



HEALTHCONNECT

connecting patients for better health

OCTOBER 2017

OCTOBER IS SIDS AWARENESS

Many parents may have heard about sudden infant death syndrome, or SIDS, and want more information about how to reduce the risk to their babies. About 3,700 infants died of SIDS or other sleep-related causes in the US in 2015. Here are a few tips parents and caregivers can use to help reduce the risk of SIDS and other sleep-related causes of infant death.

How to Create a Safe Sleep Environment

1. Place your baby on his or her back for all sleep times. Some parents may be concerned that a baby who sleeps on his or her back will choke if he or she spits up during sleep. However, babies' anatomy and gag reflex will prevent them from choking while sleeping on their backs. Babies who sleep on their backs are much less likely to die of SIDS than babies who sleep on their sides or stomachs.
2. Use a firm sleep surface, such as a mattress in a safety-approved crib or bassinet, covered only by a fitted sheet. Soft surfaces can increase the risk of sleep-related death. A firm sleep surface helps reduce the risk of SIDS and suffocation.
3. Have the baby share your room, not your bed. Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else. Accidental suffocation, strangulation, and wedging (for example, being stuck between two objects such as a mattress and a wall) can happen when a baby is sleeping in an adult bed or other unsafe sleep surfaces. Room sharing is much safer than bed sharing and may decrease the risk of SIDS by as much as 50 percent.
4. Keep soft objects, such as pillows and loose bedding out of your baby's sleep area. Soft objects and loose bedding, like stuffed toys, sheets, comforters, and blankets, can increase the risk of suffocation and other sleep-related deaths. If you're worried about your baby getting cold during sleep, you can dress her or him in sleep clothing to keep your baby warm.
5. Do not allow smoking around your baby. Smoke in the baby's surroundings is a major risk factor for SIDS.

Sudden unexpected infant death (SUID) is the sudden and unexpected death of an infant less than 1 year old without an obvious cause of death before investigation. Most SUIDs are reported as one of three types: SIDS, unknown causes, or accidental suffocation and strangulation in bed.



Breast Cancer Awareness

Nurse Advice Line 24/7
800-TRICARE
(800-874-2273)

Hampton Roads Appointment Center
(866) 645-4584

Emergency Room
(757) 953-1365

Pharmacy Refill
Local: (757) 953-MEDS (6337)
Toll Free: (866) 285-1008

Information
(757) 953-5008

Customer Service Office
(757) 953-2600

Relay Health Secure Messaging
www.RelayHealth.com



Start the conversation.



DENTAL HYGIENE MONTH

WOMEN NEED TO MAKE TIME FOR THEIR HEALTH

Each October, women are reminded to put themselves first and make time for their health. Making your health a priority helps you stay in optimum shape and keeps illnesses and disease at bay.

Women often put their families' needs ahead of their own, ignoring minor symptoms year after year until they affect their health. Using preventive care is one of the best ways to stay healthy, allowing you to give your all in everything you do for your family and yourself.

Each year, get a well-woman exam. At this exam, you should have your blood pressure checked and talk to your health care provider about what other screenings, immunizations or family planning you might need based on your age, health habits, family and medical history.

The American Cancer Society recommends all women should begin cervical cancer screening at age 21. Women aged 21 to 29 should have a Pap test every 3 years. Thanks to the Patient Protection and Affordable Care Act, most private health plans must cover this and other preventive care services at no cost. TRICARE also covers annual preventive women's health services that may include a Pap smear, pelvic and breast exam and mammogram at no cost.

There are other actions you can take to live a healthy life:

- Maintain a healthy weight
- Exercise for at least 30 minutes at least five days a week
- Limit alcohol use
- Quit smoking
- Practice safe sex
- Get 7 – 8 hours of sleep per night
- See your health care provider every year
- Get appropriate screenings as recommended by your health care provider

It's important to get screenings, especially if you are at a higher risk for certain diseases like breast cancer or diabetes. Talk to your health care provider about family, emotions, stress and non-physical concerns as well. Life events can bring higher stress with symptoms of anxiety, depression, and sleep difficulties. These concerns are just as important to discuss as your physical health in order to stay or become more healthy.

HEALTHY WEIGHT

ShipShape Weight Management Program - 8-week intensive program for adults. To register, call the HRAC at (866) 645-4584

Right Weigh - 4-week program for learning to manage your weight the right way. To register, call (757) 953-9247 or 953-1927

For more information on Health Promotions and Wellness Department programs and resources, call (757) 953-1927

TOBACCO CESSATION

Tobacco Cessation Class

1st and 3rd Tuesday of every month
1 – 3 p.m.

One on One Counseling

Call today to schedule!

For more information, call (757) 953-1927 or 953-1934



OCTOBER

NATIONAL DOMESTIC VIOLENCE AWARENESS MONTH

One in four women has experienced domestic violence in her lifetime.

Nearly three out of four of Americans personally know someone who is or has been a victim of domestic violence.

National Domestic Violence Hotline: 1-800-799-SAFE



NMCP Observes World Multiple System Atrophy Day

Naval Medical Center Portsmouth's (NMCP) Autonomic Disorders Clinic invites patients and providers to join the clinic's fight against Multiple System Atrophy (MSA) and autonomic disorders in observance of World MSA Day on Oct. 3.

The autonomic disorders clinic, led by Lt. Cmdr. Glen Cook, NMCP clinical neurophysiologist and the DOD's sole autonomic disorders specialist, was originally pioneered by Cook and staff at Walter Reed National Military Medical Center in December 2014. NMCP now houses the only autonomic disorders clinic.

Due to the rarity of autonomic diseases like MSA, the practice and treatment conducted by Cook and his staff keeps NMCP and the DOD at the forefront of being a leader in sharing the latest knowledge on MSA and autonomic disorders across the medical community globally.

"We're actively getting data and analyzing data that's giving us lots of information that we haven't had before," Cook said.

MSA is known as a rare progressive neurodegenerative disorder that affects the autonomic nervous system, also known as the system that controls the involuntary actions in the human body, such as blood pressure or digestion.

The disease is additionally categorized by how it impacts a patient's movement with the affected movement being classified in either two categories: cerebellar movement issues (movement issues relating to coordination) or Parkinsonism movement issues (issues relating to a patient's ability to initiate movement or a patient having slowed movement).

Cook will be presenting a case study that came out of NMCP's autonomic disorders clinic in November at the American Autonomics Society. He regularly educates DOD residents across multiple disciplines on how to recognize, diagnose and manage autonomic disorder like MSA and he's also the command's official representative to Dysautonomia International, a non-profit organization that advocates, creates awareness and promotes research advancements on autonomic disorders.

"Because the command supports these types of activities it helps us maintain a high standing among our peers and lets us support the mission of broader education to both the medical community and the public," Cook said.

After its induction at Walter Reed, the autonomic disorders clinic moved with Cook to NMCP with the initial autonomic disorders testing lab remaining at Walter Reed and an additional testing lab being added at NMCP with Cook's transfer.

Cook emphasized the importance for providers in different areas of medicine to be at the forefront of identifying possible symptoms of autonomic disorders like MSA.

"Because the autonomic nervous system is throughout the body and the body's function, we often interface with colleagues in gastroenterology, cardiology and urogynecology," Cook said, "These diseases [like MSA] present themselves with various manifestations and so a multi-disciplinary approach is needed."

Cook said possible symptomatic manifestations in MSA can appear with impaired movement or coordination, urinary/

bowel dysfunction, sweating abnormalities, sleep disorders, sexual dysfunction, cardiovascular issues and psychiatric health.

Once identified, MSA is treated symptomatically, however, Cook stated that there are no current treatments to cure and arrest the progressive neurodegeneration of MSA.

Currently, autonomic disorders cases like MSA, take on average about five years to receive diagnosis due to the disease's complexity, making timing of the essence for providers to catch possible symptoms early on.

Once referred, depending on the condition, patients at NMCP with autonomic disorders like MSA undergo a possible series of ancillary tests in one of two of the DOD's autonomic testing labs.

Possible tests taken include quantitative evoked sweat measurements, beat-to-beat blood pressure measurements, or electro-audiographic measurements with various deep breathing.

However, Cook said the most effective tool in diagnosing or developing a treatment plan for MSA is giving ample attention toward listening to the patient.

"Patients will tell us the story and help us sniff out the trail. If the trail starts going cold in one direction, we start going into another direction using guided questions," Cook said, "We're [autonomic disorder specialists] more just observers and we need to let the patients talk and tell us what's going on."

Cook and his staff presently have three active protocols with patients with MSA. Cook said about a third of autonomic disorders the clinic sees represent active duty personnel across the DOD.

In regard to what people can do to promote health and reduce risk of neurodegenerative diseases like MSA, Cook said that science is still relatively limited, but some things can be said for certain.

"Sleep well. Eat well. Exercise," Cook said, "It's that basic stuff that I could say for all the diseases I treat."

Cook specified that eating well is defined by eating whole foods like vegetables and fruits and notes for people to be cognizant of foods containing pesticides and herbicides. In addition, he further explains that studies have shown that poor sleep is related to increased measures of neurodegeneration.

Cook said that studies reflecting the effectiveness of exercise is limited with autonomic disorders but have shown good data reflecting that exercise improves outcome overtime for patients with Parkinson's disease, another autonomic disorder that is plagued by abnormal deposits of the alpha-synuclein protein like MSA.

NMCP remains committed to continuing the fight against autonomic disorders like MSA going forward. The command continues to fund and build on the DOD's second autonomic testing lab, purchasing equipment and supplying staff to continue work on autonomic diseases and furthering research to understand each autonomic disorders' rarity and complexities. Cook said he's proud that the lab will remain open in perpetuity even after he leaves NMCP and says that the staff is working on a telemedicine project that will allow him to be involved remotely with the lab after he transfers.

118,000

patients with a PCM at one of our ten facilities

22

Medical Home Port teams

440,000

patients we serve - active duty, retired and families



NAVAL MEDICAL CENTER PORTSMOUTH RADIOLOGY



The Radiology Department provides diagnostic imaging, interpretation services and treatment to support the needs of the inpatient and outpatient departments and clinics belonging to Naval Medical Center Portsmouth.

Imaging and treatment services include X-ray, CT scan, MRI, ultrasound, fluoroscopy, mammography, interventional radiology, nuclear medicine and radiation oncology.

Phone: (757) 953-1128

Location: Bldg. 2, 1st Floor

**Radiology services are
provided 24/7 daily (365)**

