

HEALTH CONNECT



CONNECTING PATIENTS FOR BETTER HEALTH

December 2018

Stay Safe During The Holidays

Holiday safety is an issue that burns brightest from late November to mid-January, when families gather, parties are scheduled and travel spikes. Take some basic precautions to ensure your family remains safe and injury-free throughout the season.

Driving



Do NOT drink and drive.
Heavy weather may affect driving.
Be cautious in traffic.

Gifts and Toys



Check toys for safety precautions.
Show children how to use toys appropriately.
Keep an eye on children as they play.

Eating Habits



Don't Over-indulge.
Eat small meals.
You can eat what you please but do so in moderation.

Fire Safety



Inspect decorative lights.
Have your chimneys inspected.
Do not leave flames unattended.

Alcoholic Beverages



Drink Responsibly!
Know Your Limit.
Resist the Pressure to drink.

Traveling



Pack Smart.
Be cautious of scammers and theft.
Book flights early.

Safe Toys and Gifts Month

With the holidays in full swing, many parents are now in full shopping mode. And some are already in full panic mode. What's the reason for all this? Kids want the latest hot toys and parents want to see their kids' faces light up when they get those toys. But in the middle of all this frenzy, it's a good idea to stop and remember safety. Too often, accidents that involve children and toys occur and may result in injuries.

That's why Prevent Blindness America declared December to be Safe Toys and Gifts Awareness Month. This holiday season; please consider the following guidelines for choosing safe toys for all ages:

- Inspect all toys before purchasing.
- Be diligent about inspecting toys your child has received. Check them for age, skill level, and developmental appropriateness.
- Look for labels that assure you the toys have passed a safety inspection.
- Gifts of sports equipment should always be accompanied by protective gear.
- Keep kids safe from lead in toys by educating yourself about lead exposure, symptoms of lead poisoning, and what kinds of toys have been recalled.
- Do NOT give toys with small parts to young children.
- Do NOT give crayons and markers unless they are labeled "nontoxic".

When it comes to toys and gifts, the excitement and desire to get your children all their favorite toys may cause families and shoppers to forget about safety factors associated with them. Before you make these purchases, it is critical to remember to consider the safety and age range of the toys.

Mindful Eating

When it comes to weight loss, there's no lack of fad diets promising fast results. These types of diets limit your nutritional intake, and can be unhealthy and tend to fail in the long run.

The key to achieving and maintaining a healthy weight isn't about short-term dietary changes. It's about a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calories your body uses. Staying in control of your weight contributes to good health now and as you age.

A healthy lifestyle involves many choices. Among them, choosing a balanced diet or healthy eating plan. So how do you choose a healthy eating plan? Let's begin by defining what a healthy eating plan is.

A healthy eating plan:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Includes lean meats, poultry, fish, beans, eggs, and nuts
- Is low in saturated fats, trans-fats, cholesterol, salt and added sugars
- Stays within your daily calorie needs

A healthy eating plan that helps you manage your weight includes a variety of foods you may not have considered. If "healthy eating" makes you think about the foods you can't have, try refocusing on all the new foods you can eat. 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.

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/>

Check out NMCP on social media



How to Cope with Holiday Eating

NMCP Health Promotion and Wellness Department

As the majority of us know only too well, any attempt at healthy eating goes sailing out of the window during the holiday season. We tend to conveniently forget about our health and diet, and instead, take the opportunity to over-indulge in every way possible.

It's easy to get swept up in the holiday season. This combination of religious and national celebrations can help keep the cold winter away. But the feasts and parties can tax the arteries and strain the waistline. By eating just 200 extra calories a day, a piece of pecan pie and a tumbler of eggnog here, and a couple of butter cookies there could pack on two to three pounds over this five to six week period. That doesn't sound like much, except few people shed that extra weight in the following months and years.

It is not hard to understand why people fall into such bad habits during the holiday season. Food and festivity will always be a major part of the holiday season - and there is certainly nothing wrong in that. However, the holiday season is also a stressful time for many of us, especially for individuals with food and weight issues, and this is not to say that we shouldn't allow ourselves to indulge a little, but we should eat in moderation and maintain a varied diet.

Sweet treats and rich meals can be landmines for health-conscious people, yet no one wants to feel deprived during the happiest season of all. No need to fear, there are sensible ways to navigate this territory.

Here's how to enjoy the holidays without ruining your diet:

Don't Skip Meals -many people believe that if they skip breakfast or lunch, they can save all those calories for the holiday party that night.

Eat Small Meals - Eat a bowl of whole grain cereal and low-fat milk for breakfast, a mid-morning snack of raisins and nuts.

Eat Small Amounts of the Foods You Love-No one wants to feel deprived, so go ahead and take a small piece of pie or one cookie -- but not both.

Pace Yourself, Slow Down-It takes a few minutes for your brain to realize your stomach is getting full, and you can eat a lot of extra food in those few minutes. Set your fork down between bites and sip some water. Savor each moment with your friends, your family, and this wonderful food.

You don't need to deprive yourself, eat only boring foods, or take your treats with a side order of guilt. Instead, by practicing a bit of defensive eating and cooking, you can come through the holidays without making "go on a diet" one of your New Year's resolutions.

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



DECEMBER IS

Safe Toys & Gifts Month!



Rethinking Your Holiday Drinking

NMCP Health Promotion and Wellness Department

Every holiday season, people have to deal with the increased pressures and stress that the holidays place upon most of us. Whether we're traveling to be with family or doing our last-minute gift buying, most people feel under pressure during the holidays. As you might suspect, the holiday season then becomes one of the most dangerous times of the year for alcohol-related accidents and death. Sadly, we often put ourselves and others at risk because we don't understand how alcohol affects us during an evening of celebratory drinking. There are several reasons for this:

- More people drink during the holidays due to numerous parties and other festivities.
- Many holiday drinkers don't drink often, so they have a lower alcohol tolerance.
- Problem drinkers and alcoholics love the holidays because there are more social occasions to drink
- The holidays are busy and stressful. People are hurrying more than normal and winter road conditions make driving more dangerous.

You can make your holidays happier and safer by following these five simple

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!**



Holiday Drinking Trends



of adults say they drink more than usual during the holidays

of those who have attended a holiday work party have felt pressured to drink

of people say that alcohol plays a role in their family's holiday gatherings

of adults went to work hung over after a party, or know someone who did



scramsystems.com/soberdaysfortheholidays

tips for consuming alcohol in moderation throughout the season:

1. Just say no. Resist the pressure to drink or serve alcohol at every social event.

2. Offer nonalcoholic beverages. If you want to serve alcohol to your guests, offer nonalcoholic beverages as well.

3. Pick a designated driver. Before the party begins, decide in advance who will be the designated driver.

4. Choose your number of drinks ahead of time. If you are going to drink, do what responsible drinkers do stick a low number of drinks and stick to it.

5. Remember that alcohol is a complement, not the purpose. Sometimes we lose sight of a holiday celebration and see it as a chance or opportunity to drink socially.

It doesn't take many drinks to be too many drinks. Most people are not aware of

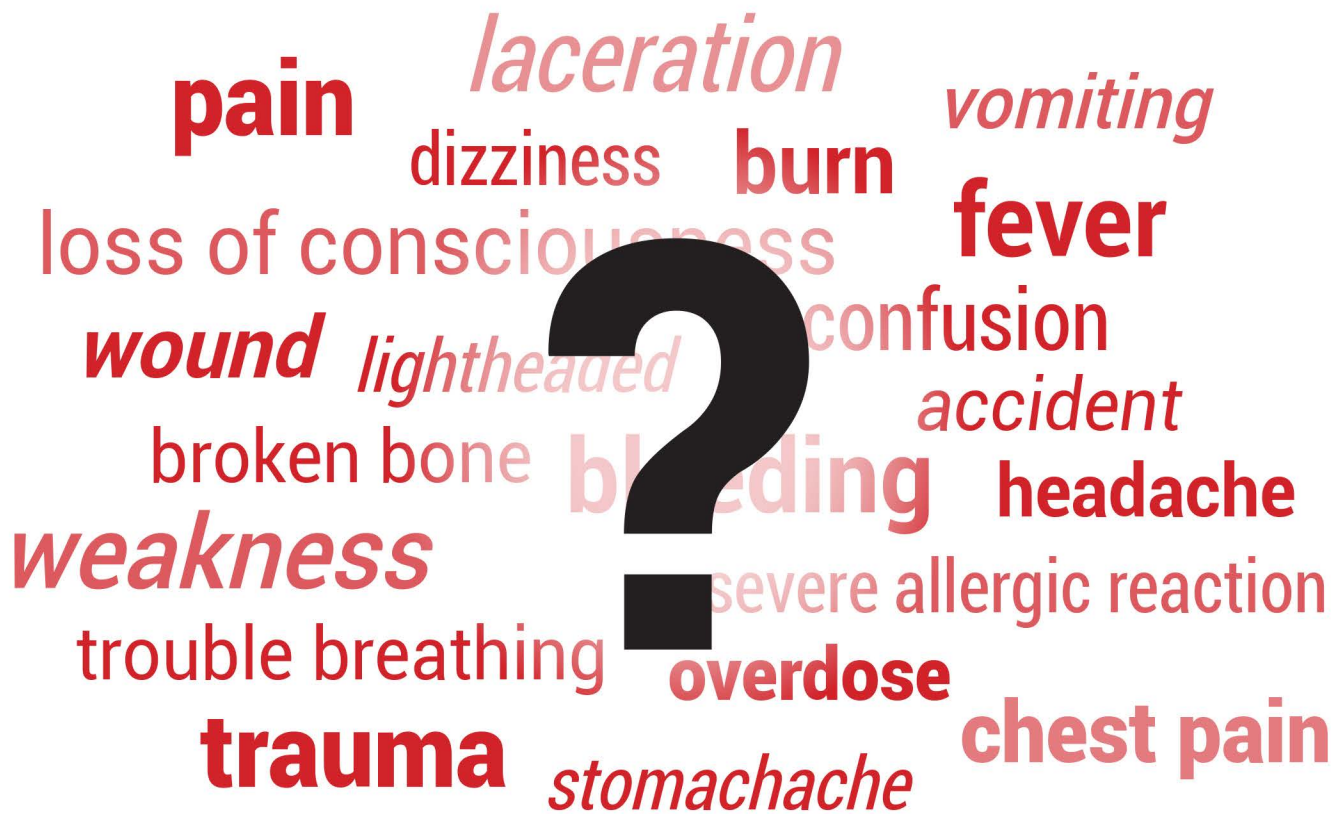
the effect alcohol has on decision-making ability, reaction time, and general behavior. Depth perception is greatly affected by alcohol. How many drinks can you have before safely driving? Ideally, NONE. Alcohol continues to affect the brain and body long after your last drink. In fact, your judgment is impaired for several hours after you put down the last glass. Even the hangover the next day can impair your ability to drive.

You can ensure your holiday season is a relaxing, enjoyable and peaceful one as long as you remember to drink in moderation, and encourage your loved ones to do the same. Too much consumption can lead to dangerous consequences. So, this holiday season, do not underestimate the effects of alcohol. Don't believe you can beat them, or they may beat you. Don't become another drunken driving statistic.

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



Do you know when to go to an emergency room (ER)?

According to the American College of Emergency Physicians, you should visit the ER if you have any of the following warning signs or conditions:

- Chest pain or pressure
- Uncontrolled bleeding
- Sudden or severe pain
- Coughing or vomiting blood
- Severe allergic reaction
- Difficulty breathing or shortness of breath
- Sudden dizziness, weakness, or changes in vision
- Severe or persistent vomiting or diarrhea
- Changes in mental status, such as confusion

ER waiting room times can be as long as 4 hours

If you are not experiencing any of the above symptoms, consider these options:

Call the Tricare Nurse Advice Line, 1-800-TRICARE, Option 1; available 24/7

or call the Hampton Roads Appointment Center to see if there are any available appointments; 1-866-MIL-HLTH (1-866-645-4584)

