

HEALTH CONNECT



CONNECTING PATIENTS FOR BETTER HEALTH

JULY 2018

**WORLD HEPATITIS DAY
JULY 28th**

**FIND THE
MISSING
MILLIONS**



300 million people across the world don't know they are living with viral hepatitis. Unless detected and treated it can cause liver disease, cirrhosis and liver cancer.

Find The Missing Millions. Get tested today

#findthemissingmillions World Hepatitis Day #worldhepatitisday
Work Hepatitis Alliance ELIMINATE HEPATITIS

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



Managing Fatigue

Whether you are recovering from a physical or psychological wound, injury, or illness, a rested brain will help keep you emotionally and mentally strong.

Good sleep has been shown to lead to high levels of positive emotions, more creativity, better critical thinking skills, and improved vigilance; whereas poor sleep quality has been linked to more negative emotions (such as loneliness, anger, and grief) and less positive emotions. A lack of sleep can also harm memory, learning, the ability to process information, and make you more emotionally reactive, or moody.

Sleep lays the foundation for the health and well-being of service members and their families, but for many, it's hard to get enough sleep to maintain optimal performance. Sleep loss impacts many domains of optimal functioning—whether you're at home, at work, or on a mission.

Sleep loss seriously impacts your brain function, including decreased working memory, ability to concentrate, situational and battlefield awareness, focus, and response time. Sleep loss also reduces your ability to make good decisions and solve problems, and it increases your tendency to be distracted or overwhelmed by emotions. And little or no sleep can reduce your flexibility, preventing you from seeing situations accurately.

Not getting enough sleep can actually impact the harmony in your relationship. It can affect your performance too. When you don't get enough sleep, you might be a bit edgier and more easily upset. That's because people who are sleep deprived are less able to control their reactions (particularly anger) and have a harder time interacting with others in a positive way. When you lack sleep, you also might be more likely to blame others and less likely to take accountability for your feelings or actions, which can lead to more conflict at home or work.

Quality sleep makes everyone stronger, but the strategies to get enough quality sleep may be different for everyone. If you are experiencing difficulty sleeping, talk to your provider about potential causes and treatment options that are specific to you and your situation. Rest easy, wake up alert and ready for another day.

**How common do you think cleft lip
and palate are in the United States?**

The CDC estimates that about
7,000 BABIES
will be born with a cleft in the U.S. this year.

Compare that to about 6,000 babies born with Down Syndrome.

JULY IS

National Cleft & Craniofacial
Awareness and Prevention Month



Tips to Prevent Food Poisoning

Summer time is filled with special occasions focused on family, friends, and food. While cookouts and picnics are fun, food preparation and storage is a serious consideration in the summer months. The Centers for Disease Control and Prevention (CDC) report that each year, nearly 48 million people get sick from a foodborne illness. Although proper preparation and prevention help reduce the chances of getting sick from food, it's also important to be familiar with your TRICARE treatment options.

Symptoms of foodborne illness, also called food poisoning, occurs when contaminated food is eaten and causes an adverse reaction. This reaction may differ among various illness strains, but most include stomach cramping, vomiting, and diarrhea. Pregnant women, young children, older adults, and individuals with conditions causing a weakened immune system are at an increased risk for food poisoning.

Most food poisoning symptoms are minor and will get better without treatment. If symptoms continue or worsen, see your doctor or seek urgent care. You can also contact the Military Health System Nurse Advice Line (MHS NAL) 24/7 with urgent care questions. In the U.S., call 1-800-TRICARE (1-800-874-2273) and select option 1. On the MHS NAL website, you can also chat with a nurse or find country-specific phone numbers.

According to the CDC, following four simple steps at home — clean, separate, cook, and chill — can help protect you and your loved ones from food poisoning.

Wash your hands and clean kitchen surfaces often when cooking. Use soap and warm water when washing hands and make sure to wash continuously for at least 20 seconds. Wash your cookware and utensils thoroughly.

Keep foods apart and don't cross-contaminate. Keep raw meat, poultry, seafood, and eggs separate from all other foods in the refrigerator and when grocery shopping. Use separate cutting boards and plates for these foods before they're cooked.

Consider your food safely cooked when the internal temperature gets high enough to kill germs. You can check the temperature of your food by using a food thermometer.

Refrigerate perishable food within two hours or within one hour if the outdoor temperature is above 90°F. Thaw frozen foods in the refrigerator, in cold water, or in the microwave. Don't leave food at room temperature where bacteria can easily grow.

Check out more tips from TRICARE at www.tricare.mil, to help you enjoy a safe and healthy summer.

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



GBS IS A BIG DEAL

**GROUP B STREP HARMS
AS MANY AS 4.1 MILLION
BABIES EACH YEAR!**

WE NEED YOUR HELP!

Hepatitis: Spreading Awareness for a Global Burden

Viral hepatitis — a group of infectious diseases known as hepatitis A, B, C, D, and E — affects millions of people worldwide, causing both acute (short-term) and chronic (long-term) liver disease. The World Health Organization (WHO) data show an estimated 325 million people worldwide are living with chronic hepatitis B or chronic hepatitis C. Viral hepatitis caused 1.34 million deaths in 2015, a number comparable to deaths caused by tuberculosis and HIV combined. While deaths from tuberculosis and HIV have been declining, deaths from hepatitis are increasing.

World Hepatitis Day is July 28th and is an opportunity to learn the global burden of this disease, CDC's efforts to combat viral hepatitis around the world, and actions individuals can take.

What is CDC doing to help combat hepatitis globally?

The vision of CDC is to eliminate viral hepatitis in the United States and globally. When resources permit, CDC collaborates with WHO and other partners to help countries experiencing high rates of infection prevent and control viral hepatitis.

To decrease the burden of hepatitis B infection, CDC provides financial and

technical assistance to the WHO and countries' immunization programs like those in the Solomon Islands, Philippines, Vietnam, Myanmar, Cambodia, Sierra Leone, Pacific Islands, Lao, and Haiti by:

- Implementing innovative interventions to increase hepatitis B vaccine coverage at birth
- Documenting the burden of hepatitis B in children
- Supporting countries in verifying the achievement of hepatitis B control and elimination goals

To decrease the burden of all viral hepatitis types, CDC assists WHO in developing policies for surveillance, testing, and treatment and helps China, Georgia, Pakistan, Vietnam, and other countries develop national programs to implement these policies.

What are the different types of hepatitis viruses occurring around the world?

The five hepatitis viruses — A, B, C, D and E — are distinct; they can have different modes of transmission, affect different populations, and result in different health outcomes.

Hepatitis A is primarily spread when someone ingests the virus from contact with food, drinks, or objects contaminated by feces from an infected person or has close personal contact with someone who is infected. Hepatitis A does not cause chronic liver disease and is rarely fatal, but it can cause serious symptoms. Hepatitis A can be prevented through improved sanitation, food safety, and vaccination.

Hepatitis B is often spread during birth from an infected mother to her baby. Infection can also occur through contact with blood and other body fluids through injection drug use, unsterile medical equipment, and sexual contact. Hepatitis B is most common in sub-Saharan Africa and Asia, but is also high in the Amazon region of South America, the southern parts of eastern and central Europe, the Middle East and the Indian subcontinent. The hepatitis B virus can cause both acute and chronic infection, ranging in severity from a mild illness lasting a few weeks to a serious, chronic illness. Getting the hepatitis B vaccine is the most effective way to prevent

hepatitis B.

Hepatitis C is spread through contact with blood of an infected person. Infection can occur through injection drug use and unsafe medical injections and other medical procedures. Mother-to-child transmission of hepatitis C is also possible. Hepatitis C can cause both acute and chronic infections, but most people who get infected develop a chronic infection. A significant number of those who are chronically infected will develop liver cirrhosis or liver cancer. With new treatments, over 90% of people with hepatitis C can be cured within 2-3 months, reducing the risk of death from liver cancer and cirrhosis. The first step for people living with hepatitis C to benefit from treatments is to get tested and linked to care. There is currently no vaccine for hepatitis C but research in this area is ongoing.

Hepatitis D is passed through contact with infected blood. Hepatitis D only occurs in people who are already infected with the hepatitis B virus. People who are not already infected with hepatitis B can prevent hepatitis D by getting vaccinated against hepatitis B.

Hepatitis E is spread mainly through contaminated drinking water. Hepatitis E usually clears in 4-6 weeks so there is no specific treatment. However, pregnant women infected with hepatitis E are at considerable risk of mortality from this infection. Hepatitis E is found worldwide, but the number of infections is highest in East and South Asia. Improved sanitation and food safety can help prevent new cases of hepatitis E. A vaccine to prevent hepatitis E has been developed and is licensed in China, but is not yet available elsewhere.

Do you need to be vaccinated and/or tested for hepatitis?

CDC is continuing to lay the foundation for the elimination of viral hepatitis as a public health threat, both domestically and abroad. Hepatitis A, B, and C are the most common types of viral hepatitis in the United States. To see if you need to be tested and/or vaccinated for hepatitis A, B, or C, take CDC's [Hepatitis Risk Assessment](#).

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!



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



How to Save

\$30,292,521.90

- ✓ Show up to scheduled appointments
- ✓ Reschedule an appointment more than 24 hours prior
- ✓ Cancel appointment at least 24 hours prior

Failing to appear for an appointment, or not rescheduling or canceling prior to 24 hours in advance, deems you a "No Show."

No Shows cost time and money, and is inconsiderate to other patients, beneficiaries, providers and staff.

In One Year:

Booked appointments that are No Shows	8.4%
Average cost of each No Show	\$371.10
Number of No Shows per year	81,629
Total Annual Loss	\$30,292,521.90

Do YOUR Part To Save

Please show up to scheduled appointments, and reschedule or cancel appointments with more than 24-hour notice by contacting Hampton Roads Appointment Center at 1-866-645-4584.