



HEALTHCONNECT

connecting patients for better health

NOVEMBER 2016

FACT: 3 OUT OF 4
TEEN
SMOKERS
BECOME
ADULT SMOKERS.

Help your kids make this a smoke-free school year.



TOBACCO FACTS

Tobacco use has devastating effects on health. Smoke damages the lungs, resulting in a diminished ability for oxygen to enter the body.

Tobacco smoke contains a deadly mix of more than 7,000 chemicals; hundreds are harmful, and about 70 can cause cancer. Tobacco use increases the risk for serious health problems, many diseases, and death.

Tobacco causes more than 480,000 deaths each year in the United States. More than 10 times as many U.S. citizens have died prematurely from tobacco use than have died in all the wars combined fought by the United States.

Tobacco use causes about 90% of all lung cancer deaths in men and women. More women die from lung cancer each year than from breast cancer. One of tobacco's chemicals, nicotine, acts directly on the brain, causing a physical addiction. Despite these risks, 20% of all adult Americans use tobacco. Because the nicotine in tobacco is so addictive, quitting smoking can be challenging and may require several attempts to become completely successful.

Quitting tobacco lowers your risk for tobacco-related diseases and can add years to your life. Just one year after quitting tobacco, your risk for a heart attack drops sharply. Within two to five years after quitting, your risk for stroke could fall to about the same as a nonsmoker's.

- If you quit, your risks for cancers of the mouth, throat, esophagus, and bladder drop by half within five years.
 - If you quit, your risk for lung cancer drops by half within 10 years.
- Contact your Medical Department or local Medical Treatment Facility to help you win the battle to quit tobacco and stay tobacco free. You can also call 1-866-459-8766 (TRICARE quit line) or 1-800-Quit-Now for more information on becoming tobacco free.

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

ZIKA AND PREGNANCY

Contracting the Zika virus continues to be a rising concern. With no vaccine available, women who are pregnant or plan on becoming pregnant should be extra cautious. It is known that the virus is primarily spread through mosquitoes, but it can also be sexually transmitted. Currently, Zika is spreading rapidly in Puerto Rico and other South American countries. If the virus continues to spread due to the lack of a vaccine, it is likely that one in four people, including pregnant women, will be infected with the virus. Being infected with Zika during pregnancy can result in birth defects such as eye defects, hearing loss, impaired growth, and Microcephaly. Microcephaly is where a baby's head is much smaller than that of a normal infant of the same age and gender. Babies with Microcephaly often have a smaller brain that did not develop properly which subsequently leads to intellectual disabilities. If you do plan on becoming pregnant, there are important steps you should take to prevent being infected with the virus. Avoid traveling to areas with reports of Zika infection. If you must travel, talk to your healthcare provider for steps on how you can do this keeping yourself and your baby safe. If your partner travels to an area where the Zika virus is prevalent, protect yourself from getting infected by using condoms during sexual intercourse. If you or your partner lives in an area known to have Zika cases, use the proper sexual protection, wear shielding clothing with insect repellent, and talk to your healthcare provider for any further steps you can take to protect yourself.





Lung Cancer Awareness Month



HEALTHY

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) 953-1925 or 953-9247

For more information on Health Promotions and Wellness Department programs and resources, call (757) 953-1925

TOBACCO CESSATION

Workshop - 1st Mondays, 8 a.m. to noon
4-week class - begins 1st Tuesdays, 1-2:30 p.m.
Tobacco Meditation Walk-In Clinic - 1st Tuesdays, 2-4 p.m.

For more information, call (757) 953-1927 or 953-1925



MANAGING DIABETES — IT'S NOT EASY, BUT IT'S WORTH IT

According to National Institute of Diabetes and Digestive and Kidney Diseases, screening for type 2 diabetes is important to modify its course and reduce the risk of complications.

- Diabetes is a huge and growing burden: 415 million adults were living with diabetes in 2015 and this number is expected to increase to around 642 million or one in ten adults by 2040.
- One in two adults with diabetes is undiagnosed. Many people live with type 2 diabetes for a long period of time without being aware of their condition. By the time of diagnosis, diabetes complications may already be present.
- Up to 70% of type 2 diabetes cases can be prevented or delayed by adopting healthier lifestyles, equivalent to up to 160 million cases by 2040.

Am I at Risk?

If you have wondered or possibly been told that you are at risk for developing type 2 diabetes or that you have prediabetes, you should know that diabetes prevention is proven, possible, and powerful. Studies show that people at high risk for diabetes can prevent or delay the onset of the disease by losing 5 to 7 percent of their weight, if they are overweight—that's 10 to 14 pounds for a 200-pound person.

Two keys to success:

Get at least 30 minutes of moderate-intensity physical activity five days a week.

Eat a variety of foods that are low in fat and reduce the number of calories you eat per day.

In other words, you don't have to knock yourself out to prevent diabetes. The key is small steps that lead to big rewards. Learn more about your risk for developing type 2 diabetes and the small steps you can take to delay or prevent the disease and live a long, healthy life.



NOVEMBER IS NATIONAL DIABETES AWARENESS MONTH

"Finding the Cure Starts with Identifying the Cause"

Win The Battle, Live A Healthy Smoke Free Life

By Joe Burmeister, community health program specialist

Tobacco fights dirty. It's a dangerous addiction that's expensive, deadly, and has a serious impact on health and readiness. Individuals who smoke get sick more often which translates into more lost workdays and hospitalizations than their fellow non-smokers. Equally as bad are the effects of secondhand smoke on your shipmates, family, and friends.

If your intent is to keep yourself strong and resilient, understand that tobacco makes you weak. If you smoke, you're more likely to sustain musculoskeletal injuries and perform poorly on fitness tests. Smoking also delays healing, prolongs injury recovery, and impairs night vision. Smoking increases fatigue and stress, and it may cause impotence. Tobacco use is the leading cause of preventable death in the U.S. If you're a smoker, your life expectancy decreases by more than a decade. Any way you look at it, this stuff stinks. There's just no such thing as a safe level of tobacco use or a safe tobacco product.

Smokeless tobacco and other alternative tobacco products are no exception. Chewing tobacco, dipping, packing a plug, or smoking a hookah or cigar can threaten your health in additional ways. Smokeless tobacco can make your gums recede and your teeth fall out. Using these forms of tobacco can cause cancer on your lips, tongue, and throat. Hookah tobacco smoking is associated with many health risks, including increased risk of cold, flu, and infections from shared mouthpieces; various types of cancer; and carbon monoxide poisoning. Bottom line, smokeless tobacco products are not a safe alternative to smoking. In fact, using smokeless tobacco products has been shown to make you more inclined to smoke cigarettes.

It's clear that living tobacco free helps you and the people you care about lead healthier lives. It reduces the risk of developing heart disease, various cancers, chronic obstructive pulmonary disease, periodontal disease, and dying prematurely. Living tobacco free smells better too. Your skin appears more radiant. You have more energy. You also burn through less money. Tobacco free living means avoiding the use of all types of tobacco products — such as cigarettes, cigars, pipes, hookahs, electronic cigarettes and products, and smokeless tobacco — and also living free from secondhand smoke exposure.

To help you win the battle to quit tobacco and stay tobacco free, the Navy and NMCP Wellness Department offers you effective resources to end tobacco use while learning about the harmful effects of secondhand smoke and other types of tobacco products. The Wellness Department offers individual tobacco cessation counseling and three-hour group workshops that are open to all active duty and TRICARE beneficiaries. Contact Joe Burmeister at 953-1927 or Petty Officer Third Class Jonathan Hagemeyer at (757) 953-1934 to schedule what best fits your schedule to become tobacco free.



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

Only YOU Can

- **GET a flu shot**
- **COVER your cough**
- **WASH your hands**
- **STAY HOME if you're sick**



NMCP Immunizations Clinic

Mon. – Wed. and Fri.: 8 a.m. – 3:30 p.m.
Thurs.: 9 a.m. – 3:30 p.m.

Oceana BHC

Mon. – Thurs. :
7:30 a.m. – 2 p.m.
Fri.: 9 a.m. – 2 p.m.

Dam Neck BHC

Mon. – Fri.: 7 a.m. – 3 p.m.

Northwest BHC

Mon. – Fri.: 7:30 a.m. – 11 a.m.
1 – 2 p.m.

Boone BHC

Mon., Tues., Thurs., Fri.: 7 a.m. – 2 p.m.
Wed: 8:30 a.m. – 2 p.m.

NAVSTA Norfolk BHC

Mon. – Thurs.: 7 a.m. – 3:30 p.m.
Fri.: 7 a.m. – 2 p.m.

Yorktown BHC

Mon. – Thurs.: 7:30 a.m. – 3 p.m.
Fri.: 7:30 a.m. – noon

NOTE: Flu shots are now available for all ages.

For those enrolled at the
Chesapeake and Virginia Beach
TRICARE Prime Clinics,
immunizations are by appointment only.