

HEALTH CONNECT

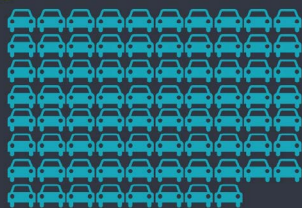


CONNECTING PATIENTS FOR BETTER HEALTH

JANUARY 2018

**NEW YEAR
NEW YOU!**

1 GET ON YOUR FEET



78% of us choose to drive instead of walk, even for very short distances

SAVINGS: GAS MONEY AND CO₂ EMISSIONS
CALORIES BURNED: 540

CHALLENGE: WALK, BIKE OR RUN TO
WORK EVERY DAY FOR 1 WEEK

YOU'LL SAVE
15 LBS
of CO₂ for every mile you don't drive



CALORIE COUNTER*

0540

Check out
NMCP
on social
media



Handling Hypothyroidism: *Suspect, Detect, Defeat*

In the interest of Thyroid Awareness Month, here are some pointers on how to handle Hypothyroidism. Hypothyroidism, an often-hidden health problem in which the master gland of metabolism — the thyroid — produces less hormone than the body needs, impacting virtually all organ systems in the body. It is one of the most misunderstood, misdiagnosed and prevalent medical conditions in the United States.

Suspect.

The early effects of hypothyroidism are often mild, appear gradually and aren't concentrated in a single area of the body, so it's easy to disregard them or attribute them to other causes. However, as production of thyroid hormone decreases and the body slows down, the disease progresses and classic symptoms of the condition begin to appear. They may include any of the following; constant fatigue, depression, weight gain and fluid retention, dry and itchy skin, muscle or joint pain or stiffness, constipation, sensitivity to cold, menstrual cycle changes, slow pulse, high cholesterol and increased sensitivity to medication.

Detect.

When visiting a doctor to be assessed for possible thyroid problems, patients will be asked to provide a medical history and highlight any troubling symptoms they are experiencing. The physician will also perform a physical exam to look for signs of the disease. He/she will assess the size of the thyroid gland and look for enlargement by manually feeling around the neck area. He/she will also check for any signs of hypothyroidism, such as dry skin, a puffy appearance and coarse or thinning hair.

If the doctor suspects thyroid dysfunction, diagnostic tests will be ordered, beginning with blood work. Only blood tests can confirm if someone is hypothyroid, and a test that measures Thyroid Stimulating Hormone (TSH) levels in the blood is the single best indicator. Thyroid hormone levels may be checked to determine the severity of disease as well as antibodies against the thyroid to determine its cause.

Defeat.

The goal of hypothyroidism treatment is to replicate normal thyroid function and return the body to a balanced state. Standard treatment consists of daily intake of a synthetic thyroid hormone, levothyroxine sodium, which comes in pill form and works in the same way the natural thyroid hormone would normally work. The initial dose is carefully selected by the physician based on a patient's age, weight, gender, other medical conditions and the severity of their hypothyroidism. Patients should consult with their endocrinologist about other medications they are taking, such as iron, calcium supplements, antacids and cholesterol-lowering medications, since they can interfere with the effectiveness of thyroid medicines.

Because each person's thyroid hormone needs are very precise, finding the proper dose of levothyroxine can take some time and adjustments in medication dosage are typical until the patient's TSH level is within normal range. Keep in mind that the medication is slow-acting, so patients are unlikely to feel its full effects immediately.

For more information or questions patients should be asking about their thyroid, visit [Thyroid Awareness](#).

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

Will Supplements Help Your Workout or Diet Routine?

New resources from NIH cut the confusion on dietary supplements.

The New Year is a time to set new goals, and for many people this means losing weight and improving fitness. Although these goals are best met with a nutritious diet and regular physical activity, many people may turn to dietary supplements for a boost to their routines. To help cut the confusion, the Office of Dietary Supplements (ODS) at the National Institutes of Health has two new resources to help people understand what is known about the effectiveness and safety of many ingredients in dietary supplements promoted for fitness and weight loss.

Dietary Supplements for Exercise and Athletic Performance covers products — sometimes called ergogenic aids — that claim to improve strength or endurance, increase exercise efficiency, achieve a performance goal more quickly, and increase tolerance for more intense training.

“Supplements marketed for exercise and athletic performance can’t take the place of a healthy diet, but some might have value for certain types of activity,” said Paul M. Coates, Ph.D., director of ODS. “Others don’t seem to work, and some might even be harmful.”

This guide covers more than 20 ingredients found in fitness supplements. Creatine, for example, might help with short bursts of high-intensity activity like sprinting or weight lifting, but not for endurance efforts like distance running or swimming. However, antioxidants such as vitamins C and E don’t seem to improve any type of physical activity.

Dietary Supplements for Weight Loss guides readers through the confusing set of options in the marketplace.

“Americans spend over \$2 billion a year on dietary supplements promoted for weight loss, but there’s little evidence they actually work,” said Anne L. Thurn, Ph.D., director of the ODS Communications Program. “And people may not know that many manufacturers of weight-loss supplements don’t conduct studies in humans to find out whether their product works and is safe.”

This guide covers 24 ingredients found in these products. Chromium, for example, might help you lose a very small amount of weight and body fat, and is safe, but raspberry ketones haven’t been studied enough to know whether they’re safe or effective. Drinking green tea is safe, but taking green-tea extract pills has been linked to liver damage in some people.

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!

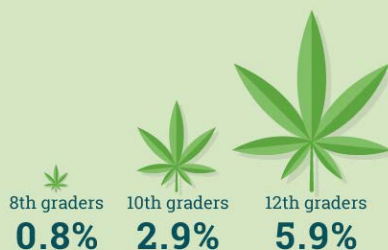
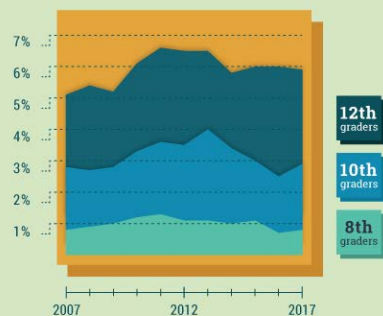
For more information, call
(757) 953-1927 or 953-1934



DAILY MARIJUANA USE MOSTLY STEADY

2007 – 2017

2017



71.0% OF HIGH SCHOOL SENIORS DO NOT VIEW REGULAR MARIJUANA SMOKING AS BEING VERY HARMFUL, BUT 64.7% SAY THEY DISAPPROVE OF REGULAR MARIJUANA SMOKING.

BINGE DRINKING RATES STEADY AFTER DECADES OF DECLINE



*Binge drinking is defined as having 5 or more drinks in a row in the last 2 weeks.

BINGE DRINKING APPEARS TO HAVE LEVELED OFF THIS YEAR, BUT IS SIGNIFICANTLY LOWER THAN PEAK YEARS.



DRUGABUSE.GOV

Folic Acid Awareness Week: What is Folic Acid and Why Do You Need It?

Folic acid is a B vitamin that everyone needs to stay in good health. Folic acid helps build DNA and your body uses it for cell growth and reproduction.

In 1998, the U.S. Food and Drug Administration started fortifying cereal grain products with folic acid in order to reduce the risk for neural tube defects (NTDs). NTDs are serious birth defects of the brain and spine. While this was a great step to prevent birth defects, it is often not enough to protect all pregnancies.

It is particularly important for women of reproductive age to get 400 micrograms (mcg) of folic acid daily. It has been shown to reduce the risk of having a baby born with an NTD by up to 70 percent. NTDs form very early in pregnancy so it's important for women to take folic acid

MAKE IT QUICK



MAKE IT EASY



MAKE IT DELICIOUS



folate is destroyed in cooking.

Folic acid is the synthetic form of the naturally occurring folate found in foods. Folic acid is easier for your body to absorb than folate. Folic acid is found in multivitamins and fortified foods like breakfast cereal, pasta, and bread.

Multivitamins help fill in those nutrition gaps, especially when it comes to getting

enough folic acid. before they even get pregnant. About half of pregnancies in the United States are unplanned. This is why it's important to take folic acid every day, even if you're not planning to get pregnant.

Good Sources of Folic Acid?

Those who are getting all of the vitamins they need from their diet alone should think again! It is hard to get certain vitamins from food alone.

Many women believe they do not need to take multivitamins because they eat healthy foods. Folate, a different form of the same B vitamin, is found in foods such as leafy green vegetables, beans, liver and some fruit, but 50 to 90 percent of food

enough folic acid.

Who Needs Folic Acid?

All women need folic acid every day. Getting enough folic acid, before and during early pregnancy, is an important way to reduce the risk of NTDs. These birth defects occur in the first weeks of pregnancy, often before a woman even knows she is pregnant.

Some women may be at higher risk. Latinas have higher rates of NTD-affected births and they consume less folic acid compared to non-Hispanic white women.

For more information, visit the [National Birth Defects Prevention Network](#).

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!**



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

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>