



HEALTHCONNECT

connecting patients for better health

FEBRUARY 2017

FEBRUARY IS HEART HEALTH MONTH



Each year, the month of February is dedicated to not only matters of the heart, Valentine's Day, but how we care for our actual, physical hearts through heart health awareness.

The facts are staggering in the United States alone. Heart disease causes approximately one out of every six deaths in America. Every 25 seconds, an American will have a coronary event, and every one minute, someone will die of one. By working together, recognizing the signs and symptoms and taking immediate action, these statistics can be changed for the better.

It is important to learn the subtle danger signs and act upon them immediately since 85 percent of heart damage occurs within the first two hours of a heart attack. Although not all of these may be experienced at the same time, early symptoms of a heart attack are: nausea, feeling of fullness, back pain, shortness of breath, anxiety, jaw pain, fatigue, pain that travels down one or both arms, and chest pressure, squeezing or discomfort. Some people may also experience mild chest pains coming and going, such as pressure, burning, aching, or tightness before they become constant and severe.

For 50 percent of people experiencing these symptoms, the heart attack can be prevented with early treatment. Take responsibility for not only yourself, but for those around you who may be experience these symptoms, and obtain immediate treatment.

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

BASIC LIFE SUPPORT

When it comes to Basic Life Support (BLS) and Advanced Life Support (ALS), the Department of Defense follows guidelines established by the American Heart Association. This is a non-profit organization that promotes appropriate cardiac care to reduce disability and deaths caused by cardiovascular disease and stroke.

Every five years, the AHA implements new updates from the previous years' guidelines. Essentially, when utilizing the BLS skills on a victim who is unresponsive, without a pulse, and without breaths, the person is being given the best chance of survival until the next echelon of care arrives on the scene. Those who are qualified in BLS should be able to identify a victim in need of cardiopulmonary resuscitation or CPR. During BLS training, personnel will learn when to activate the emergency response system, perform high-quality chest compressions, give efficient rescue breaths, utilize an automated external defibrillator (AED), and assist a choking victim.

In the Hampton Roads area, the BLS training is offered to all military personnel, military reservists and all civilian government employees. The main training sites are at the Branch Health Clinics (Norfolk, Boone and Oceana) and at Naval Medical Center Portsmouth. Holding a current BLS qualification is required for all personnel involved with direct patient care; however, receiving BLS training is recommend for everyone as you never know when a serious medical issue may affect someone near you.





www.activeminds.org

**YOU DON'T NEED TO
BE PERFECT.
YOU JUST NEED TO
BE THERE.**

February 26-March 4, 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

NMCP ASKS ALL TO HAVE A HEART AND BECOME A DONOR

MC1 (SW/EXW) Gary Johnson

Valentine's Day is the day of the year that most people show love and affection they have for the special people in their life. What many people may not know is Feb. 14 is also National Donor Day - a day to recognize those who show their love by donating or register as a donor.

"We are in need of donations all year long," said Ralph Peters, Naval Medical Center Portsmouth blood donor recruiter. "The products we collect not only help patients here, but they also help our men and women down range."

Millions of people in the United States have signed up to be donors, but there is still a significant gap between what is donated and what is required to help another person. All different types of medical donations are needed such as blood, platelets, organ, eye, body tissue and bone marrow.

"Platelets have a shelf life of only five days; therefore we always need platelets. When there are cardiac cases in the operating room we have to have at least two platelet products set aside," said Judith Barnes, an apheresis clinical nurse specialist. "Many of our patients who undergo cancer treatment and chemotherapy have extremely low platelet counts. Also trauma victims need platelets desperately to help them resolve issues with their injuries. We are always in need."

According to the American Red Cross, an estimated 38 percent of the United States population is eligible to donate blood, but less than 10 percent actually do each year. Blood and blood products are used for patients of every age and for many reasons including cancer or surgical patients, to military members with battlefield injuries, and all depend on the daily blood donations.

"A single eligible donor can donate whole blood every eight weeks or platelets every two weeks," Barnes said. "When someone wants to donate, there will be a screening to determine eligibility."

There are four different blood groups: A, B, AB, and O. Type O Negative donors are also known as "universal donors," because Type O Negative RBCs can be given to anyone. For that reason, it is often used in emergency situations before a person's exact blood type can be determined.

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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



February is ...

National Children's Dental Health Month



BECOME AN ORGAN DONOR



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

DONOR DAY: SIGN UP TODAY

Continued from previous page

“We are in need of donors of every type of blood,” Peters said. “We also encourage people to be repeat donors if eligible.”

To find more information on blood and platelet donation, visit the Armed Services Blood Program site or call the medical center’s Blood Donor Center at (757) 592-6275.

Similar to platelet and blood donors, there is usually shortage of donors signed up for the bone marrow and organ donor registries.

The National Marrow Donor Program reports that each year, more than 12,000 people are diagnosed with diseases that require an infusion of stem cells; and over 70 percent are unable to find an appropriate match within their own family and will require an unrelated donor.

“To sign up for marrow donation, a cheek swab is done and sent in with your information and you are put into a registry. If you match someone who is in need of tissue or transplant, you will be called for additional testing” Barnes said. “I can’t emphasize enough that in this day and age where we have all ethnicities, we need to have a broad spectrum of donors for the registry, so we try to get everybody to sign up.”

The need for organ transplants is also real and donors are always needed. Each day, averages of 79 people receive organ transplants. However, according to U.S. Department of Health and Human Services, an average of 22 people dies each day waiting for transplants that can’t take place due to the shortage of donated organs.

The medical center partners with LifeNet Health, a leading provider of organ donations and tissue bank services, to allow patients to sign up and donate organs.

Registering as an organ donor can also be done at your local Department of Motor Vehicles by selecting ‘yes’ to organ donation when you apply for your driver’s license.

NMCP challenges everyone to show their big hearts and sign up to be an organ donor or donate blood this Valentine’s season.



Your Health, Our Mission.

Your experience is important to us,
let us know how we are doing.



Take the:
**Joint
Outpatient
Experience
Survey**



Take a few minutes to fill out the Joint Outpatient Experience Survey (JOES) when you get it by mail or email. JOES is a survey that asks questions about your military health care experience. It's secure and we won't share your personal information. Your JOES responses tell us what we're doing right and what we can do better.

