



HEALTHCONNECT

connecting patients for better health

APRIL 2017

APRIL IS SEXUAL HEALTH MONTH

Sexual health is a state of well-being that involves physical, emotional, mental, social, and spiritual dimensions, and is based on a positive, equitable, and respectful approach to sexuality, relationships, and reproduction that is free of coercion, fear, discrimination, stigma, shame, and violence.

In 2016, more than 7,500 active duty members were infected with Chlamydia, gonorrhea or syphilis. The incidence of other sexually transmitted infection, including genital herpes, genital warts, Human Papillomavirus-associated cervical carcinoma, hepatitis B, pelvic inflammatory disease and trichomoniasis are not tracked and costs are not known.

About 75-100 active duty Sailors and Marines become infected with HIV each year. From 1985 through 2016, at least 6,100 active duty Sailors and Marines have been infected with HIV, most of whom have been lost to the service. HIV is preventable.

In 2014, only 43% of pregnancies among surveyed enlisted Sailors were planned pregnancies. The national Healthy People 2020 objective is for at least 56% of pregnancies to be planned. Among Navy women who said they were using birth control when they became pregnant, most were using the birth control pill (57% among female enlisted women). Birth control pills are more failure-prone than long-acting reversible contraceptives, like the copper IUD, hormonal IUD and hormonal implant.



Nurse Advice Line 24/7
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**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

Keep What You've Earned

From Chief of Naval Personnel

According to the National Institute on Alcohol Abuse and Alcoholism, about 88,000 people die from alcohol-related causes annually, making alcohol the fourth leading preventable cause of death in the United States.

April is Alcohol Awareness Month, and with sunny days and cookouts right around the corner, it's a good time to remind everyone to plan ahead, drink responsibly and keep what they've earned.

NADAP research has shown that peer-to-peer engagement is one of the best ways to influence behavior and promote responsible choices. With that in mind, the NADAP team needs everyone - including Drug and Alcohol Program advisors, deckplate leaders and family members - to be a part of Alcohol Awareness Month.

In fact, the program encourages commands and readiness groups to host events to raise alcohol awareness this month.

The Keep What You've Earned campaign encourages responsible drinking among Sailors by celebrating the achievements in their Navy careers. Recognizing their hard work and dedication reminds Sailors of their accomplishments-and how much they have to lose if they make poor choices regarding alcohol.





Alcohol Awareness

Month

APRIL

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) 953-1925 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. - 12 p.m.
4-week class - begins 1st Tuesdays,
1 p.m. - 2:30 p.m.
Tobacco Meditation Walk-In Clinic -
1st Tuesdays, 2 p.m. - 4 p.m.

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



Make sexual health part of your health care routine

Key Sexual Health Preventive Services

- HPV Vaccination (men and women up to age 26)
- Chlamydia screening annually (women up to age 25)
- Highly-reliable birth control options
- Hormonal IUD, Non-hormonal (copper) IUD
- Nexplanon sub-dermal hormonal implant
- Emergency contraception – Plan B
- Periodic pap test (women age 21 and older)
- HIV test every year for men who have sex with men

Action steps

- Find a health care provider/clinic that's right for you and makes you feel comfortable
- Get regular sexual health wellness check-ups (screens for STIs, vaccines, and contraceptive options)
- With vaccines, you'll protect yourself from some STIs – such as HPV and Hepatitis
- With screening, detection of STIs which means getting treatment earlier and avoid serious problems from developing
- Have open and honest conversations with your provider
- Get advice on the best contraceptive options for you

Being sexually healthy means being able to develop a healthier body, enjoy more positive relationships, and ultimately peace of mind.

Sexual Assault

Awareness Month



WHAT YOU DON'T KNOW COULD IMPACT YOUR HEALTH

As Sailors and Marines, maintaining a healthy weight is part of your job. Being underweight or overweight can hurt your career, delay your readiness, and weaken your resilience. Eating a balanced diet, working out regularly, and living a healthy lifestyle are critical to your long-term success. You know all this information, but what if you don't feel like you can dedicate the time to managing your weight? Have you ever thought that taking a dietary supplement might help you reach your goal faster and easier? Think again.

Dietary supplements are consumable products, such as liquids or tablets that contain a dietary ingredient intended to supplement the diet.

- ✓ They are not meant to replace healthy eating and physical training. Nor are they expected to treat a medical condition or cure an illness. There are no overnight success stories when it comes to healthy weight management.
- ✓ Consider all the facts and talk to your health care provider before you take a dietary supplement.

Harmful Stimulants

Stimulants are often included in dietary supplements for two reasons, they increase calorie burn (thermogenic) and they increase energy levels which in turn enhances exercise capabilities. More exercise builds more muscle and reduces body fat. What could be wrong with that? When it comes to your health, a lot could go wrong if you use dietary supplements that include stimulants.

Stimulants are a category of substances that alter the communication between your brain and the rest of your body. Although there are several legal stimulants, such as caffeine, illegal stimulants must be avoided at all costs.

Two stimulants, ephedrine and dimethylamylamine (DMAA), have been banned by the U.S. Food and Drug Administration (FDA) from use in all forms of dietary supplements, such as energy drinks, protein powders, and performance enhancing gels. As such, the Department of Defense (DoD) prohibits the sale of these products at Military Exchanges, and service members are barred from taking supplements with these ingredients.

- ✓ These stimulants can cause an increase in heart rate, raise blood pressure, and disrupt sleep
- ✓ They can also be highly addictive, much like cocaine and other illegal drugs
- ✓ They may increase or decrease the effectiveness of prescription or over-the-counter medications
- ✓ Although a supplement facts label that discloses actual ingredients and net contents is required on all products, many manufacturers engage in misleading tactics. It should also be noted that excessive quantities of any stimulant, legal or illegal, can be harmful. That is why it is important to look for dietary supplements with third-party certification.

For more information on specific supplements, dietary ingredients, tips on how to manage your weight safely and effectively, adverse events, and DoD policies check out the Human Performance Resource Center, Operation Supplement Safety (OPSS).



GET CONNECTED

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118,000

patients with a PCM at one
of our ten facilities

22

Medical Home
Port teams

440,000

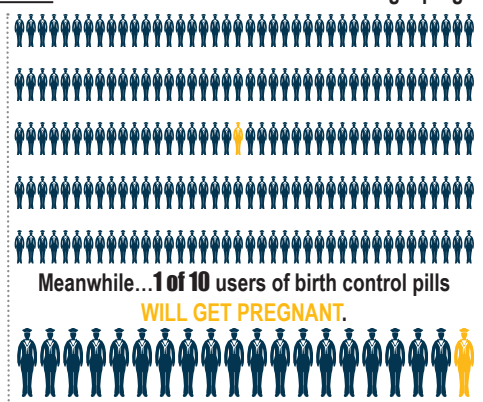
patients we serve - active
duty, retired and families

Let's Talk About Sex...

By: The Navy and Marine Corps Public Health Center

- ### Fact Track List
1. People in a new relationship should use condoms and talk about getting tested together for STIs.
 2. Teens say parents most influence their decisions about sex. Talk with your children about relationships, sex, contraception, babies and HIV⁶
 3. The emergency contraceptive pill is free from every military pharmacy – no appointment and no prescription needed.³
 4. Condoms – used correctly and every time – greatly reduce the risk of getting or giving many sexually transmitted infections.
 5. Men who have sex with men should ask for an HIV test at least once every year.
 6. If you are treated for gonorrhea, chlamydia or trichomoniasis, it's important to get retested 3 months after treatment.

IUDs and the hormonal subdermal implant are as reliable as sterilization (but are quickly reversible) - **ONLY 1 in 200** users of these devices will get pregnant.

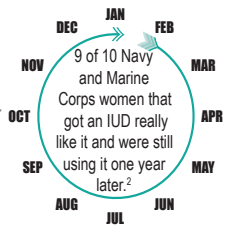


Women up to age 24 should ask for a chlamydia test every year. **X**

The copper IUD can be used for emergency contraception up to **5 DAYS AFTER** the sexual encounter.

1 of 3
Navy enlisted women are using one of the most reliable forms of reversible birth control: the IUD or the hormonal subdermal implant.¹

The non-prescription emergency contraceptive pill (such as Plan B) **MUST BE USED WITHIN 72 HOURS OF THE SEXUAL ENCOUNTER**



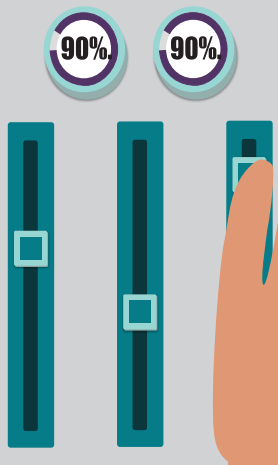
There is a prescription-only emergency contraceptive pill (Ella) than is effective for up to **5 DAYS** after the sexual encounter.
Rx
X Your Doctor

HPV vaccine is for males and females aged 9 to 26.
YOU NEED 1...2...3 DOSES OF THE VACCINE

There is a once-a-day pill (Truvada) that can **CUT YOUR HIV RISK** by... **90%**
HELLO my name is
Truvada a.k.a. HIV Prep

99% of HIV in the Navy and Marine Corps happens to men¹ & **6 of 10** are men who have sex with men²

HPV vaccination protects you from the types of Human Papillomavirus that cause 90% of genital warts, and 90% of cervical cancers. The vaccine also reduces risk for other cancers of the head, neck, throat, anus, penis and vagina.



References
1. Navy Personnel Research, Studies, and Technology: 2014 Pregnancy and Parenthood Survey. Published 2014. Accessed March 2015.
2. Navy and Marine Corps Public Health Center: Trends in Long-Acting and Short-Acting Reversible Contraception among Women Who Visit Navy Military Treatment Centers, January 2009 – December 2015. April 2016.
3. OSD-HA Letter 14 Aug 2013. DoD-HA Policy: Coverage for Over-the-Counter Plan B One Step Emergency Contraceptive at MTFs.
4. Assessment of Risk Behaviors and Sex-Seeking Practices among Male Active Duty Sailors and Marines Recently Injected with HIV. 2010-2015. April 2016. NACPHC-EDC-TR-17-2016.
5. Navy Bloodborne Infection Management Center. Navy and Marine Corps Public Health Center. DoH. HIV Seroconversion – 2016. Unpublished data. Feb 2017.
6. National Campaign to Prevent Teen and Unplanned Pregnancy. Survey Says – Parent Power. https://theactioncampaign.org/sites/default/files/resource-primary-download/survey_says-parent-power-october-16.pdf