

HEALTH CONNECT




CONNECTING PATIENTS FOR BETTER HEALTH

JUNE 2018

KEY STATISTICS IN THE FIGHT FOR MEN'S HEALTH

Men are facing a health crisis. Due to poor health habits, lack of health insurance, failure to seek medical attention, and dangerous occupations, men often live sicker and die younger than women.

5 YR AT BIRTH, MALES HAVE A LIFE EXPECTANCY FIVE YEARS LESS THAN FEMALES.




1st HEART DISEASE
2nd CANCER
THE TOP TWO LEADING CAUSES OF DEATH FOR MEN.



4X MEN ARE FOUR TIMES AS LIKELY TO COMMIT SUICIDE COMPARED TO THEIR FEMALE COUNTERPARTS.



PROSTATE CANCER IS THE MOST COMMON CANCER AMONG MEN WITH 160,000 NEW CASES EACH YEAR.

160K


Men's Health Month – Heart Disease

The Centers for Disease Control and Prevention reported that the leading cause of death in men is heart disease. Between the years of 2011 to 2013, CDC gathered the statistics nationwide that showed the cause of death for men aged 35+:

- Heart disease is the **leading cause** of death for men of most racial/ethnic groups in the United States including African Americans, American Indians or Alaska Natives, Hispanics, and Caucasians. For Asian American or Pacific Islander men, heart disease is second only to cancer.
- About 8.5% of all white men, 7.9% of black men, and 6.3% of Mexican American men have coronary heart disease.
- **Half** of the men who die suddenly of coronary heart disease have **no previous symptoms**. Even if you have no symptoms, you may still be at risk for heart disease.
- **Between 70% and 89%** of sudden cardiac events occur in men.

CDC 2016 Report: 10 Leading Causes of Death by Age Group in the United States

- Ages 15-24 Heart Disease ranked number five
- Ages 25-34 Heart Disease ranked number five
- Ages 35-44 Heart Disease ranked number three
- Ages 55-64 Heart Disease ranked number one

Risk Factors

High blood pressure, high LDL cholesterol, and smoking are key risk factors for developing heart disease. Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including:

- Diabetes
- Overweight and obesity
- Poor diet
- Physical inactivity
- Excessive alcohol use

All risk factors can be managed or eliminated by diet and lifestyle. Men's Health Month – Awareness. Prevention. Education. Family. www.menshealthmonth.org

Check out NMCP on social media



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
<https://app.mil.relayhealth.com/>

Don't Forget to
WEAR BLUE

Friday, June 15th

#showusyourblue
@MensHlthNetwork



Heat Illnesses Can be Fatal; Would You Know What to Do?

Did you know your body is constantly in a struggle to disperse the heat it produces? Most of the time, you're hardly aware of it – unless your body is exposed to more heat than it can handle.

In 2014, 244 people died in the U.S. from exposure to excessive heat, according to Injury Facts 2017, the annual statistical report on unintentional injuries produced by the National Safety Council. Heat-related illnesses can escalate rapidly, leading to delirium, organ damage and even death.

There are several heat-related illnesses, including heatstroke (the most severe), heat exhaustion and heat cramps. Those most at risk include:

- Infants and young children
- Elderly people
- Pets
- Individuals with heart or circulatory problems or other long-term illness
- People who work outdoors
- Athletes and people who like to exercise – especially beginners
- Individuals taking medications that alter sweat production
- Alcoholics and drug abusers

Heatstroke

Heatstroke can occur when the ability to sweat fails and body temperature rises quickly. The brain and vital organs are effectively "cooked" as body temperature rises to a dangerous level in a matter of minutes. Heatstroke is often fatal, and those who do survive may have permanent damage to their organs.

- Move the person into a half-sitting position in the shade
- Call for emergency medical help immediately

Heat Exhaustion

When the body loses an excessive amount of salt and water, heat exhaustion can set in. People who work outdoors and athletes are particularly susceptible.

Symptoms are similar to those of the flu and can include severe thirst, fatigue, headache, nausea, vomiting and, sometimes, diarrhea. Other symptoms include profuse sweating, clammy or pale skin, dizziness, rapid pulse and normal or slightly elevated body temperature.

Uncontrolled heat exhaustion can evolve into heatstroke, so make sure to treat the victim quickly.

- Move them to a shaded or air-conditioned area
- Give them water or other cool, nonalcoholic beverages
- Apply wet towels or having them take a cool shower

Heat cramps

Heat cramps are muscle spasms that usually affect the legs or abdominal muscles, often after physical activity. Excessive sweating reduces salt levels in the body, which can result in heat cramps.

- Sit or lie down in the shade.
- Drink cool water or a sports drink.
- Stretch affected muscles.
- Seek medical attention if you have heart problems or if the cramps don't get better in an hour.

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



Driving

**SEAT BELTS SAVED NEARLY
15,000 IN 2016. BUCKLE UP
EVERY RIDE**



NATIONAL SAFETY MONTH 2018

nsc.org/nsm



Wellness

**70 MILLION AMERICANS
SUFFER FROM A SLEEP
DISORDER. DO YOU?**

The Facts and Fiction About Migraines

Migraine is an extraordinarily prevalent neurological disease, affecting 39 million men, women and children in the U.S. and 1 billion others worldwide. Here are some facts, and fiction, of migraines that everyone should know.

Fact. Everyone either knows someone who suffers from migraine, or struggles with migraine themselves.

Migraine is the third most prevalent illness in the world and locally in the U.S., one in every four households includes someone who gets migraines. Although migraines most commonly affect adults between the ages of 25 and 55, 10 percent of children experience migraines. Not only that, but migraines also tend to run in the family. About 90 percent of migraine sufferers have a family history of migraines.

Fact. Most people don't realize how serious and incapacitating migraine can be.

When asked to name a common neurological disability, rarely will someone say migraines. Most people actually categorize it as a severe headache although migraines are the sixth most disabling illness in the world. Every 10 seconds, someone in the U.S. goes to the emergency room



complaining of head pain, and approximately 1.2 million ER visits are for acute migraine attacks. While most sufferers experience attacks once or twice a month, more than 4 million people have chronic daily migraine, with at least 15 migraine days per month.

Fiction. Migraine is just a bad headache.

Migraine is a neurological disease with extremely incapacitating neurological symptoms. It's typically a severe throbbing recurring pain usually on one side of the head, but about 33 percent of attacks, both sides are affected. In some cases, other disabling symptoms are present without head pain. Attacks are often accompanied by one or more of the following disabling symptoms: visual disturbances, nausea, vomiting, dizziness, extreme sensitivity to sound, light, touch and smell, and tingling or numbness in the extremities or face. Migraine attacks usually last somewhere between four and 72 hours.

Fact. Migraine disproportionately affects women.

About 28 million women in the U.S. alone experience migraines. Women make up 85 percent of chronic migraine sufferers, and roughly one in four women will experience migraines in their life. About half of female sufferers have more than one attack each month, and a quarter experience four or more severe attacks per month. More severe and more frequent attacks often result from

fluctuations in estrogen levels.

Fiction. Kids can't experience migraines.

Migraine often goes undiagnosed in children and about 10 percent of school-age children suffer from migraine. Half of all migraine sufferers have their first attack before the age of 12. Migraine has even been reported in children as young as 18 months. Recently, infant colic was found to be associated with childhood migraine and may even be an early form of migraine. Children who suffer are absent from school twice as often as children without migraine. In childhood, boys suffer from migraine more often than girls. Although as adolescence approaches, the incidence increases more rapidly in girls than in boys. A child who has one parent with migraine has a 50 percent chance of inheriting it, and if both parents have migraine, the chances rise to 75 percent.

Fact. Migraine is a public health issue with serious social and economic consequences.

Healthcare and lost productivity costs associated with migraine are estimated to be as high as \$36 billion annually in the U.S. In 2015, the medical cost of treating chronic migraine was more than \$5.4 billion. However, these sufferers spent over \$41 billion on treating their entire range of conditions. Healthcare costs are 70 percent higher for a family with a migraine sufferer than a non-migraine affected family. Beyond the burden of a migraine attack itself, having migraine increases the risk for other physical and psychiatric conditions.

Fact. Migraine remains a poorly understood disease that is often undiagnosed and undertreated.

In 2018, there are less than 500 certified headache specialists in the U.S. and 39 million sufferers. More than half of all migraine sufferers are never diagnosed. The vast majority of migraine sufferers do not seek medical care for their pain. Only four percent of migraine sufferers who seek medical care consult headache and pain specialists. Although 25 percent of sufferers would benefit from preventive treatment, only 12 percent of all sufferers receive it.

GET CONNECTED

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 - Pharmacy wait times
 - Telephone directory
 - Relay Health
 - ICE feedback
- and so much more!**



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patients with a PCM at one
of our 10 facilities

22
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440,000
patients we serve – active duty,
retired and families

TRICARE Prime Clinic Suffolk

OPENS

Summer 2018

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Suffolk, Va 23435



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To be placed on a waiting list, please contact your local Health Benefits Advisors.

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BHC Boone (JEB Little Creek):
(757) 953-8182

TPC Chesapeake:
(757) 953-6382

BHC Norfolk (Sewells Point):
(757) 953-8708