

HEALTH CONNECT



CONNECTING PATIENTS FOR BETTER HEALTH

MARCH 2018

Brain Injury Awareness Month

1.7 AN ESTIMATED MILLION PEOPLE SUSTAIN TBIs

AMONG THOSE

ANNUALLY

50k DIE 282k ARE HOSPITALIZED

THE REMAINDER ARE TREATED AND RELEASED FROM AN EMERGENCY DEPARTMENT



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

Check out NMCP on social media



Preventing Chronic Kidney Disease during National Kidney Month

People are more likely to develop kidney disease if you have diabetes, high blood pressure, heart disease and/or a family history of kidney failure. Patients can protect their kidneys by managing health conditions that cause kidney damage. The steps described below may help keep whole body healthy.

Make Healthy Food Choices

Choose foods that are healthy for your heart and your entire body: fresh fruits, fresh or frozen vegetables, whole grains, and low-fat or fat-free dairy products. Eat healthy meals, and cut back on salt and added sugars.

Make Physical Activity Part of the Routine

Be active for 30 minutes or more on most days. For those who are not active now, they ask their healthcare provider about the types and amounts of physical activity that are right for them. Anyone can add more activity to their life with these [tips](#) to help them get active.

Stop Using Tobacco

Those who use tobacco products should stop. Start by calling the national quitline at (800) QUITNOW or (800) 784-8669 or seek assistance from the Wellness Department at any of the area military treatment facilities. For tips on quitting, go to [Smokefree.gov](#).

For More Information

Patients should ask their healthcare provider key questions about kidney health during their next medical visit. For more information or a list of potential questions, visit the [NIH Kidney Disease Prevention Page](#).

Getting Enough Sleep?

Many people will often cut back on their sleep for work, for family demands or even to watch a good show on television. But if not getting enough sleep is routine, there may be an increased risk for obesity, diabetes, high blood pressure, coronary heart disease and stroke, poor mental health and even early death.

During National Sleep Awareness Month, it's a good time to take steps to make sure everyone is getting the sleep they need for good health.

Here are some important habits that can improve sleep health:

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.
- Make sure the bedroom is quiet, dark, relaxing and at a comfortable temperature.
- Remove electronic devices such as TVs, computers and smart phones from the bedroom.
- Avoid large meals, caffeine and alcohol before bedtime.
- Avoid tobacco/nicotine.
- Get some exercise. Being physically active during the day can make falling asleep easier at night.

What about sleep quality?

Getting enough sleep is important, but good sleep quality is also essential. Signs of poor sleep quality include feeling sleepy or tired even after getting enough sleep, repeatedly waking up during the night, and having symptoms of sleep disorders (such as snoring or gasping for air). Better sleep habits may improve the quality of sleep. Those who are having symptoms of a sleep disorder should tell their doctor.

5 Signs of Endometriosis

While experts do not know the root cause of endometriosis, it is an often painful disorder in which tissue that normally lines the inside of the uterus grows outside of it. For women with endometriosis, that tissue escapes the uterus and attaches to other parts of the body, such as the ovaries, fallopian tubes, exterior of the uterus, or even the bowels, which can trigger major pain and fertility issues. Here are five of the signs a woman might have endometriosis.

The Pain Starts Early and Ends Late

Pelvic pain caused by endometriosis may show up days or even weeks earlier than someone might expect to see PMS discomfort, and last for days afterwards. Another difference from PMS is that PMS-related mood swings with endometriosis may not experience. Some women with endometriosis suffer from heavy bleeding, others get away with a light flow.

Gastrointestinal or Bladder Issues

For women who have difficulty controlling IBS or a painful bladder syndrome, there's a chance that they really have endometriosis. Sometimes the uterine lining can travel and attach itself to the bladder or bowels, leading to painful issues like constipation, diarrhea or the feeling of a bladder infection. Women with unresolved stomach or bladder problems should talk to their gynecologist.

Deep Penetration during Sex is Painful

Pain associated with deep penetration during sex can be another sign. The pain can be caused by pressure on the ligaments that hold the uterus in place. During a physical exam, a gynecologist can sometimes feel a nodularity in these spots if it is endometriosis.

Lower Back or Abdominal Pain

In rare cases, the endometrial glands travel and spread to places like the lung, but most of the time they go to the pelvic cavity. The glands can travel along the back wall facing the spine and trigger back pain, or go to the front wall facing the belly button and cause lower stomach pain.

Difficulty Getting Pregnant

According to the American Society of Reproductive Medicine, up to half of women with endometriosis struggle to get pregnant. For some women, it's the first and only symptom of endometriosis they will ever have. When endometriosis is severe, it can damage or block the fallopian tubes or distort the pelvic cavity, lowering the odds of reproductive success.

Medication and surgery can improve the odds of getting pregnant, as can assistance with reproductive technologies like IVE, but an early diagnosis is always the best bet at controlling endometriosis-related complications.

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 from 1 – 3 p.m.

One-on-One Counseling

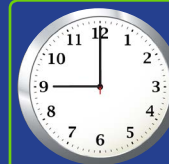
Call today to schedule!

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



PREVENTATIVE MEASURES

Maintain a healthy weight and waist size.



Be physically active for at least 30 mins/day, 5-days a week.

DON'T SMOKE!
IF YOU DO SMOKE, QUIT!



Limit alcohol to no more than one-two drinks a day..MAX!

COLORECTAL CANCER AWARENESS MONTH BY THE NUMBERS

IN 2018
(estimated)

135,000 PEOPLE
will be diagnosed with Colorectal Cancer

50,200 PEOPLE
will die of Colorectal Cancer

RISK FACTORS

- Age 50 and Above
- Smokes or Uses Tobacco
- Overweight or Obese
- Not Physically Active
- Consume Excess Red or Processed Meat
Beef, Pork, Lamb, Bacon, Sausage, Hot Dog, Cold Cuts, etc.

NMCP's Nutrition, Experts Give Helpful Tips for National Nutrition Month

By *STG2 Paul Wu*
 NMCP Public Affairs Office

In conjunction with National Nutrition Month, Naval Medical Center Portsmouth's (NMCP) clinical nutrition experts are weighing in on how beneficiaries can "Go Further with Food," which is also the Academy of Nutrition and Dietetics' theme for this year's National Nutrition Month.

Lt. Rachel Smith, the assistant department head for Nutrition Management at NMCP, recommends that everyone being their day with a healthy breakfast.

"Eat a healthy breakfast and then eat nutrient-dense foods and have a well-balanced diet that hits the five food groups," Smith said.

Smith encourages everyone to be mindful of popular "fad diets" and to select a nutritional lifestyle that has moderation and a healthy variety with different nutrients and can be maintained over a lifetime.

"You should look at the overall benefit of your diet," Smith said. "Make sure to ask yourself if this is going to be good in 10 or 20 years down the road and if you

can keep up with this over time. Often with 'fad' diets, it can cause a fall out and have a 'yo-yo' effect, which can lead to problems down the line."

NMCP dietician and nutrition experts said to plan early and consider making lists ahead of time before visiting the grocery store to avoid impulse purchases, and consider using a meal prep day like Sunday to make healthy lunches that can be readily available during the work week.

"If you're busy in the morning for breakfast, think about making some overnight oats where you can just add water and maybe a little bit of milk, and they'll be ready for you when you wake up," Smith said.

A typical balanced plate of food includes about half a plate of non-starchy green leafy vegetables, a quarter of a plate of starchy vegetables or a whole grain, and a quarter of a plate of lean protein like chicken breast of fish with no skin.

For service members who are on ships or overseas, NMCP experts said to take advantage of healthy food choices whenever they are available. Everyone should go easy on added fats like

mayonnaise or butter, and to be cautious of the ingredients that may be in energy drinks or beverages packed with high fructose corn syrup or sugar.

Also, beneficiaries are encouraged to be mindful when indulging on convenience or fast foods that are high in cholesterol and in saturated fats that affect blood pressure and heart health.

Along with having a healthy and balanced eating lifestyle, providers want to see beneficiaries "get moving" to pair their diets with exercise as part of their toolbox to help with weight management and an overall healthy lifestyle.

"We're here to motivate and help support, but it really has to come from the patient if they are ready to make that change," Smith said.

Due to the highly individualized nature of a patient's dietary needs and with each patient's medical conditions to consider, NMCP nutritional experts encourage beneficiaries to meet with their primary care provider first to discuss possible next steps for patients to take or to be referred to the Clinical Nutrition Clinic.

"Come see us," Smith said. "Maybe think about trying one of our weight management classes."



During NMCP's March 7 nutrition fair, Jane Pellegrino talks to a patient about cookbooks on healthy meal choices available in NMCP's library.

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!



Lt. Eileen Maher and Lt. Rachel Smith from NMCP's Nutrition Clinic set up a display of healthy snack choices for visitors during the nutrition fair.

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

WANT TO ❤️ BE A HERO ❤️?



DONATE BLOOD

ASBP will host the next Blood Drive on April 17 in the NMCP Auditorium. To schedule an appointment, please contact the Blood Bank at (757) 953-1717.

