

Health Newsletter

-Generali China GBD

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Previous Health Newsletter



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August Ease: Caring for Body and Mind

August is still warm, yet the mornings and evenings begin to carry a hint of autumn. Cicadas continue their lively chorus, while an occasional breeze brings welcome relief. Some are setting off on summer journeys, others are enjoying the comfort of air-conditioned spaces, and still others are taking the opportunity to reset their diet and daily routines. In this issue of Health Monthly, we invite you to begin with the little things and care for both body and mind.

Summer travel calls for safety as well as enjoyment. Checking the weather, packing essentials, and paying attention to food hygiene and physical well-being can help make every journey safe and pleasant. Air conditioning offers much-needed relief from the heat, but temperature settings, ventilation and usage time all matter if we are to stay comfortably cool.

Low back pain is a familiar concern for many. Rather than simply enduring the pain or resorting to prolonged bed rest, it is better to understand it properly and gradually restore ease of movement through appropriate activity and rehabilitation. For those interested in weight management, we also take a closer look at the popular “30/30/30 morning routine” to explore the thinking behind it and how it may be approached sensibly.

August also brings the Qixi Festival, a celebration of love and companionship. Whether two people are truly compatible is not always a question that needs an immediate answer. Sometimes, watching a film together can reveal something through the choice of movie, the conversation that follows, or even the silences shared. May we take the time to understand those beside us while remaining attentive to our own feelings.

GCL wishes you a cool and peaceful summer, with comfort in body and ease in mind.



Outdoor Travel and Sports Safety

People love outdoor sports this season, with activities such as mountain hiking, wilderness camping, and outdoor cycling. However, the seasonal characteristics of high temperatures and heavy rainfall also increase safety risks, e.g. flash floods, mudslides, snake bites, and cycling accident. Without adequate risk awareness and emergency response capabilities, these events can pose a direct threat to life. Therefore, enhancing safety awareness and mastering essential hazard avoidance and first-aid skills are critical.



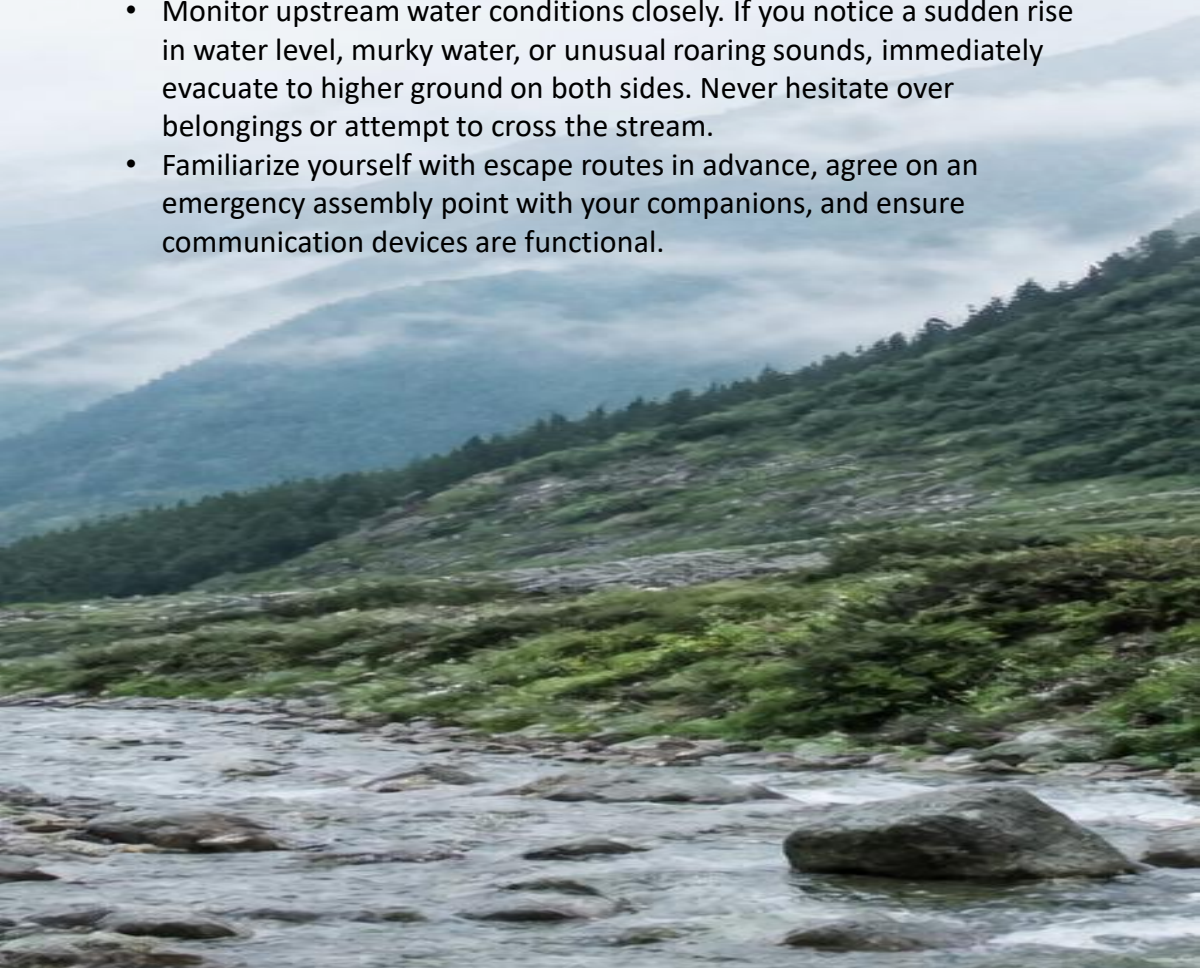
Major Health Risks and Countermeasures

Mountain Natural Disasters: Flash Floods and Mudslides

Summer rainfall is concentrated, making mountains prone to flash floods and mudslides. When tourists stay or camp in riverbeds or low-lying areas, failure to promptly detect upstream weather changes can easily lead to sudden flood disasters, resulting in injuries and fatalities. Flash floods surge rapidly, with water levels often rising several meters within minutes, while mudslides carry massive amounts of sediment and rocks, possessing immense destructive power.

Recommendations:

- Check the weather forecast before departure and avoid periods of heavy rainfall.
- In particular, try to refrain from entering mountain valleys within couple days after continuous rainfall.
- When activate in mountainous areas, stay away from river courses, gullies, and steep slopes, and choose higher, open, and flat areas for camping.
- Monitor upstream water conditions closely. If you notice a sudden rise in water level, murky water, or unusual roaring sounds, immediately evacuate to higher ground on both sides. Never hesitate over belongings or attempt to cross the stream.
- Familiarize yourself with escape routes in advance, agree on an emergency assembly point with your companions, and ensure communication devices are functional.



Improper Management of Snake Bites

When hiking or climbing outdoors, if someone is unfortunately bitten by a snake, on-site personnel often panic due to a lack of first-aid knowledge and fail to photograph the snake's appearance promptly. This makes it impossible to quickly identify the snake species later, delaying targeted treatment. Common venomous snakes in China include pit vipers, five-step pit vipers, and cobras, and the required antivenom varies by species. Accurate identification is the key to securing the golden window for treatment.

Recommendations:

- Wear long sleeves, long pants, and high-top boots, and avoid prolonged stays in dense grass, rock piles, or deadwood areas. Use a trekking pole to explore while walking.
- Once bitten, immediately take photos to record the snake's characteristics (including head shape, body color, and markings), but do not risk capturing or chasing the snake.
- Stay calm and minimize movement of the affected limb. Rinse the wound with clean water and apply a bandage on the proximal side (tightness should allow one finger to slip through). Never suck out venom by mouth or cut into the wound.
- Seek medical attention as soon as possible, and proactively show the snake photos to the doctor, so that targeted antivenom can be administered without delay.



Cycling Accident Injuries

During outdoor cycling, not follow traffic rules, failing to assess road conditions and

weather factors e.g. wet roads after rain, sharp downhill curves, and poor nighttime visibility can easily lead to falls and collisions, resulting in bleeding, fractures, and muscle strains. Head trauma, limb fractures and soft tissue injuries are the most common injuries.

Recommendations:

- Wear a helmet, knee pads, and elbow pads, the helmet must meet safety standards and be properly fastened. This is the first line of defense for
- protecting your life.
- Strictly obey traffic rules. Do not run red lights, ride against traffic, or compete for lanes with motor vehicles. Control your speed when descending and maintain a safe following distance.
- Thoroughly inspect your bicycle before departure, including brakes, tire pressure, chain, and lights, to ensure the vehicle is in good working condition.
- In case of bleeding, apply direct pressure to stop it using a clean gauze. For muscle strains or fractures, use ice pack and immobilization, minimize movement, and call emergency services or transport victim to local hospital directly.



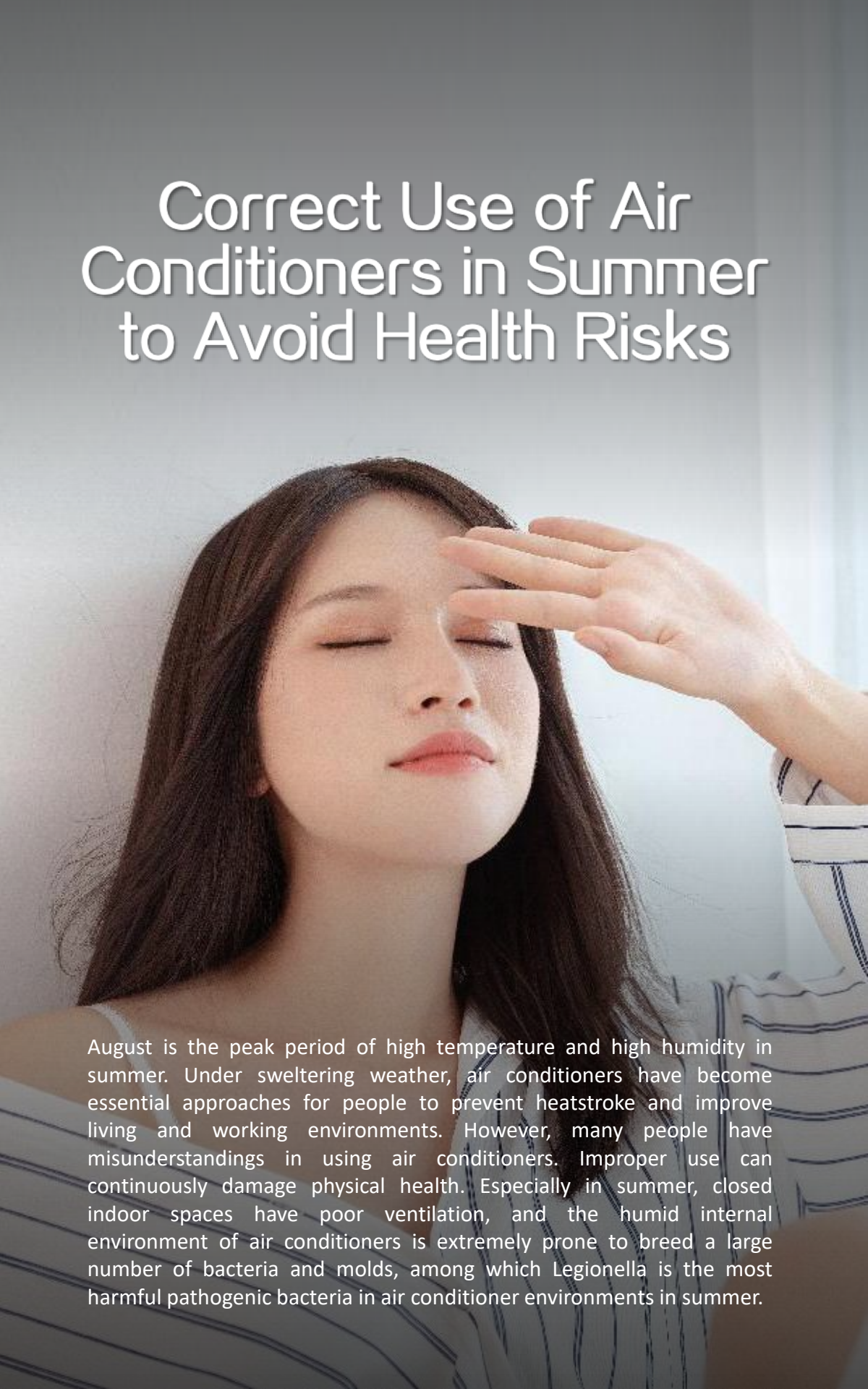


General Safety Advice

In addition to risk-specific recommendations, summer outdoor activities should also follow these general safety advice :

- Travel in groups; never go alone. Maintain a team of at least 2 people for mutual support and inform family or friends of your itinerary in advance.
- Carry emergency equipment, including first-aid kit, whistle, flashlight, backup battery, adequate potable water and food to cope with unexpected incident.
- Know your limits and plan routes wisely. Choose routes that match your physical fitness and skill level; avoid blindly challenging extremes.

Correct Use of Air Conditioners in Summer to Avoid Health Risks



August is the peak period of high temperature and high humidity in summer. Under sweltering weather, air conditioners have become essential approaches for people to prevent heatstroke and improve living and working environments. However, many people have misunderstandings in using air conditioners. Improper use can continuously damage physical health. Especially in summer, closed indoor spaces have poor ventilation, and the humid internal environment of air conditioners is extremely prone to breed a large number of bacteria and molds, among which *Legionella* is the most harmful pathogenic bacteria in air conditioner environments in summer.



Easily Overlooked Health Risks of Air Conditioner Use

Increased Risk of Respiratory Tract Infections

Household and office air conditioners are not cleaned for a long time, and their filters and heat sinks accumulate a large amount of dust, mites and pathogenic bacteria. When the air conditioner is running, pathogens such as Legionella spread into the air in the form of aerosols. Inhalation by the human body can easily cause respiratory tract infections, and in severe cases, induce Legionnaires' disease, accompanied by symptoms such as persistent high fever, chest tightness and dyspnea. Severe patients may even face life-threatening risks. Compared with common cold, this disease has a longer course and greater harm.

Induce Various Digestive Discomforts

In summer, the gastrointestinal system is sensitive to temperature changes. If the air conditioner temperature is set too low or the air outlet blows directly on the body, abdominal cold exposure will directly cause gastrointestinal dysfunction, resulting in poor appetite, abdominal distension, abdominal pain, diarrhea and other discomforts. Long-term excessive cooling by air conditioners will also weaken the digestive capacity of the gastrointestinal tract. Frequent consumption of cold food and drinks in summer will further increase the gastrointestinal burden and induce chronic gastrointestinal discomfort.

Continuous Impact Human Immunity

Staying in a low-temperature and closed air-conditioned environment for a long time will make the body's ability to adapt to cold and hot temperature changes gradually degrades, the activity of immune cells decreases, and the overall immunity continues to decline which not only makes people more susceptible to air conditioner colds, but also increases the incidence of pharyngitis, arthritis etc.



Scientific Air Conditioner Use to Avoid Summer Health Risks

Regular Equipment Cleaning

Cleaning is the core means to prevent diseases caused by air conditioners. It is necessary to clean the air conditioner filter every 1-2 months and deeply clean core components such as air outlet every quarter to completely remove dust, molds and pathogenic bacteria. Meanwhile, indoor humid equipment, such as shower hoses, humidifiers and bathroom corners are prone to residual water vapor and pathogen breeding. Regular wiping and cleaning to keep dry can reduce indoor pathogenic bacteria.

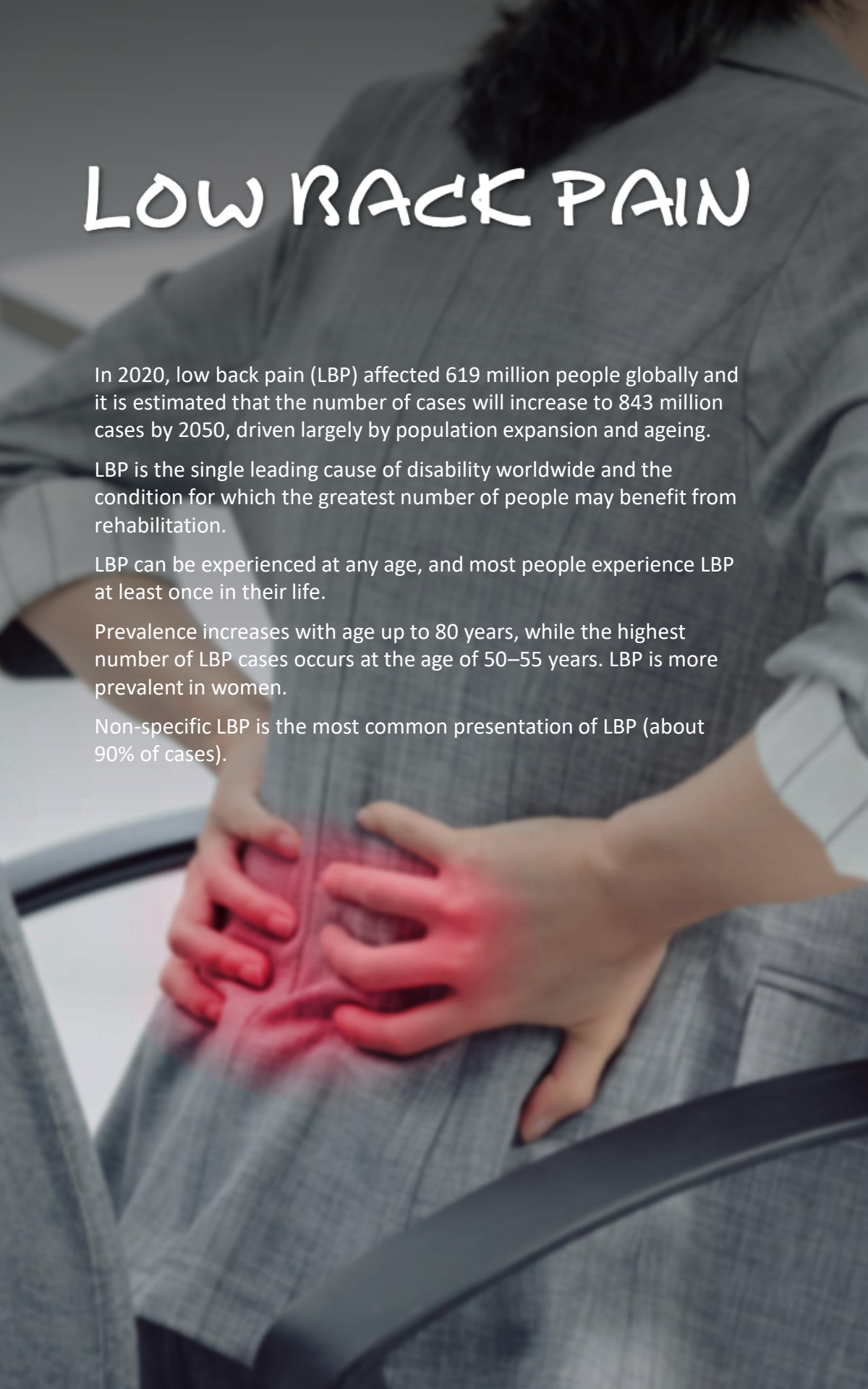
Reasonable Temperature and Humidity Control to Avoid Gastrointestinal Damage

The indoor temperature is recommended to be set among 24-26°C to reduce the indoor and outdoor temperature difference and weaken the stimulation of cold and hot alternation on the body. Adjust the angle of the air conditioner outlet to prevent cold wind from blowing directly on the head, abdomen and joints, turn on the sleep mode at night, and keep the abdomen warm. Drink warm water daily, reduce the intake frozen food, iced drinks, protect the gastrointestinal mucosa, maintain normal gastrointestinal function, and eliminate digestive discomforts.

Regular Ventilation to Protect Body Immunity

Closed environment is the key inducement of air conditioner diseases. It is advised to open windows for ventilation for 10-15 minutes every 2-3 hours to replace indoor air, supplement fresh oxygen and reduce the spread of pathogen. Avoid turning on the air conditioner all day long. Turn off the air conditioner and open door, windows for ventilation when the temperature is cool in the morning and evening and take appropriate outdoor walks and exercises. At the same time, maintain regular work and rest, sufficient sleep and balanced diet to comprehensively improve body immunity, enhance the body's adaptability to summer high temperature.

LOW BACK PAIN



In 2020, low back pain (LBP) affected 619 million people globally and it is estimated that the number of cases will increase to 843 million cases by 2050, driven largely by population expansion and ageing.

LBP is the single leading cause of disability worldwide and the condition for which the greatest number of people may benefit from rehabilitation.

LBP can be experienced at any age, and most people experience LBP at least once in their life.

Prevalence increases with age up to 80 years, while the highest number of LBP cases occurs at the age of 50–55 years. LBP is more prevalent in women.

Non-specific LBP is the most common presentation of LBP (about 90% of cases).



Low back pain (LBP) describes pain between the lower edge of the ribs and the buttock. It can last for a short time (acute), a little longer (sub-acute) or a long time (chronic). It can affect anyone.

LBP makes it hard to move and can affect quality of life and mental well-being. It can limit work activities and engagement with family and friends.

LBP can be specific or non-specific. Specific LBP is pain that is caused by a certain disease or structural problem in the spine, or when the pain radiates from another part of the body.

Non-specific LBP is when it isn't possible to identify a specific disease or structural reason to explain the pain. LBP is non-specific in about 90% of cases.

In all types and at all stages of LBP, rehabilitation is essential to reassure people and help them make sense of their pain, help them return to activities they enjoy and identify strategies to support recovery and improve function. Specialized care pathways may be needed for specific LBP.

An estimated 619 million people live with LBP and it is the leading cause of disability worldwide. LBP is a major public health issue. LBP is often associated with loss of work productivity and thus produces huge economic burden on individuals and on societies.

Signs and symptoms

Low back pain can be a dull ache or sharp pain. It can also cause pain to radiate into other areas of the body, especially the legs.

LBP can restrict a person's movement, which can affect their work, school and community engagement. It can also cause problems with sleep, low mood and distress.

LBP can be acute (lasting under 6 weeks), sub-acute (6–12 weeks) or chronic (over 12 weeks).

In most cases of acute LBP, symptoms go away on their own and most people will recover well. However, for some people the symptoms will continue and turn into chronic pain.

People with LBP may also experience spine-related leg pain (sometimes called sciatica or radicular pain). This is often described as a dull sensation or a sharp, electric shock feeling. Numbness or tingling and weakness in some muscles may be experienced with the leg pain.

When associated with LBP, radicular signs and symptoms are often due to involvement of a spinal nerve root. Some people may experience radicular symptoms without LBP, when a nerve is compressed or injured distal to the spinal column.

All these experiences affect well-being and quality of life and often lead to loss of work and retirement wealth, particularly in those who experience chronic symptoms.



Treatment and management

Treatment for LBP depends on the nature of the pain and whether it is non-specific or specific. For specific LBP, treatments focus on treating the underlying condition causing the pain. Treatments for non-specific LBP include:

- physical therapies to improve muscle strength and ability to move and resume physical activity and exercise
- psychological and social support to help people manage their pain and return to doing activities they enjoy
- reducing strain during physical work
- lifestyle changes including more physical activity, healthy diet and good sleep habits.

Medicines can be used to reduce the symptoms of LBP and should ideally be combined with other treatments. Painkillers should not be the first-line treatment for LBP. Older people and those with other medical conditions should speak to a healthcare provider before using medicines.

The longer a person experiences LBP, the more likely that limitations in functioning will manifest. In these contexts, adopting a biopsychosocial approach to assessment and care planning becomes increasingly important. Interventions for rehabilitation in LBP include non-pharmacologic and pharmacologic options, whereas non-pharmacological interventions have in most cases a high priority.



Self-care

Self-care is an important part of managing LBP and returning to meaningful life activities.

There are several ways to reduce symptoms and help prevent further episodes of non-specific low back pain:

- being physically active
- optimizing mental well-being
- maintaining a healthy body weight
- not smoking tobacco

- getting good sleep
- being engaged in social and work activities
- making ergonomic adjustments in the workplace.

Education and support can help people with low back pain to develop strategies to self-manage and cope with the symptoms. This helps to reduce the impact of the disease and improve well-being.





HOW DOES THE 30/30/30 MORNING ROUTINE HELP WITH WEIGHT LOSS?

The 30/30/30 morning routine involves eating 30 grams of protein and exercising for 30 minutes, 30 minutes after you wake up. It may help with weight management and blood sugar control.

How Do You Do the 30/30/30 Morning Routine?

With the 30/30/30 method, you:

- Get in 30 minutes of exercise
- Consume 30 grams of protein for breakfast.
- Eat breakfast within 30 minutes of waking.

For exercise, it's recommended to do low-intensity cardio that raises your heart rate a little, but not too much. The goal is to keep your heart rate at, or below, 135 beats per minute.

What Are the Benefits?

The 30/30/30 method helps burn body fat instead of lean muscle. Getting your heart pumping above your [resting heart rate](#) improves or maintains your fitness and helps burn more body fat.

Consuming protein at breakfast can also increase fat burning.

By consuming 30 grams of protein within the first 30 minutes of waking up, individuals can jumpstart their metabolism and provide their bodies with essential nutrients.



How Do You Start Your Day with 30/30/30?

Follow these steps to do the 30/30/30 morning routine correctly.

Step One:

Exercise for 30 Minutes

After breakfast, focus on cardiovascular exercise rather than [strength training](#). Again, it may help to prep your workout clothes the night before.

Exercise hard enough that you feel like your heart is beating faster, but not so hard that you can't carry on a conversation while doing it. Try these light cardio exercises:

- Go jogging.
- Swim laps in a pool.
- Take a leisurely [bike ride](#).
- Turn on some music and dance.
- Use a cardio machine at the gym, like the stair stepper or elliptical.
- Walk on a [treadmill](#) or through your neighborhood.

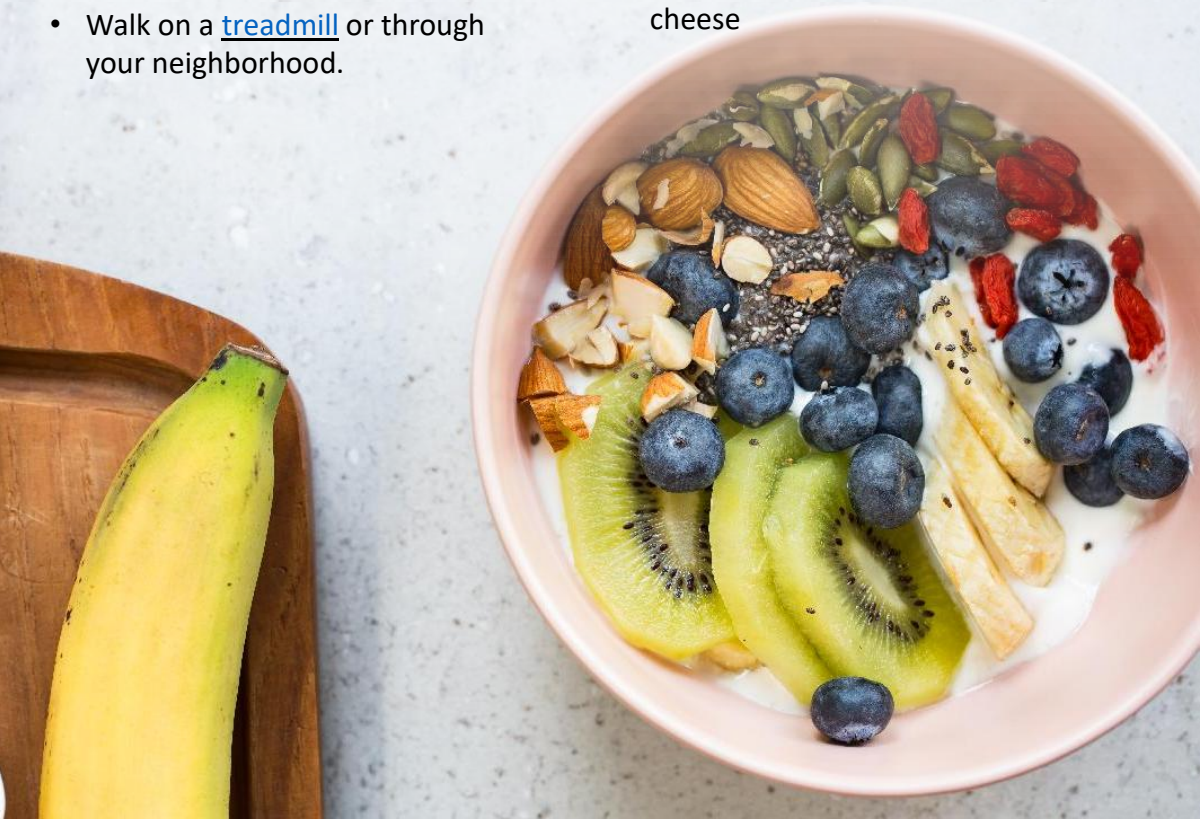
Step Two:

Eat 30 Grams of Protein

Eat 30 grams of protein within 30 minutes of waking up in the morning. It can help to prep your breakfast the night before.

You should be able to hit your goal with meals like:

- Cottage cheese with pineapple
- A fruit smoothie made with [protein powder](#)
- Greek yogurt topped with nuts
- High-protein bread topped with [nut butter](#) or eggs and cheese
- Quinoa topped with tofu, eggs, beans, or cheese
- Three scrambled eggs, topped with cheese



What Should You Know Before Trying It?

While cardio exercise early in the morning has benefits, it is also beneficial at any time of day.

High-intensity workouts burn carbs before body fat, but your metabolism will stay higher for longer after the workout, burning body fat later. This is known as the after-burn effect.

Whichever type of exercise you choose, you will ultimately burn body fat.

Optimizing Your Insulin Levels

How high your insulin levels are may impact how you lose fat. Insulin is your body's fat storage hormone. It allows your body's cells to use sugar and other carbohydrates for energy or fat storage. When your carbohydrate intake is high, your insulin levels will also be high. This means your body is using carbohydrates for energy instead of its own fat reserves.

To ensure you are burning body fat, consider lowering your carbohydrate intake. This is a great opportunity to replace some carbohydrates with more protein.

Timing Your Breakfast

Not everyone is hungry when they first wake up. You may not want to force yourself to eat if you're not hungry. "While I don't think it's necessary to eat immediately after waking, I do suggest intuitively eating within the first hour," said Fish.

Some people may have digestive issues if they eat close to working out. If that's the case for you, adjusting to having the protein shake after you work out may be a better option.



A Guide to Movie Dates: Want to Know if You're Compatible? Take Them to a Movie

When two people start dating or go on a blind date, watching a movie is almost always a go-to option. However, many feel that sitting in a pitch-black theater where you must remain quiet, unable to see each other or interact, makes this "zero-communication" date incredibly boring.

However, watching a movie together is far more profound than it appears. A study published in *Communications Biology*, a Nature portfolio journal, used a sophisticated experimental design to uncover the complex and delicate synchronization mechanism behind co-viewing.

The research team paired up participants who were complete strangers and had them watch the American TV series *Friday Night Lights* for four hours.

During the process, the team used head-mounted cameras to record their facial expressions frame by frame. Through various measurement methods, they analyzed the interaction data between these strangers who, despite sharing the same screen, had no verbal communication. Ultimately, they discovered some fascinating phenomena.



Co-viewing is Actually a Form of Deep Socialization

While the participants watched the movie together, researchers also measured their electrodermal activity (EDA). EDA is a physiological indicator that reflects the arousal of the sympathetic nervous system, which is difficult for individuals to control consciously.

Whenever our emotions fluctuate, the sympathetic nervous system secretly signals the sweat glands to secrete microscopic amounts of sweat. Since sweat is salt water containing electrolytes, sweating immediately improves the skin's electrical conductivity. When instruments capture these changes in electrical conduction, they are essentially recording an "electrocardiogram" of our emotions.

Similarly, this deep, uncontrollable physiological resonance significantly predicted the sense of social connection reported by both parties.

This result may reveal a more profound truth: even when we appear calm on the surface, our autonomic nervous systems are still resonating on the same frequency, collectively experiencing emotional waves.

The profound synchronization of these "honest bodily reactions" forms the physiological foundation of interpersonal empathy.

In other words, while movie-watching may outwardly seem devoid of social interaction, it is actually a profound, subconscious form of engagement.



Watching Comedy Films Together Works Even Better

Data analysis revealed an interesting phenomenon:

Partners who felt closer to each other after the viewing exhibited significant synchronization in the timing of their smiles during positive and joyful scenes.

The median time difference for this synchronization was a mere 850 milliseconds—happening almost simultaneously between two strangers with no other form of communication.

In contrast, while the smiles of individuals watching alone (the control group) were also triggered by specific plots, they lacked this precise interpersonal alignment seen in paired viewers.

Even more illuminating is that the synchronization of negative emotional expressions (like sadness or anger) was far less predictive of connection than that of positive emotions.

This suggests that in the early stages of building a relationship, shared moments of joy are far more effective at bridging the gap than synchronized distress.

When we can share a knowing smile at the exact same moment for the exact same reason, a subconscious signal of being "on the same wavelength" is quietly transmitted between us.

If you are going to a movie on your next date, remember to choose a comedy that brings laughter, as it can enhance the sense of connection between you two.



Watching Movies Can Reflect the Compatibility of Two People

The research did not stop at the emotional and physiological levels; it further explored the synchronization of cognitive evaluations regarding the plot.

After the viewing, participants were required to evaluate multiple characters across various dimensions. The comparison showed that the more similar the co-viewing partners' ratings were on traits like character likability, aversiveness, and attractiveness, the stronger their sense of connection to each other.

In real life, it is easy to notice that when we find a social counterpart sharing our views or preferences on specific matters, we develop an extraordinary sense of "kindred spirit" connection:

We share not only emotions but also the interpretation of an event's meaning. This cognitive alignment provides a solid intellectual foundation for the long-term stability of a social relationship.

When you just start seeing someone and want to know if you are a good match, why not invite them to a movie? Afterwards, exchange your viewing experiences: discuss your most and least favorite characters and the reasons why. Such conversations can somewhat reveal your worldviews and life philosophies, helping you gauge your compatibility.





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