



HEALTHCONNECT

connecting patients for better health

JUNE 2017

Safe in the Sun: Summer Safety Tips

Stay cool and avoid the mid-day heat. Limit activities in the sun to help protect against heat exhaustion. Avoid prolonged sun exposure between the hours of 10 a.m. and 4 p.m. when the sun's UV rays are the strongest.

Hydrate, hydrate, hydrate. Don't wait until you're thirsty to drink water. Drink water before, during, and after outdoor activities.

Wear sunscreen. Be sure to use SPF 30 or higher when in the sun. Reapply it every two hours.

Protect your head. Always remember to wear a helmet while biking, rock climbing, or riding an ATV. Make sure the children do too!

Look before you dive. To prevent head, neck, and spine injuries, never dive headfirst into unknown bodies of water.

Care for your joints. Swimming is a great, low-impact exercise in the summer and helps to prevent over-heating.

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

Are You Getting Enough Sleep Before You Show Up for Work?

For employees in a number of industry sectors, including health care, food service and transportation, the answer frequently is “no.” The latest evidence of a sleepy - and potentially unsafe - workforce comes from a NIOSH study that looked at sleep duration by occupation group.

For the study, which was published March 3 in the Centers for Disease Control and Prevention's Morbidity and Mortality Weekly Report, researchers analyzed data from almost 180,000 working adults who took part in telephone surveys in 2013 and 2014. Responses were logged in the Behavioral Risk Factor Surveillance System. Participants lived in 29 states and represented 22 major occupation groups broken down into 93 detailed occupation groups, according to NIOSH.

Workers who averaged fewer than seven hours of sleep per night were classified as having short sleep durations. Among detailed occupation groups, those who failed to average seven hours of sleep included:

- Switchboard/communications equipment operators: 58 percent
- Rail transportation workers: 53 percent
- Plant and system operators: 50 percent
- Supervisors, food preparation and serving workers: 49 percent
- Extraction workers: 45 percent
- Nursing, psychiatric and home health aides: 43 percent

“We found that overall prevalence of short sleep duration was 36.5 percent among the working adults who responded to the survey - but sleep duration varied widely by occupation,” study author Taylor Shockey said in a press release. “Workers in occupations where alternative shiftwork is common, such as production, health care, and some transportation jobs, were more likely to have a higher adjusted prevalence of short sleep duration. Workers in other occupation groups, such as teachers, farmers, or pilots, were the most likely to report getting enough sleep.”

The American Academy of Sleep Medicine and the Sleep Research Society recommend that adults 18 to 60 years old get at least seven hours of sleep every day.



“Short sleep duration has been linked to various negative health outcomes including cardiovascular disease, obesity, and depression, as well as to safety issues related to drowsy driving and injuries,” Shockey said in the release. “This research suggests that there are occupational differences in sleep duration making occupation an important factor to consider in sleep research and interventions.”





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

Tobacco Cessation Class
1st and 3rd Tuesday of every month 1-3 p.m.

One on One Counseling
Call today to schedule!

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



Lightning Myths and Facts

Myth: If you're caught outside during a thunderstorm, you should crouch down to reduce your risk of being struck.

Fact: Crouching doesn't make you any safer outdoors. Run to a substantial building or hard topped vehicle. If you are too far to run to one of these options, you have no good alternative. You are NOT safe anywhere outdoors. See our safety page for tips that may slightly reduce your risk.

Myth: Lightning never strikes the same place twice.

Fact: Lightning often strikes the same place repeatedly, especially if it's a tall, pointy, isolated object. The Empire State Building is hit an average of 23 times a year

Myth: If it's not raining or there aren't clouds overhead, you're safe from lightning.

Fact: Lightning often strikes more than three miles from the center of the thunderstorm, far outside the rain or thunderstorm cloud. "Bolts from the blue" can strike 10-15 miles from the thunderstorm.

Myth: Rubber tires on a car protect you from lightning by insulating you from the ground.

Fact: Most cars are safe from lightning, but it is the metal roof and metal sides that protect you, NOT the rubber tires. Remember, convertibles, motorcycles, bicycles, open-shelled outdoor recreational vehicles and cars with fiberglass shells offer no protection from lightning. When lightning strikes a vehicle, it goes through the metal frame into the ground. Don't lean on doors during a thunderstorm.

Myth: A lightning victim is electrified. If you touch them, you'll be electrocuted.

Fact: The human body does not store electricity. It is perfectly safe to touch a lightning victim to give them first aid. This is the most chilling of lightning Myths. Imagine if someone died because people were afraid to give CPR!

Myth: If outside in a thunderstorm, you should seek shelter under a tree to stay dry.

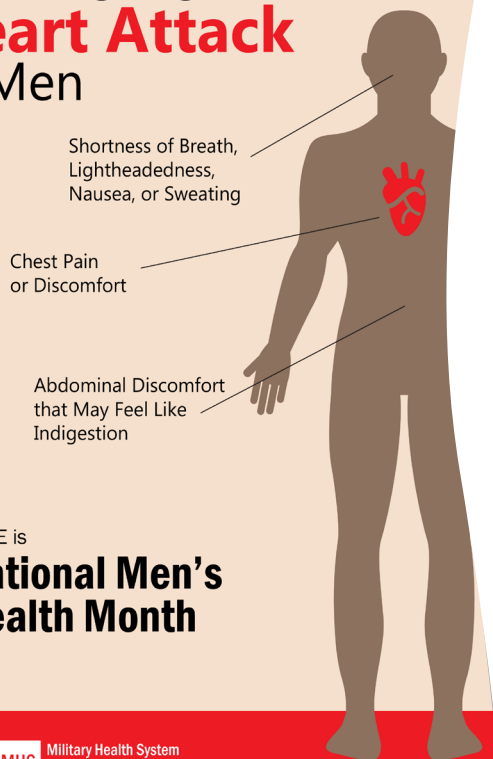
Fact: Being underneath a tree is the second leading cause of lightning casualties. Better to get wet than fried!



STOP All Activities!

Seek shelter in a substantial building or hard-topped vehicle. Wait 30 minutes after the storm to resume activities.

Warning Signs of Heart Attack in Men



JUNE is
National Men's Health Month



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!**



MEN'S HEALTH MONTH: MAKING SMART CHOICES EVERY DAY

By Don Shell

June is Men's Health Month, a time to remind the almost 4.8 million male beneficiaries in the Military Health System to get age-appropriate screenings for high blood pressure, testicular cancer, cholesterol, diabetes, and glaucoma; and to schedule annual exams starting between ages 45 and 50, based on race and risk, for prostate and colorectal cancers.

These are important issues, of course, but being healthy means more than clinicians checking off boxes. It means men making smart choices every day about the amount and intensity of physical activity, the quantity and quality of food and beverages consumed, and the number of hours of sleep. It means avoiding tobacco products and limiting alcohol. Men must take responsibility for their own health and make it a priority.

Focusing on fitness is routine in the military, where good health is a job requirement. A man's body is his most important piece of equipment, and he's expected to maintain it. Getting regular medical exams, exercising and lifting weights to meet physical fitness and weight standards, and promptly addressing health and wellness issues are all part of the routine while in uniform.

In 2015, about 1 in 13 servicemen received at least one diagnosis indicating they were overweight. Excess weight can negatively impact operational effectiveness and increase the risk of acute and chronic health effects, including musculoskeletal injury and cardiovascular disease.

Also, many men discard good habits when they separate or retire from the military. They exercise less and eat more, setting themselves up for weight gain and injuries that reduce both the ability and motivation to exercise.

Many men also become lax about seeking medical treatment, routine or otherwise. The Centers for Disease Control and Prevention's most recent National Health Interview Survey found men were more than twice as likely as women to report they hadn't seen a health care professional in two years, and three times as likely to say they hadn't seen one in more than five years.

Engaging in outdoor activities without proper conditioning or training can lead to accident or injury. Too much exposure to the sun can result in non-melanoma skin cancer down the road, which is more common than several other types of cancer combined. Drinking too much alcohol makes it easier to engage in risky behaviors such as unprotected sex, greatly increasing the likelihood of contracting and transmitting infections such as chlamydia, gonorrhea, hepatitis, syphilis, HPV, and HIV.

Men's Health Month is an opportunity to recommit to wellness. Wear sunscreen and limit alcohol consumption. Schedule your workouts so you'll stay on track. For aerobic conditioning, follow the FITT principles: Frequency: three to five days per week. Intensity: a combination of moderate to high intensity to increase breathing and heart rate. Generally, you should be able to talk, but not sing, while exercising. Type: anything continuous and rhythmic that uses large muscle groups. Examples include running, dancing, swimming, bicycling, and rowing. Time: at least 30 minutes daily, or 150 minutes weekly, will maintain cardiovascular fitness and prevent chronic disease.

Also, don't forget about emotional health. Talk to your health care provider about any sadness, anxiety, or anger you may be experiencing. Spend time with family and friends who have a positive impact on your life.

Finally, a recent study supports the theory that natural environments with open views and a lack of distracting noises can bring psychological benefits. So whatever your plans are for this summer, spend some time outside in a peaceful natural environment you enjoy. Think of it as finding moments of ah and awe.

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

FIREWORK



Each year, fireworks injure thousands and cause thousands of fires.

Fireworks cause an estimated **18,500** reported fires in the U.S. each year.

U.S. hospital emergency rooms saw an estimated 10,500 people for fireworks-related injuries in 2014.



Fireworks Injuries by Body Part



Eye
19%

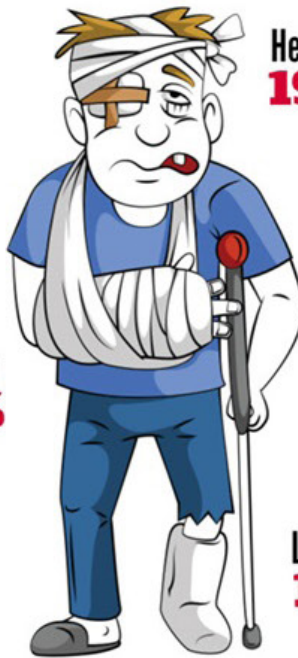
Arm
5%

Hand or Finger
36%

Head, Face or Ear
19%

Trunk or Other
11%

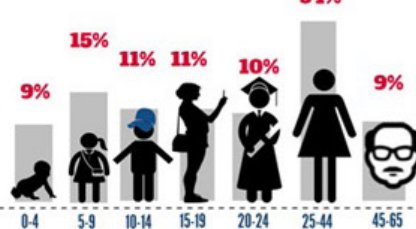
Leg
10%



Sparklers alone account for more than one-quarter of emergency room fireworks injuries.

Fireworks Injuries: Demographics

Injuries by Age of Victim



74% ACCOUNT FOR
MALES OF FIREWORKS-RELATED INJURIES

However, children aged 5-9 are actually **more than twice** as likely as other age groups to be injured by fireworks when looking at relative risk based on population totals of each age group.



About 1 in 4 fires started by fireworks each year, are reported on Independence Day.



Safety

Be safe. If you want to see fireworks, go to a public show put on by experts.

For more information, please visit: www.nfpa.org/fireworks



NATIONAL FIRE PROTECTION ASSOCIATION

The leading information and knowledge resource on fire, electrical and related hazards

*Information sourced from CPSC, and NFPA's "Fireworks Report"