



Fundació • Fundación  
**ESPRIU**

# Compartir

Núm. 11 • New era • January 2023

Healthcare cooperatives and social medicine magazine

[www.compartir.coop](http://www.compartir.coop)



## The present and future of mental health

### **Health**

How we should  
tackle mental  
disorders

### **In depth**

One Health: a  
comprehensive  
approach to health

### **Lifestyle**

The benefits  
of digital  
disconnection

# Summary

## Health

- 4 **Mental health.**  
One out of every four people suffers from mental disorders.
- 6 **How to treat mental disorders.**  
The Spanish National Coordinator for Psychiatry at ASISA, José Abad Almendáriz, explains that mental health and physical health are inseparable.
- 10 **An interview with Sara Mayero,** Head of the Psychiatry Area at the Hospital HLA Universitario Moncloa.
- 12 **Rest.**  
Four emotional tools to help you feel better.

## Cooperatives and social medicine

- 14 **ASISA Group.** A new program promoted by the group will improve care for patients with chronic illnesses.
- 16 **Assistència Sanitària.** Collaboration with Medécins Sans Frontiers and a refurbishment of the ICU at the Hospital de Barcelona.
- 18 **Fundación Espriu.** The 300 largest cooperative organisations in the world invoice 2.17 billion American dollars.

## In depth

- 20 **A hyperconnected health.**  
With globalisation and climate change, the concept of 'One Health' offers a comprehensive approach to health, which includes human and animal health, as well as that of the planet.
- 26 **An interview with Maite Martín,** chairwoman of the One Health España platform.

## Lifestyle

- 28 **Destinations.**  
Legendary train journeys.
- 30 **Well-being.**  
The importance of digital disconnection.
- 32 **Nutrition.**  
What to eat before and after training.
- 34 **Flight mode.**  
Laughter yoga, an option for being happier.



## Staff

Compartir  
Healthcare cooperativism magazine  
[www.compartir.coop](http://www.compartir.coop)  
[compartir@fundacionespriu.coop](mailto:compartir@fundacionespriu.coop)

### Editorial board:

Dr. Ignacio Orce, chairman of the Fundación Espriu and Assistència Sanitària  
Dr. Enrique de Porres, CEO of ASISA-Lavinia  
Teresa Basurte, former chairwoman of the Fundación Espriu  
Dr. Oriol Gras, trustee of the Fundación Espriu  
Dr. Carlos Zarco, general manager and trustee of the Fundación Espriu





## Editorial

# A global health

In one of his satyrs, the Roman poet Juvenal wrote: *Orandum est ut sit mens sana in corpore sano* ('Pray for a healthy mind in a healthy body') two thousand years ago. As the centuries have gone by, the famous Latin quote lost the first words and became a slogan that linked mental and physical health together.

Apart from just being used as a sales slogan, Juvenal's sentence synthesises the need to seek out a balance between body and mind in order to enjoy good health. In the first pages of this new issue of *Compartir*, Doctor José Abad Almendáriz and Doctor Sara Mayero explain that mental health and physical well-being are closely related. A recent study by Doctor Mayero, for example, certifies that physical exercise has been proven to have a neuroprotective effect.

After breaking down the barriers between body and mind, on the central pages of the magazine we propose considering human health from a wider point of view, with a comprehensive approach. According to the One Health, human well-being is related to animal health and to environmental health. Although this proposal was introduced at the beginning of the 21st century by the WHO, it was forcibly rekindled after the Covid pandemic, when a large part of the world woke up to the speedy proliferation of a virus that challenged everyone's health. Doctor Yolanda Meije explains in the in-depth article on the One Health concept that the world is a unit in which we are all closely connected and that the proliferation of viruses and diseases does not respond to a random pattern of events, but rather to global alterations for which humans are also responsible, such as the extinction of species or changes in the biodiversity.

**Human well-being is linked to animal health and to environmental health**

According to the butterfly or domino effect, a small change can cause an effect with unimaginable proportions. This helps us to understand the framework proposed by One Health, but it also can be used for introducing small activities in our daily routines that contribute to improving our well-being. For this reason, on the last pages of *Compartir* we talk about the importance of digital disconnection or finding time to practice laughter yoga.

**Carlos Zarco**  
General manager of the  
Fundación Espriu

**Production:** Factoria Prisma  
Diagonal 662-664,  
08034-Barcelona  
Tel. 934 926 667  
[www.factoriaprisma.com](http://www.factoriaprisma.com)

**Editor of Factoria Prisma:**  
Vanessa López

**Coordination:** Víctor Farradellas

**Design:** Xavi Menéndez

**Printer:** Centro Gráfico Ganboa SL  
Legal deposit: B-46099-2003

ISSN: 2488-6394

**Fundación Espriu**  
Av. de Josep Tarradellas, 123-127,  
4ª planta  
08029 Barcelona.  
Juan Ignacio Luca de Tena, 12, 3ª  
28027 Madrid  
NIF: G-59117887  
Tel.: 93 495 44 90

[fundacionespriu@fundacionespriu.coop](mailto:fundacionespriu@fundacionespriu.coop)  
[www.fundacionespriu.coop](http://www.fundacionespriu.coop)



Established in 1989, the Fundación Espriu integrates the entities using the cooperative healthcare model created by Dr. Josep Espriu: Autogestió Sanitària, SCIAS, Lavinia and ASISA, which make up the Assistència and ASISA Groups.



# There is no health without mental health

Around the world, one out of every four people suffers from, or will suffer from a mental disorder during their lives. Deaths by suicide have also increased worldwide, particularly in Spain where they are now the first cause of unnatural death amongst teenagers.

by **Àngela Zorrilla**

**The World Health Organisation (WHO)** is warning that mental health problems will be the main cause of disability in the world in the year 2030. In its “World report on mental health”, published last summer, it corroborated that approximately, one out of every eight people in the world already suffers from some type of mental disorder. In Spain, one out of every ten people is diagnosed with a mental problem and it is estimated that 25% of the population will have a mental disorder during their lives. Anxiety and depression are the most common problems and in many cases, they go hand in hand. In fact, in Spain around 7% of the population is affected by these two problems.

The main symptoms of depression are sadness and apathy, irritability or frustration, sleeping problems, headaches, concentration difficulties or feeling guilty or helpless. The causes are usually a combination of factors including genetic,




**Mental health around the world**

(source: WHO)

**1** of every **4** people will have a mental disorder during their lifetimes.

**12,5%** of health problems are represented by mental disorders, a figure that exceeds figures for cancer or cardiovascular pathologies.



environmental, biological and psychological elements. Anxiety, on the other hand, is not just feeling nervous, but it also causes intense fear, panic, episodes of terror or phobias. Therapy and/or taking prescribed medication are the main treatments for these disorders. Prevention also plays a decisive role for reducing these problems. According to the Spanish Society of Psychiatry and Mental Health, care from early childhood could reduce the incidence of these mental disorders by a third.

### **THE REPERCUSSIONS OF THE PANDEMIC**

Entre sus innumerables Amongst its countless consequences, Covid-19 generated a worldwide mental health crisis. It has been a clear sign of people's vulnerability and the need for looking after the most fra-

gile amongst us. In the first year of the pandemic alone, anxiety and depression disorders increased by 25% all over the world. According to the Fundación Anar, the coronavirus crisis and its lockdowns increased psychological problems. For example, suicidal behaviour increased by 244% and anxiety by 280%.

Accordingly, suicide prevention is an international priority that has been included in the United Nations Sustainable Development Goals. In 2030, the world death rate due to suicide should have been reduced by one third. In Spain, partly as a result of the pandemic, for every person who dies by suicide, there are 10 who try it, Fundamed informs. And it adds that for every person who tries it, there are another 14 who are thinking about it. For this reason, a few months ago the Spanish Government promoted the 024 telephone number, a free, public service for people with suicidal behaviour. It is another step forward when promoting the fact that people should look for help and find it. ■

**50%**  
of mental health  
problems start before the  
age of **14** years and  
**75%**, before **18**  
years.

Between  
**35%** and  
**50%**  
of patients do  
not receive any  
treatment, or not the  
correct one.

Over  
**300**  
million people in  
the world live with  
depression.

Around  
**800.000**  
people commit  
suicide every  
year.



# The treatment involves listening, availability and above all, continuity

Mental health is essential and although there is a traditionally separate view of the body and the mind, both are completely intertwined. This is the statement made by José Abad Almendáriz, the National Psychiatry Coordinator at ASISA, who comments that “if the mind is working badly, the physical part is as well; and to the contrary, if the physical area fails, it can have consequences in the mental part”.



**José Abad Almendáriz** is the National Psychiatry Coordinator at ASISA and adviser of Lavinia Sociedad Cooperativa, which is defined as a success story in worldwide healthcare cooperativism.

**The Covid-19 crisis** caused a great shake-up for the population's mental health. “Illnesses that any of us could suffer from such as anguish or stress have increased with the arrival of an unusual and unpredictable element that diminished society's safety,” Abad comments. The basis of pre-pandemic mental illnesses has little to do with the current situation in Spain regarding these disorders. “When faced with a crisis such as the one we experienced, fear levels rise a great deal and this fear causes insecurities that derive in adaptive mental disorders such as anxiety or depression.” In spite of this, the psychiatric specialist trusts the innate ability of human beings and society in general, to overcome the obstacles and come through. Although

he qualifies this by stating that in the more serious disorders such as psychosis or schizophrenia specialised treatment is always required.

Doctor José Abad Almendáriz assures that in the mental health field, diagnosis is “relatively more simple” than in other medical disciplines and that the most important point is, without any doubt, “continuity.” He criticises that, for example, a patient with schizophrenia may not be attended until six months after a consultation or that a young person with a suicide attempt may not be attended in four months. “Once the diagnosis has been made, the most important element is the treatment and this irremediably involves care, listening, availability and continuity,” he explains. ■





# The future of mental health

**Doctor Abad** is clear that the current mental health model is “insufficient.” And, for the psychiatrist, its future involves “getting back to the dialogue between doctors and patients.” Medicine, for him, must be human by definition and if there is a debate going on about the need to humanise medicine it means that “we are doing something wrong and we are leaving it in the hands of algorithms, computers and technology.” Without any doubt, listening to patients is essential, and even more so in mental health consulting rooms. “A patient comes into the surgery looking for one thing: for you to look at them, touch them, listen to them... and if a person with anxiety or depression does not find a specialist who listens to them, they will not be able to get better.” In short, “we are not doing the most basic things.” This more humanist view also demands greater availability of specialists and a fight against long waiting lists. Another key aspect, in this context, is finding the balance between the new technologies and personal care. At present, virtually all psychologists and psychiatrists are working with video calls, chat and other technological instruments on a daily basis. But the National Psychiatry Coordinator at ASISA warns that all this technology must be used to “complement the continuous care of a patient and not turn the screen into the only vehicle for communication and care”. ■





## Identifying the warning signs

**At present,** the most regular symptoms that are being seen in consulting rooms are those related to anxiety and depression: today's two great mental disorders. These involve fear, impaired emotional states of mind, extreme behaviour, people putting themselves in risky situations, etc. In spite of this, according to Abad, one of human beings' most basic defence mechanisms is negation. And this can be dangerous in the area of mental health. For the doctor, the positive part is that people usually interact in society: "for this reason, if a patient does not realise that they need help, someone from their family or workplace will certainly help to detect any change and raise the alarm." Accordingly, it is important to stress that specialists talk about a pathology after some time has passed, for example, a few weeks in a different state of

mind or with a great deal of anxiety. "Some time must go by because there might be certain moments of sadness, anxiety or stress and this is not a bad thing," he considers. In fact, he warns about the excessive "psychiatrisation of daily life;" that is to say, "everything is taken to the psychologist and people look for reasons for every feeling." Linked to this, José Abad believes that it is essential "to learn that life leaves nobody unscathed and that problems and obstacles can arise that have to be overcome." This fight against adversity is natural and according to him, it should be one of the central points in young people's education. "It is a social topic and it is effective prevention. The idea is to educate strong children, to stimulate them, console them, love them and help them to live life without fear," he believes. ■

## Young people: what are the risk factors?

**The data is worrying:** a large majority of mental disorders start during adolescence. Abad assures that "all the serious mental disorders such as schizophrenia appear from the age of 14 or 15 years onwards, which is when the first signs appear." He adds that, at this time, it is essential for specialists to be very careful with the diagnosis because "adolescence is such an ebullient and turbulent state that the risk is run of stigmatising a young person at a crucial moment in their life." It is probable, according to different cases, that a specific diagnosis is not reached immediately, but a treatment might be started, setting forth the idea of





the disorder as a momentary crisis and smoothing down the situation. Regarding the risk factors, there are three variables, the doctor indicates. Genetics, the social factor and the individuals themselves. "All of these have an effect: ranging from genetic baggage, being born in the heart of a de-structured family or one with deficiencies, to the narcissistic ideals of society that young people see every day on social media," he recounts. Particularly, great advances are being made in the field of genetics and in spite of the fact that the chromosomes are in command, "there are genes that are not enough to produce a mental illness." For Abad, in order for these genes to express themselves, certain determined social behaviours must also occur. That is to say, that "genes are not powerful enough to mark you for life".

Another of the great problems related with the worrying mental health amongst young people is the consequence of the abusive use of social media. On many aspects, these can be extraordinary means, but they also usually promote "supposedly ideal models for people that make others feel frustrated." For

the National Psychiatry Coordinator at ASISA, "there is an evident social problem" and he illustrates this with other professional colleagues, plastic surgeons, who are increasingly receiving young people in their consulting rooms who want to operate their faces to look like someone they have seen on the Internet, "and they go directly with the photo of this person." For Abad, situations like these are causing "the cover up of a social problem and a serious personality disorder." Finally, another curse that worsens young people's health is the taking, sporadic or not, of drugs or other toxic substances. "Teenagers can have a fragile personality and sporadically starting to smoke joints and taking cannabis can shake the foundations of their lives." And he also recalls the danger of always living in the present. "Young people do not think about the long-term consequences that this joint is going to have," he points out. Society in general and teenagers in particular, "do not think about yesterday and furthermore, the future does not exist" and for the specialist this involves a great risk. ■



## The burden of stigmatisation of the mental illness

**A serious and/or** chronic illness means a "shock for anyone" because it affects the most essential part of the person and for this reason it is normal for "their personality to become shaken and to suffer from anxiety," Abad explains. Therefore, it is common for recently-diagnosed patients of cancer or other serious diseases to suffer from low emotional moods and moments of depression. "In this type of diagnosis, multidisciplinary protocols are immediately activated," he adds. The great problem arises when discrimination is shown towards mental disorders,

particularly the most serious ones such as schizophrenia. Abad illustrates this: "in the beginning euphemisms are usually used, saying that this person has problems; later on, that the person is more depressed due to certain circumstances. But, the moment it is stated that this person is suffering from depression, people do not look at them in the same way. And in the more serious disorders such as psychotic episodes, there is even more stigmatisation." Therefore, the expert proposes "encouraging these patients to contact professionals as soon as possible." The stigmatisation

ends up deriving into social problems, "and even within the family itself, the members of which in some cases, can feel shame or guilt." And in reality, what people with mental health problems need most is unconditional support and backup from doctors, specialists and today, "from associations, support groups..." Fortunately, José Abad concludes, mental illness is becoming more visible all the time; as is his profession, which has gone from "being an undervalued discipline to turning into a highly demanded speciality, more so after the pandemic". ■

Doctor Sara Mayero, psychiatrist at HLA Moncloa

# The involvement of the surroundings in the therapy process is vital for treating a mental disorder

by **Àngela Zorrilla**



**Sara Mayero** is a graduate in Medicine and Surgery and is specialised in Psychiatry. Currently, she is an associate professor at the Universidad Europea de Madrid and Service Head of the Psychiatric Unit at the Hospital Universitario Moncloa. Her daily routine is centred on Psychiatric Inter-consultations and outpatient work for all types of patients.

## What are the causes of disorders such as depression or anxiety?

Most psychiatric disorders have no specific cause. In the case of Depressive and Anxiety Disorders, genetic, environmental and psychological factors are the main influences. That is to say, family background, the patient's social environment and their personality are important influences.

## Why are the cases of depression and anxiety rising amongst Spaniards?

In my experience, this increase has to do with two aspects: the first one is that these illnesses are being acknowledged more frequently. Previously, suffering from a mental illness involved having a stigma on a social level that "invited" patients to keep quiet about their symptoms. The second aspect is the current situation and all we have experienced over the last 3 years. The pandemic has influenced our mental health, either because we have lost loved ones or due to the fear of becoming ill or dying.

## In one of your studies, you asserted that depression could be prevented with exercise.

Physical exercise has been proven to have a neuro-protective

effect. When we carry out exercise it promotes the stimulation of some endogenous opiates known as endorphins that have a positive effect on our moods. Furthermore, it also decreases oxidative stress and it regulates the immune system making patients also feel better physically.

## How else can mental disorders be prevented?

As some patients are predisposed towards mental disorders, it is difficult to talk about prevention. It is recommendable to follow a healthy lifestyle, both physically and mentally. It is important to have a solid social environment that can support us during the bad times, but it is essential for them to also to accompany us during the good times. Identifying those who bring us happiness and activities that we like to do in our free time and make us feel fulfilled.

## What are the first warning signs?

Debemos alertarnos cuando la persona empieza a abandonar actividades que previamente llevaba a cabo, principalmente en relación con el autocuidado. Las señales de advertencia también dependen de la personalidad previa del paciente. Obviamente, una condición



will be more evident in an extroverted, optimistic patient than in a patient with a more negative and defeatist profile.

## Is there a reference test or questions that can help us to know whether a psychologist should be visited due to mental problems?

No, normally patients come to a consulting room when their symptoms become restrictive. There are tests that can offer us information, but they are normally applied by a specialist. In these cases, evaluation by a specialist should be sought.

## In many cases, obviously prevention is not enough. Are there profiles of people with greater risk of suffering from depression?

Debemos estar atentos a personas que debemos mantener un ojo en personas que tienen un historial familiar de estos trastornos o que tienen muy poco apoyo social, que están comenzando a verbalizar síntomas ansiosos o depresivos. Como mencioné pre-



viously, there are also personality traits associated with a higher risk of developing this type of pathologies, as is the case of dependent, pessimistic people with neurotic characteristics or who are more introverted.

#### **How can a person who suffers from anxiety or depression alleviate their situation?**

Patients with these illnesses feel very frustrated when those around them resort to saying: "Come on, cheer up." I always explain to patients and relatives that the evolution in these clinical pictures does not depend exclusively on the patient and I give the example of patients with high blood pressure. We cannot tell a patient with high blood pressure "come on, bring your blood pressure down." It is important for the family or their surroundings, if the patient accepts it, to be involved in the therapeutic process. In these cases the patient will be grateful for the accompaniment

#### **■ There are personality traits associated with a greater risk of developing mental disorders such as the case of dependent, pessimistic people, or those who are more introverted**

and the support. When a person is depressed or anxious, the best idea is to see a specialist and carry out the guidelines recommended by this doctor. Mainly, the patient must stick to the therapy and/or pharmacological treatment and lead a life that is as healthy as possible, adapted to their current situation. Each patient's approach must be individualised, always with their well-being being taken as the priority.

#### **What is the present state of mental health in childhood?**

In the consulting rooms, there have been a notable increase in requests for helping children and teenagers. The pandemic has also

had a negative influence on these patients.

#### **How can these illnesses be detected at home or at school?**

Children express their unease in a different ways to adults. In their cases, irritability or concern is more noticeable than sadness. We must pay attention to children or teenagers who start showing difficulties to adapt in areas where previously they handled themselves without any problems.

#### **How should these disorders be approached at these ages?**

This depends on each pathology, but in most cases we resort to psychotherapy. In certain cases, therapy is combined with a pharmacological treatment. Here, the family and school must become involved.

#### **What characteristics appear in teenagers? Do social media or the Internet play a decisive role?**

Teenagers are still undergoing a growth process, including their brains. They have immature brains, with parts that have yet to mature, amongst these the prefrontal cortex. For this reason, in this phase, young people are more impulsive and find it more difficult to organise themselves.

Social media has significant repercussions on how teenagers function. Although they can use it in a positive, moderate way, unfortunately, in consultations I often see the consequences of its bad use. It promotes excessive exposure, both mental and physical and high demands, with frequent consultations about cases of bullying using these resources. In other patients, a dependence to electronic devices develops, limiting their normal behaviour and requiring a psychotherapeutic intervention and the involvement of their family circle. ■





# 4 emotional tools to help you feel better

Looking after yourself is essential to feel good. To do this, it is important to always adopt a healthy lifestyle.

**A healthy lifestyle** is essential to feel good, both inside and out. Amongst these good habits are a healthy, balanced diet, correct rest and regular physical activity, which

must always be adapted to each person. Finally, an environment full of empathy and trust, along with self-knowledge will mean that your mental health will remain strong. ■

**1 A healthy diet.** The type of food and diet followed by a person has a very important influence on their mental health. The regular consumption of fruit, vegetables and fish has been proven to help with emotional balance. On the other hand, diets high in processed foods, sugars or fats are associated with emotional imbalances. A healthy diet, such as the Mediterranean one can reduce the risk of depression.

**2 Sport.** Regularly carrying out sport and physical activity reduces stress and worry. This practice also prevents the appearance of anxiety, depression and other mental disorders. When the body moves it segregates serotonin, which is the hormone that raises self-esteem and improves self-confidence. Sport is also good for stimulating emotional intelligence; that is to say, the self-control of emotions or self-knowledge.

**3 Environment.** People must be effective when searching for friends and hobbies, as well as in their time management. Toxic relationships – be they with relatives, friends or partners, decrease mental stability and create emotional insecurity, lowering self-esteem. Looking for good company to carry out common activities is, on the other hand, very positive for the state of mind.

**4 Self-knowledge.** The need for self-knowledge has been recognised over the last three years. The pandemic has shown that knowing yourself is the basis to be able to structure a healthy emotional life. Identifying the feelings that certain situations generate and asking yourself why they have appeared helps to find answers and to reduce any uneasiness. It also allows everyday problems to be faced more effectively.

# ¿Es posible meter a 4.000 médicos en 46cm<sup>2</sup>?

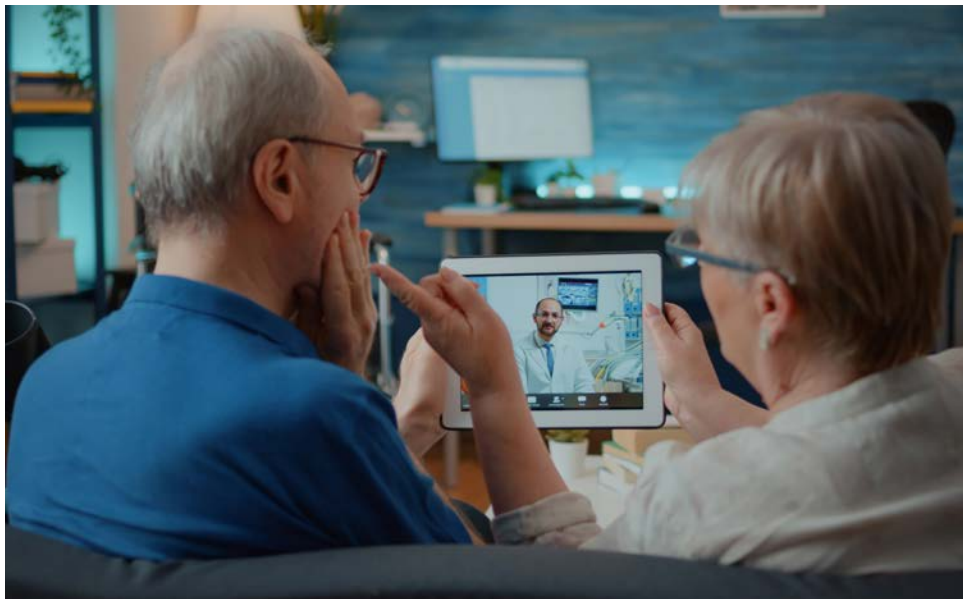


## Sí y, además, muy cerca de ti.



**Assistència  
Sanitària**

LA MILLOR ASSISTÈNCIA  
DE LA TEVA VIDA



## ASISA promotes a program to improve care for chronic patients

The 'ACTUA Program' uses continuous remote monitoring to detect early changes in the chronic patient's health

**ASISA has started up** the 'ACTUA Program' for controlling patients with chronic diseases. Its aim is to prevent and to detect early flare-ups in patients who suffer from chronic ailments, such as COPD (chronic obstructive pulmonary disease) or CHF (chronic heart failure).

The program, promoted by the General Medical Management (DGM) of ASISA along with Care4Chronics, a company from the Air Liquide Group, is backed up by

**The program helps** to detect flare-ups early on in patients who suffer from chronic ailments, avoiding visits to A&E, hospital admissions and complications.

an online digital application that sends clinical data, such as blood pressure, oxygen saturation or weight, to a monitoring and control platform. Additionally, the patient provides data about their symptoms on a questionnaire filled in on the application itself, allowing a very accurate valuation of the status of the process. Therefore, the health-care professionals in charge of the programme can activate the care resources necessary in each case. ■

## The HLA Group receives an E-nnovaHealth 2022 award for the HLA CirugIA project

**The HLA Group** has received one of the E-nnovaHealth 2022 Awards granted by the *Diario Médico y Correo Farmacéutico* in recognition of the most innovative initiatives in the digital health field. The prize-winning project, HLA CirugIA, applied artificial intelligence (AI) tools to improve the organisation and efficiency of the surgical area of the HLA Universitario Moncloa hospital (Madrid) and it was developed jointly with the IE Business School. The use of AI has allowed areas that could be improved in planning of the hospital's surgical block to be



identified, as well as the factors that contribute to optimising the length of the surgical operations. The award was collected by Dr. José Ramón Vicente Rull, the Manager of the hospital. ■

## Brief news

### ● New reproduction units.

The International UR Group will open two new reproduction units in Seville and Barcelona. The group's chairman Dr. José López Gálvez revealed this during the 4th Scientific Seminars held in Zaragoza. During the meeting the evaluation of new products was tackled and the pooling of activity and results reports, standardised protocols (SPs), the analysis of Scientific, Quality and Paramedical Consultancy, as well as the activity of the Embryology and Reproductive Genetics laboratories.

.....



### ● ASISA is premiering the film

*El valor de lo invisible* (*The value of the invisible*), which emphasises the work by civil servants. The documentary includes the direct testimonies of public employees who explain their daily work routines to the public. To prepare the film, ASISA created a platform through which public employees could send in videos. *El Valor de lo invisible* was created from over 500 testimonies by the director, Esteban Crespo, nominated for an Oscar for his short film *Aquel no era yo* (*That wasn't me*). The film, which lasts around 30 minutes, can be seen on ASISA's YouTube channel.



## Six HLA Group hospitals are amongst the 50 private centres with the best healthcare reputation

The Business Monitor of Corporate Reputation (Merco) has once again included hospitals from the HLA Group in its ranking

**The HLA Moncloa** (Madrid), HLA Vistahermosa (Alicante), HLA Jerez Puerta del Sur (Jerez de la Frontera), HLA El Ángel (Málaga), HLA Inmaculada (Granada) and HLA Montpellier (Zaragoza) centres have been considered among the best in the country in private medicine, according to Merco.

For the first time, Merco's Healthcare Reputation Monitor (HRM) has included HLA Universitario Moncloa amongst the hospitals with the best healthcare reputation in Internal Medicine. The Clínica HLA Vistahermosa continues to be the only private hospital in Alicante that appears in the ranking; HLA Jerez de la Frontera has risen 12 places compared to last year and it has the



highest position from those in the province of Cadiz. Likewise, HLA Inmaculada and HLA Montpellier are the best in private healthcare in Granada and Aragon, respectively.

According to Valeriano Torres, CEO of the HLA Group, "the HRM is one of the benchmark tools in the evaluation of the main agents in the country's healthcare system. Having six hospitals on this ranking emphasises our commitment to the Spanish healthcare sector and the care excellence we give to our patients." ■

**The HLA** Universitario Moncloa Hospital (Madrid) has entered the Merco ranking for the first time as one of the public and private centres with the best reputation in Internal Medicine.

## A non-invasive test based on AI has been validated for breast cancer diagnosis



**quantusMM** is compatible with most current mammograms and it detects the presence of malign nodules or micro-calcifications in under two minutes, therefore helping with the identification of the risk of breast cancer.

**Transmural Biotech**, the biotechnological company from the ASISA Group has completed the process established by European standards to market quantusMM, a non-invasive test based on artificial intelligence (AI) that allows breast pathologies to be diagnosed with a 92% accuracy, amongst which are breast cancers, using the images obtained on a mammogram.

Obtaining the EC mark is a decisive step for the development of this technology, as this European symbol is also valid for most countries in Asia and Latin America. ■

## ASISA holds its 3rd National Sales Convention

**The Sales and Marketing** Management Department at ASISA has organised the 3rd National Sales Convention, which brought together the top people in charge of ASISA and ASISA Vida and representatives from the sales structure from the company's network of delegations in the Metropolitan Stadium (Madrid).

The convention, in which over 160 people took part, allowed the situation of the insurance market to be analysed, along with the challenges being faced by ASISA and ASISA Vida on a scenario marked by inflation, the symptoms of an economic slowdown and the consequences of the pandemic, and the adaptation of the sales strategy in order to become increasingly more competitive.

The speakers emphasised the importance of strengthening the company's sales structure to continue promoting ASISA's growth and the transformation and composite diversification process. Likewise, they coincided in the need for fast adaptation to clients' demands in a setting of uncertainty and change. ■



**Amongst the participants** in the convention were Jaime Ortiz, Sales and Marketing Manager at ASISA; Francisco Martínez Aguilar, General Manager of ASISA Vida; Pedro Razquin, Vice-Chairman of ASISA; Rosa Pérez, Manager of the Sales Channel to Individuals; and Carlos Eiroa, Advertising Manager.

## Humanitarian action by Assistència Sanitària and MSF

The collaboration with the NGO has allowed medical material to be acquired to help in Ukraine, Nigeria and the Central African Republic.

**Aimed at supporting** social activities and an extensive willingness to cooperate and participate in initiatives with a humanitarian outlook, Assistència Sanitària has recently signed an agreement with Médecins Sans Frontières (MSF). This organisation provides help and develops medical and humanitarian work in contexts of armed conflict, violence, epidemics or forgotten diseases and natural disasters, amongst others.

Assistència Sanitària is participating with a contribution of 200,000 euros to the Médecins Sans Frontières Emergency Fund, which will be used in different projects all over the world. The support given in Ukraine is the equivalent to the acquisition of all the medical material and medicines necessary to carry out 876 emergency surgical operations. In Nigeria, in outpatient mode, 1,315 children will be able



to be treated from the area of Zambara, who are suffering from several acute malnutrition: in 45 days they should recover their normal weight thanks to the treatment. Additionally, 39,370 children will be able to be vaccinated against measles in the Central African Republic, where they have been suffering from a very serious epidemic in recent years. ■

**A collaboration** aimed at offering quality medical care wherever it is needed.

## Refurbishment of the intensive care unit (ICU) of the Hospital de Barcelona

**In the wake of other** recent actions carried out in the building of the Hospital de Barcelona, the Intensive Care Unit (ICU) has been the next target of an intervention aimed at allowing better care for its users. In this case, the spaces have been redistributed and the elimination of all eliminated that did not allow a complete view from the nursing station. In this way, the personnel who care for the patients on a daily basis have a more direct access to each patient, both by visual contact and when moving around the area.

The introduction of a more open plan architecture has also been an important improvement as it allows more natural light



to enter the unit, a factor that has a decisive effect on people's health and feeling of well-being, but also on the personnel's efficiency. This biophilic design is in line with the trend for humanising and naturalising healthcare areas, making the experience as pleasant as possible. ■



## A new advertising campaign for Assistència Sanitària

**With a direct message** and the slogan *The best, according to the doctors*, Assistència Sanitària is emphasising its first position on the ranking of health companies prepared by the Board of Medical Colleges of Catalonia. Television adverts, radio slots, adverts in the press and posters on the streets, as well as presence in digital media, are the elements used to communicate that the organisation has earned the top score from the doctors. Concepts such as respect, thoroughness, professionalism, valuing the work by the doctors, caring for patients and freedom of both to choose and decide are emphasised in the campaign. ■

## The OCU rewards Assistència Sanitària's health insurance

**After 6,451** valuations by members of the Organisation of Consumers and Users, a study about health insurance in Spain is allowing their experience and opinions to be known. Taking into account practical aspects (treatments, coverage, medical team, quality of the services, customer services, authorisation of tests...) and economic aspects (Premium, increase, copayments...), Assistència Sanitària is holds the first position amongst the 16 companies analysed, with the maximum score in all the categories. ■



## Brief news

### Assistència Sanitària is launching a new fleet for the home emergency service

24 new hybrid vehicles will travel over an average of 35,000 kilometres a year to give service to the entire province of Barcelona.

**The fleet of the** home emergency service (SUD) from Assistència Sanitària has been completely renewed with up-to-date vehicles which, in line with eco-sustainability criteria, allow emissions to be reduced thanks to their hybrid technology. From the user point of view, they have been equipped with an extra GPS system to make the journeys easier and to optimise the driving. The exterior image has also been modernised with a new screen-printed design.

The new Toyota Yaris model has been chosen, adapted to the advances in force in motor vehicles. It is a utility vehicle that uses a combination of technologies for its propulsion (internal combustion engine and electrical engine)



with consumptions of around 3 litres and which, above all will be used for travelling around urban areas, although they will also carry out longer road journeys, as well as along country roads, particularly in the case of the Regional HES. ■

**30 minutes** is the estimated time for reaching the homes of insured people in the city of Barcelona.

- **New intranets at Assistència Sanitària and SCIAS Hospital de Barcelona.** Just a year after the complete renewal of their web sites, the intranets of Assistència Sanitària and SCIAS Hospital de Barcelona have been published. Through them, all the people from these organisations may conveniently access and share information and operating systems, responding to the daily requirements.



- **SCIAS is taking part in the main supportive food collection.** Once again, this year SCIAS is taking part in the collection of products for the Banc dels Aliments, the benchmark initiative in the Catalanian area for collecting food and then handing it out amongst over 300 organisations specialised in helping people or families in situations of poverty. The aim is for the people who most need it to be able to access sufficient, safe and healthy food. Both the Hospital de Barcelona and the Participation Area of SCIAS have set up collection points where the food that will be donated to the food bank can be deposited.

### Acknowledgements for the teams at the Hospital de Barcelona

**The Barcelona College of Doctors** held its annual gala dinner for the Awards to Professional Excellence on the 28th of November, which since 2004 have paid tribute to professional careers based on commitment, honesty, altruism, integrity and excellence. This time, the juries formed by prestigious doctors awarded prizes to two professionals who have developed their careers in the Hospital de Barcelona, with close links to the cooperative.

On the one hand, Dr. Genís Carrasco, from the Intensive Medicine Service, was recognised in the category of Humanities, Cooperation and Management. And on the other hand, Dr. Roser Cid, of the Internal Medicine Service, collected the distinction corresponding to the category of Other Care Fields. Both cases are instances of exemplary careers exercising maximum quality and exaltation of the values that form medical professionalism. ■



Dr. Genís Carrasco



Dr. Roser Cid



# The Top 300 cooperatives invoice 2.17 billion dollars

According to the World Cooperative Monitor, the set of organisations that support the Fundación Espriu holds the third place in the healthcare sector.



**The International** Cooperative Alliance (ICA) and the European Institute for Research on Cooperative and Social Companies (Euricse) published the eleventh edition of the World Cooperative Monitor, an annual report that studies the economic impact of cooperative companies on an international scale.

The monitor analyses the performance of the 300 largest cooperative organisations in the world that make up a business turnover of 2.7 billion American dollars. Additionally, it makes a classification by sectors based on the economic data from 2020, a ranking in which the set of organisations that support the Fundación Espriu holds the

third place in the healthcare sector. In the general classification that orders all the cooperatives without differentiating them by their sector of activity, the Fundación Espriu may be found in position 206.

The research and the data collected every year for the preparation of the report provides the cooperative movement with a magnificent tool for evaluating its development, while at the same time allowing the relevance of the cooperative model to be transmitted to public opinion. It is also an important element in the dialogue with the public administrations and governments to promote the development of public policies that favour this business model.

**HEALTH  
COOP**

The World Cooperative Monitor 2022 may be consulted on this link:



In addition to economic and employment data, this year's report includes a special report on digitalisation. Although the process was started up a few years ago, the restrictions imposed by the Covid-19 pandemic have obviously speeded up the implantation of new technologies in most aspects of life, including education, work, consumption or healthcare. Companies have moved many everyday situations over to the digital environment. Cooperatives are no exception to this process, with the added challenge of "digitalising" the active and democratic participation of the cooperative members in the organisation's decision-making processes. ■

## Healthcare cooperativism in Latin America

The Director of the Fundación Espriu took part in the Cooperative Summit of the Americas

**Within the framework** of the 6th Cooperative Summit of the Americas, which took place between the 24th and the 27th of October in Paraguay, the seminar “Cooperative health models towards regional integration” was held, aimed at analysing the benchmark healthcare experienced on the American continent.

The Director of the Fundación Espriu, doctor Carlos Zarco, opened the meeting with a speech in which he recalled that “the cooperative healthcare model is a non-profit making structure, which maintains the property of the companies for the patients, the professionals or both groups and that reinvests all the surplus in improving its capacity.”

The subsequent debate, in which Dr. Emilson Ferreira, Vice-Chairman of Unimed in Brazil, Dr. Angela Cruz, Manager of the Colombian cooperative, Coomeva and Dr. José Alves, Chairman of



the Brazilian network of dentistry cooperatives, Uniodonto, revealed that the cooperative model has an extensive presence in Latin America, with large companies that are improving accessibility to the health systems and are innovating in the design and organisation of the services.

The meeting also included the presentation of projects that illustrate the capacity of health cooperatives. Dr. Ariel Bango showed the creation process of a consumer co-

operative to manage a hospital in Montevideo that will give service to medical providers in Uruguay. Dr. Bethania Meléndez displayed the cooperative initiative of healthcare professionals over which she presides, which is aimed at building a hospital in Ciudad de Panamá. On the other hand, Dr. Ricardo López emphasised the work that the Federación de Entidades Solidarias de Salud has been carrying out in Argentina since 2000, promoting a supportive model of healthcare. ■

**From left to right:** Dr. José Alves, Chairman of Uniodonto, Dr. Ricardo López, Chairman of FAESS, Dr. Carlos Zarco, Director of the Fundación Espriu and Dr. Emilson Ferreira, Vice-Chairman of Unimed in Brazil.



## IHCO incorporates new members

**On the 25th of November**, the General Assembly of the International Healthcare Cooperatives Organisation (IHCO) took place, which every year brings together representatives from the companies in the sector from different countries.

The meeting, presided by the Director of the Fundación Espriu, Carlos Zarco, analysed the actions that the international organisation has developed over the past year. The delegates revealed the challenges to which the cooperatives are facing up to in the different countries and they exchanged points of view and solutions.

The assembly also formalised the incorporation of three new organisations: a network of cooperative pharmacies in Greece, a hospital in Uruguay and a cooperative of professionals in Panama, who as full members are extending the association base and the representativeness of the healthcare institution.

Founded in 1996 as the healthcare branch of the International Cooperative Alliance, the organisation presided over by the Fundación Espriu currently includes associated companies in 18 countries from Europe, America, Asia and Africa. ■

# A hyperconnected health

With globalisation and climate change, the One Health concept wants to find a comprehensive approach to health, which includes human health, animal health and the health of the planet itself.



by **Dr. Yolanda Meije**, Head of the Internal Medicine Service and the Unit of Infectious Diseases at the Hospital de Barcelona. With a doctorate in Medicine and Surgery and a Master in Infectious Diseases. She was employed as a researcher at the Boston General Hospital (USA). She has also worked at the Hospital 12 de Octubre, the Hospital Ramón y Cajal and the Hospital Vall d'Hebron.

T

here is a theory that if a butterfly flaps its wings on one side of the world, it could end up causing an earthquake on the other. This theory, involving endless coincidences, could simultaneously show us a surprising level of connection.

On the other hand, it is a fact that in recent years we have normalised diseases such as Ebola, Zika, Covid or Monkey pox; and that we have been passive observers to the appearance of new infections that reach us from anywhere in the world in

record time.

A situation without precedents in history, but that we have accepted with resignation and composure. Could it be true that today we are living in a world that is much more connected than we might believe at first sight? Or does what happens in one part of the world have immediate consequences on the other part?

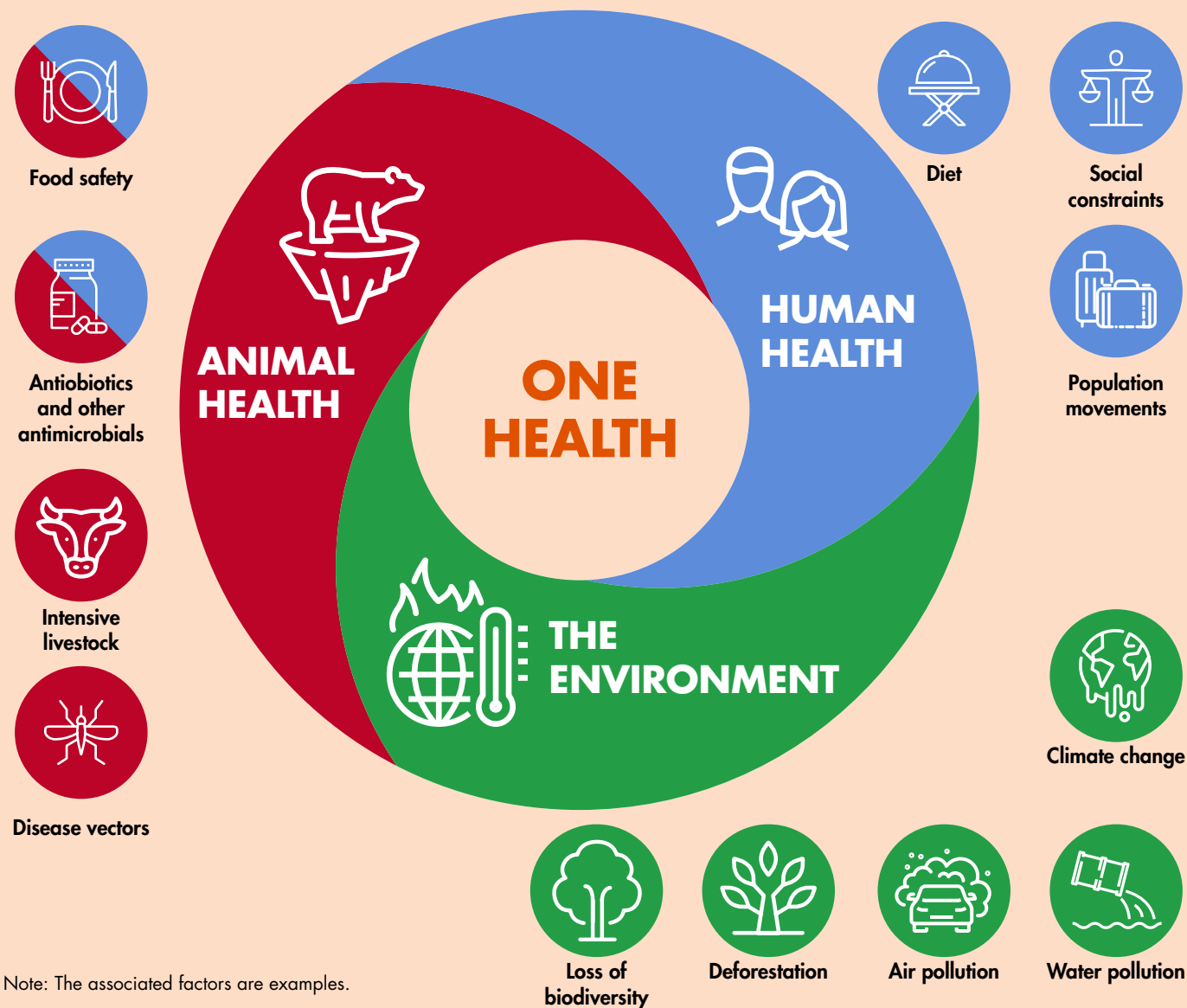
A zoonotic disease is the name we give to the diseases transmitted from animals to humans, either directly or indirectly, through vectors such as arthropods. Covid-19 was one of these zoonotic diseases with all its inherent repercussions, along with the morbidity and mortality it caused. It is estimated that over 75% of new infections will also be zoonotic diseases. Moreover, there are up to 1.7 million viruses that could leap to the human species over the next few years. The fact is that we do not know the name of the next virus that could appear, nor do we want to know it, but we do know that it is our responsibility as human beings to look after the planet on which we live. The protection and love of nature that come naturally to indigenous peoples are not only compulsory ►►





# ONE HEALTH

Human health and animal health are interdependent. In turn, both depend on the environment.



►►► today, both as respect for the world that is our home and as a legacy to our descendants, but rather they are imperative to be able to turn around the situation we are living in.

The world is, as we have seen, a unit in which we are closely connected; and in which people, animals and the ecosystem are very closely linked. Therefore, global

health involves animal, environmental and human health.

The One Health concept is paving the way as a necessary world strategy to approach this problem as a whole and including the planet as a priority factor for global health. A concept that allows us to delve into globalisation, into the importance of sustainable development, animal trade or the possible

zoonotic diseases to which we are still exposed.

At the beginning of the year 2000 the World Health Organisation (WHO) introduced this concept to tackle the risks of public health that had increased due to globalisation and climate change. However, over the past few years, in the aftermath of the pandemic, this approach has become a top



priority for all international health organisations.

The situation must be approached from a comprehensive, unitary point of view, which allows us to get ahead of future threats and tackle this problem from a prevention perspective, and not as a response to a disease.

We live in a world that is designed with a perfect balance; however, we are continuously altering this balance, generating many threats against ourselves and against the rest of the planet. It is alarming to think that 75% of the land surface area has already been significantly transformed by humankind, for its benefit.

Deforestation and changes in land use, trade and international transport, agriculture or industrial livestock farming are the three main determinants for the risk of zoonotic diseases over ►►►

## Animal health

---

### Loss of biodiversity

Today, one million species are in danger of extinction; that is to say, one of every eight species could disappear in the near future. The decrease in the biodiversity and the extinction of species, which act as virus hosts, break the contagion chain or the naturally existing firebreak, turning people into direct hosts for these viruses.

### Changes in the climate

It is well known that changes in temperature affect the abundance and the lifespan of ticks. Climate changes also affect bird migration patterns, which play an essential role in the propagation of zoonotic diseases. This situation has meant that pathologies such as Lyme disease, transmitted by ticks, have increased in recent years due to global warming. It has also caused cases of Crimean-Congo haemorrhagic fever to appear in Spain over the past few years (Extremadura or Castilla y León), and by direct transmission from ticks in the rural areas where they live.

### Intensive livestock farming

Intensive livestock farming also has its effects on deforestation, in the high consumption of water and on soil pollution, through faeces and ammonia from the animal feed.





►►► the next few years. But, how do climate change, or the conservation of ecosystems, increase the risk of zoonotic diseases? Climate factors play an important role in the incidence of diseases transmitted by vectors such as mosquitoes or ticks. World temperatures have increased significantly in recent years, with an accelerating trend to global warming. Mathematical models suggest that this situation will also speed up the transmission of diseases caused by mosquitoes and it will extend their geographical distribution.

Global warming also has an important effect on the cycle of the 'El Niño' weather phenomenon, linked to a greater risk of diseases transmitted by different mosquitoes, such as Dengue or Rift Valley Fever. And the fact is that in dry climates, torrential rainfall provides ideal conditions for mosquito reproduction. Added to this, every year over 4,000 million people travel from one part of the world to

## Human health

### Fewer birds

Scientists from the Research Group of Hunting Resources Management and Wildlife at the Institute of Research in Hunting Resources and the Universitat de Lleida have studied the effects of urban expansion on bird migration in Europe and particularly, the migration of the common quail. The results emphasise that quails have not only lost their habitat in urbanised Europe, but that they are seeing their migration hindered by the large amounts of urbanised land and light pollution, which result in the quails colliding with infrastructures. From a 'One Health' point of view, this has consequences, as these common birds eat mosquitoes. The absence of the birds encourages the propagation of these insects, which also bite the dead birds and can transmit diseases to humans. Therefore, if the birds collide with infrastructures during their migration, the probability of a bird being bitten by a mosquito and that this insect then transmits a disease to a human increases considerably.

### More resistant bacteria

Many of the bacteria that contaminate food have become resistant to antimicrobial agents, which make it more difficult to treat diseases transmitted by food. The correct use of antimicrobial agents in the production of meat, seafood, eggs and milk, as well as fruit and vegetables, can reduce the risk of bacteria resistant to antimicrobial agents in food.

### Essential foods

60% of all human infectious diseases have a zoonotic origin and around 75% are transmitted between species. The high impact diseases affect essential foods derived from livestock, which make up 33% of the protein and 17% of calories ingested in food.

» Global warming will also speed up the transmission of diseases caused by mosquitoes and it will extend their geographic distribution.

another, with the consequent risk of disease transmission beyond the borders; as well as the continuous transport of animals from their habitats to urban markets and greater contact with wild and domestic animals, all mean that we have the perfect cocktail to increase the transmission of diseases from animals to people and, subsequently between countries, both quickly and globally.

Observing population movements, the current situation of the planet and the use we make of animals, is it surprising that what happened in Wuhan reached us, or that if there are no vaccines in Africa, a new omicron strain of SARS-CoV2 appeared in South Africa and moved from there onto the rest of the world; or that if a child eats monkey meat in the Congo and develops monkey pox, this infection ends up reaching us?

35 years ago, the Dalai Lama advanced: "As the world grows smaller, we need each other more than in the past... Now, more than ever, life must be defined by a feeling of universal responsibility, not only from nation to nation and from human to human, but also between humans and other forms of life." We must look after our planet and all the living beings that inhabit it. ■



## The environment

### Climate

The variations in weather conditions, such as temperature, rainfall patterns and humidity have caused a direct effect on the length of the lifecycle of the Anopheles mosquito that transmits malaria. As a result, we are experiencing an increase in transmission of malaria in regions where the disease previously did not exist.

### Deforestation

The clearing of jungle areas creates an ideal habitat for the reproduction of the Anopheles mosquito in the Amazon, where the lack of trees means that the water is not absorbed and puddles and stagnant pools are formed, which seem to be the main facilitators for their propagation. It has also been seen that the mosquitoes that transmit malaria bite humans 200 times more in the deforested areas than in untouched jungle.

### Agriculture

The deforestation of the Indonesian jungles to provide space for farming has meant that fruit bats have had to find another habitat, transporting a mortal disease along with them, transmitted by the Nipah virus. The consequence of this was the documented appearance of this infection in Malaysian farmers and the subsequent recurrent outbreaks all over South Eastern Asia.

**Maite Martín** Chairwoman of the One Health Platform

# “The One Health concept means a cultural change that can only be carried out from the Administration”

by **Pilar Maurell**



**Maite Martín** is the Chairwoman of the One Health Platform, Chairwoman of the Committee of Veterinary Faculty Deans of Spain and Dean of the Faculty of Veterinary at the Universitat Autònoma de Barcelona.

Covid-19 has shown that we must change the way we approach health and see it as a comprehensive area that integrates human, animal and environmental health. A report by the Intergovernmental Platform on Biodiversity indicates that there are over 1.5 million unknown viruses in wildlife. It is estimated that, of this total, around 800,000 could be passed over to human beings. SARS-CoV-2, which caused the pandemic, was one of them. The One Health Platform is a pioneer in the world and it brings together over 140 organisations.

**The One Health Platform was initiated over a year ago, on the 3rd of November, 2021.**

The pandemic was the trigger that revealed the need to change the paradigm of how we understand health. In the countries with more resources, with strong healthcare services, we are used to seeing health from the point of view of treating illnesses and it is obvious that this reactive view of health alone is not enough to face up to the healthcare challenges that we have ahead of us. For example, the increasingly apparent speeding up of climate change has caused a rise in death rates due to the intense heat waves this

summer. This is not something that must only be tackled from the perspective of the healthcare services, but rather we must act to mitigate the effects of climate change to prevent these deaths or the worsening health of people suffering from respiratory and cardiovascular pathologies, as they are the ones most affected by the heat. We must strengthen the preventive steps such as vaccination plans or screening to detect certain illnesses, but we must also go beyond this and reduce the pressure that the environment now has over our state of health.

**This comprehensive approach to health calls to all the professions, as well as architects and town planners.**

Moving forward towards more sustainable city models also benefits people's health. We must take into account that social constraints have a great impact on our lives. For example, people with fewer resources are the ones who live in worse environments and are more vulnerable to contracting illnesses. We must take into consideration that our own health depends on, or is linked to that of animals, the environment and social constraints. This is the

essence of the One Health concept.

**What are your goals?**

We want to promote the comprehensive One Health approach to health and to carry out outreach actions to ensure that this concept goes beyond the point it has reached up to now. The World Health Organisation and the United Nations' Food and Agriculture Organisation (FAO) introduced the concept in the year 2000 and recently it has been incorporated into the United Nations Programme for the Environment. They are trying to promote the idea that policies from different countries should become aligned around it, but to date it hasn't made much progress. The policies are moving in another context and there are always priorities that overtake it. We can see this at the climate change summits: the agreements are always minimal and climate change continues; it is not waiting around for us to catch up. One of the platform's goals is for this multidisciplinary and multi-sectorial strategy to start to seep into policies and the Administration is essential for this to become a reality. The One Health concept means a cultural change that can only be carried out from the Administration.





### Why?

Today's world has nothing to do with the way it was one hundred years ago. The population has increased exponentially; the activities developed by human beings on the planet have led to the degrading of the ecosystems, to climate change, to deforestation or to a loss of biodiversity, among other changes on the environment. These are factors that encourage greater contact between people and animals, which means that viruses leap from animals to humans more frequently. There are reports indicating that pandemics such as the one we have just experienced will possibly be more frequent and more deadly in the future. We have been warned; we have to do something. There is no sense to there being so much research and knowledge, and no policies are being made based on this evidence.

### How do you work?

At the moment we are quite a powerful group, with over 140 organisations, with great significance. During this first year, we have taken part in many public audiences where documents have been presented such as the Strategic Health and Environment Plan. This document already involved a great effort by the Ministry of Health working with the One Health concept and this was carried out in collaboration with the Ministry for Ecological Transition. But animals were forgotten. It was not a plan that contained the essence of One Health, taking into account that there are 29 million pets in Spain, in addition to all the fauna we live alongside in the cities. From the Platform we provided elements along the lines for including animals, that is to say, valuing the impact of the environmental

factors on animal health which, in turn, affects people's health. We were very satisfied with this action because most of the contributions were included in the plan that was finally approved. We have also worked on other documents, such as the Natural Heritage Strategic Plan and Biodiversity and the 2030 Strategic Plan for Wetlands.

### And if we don't take on this comprehensive approach to health?

We go our way and the planet follows its own path and we are not aware of how the disappearance of a specific species could affect people's health. For example, one endangered species at the moment is the water turtle. How does this affect human health? Their main food sources are jellyfish: if the turtles disappear, there will be an overpopulation of jellyfish, which will reach the coasts easily. This involves an increase in jellyfish stings, affecting health and healthcare expenditure. But not only this, there are other effects derived from an excess of jellyfish: in the coastal regions there are many businesses that make their livings from tourism or water sports. If tourists stop coming or these activities cannot be carried out, people could lose their jobs.

### The disappearance of a species could have unforeseen consequences.

Our well-being is connected to both animal and environmental health. However, we are used to the fact that everything is valued in economic terms and not in health terms. We think that in the same way that the economic impact of a political step is valued, a valuation should also be made regarding the impact on health of all the policies that are carried out. ■

### The One Health Platform

defends the fact that our well-being is related to the health of both animals and the planet.

# Legendary TRAIN journeys

Travelling is one of the great privileges of today's society. However, this pastime goes way back in history and the first encounters that allowed the journey's route to be enjoyed were granted by trains.

by **Laura Martos**

**By the middle of the 20th** century, with the proliferation of commercial flights, trains began to be relegated to a second place when planning long journeys. But, what happened to the legendary trains that covered great distances and that offered the chance to travel anywhere without having to leave their carriages, surrounded by all kinds of luxury?

## The Transiberian

Although the train that covers the route between Moscow and

Vladivostok tends to be known as the Transiberian, the truth is this route includes several trains, so it is more appropriate to talk about the railway line. It was inaugurated in 1904 to connect the Russian capital city with the Sea of Japan, on the Pacific coast and it is the longest railway line of all times: it covers 9,289 kilometres, crossing eight time zones over a journey of at least seven days. Currently, the Transiberian has two options, the Transmongolian route that joins Moscow and Beijing, passing through Mongolia

and the Transmanchurian route that joins Moscow and Beijing, without passing through Mongolia. A unique experience that offers different options for all types of travellers. The regular railway line trains have three types of compartments: first class or Spalny Vagon, which is the most expensive and is fitted for two people, although some have a shared shower room. The second class or Kupé is a closed compartment for four people and the third, the Platzkart, is the cheapest and therefore, the most uncomfortable, with shared compartments.

## The Orient Express

When thinking about legendary trains, we must not forget the historical Orient Express, which inspired one of the most famous mystery novels from 20th century literature by Agatha Christie. Inaugurated in 1883, this railway line initially joined Paris with Giurgiu in Romania, although the idea was to reach Istanbul, the heart of the Ottoman Empire. It departed for the first time from the Gare de l'Est with 17 carriages, filled with diplomats, movie stars and writers and overflowing with luxury. This train covered a route of almost 2,800 km and it stopped in important Euro-



**Oriental luxury.**  
Left: one of the carriages from the Venice-Simplon Orient Express. Above these lines: one of the carriages from the original Orient Express.







pean cities such as Munich, Vienna or Budapest. Currently, in the 21st century, after years of abandonment, a series of 17 carriages were recovered thanks to an initiative promoted over the Internet and it is ready to be restored and should return to the tracks for 2024.

Parallel to this, in the 1980s, the American James Sherwood, the

**The longest track.** Top of the page: the carriages from one of the trains that travel along the Transiberian railway line, the longest in the world covering 9,289 km.

owner of the Cipriani Hotel in Venice, recovered several of the trains with the same spirit of luxury and experience and created the Venice-Simplon Orient Express, which still today remains one of the most emblematic trains in the world. In reality, it includes two trains, a historical British Pullman train that covered the London to

Folkestone route and a Continental train with classic carriages from the 1920s from Calais in France to Venice. Its most regular route is London-Paris-Venice in both directions, passing through Austria and Switzerland. It also has a route between Paris and Istanbul (3,012 km) crossing France, Switzerland, Austria, Hungary and Romania – with stopovers in Vienna, Budapest and Bucharest– which is now only offered once a year, in September.

### Europe from a carriage

Today, there are other trains that travel through Europe offering unique experiences, such as the Bernina Express, which connects Switzerland to Italy, crossing the Swiss Alps, along the Albula line and the Bernina line, which have belonged to the UNESCO's World Heritage Sites since 2008. The Nordland Line, the longest train in Norway, which covers 729 kilometres, immersed in Nordic natural landscapes. And even in Spain, the also mythical Transcantabrian train travels across the north of the country between San Sebastian and Santiago de Compostela (in both directions), looking for the greenest landscapes during a journey lasting 8 days and 7 nights. ■



# THE IMPORTANCE OF DIGITAL DISCONNECTION

by **Compartir**

Every day we spend a great deal of time in front of screens, therefore we must know how to manage the rests that bring us physical, mental and social benefits. In addition to willpower, there are technological solutions to manage this.

**How many minutes** go by from the moment when you block your mobile phone until you look at it again? And how many times a day do you touch the screen to use it? Each person will respond differently to these questions, but the results from studies covering the growing dependence on these devices are sending out warnings. On average, a standard Internet user spends almost 7 hours a day (6 hours, 58 minutes) browsing the net on all their devices, according to the Digital 2022 Global Overview Report. The figures calculate all activity with screens, but when we look at the smallest ones, the result is categorical. People on the 10 main mobile phone markets in the world spend 4.8 hours in front of a Smartphone, as indicated by the State of Mobile 2022 report by the applications analysis company, App Annie. And when talking about generations, young people spend most time in front of their screens. The figures point towards the fact that the so-called Generation Z spends over 70% of its time using their telephones, while 24% of these young people admit that overuse is already a problem in their lives.

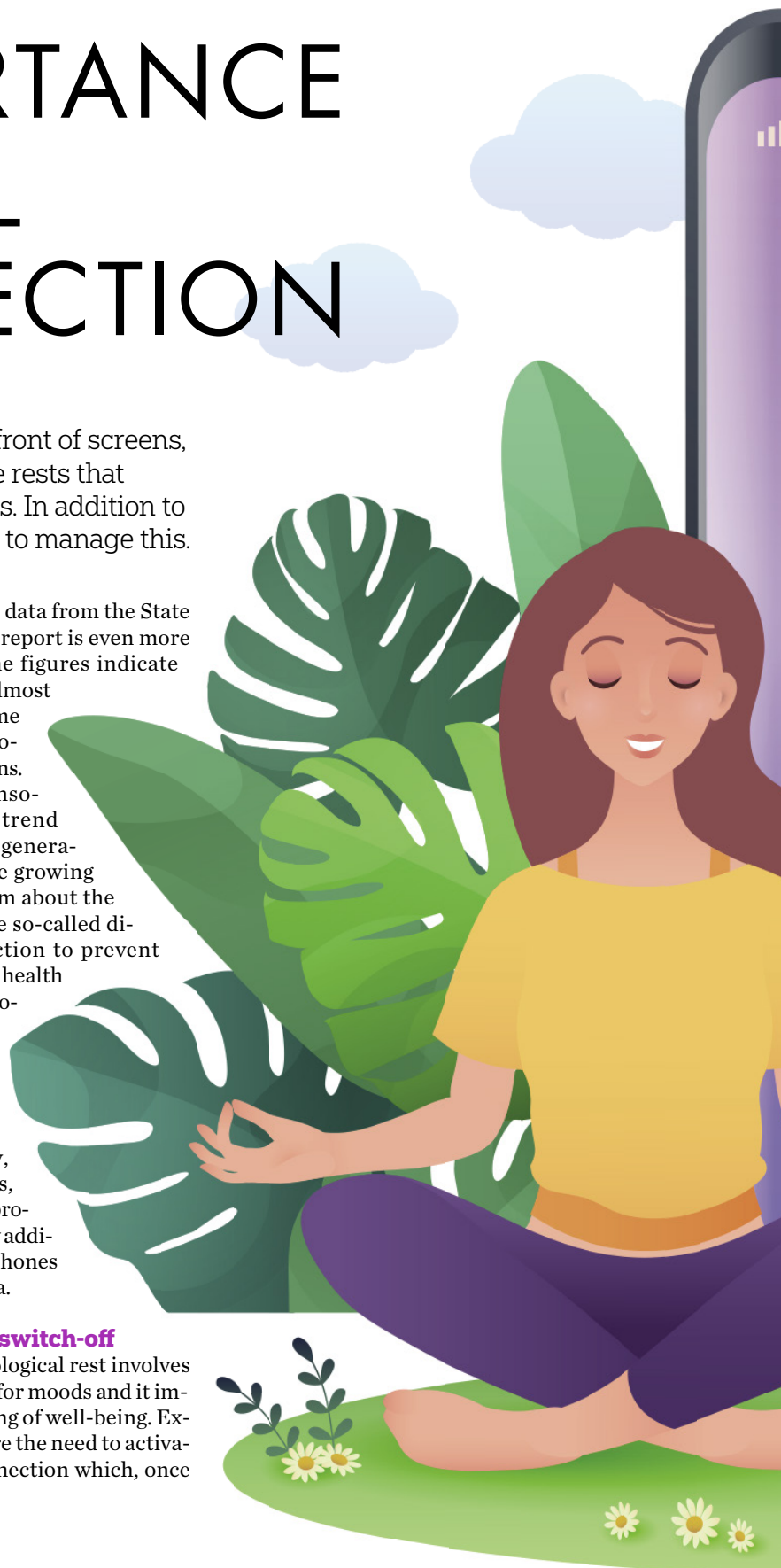
Taking into account that 7-8 hours a day are spent sleeping and a similar amount of time is used working

or studying, the data from the State of Mobile 2022 report is even more concerning. The figures indicate that we spend almost a third of our time while awake looking at our screens.

With this consolidated, rising trend in the younger generations, voices are growing raising the alarm about the need to practice so-called digital disconnection to prevent habitual mental health consequences. Social isolation, loneliness, communication problems, depression or insecurity, amongst others, are some of the problems caused by addiction to mobile phones and social media.

## A necessary switch-off

Taking a technological rest involves positive effects for moods and it improves the feeling of well-being. Experts underscore the need to activate a self-disconnection which, once





the initial anxiety has passed caused by this isolation, brings clear mental, social and even physical benefits. Those who separate themselves from their screens and from their distractions improve their concentration and their social relations as they interact more with other people, something that is essential in order to feel good. And to do this, they must come out of their comfort zones that are limited by their screens and spend more time in the open air. Connection with nature, which at the same time prevents physical inactivity, is also a determining factor. Studies confirm that a simple 10 minute walk outside the home improves the physical state and along with this, mental health.

The condition of digital silence also invites reflection and meditation. Spending five minutes in silence, without any distractions or notifications, helps to connect with oneself and to relax.

### **Apps for disconnecting**

When willpower is not enough to disconnect from the digital world, technology itself offers solutions to manage it. There are applications that limit the screen's active time, others that control the frequency of visiting applications, or others that remind users that the time has come to disconnect. The switch-off can also be applied through games. The Digital Detox app, for example, presents challenges for its users to minimise the time they spend in front of the screen. Others such as Phoneless allow playing and competing along with friends. Anything goes to achieve the important and necessary digital disconnection. ■

## **The Yondr method**

When disconnecting becomes impossible for whatever reason, there are always physical solutions. One of them is called Yondr and it consists of an individual bag made of neoprene that is blocked with a microchip when you place your telephone inside it. It was invented by Graham Dugoni, an artist who was tired of seeing how Smartphones appeared everywhere. His goal was to create spaces free from devices and distractions.

Its use has now spread amongst artists and institutions. To start off, those attending are notified when they arrive at the entrance to the place where telephones may not be used that they must leave the device in a pouch that is blocked when it is closed. Users always keep this bag with them, which is only automatically deactivated when passing through some machines at the exit of the premises in question. Therefore, it is physically impossible to interact with the telephone, which at first is uncomfortable, but ends up pleasing its users. "There have been cases of people having panic attacks as they cannot access their mobile, but these are very few," Dugoni explains before assuring that the initial anxiety changes to satisfaction. "People come out saying that it is incredible to not see a single Smartphone. There is more energy amongst the public and the feelings become much more accentuated," he indicates.

Some artists such as Alicia Keys and Guns n' Roses have already tried Yondr in some of their concerts, while the actor Chris Rock used the pouch to completely isolate himself during his rehearsals for the Oscar ceremony.

# WHAT TO EAT BEFORE AND AFTER TRAINING

by **Laura Martos**

Diet is one of the most important factors that we must take into account if we carry out any training, as the food we eat has a direct influence on sporting performance and on the subsequent recovery.

**It is difficult** to clearly summarise the factors that happen in our body when we carry out a sport. The type of training, the time we devote to it, even our routine and the diet that we usually eat are crucial elements for defining which foodstuffs to add to the shopping list to achieve our top performance from training sessions.

“We must take into account that if we do high intensity exercise for long periods, gastrointestinal stress occurs, and therefore, we enter an ischemia process in which the blood concentrates in the muscles, making the digestion and absorption process difficult,” the food technologist and sports nutritionist from FC Barce-

lona and from ASSISPORT, Mireia Porta affirms, who advises letting the stomach rest for a minimum of 2-3 hours between a meal and a training session. Once the session has finished, the body's metabolism process, known as the “metabolic window” must be taken into account. This term refers to the 30-45 minutes after carrying out exercise, the optimum moment for the organism to refill its deposits of muscular glycogen through nutrients such as antioxidants, carbohydrates and proteins to start an effective regeneration process. But, what happens depending on the type of training we carry out? Porta is clear: “If we have a different training

programme, our nutritional needs will also be different. For a cardiovascular based exercise or a long-lasting session, we need more energy intake for our body to respond, therefore, we will look for muscular glycogen (through easily-digested carbohydrates and proteins). On the other hand, if we are doing strength training, we will need greater nutritional intake and amino acids to restructure the muscles (through a greater protein intake.)”.

## **DRINK WATER**

The first factor involved in a drop in performance is dehydration. Water, therefore, is an essential food that must be included in training sessions approximately every 20 minutes, always taking into account factors such as the type of training session, each individual's physical condition and the room temperature. To know whether we are well hydrated, Porta explains that “we should





not lose more than 2% of our body weight during the exercise,” and she recommends including a pre-hydration process drinking water, broths or teas before exercising and including liquids, such as protein shakes, in the post-hydration process after training to ensure there is no imbalance in the level of minerals and potassium in the body.

### KEY FOODS

If we talk about key foods to eat before a training session, allies might be a rice flapjack, a non-protein cereal bar or a piece of fruit, foods that are a source of easily-digested carbohydrates and that can provide the energy needed during the exercise. Once the training session has finished, some of the foods that we can include are those that give us carbohydrate and protein in a balanced way, such as a yogurt with a banana, an almond milkshake with protein powder or an oat-based bowl; always taking advantage of the fact that the body has a greater recovery capacity in this first phase. “There are some foods, such

as those that have a high fibre or acid content and of course, fried food and fats, which will make a training session much more difficult, particularly due to the digestion time that they entail,” Mireia Porta indicates, who also urges avoiding alcohol specifically after exercising. Finally, sports supplements can also help to achieve the maximum performance and to avoid deficits. Nutrients such as vitamin D, Omega 3, vitamin B12 or iron need to reach optimum values if we exercise regularly, therefore a supplement of this type could be a good ally. Furthermore, there are ergogenic aids, such as milk or vegetable whey, which help in the recovery and muscular anabolism process, or creatine, which reduces the damage caused to the muscles during exercise. Sporting gels, compotes or fruit gums that provide macronutrients such as carbohydrates and proteins also are a good option for the process of re-establishing the amino acid and muscular structure and therefore, achieving a better recovery. ■

### Which macronutrients should be given priority?

If we talk about the structure of the macronutrients (carbohydrates, protein and fats), the most important concept is that of periodisation, that is to say, eating in terms of the frequency of the training sessions. The same amount of carbohydrates are not needed if we do a double session or a long session as on a rest day. However, it is important to ensure that the body receives at least the three main macronutrients, in the correct amount, after doing any type of sport. Regarding protein, the recommended intake is the so-called “protein bolus,” which suggests eating between 20 and 30 grams of protein every 4 hours for the organism to be able to maintain stability in its muscular structure. Under no circumstances should all the protein be eaten in a single meal.



# HEALTHY LAUGHTER

## Laughter yoga, an option for being happier

This variant that is gaining adepts, combines breathing exercises with deliberate laughter to reduce stress and anxiety and to release endorphins.

**Laughing is** as necessary as it is beneficial. The same may be said of exercise, which is always recommended by doctors. Therefore, joining together the two actions multiplies the benefits, elements which are prescribed by Doctor Madan Kataria, an ex-family physician and creator of laughter yoga 27 years ago. Kataria mixed some basic India pranayama stretches and breathing exercises to complement the laughter, which in itself helps to expel carbon dioxide, therefore increasing energy levels. The result is the so-called laughter yoga, which starts with a forced laugh that turns into a genuine one with practice, until reaching a guffaw. Practicing it improves moods and contributes to an improvement in physical and mental health. Additionally, laughing reduces stress and makes the body release endorphins. ■



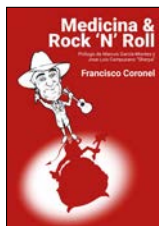
## .... DISCONNECTION .....

### Book

#### Medicina & Rock 'N' Roll

Círculo Rojo

Following the publication of the book *Las experiencias de un médico para todo*, (The experiences of a doctor for everything) Francisco Coronel now goes through musical anecdotes, many of them related to medicine. This book is divided up chronologically, starting at the school that marked out his future hobbies, with some tragicomic episodes and bringing together his medical and musical careers.



### Series

#### The White Lotus

HBOmax

Created by Mike White for HBO, this comedy drama is an acute social satyr that follows the exploits of several employees and users of an exclusive and idyllic Hawaiian resort. Over one highly transforming week, the fears, insecurities and deepest hidden facets of some apparently perfect travellers, as well as those of the happy employees of the resort will be revealed.



### App

#### Complete Anatomy

iOS and Android

This revolutionary app is the result of 4 years of research and development. It is a complete platform of human anatomy in 3D, designed for learning and studying this discipline. With unique tools for teachers and students, Complete Anatomy has been awarded many prizes and is used in over 500 top universities and over a million anatomy professionals all over the world.





Porque puestos a elegir,  
elegimos la alegría a la tristeza,  
el hola al adiós, el sí al no,  
y el para todos al para nadie.

mejor

así

LA COMPAÑÍA MÉDICA SIN ÁNIMO DE LUCRO  
LA MAYOR RED DE HOSPITALES PROPIOS DEL PAÍS  
APOYO PSICOEMOCIONAL, PARA TODOS  
NUESTRO BENEFICIO ES TU SALUD

Mucho mejor así, ¿verdad?

900 10 10 21  
**asisa.es**

Salud  
Dental  
Vida  
Accidentes  
Decesos  
Mascotas  
Viajes

**asisa**   
mejor así





Fundació • Fundación  
**ESPRIU**



**Autogestió Sanitària**

**Lavinia, S. Coop.**



**SCIAS**

**ASISA+**

Your digital magazine

**www.compartir.coop**



Av. de Josep Tarradellas, 123-127, 4<sup>a</sup> pl. - 08029 Barcelona  
Juan Ignacio Luca de Tena, 12, 3<sup>a</sup> - 28027 Madrid  
Tel.: 934 954 490  
fundacionespriu@fundacionespriu.coop  
www.fundacionespriu.coop



Cooperative companies  
help to build a better world