation, relieve pressure through communication with family members and developing hobbies, and maintain a positive and optimistic attitude.



Health Tips During the 2026 World Cup

The 2026 FIFA World Cup in the USA, Canada, and Mexico will kick off on June 12th, lasting for approximately 40 days. This football feast will attract the attention of fans worldwide.



For Chinese fans, due to the time difference, some exciting matches are scheduled late at night or in the early morning locally. More importantly, many regions in China enter a period of high temperature and humidity in June. Staying up late to watch games disrupts the original schedule, and when combined with the impact of high temperatures, it will significantly amplify the negative effects on the body, making health protection an indispensable consideration.

Increased Burden on the Cardiovascular System:

Staying up late already fatigues the body, and coupled with emotional excitement as the game progresses, it leads to sustained activation of the sympathetic nervous system, directly causing an accelerated heart rate and a sharp rise in blood pressure. This not only causes discomfort such as palpitations and chest tightness but may also induce cardiovascular emergencies.

- Control viewing emotions and avoid excessive excitement or anxiety; calm emotions through simple actions such as deep breathing to reduce sympathetic nerve stimulation;
- Hypertensive and heart disease patients should take medication as prescribed by doctors in advance, prepare first aid drugs when watching games if needed,
- If symptoms such as palpitations, chest tightness, or dizziness occur, rest in bed, and seek medical attention if no obvious relief.

Increased Thrombosis Risk: When staying in air-conditioned rooms for a long time, fans are likely to forget to hydrate due to focusing on the game, leading the body to a state of occult dehydration; at the same time, prolonged sitting still makes lower limb blood circulation almost stagnant. The combined effect of these two factors will increase blood viscosity and raise the risk of venous thrombosis.

- Regularly drink water and supply water to body, avoid iced water or high-sugar drinks; ensure daily water intake is not less than 1500ml;
- Get up to move every 30-40 minutes, do exercises such as tiptoeing, toe curling, and squats to promote lower limb blood circulation; walk back and forth indoors for 3-5 minutes or do simple stretches during halftime;





Neurological and Emotional Issues:

Staying up late disrupts the body's biological clock, leading to endocrine disorders, which in turn cause problems such as drowsiness during the day, lack of concentration, and decreased memory. At the same time, insufficient sleep also affects emotional regulation ability, making people more prone to negative emotions such as anxiety and irritability, which impacts daily life and work.

- Drink 1 cup of light coffee or tea to refresh during the day (avoid drinking after 3 pm); do 5 minutes of eye massage and head stretching during work intervals to relieve fatigue;
- When negative emotions arise, release pressure by listening to soothing music, communicating with family and friends, etc.; avoid excessive entanglement with game results and maintain a calm attitude.

Increased Digestive Tract Burden: When watching games late at night, many fans will pair them with high-fat and high-sugar late-night snacks (such as fried chicken, barbecue, instant noodles) and iced beer. Such foods will sharply increase the digestive burden on the gastrointestinal tract. In addition, under high-temperature conditions in summer, food safety hazards increase, making it more likely to cause digestive tract discomfort such as bloating, acid reflux, and acute gastroenteritis.

- Choose low-fat, low-sugar, and easy-to-digest foods such as nuts (almonds, walnuts), fresh fruits, sugar-free yogurt, and whole-wheat bread; avoid fried, grilled, and spicy foods;
- Eat late-night snacks between 21:00 and 22:00, control the amount to 70% full, and avoid eating while watching; do not drink iced beer or iced drinks, and use sugar-free soda with lemon slices or warm honey water as alternatives;
- When ordering takeout, choose merchants with a high rating and good reviews; after receiving takeout, check the integrity of the packaging, food temperature, and smell, and refuse to eat if suspected of deterioration; ensure fresh ingredients and separate raw and cooked handling when making homemade late-night snacks.

Why Does Air Conditioning Make Me Cough?

You know the feeling: You turn on the air conditioning on a hot summer day and suddenly find yourself sniffing, coughing, or sneezing. You wonder to yourself, “Could I be allergic to the AC?”

The short answer is no. However, you can be allergic to the quality of the air circulating through your air conditioning unit.



Causes of air conditioning sickness symptoms

While your air conditioning isn't what's making you sick, it can circulate air contaminants that are the root of your issues. The unit itself may even house the problem.

If you start to feel unwell when you turn on the air conditioning, several airborne allergens could be to blame. Air conditioning units can also spread bacteria and viruses.

Biological contamination can cause allergic reactions, including hypersensitivity pneumonitis, allergic rhinitis, and asthma.

In large buildings, toxins released by microorganisms that live in the ventilation system can affect people. Symptoms of reactions to air contamination can include: sneezing, coughing, tiredness, dizziness, fever, shortness of breath, watery eyes, digestive issues.

Older people, children, and those with existing respiratory issues are more susceptible to the effects of airborne contaminants.



Pollen: Many people are allergic to various types of pollen. Pollen comes from plants and can be found inside buildings. It can get inside through open doors and windows, but it can also be tracked into buildings on shoes or clothes. Pollen particles are usually large enough to settle onto surfaces, but can be disturbed by air flow and stay suspended in the air for hours. An effective way to decrease indoor levels of pollen is to keep windows and doors closed.

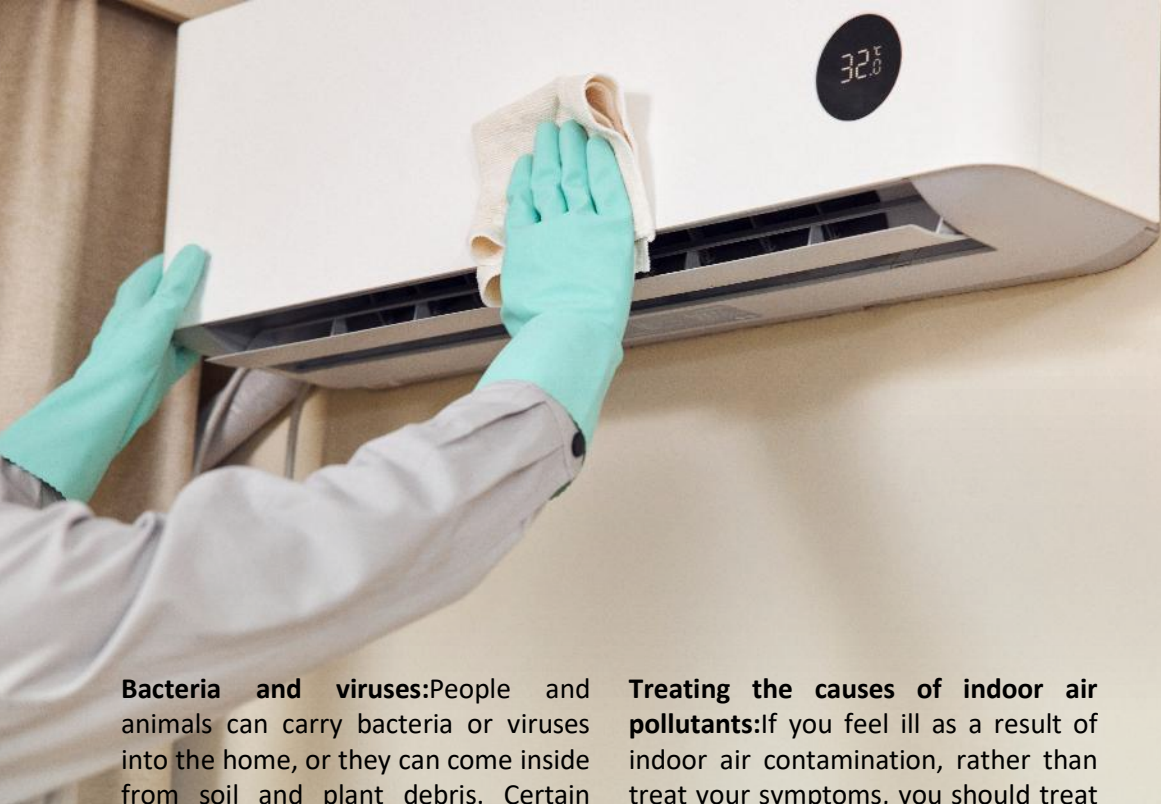
Dust mites: Dust mites feed primarily on human skin and are commonly found in homes or other buildings. They can breed inside your air conditioner. These organisms like to reproduce in warm, damp conditions. According to Berkeley Lab, 40 to 50 percent maintained relative humidity decreases dust mite prevalence.

Pet dander: Pet dander contains proteins to which some people are allergic. It's possible to develop an allergy later in life. Pet dander can go airborne, and your AC unit can circulate the dander, resulting in allergy symptoms. Dander can be minimized by washing your pets regularly. If this doesn't help, you may want to consider medications like allergy shots.

Mold and mildew: Your air conditioning unit may be a breeding ground for mold and mildew. These organisms flourish in damp environments. If your AC unit has a damp or wet cooling coil, humidifier, or condensate pan, you can develop a mold or mildew problem.

Mold and mildew can release toxins that cause an allergic reaction or even disease.





Bacteria and viruses: People and animals can carry bacteria or viruses into the home, or they can come inside from soil and plant debris. Certain bacteria and viruses can be transmitted through the air. Your air conditioning unit could circulate them, causing you to become ill. Airborne bacteria and viruses include: influenza, measles, chickenpox, legionella, staphylococcus.

Pollution: Air pollution is often thought of as something you find outdoors, but air pollution is also commonly found inside. It can cause coughing, aggravate asthma, and decrease lung function. Consider an air purifier or purifying plants for indoor air pollution.

Volatile organic compounds (VOCs): VOCs are the result of off-gassing chemicals. They can come from a range of products including household cleaning supplies. Your air conditioning unit can circulate these toxic gasses, especially if cleaned with these products. Review the cleaners that you're using and look for safe alternatives.

Treating the causes of indoor air pollutants: If you feel ill as a result of indoor air contamination, rather than treat your symptoms, you should treat your home:

- Replace your air filters. (HEPA filters can remove 99.9 percent of particles above a certain size.)
- Clean registers and return vents (the intake and output vents).
- Clean the ductwork below or above your home.
- Clean dust and debris, including around the outdoor AC unit.
- Keep an eye out for mold, and remove it promptly.
- Get an air purifier.
- Control the relative humidity in your home to block the growth of biological organisms.
- Remove any standing water, water-damaged materials, or wet surfaces to prevent the growth of mold, mildew, bacteria, and mites.
- Have your air conditioning ducts professionally cleaned.

Cold urticaria: Most issues that come from air conditioning are the result of airborne contaminants. However, in some rare cases, the cold air from air conditioning can cause skin reactions. In one documented instance, a woman developed hives when her co-workers turned on the air conditioning. The condition that causes this is known as cold urticaria: Exposure to cold temperatures results in hives appear on the skin within minutes. In some instances, cold urticaria can cause swelling. Another severe reaction to this condition is anaphylaxis, which can result in fainting, heart racing, the swelling of the limbs or torso, and shock. The worst cases of cold urticaria occur when there is full skin exposure to cold. Swimming in cold water can be life-threatening for those with cold urticaria, as it can result in low blood pressure, fainting, or shock. Symptoms of cold urticaria range from minor to severe, and this condition most often occurs in young adults. It's recommended that those with cold urticaria protect their skin, avoid exposure to cold air or water, and avoid contact with cold items or surfaces. Damp and windy conditions can cause symptoms of this condition to flare. If you experience a skin reaction after cold exposure, even if the reaction is mild, talk to a doctor. Seek medical help if you experience anaphylaxis or have difficulty breathing.

While it may seem as if you're allergic to your AC, you're most likely just having a reaction to air contaminants being circulated by the unit. There are a number of possible things that can cause airborne contaminants in your home, but there are also ways to minimize these allergens. In rare cases, a reaction to air conditioning can be from a condition known as cold urticaria. If you suspect you may have this condition, talk to your doctor.



A young girl with dark hair, wearing a wide-brimmed straw hat and denim overalls over a white shirt, is smiling and holding a large bunch of fresh green lettuce. She is standing in a field of similar lettuce plants, with a blurred green background of trees and foliage. A semi-transparent green circle is overlaid on the lower half of the image, containing the title and text.

A Traditional Chinese Medicine Look at Summer Foods

Have you ever thought about looking at foods from a different perspective? Traditional Chinese Medicine (TCM) was founded on centuries of observing nature and the human body's reactions to trying different things, which is the very essence of science. TCM emphasizes the consumption of local, seasonally available foods for better health. Grocery stores abound with foods from every corner of the world – goji berries from the Himalayas, papayas from Belize, coconuts from the Philippines, avocados from Mexico, and so forth. These foods are all healthy produce that I often recommend to my patients for various reasons but, from a TCM perspective, imports should not comprise the bulk of your diet. One reason is that farmers have to harvest them before they are ripe, to allow time for packaging, shipping, and shelving. If you have ever travelled to a country where you can try a tree-ripened, fresh, local banana, then you know that there is a world of difference in taste when compared to one bought from your local grocer.

TCM also believes that Mother Nature has provided the right kind of food for the right kind of environment. If the weather is cold, then warming and nutrient-dense root vegetables are best. Hot weather that makes you sweat calls for cooling and water-filled cantaloupe, watermelon, and cucumber. If you live in an area that is too cold for the year-round growth of vegetables, you're not off the hook; you will need to eat some imports. Abundance of fruits and vegetables is not usually an issue in the summer in most places. Perhaps that is one reason why summertime is such a popular season. You get to eat more berries and cherries, beans and broccoli, peaches and peppers, tomatoes and potatoes, and the most summery food of all – watermelon.

Summer in Canada also brings warmer – sometimes sweltering hot – weather that makes many of us crave icy cold food and drinks. I'm sorry to say it, but TCM is particularly opposed to ice cream. Knowing that favourite foods are hard to give up, TCM offers some healthier substitutions for ice cream, such as frozen slices of peaches, frozen grapes, and healthy homemade fruit shakes. As always, it is important to pay attention to how you feel when you eat certain foods. Maybe a small amount of coconut ice cream makes you feel happy and your body can handle the occasional treat, so enjoy.





On the other hand, maybe eating too many raw and cold foods causes you to feel cold, sluggish, and bloated. If this is the case, you may need to continue to ingest a balance of warm foods even when the outside temperature climbs. For example, try adding sliced ginger or some warming cinnamon to your cold fruit shake. Keep steaming your vegetables and continue to have soup. Miso soup is easy to make and is a nice balance of cooling foods (miso, tofu, seaweeds) with a warm temperature.

If you are unsure which foods are warming and which are cooling, think of how you feel when you eat them. Peppermint is cooling; cayenne is heating. Think as well of the colour of the food. Green and blue foods tend to be more cooling, while orange, red, and yellow foods are generally more warming. Foods that grow below the ground are inclined toward warming the body, while those growing above tend to cool us off; however, these are guidelines, not hard rules.

If you are not sure what foods are seasonally available where you live, try visiting a local farmer's market or check out www.eatwellguide.org. You can also ask your local Traditional Chinese Medicine doctor for some advice on foods that best fit your personal profile. To cool down this season, the TCM summer food diet might be just what you need!

Beyond "Helping Out": How a Father's "Active Presence" Reshapes Family Happiness

A Father's Responsibility: Not "Helping Out," But a "Core Duty"

In our society, there has always been an invisible dividing line regarding the role of the "father"—"mom taking care of the baby" is expected, even "so expected that it doesn't need to be seen"; whereas "dad taking care of the baby," even if just for a short period, often earns praises like "the good dad next door" and "amazing".





When fathers put on a baby carrier and push a stroller down the street, they always garner countless envious glances and compliments, and might even be promoted as "role models". Yet, the day-in and day-out toil of mothers rarely becomes a topic of conversation, much less receives a "you've worked hard".

Many people are used to saying "Dads should help moms out more with the kids," but if you think about it carefully, this sentence itself reveals a bias in parenting responsibilities—"taking care of kids" seems naturally to be the mother's duty, while the father's contribution is viewed as an extra "bonus point" rather than an expected family obligation.

In fact, a father's role is not just about 'helping out,' but being the 'main force' in the family. Raising a child is a journey that should be shared by both parents; neither is the sole "protagonist," and neither should be the "behind-the-scenes" supporting actor.

This "division of labor inertia," deeply rooted in social consciousness, causes many families to unconsciously drift toward inequality when allocating responsibilities. Consequently, many mothers bear more invisible pressure and emotional labor, while fathers, even if willing to participate, are sometimes misled by surrounding voices saying "you are already doing great," ultimately making it difficult to form genuine family cooperation.

More importantly, if a father only Responsibility is not "occasional participation," but "shared steadfastness". Only when the father truly becomes a "core player" in parenting can the mother's pressure be genuinely seen and shared, and the child can grow up freer and more confident under the "gaze of dual love".

A Father's Involvement Through a Scientific Lens: The Key Variable in a Happy Family

In recent years, the father's role in parenting has increasingly become the focus of family and social attention. In reality, the proportion of children under 3 years old cared for primarily by their mothers remains as high as 63.7% (All-China Women's Federation, 2021), and paternity leave in most regions falls far below international standards. Traditional concepts and structural barriers have limited fathers' deep involvement.

Modern family systems theory and life cycle theory (Family Therapy, translated by Fang Xiaoyi et al., 12th Edition) point out that during the stage when a family has young children, only when both spouses jointly adjust their interactions and division of responsibilities can they achieve the healthy development of marriage and family functions. Meanwhile, in the fields of clinical psychology and psychoanalysis, a father's "presence" is endowed with unique psychological significance.

American psychoanalyst Michael J. Diamond, in his representative work *My Father Before Me*, emphasizes—based on over 30 years of clinical research and practice—that a father is not merely a "symbol of discipline" or a "breadwinner," but an important source of a child's sense of security, self-identity, and spirit of exploration.

Diamond believes that a father's sensitive, reliable, and emotional "authentic presence" can provide the child with a "second temperament attachment," helping them develop independence, curiosity, and social adaptability. This kind of paternal love is not just a behavioral contribution, but a deeper level of psychological support and role modeling—the father's acceptance and empathy grant the child both the courage to freely explore when facing the world and the confidence to self-heal when encountering setbacks.



A vast amount of domestic and international empirical research also confirms that a father's positive cognitive and behavioral adaptation not only reduces the mother's stress and increases marital satisfaction but also promotes children's emotional maturity and social development (Mallette et al., 2015; Cowan & Cowan, 1995).

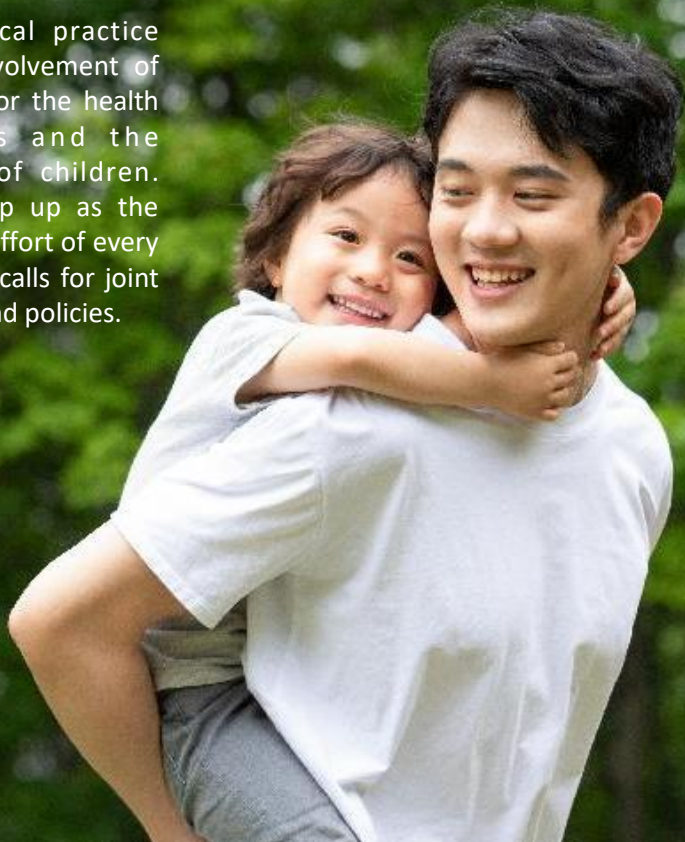
However, in reality, fathers still face multiple challenges during their identity transition, including role identity conflicts, work-family balance issues, and a lack of social support. Only 34.6% of new fathers actively participate in parenting support activities, far lower than mothers (Gao Wen et al., 2020). This "absence" not only exacerbates the pressure on mothers and families but also causes fathers and children to miss out on precious opportunities to grow together.

Both science and clinical practice remind us: the deep involvement of fathers is indispensable for the health of modern families and the psychological growth of children. Enabling fathers to "step up as the main force" requires the effort of every family member, and also calls for joint promotion from society and policies.

5 Practical Family Suggestions to Encourage "Genuine Involvement" from Fathers

Clarify the Division of Labor

Don't Wait to "Lend a Hand" Who is responsible for what in the house? The best method is—write it down and stick it on the fridge! Stop asking "what help is needed," and instead directly "assign" trivial tasks like changing diapers, waking up at night, bathing, putting the baby to sleep, buying milk, and seeing the doctor to specific people. Dads can choose their own "main" tasks and stick to them every day until they become a part of life.





Establish "Dad's Exclusive Time"

Set aside 1-2 fixed time slots every week for the dad to take care of the child independently, whether it's going for a walk, heading to the supermarket, reading picture books, or keeping the child company while doing a household chore. The mom doesn't need to remote-control or "evaluate," just leave it entirely to the dad. Even if it's a bit chaotic at first, the process is more important than the result. This not only increases intimacy between the father and son/daughter but also allows the mother to truly "zone out" for a while.

Synchronize Upgrades in Parenting Knowledge

Dads can proactively subscribe to 1-2 parenting science accounts or family podcasts, and communicate

with their partner once a week about "this week's new parenting insights"—such as how to deal with the child's recent temper tantrums or the latest advice on scientific parenting. Families with the means can sign up for "Father Growth Groups," either online or offline.

Emotional Confession and Stress Mutual Assistance Mechanism

Schedule a small family meeting every week where moms and dads each share "the hardest thing this week" and "a moment they were grateful for the other person". It doesn't require a long speech; even a simple "thank you for putting the baby to sleep last night" or "I was so tired this week" is a hundred times more effective than keeping it bottled up.

Allow the Dad to Go "From Novice to Expert"

It is inevitable to be unskilled when first starting out, and the whole family should jointly tolerate and encourage "minor mistakes" when they occur. Sometimes when the dad messes up—putting the diaper on backwards, putting the child's clothes on inside out, or forgetting to bring wet wipes—never blame him or have "mom take over"; instead, guide the child and the dad to solve the problem together. This is an opportunity for intimacy and growth.

Parenting is never a one-person show, but an adventure and growth shared by both parents. A father "stepping up as the main force" is not a bonus point, but the fundamental baseline for a happy family. Regardless of who is the "main force" in your family right now, you can try to make responsibilities more fluid and add a bit more understanding and support. Every actively participating dad will add a touch of tenderness and strength to the lives of their child, their partner, and even themselves.





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