



Welcome to the first newsletter of 2016!

### NEW CHAIRPERSON EFFECTIVE 01 JANUARY 2016.

Due to the retirement of our long standing chairperson Ms. Glyn Armstrong at the end of 2015, RUMed are pleased to announce that Prof. Dave Sewry is the new chairperson effective 01 January 2016. We wish him well in his new position and thank Ms. Armstrong for her valued contribution to RUMed. Ms. Armstrong remains a Trustee of the Scheme.

### MARCH IS TB AWARENESS MONTH

What is tuberculosis?

Tuberculosis (TB) is a disease that usually affects the lungs although can affect other parts of the body such as the brain, kidneys or spine. TB disease can cause death if left untreated. It is a highly infectious disease spread when small droplets of infected sputum are coughed into the air and breathed in by others.

What is the difference between TB disease and TB infection?

People with TB disease are sick from the large number of TB germs that are active in the body. They usually have one or more of the symptoms of TB and may infect others. TB disease can cause permanent body damage and death unless the correct medication is prescribed and taken.

People with TB infection also have the germs that cause TB in their body but they do not feel sick as the number of germs are less and lie dormant in the body. They cannot infect others, however these people could develop TB disease in the future, especially if they are in one of the high-risk groups listed below. People with TB infection can take medication to prevent them from developing TB disease.

**TB disease...**  
the germ is awake and causing harm to the body.  
It can cause these symptoms...

Tuberculosis bacteria

These are some of the signs that might show if one has TB:

#### Observe SIX simple steps for a life free of TB:

- ✓ Know the signs of TB
- ✓ Go to the nearest clinic for a TB test
- ✓ If diagnosed Positive get TB treatment free of charge from the nearest clinic
- ✓ Ask someone to support you in compliance with the treatment
- ✓ Maintain a healthy lifestyle
- ✓ Take your treatment regularly for the full six months

#### Some of the signs that might show if one has TB:

- Ongoing cough (2 weeks or more)
- Night Sweats
- Feeling tired and weak
- Loss of appetite and weight
- Coughing up blood

TB is curable. Once on treatment the person is no longer a risk to the family or community.

### Emergency Services Provider ER24

As communicated in November 2015, the emergency service provider changed from Netcare 911 to ER24. Please see the attached summary of benefits and contact numbers for your information. A reminder to display the ER24 stickers provided on your car – in the case of an accident.

### RUMed website

We are excited to announce that the RUMed website [www.rumed.co.za](http://www.rumed.co.za) has been revamped. Please visit the site for interesting articles on wellbeing under the ER24 platform, to download application forms and for general information regarding YOUR scheme.

Photographs by Sara Garrun and Sophie Smith.