



HEALTHCONNECT

connecting patients for better health

APRIL 2016



CULTURE OF FITNESS

The Culture of Fitness is like a spider's web – everything is connected and the center of the web is your ultimate goal. Healthy eating habits, regular exercise and recommended amounts of sleep are the main components of an ideal fitness program.

In terms of diet, limit your fat intake to 15 to 20 percent of your daily calories. Fat should still be a main component of your diet, but in smaller amounts. Choose “healthy” unsaturated fats like those found in nuts, seeds or avocados, and they will help keep your cholesterol within normal limits. Carb consumption is important to maintain energy and proper brain function, but overconsumption of carbs can lead to them being converted into fat storage.

The American Heart Association recommends at least 30 minutes of moderate-intensity aerobic activity at least five days per week for a total of 150 minutes. This is of course to remain cardiovascular health, but in terms of weight loss, weight lifting and intense exercise of 40 minutes in at least two of the sessions is recommended.

Another important aspect of weight loss is sleep. Without the proper amount of sleep, energy is declined and it becomes more difficult to workout. Furthermore, lack of sleep can actually affect how your body's metabolism functions.

And when our body needs energy, think about what we grab for quick carbs that will last us through the day. How many times do we go for a quick fix when we are low on energy, like a bag of potato chips, a soda or candy. These pointless calories can further the advancement of weight gain. If taken seriously, these factors can lead to overwhelming success in one's battle for weight loss.

Click for more information about fitness basics.

FITNESS CENTERS AND WHAT THEY OFFER

Studies show that regular exercise has the benefit of keeping the body healthy, including better functioning of the organs in the body and preventing some diseases. Some researchers have also confirmed that regular physical activity can also reduce stress level.

The following gymnasiums and fitness centers offer prenatal and post-natal and aquatic classes, as well as high intensity to low intensity workouts, including yoga and Zumba.

- Rockwell Hall Gym-Little Creek
- Hornet's Nest Fitness Center-NAS Oceana / Dam Neck
- Flightline Fitness Center-NAS Oceana
- Gym & Aquatics Center-Dam Neck
- McCormick Sports Center- Naval Station Norfolk
- N-24 Gymnasium-Naval Station Norfolk
- Aquatic Center-JEB Little Creek
- JEB Fort Story Gym, Hornet's Nest Fitness Center- NAS Oceana / Dam Neck
- NSA Hampton Roads Fitness Center & Gym- Corner of Blandly Rd. & Mitscher Ave., Bldg. NH- 30
- NSA Hampton Roads-Northwest Annex Fitness Center & Gym- MOU #1 Olympic Blvd., Bldg. 65
- NSA Hampton Roads-Portsmouth Gym- NMCP Bldg. 3
- NSA Hampton Roads-Portsmouth Riverview Fitness Center- 1101 Holcomb Rd, Bldg. 276
- Norfolk Naval Shipyard Callaghan Fitness Center- Cole Ave., Bldg. 310
- WPNSTA Yorktown Sports Zone Gym- Lebanon Church Rd., Bldg. 2062
- Cheatham Annex CAX Gym- 4th St., Bldg. 235
- Waterfront Athletic Complex- 1910 Decatur Ave., Norfolk
- Fitness Center & Gym- 7800 Hampton Blvd., Bldg. SC-400

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



For more information, visit www.discoverMWR.com to know the schedules and what specific classes each fitness center offers.



SAFETY FIRST: BIRTH CONTROL OPTIONS

For those who are not ready to be a parent, but who are sexually active should consider using birth control. With so many options available today, there's a right option for everyone.

The first step to obtaining the right birth control is to explore the different choices. The most commonly known contraceptives are condoms, which have a 98 percent success rate for male condoms and a 95 percent success rate for female condoms. Not only do they prevent pregnancies but they are also the only birth control that protect against HIV and other sexually transmitted infections. Female condoms are a great alternative for those who have a latex allergy.

For those looking for something a bit more permanent, an intrauterine device might be an appropriate option. IUDs are a plastic or copper rod about the size of a quarter with two arms which are inserted into the uterus and can last from three to 12 years depending on the one chosen. IUDs must be inserted and removed by a medical provider and work by preventing sperm from fertilizing eggs. IUDs have a 99 percent pregnancy prevention rate and most women can get pregnant quickly after it is removed.

Birth control pills are also a popular alternative and have a 99 percent pregnancy prevention rate if used properly. With so many different pills available, patients should consult their health care provider to find out which one is best for them considering the pros and cons each might have. The pill should be taken at the same time every day, but for those who are forgetful or have a busy schedule, the Depo-Provera shot may be a better option. With a 99 percent success rate, patients receive an injection every three months in the doctor's office. One downside to this form of birth control is that it may cause a delay in getting pregnant after its use is stopped.

For more information about these birth controls options, and others such as the patch, ring, spermicide, or diaphragms, patients should consult their health care provider or visit www.reproductiveaccess.org.

HEALTHY WEIGHT

ShipShape Weight Management Program - 8-week intensive program for adults. To register, call the HRAC at (866) 645-4584

Right Weight - 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. to noon

4-week class - begins 1st Tuesdays, 1-2:30 p.m.

Tobacco Meditation Walk-In Clinic - 1st Tuesdays, 2-4 p.m.

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



22

Medical Home
Port teams

118,000

patients with a PCM
at one of our
ten facilities

440,000

patients we serve -
active duty, retired
and families

Download the NMCP app today:





Your family
deserves the
first and finest
in health care.



Naval Medical Center Portsmouth Pediatrics Department

Our faculty and staff are committed to providing the best in care to children, adolescents and young adults. Our staff have trained at some of the nation's top medical schools, including Stanford, Harvard, Johns Hopkins, Baylor, University of Virginia, Uniformed Services University of the Health Sciences, and Walter Reed National Military Medical Center. Whether it's a broken bone or a serious illness, Naval Medical Center is ready to take on whatever your family needs.



Cdr. Brian L. Feldman
Head of Pediatrics



Did you know?

The Pediatrics Department has
31 different specialties.

- Adolescent Medicine
- Pediatric Allergy/Immunology
- Pediatric Anesthesiology
- Pediatric Cardiology
- Children's Oncology Group
- Pediatric Critical Care
- Cystic Fibrosis Center
- Pediatric Dentistry
- Pediatric Ear, Nose and Throat (ENT)
- Pediatric Emergency Medicine
- Pediatric Endocrinology
- Pediatric Gastroenterology
- General Pediatrics
- Pediatric Hematology/Oncology
- Pediatric Infectious Disease
- Neonatology
- Neurodevelopmental Pediatrics
- Pediatric Nephrology
- Pediatric Neurology
- Pediatric Nutrition
- Pediatric Occupational Therapy
- Pediatric Ophthalmology
- Pediatric Orthopedics
- Pediatric Physical Therapy
- Pediatric Psychiatry
- Pediatric Psychology
- Pediatric Pulmonology
- Pediatric Radiology
- Pediatric Social Work
- Pediatric Speech Therapy
- Pediatric Surgery



Pediatrics Department (757) 953-7716
www.med.navy.mil/sites/nmcportsmouth/pediatrics

