



# HEALTHCONNECT

connecting patients for better health

NOVEMBER 2017

## The Great American Smokeout

Every year, on the third Thursday of November, smokers across the nation take part in the American Cancer Society Great American Smokeout event. Encourage someone you know to use the date to make a plan to quit, or plan in advance and then quit smoking that day. By quitting – even for one day – smokers will be taking an important step toward a healthier life and reducing their cancer risk.

### Why We Need the Great American Smokeout?

About 36.5 million Americans still smoke cigarettes, and tobacco use remains the single largest preventable cause of disease and premature death in the world. While cigarette smoking rates have dropped (from 42 percent in 1965 to 15.1 percent in 2015), cigar, pipe, and hookah – other dangerous and addictive ways to smoke tobacco – are very much on the rise.

Smoking kills people – there's no "safe" way to smoke tobacco. Quitting smoking has immediate and long-term benefits at any age. Quitting is hard, but you can increase your chances of success with help. Getting help through counseling or medications can double or triple the chances of quitting successfully.

For additional information and help on becoming tobacco free, contact the NMCP Health Promotion and Wellness Department at 953-1927 or 953-1934.

## Need Help to Become Tobacco Free?

November is Tobacco Free Living Month. It's important to live a tobacco free life to stay healthy. Results of recent Navy and Marine Corps Public Health Workplace Health Risk Assessment Annual Reports indicate that tobacco use is higher among Sailors and Marines compared to the general U.S. population.

The national smoking rate among American adults is 15.1 percent, and the use of smokeless tobacco is 3.4 percent. Quitting smoking provides immediate health benefits. After 20 minutes, your pulse and blood pressure drop, and after 12 hours, the levels of carbon monoxide in your body return to normal. Quitting tobacco will also speed up your recovery of other injuries and provide positive health effects for other parts of your body.

There are many resources and programs that you, your family and friends can use to quit tobacco. It is never too late to quit. For more information, visit the Navy and Marine Corps Public Health Center's [Tobacco Free Living](#) web page. Contact NMCP at 953-1927 or 953-1934 for information and help on becoming tobacco free. You can also call (866) 459-8766 (TRICARE Quit Line) or (800) Quit-Now for additional information on becoming tobacco free.

**6.5 YEARS** On average, women wait 6.5 years from the first time they experience symptoms until they obtain a diagnosis for their bladder control problems.

Urinary Incontinence (UI) affects **25 million** people in the US.

### BLADDER HEALTH AWARENESS MONTH

**OAB 40%** Nearly 40% of women between the ages of 20 and 45 have Overactive Bladder (OAB).

**1 in 5** women

**2/3** Nearly two-thirds of women with Urinary Incontinence have not discussed their symptoms with a health care provider.

**50%** of men report leakage due to Stress Urinary Incontinence following prostate surgery.

**33 million** Overactive Bladder (OAB) affects an estimated 33 million adults in the US.

It is estimated that the incidence of women with at least one pelvic floor disorder will nearly double by the year 2050 from 28.1 million to 43.8 million.

**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)



# ABOUT PANCREATIC CANCER

Pancreatic cancer is the **3<sup>RD</sup>** leading cause of cancer-related death in the United States

Pancreatic cancer has the lowest five-year survival rate of any major cancer, at **ONLY 8%**

**MORE** patients will die from pancreatic cancer than breast cancer in 2016

## 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

## American Diabetes Month

**D** diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled.

One in 10 Americans have diabetes — that's more than 30 million people. And another 84 million adults in the United States are at high risk of developing type 2 diabetes.

The good news? People who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes. These changes include: eating healthy, getting more physical activity, and losing weight.

### How Can American Diabetes Month Make a Difference?

We can use this month to raise awareness about diabetes risk factors and encourage people to make healthy changes.

Here are just a few ideas:

Encourage people to make small changes, like taking the stairs instead of the elevator.

In 2015, 30.3 million Americans, or 9.4% of the population, had diabetes. Approximately 1.25 million American children and adults have type 1 diabetes. Additionally, 84.1 million Americans age 18 and older had prediabetes, with 1.5 million Americans being diagnosed with diabetes every year.

Talk to people in your community about getting regular checkups. They can get their blood pressure and cholesterol checked, and ask the doctor about their diabetes risk. Ask doctors and nurses to be leaders in their communities by speaking about the importance of healthy eating and physical activity.

## 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



**LUNG  
CANCER**  
Awareness  
Month



# Why Immunizations and Antibiotics Matter for Patient Safety

As the temperature gets cooler, contagious illness like influenza (flu) begin to spread. To help prevent illness in the first place, many awareness campaigns in November and December focus on the use of vaccines and antibiotics. Antibiotic Awareness Week, National Handwashing Awareness Week and National Influenza Vaccination Week are a few campaigns that are trending now and in the coming weeks.

The proper use of immunizations and antibiotics plays a unique role in supporting military readiness by keeping beneficiaries safe through appropriate prevention and treatment strategies, at home or abroad.

As flu season approaches, everyone is advised to “get vaccinated now.”

Although the exact timing and strain make-up of every flu season is not precisely known in advance, it is known

that the peak period typically begins in the wintertime. To stay healthy this flu season, it is recommended that patients:

- Get vaccinated one month ahead of peak season (usually January – February in North America).

- Vaccinate all family members, not just the service member. There is even good evidence that the flu vaccine is safe and effective in pregnant women.

- Report vaccination administration to their primary care manager, especially if they get it on their own, as a way of documenting future benefit from protection and risk with exposures.

Overall, immunizations prevent illnesses that result from either a viral or bacterial infection which, without prevention, can lead to more doctor visits, medical treatments and time away from work.

“The influenza vaccine is the best tool we have to prevent an infection that claims the lives of 40,000 – 50,000 people each year in the United States,” said Air Force Maj. Daniel J. Adams, division head, Pediatric Infectious Diseases Clinic, and chair, Antimicrobial Stewardship Committee at Naval Medical Center Portsmouth. “Despite false claims to the contrary, vaccines are safe and they save lives. The CDC estimates that vaccines will prevent 732,000 deaths among children born in the last 20 years. Immunizing your family carries the added benefit of protecting close contacts through herd immunity, and preventing doctor visits and antibiotic therapy, which reduces antibiotic resistance.”

The NMCP’s Antimicrobial Stewardship Program is committed to improving the understanding of appropriate antimicrobial use through surveillance of antibiotic-resistant infections and

antibiotic prescribing practices among NMCPs healthcare providers.

“More than one third of all antibiotic prescriptions is unnecessary,” Adams said. “Most of these inappropriate antibiotic prescriptions are given for upper respiratory tract infections, which are caused by viruses. This over-prescribing of antibiotics is driving a public health crisis of antibiotic resistant infections, such as MRSA, VRE and CRE.”

According to Adams, inappropriate antibiotic use also increases healthcare costs, rates of adverse drug reactions, and Clostridium difficile infections.

“We are asking providers to examine their practice, and commit to being better stewards of these precious and vanishing resources, only prescribing them when necessary,” Adams said.

Through a 2014 Executive Order aimed at Combating Antibiotic Resistant Bacteria, the DoD developed a stewardship policy that has since been implemented at NMCP.

“Our Antibiotic Stewardship team is composed of subject matter experts from infectious disease, pharmacy, infection control, and nursing, and has representatives from the departments where antibiotics are most frequently used,” Adams said. “Our team protects certain antibiotics from routine use, requiring an infectious disease consult before they can be prescribed.

“Additionally, we’ve created clinical decision-making tools based on our local levels of antibiotic resistance,” Adams added. “These tools help providers make the best initial antibiotic choice for their patient. Finally, we are providing active feedback on certain units in the hospital, monitoring antibiotic use, and suggesting changes where appropriate.”

## 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



# ONE DAY IS JUST THE BEGINNING

Great American Smokeout - November 16, 2017

**DAY 1** Your body already begins to heal



**DAY 30** Add up all the money you've saved on tobacco and reward yourself!



**DAY 14**  
Your lungs are working better

**DAY 60** Your gums, teeth and skin are looking good!



You have more energy  
and less congestion **DAY 75**

Commit to quit tobacco for just one day on the **Great American Smokeout - November 16, 2017**. Get support, advice and tips on how to quit and stay quit by texting **MIL** to **47848**.



**QUIT TOBACCO**  
[TRICARE.mil/UCanQuit2](http://TRICARE.mil/UCanQuit2)