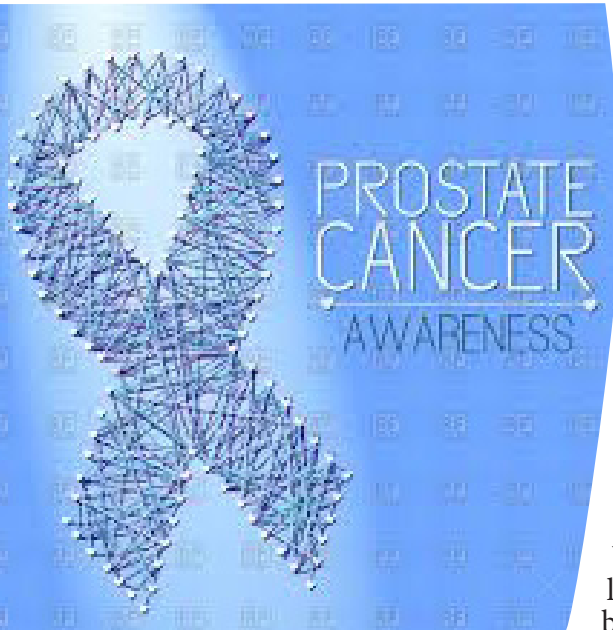




HEALTHCONNECT

connecting patients for better health

OCTOBER 2016



PROSTATE CANCER

The prostate is a gland about the size of a walnut found in men's reproductive systems. It aids in the production of semen, which carries sperm from the testicles when men ejaculate. Prostate glands can grow larger as men age. It is common for the prostate gland to become enlarged. This is called benign (noncancerous) prostatic hyperplasia and cannot be prevented. Prostate cancer is the second most common cancer in men in the United States, after skin cancer. Older men, African-American men, and men who have a family history of prostate cancer have a greater risk of developing prostate cancer. Like breast cancer, it is caused by a mutation in the gene that controls cell growth and division, and if the cancer is invasive, can spread to other parts of the body.

There are five different types of prostate cancers: sarcomas, small cell sarcomas, neuroendocrine tumors, transitional cell carcinomas and adenocarcinomas, which are the most common type of prostate cancer. This type develops from the gland cells that produce the prostate fluid.

While some prostate cancers can develop and spread rapidly, the majority of them do not. Many autopsies have shown that men who died of other causes also had prostate cancer and many were not aware of it.

More advanced stages can cause symptoms, which include problems urinating, blood in the urine or semen, erectile dysfunction, weakness or numbness in legs or feet, loss of bladder or bowel control, and pain in areas such as the hips, back (spine), chest (ribs), or other areas the cancer may have spread to bones. Although it is also very likely that these symptoms can be caused by other things unrelated to prostate cancer, it is important that patients tell their doctor if they are experiencing any of these.

Because of varying levels of benefits versus risks for being screened, patients should speak with their health care professional about their risk for prostate cancer and to decide when to be screened.

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

DENTAL HYGIENE MONTH

Are you ready to start the conversation? In honor of National Dental Hygiene Month 2016, the American Dental Hygienists Association say that October is a great time to discuss the steps of the Daily 4 to help everyone understand the importance of keeping a regular oral health routine that works for them.

The Daily 4 represent the foundation for healthy smiles.

1) Brush. Two is the magic number. Tooth brushing for two minutes two times a day helps reduce biofilm and prevent caries, gingivitis and other biofilm-related diseases.

2) Floss. You know that daily proper flossing or use of other interdental cleaning methods removes biofilm and food particles that a toothbrush can't reach.

3) Rinse. Because teeth alone account for less than half of the mouth, do not forget about the rest. Rinsing with an antimicrobial mouth rinse helps eliminate biofilm and bacteria that brushing and flossing cannot. Wrapping up the daily dental routine is the next best thing when a toothbrush, floss or mouth rinse isn't available.

4) Chew. Chewing sugar-free gum after meals and snacks helps protect teeth and complements a healthy oral care routine.





HEALTHY

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) 953-1925 or 953-9247

For more information on Health Promotions and Wellness Department programs and resources, call (757) 953-1925

TOBACCO

Workshop - 1st Mondays, 8 a.m. to noon
4-week class - begins 1st Tuesdays, 1-2:30 p.m.
Tobacco Meditation Walk-In Clinic - 1st Tuesdays, 2-4 p.m.

For more information, call (757) 953-1927 or 953-1925



BREAST CANCER

Every day, our bodies produce new cells that carry out their purpose and die off in an organized manner. Cancer occurs when there is a mutation in the genes that control how cells divide and grow. Breast cancer is a family of diseases that produces these mutations in the breast tissue. Ninety to 95 percent of cases in the U.S. happen spontaneously, while five to 10 percent are inherited mutations in women and five to 20 percent are inherited in men.

The unnatural process of cell mutation causes cells to form lumps called tumors. If a tumor is diagnosed as benign, it means that it is non-cancerous. If it is diagnosed malignant, however, the tumor is cancerous. Breast cancer can begin in the ducts or lobules and typically grows very slowly. It can take up to 10 years before a lump or mass is actually detected.

Non-invasive describes a cancer that has not spread past its origin site. Invasive, on the other hand, means that the cancer has spread past the ducts or lobules into other tissues of the breast or even other parts of the body via the immune system or blood stream.

Since symptoms of breast cancers may occur long after cells grow out of control, it is important to get screenings routinely, especially if there is a family history. Routine screenings – whether or not someone is experiencing signs or symptoms – can make the difference between being able to treat the cancer or not. While research has not shown a clear benefit of physical breast exams performed by a provider versus the patient, everyone should know how their breasts feel and speak with a provider right away if any changes occur.

Women ages 40 to 44 have the choice to start annual breast cancer screenings with mammograms if they wish to do so. Women age 45 to 54 should get mammograms every year. After age 55, women can choose to switch to mammograms every two years or to continue with yearly screenings. Women should consult their health care provider to discuss risks and benefits of when to be screened.



OUR HONOR, OUR COURAGE,
AND OUR COMMITMENT
WILL MAKE A DIFFERENCE!



Together We Are
ONE VOICE
Against Domestic Violence

www.ffsp.navy.mil

October Health Focus: Women's Reproductive and Sexual Health and Wellness

By U.S. Air Force Major Trimble Spitzer, MD, NMCP Reproductive Endocrinologist

As a woman, physician, and mother, I recognize the burden that many women feel in today's society. A record 40 percent of all households with children include mothers who are either the sole or primary source of income for the family. We are often called upon to be the primary caregivers to our children and sometimes to our parents as they age. Elder care is a growing industry with more than 65 percent of the elderly, who require long-term care, relying solely on friends and family. It's estimated that 59 to 75 percent of these caregivers are women, according to the Family Caregiver Alliance. In the midst of all of these responsibilities, often, it's a woman's own health (mental and physical) that takes a "back seat" to the needs of those close to her.

The month of October is nationally recognized as Breast Cancer Awareness Month, but it's also important to focus on women's reproductive and sexual health and wellness. Naval Medical Center Portsmouth (NMCP) specializes in women's specific concerns related to the most personal aspect of our lives: reproductive and sexual health. Reproductive and sexual health is as vital as any other part of our overall health. It has been said that our communities are shaped by the health of our nation's mothers and babies. Until we take care of ourselves, we are not able to give 100% to anyone else.

NMCP strives to provide unmatched quality care to active duty service women and TRICARE Prime beneficiaries. Specialty providers in our medical center are able to address the needs of both young and mature women, providing a spectrum of reproductive services.

Both gynecological and obstetrical services are offered at the medical center. There are gynecological clinics specifically focused on contraception, cervical cancer screening, and STD screening. State-of-the-art minimally invasive gynecologic surgery and fertility services are also available to those women struggling to build their family. Obstetrical care offers educational classes and group settings to address all needs (emotional and physical) of young mothers. OB/GYN physicians, Certified Nurse Midwives, and Nurse Practitioners come together as a team to provide supportive and comprehensive pregnancy and delivery care. Together we offer a comprehensive array of delivery options, with the overarching goal of healthy moms and healthy babies.

It is important to remember that sexual health is also important as we age. For the more mature population, providers skilled at diagnosing and treating menopausal symptoms, bladder dysfunction, and addressing sexual health concerns are on hand to guide women during this stage of their lives. So, no matter where you are in your reproductive life, NMCP has something to offer.

This month, I encourage you to take a moment to reconnect with yourself. Make that appointment you've been putting off, move yourself from the "back seat" to the "front seat," and discuss any concerns with your provider.



GET CONNECTED

Download the NMCP app today and get access to:

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



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

WOMEN'S HEALTH

at Naval Medical
Center Portsmouth



At Naval Medical Center Portsmouth, our highly-qualified staff are committed to providing women the best in healthcare. With our variety in services ranging from gynecology and obstetrics to mammography and preventive care, we're here to help you maximize your personal health.

DID YOU KNOW?

NMCP Women's Health Clinic offers the highest level of care based on the latest guidelines from the American College of Obstetricians and Gynecologists. We are staffed with OB/GYN doctors, Certified Nurse Midwives, and Women's Health Nurse Practitioners.

- The Labor and Delivery Unit offers a variety of prenatal, pregnancy and post-partum classes covering childbirth, breastfeeding and overall pregnancy support.

A brand new Women's Imaging Center recently constructed includes combining Breast, Mammography and Ultrasound Clinics into one space which helps streamline patient care.

- Need a mammogram? No problem since Naval Medical Center Portsmouth offers "Mammograms While You Wait" - walk-in screenings for women ages 40+, 8 a.m. to 9 p.m., Monday through Friday, Radiology Department, Building 2, first floor.

See NMCP website for more information:

OB/GYN: <http://www.med.navy.mil/sites/nmcp/Dept/SitePages/OBGYN/default.aspx>

Breast Health: <http://www.med.navy.mil/sites/nmcp/Dept/SitePages/BreastClinic/default.aspx>