

Life Med is still busy providing quality services in all our departments of service.



Something to think about

Is it better to drive an injured or ill patient to hospital or to call an ambulance?

It is vital in a medical crisis to get help ASAP. In some cases the decision could be the difference between life and death.

FIRST: If you are too sick, hurt or too **distressed** about a sick loved one to drive safely, don't hesitate to call Life Med Ambulance Service immediately on **0861 086 911**. By means of transporting a patient to hospital with an ambulance will be the safest way to get to the emergency room without creating another emergency.

SECOND: How do you know if the injury or illness is a true medical emergency? The following guidelines can help you make that decision – ask yourself **one of** these questions, if the answer is “yes”, phone Life Med Ambulance Service **immediately**.

- Does the patients' condition seem life threatening?
- Could the patient get worse and become life threatening on the way to the hospital?
- Does the patient experience pain?
- Will you get delayed in traffic?
- If you try to move the person, will it likely lead to more harm?

Common symptoms and signs that indicate a medical emergency are:

- Shortness of breath or breathing difficulty
- Pain in the chest or abdomen that last two minutes or longer
- Dizziness, weakness or fainting (**unconsciousness**)
- Vision changes – such as double vision
- Speaking difficulties
- Mental confusion
- Sudden or severe pain
- Person in labour
- Bleeding that won't stop after 10 minutes or longer
- Coughing up blood
- Suicidal feelings
- Severe allergic reaction, such as to an insect bite
- Severe burns
- Trauma ex. Gunshots, drowning and motor vehicle accident

Social Media



Follow us...

Follow us on these following pages:

Facebook:

- Life Med Ambulance Service
- VitalRide 911
- First Aid Training

Twitter: Lifemed911

Youtube: Life Med Ambulance Service

Social media is an important part of any business. We aim to create an interesting platform for our followers on our social media pages.

We post interesting articles, medical tips, accident information and special events on our pages to keep the public up to date with what is happening within the emergency industry.

If you would also like to find out more about our company please visit our website

www.lifemed911.co.za



Tips for when your baby has a boo-boo!!

VitalRide
Ambulance Membership



Affordable Private Ambulance Cover

Tel: 012 330 9458

| www.lifemed911.co.za



In the news..

Life Med's Nelspruit branch responded to an accident on 4 July 2017 on the R541 Badplaas Road leaving 18 patients deceased due to injuries suffered. Our Nelspruit branch works closely with the other service providers to attend to emergencies in the Mpumalanga area. These article serves the purpose to create awareness to road users.



UPDATE: Death toll from crash rises to 18 | Lowvelder

#LifeMedTips: Heart Attacks and Strokes



CARDIOVASCULAR DISEASE
in South Africa

- Stroke: 130 deaths daily in SA
- Heart disease: 240 deaths daily in SA

Stroke is the leading cause of death in South Africa. It is a leading cause of disability in the world which is a contributing factor for heart disease.

Every hour in South Africa 8 people have heart attacks and 19 people have strokes.

80% of cardiovascular deaths before 60 years can be prevented with a healthy diet, regular exercise & smoking cessation.

- 240 Strokes occurs daily in SA
- 130 Heart Attacks occurs daily in SA

This means that 10 people will suffer a Stroke and 5 people will have a Heart Attack every hour.

Call Life Med immediately for medical Assistance on 0861 086 911

Causes:

One of the huge contributors To heart attacks and strokes is Your salt intake!! Make a small change that can save your Life!

SALT AND YOUR HEALTH

- A high salt diet is a key contributor to high blood pressure which is one of the leading causes for heart disease and stroke.
- You should not consume more than 6g of salt per day. This is the same as one teaspoon and includes the salt that is added to your food as well as salt already found in foods.
- South Africans consume more than double the recommended amount of salt (6-11g per day).
- Half of the salt we eat is from salt added by manufacturers during the processing of foods.
- The other half of the salt we eat comes from salt we add during cooking and food preparation at home.
- Salt is the single biggest contributor to the total salt intake of South Africans.
- Salt is made up of two parts - sodium and chlorine. Sodium is the part of salt that can increase blood pressure when you eat too much of it.

SALT WATCH

For more information visit www.life-med.co.za or call the Helpline 0861 086 911

Mandela Day

In the spirit of Mandela day Life Med decided to contact the **Help-net Foundation** to put us in contact with a foster home that was in need.

We often see big charity organisations asking for help but we tend to forget about the smaller charity groups were a tiny difference means the world.

We delivered groceries to the foster mom that takes care of 6 children ranging from the age of 6 up to 17.

One of our aims always has been to educate. Our ALS paramedic toughed the young kids some CPR skills and taught them more about the emergency industry and being a paramedic.

All the employees was extremely moved by these kids and by the people that are involved in making sure these kids gets the most possible normal upbringing.

Here are some photos of our day with them:



Life Med Contact information:

Address: 770 Nico Smith Street, Villieria.

Emergency line: 0861 086 911 / Alternative: 073 639 0270

Admin office: 012 330 9458