

Health Newsletter

-Generali China GBD

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March Editorial

Embracing Self-Care in the Spring

March is a time of renewal and rejuvenation. As new buds emerge and gentle breezes return, we're reminded of the importance of nourishing our lives and tending to our inner selves. This month, we're focusing on 'self-care' not just as a slogan, but as a meaningful way to engage with life.

In our fast-paced world, we often get caught up in work, family, and social activities, forgetting that true growth begins with self-awareness and care. Self-care is about creating a peaceful space for yourself where you can unwind, process emotions, and recharge. It might be a warm cup of tea in the morning, a quiet moment with a book, or a firm decision to avoid inner exhaustion. These small moments of pause are the keys to reigniting your life energy.

Health is the foundation of self-care. When your ears protest noise or your eyes feel strained from screens, your body is sending direct signals. In March, with "World Sleep Day" approaching, we're reminded that sleep isn't just a physical need; it's deep healing for mind and body. Those sleepless nights and morning fatigue tell a simple truth: quality sleep is essential for restarting after exhaustion and for vitality.

That's why we invited senior psychological expert Ms. Meng Fang to give a live broadcast on 'Improving Sleep and Boosting Energy' on March 21st. Covering topics from brain neuroscience to practical tips, sleep quality assessment to habit optimization, this lecture unlocks the secrets of quality sleep. If you've struggled with insomnia or tiredness, scan the code to watch the replay and let science help you regain peaceful sleep.



This March, treat yourself with kindness. No need for perfection, just a bit more patience and awareness in daily life. Whether it's a moment to adjust your breathing or a small step towards health, it's a sincere expression of care for life. This spring, may we all meet a more composed and radiant self on the journey of self-care.



Protecting Your Hearing How to Build Healthy Ear-Care Habits

Hearing is one of the most essential senses that connect us to the world around us. It allows us to communicate, enjoy music, and stay aware of our surroundings. Many bad habits of modern people, such as frequent exposure to high-noise environments, long-term use of headphones at high volumes, and poor hygiene habits, are quietly threatening our hearing, leading to hearing impairment and decline. According to statistics, China currently has over 27 million people with hearing impairments, making it one of the countries with the largest population of hearing-impaired individuals in the world.



Protecting Your Hearing



Factors Affecting Hearing

The Science of Hearing Damage

March 3rd is World Hearing Day, let's take an in- depth look at how to protect hearing and cultivate healthy ear - caring habits.

Factors Affecting Hearing

Noise Exposure: One of the primary causes of hearing damage is prolonged exposure to loud noises. In urban environments, we are often surrounded by high levels of noise from traffic, construction, and public events. If the noise intensity often exceeds 85 decibels, and prolonged exposure (more than 8 hours) to such environments can cause damage to our hearing.

Headphone Use: Many people, especially young adults, frequently use headphones at high volumes for extended periods. Listening to music or watching videos with the volume turned up can expose the ears to sound levels that far exceed safe limits. This excessive volume and duration can lead to noise-induced hearing loss.

Poor Hygiene Practices: Another factor that can impact hearing health is poor ear hygiene. Inserting objects such as cotton swabs into the ear canal can push earwax deeper, causing blockages or even damaging the eardrum.

Other factors: including aging, medication and illness, e.g. otitis media, could also pose the hearing loss.

The Science of Hearing Damage

Hearing damage often begins with high-frequency hearing loss, which means that the ability to hear high-pitched sounds is diminished first. This is because the hair cells in the inner ear, which are responsible for transmitting sound signals to the brain, are particularly vulnerable to damage. Once these hair cells are damaged, they do not regenerate, making hearing loss irreversible. This is why early prevention is crucial.

Building Healthy Hearing Habits

Limit Noise Exposure: Be mindful of your environment and try to avoid prolonged exposure to loud noises. If you are in a noisy setting, consider using earplugs or noise-cancelling headphones to reduce the impact on your ears.

Responsible Headphone Use: When using headphones, follow the 60/60 rule: listen at no more than 60% of the maximum volume for no longer than 60 minutes at a time and at most 3 hours per day. This simple guideline can significantly reduce the risk of hearing damage.

Proper Ear Hygiene: Avoid inserting objects into your ear canal. If you feel that your ears are blocked with wax, consult a healthcare professional for safe removal. Regular cleaning of the outer ear with a damp cloth is sufficient to maintain ear hygiene.

Have Regular Hearing Checks: Regularly having hearing checks at professional institutions can help detect hearing problems in a timely manner. This is especially important for people who work in noisy environments for a long time, young people who often use headphones, and the elderly.



Building Healthy

Hearing Habits

Utilizing Technology for Hearing Protection

In today's digital age, technology can play a significant role in protecting our hearing. Many smartphones and wearable devices come with built-in features designed to monitor and limit noise exposure.

Smartphone Apps: There are numerous apps available that can measure the sound levels in your environment. These apps can alert you when the noise level exceeds safe limits, helping you take preventive measures. Additionally, some apps can also monitor your headphone usage and volume levels, providing recommendations to protect your hearing.

Wearable Devices: Devices such as smartwatches and hearing aids now offer advanced features for hearing protection. Some smartwatches can detect loud noises and send alerts to remind you to move to a quieter area. Advanced hearing aids can even filter out harmful frequencies while amplifying safe sound levels.

Protecting our hearing is a lifelong commitment that requires awareness and proactive measures. By understanding the factors that contribute to hearing damage and adopting healthy habits, we can significantly reduce the risk of hearing loss. Utilizing modern technology can further enhance our ability to monitor and protect our hearing health. Let's take the key step today and start protecting our precious sense of hearing.



Utilizing Technology for

Hearing Protection



Take care of your eyes.

How can we cultivate good and healthy eye-care habits?

Eyes are often referred to as the windows to the soul, but more importantly, they are essential for our daily functioning and quality of life. However, modern lifestyles, characterized by prolonged screen time, irregular sleep patterns, and poor dietary habits, are taking a significant toll on our eye health. According to the World Health Organization's data, estimated 2.2 billion people worldwide suffer from vision impairment and China accounts for 18% of the population which it should not be overlooked. Let's have a talk about eye health today and hope it is helpful for you.

Common Vision Problems and Eye Diseases

Eye Strain: Eye fatigue, headaches, or blurred vision after prolonged use of screens or reading.

Myopia (Nearsightedness): The inability to see distant objects clearly is becoming increasingly common, especially among children and young adults.

Hyperopia (Farsightedness) : This condition makes it difficult to see objects up close and can lead to eye strain and headaches.

Astigmatism: An irregular curvature of the cornea that causes blurred vision at all distances.

Dry Eye Syndrome: A condition where the eyes do not produce enough tears or the tears evaporate too quickly, leading to discomfort and irritation.

Floaters: Small specks or dark spots that appear in the field of vision, often caused by age-related changes in the vitreous humor.

Age-Related Macular Degeneration (AMD): A leading cause of vision loss among people age 50 and older, affecting central vision.

Causes of Vision Problems

Excessive Screen Time: Prolonged exposure to screens, especially without regular breaks, can lead to eye strain, dryness, and fatigue. This is a major contributor to modern vision problems.

Poor Lighting Conditions: Insufficient or harsh lighting can cause the eyes to work harder, leading to strain and discomfort.

Irregular Sleep Patterns: Lack of adequate sleep can impair the eyes' natural recovery process, exacerbating existing vision problems.

Unhealthy Diet: A diet lacking in essential nutrients, such as vitamins A, C, and E, can contribute to poor eye health.

Lack of Physical Activity: Regular exercise is important for overall health, including eye health.



How to Develop Healthy Eye-Care Habits

Follow the 20-20-20 Rule: Every 20 minutes, take a 20-second break and look at something 20 feet away. This simple practice can significantly reduce eye strain.

Adjust Screen Settings: Use blue light filters, adjust screen brightness, and increase text size to reduce eye strain. Maintain a 30-50 cm distance between eyes and screens or books.

Maintain Proper Lighting: Ensure your workspace is well-lit and avoid working in overly bright or dim conditions.

Wear Sunglasses when outdoors: Protect your eyes from harmful UV rays by wearing sunglasses with UV protection outdoors.

Use the Correct Eyewear: Whether for reading, working on a computer, or outdoor activities, ensure your glasses or contact lenses are up to date and suitable for the task.

Eat a Balanced Diet and regular exercise: Include foods rich in vitamins A, C, and E, as well as omega-3 fatty acids, such as carrots, leafy greens, and fish.

Stay Hydrated: Drinking enough water can help reduce dry eye symptoms (6-8 glasses of water per day, 1,500~2,000ml).

Get Regular Eye Exams : Early detection of vision problems can prevent or slow down the progression of eye diseases. Adults with vision problems recheck their vision per year and adults without vision problem can check their vision and eyes every 2 years.

Protecting our eyes is a lifelong commitment that requires awareness and proactive measures. By understanding the causes of vision problems and adopting healthy habits, we can significantly reduce the risk of vision loss. Let's take the first step today and start protecting our precious sense of sight.



Prevention and Management of Spring Allergy

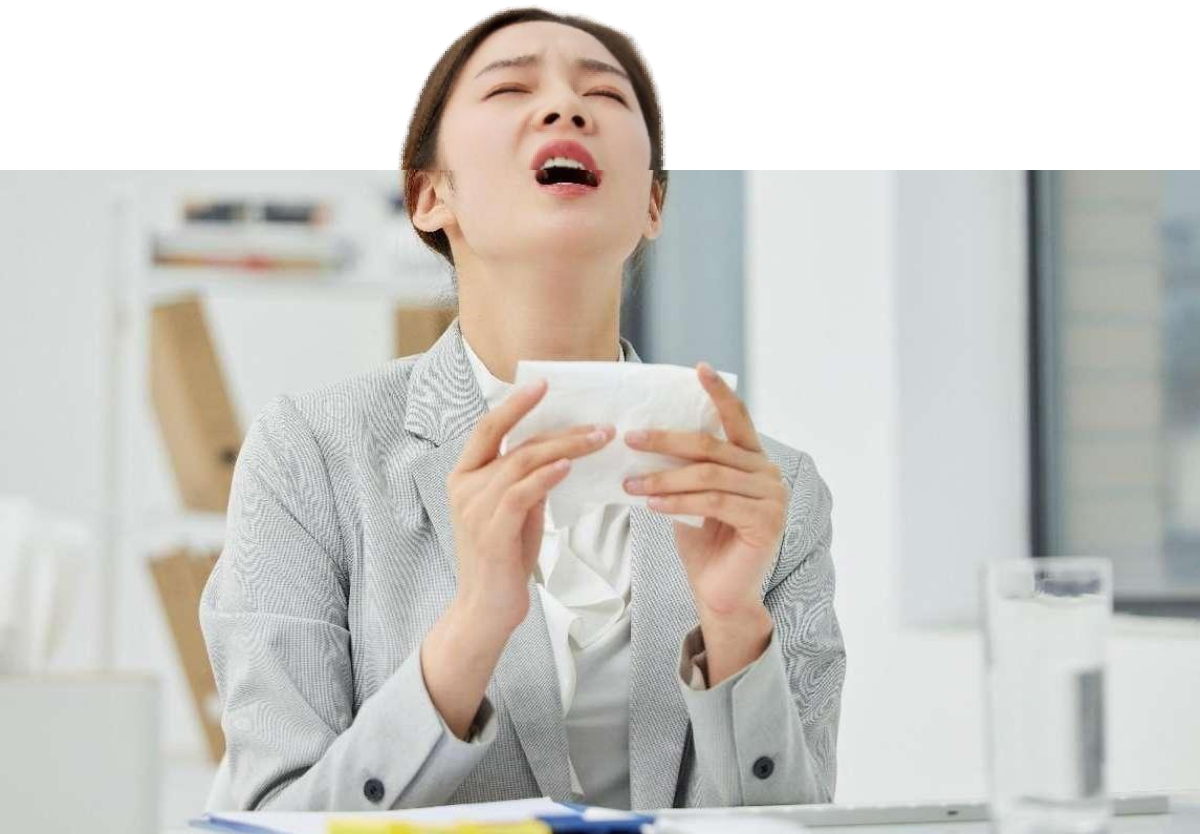
Spring is a good time for people to travel and enjoy the flowers. But it is also a season with high allergy symptoms. Especially for people with allergies to pollen, dust mites and animal hair, there are often uncomfortable symptoms. Spring allergies not only affect body health, but also bring trouble to daily life. Thus, how can we prevent and manage spring allergy symptoms?



How to recognize spring allergy symptoms

Spring allergy symptoms are mostly related to an overreaction of the immune system, that is, the immune system mistakenly treats harmless substances as harmful substances, resulting in allergic reactions. Common symptoms include sneezing, runny nose, itchy eyes, nasal congestion, cough and sore throat. Spring allergy symptoms are similar to those of a cold, but can be distinguished by the following:

Symptoms	Cold	Allergy
Duration	Typically lasts 7-10 days, self-limiting	May persist for weeks to months
Nasal Discharge	Thick, yellow or green	Clear, watery discharge
Eye Symptoms	Rare, occasional mild redness	Common: Redness, itching, tearing
Cough Characteristics	Initially dry, later productive with phlegm	Persistent dry cough, accompanied by throat itching
Fever	Common low-grade fever	Usually no fever
Seasonal Pattern	No fixed season, can occur year-round	Spring peak or upon allergen exposure



Measures to prevent spring allergy

Create a "hypoallergenic" indoor environment

Regular cleaning: Wash bed sheets and curtains with hot water above 55°C every week to kill dust mites.

Control humidity: Use a dehumidifier to keep the humidity below 50% to inhibit the breeding of dust mites.

Air purification: Choose a HEPA filter purifier that can remove 99% of particles above 0.3 microns.

The "Golden Rule" of outdoor protection

Staggered travel: The pollen concentration is highest at 5-10 a.m. and 5-8 p.m., so try to avoid going out during this time.

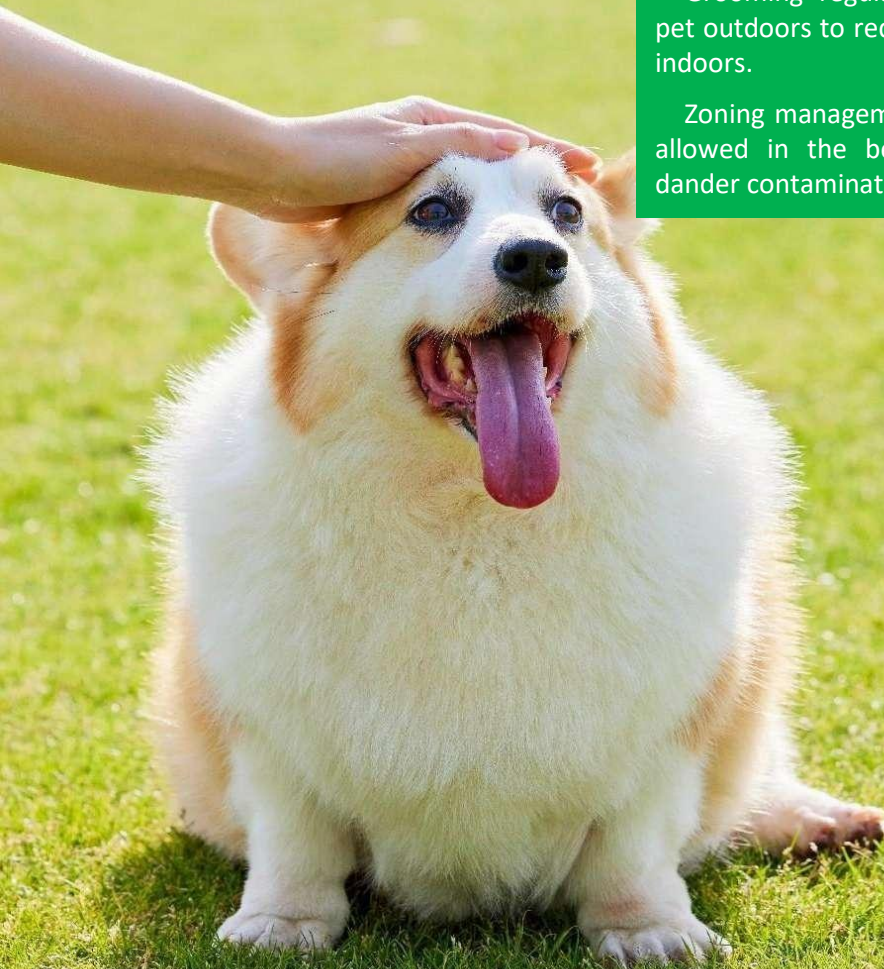
Gear up: Wear a pollen mask (e.g., N95), goggles, and long-sleeved clothing to reduce skin exposure.

Clean in time: Wash your face, rinse your mouth and rinse your nose with saline immediately after returning home.

Reduce pet allergen exposure

Grooming regularly: Groom your pet outdoors to reduce shedding left indoors.

Zoning management: Pets are not allowed in the bedroom to avoid dander contaminating the bed.



A glass of orange juice and a whole orange on a table with a wooden chair in the background.

Daily routine and nutritional advice

Promote a high-protein diet: The immune system needs adequate nutritional support, and a high-protein diet can help boost immunity. People with spring allergies should eat more high-quality protein-rich foods such as chicken, fish, eggs, legumes and dairy products.

Vitamin C & E supplementation: Vitamins C and E have antioxidant effects and help reduce allergic reactions. Foods rich in vitamin C include citrus fruits, strawberries, green leafy vegetables; Vitamin E is mainly found in nuts, seeds, and vegetable oils.

Maintain a regular routine: Allergies can trigger fatigue and weaken immunity, so it is important to maintain a good routine and adequate sleep. 7-8 hours of sleep a day can help the immune system be healthy.

Avoid stress: Long-term stress may weaken the immune system and worsen allergic reactions. Allergy sufferers should maintain a happy mood and engage in meditation, yoga or walking to relieve stress and strengthen immunity.

Spring allergies are not "inevitable" and can be significantly reduced through environmental control, scientific protection and immunity boosting. If self-management is limited, it is advisable to seek medical attention promptly for allergen testing and individualized treatment plan. Keep in mind that allergies are "early warning signs" from the body and long-term neglect may induce serious diseases such as asthma. Early intervention can help you to enjoy the real spring blossoms.



Understanding Pneumothorax Safeguarding Every Breath

March 1, 2025, saw the tragic passing of R&B singer Khalil Fong from a sudden pneumothorax, sending shockwaves across the nation and bringing this often - overlooked medical condition into the spotlight. National Health Commission data from the China Health Statistics Yearbook reveals pneumothorax accounted for approximately 0.3% of respiratory disease hospitalizations in 2019. A 2021 clinical study in the Chinese Journal of Tuberculosis and Respiratory Diseases indicates males make up 82.6% of spontaneous pneumothorax patients, with 20- to 35-year-olds representing 61.3%. This article delves into the nature of pneumothorax, its potential fatality, and how to respond effectively.

The Silent Respiratory Killer: The Pathological Reality of Pneumothorax

Pneumothorax is characterized by the abnormal accumulation of gas in the pleural cavity. Normally, the visceral pleura lining the lungs and the parietal pleura covering the chest wall have only a small amount of lubricating fluid between them. However, air can enter this potential space when the lung tissue ruptures or the chest wall is damaged, creating a compressive 'invisible air'.

Clinical data shows that over 85% of primary spontaneous pneumothorax patients have apical lung bullae, thin-walled air sacs resembling bunches of grapes. These can burst due to pressure changes from actions like violent coughing, breath-holding, or flying. Alarminglly, about 20% of patients show no prior symptoms.

Sounding the Alarm: Typical Signs of Pneumothorax

Sudden stabbing pain, described by 75% of patients as feeling 'pierced by a knife', is the first sign. It often comes with breathing difficulties. As the lung lobe is compressed and atrophies, compensatory hyperventilation leads to respiratory alkalosis symptoms like numb lips and finger tremors. When lung compression exceeds 30%, the body's compensation mechanism fails, bringing on cyanosis, cold sweats, and confusion.

Medically, there's a simple self - check: if unilateral chest pain worsens with deep breathing and the painful area produces a tympanic sound on percussion, pneumothorax is likely. Slim, tall young males with a smoking history should seek immediate medical help if they experience sudden chest pain.



The Golden Rescue Window: From Diagnosis to Intervention

In the emergency room, doctors use X-rays or CT scans to assess lung compression. For cases under 20%, observation and oxygen therapy are standard. Compression over 30% requires thoracentesis. Statistics show timely chest tube drainage can re-expand the lung in 90% of patients, yet 15-20% still need thoracoscopy.

Tension pneumothorax, a deadly type, sees a 9% increase in mortality for each hour of delayed treatment. In emergencies, a large-gauge needle can be inserted at the second intercostal space along the mid-clavicular line to decompress before ambulance arrival.

Fragility and Resilience: Prevention Guidelines for High - Risk Groups

Pneumothorax has clear preferences. European Respiratory Journal multicenter study shows males with a BMI <18.5 and height >175cm have 2.4-3.1 times the normal risk. The WHO's Tobacco and Respiratory Diseases report states long-term smokers face 4-6 times the risk, rising to 8 times for heavy smokers under 40. Activities like diving and skydiving also heighten the risk. High-risk individuals are advised to have annual low-dose CT scans to detect and treat lung bullae early.


As spring breeze reminds us of loved ones, Khalil Fong's passing in this chilly spring serves as a wake-up call. Life, like young buds, is vibrant yet fragile. Understanding pneumothorax isn't about living in fear but embracing each breath with knowledge. In the face of emergencies, proper awareness and prompt action can be the breath of life.





How to Cultivate a Healthy Micro-Habit?

In today's society, more and more people are realizing the importance of living a healthy and regular life. We aspire to be energetic and joyful every day, possessing a strong physique and clear thinking .However, reality often contradicts our wishes. Busy work, endless pressure, and irregular schedules make our lives chaotic.

A glass bottle of Asidrens Original glassmaker water and a glass of water with ice and mint on a wooden table. The bottle is on the left, and the glass is on the right. The background is a blurred indoor setting.

We want to be healthy, but often struggle to persevere; we want regularity, yet our constantly disrupted by plans are unexpected circumstances. Why is it that even though we clearly understand the benefits of a healthy and regular lifestyle, we find it hard to achieve?

In fact, the key lies in the lack of effective methods and sustained motivation.

In today's article, we will explore the necessary steps to form habits with you. develop an action plan together, and cultivate a healthy micro-habit.

How Are Behavioral Habits Formed?

Motivation

Motivation is the internal force that drives our actions. It can be divided into three types: intrinsic motivation (such as personal interest and sense of accomplishment), extrinsic motivation (such as rewards and social recognition) and situational motivation (such as emotional responses in specific environments). To form a habit, one must first clarify why they want to do it. The stronger the motivation, the greater the likelihood of action.

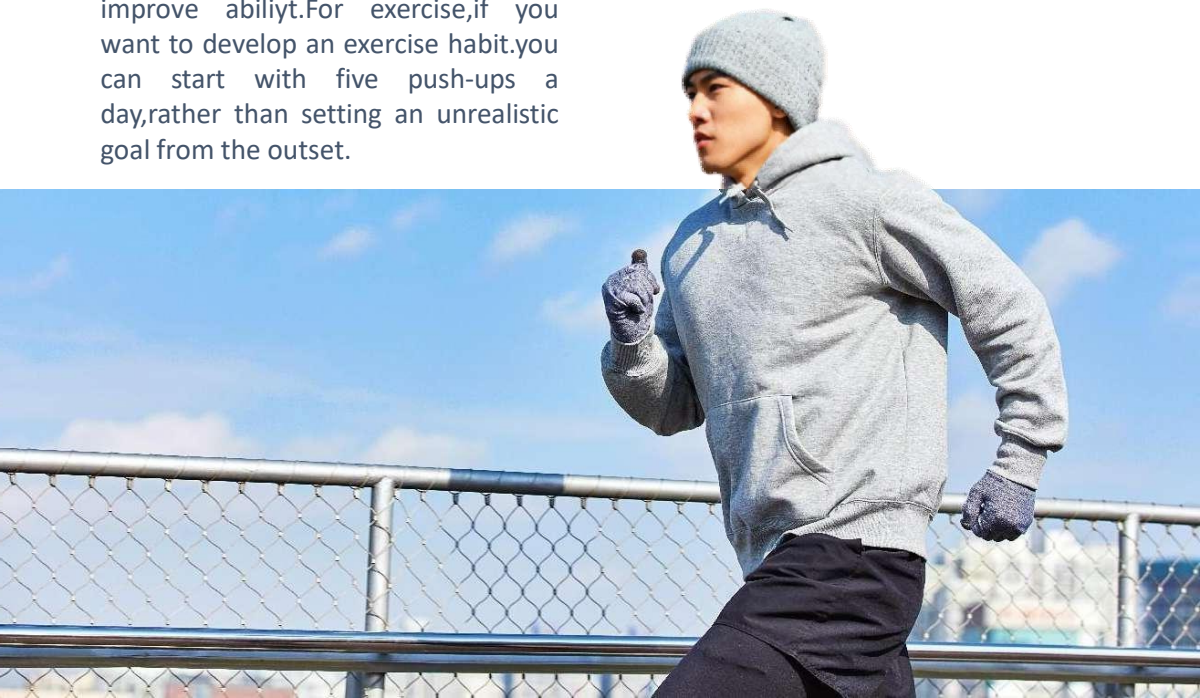
Ability

Ability refers to the skills, resources, and time required to execute a behavior. If a behavior is too complex or requires a huge investment of resources, people will find it difficult to persist. Therefore, simplifying behavioral steps and lowering the threshold are important means to improve ability. For exercise, if you want to develop an exercise habit, you can start with five push-ups a day, rather than setting an unrealistic goal from the outset.

Prompt

A prompt is the signal that triggers a behavior. Effective prompts enable us to take the correct action at the right time. Prompts can be time-based (such as 7 am every morning), location-based (such as entering the gym), mood-based (such as feeling anxious), or event-specific (such as after eating a meal). Designing clear prompts can help automate our behaviors and eventually form habits.

According to the Fogg Behavior Model, to form a habit, we need to ensure we have sufficient motivation, the ability to execute the behavior, and clear prompts. Next, the behavior needs to be repeated continuously until it becomes automated in specific situations. This usually takes weeks or even months, but once formed, habits occur naturally without much conscious control.





Essential Good Habits

Modern workplace individuals face enormous pressure and challenges, making maintaining physical and mental health an issue that cannot be ignored. Here are a few key good habits that help workplace individuals maintain their health in a fast-paced environment:

1.Regular Sleep Schedule

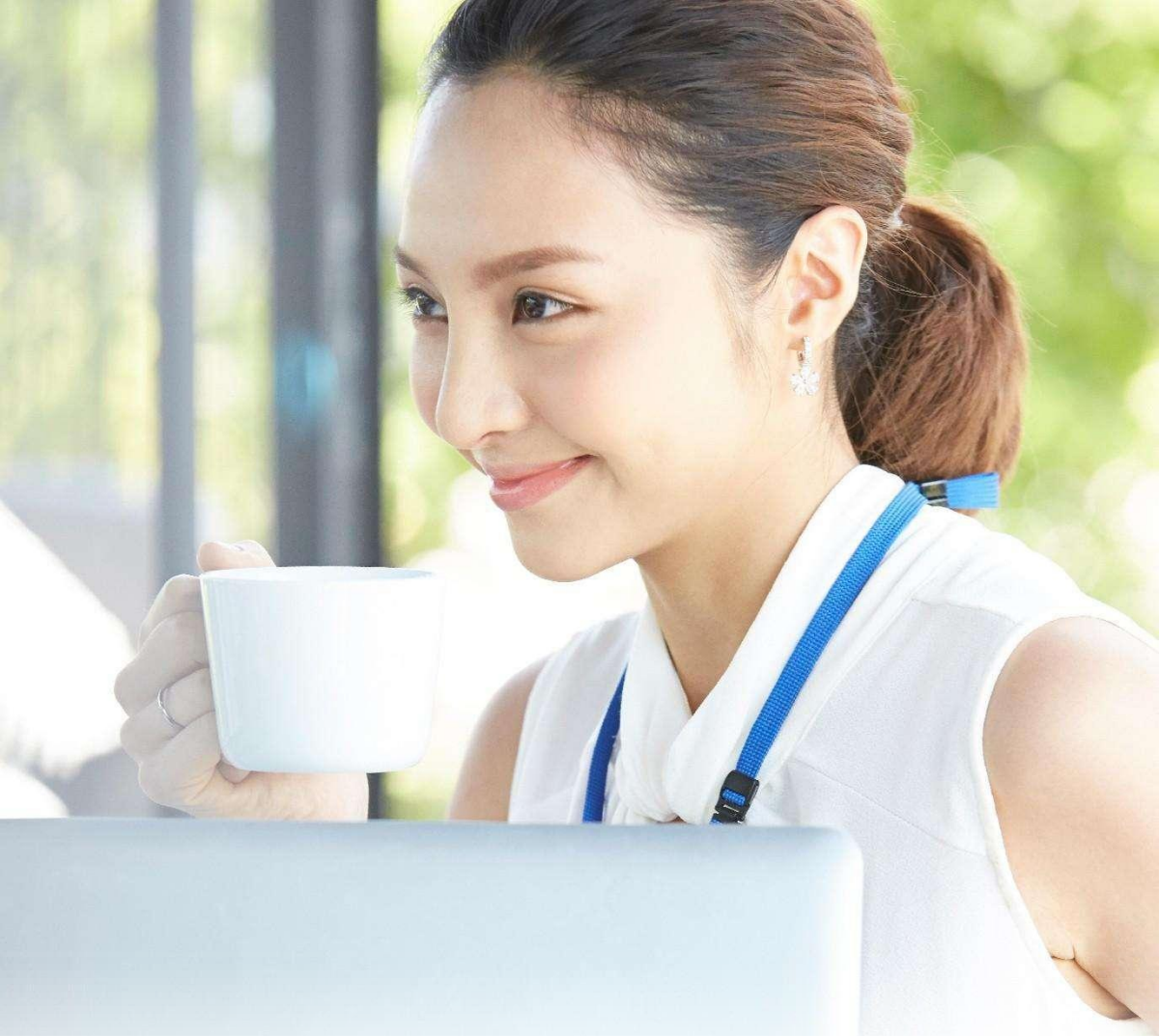
Maintaining a regular sleep schedule helps regulate the body's circadian rhythm and improve sleep quality. Try to go to bed and wake up at the same time every day, even on weekends. Good sleep enhances work efficiency, boosts immunity, and aids emotional stability.

2.Healthy Diet

A balanced diet is crucial for physical health. Workplace individuals should minimize the intake of high-sugar, high-fat processed foods and increase the proportion of vegetables, fruits, and whole grains. Arrange meal times reasonably to avoid prolonged fasting or binge eating, which helps maintain stable blood sugar levels and energy supply.

3.Moderate Exercise

Sedentary behavior is a major health hazard for modern workers. Maintaining moderate exercise every day, such as brisk walking, jogging, yoga, or gym workouts, helps enhance cardiovascular function, relieve stress, and improve mood. Even dedicating just 30 minutes a day to moderate-intensity exercise can bring significant health benefits.



4. Psychological Adjustment

Workplace stress is often accompanied by psychological issues such as anxiety and depression. Learning psychological adjustment techniques, such as meditation, deep breathing, and mindfulness exercises to relax the mind, is an important means of maintaining mental health. Additionally, maintaining good communication with colleagues, friends, and family also helps alleviate stress.

5. Time Management

Effective time management reduces work-related stress and improves work efficiency. Reasonably plan daily work tasks, set priorities, and avoid procrastination and overwork. Arrange rest time reasonably to maintain a balance between work and life, which helps maintain a good work state in the long run.

6. Lifetime Learning

Competition in the workplace is fierce, and maintaining a habit of learning helps continuously enhance one's professional skills and overall quality. Using spare time to read books, participate in online courses, or attend industry conferences not only enhances professional competitiveness but also brings a sense of achievement and satisfaction.

Establish Your Micro-Habit

Now that you understand the theoretical foundation of habit formation and the essential good habits for modern workplace individuals, it's time to guide you in identifying and establishing a suitable healthy micro-habit for yourself.

1.Choose a Specific Behavior

First, reflect on the area of health you most wish to improve. Is it sleep, diet, exercise, or psychological adjustment? Choose the behavior that has the greatest impact on your current life and is most urgently in need of improvement. For example, if you find yourself always neglecting exercise due to busy work, you might choose "engaging in 10 minutes of aerobic exercise every day" as your micro-habit.

2.Set Achievable Goals

Ensure your goals are specific, measurable, and easy to achieve. The key to a micro-habit lies in its "microness," meaning setting an initial goal that is extremely easy to accomplish. For instance, instead of starting with "running for an hour every day," begin with "jogging for 5 minutes a day." Such a goal requires almost no additional willpower and is easier to stick to.

3.Design Clear Prompts

Create a clear prompt for your micro-habit. This prompt can be time-based (such as right after waking up every morning), location-based (such as when entering your home), or event-specific (such as after eating lunch). Ensure this prompt reminds you to execute your micro-habit.





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