



HEALTHCONNECT

connecting patients for better health

JANUARY 2017

EASY, EFFECTIVE NEW YEAR'S RESOLUTION IDEAS



Need some sample resolutions to get started? We've got you covered.

- Try a clean eating challenge, where you vow to avoid processed foods and eat real, whole foods instead. Try this for 30 days, and when you finish, commit to another 30 days. Repeat until this becomes the way you eat.
- Cut soda, even diet soda, and high-calorie drinks from your diet. Get your fluids from water, plain coffee or tea, or nutrient-packed smoothies.
- Eat two extra servings of veggies every day for a month.
- Track your daily workouts.
- Cook clean, healthy recipes at home at least four nights a week. Also, try one new recipe a week.
- When you eat out, swap your carb-filled sides (fries or breakfast potatoes) with veggies or fruit.
- Do at least two different types of exercise every week to keep your body guessing.
- Do your daily workout early in the morning; you'll be less likely to schedule something over your exercise time, or not do it.
- Make a workout date with a friend at least once a week. Can't get out of the house? Invite your friend to your house and get your sweat on in your living room.
- Bring your lunch to work four days out of five.
- Limit the amount of sweetener you put in your coffee or tea. To start, reduce it by half.
- Drink a glass of water every morning when you wake up.

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

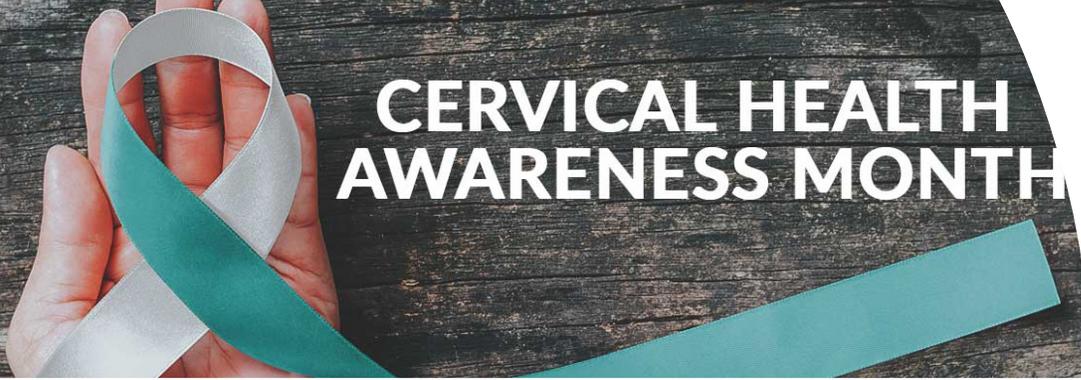
Customer Service Office
(757) 953-2600

Relay Health Secure Messaging
www.RelayHealth.com

FOOD AND YOUR MOOD

The link between food and mood is a two way street. Our food choices impact our mood, and likewise our mood impacts our food choices. This is why you may have woken up feeling bloated or unhappy after a day of eating unhealthy. Not only do nutrient dense foods fuel your body and mind in a way that optimizes your health and enhances your performance to their fullest potential, but they can help navigate stress and balance mood as well. Your brain has a primary role in determining your mood by releasing chemicals known as neurotransmitters, which send signals throughout your body affecting stress levels and your ability to concentrate. Neurotransmitters most closely associated with mood are serotonin, dopamine, and norepinephrine. Data suggests that deficiencies in these chemical messengers could lead to depression, anxiety, and difficulties with sleeping, fatigue, irritability, and apathy. Eating a nutrient dense diet is so important because nutrients serve as the building blocks for serotonin, dopamine, and norepinephrine. Because processed foods tend to be low in vital nutrients, they may heighten the risk of depression because your brain cannot adequately communicate with the rest of your body, leading to negative changes in mood. If you want to lower your odds of developing depression or other negative moods and feelings, maintain a diet with mostly whole, nutrient dense foods, such as 100-percent whole grains, lean protein, fruits, and vegetables.





CERVICAL HEALTH AWARENESS MONTH

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



CERVICAL HEALTH, WHY IT'S IMPORTANT

Cervical Health Awareness Month is a chance to raise awareness about how women can protect themselves from HPV (human papillomavirus) and cervical cancer. HPV is a very common infection that spreads through sexual activity. It's also a major cause of cervical cancer.

About 79 million Americans currently have HPV. Many people with HPV don't know they are infected. And each year, more than 11,000 women in the United States get cervical cancer.

The good news? The HPV vaccine (shots) can prevent HPV. Cervical cancer can often be prevented with regular screening tests (called Pap tests) and follow-up care. The Pap test is recommended for women between ages 21 and 65, and can be done in a doctor's office or clinic. Women should start getting Pap tests regularly at age 21. If your Pap test results are normal, your doctor may say you can wait three years until your next Pap test. If you are 30 years old or older, you may choose to have an HPV test along with the Pap test. Both tests can be performed by your doctor at the same time. If your test results are normal, your chance of getting cervical cancer in the next few years is very low. Your doctor may then say you can wait as long as five years for your next screening

Cervical cancer screenings can help detect abnormal (changed) cells early, before they turn into cancer. Most deaths from cervical cancer could be prevented by regular Pap tests and follow-up care.

How can Cervical Health Awareness Month make a difference? We can use this opportunity to spread the word about important steps women can take to stay healthy.

Here are just a few ideas: Encourage women to get their well-woman visit this year. Let women know that most insurance plans must cover well-woman visits and cervical cancer screening. This means that, depending on their insurance, women can get these services at no cost to them.

Talk to parents about how important it is for their pre-teens to get the HPV vaccine. Both boys and girls need the vaccine. Teens and young adults also need to get the HPV vaccine if they didn't get it as pre-teens. Women up to age 26 and men up to age 21 can still get the vaccine.

January is NATIONAL STALKING AWARENESS MONTH

STALKING: KNOW IT. NAME IT. STOP IT.

2017 HEALTHY WEIGHT



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!**



Many of us associate body weight with how healthy one is. Typically if you have a lower body weight, you tend to be a healthier person. Although it is possible to obtain a body weight that is too low to be considered healthy, many people struggle with excessive body weight. It has been proven that there is a direct link between weight and disease, this is because excessive weight puts extra stress on the body, decreases heart and lung function, negatively impairs mood, memory function, hormones, and metabolism. Luckily however, taking action and managing your weight can drastically reduce these adverse effects and reduce your risk of chronic diseases such as heart disease, diabetes, stroke, and some types of cancer.

As of 2013, no state has less than 18 percent occurrence of obesity, and no state has less than 6 percent prevalence of diagnosed diabetes. What we consume is what fuels our body, and in order to keep it functioning properly, you have to eat healthy and live a balanced lifestyle. High amounts of ingredients like sodium, added sugars, and saturated or trans fats are often times found in processed and prepared foods, and directly contribute to chronic disease. Instead of reaching for convenience foods, change your diet to fresh nutrient-dense foods by following these tips: Increase fruit and vegetable amounts consumed by making these at least half of your plate. Half of your grains or more should be whole grains. Switch to a fat free or low fat milk, or non-dairy milk. Choose foods with less sodium by buying fresh produce and decreasing the amount of salt when you cook or season your food. Drink water instead of sodas or other sugary drinks. Avoid oversized portions and overeating by controlling your portion size. Learn to read food labels. When eating out, share a meal or eat half or less and take the rest home to enjoy as another meal later on.

On average, American dinner plates range anywhere from 11 – 13 inches. By using smaller plates, recommended size 8 – 9 inches, your plate will look full, but you will be eating less. Lastly, skip second helpings, eat a reasonable serving at a slower pace and give yourself time to digest. Serve yourself again only if you are still hungry.

In addition to proper eating, exercising regularly also correlates with obtaining and maintaining a healthy weight. For weight loss, engage in minimum of at least 300 minutes of moderate-intensity or 150 minutes of vigorous intensity aerobic exercises each week. Once you have reached a healthy body weight, participate in 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity aerobic exercise to maintain a healthy weight and prevent weight gain. Your workouts should include a variety of activities to prevent boredom, and work all muscle groups and parts of the body.

Sleep is a factor many of us don't associate with weight management or a healthy lifestyle, often times viewing it as an indulgence rather than a requirement for good health. Lack of sleep, however, is associated with obesity and many other diseases, such as diabetes, heart disease, and depression. Make sure you get 7 – 8 hours of sleep a day, you can condition yourself to this by going to bed and waking up at the same time each day. Sleep in a dark, quiet, and temperature controlled room, and remove all electronic devices from your bedroom. Take the initiative to make 2017 the year you eat a balanced healthy diet, exercise regularly, and get the sufficient sleep you deserve.

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

Family Planning:

How Will A Baby Affect Your Finances?

Items to consider:

Food:

Breastfeeding or formula?



*Babies generally start on jar foods at three months.

Clothes:

Brand new or thrift store?



*It's helpful to have multiple burp rags and bibs on hand.

Child care:

Who will care for your child if/when you return to work?



*Daycare can be expensive or have a waitlist, ensure you do your homework!

Personal Care:



Diapers, wipes, tooth brush, shampoo, bottle cleaner, ect.

Car Seat:



Always make sure you have the proper size seat for your child.
Never reuse a car seat after a car accident.

Be sure to check the expiration date for the seat.

Furniture:



Crib, bassinet, bouncer, swing.

Will you buy everything new or find gently used items?

Will you need to buy all of these?

How can you prepare?

Navy and Marine Corps Relief Society hosts a Budget For Baby class, teaching service members and spouses how to prepare financially for their new journey.

