

# HEALTH CONNECT



CONNECTING PATIENTS FOR BETTER HEALTH

## March 2020



NATIONAL COLORECTAL CANCER AWARENESS MONTH

## Eat More, Weigh Less?

Have you tried to lose weight by cutting down the amount of food you eat? Do you still feel hungry and not satisfied after eating? Or have you avoided trying to lose weight because you're afraid of feeling hungry all the time? If so, you are not alone. There are many people that throw in the towel on weight loss because they feel deprived and still hungry when they eat less. But there is another way.

### *How do you manage your weight loss without being hungry?*

You should aim to take it slow and try to lose weight over a period of time. Try to decrease your calorie intake while maintaining an adequate nutrient intake as well as increasing your physical activity. The key is to eat foods that will fill you up and sustain you without eating a large amount of calories.

### *If I cut calories, won't I be hungry?*

Evidence shows that people become full by the amount of food that they eat, not by the calorie intake. You can still eat your favorite foods, but be mindful of the amount of calories in the food, and use fruits and vegetables that are full of nutrients and fiber.

### Healthy eating tips:

- Make sure to focus on fruits, vegetables, whole grains, and fat-free or low-fat milk products.
- Include lean meats, poultry, fish, beans, eggs, and nuts.
- Eat small amounts of saturated fats, trans fats, cholesterol, salt, and added sugars.
- Be sure to stay within your calorie needs.

The key is to eat foods that will fill you up without eating a large amount of calories.

## Eat the Rainbow

Why is it important to get a variety of colorful fruits and vegetables in your diet?

You may be tempted to find a few foods you, your kids, or family members like and to focus on eating those. It can be easy to fall into routines. But the truth is, our bodies benefit from variety. For optimal health, we need a rainbow of nutrients and colors.

The U.S. Department of Agriculture (USDA) encourages people to make half of their plates to be fruits and vegetables at every meal. The benefits of eating these food groups include disease prevention, weight loss, and workout recovery. When you are trying to decide what you should add to your plate, think "eat the rainbow"- each color of fruits and vegetables offer different vitamins and minerals to help boost different functions of the body.

Red – Supports heart health and improves blood flow. Try cherries, cranberries, strawberries and tomatoes.

Orange – Protects the skin and supports the respiratory, digestive and immune system. Try apricots, nectarines, cantaloupe and carrots.

Yellow – Optimizes brain function and maintains healthy skin. Try yellow peppers, squash, sweet corn and pineapple.

White – Enhances the recovery of the immune and lymph systems. Try bananas, garlic, ginger and mushrooms.

Green – Restores muscles and bones, and fights cancer. Try spinach, avocado, broccoli and leafy greens.

Purple – Promotes circulation and fights life-threatening diseases such as cancer and heart disease. Try blackberries, blueberries, plums, grapes and red cabbage.

Check out  
NMCP  
on social  
media



### 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

<https://app.mil.relayhealth.com/>

## **Save Your Vision**

**NMCP Public Affairs Office**

Save Your Vision Month is observed every March and aims to increase awareness regarding good eye care. Organized by the American Optometric Association, the main focus of this event is to encourage more people to go for regular eye exams. Apart from ordinary eye care, this month specially focuses on eye care in the work place with an emphasis on employers to take eye care and health seriously.

With computers becoming an everyday part of people's lives, the risk of eye strain and damage is higher than before. The increasing prevalence of digital screens in our daily lives is having an adverse effect on ocular surface health. Digital Eye Strain is a new condition affecting individuals who spend excessive hours looking at computer monitors, smartphones, televisions, and tablets. Using these devices is known to decrease your blink rate, which causes your tear film layer to begin to evaporate, and results in dry, itchy, strained, tired eyes. If you spend long hours looking at digital screens, be sure to take a break every 20-30 minutes to allow your eyes to rest.

Eye care professionals agree that patients should receive an eye exam at least once every two years. If it's been two or more years since you've visited the eye doctor, take the time to schedule your next eye exam. Be sure to ask your doctor to discuss the symptoms of dry eye disease and digital eye strain to see if you may be at risk.

Eye exams not only help you achieve great vision and healthy eyes, they can also help detect systemic diseases earlier. During an eye exam, your eye doctor has an unobstructed view of the blood vessels in your eyes. This allows your eye doctor to see signs of these chronic health conditions that you may have.

Save Your Vision Month reminds many people of a rather shocking thing, that most of us take our vision for granted. Seeing is one of the easiest things to do in the world- you just have to open your eyes. Apart from that, so much of our lives are based on visual stimulation. From work to entertainment, our eyes form a large part of our everyday lives. Unfortunately, most of us don't think about actual eye care until something goes wrong. It's important to note that just like visiting the dentist regularly is important, regular eye checks are also important. So make sure you save your vision and book an eye exam soon.

## **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 Promotion and Wellness Department programs and resources, call (757) 953-1927.

## **TOBACCO CESSATION**

### **Tobacco Cessation Class**

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

### **One-on-One Counseling**

Call today to schedule!

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



# **Save Your Vision Month**





# Brain Injury Awareness

NMCP Public Affairs Office

March is Brain Injury Awareness Month, which is dedicated to helping the public learn more about brain injury and to improving the lives of persons living with brain injury.

Traumatic brain injuries, also known as TBIs, affect the lives of Americans nationwide. While anyone can experience a TBI, data show that children and older adults (age 65 and older) are at greater risk. Many TBIs, including concussions, are preventable—and you can help

A TBI is caused by a bump, blow, or jolt to the head or a penetrating head injury that disrupts the normal function of the brain. The severity of a TBI may range from “mild” to “severe,” and can change the way you think, act, move, and feel. In 2013, falls accounted for almost half (47 percent) of all TBI-related emergency department visits, hospitalizations, and deaths. Other common causes include being struck by or against an object (such as colliding with another person) and



MORE THAN  
**313,816**  
SERVICE MEMBERS  
have sustained a TBI in  
training or combat.

motor vehicle crashes. Learning what can cause brain injuries and how to avoid them is important and can protect persons from TBIs and their potentially devastating effects.

This year, in support of Brain Injury Awareness Month, CDC released new information about sports and recreation-related TBIs. A new report captured information from more than 2 million emergency department (ED) visits for sports- and recreation-related TBIs. Researchers found that activities that contributed to the highest number of these ED visits were football, bicycling, basketball, playground activities, and soccer.

Every day, 153 Americans die from TBI-related injuries. Even those who survive can face lasting effects,

including disability. You can make the difference in keeping your brain safe, and in keeping your children and the older adults in your life safe as well.

You may not personally know someone living with a brain injury, especially since the signs are not always obvious. With their prevalence, chances are you know someone who is indirectly affected by a brain injury.

When critical injuries like these have lasting effects on a person, the surrounding community plays a significant role in helping him or her to heal and readjust.

There's no better time nor easier way to get involved and show support than during Brain Injury Awareness month. It is time to learn, raise awareness, and educate the community.

## GET CONNECTED

Download the NMCP app today and get access to:

- News and announcements
  - Interactive maps
  - Pharmacy wait times
  - Telephone directory
  - Relay Health
  - ICE feedback
- and so much more!



**118,000**  
patients with a PCM at one  
of our 10 facilities

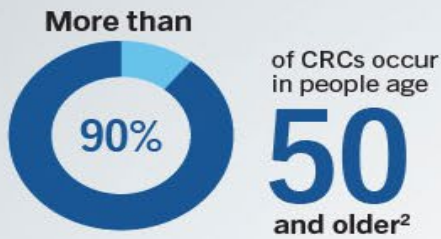
**22**  
Medical Home  
Port teams

**440,000**  
patients we serve – active duty,  
retired and families

# WHAT IS COLORECTAL CANCER?

Colorectal cancer, or CRC, is the third most commonly diagnosed cancer in both men and women in the United States, and the second leading overall cause of cancer deaths.<sup>1</sup>

## WHO GETS CRC?



### CRC incidence is:

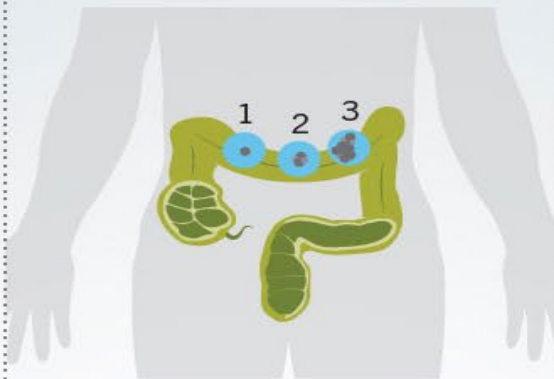
**35%-40%** more common in men than women<sup>2</sup>



**20%**

higher among African Americans than whites<sup>2</sup>

## HOW DOES CRC DEVELOP?



- 1 Most CRC begins as a non-cancerous growth called a polyp that forms on the innermost layer of the colon or rectum. Some polyps can become cancerous<sup>1</sup>
- 2 As a CRC tumor develops, it grows through several layers of tissue<sup>1</sup>
- 3 Eventually the tumor may reach nearby lymph and blood vessels, and may even spread to lymph nodes and distant sites in the body<sup>1</sup>

## HOW MANY ARE AFFECTED?



Each Year **28,700**

people are diagnosed with metastatic CRC, or advanced stage disease<sup>3</sup>

**50,000** Americans will die from the disease each year<sup>1</sup>



CRC incidence has been increasing in adults **<50**<sup>2</sup>

## CATCHING CRC EARLY IS IMPORTANT



more than

**9 out of 10**

individuals diagnosed with early stage CRC that has not spread (metastasized) beyond the colon or rectum

**SURVIVE 5 YEARS<sup>4</sup>**

(and many live much longer)



approximately

**1 out of 10**

individuals with advanced stage CRC that has spread (metastasized) to other organs such as the lungs or the liver

**SURVIVES 5 YEARS<sup>4</sup>**

Because the early stages of the disease do not typically cause symptoms, the American Cancer Society recommends **screening tests beginning at age 50** for those at average risk for CRC<sup>2</sup>



## WHAT ARE SOME WARNING SIGNS?



Changes in bowel habits, such as diarrhea, constipation or narrowing of the stool<sup>2</sup>



A constant need to evacuate the bowel<sup>2</sup>

Blood in the stool<sup>2</sup>



Weakness & fatigue<sup>2</sup>



Cramping or abdominal pain<sup>2</sup>



Unintended weight loss<sup>2</sup>

### References:

1. American Cancer Society. Colorectal Cancer Detailed Guide. <http://www.cancer.org/acs/groups/cid/documents/webcontent/003096.pdf>
2. American Cancer Society. Colorectal Cancer Facts & Figures 2011-2013. <http://www.cancer.org/acs/groups/content/@epidemiologysurveillance/documents/document/acspc-028323.pdf>
3. National Cancer Institute Surveillance Epidemiology and End Results Stat Fact Sheet: Colon and Rectum. <http://seer.cancer.gov/statfacts/html/colorect.html#survival>
4. American Cancer Society. Facts & Figures 2012. <http://www.cancer.org/acs/groups/content/@epidemiologysurveillance/documents/document/acspc-031941.pdf>