

CREW HEALTH ADVICE

Healthy heart – healthy you

Keeping your heart healthy, whatever your age, is the most important thing you can do to help prevent and manage heart disease.



Heart disease and heart complications continue to be a regular cause of incidents notified to the Club. These incidents range across the full spectrum of heart health including but not limited to atrial fibrillation, angina, coronary artery disease, congestive heart failure, abnormal heart rhythms and myocardial infarction (heart attack).

The Club has observed that a recent number of cases have involved younger seafarers. A recent incident involved a crew member in his mid-twenties repatriated due to Wolff-Parkinson White Syndrome, a relatively common disorder where an additional electrical connection leads to the heart beating abnormally fast, in an abnormal rhythm. This illness is present at birth

(congenital), although symptoms may not develop until later in life.

Another case involved the death of a 35 year old crew member due to a suspected heart attack. The seafarer had a family and personal history of controlled hypertension (high blood pressure) and was classified as overweight but not obese.

The term ‘heart disease’ is often used interchangeably with the term ‘cardiovascular disease’. Cardiovascular disease generally refers to conditions that involve narrowed or blocked blood vessels that can lead to a heart attack, chest pain (angina) or stroke. Other heart conditions, such as those that affect your heart’s muscle, valves or rhythm, also are considered forms of heart disease.

Healthy lifestyle choices can positively reduce the risk of getting heart disease, and for those at risk already, it can help to prevent deterioration of the condition.

Lifestyle factors

There are six main lifestyle factors that can increase the possibility of developing coronary heart disease:

- High blood pressure (hypertension)
- High cholesterol
- Smoking
- Weight and body shape
- Diabetes
- Lack of physical activity

Ten rules for a healthier and longer life

1. Stop smoking
2. Eat a balanced diet
3. Check your body mass index (BMI)
 $BMI = \text{mass (kg)} / \text{height (m}^2\text{)}$

Normal	18.5 – 25kg/m ²
Overweight	28 – 30 kg/m ²
Obesity	>30 kg/m ²
4. Reduce alcohol intake
5. Try to sleep at least 7 hrs per night
6. Exercise at least 20 minutes a day
7. Learn to cope with stressful emotions
8. Maintain a healthy blood pressure – 140/90 and above is considered hypertension (high blood pressure)
9. Maintain good sugar control, particularly if you are diabetic
10. If you have a medical condition, see your doctor at least once a year

HOW WELL DO YOU CARE FOR



YOUR HEART



HALCYON MARINE
HEALTHCARE SYSTEMS

Did you know that the heart pumps 7,600 liters of blood every day? The adult heart beats an average of 60 to 100 times per minute. In a lifetime, the heart will beat 2.5 billion times.

TAKE THIS QUIZ TO FIND OUT!

TRUE Taking your blood pressure on both arms can reveal the risk of a heart attack. **FALSE**

TRUE All fat is bad for your heart. **FALSE**

TRUE Flossing your teeth can reduce your risk of heart disease. **FALSE**

TRUE Ten hours of sleep is ideal for optimum heart health. **FALSE**

TRUE: Taking your blood pressure on both arms may reveal the risk of having a heart attack. A repeated difference of 10 points between your left and right arm means a greater risk for vascular disease and cardiovascular disease within the next 10 years.

FALSE: Not all fats are bad for you. Saturated fats (found in meat, dairy products, and lard) are harmful for your arteries, both in the heart and in the brain. However, monounsaturated fats from sources like olive oil, nuts, and fish (e.g. salmon) can improve both memory and heart health.

TRUE: Practicing good dental habits such as flossing your teeth is good for the heart and can reduce the risk of heart disease. Flossing your teeth can prevent the growth of bacteria that causes gum disease. This same bacteria can make its way into your bloodstream and heart.

FALSE: Seven to nine hours of sleep is needed for a healthy heart. This is the recommended amount of sleep for adults between the ages of 18-64. In addition to affecting your mood and mental skills, sleep deprivation increases the risk for high blood pressure, stroke, and heart disease.

Are you making the right choices to keep your heart healthy?



Don't be a **HEARTBREAKER** and follow these simple tips for a healthy heart:

Maintain a healthy weight.

Eat a healthy diet and eat more fruits, vegetables, and whole grains.

Do not smoke.

Exercise regularly and move more.

Take note of your blood pressure, cholesterol, and blood sugar levels. Follow your doctor's advice on how to make sure they are within normal levels.

Symptoms

Coronary artery disease, congestive heart failure, heart attack – each type of heart problem requires different treatment but may share similar warning signs:

- Shortness of breath
- Palpitations (irregular heartbeats, or a 'flip-flop' feeling in your chest)
- Discomfort, pressure, heaviness, aching, or pain in the chest, arm, or below the breastbone
- Rapid or irregular heartbeats
- Weakness or dizziness
- Nausea
- Dizziness

- Sweating
- Swelling of ankles and abdomen
- Cough that produces white sputum

This advice was compiled with the help of Halcyon Marine Healthcare Systems; one of the Club's approved PEME clinics located in Makati, Philippines.

CREW HEALTH PROGRAMME

The Club was the first to launch a crew health scheme in 1996 due to increasing crew illness claims and a lack of accountability of clinics. Since 1996, the Crew Health programme has become one of the Club's leading loss prevention initiatives. The aim of the programme is to reduce the volume and value of crew illness claims which are caused by a pre-existing illnesses or disease. These underlying conditions often impact on the crew member's fitness for service and can endanger not only the health of the seafarer but also the onboard safety of other crew.

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Crew Health Programme Director

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Sophia joined Thomas Miller in 1992 and from 1994 worked as a claims handler dealing mainly with French and Spanish Members. In 2004, Sophia became the Crew Health Programme Director. Sophia has undertaken a large number of clinic audits, implemented the standard medical form and clinic guidelines. She has also lead the scheme through the largest period of growth and development with a doubling of approved clinic facilities and a four fold member increase. Sophia is a Director of Thomas Miller & Co. Ltd.

Saidul Alom

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Saidul Alom joined Crew Health from the European Region Service Team in 2004. Saidul provides administrative support to the Crew Health programme and is responsible for liaison with the approved clinics on financial billing matters and ensuring prompt payment of all clinic fees

Stuart Last

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Stuart joined Thomas Miller in 1998 as a claims trainee for UK P&I Club's Greek Members. In April 2005 Stuart joined Crew Health as the Team Administrator. Stuart is responsible for co-ordination of Member entries and administration for the clinic approval process.