

# HEALTH CONNECT



CONNECTING PATIENTS FOR BETTER HEALTH

## February 2019

## Heart Health Awareness Month

### Be Heart Smart

#### Avoid Tobacco

**Don't Smoke!**  
Smoking cigarettes greatly increases your risk for heart disease.

#### Choose Better Nutrition

**Exercise!**  
Get at least 150 mins. of exercise a week to lower cholesterol and blood pressure.

**Watch Your Weight!**  
The higher your body mass index (BMI), the higher your risk for heart disease.

**Eat Healthy!**  
Eat foods high in fiber and low in saturated fat, trans fat, salt, and cholesterol.

**Maintain Healthy Weight**

**Be More Active**

Heart disease doesn't happen just to older adults. It is happening to younger adults more and more often. This is partly because the conditions that lead to heart disease are happening at younger ages. February is Heart Health Month, the perfect time to learn about your risk for heart disease and the steps you need to take to help your heart.

Many of the conditions and behaviors that put people at risk for heart disease are appearing at younger ages:

- **High blood pressure.** Millions of Americans of all ages have high blood pressure, including millions of older adults. About half of people with high blood pressure don't have it under control. Having uncontrolled high blood pressure is one of the biggest risks for heart disease and other harmful conditions, such as a stroke.
- **High blood cholesterol.** High cholesterol can highly increase the risk for heart disease. Having diabetes and obesity, smoking, eating unhealthy foods, and not getting enough physical activity can all contribute to unhealthy cholesterol levels.
- **Smoking.** More than 37 million U.S. adults are current smokers, and more than thousands of young people start smoking each day. Smoking damages the blood vessels and can cause heart disease.

Heart disease—and the conditions that lead to it—can happen at any age. High rates of obesity and high blood pressure among younger people (ages 35-64) are putting them at risk for heart disease earlier in life. Half of all Americans have at least one of the top three risk factors for heart disease.

## Smokeless Tobacco Hidden Dangers

Chewing tobacco and other smokeless tobacco products may be perceived as safer than cigarettes or other smoked tobacco products because they are not linked to lung cancer. And smokeless tobacco products are often promoted and advertised as a much safer option. These products, however, result in some of the same risks as cigarettes, as well as additional health risks particularly associated with smokeless tobacco products. There are no harmless tobacco products.

There are many different types of smokeless tobacco products around the world. In the United States, the main types of smokeless tobacco include the following:

**Chewing tobacco** is packaged either as loose tobacco leaves or braids of leaves called a twist.

**Snuff** is finely cut or ground tobacco that may be flavored.

**Dissolvable tobacco** products are pieces of compressed powdered tobacco

Health problems related to smokeless tobacco include the following:

**Addiction** - smokeless tobacco contains nicotine, you can become addicted.

**Cancer** - use of chewing tobacco and smokeless products increases the risk of oral cancers.

**Precancerous mouth lesions** - Smokeless tobacco increases your risk of developing small white patches called leukoplakia inside your mouth.

If you are using chewing tobacco or any other forms of smokeless tobacco, consider options to help you quit. Because the health risks of chewing tobacco and smokeless tobacco products are not a good alternative to quit smoking.

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/>

# Sexual Health

## NMCP Health Promotion and Wellness Department

Sexual health is defined as a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.

You can prevent sexually transmitted diseases by taking control and knowing the facts. Some things you can do to take control are:

**Abstinence:** The most reliable way to avoid infection is to not have sex, in any form.

**Vaccination:** Vaccines are safe, effective, and a recommended way to prevent Hepatitis B and HPV. HPV vaccines for males and females can protect against some of the most common types of HPV.

**Reduce Number of Sex Partners:** Reducing your number of sex partners can decrease your risk for Sexually Transmitted Diseases (STDs).

**Mutual Monogamy:** Mutual monogamy means that you agree to be sexually active with only one person who has agreed to be sexually active only with you.

**Use Condoms:** Correct and consistent use of the male latex condom is highly effective in reducing STD transmission. *Male condom* - worn by the man, a male condom keeps sperm from getting into a woman's body. Latex condoms, the most common type, help prevent pregnancy, and HIV and other STDs, as do the newer synthetic condoms. "Natural" or "lambskin" condoms also help prevent pregnancy, but may not provide protection against STDs, including HIV. Condoms can only be used once. You can buy condoms, KY jelly, or water-based lubricants at a drug store. Do not use oil-based lubricants such as massage oils, baby oil, lotions, or petroleum jelly with latex condoms. They will weaken the condom, causing it to tear or break. *Female condom* - worn by the woman, the female condom helps keep sperm from getting into her body. It is packaged with a lubricant and is available at drug stores. It can be inserted up to eight hours before sexual intercourse.

It is normal for your sexual health to evolve as you age. To stay healthy, it is best to regularly reflect on your thoughts, feelings, and emotions. Doing this in advance will prepare you for sexual encounters.

Sexual health is something you should talk about with people you trust or love. You can talk about it considered safe and what the risks are of certain choices and actions.

Be sure to ask your health provider to test for STDs, and take control of protecting yourself by practicing healthy preventive measures.

## 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



**LOVE**  
**YOUR HEART**  
February is Heart Health Month

# Factors That Can Affect Heart Health

Centers for Disease Control and Prevention, [cdc.gov](http://cdc.gov)



Heart health problems include coronary disease, an abnormal heart rhythm (arrhythmia), heart valve disease; as well as cardiomyopathy and aorta problems, such as aortic aneurysm, and aortic problems.

Being obese puts you at a higher risk for health problems such as heart disease, stroke, high blood pressure, diabetes and more.

There are eight factors that can negatively affect your heart

## GET CONNECTED

Download the NMCP app today and get access to:

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



### 1. Cholesterol

**What to know:** "Bad" LDL cholesterol can clog up the arteries that feed your heart and brain – and increase the chances of a heart attack and stroke. "Good" HDL cholesterol can help eliminate the bad, but only to an extent. Switching to a low-calorie diet can lower LDL cholesterol, while getting regular exercise can elevate your good HDL.

### 2. Resting heart rate

**What to know:** Lower is better. For most people, a resting heart rate between 60 and 100 beats per minute is considered normal. It's affected negatively by stress, hormones and medication. Getting into better shape can also lower your resting heart rate

### 3. Cardiorespiratory fitness

**What to know:** Aerobic exercise can get the heart pumping and build endurance.

### 4. Blood pressure

**What to know:** High blood pressure, or hypertension, often is called the "silent killer" because it usually lacks obvious symptoms, and can contribute to heart issues.

### 5. Blood glucose level

**What to know:** Blood sugar levels can fluctuate depending on time of day, what you eat, and when you ate it. Too high or too low a level can affect your concentration, make you dizzy, and harm vital organs.

### 6. Waist circumference

**What to know:** Some experts consider the distance around your natural waist a better way to measure body fat than relying on body mass index alone.

### 7. Heart rhythm

**What to know:** Atrial fibrillation, or AFib as it's often called, is a quivering or irregular heartbeat. Left untreated, it doubles the risk for heart-related death and has a fivefold increased risk for stroke.

### 8. Family history

**What to know:** Family history is considered a "risk-enhancing factor," according to recent cholesterol management guidelines. That means if a parent, grandparent or sibling has had a stroke, heart attack or other type of heart disease, it's possible that you may be too.

It's always best to discuss your heart condition with your health professional or heart specialist who can advise you on the correct diagnosis and name of your condition and treatment plan.

Heart disease and different conditions affect the heart's ability to work efficiently.

It can be stressful and worrying to be diagnosed with a heart condition, but there's a lot of information and support available to you. Sometimes understanding what is happening can help you worry less.

**118,000**  
patients with a PCM at one  
of our 10 facilities

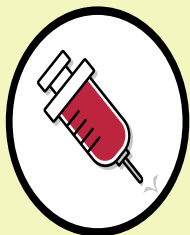
**22**  
Medical Home  
Port teams

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

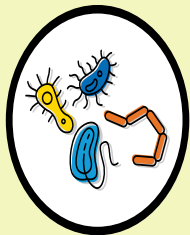
# Take Action to Prevent the Flu



Wash your hands **frequently** during cold and flu season



Get the **flu vaccine**



Isolate sick family members **to avoid spreading germs**

If you do get sick, follow your doctor's orders including getting plenty of rest, staying hydrated, and taking any prescribed medications.

Visit [www.tricare.mil/flu](http://www.tricare.mil/flu) for resources and information about the flu vaccine.

