

GLENCORE

Medical Scheme



Please keep an eye out for a communication that has been sent to you regarding your 2024 benefit limits.

2nd Edition

Newsletter

2023



Take care of your neck and back with our Spinal Care Programme

Back pain is one of the most common medical conditions for members of Glencore Medical Scheme. Appropriate out-of-hospital conservative management of back pain has proven to deliver good outcomes and could prevent the need for surgery.

We have introduced the Spinal Conservative Care Programme and launched the Spinal Surgery Network and the Conservative Care Network. This programme aims to support appropriate condition management for members who have back or neck pain.



YOU MAY QUALIFY TO JOIN THE PROGRAMME

You can visit one of our Conservative Care Network healthcare professionals for an assessment to find out whether you meet the Scheme's clinical criteria to join the programme. You can only join the programme if the healthcare professional's clinical findings after the assessment show that you qualify.

[Read more](#) about the Spinal Conservative Care Programme.

HOW TO CONTACT US

If you have any questions about the Spinal Conservative Care Programme, you can call us on **0860 00 21 41**.



Hypertension



The silent killer you should know about

Hypertension is a problem worldwide. It is estimated that by 2025, there will be more than 1.5 billion people in the world living with the condition.

WHAT IS HYPERTENSION?

Hypertension is also known as high blood pressure. When blood flows inside blood vessels, blood pressure is the force of the flowing blood against the walls of the vessels. When this force is above a certain reading, the blood pressure is high.

To measure blood pressure, healthcare professionals use a blood pressure meter cuff (a sphygmomanometer) around your upper arm. To ensure an accurate reading, empty your bladder first and take off as many clothing layers as possible around your arm. The cuff is inflated rapidly, and then air is released from the cuff at a slower rate.

The person taking the measurement uses a stethoscope to listen for a specific knocking sound, which indicates your systolic pressure (when the heart beats and pumps out blood). When the knocking sound disappears, they listen for the diastolic pressure (between heartbeats).

An example of a blood pressure reading is 120/80 mmHg – 120 being the systolic pressure, and 80 the diastolic pressure. Blood pressure ranges are categorised as follows for adults:

- Normal or healthy blood pressure: 120/80
- Prehypertension: 120-139 systolic or 80 -89 diastolic
- Stage 1 hypertension: 140-159 systolic or 90-99 diastolic
- Stage 2 hypertension: Over 160 systolic or over 100 diastolic

HYPERTENSION OFTEN HAS NO SYMPTOMS

This means that you could be living with hypertension and not know it. This is bad because damage to your internal organs and blood vessels could be happening without you realising it. That is why it is important to have your blood pressure checked regularly to detect hypertension as early as possible. If treatment is started early, your risk of permanent damage is decreased.

High blood pressure can lead to numerous health issues, such as headaches, disturbances of vision, nausea and vomiting. It can even affect your levels of consciousness, lead to sleeplessness and in severe cases, seizures. It can cause narrowing of the blood vessels, heart disease, and it can lead to sudden heart attack or stroke, which can be fatal.

Shortness of breath, a pounding heartbeat, fatigue, chest pain, dizziness, blood in the urine and nosebleeds can point to high blood pressure. Note that these could also be symptoms of other problems. If you experience any of these for an extended period, speak to your doctor as soon as possible.

TREATMENT FOR HYPERTENSION

If a doctor finds that your blood pressure is elevated, you may have to return for a number of visits for the doctor to confirm that the reading remains high.

For prehypertension, the doctor will likely encourage you to make some lifestyle changes to improve your blood pressure. Lifestyle changes could include eating a healthier diet, getting more exercise and controlling stress levels. For stage 1 and stage 2 hypertension, treatment will include prescription medicine in addition to lifestyle changes.