



April 2015

# BALANCE

Official Newsletter

U.S. NAVAL HOSPITAL YOKOSUKA

HERE TO SERVE WITH CARE

## HEALTH PROMOTION

## Sexual Health Awareness: Let's Talk About SEX

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# U.S. NAVAL HOSPITAL YOKOSUKA

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## HEALTH PROMOTION

U.S. Naval Hospital Yokosuka



Health Promotions  
HP@med.navy.mil

## Tobacco Cessation and Prevention Classes Available!

These classes consist of facilitator led sessions discussing nicotine addiction and how tobacco users can direct their own path to quit and stay quit. Health Promotion has new Tobacco Cessation class options. We are located at the Fleet Rec Center, Rm 323.

Contact Health Promotion to schedule your spot in a class today!  
Call or email us at 243-9776 / 046-816-9776 [HP@med.navy.mil](mailto:HP@med.navy.mil)

### Course Information

There are 2 options, Option 1 is 4 class sessions over 2 weeks or Fast-Trak Accelerated classes have 2 classes in one week.

Session 1: Understand why you use tobacco products and how they affect you and those around you.

Session 2: Mastering the first few days of quitting.

Session 3: Mastering OBSTACLES of quitting.

Session 4: Enjoy staying quit!

Understanding Session 1	First Days Session 2	Obstacles Session 3	Tobacco Free! Session 4
1st Tuesdays 0700-0800	1st Thursdays 0700-0800	2nd Tuesdays 0700-0800	2nd Thursdays 0700-0800
1st Tuesdays 1300-1400	1st Thursdays 1300-1400	2nd Tuesdays 1300-1400	2nd Thursdays 1300-1400
1st Tuesdays 1700-1800	1st Thursdays 1700-1800	2nd Tuesdays 1700-1800	2nd Thursdays 1700-1800
Accelerated Class 3rd Tuesdays 1700-1830	Accelerated Class 3rd Tuesdays 1700-1830	Accelerated Class 3rd Thursdays 1700-1830	Accelerated Class 3rd Thursdays 1700-1830





# Sexual Health Month

## Sexual Health is Your Responsibility-*Take it!*

By: Hospital Corpsman 2nd Class Arturo Barawid



Condoms—worn correctly and every time—reduce the risk of pregnancy, HIV, gonorrhea, chlamydia, syphilis, Human Papillomavirus, and cervical cancer.

To learn more, visit <http://www.nmcphc.med.navy.mil/healthyliving>

Understanding what Sexual Health means is important in maintaining overall health and well-being; it is defined not only to satisfy sexual life but also to promote positive relationships and create peace of mind. In taking care of your sexual health, you also help maintain your partners sexual health. Regardless of age or the type of relationship a person has, sexual health is a vital part of being human as it can bring intimacy and pleasure which is a natural part of life.

There are numerous physical and emotional benefits of taking care of sexual health: knowing oneself brings out self-confidence that promotes sexual identity.

Awareness of your own health and partner's

contributes to preventing and avoiding STIs and HIV, or unplanned pregnancy. Good sexual health also promotes honest communication between partners with a respectful approach.

There are certain ways to achieve good sexual health: making sure that sexual health is a part of your healthcare routine; develop positive relationships, respect your partner as you would want to be treated and take control of your sexual health by protecting your body.

FOR ADULT-ONLY CLINICAL SETTINGS IN NAVY MEDICINE

## Ask Navy Medical ...about your sexual health

Not planning on a pregnancy in the next 12 months?

Want the most reliable and reversible birth control?

Ask about the IUD or implant



Do you know when your next Pap test is due?

Ask your doc!



**HPV** vaccine can help protect men and women up to age 26 from genital warts and cervical cancer. Three shots are needed. Have you started? Have you finished?

Sexually active women up to age 25 should ask for a **Chlamydia** test every year



It's NOT-2-LATE

The Emergency Contraceptive Pill is available without a prescription at every military pharmacy, ship and medical emergency dept.

**Plan B**

Ask for an **HIV** test at least every year if you are a man who has sex with men, or if you have sex without a condom with casual partners

Learn More



NMCPHC



NCSH





# Let's Talk About SEX

## Reduce Risky Sexual Behavior

By: Navy and Marine Corps. Public Health Center



April is the Sexual Health month. One of the major goals is to educate and inform everyone about exposure to possible diseases and unplanned pregnancies that may result from not taking care of your sexual health.

The Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center (NMPHC) works to promote healthy relationships and prevent the occurrence of STIs and unplanned pregnancies among Sailors and Marines. NMPHC offers practical tools, educational resources and prevention strategies that can help you reconnect and remain sexually and reproductively healthy.

It's important to practice safe sex for your health. Risky sexual behavior has serious consequences. In 2013, over 5,000 cases of chlamydia, gonorrhea or syphilis were diagnosed among active duty Sailors and Marines. In 2012, only two of three enlisted Navy women said her last pregnancy while in the Navy was planned. Of those who experienced an unplanned pregnancy, half said that they were not using any form of birth control when the pregnancy occurred.

The good news is that STIs, HIV and unplanned pregnancies are mostly preventable if you practice safe sex. The following options can reduce your risk:

- > Get vaccinated against Human Papillomavirus (HPV).
- > Say no to sex or delay sex until another time in your life.
- > Establish a long-term, mutually-monogamous relationship.
- >Talk with your doctor about the most effective contraception options for your lifestyle and needs
- > Use your chosen contraceptive option correctly.
- > Use condoms correctly and every time.
- > Talk with your doctor about routine screening for early detection of HIV, chlamydia and other STIs.
- > Use a buddy system when going out to prevent alcohol and sex related incidents.

**For assistance regarding your sexual health, contact your health care provider or visit your medical treatment facility.**

To learn how our programs can help keep you fit for service and improve your overall health, visit us at [WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION](http://WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION).



# Well Child Visits

Keeping your child healthy means taking them to the doctor for their checkup. This is a time for preventative care that will usually include a physical, behavioral and developmental check.

If your child will be any of the following ages, please schedule an appointment for their well child visit.

At birth: Physical exam and immunizations

1-3 days: Physical exam

2 weeks: Physical exam

2 months: Physical exam and immunizations

4 months: Physical exam and immunizations

9 months: Physical exam

12 months: Physical exam and immunizations

15 months: Physical exam

18 months: Physical exam and immunizations

2 years/3 years: Physical exam and immunizations

4 years/ 5 years: Physical exam and kindergarten immunizations

11-12 years/14-15 years: Physical exam and immunizations



Children ages 2-6 years should have a physical exam annually.

Children ages 6-18 years should have physical exam at least for 6th and 9th grade, or even every one to two years if desired or concerns.

Influenza vaccines are highly recommended each winter for all healthy children ages 6 months and older.

Please call USNH Yokosuka Central Appointments at 243-5352

For more information, please contact Family Medicine at 243-8721, Pediatrics at 243-5505 or Immunizations at 243-9840.



# April Nutrition Classes at USNH Yokosuka

## April Nutrition Class Schedule

Contact: Nutrition Clinic to reserve a seat: 243-7128

BHC interested in scheduling a class, please contact Nutrition Clinic.  
Thank you.

### Basic Nutrition Class

- Time: 0900 - 1000
- When: April 13  
DCO Link: <https://connect.dco.dod.mil/r8t9td2gsv9/>
- April 27  
DCO Link: <https://connect.dco.dod.mil/r7dvha7e7xn/>
- Where: Staff Education & Training Room 105

### Cardiac Nutrition Class

- Time: 1100 - 1200
- When: April 7  
DCO Link: <https://connect.dco.dod.mil/r8gif6xkmpf/>
- April 28  
DCO Link: <https://connect.dco.dod.mil/r819p9kd8bg/>
- Where: Staff Education & Training Room 105

### Diabetes Nutrition Class

- Time: 0900 - 1000
- When: April 8  
DCO Link: <https://connect.dco.dod.mil/r47qgiy8fuo/>
- April 29  
DCO Link: <https://connect.dco.dod.mil/r3yvfon5jt9/>
- Where: Staff Education & Training Room 105

### Prenatal Nutrition Class

- Time: 0900 - 1000
- When: April 10  
DCO Link: <https://connect.dco.dod.mil/r551zi2o1h2/>
- Where: Staff Education & Training Room 105

For your convenience patients can access DCO link from home or work center. For seat reservation and/or instructions on how to access DCO link please contact 243-7128. Thank you.



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## HEALTH PROMOTION

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Health Promotion  
HP@med.navy.mil

## April 2015 Sexual Health Month

SUN	MON	TUE	WED	THUR	FRI	SAT
			<b>1</b> HFA 1400 & 1430	<b>2</b> HFA 0800, 0830, 0900, 0930 & 1000	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b> HFA 0800, 0830, 0900, 0930 & 1000	<b>7</b> HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 1) 0700-0800, 1300-1400, 1700-1800	<b>8</b> HFA 1400 & 1430	<b>9</b> HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 2) 0700-0800, 1300-1400, 1700-1800	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b> HFA 0800, 0830, 0900, 0930 & 1000	<b>14</b> HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 3) 0700-0800, 1300-1400, 1700-1800	<b>15</b> HFA 1400 & 1430	<b>16</b> HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 4) 0700-0800, 1300-1400, 1700-1800	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b> HFA 0800, 0830, 0900, 0930 & 1000	<b>21</b> HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 1&2 Fast Track) 1700-1830	<b>22</b> HFA 1400 & 1430	<b>23</b> HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 3&4 Fast Track) 1700-1830	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b> HFA 0800, 0830, 0900, 0930 & 1000	<b>28</b> HFA 0800, 0830, 0900, 0930 & 1000	<b>29</b> HFA 1400 & 1430	<b>30</b> HFA 0800, 0830, 0900, 0930 & 1000		

### HEALTH FITNESS ASSESSMENTS (HFA)

An HFA uses Body Composition Analyzer to assess certain parameters of your body & provide you with your current state of health and fitness. You will be provided recommendations on setting realistic goals & preparing a personalized plan to meet those goals. Initial appointments are available in 1-hr increments Mon, Tues, & Thurs at 0800, 0830, 0900, 0930 & 1000, as well as Weds 1400 & 1430; Follow-up weigh-in appointments are available by walk-in when office is open. Contact Health Promotion today to set up an appointment! **\*BE SURE TO CONSULT A PHYSICIAN BEFORE BEGINNING ANY NEW FITNESS PLAN.**

### USNH HEALTH PROMOTION

Fleet Rec Center, Rm 323  
243-9776 / 046-816-9776 /  
HP@med.navy.mil

### TOBACCO CESSATION & PREVENTION:

This course consists of 4 class sessions where public health strategies and evidence-based medicine are used to address nicotine addiction. The goals of this program are: reduce initiation of tobacco use, increase tobacco cessation, and reduce environmental tobacco smoke. Contact Health Promotion to schedule your spot in the course today!