

Platinum Health Page



CHRONIC MEDICATION

Taking your chronic medication as prescribed cannot be overstressed. Not taking medication as prescribed by a doctor or instructed by a pharmacist, could lead to the disease getting worse, hospitalisation, or even death.

[Click here](#)

to view tips to help you to remember to take your chronic medication.



DIABETES

Uncontrolled elevated blood glucose levels suppress the immune system and allows invading viruses and bacteria to multiply. If diabetes is not treated or controlled, it can have devastating health effects on your body.

For more information on the common complications or side-effects of diabetes, the risk factors and how to manage and prevent diabetes,

[Click here](#)



HYPERTENSION

People with high blood pressure (hypertension) are at risk of becoming severely ill if they don't control their blood pressure.

To find out how you can control high blood pressure by sticking to specific lifestyle changes,

[Click here](#)



WORKPLACE CONFLICT

Workplace conflict is any type of conflict which involves employees, managers, owners, customers, or others present in a workplace.

To find out more about the main causes of conflict, its consequences and practical strategies you can use to handle conflict in the workplace,

[Click here](#)



Important contact details

Do you need assistance from PLATINUM HEALTH but you're not sure who to contact?

[Click here](#)

to view important contact details



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