



# Silent killers

Silent killer diseases are diseases that produce minimum or no symptoms and are capable of causing death or severe complications if not treated.

## Part I: Hypertension (high blood pressure) – the experience of one of our members

An unsuspecting 47-year-old member went to see her General Practitioner (GP) with muscle stiffness and pain in her groin after a gym session. Her GP concluded that excessive strain to these areas caused the pain and discomfort. In concluding the consultation, completely unrelated, she casually requested her GP to take her blood pressure. Imagine their shock to discover that her blood pressure reading was 178/114.

**A normal blood pressure reading is 120/80** (with age the range can differ). If your systolic pressure (upper number) is between 120 and 139 mm Hg or your diastolic pressure (lower number) is between 80 and 89 mm Hg, it could mean that you have pre-hypertension. This would not yet technically be considered high blood pressure, but it is outside the normal range.

Our member did not present with pre-hypertension, but with

hypertension. This was not easy to explain as she is fit, weighs within the normal range, maintains a moderate exercise regime and healthy eating habits. Nor did she have a family history of high blood pressure. The next step was to assess all aspects of her lifestyle, i.e. stress, work pressures, other medical conditions and medication that could explain the high measurement. Nothing could be pinpointed with certainty. The doctor prescribed high blood pressure medication, to be commenced with immediate effect, as she was at risk of a stroke. It took a few weeks for the blood pressure to settle and for the medication to control the condition. The condition is now regarded as chronic and the member needs to take the medication for the rest of her life. The early diagnosis will, however, prevent further cardiac complications.

This scenario is a prime example of patients living with an illness that goes by undetected. Cardiac disease, diabetes, glaucoma (although not deadly, causes blindness if not diagnosed early), non-melanoma skin cancers, colon cancer, fatty liver disease and osteoporosis are some usual suspects, to mention a few. Make sure you go for regular medical checks to catch conditions early and take appropriate steps to intervene.

### If your doctor diagnoses a chronic condition:

Phone 0860 222 633 (for MCP and SCP members) and 0861 665 665 (for VCP members) to confirm whether the Scheme provides funding. You will also find information about Prescribed Minimum Benefits (PMB) conditions, as well as Non-PMB chronic conditions, in your Benefit Guide. Registration of your chronic condition ensures funding from the correct benefit and that you have access to information about your disease and the proper disease management support from the Scheme.

# Do you know your Trustees?

As we have had a few changes on our Board during the last year, we would like to use this opportunity to re-introduce your Trustees in the following editions of MediBrief. The full list of Trustees is on [www.angloms.co.za](http://www.angloms.co.za) > My Scheme > People behind the Scheme.



### Chairman – Colleen C Elliott

Colleen is the Head of Human Resources SA at Anglo American. She has filled this role since 2009. Colleen is the Principal Officer of all retirement funds administered by the Johannesburg Corporate Office, as well as a Trustee of several external retirement funds. Colleen

has been an Employer Appointed Trustee of the Anglo Medical Scheme since 2010 and was elected as chairman in 2015. She is a member of the Investment Committee and participates in the Management Committee where possible.



### Vice-Chairman – Duncan McCallum

BCom (Wits), FCMA, CGMA (CIMA) Duncan is the Manager of Corporate Services at Anglo American and holds a number of director positions within the Group's companies. He is a Trustee of the Anglo American Corporation Pension Fund and of the Anglo American

Corporation Retirement Fund. Duncan has been an Employer Appointed Trustee of the Anglo Medical Scheme, with an active interest in the Scheme business, since 2015. He is a member of the Audit Committee, chairs the Management Committee and was elected as Vice-Chairman of the Scheme in 2017.

Visit [www.angloms.co.za](http://www.angloms.co.za) to learn more about your Scheme and benefits.

Find all previous MediBrief editions in the Info Centre > MediBrief Archive.

### Member Queries:

Value Care Plan: 0861 665 665, [anglo@primecure.co.za](mailto:anglo@primecure.co.za)

Standard and Managed Care Plan: 0860 222 633, [member@angloms.co.za](mailto:member@angloms.co.za)

Claims: [claims@angloms.co.za](mailto:claims@angloms.co.za)