

# HEALTH CONNECT



CONNECTING PATIENTS FOR BETTER HEALTH

## March 2019

### Traumatic Brain Injury Awareness Month

**1.7** AN ESTIMATED  
**MILLION PEOPLE**  
SUSTAIN **TBIs**

AMONG THOSE

ANNUALLY

**50k** DIE  
**282k** ARE HOSPITALIZED

THE REMAINDER ARE TREATED AND RELEASED FROM AN EMERGENCY DEPARTMENT



## Brain Injury Awareness Month

Brain Injury Awareness Month is throughout the month of March and is designed to draw awareness to the impact traumatic brain injuries (TBI) have on warfighters. Throughout the month, the Military Health System will provide tools and resources to educate the military community, and those who support them, about TBI.

Mild TBI, also known as a concussion, is common in the military in both garrison and theater. Blast injuries from devices such as improvised explosive devices produce a high number of mild TBIs in combat.

Just like in the sports world, the military recognized a need to treat their service members with TBI. In response to this need, Congress established the Defense and Veterans Brain Injury Center (DVVIC) in 1992 to serve active-duty military, their beneficiaries and veterans with TBI. DVVIC is committed to raising awareness of TBI.

Due to the possible significant mental and physical impact of concussion exposures, the military established protocols that mandate medical evaluation after the following specific events: involvement in a vehicle accident or rollover, being within 50 meters of a blast inside or outside a building, a direct blow to the head in combat training or recreational activities, or as directed by command.

Experiencing a brain injury event from a blast or explosion in the chaos of war may be difficult to share and hard explain, but patients should know there is help available.

The 2019 Brain Injury Awareness Month theme supports the responsibility of DoD to promote and protect health and well-being of our nation's warfighters and families.

## World Sleep Day 2019

World Sleep Day 2019 is organized by World Sleep Society, founded by the World Association of Sleep Medicine (WASM) and World Sleep Federation (WSF), and aims to lessen the burden of sleep problems on society through prevention and management of sleep disorders.

Sleep is a basic human need, much like eating and drinking, and is crucial to our overall health and well-being. Emerging evidence suggests a connection between premature cell aging and poor sleep. Studies have shown that telomeres are the caps at the end of each strand of DNA protecting chromosomes; short telomere length is associated with premature cellular aging and generally associated with increased cancer risk.

Most sleep disorders are preventable or treatable, yet less than one-third of people who suffer seek professional help. Sleep problems constitute a global epidemic that threatens health and quality of life for up to 45% of the world's population. The better understanding of sleep conditions and more research into the area will help reduce the burden of sleep disorders on society.

Three elements of good quality sleep are:

**Duration:** The length of sleep should be sufficient for the sleeper to be rested and alert the following day.

**Continuity:** Sleep periods should be seamless without fragmentation.

**Depth:** Sleep should be deep enough to be restorative.

World Sleep Day is held the Friday, before Spring Vernal Equinox of each year.

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/>

# Healthy Eating

## NMCP Health Promotion and Wellness Department

Healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your health, and boosting your mood. If you feel overwhelmed by all the conflicting nutrition and diet advice out there, you're not alone. It seems that for every expert who tells you a certain food is good for you, you'll find another saying exactly the opposite.

The key to sticking to a healthy eating plan is having nutritious foods readily available. When hunger strikes, it's much easier to avoid giving into a craving when your kitchen is full of healthy options. However, determining which foods to buy at the store and which to skip can be tricky for a beginner.

- When shopping, aim to purchase a mixture of ingredients to cook your own healthful meals and ready-to-eat snacks so you're never caught hungry without something easy to eat.

- Keep fresh foods in the fridge for easy access, including a variety of fruits and vegetables. Healthy dairy options on your list can include low-fat or fat-free milk, cheese and yogurt -- look for the kind without added sugar -- while refrigerated protein items might include eggs, chicken, lean beef and fish. If you like to drink juice, include 100-percent vegetable and fruit juices on your list, too, but don't drink them instead of eating whole fruits and vegetables.

- For your freezer stock up on healthful extras, so you always have ingredients on hand for an easy dinner. Purchase a selection of frozen vegetables -- choose the variety that can be microwaved in the bag it's purchased in for ease -- and frozen fruits for smoothies and topping oatmeal. Whenever healthful meat -- such as chicken breasts, ground lean turkey or beef and fish -- is on sale, purchase extra so you can freeze it for later consumption. Whole-grain bread can be frozen, too.

If you're new to nutrition, it's not easy to figure out which foods are healthful and which are not -- particularly due to the number of unregulated claims that appear on packages, such as "all-natural" and "made with whole grains." To make it a little easier on yourself, learn what to look for on the nutrition label of packaged food. You want foods that have lower amounts of saturated and trans fat, cholesterol and sodium, and a higher amount of fiber, vitamins and minerals, including calcium, potassium and iron. Make a note of the number of servings -- an item might have just 150 calories, but if there's two servings in the box, then you might be eating double the amount.

The healthiest of foods, fruits and vegetables, need no nutrition labels -- feel free to purchase as much as these as you'd like. Healthy eating starts with great planning. Keep your kitchen well-stocked, a stash of quick and easy recipes, and healthy snacks.

## 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



**World Sleep Day**  
HOSTED BY WORLD SLEEP SOCIETY

**MARCH 15, 2019 • HEALTHY SLEEP, HEALTHY AGING**

# Top 10 Healthiest Fruits and Vegetables

NMCP Health Promotion and Wellness Department

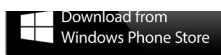


Loading up your plate with fresh produce is a super way to improve your health, maintain your weight and reduce your risk of diseases like high blood pressure, diabetes and cancers. Most fruits and vegetables are an asset to your diet, but some make better choices than others. Choose ones with high antioxidant, vitamin and mineral content over watery options that take up space in a salad, but lack the rich nutrition your body craves.

## 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!**



These 10 options are among the best for you, plus they taste good, too.

### Sweet Potato

Sweet potatoes are a nutritional superstar, especially when compared to regular white potatoes. They're rich in beta-carotene, a powerful antioxidant that protects your body from inflammatory free radicals. They also help regulate blood sugar levels.

### Avocado

Avocados are a fruit, not a veggie, and the only one that offers substantial amounts of heart-healthy unsaturated fat. You need this good fat for healthy skin and hair, as well as for nutrient absorption of vitamins A, D, E and K. The fruit itself offers more than 20 vitamins and minerals, including potassium, folate, vitamin C and vitamin K. Avocados also provide ample fiber, which helps keep you regular.

### Citrus

Citrus fruits, particularly oranges and grapefruit, contain lots of vitamin C -- an antioxidant -- and potassium, which plays a significant role in your body's chemical balance and metabolism. Opt for the whole fruit, rather than juice, which makes you miss out on the high fiber content of these fruits. Fiber helps keep you feeling satisfied and helps your digestive tract run smoothly.

### Blueberries

Blueberries has been known for its highest antioxidant content, these berries also have anticancer properties, which make them an essential part of any balanced diet.

### Watercress

It's rife with 17 specific nutrients considered to be important for lowering your risk of heart disease and cancer. Add watercress to sandwiches or toss it with other delicate lettuce into a salad.

### Spinach

Spinach is a good source of iron. Increase iron absorption by consuming foods high in vitamin C alongside the spinach. For example, toss orange segments or strawberry slices into a spinach salad.

### Asparagus

Asparagus these long stalks have proven themselves and help to reduce toxicity of your liver. Steam them or roast them with sea salt and olive oil to reap their tasty benefits.

There are many simple ways to increase your consumption of fruits and vegetables.

Little by little, you'll crowd out unnecessary foods with little nutritional value in favor of the healthiest fruits and vegetables.

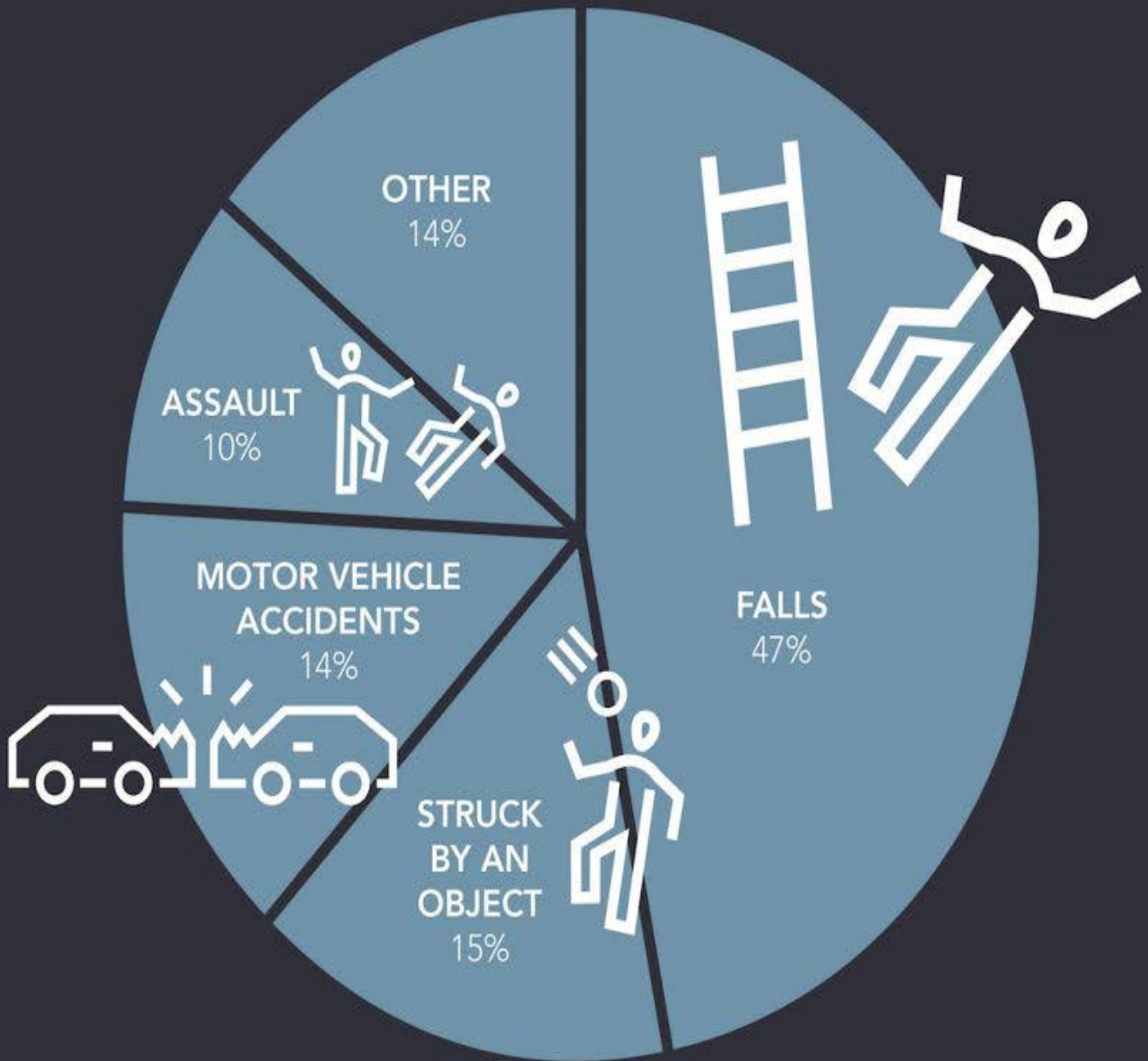
Although no single fruit or vegetable can provide all your nutritional needs, eating a wide variety will help provide good nutrients.

**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

# TOP CAUSES OF BRAIN INJURY



**SOURCE:**

Center for Disease Control and Prevention



EVERGREEN  
PERSONAL  
INJURY  
COUNSEL