



# HEALTHCONNECT

connecting patients for better health

JULY 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](http://www.RelayHealth.com)

## Safety in the Workplace

Each year, the Navy experiences more than 2.1-million injury-related medical encounters, a great number of which happen at work. Injuries put service members on the sidelines, derailing their productivity and threatening their readiness for duty. This means Sailors are not mission ready and a greater workload falls onto their shipmates, ultimately leading to a higher risk of injury or fatigue to more Sailors. Whether afloat, ashore or in the aviation community, workplace safety measures should remain a priority by all staff in order to create a safe environment. Here are some safety measures you can take on your own:

Get at least seven to eight hours of a sleep every night. Getting the right amount of sleep means you will come to work well-rested and lower your chances of having an accident or making mistakes that can lead to injury.

Wear appropriate personal protective equipment (PPE) to protect yourself from the environment you're in. PPE includes safety goggles, masks, hearing protection, hard hats, gloves, close-toed shoes/boots, and protective clothing, or any other PPE your workplace may require or recommend.

Avoid falls by keeping cabinets, desk drawers and doors closed. Remove electrical and phone cords from walking areas, and check the condition of walkways and steps for potential tripping hazards.

Clean any spills immediately and avoid recently mopped floors. Wear close toed and slip-resistant shoes and never stand on a wheeled chair, table, or other surface to reach something.

Know your command safety policy and familiarize yourself with risks in your area. When safety precautions are neglected, you are not only putting yourself at risk, but also your shipmates, and the mission. Developing a culture of beliefs, attitudes, and behaviors that promote workplace safety can improve your work environment.

## Bicycle Safety

When summer rolls around, everyone wants to be outside to enjoy the beautiful weather. A great and easy way to do this and get around is through riding a bicycle. It can be fun, healthy and a great family activity, but a lot of people forget bicycles are not a toy, but a vehicle. Bike crashes can cause serious injury and most are related to the behavior of the bicyclist or the motorist. Fortunately, there are several things you can do to prevent a crash from occurring, or to protect yourself if a crash does occur.

Wear a bicycle helmet regardless of your age. Before taking off, check equipment, such as tires and breaks. Make sure you're visible to others by wearing reflective gear during low visibility times and bright-colored clothing in general. Keep in mind that just because you can see a driver, doesn't mean the driver can see you. When riding on roads go with the flow of traffic and stay alert at all times. Use verbal and non-verbal communication so others are aware of your intentions. For more information on bicycle safety, visit the NHTSA website at [www.nhtsa.gov/Bicycles](http://www.nhtsa.gov/Bicycles).





## 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 1-3 p.m.

### One on One Counseling

Call today to schedule!

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



## Safe Grilling Habits for Summer

The Hearth, Patio & Barbecue Association and National Fire Protection Association have compiled some common-sense advice to consider before your next barbecue. Always keep these handy to ensure safety.

- Keep your grill outside. Grills can produce carbon monoxide and other dangerous toxins. You want the smoke to have an unobstructed outlet from which to escape.
- Read your owner's manual. Your grill manufacturer provides an owner's manual for a reason. Don't bury it in a kitchen drawer and forget about it. Familiarize yourself with the correct operating procedures of your grill before using. Make sure your grill is assembled correctly, all parts are secure and the grill is stable before cooking.
- Protect yourself. Grilling gloves and utensils with long handles will keep your hands and arms safe when dealing with heat and flames. Avoid wearing loose or hanging clothing that could inadvertently come in contact with the flames.
- Clean thoroughly. Keeping your grill clean not only makes your food taste better, it reduces the risk of flare-ups. If you do encounter a flare-up, spread the coals out with a utensil on a charcoal grill. Dial down the heat using the knobs on a gas grill. Keep a fire extinguisher or a bucket of sand or water nearby in case you need to put out a fire.
- Man the fire. Don't leave the grill unattended when flames are still present or the grill is still hot. Keep children and pets a safe distance away, even after you're finished cooking. The grill will remain hot for a while.
- Start a gas grill with the lid open. Lighting your grill with a closed lid can cause a dangerous buildup of gas.
- Be responsible with lighter fluid. Only use charcoal lighter fluid to start a charcoal grill. Don't keep adding it after the fire is started. A better option is a chimney starter, which doesn't require any lighter fluid.
- Check the gas lines. The fuel lines of gas grills can become pinched, twisted, clogged, torn, melted or otherwise manipulated. And when this happens, the risk of a fire is escalated. Conduct a gas leak test at the beginning of every grilling season. Don't delay if you ever smell gas while cooking, step away quickly and call the fire department. Always inspect your propane tank for signs of damage or wear before using.
- Use the right cords. If you have an electric grill or electric accessories, only use an outdoor extension cord that is properly grounded.
- Shut your grill down correctly. For a gas grill, this means turning off the burners and the fuel supply. For a charcoal grill, wait for the coals to stop burning and cool down completely. Then wrap the charcoal in aluminum foil and discard it in a non-combustible garbage can. Wait for your grill to cool off before attempting to move it.

# GET YOUR PLAY ON

PARK AND RECREATION MONTH  
JULY 2017

# GREEN ROAD PROJECT TO STUDY HEALING EFFECTS OF NATURE

By Sarah Marshall Uniformed Services University of the Health Sciences

BETHESDA, Md.— It's long been said that being outside, experiencing the sights and sounds of nature, can help ease our ailments, but there has been no physiological evidence to prove this theory. Now, researchers at the Uniformed Services University of the Health Sciences here are embarking on a collaborative study seeking to scientifically measure the healing effects of nature.

Over the last few years, researchers from USU's Consortium for Health and Military Performance, or CHAMP, have been working with architects and engineers as part of an effort known as the Green Road Project.

## Measuring Nature's Effects on Humans

These efforts have led to a Green Road site being built on the Naval

Support Activity Bethesda – one of six nationwide – which will help scientifically measure the effects of nature, while providing a tranquil environment for service members and their families.

The project is led by the Institute for Integrative Health, with funding by the TKF Foundation, and also includes collaboration with scientists from the University of Arizona at Tucson, the Massachusetts General Hospital and the National Institutes of Health.

The Green Road site includes a paved pathway that meanders through the wooded area behind USU, leading over to Sanctuary Hall – living quarters for Walter Reed patients and their caregivers during long-term care. Those who traverse the path can take a seat on a large bench covered by a wooden awning, from which they can enjoy a breathtaking view of the vast wooded area populated with tall trees, white-tailed deer, and the sounds of birds chirping – not to mention plenty of fresh air.

There's also a pavilion, complete with picnic tables, a babbling water fountain and a sitting area made out of large rocks right beside a small, trickling stream.

This year, USU researchers plan to begin using the site to measure the healing effects of those who spend time on the Green Road, as opposed to traversing through busier, less "green" parts of the base, explained Patricia Deuster, professor in USU's Military and Emergency Medicine Department and director of CHAMP.

They'll look to enroll service members from all branches, as well as wounded warriors and caregivers, and any others who can access the base and therefore the site. It's important to look at each of these populations, Deuster said, to see how a healthy person responds to the different pathways, as compared to how a patient responds, or how a caregiver may respond.

## Monitoring Heart Rates

Those enrolled in the study will begin in CHAMP's lab, in Building 53 near Sanctuary Hall, where they will be prepared to wear mechanisms for monitoring heart rate and collecting sweat before beginning their walk through either the Green Road site or the other busier path, Deuster said. After walking either path, they'll return to the lab, where researchers will remove the mechanisms, measuring their heart rate variability and biomarkers in sweat.

Part of their research objective, she added, is to look at these biological measures and gather evidence-based, quantifiable data, without too much burden on participants. They're also looking to measure the psychological effects, and will do so by having participants complete a questionnaire and engage in a conversation about their experience after walking the different pathways.

"Our hope is to show that nature does have an effect on the population and caregivers," Deuster said.

Their primary focus is on the military community, and continuously seeking ways to help all service members perform optimally in all aspects that impact them – psychologically, physiologically, spiritually and socially, she said.

But they also hope these data will translate to the rest of the population, perhaps by producing evidence that schools, for example, should allow children more time outside during recess, or that nursing homes should aim to take their patients outside more often.

As an added bonus, the Green Road is available to patients, caregivers, and staff, to simply enjoy the beauty of nature.

"It's a place where you can go and recover, restore who you are ... forget about the stressors of life for a moment, and just allow your body to relax and regenerate," Deuster said.

## 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

# 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>