



# HEALTHCONNECT

connecting patients for better health

## AUGUST 2017

PREVENTIVE HEALTH MONTH

Abdominal Aortic Aneurysm Screening, Blood Pressure Screening, Body Measurement, Breast Exams, Breast Magnetic Resonance Imaging (MRI), Cancer Screening, Cardiovascular Screening, Cholesterol Testing, Colonoscopy, Echocardiogram, Eye Exams, Health Promotion and Disease Promotion examinations, Hearing exams, Hepatitis B and C screening, Human Papillomavirus (HPV) Testing and Vaccine, Immunizations, Infectious Disease Screening, Lipid Panel, Mammograms, Parent and Patient Educational Counseling, Pediatric Lead Level Screening, Physicals, Prenatal Care, Rubella Antibodies, Tobacco Cessation Services, Tuberculosis Screening, Well-child care, Well Woman Exams, Resonance Imaging (MRI), Cardiovascular Screening, Colonoscopy, Echocardiogram, Health Promotion and Disease Promotion examinations, Hearing exams, Hepatitis B and C screening, Human Papillomavirus (HPV) Testing and Vaccine, Immunizations, Infectious Disease Screening, Lipid Panel, Mammograms, Parent and Patient Educational Counseling, Pediatric Lead Level Screening, Physicals, Prenatal Care, Rubella Antibodies, Tobacco Cessation Services, Tuberculosis Screening, Well-child care, Well Woman Exams.



## August is Preventive Health Month

The Military Health System is committed to the long-term health and vitality of the nation's warfighters, their families, retirees and civilians. Part of maintaining readiness is preventing the onset of diseases and injuries that pose threat to the Defense community. This month, MHS is focusing on preventive health and spotlighting TRICARE's free preventive medical services, as well as daily lifestyle changes.

Preventive services covered by TRICARE include:

Abdominal Aortic Aneurysm Screening, Blood Pressure Screening, Body Measurement, Breast Exams, Breast Magnetic Resonance Imaging (MRI), Cancer Screening, Cardiovascular Screening, Cholesterol Testing, Colonoscopy, Echocardiogram, Eye Exams, Health Promotion and Disease Promotion examinations, Hearing exams, Hepatitis B and C screening, Human Papillomavirus (HPV) Testing and Vaccine, Immunizations, Infectious Disease Screening, Lipid Panel, Mammograms, Parent and Patient Educational Counseling, Pediatric Lead Level Screening, Physicals, Prenatal Care, Rubella Antibodies, Tobacco Cessation Services, Tuberculosis Screening, Well-child care and Well Woman exams.

**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

## National Immunization Awareness Month: Back to School



One of the most important ways a parent can protect their child's health is to get their child vaccinated according to the recommended immunization schedule. Diseases can quickly spread among groups of children who aren't vaccinated. Whether an infant is starting at a new child care facility, a toddler is heading to preschool or a student is going back to elementary, middle or high school, or are even starting college, parents should check their child's vaccination records.

Child care facilities, preschool programs, schools and colleges are prone to outbreaks of infectious diseases. Children in these settings can easily spread illnesses to one another due to poor hand washing, not covering their coughs, and other factors such as interacting in crowded environments.

When children are not vaccinated, they are at an increased risk for disease and can spread disease to others in their play groups, child care centers, classrooms and communities – including babies who are too young to be fully vaccinated and people with weakened immune systems due to cancer and other health conditions.

Additionally, states may require children who are entering child care or school to be vaccinated against certain diseases. Colleges and universities may have their own requirements, especially for students living in residence halls. Parents should check with their child's doctor, school or the local health department to learn about the requirements in their state or county.





## 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 1-3 p.m.

### One on One Counseling

Call today to schedule!

For more information, call (757) 953-1927 or 953-1934



## Protect From Back Injuries During PCS Move

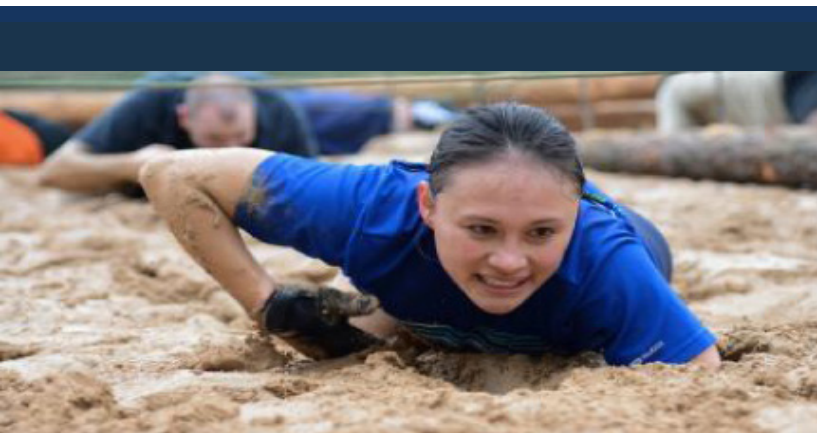
Service members and their families relocate a lot, and moving to a new home is hard enough without adding a back injury to the mix. Those who are packing and loading up should be mindful of how they are lifting and moving.

The best way to prevent back injuries is to strengthen back and core muscles. Consider prepping for the upcoming move by doing exercises – such as planks, lunges and vertical core training – that focus on these areas.

Treat sore muscles and pulled muscles with ice and rest, and perhaps an over-the-counter pain reliever, during the first 48 hours. Follow the MedlinePlus guidelines on how to further treat back pain if it's acute. However, if the pain persists, consult a doctor to rule out a more serious back problem or injury before resuming heavy lifting. Certain yoga stretches also might relieve the pain, build muscles and return the back to normal function.

### Try these tips to help reduce risk of injury and properly move heavier things, such as boxes and furniture.

- Warm up, just like someone would before any workout.
- Keep core muscles tight and use leg muscles, rather than just the back, to lift heavy objects.
- Keep objects as close to the body as possible.
- Wear closed-toe shoes to protect feet from falling items.
- Take breaks when necessary. Stretching and reassessing mechanics can help maintain proper posture when lifting.



# OPERATION

## ★ Live Well ★

*Your Health Is Our Best Defense*

# Pumping on the Job is Worth Any Hassles, Breast-Feeding Moms Say

By Military Health System Communications Office

As nurse manager of the postpartum unit and lactation division at Naval Medical Center San Diego, Navy Lt. Cmdr. Melissa Rosloniec knows that breast-feeding benefits both mother and child. As a working mom who's nursing a 10-month-old, she also knows it's hard.

"It can start out being a lot more difficult than you think it's going to be," Rosloniec said, noting some babies have trouble latching on to the breast, and some mothers have difficulty producing enough milk.

"Breast-feeding can be emotionally taxing, and you're often sleep-deprived," she said. "And when you're a military mom and pumping at work, it's truly a labor of love."

Aug. 1 – 7 marks World Breastfeeding

Week, an annual global campaign to promote the benefits of nursing. This year marks the 25th annual event, which is recognized in more than 170 countries.

The World Health Organization and American Academy of Pediatrics both recommend infants get breast milk exclusively until they're 6 months old to achieve optimal health and development. But only about 22 percent of new mothers are still exclusively breast-feeding at the baby's 6-month birthday, said Navy Lt. Alea DePauw, citing statistics from the Centers for Disease Control and Prevention. The Military Health System no longer tracks breast-feeding rates, she said, but they most likely mirror civilian numbers.

DePauw is a registered nurse certified in maternal newborn nursing and, like Rosloniec, she's a breast-feeding mom working at Naval Medical Center San Diego, where about 3,000 babies are born annually.

One reason many women stop breast-feeding is because they return to work full time. Pumping on the job – expressing breast milk for babies to drink while they're being cared for by others – can be awkward and inconvenient. Rosloniec said that's why it's important to have lactation policies for working mothers who want to continue breast-feeding.

"Support is the No. 1 thing you can do to promote breast-feeding," she said.

DoD's policy requires mothers' rooms in facilities where more than 50 women are regularly assigned. Each room must be a clean, private space – not a restroom – with electrical outlets, comfortable chairs and a table, a water

source for washing hands and rinsing pumping equipment, and dedicated refrigeration for breast milk.

But scheduling time for regular pumping breaks can be tricky. Navy Lt. Lauren Dinan returned to work as a nurse practitioner at Naval Medical Center Portsmouth, Virginia, when daughter Josie was about 3 months old. Dinan's husband stayed home with Josie. For four months, Dinan continued to breast-feed in the mornings and evenings. During the workday, she'd take two 40-minute breaks to pump for Josie's bottles the next day.

"My supervisors were really good about giving me adequate time to pump," Dinan said. "But I was stressing about seeing patients and getting all my work done – and the stress wasn't helping my supply. I stuck with it, though, because I really wanted to get to that six-month mark."

"It's hard to walk away from your desk twice a day to pump, especially in the beginning," said Liz Ribeiro, an information technology specialist supporting the Office of Health Services Policy and Oversight. Her son, Benjamin, is 9 months old.

When Ribeiro returned to work at Defense Health Headquarters after 12 weeks of maternity leave, she pumped twice a day for several months before tapering to once a day. With Benjamin now eating solid foods, Ribeiro still breast-feeds in the mornings and evenings but no longer pumps during the workday.

"You settle into a rhythm, and it's not so bad," she said. "You can make it work. It's not as hard as it might seem at first."

## GET CONNECTED

Download the NMCP app today and get access to:

- News and announcements
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  - 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



**The General Pediatrics Department at Naval Medical Center Portsmouth is conducting its first Back to School Physical Rodeo from Aug. 21 – Sept. 1.**

**This two-week rodeo will have a dedicated team with extended hours to meet all school physical needs including asthma action plans, immunizations and forms needed for school.**



# **PEDIATRICS** Back to School **RODEO**

FIRST AND FINEST

For those assigned to NMCP Pediatrics as their PCM and are in need of physicals, call (757) 953-7716 now and select option 3 to schedule an appointment!