



NEWSLETTER

November 2021

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WORLD DIABETES DAY

3 in 5 people with diabetes in South Africa are undiagnosed. Diabetes kills more people than TB, HIV and malaria combined. It is also the leading cause of death in South African women. This newsletter is in honour of Roxanne Renée Samsodien, who passed at the age of 26 of diabetes complications.



Why is World Diabetes Day so important?

World Diabetes Day has a great significance as it spreads global awareness that is focused on diabetes mellitus. Every year on the 14th of November, the world rises to a unique day amidst a mass global awareness campaign on diabetes mellitus, which is marked by World Diabetes Day. The event is led by the International Diabetes Federation (IDF). Awareness is largely promoted on various topics associated with diabetes and the related treatment, prevention and precaution.

Type 1 diabetes cannot be prevented, and the disease is managed by means of insulin injections as prescribed by doctors. On the other hand, type 2 diabetes can be prevented, and if treated effectively, patients can continue living normal lives. Unfortunately, the numbers of diabetic patients are increasingly at an exponential rate all across the globe. Thus, increased education and awareness is the need of the hour.

On World Diabetes Day, awareness is spread about imbibing a healthy lifestyle, human rights of people with diabetes, a relation of diabetes to obesity and issues relating to diabetes in children and adolescents. In addition, the spread of diabetes among the vulnerable and disadvantaged sections of the community are also taken into purview. The theme for World Diabetes Day 2021-23 is Access to Diabetes Care.

Millions of people with diabetes around the world do not have access to diabetes care.

People with diabetes require ongoing care and support to manage their condition and avoid complications.

MEDICAL SCHEME BENEFITS



Diabetes mellitus is one of the **prescribed minimum benefits (PMB) chronic conditions**. Therefore, medical schemes must provide benefits for the entire benefit year.

Medical schemes are allowed to use designated service providers (DSP's) and medicine formularies to reduce the cost of care. In addition, most medical schemes offer disease management programmes to provide additional benefits and support.

Contact Phoenix to assist you with chronic registration and disease management to avoid claims from your medical savings or day-to-day benefits.

Covid-19 Impact!

The International Diabetes Federation ("IDF") cited that, "Older people and people with pre-existing medical conditions (such as **diabetes**, heart disease and asthma) appear to be **more vulnerable to becoming severely ill with the COVID-19 virus**. When people with diabetes develop a viral infection, it can be **harder to treat due to fluctuations in blood glucose levels** and, possibly, the presence of diabetes complications.

There appear to be two reasons for this. Firstly, the **immune system is compromised**, making it harder to fight the virus and likely leading to a longer recovery period. Secondly, the virus may **thrive in an environment of elevated blood glucose**."

Tips to help manage prediabetes and prevent diabetes

1. **Take small steps.** Making changes to your lifestyle and daily habits can be challenging, but you don't have to change everything at once.
2. **Move more.** Limit time spent sitting and get at least 30 minutes of physical activity, five days a week.
3. **Choose healthier foods and drinks most of the time.** Pick foods that are high in fiber and low in fat and sugar. Build a plate that includes a balance of vegetables, protein, and carbohydrates. Drink water instead of sweetened drinks.
4. **Lose weight, track it, and keep it off.** You may be able to prevent or delay diabetes by losing 5 to 7 per cent of your starting weight.
5. **Seek support.** It is possible to reverse prediabetes. Making a plan, tracking your progress, and getting support from your health care professional and loved ones can help you make the necessary lifestyle changes.
6. **Stay up to date on vaccinations.** The COVID-19 (booster shot, if eligible) and flu vaccines are crucial for people who may be more likely to get very sick from COVID-19 or the flu, such as people with diabetes.



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THANK YOU

SOURCE

<https://www.diabetessa.org.za/covid-19-and-diabetes/>

<https://worlddiabetesday.org/about/theme/>

<https://www.niddk.nih.gov/health-information/community-health-outreach/national-diabetes-month>

<https://sweetlife.org.za/3-in-5-people-with-diabetes-in-sa-are-undiagnosed/>

<https://3meds.com/blogs/449/World-Diabetes-Day-2021-Date-Theme-History--Significance.html>

<https://www.idf.org/aboutdiabetes/what-is-diabetes/covid-19-and-diabetes/1-covid-19-and-diabetes.html>

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