



HEALTHCONNECT

connecting patients for better health

MARCH 2017

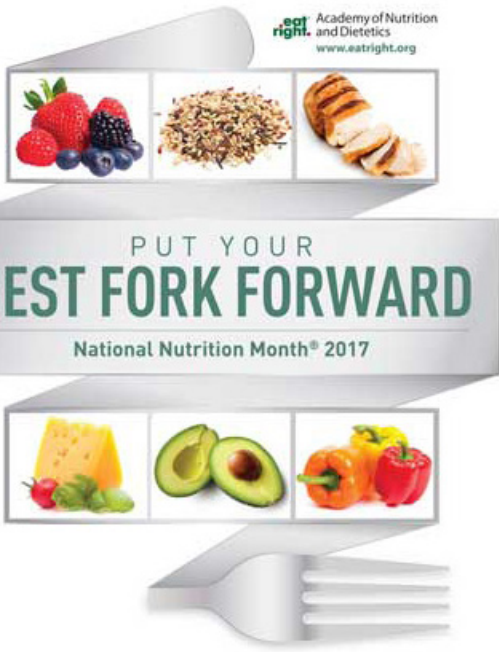
MARCH IS NATIONAL NUTRITION MONTH

National Nutrition Month is celebrated each year during the month of March to bring awareness to healthy eating. Eating right can be easy and fun as long as you know how to do it. Initially make a gradual shift from unhealthy food and beverages to healthier choices.

You can start the process by incorporating more whole grains, fruits, vegetables, fat-free or low-fat dairy products, or dairy replacement products such as almond or coconut milk into your diet. Choose lean meats or plant based proteins such as nuts, beans, peas, and legumes. Learn to read food labels so you know what is in the processed food you're eating, and making sure your choices are low in sodium, have no saturated and trans fats, no added sugars, and determine if there are other harmful chemicals included in the list of ingredients.

Change your perspective on how you view food. Instead of asking whether the food is good or bad for you, ask yourself if the food is nutrient rich or not. Healthy food items should contain vitamins, minerals, fiber and other nutrients, and usually lower in calories.

Learning how to make smarter food choices will help you on the path to staying health, maintaining an ideal weight, and give you the energy to remain physically active.



eat right Academy of Nutrition and Dietetics www.eatright.org

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

Chair Yoga

Stuck at your desk all day? Try 10-20 minutes of "Chair Yoga" when you need a break without actually leaving your desk. Chair Yoga is a gentle form of yoga that is practiced sitting on a chair or standing and using a chair for support.

Yoga is not just for people in their prime who are able to bend into impossible shapes, but also for people with mobility issues such as the elderly and disabled. Practicing Chair Yoga improves strength, flexibility, and proprioception. Proprioception is the skill of knowing where your body is in space, and being able to coordinate your movements accurately.

Not only is it beneficial for your physical body, but it also helps reduce emotional stress and improve mental clarity. Chair Yoga gives you an opportunity to meditate and reset your mind which leads to greater feelings of happiness, calmness and relaxation. Yoga can also lessen the impact of chronic illness and pain. These exercises incorporate breath work leading to the ability to manage stress better and being able to cope and manage pain.



KICK BUTTS DAY

#iKickButts

March 15, 2017

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) 953-1925 or 953-9247

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

TOBACCO CESSATION

Workshop - 1st Mondays, 8 a.m. - 12 p.m.
4-week class - begins 1st Tuesdays, 1 p.m. - 2:30 p.m.
Tobacco Meditation Walk-In Clinic - 1st Tuesdays, 2 p.m. - 4 p.m.

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

FOOD WASTE

Each year in the United States, of the 430 billion pounds of the available food supply, 133 billion goes un-eaten and is essentially wasted, according to the U.S. Department of Agriculture's Economic Research Service 2014 study.

While economists, agriculturists, and researchers are trying to find new ways to reduce these numbers on a global scale, everyone one can contribute on an individual basis. By involving your family, especially your children, you can make a huge impact on decreasing food waste. You can begin to make an impact by looking at your child's school lunch menu and discuss with them which items they like. Find out what they ate while at school and ask them what they did and didn't like, and whether or not they had enough time to eat. This is also great information to share with their school's nutrition team or principal. Always encourage your child to try healthy new foods, even if you don't particularly care for them.

Encourage your kids to try old foods in new ways. For example if your child doesn't enjoy eating cooked tomatoes, offer them raw ones instead. Teach your children the importance of good nutrition, and how eating nutritious food will make their bodies strong and will help them do well in sports and in the classroom. Serve family-style meals, allowing everyone to select the appropriate portions of the foods they want to eat.

Similarly, when you go out to eat, suggest splitting a meal or having the server box up half of your plate before serving it. Restaurants generally tend to serve bigger portions than what we should eat at one meal time. By eating only half of your plate, you will not only practice good portion control, but you will also reduce food waste if you get too full to finish your meal.



**THINK
AHEAD**
MARCH IS
**BRAIN INJURY
AWARENESS MONTH**



SAVE YOUR VISION MONTH TARGETS BLUE LIGHT BLUES

Americans know that staring at a computer screen for the better part of a day is a recipe for trouble, yet just how problematic that can be on their eyesight isn't as universally understood.

Although 88 percent of Americans say light emitted from digital devices can negatively affect vision, another 40 percent don't think digital devices harm vision at all and more than a third were unaware of links to dry eye, according to the 2016 American Eye-QR survey. All told, the responses indicate that not everyone understands the effects of prolonged digital device use on eye health.

That's why the American Optometric Association is devoting the month of March to blue light and digital eye strain awareness, in addition to reinforcing the importance of regular, comprehensive eye examinations from doctors of optometry.

Given that the average American spends more than seven hours daily staring at a digital device—Millennials spend up to nine—Save Your Vision Month will address overexposure to blue light, high-energy visible light that can lead to eye strain and sleep problems, among other concerns.

"This year, we're challenging the public to prioritize not only their eye health, but also their overall health and well-being, and limit exposure to blue light," says Andrea P. Thau, O.D., AOA president.

Here are five takeaways from the Save Your Vision Month campaign:

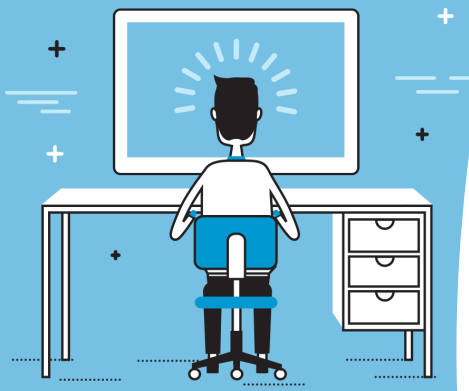
Power down before turning in. As hard as it may be, turn devices off at least one hour before bedtime as part of your evening routine. High-energy visible light can potentially upset normal circadian rhythms that lead to a good night's sleep by suppressing melatonin levels at the wrong time of day.

Mind the 20-20-20 rule. As a general rule of thumb, when working with digital devices for a prolonged period of time, it's appropriate to take a 20-20-20 break. In other words, take a 20-second break every 20 minutes to focus on something 20 feet away.

Keep your distance. In addition to following the 20-20-20 rule, it's also appropriate to maintain a comfortable working distance from your digital device. Find a comfortable distance from your screen where text is easily readable, while your back, shoulders and head can maintain an upright posture. Generally, the preferred viewing distance is between 20 and 28 inches from eyes to screen.

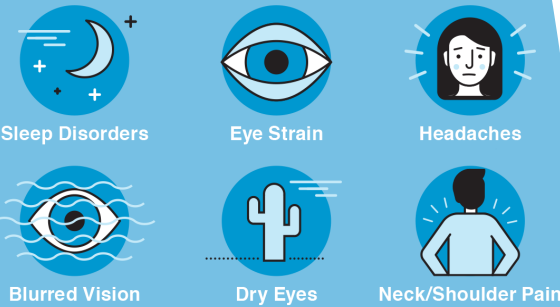
Make adjustments. Found a comfortable position? Next, consider adjusting screen height or text size so you don't find yourself hunching forward. Keep computer screens about 4 to 5 inches below eye level from the screen's center. The AOA recommends reducing the glare by adjusting device settings or using a glare filter to decrease the amount of blue light reflected from the screen.

Keep those eyes healthy. Schedule regular comprehensive eye examinations with your doctor of optometry to detect and address vision problems.



The Damage Is Real

Overexposing your eyes to your device's blue light can cause a range of health issues. Doctors of optometry can help patients take the first step toward healthier eyes—and healthier bodies—with regular comprehensive exams.



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>