

# HEALTH CONNECT



CONNECTING PATIENTS FOR BETTER HEALTH

**November 2019**

NOVEMBER IS

NATIONAL  
DIABETES  
AWARENESS  
MONTH

## Know Your Numbers

November is National Diabetes Awareness Month. Whether you take action for yourself or for a loved one, here are some simple tips to help make a difference.

1. Find out if you're at risk for diabetes, and take control of your health.
2. Know your numbers so that you can get on the right path to feeling your best
3. Get a blood sugar test, A1C test, or health screening.
4. Talk to your doctor.
5. Make a healthy change.
6. Cook a healthy recipe – 'good for you' meals can actually be delicious.

For example:

Oatmeal Pecan Pancakes

1 cup of quick oats

1 1/2 teaspoons of baking powder

2 eggs

1/3 cup of skim milk

About 1/2 of a mashed medium banana or one-third cup

1/2 teaspoon of vanilla extract

2 tablespoons of chopped pecans

1 tablespoon of canola oil

7. Get moving – when it comes to exercise, every little bit helps.

Whether you are a Type 1 or Type 2 diabetic, always follow your medical orders and get the right nutritional guidelines from your family doctor.

## Healthy Eating

Eating a healthy diet is not about strict 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.

Healthy eating doesn't have to be overly complicated. If you feel overwhelmed by all the conflicting nutrition and diet advice out there, you're not alone. Eating food that is as close as possible to the way nature made it can make a huge difference.

Choosing healthy foods is a smart thing to do no matter how old you are. Here are some tips to get you started.

- Eat many different colors and types of vegetables and fruits.
- Make sure at least half of your grains are whole grains.
- Eat only small amounts of solid fats and food with added sugars. Limit saturated fat (found mostly in foods from animals) and trans fats (found in foods like store-bought baked goods and some margarines).
  - Eat "good" (poly- and monounsaturated) fats, like those found in seeds, nuts, avocados, and fatty fish like salmon. Any fats added in cooking should come from plant-based oils like olive, canola, corn, or vegetable oil.
  - Eat seafood twice a week. Small fish, like sardines or trout, or farm-raised fish (check the label) contain less mercury.
  - If you have high blood pressure, your doctor may recommend DASH eating plan. DASH stands for Dietary Approaches to Stop Hypertensions.

Healthy eating starts with great planning. Follow your doctor's recommendation for eating healthy. Make easy plans that will help you develop long term healthy eating habits.

### 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



# Healthy Skin Awareness

NMCP Public Affairs Office

Time to pay attention to your skin. National Healthy Skin Month each November is sponsored by the American Academy of Dermatology. You may not realize it, but your skin reveals a lot about your overall health. This month makes you aware of what it takes to keep your skin healthy as well as understanding how to treat and prevent common skin problems. National Healthy Skin Month stresses how to correctly use sunscreen and offers helpful tips on how to check your skin periodically to prevent skin cancer.

Why National Healthy Skin Month is important?

## ***Skin problems impact everybody***

At some point in our lives, we all have trouble with our skin. National Healthy Skin Month lets us review the common problems and some of the treatments. For example, eight out of 10 Americans suffer with acne at some point in their lives. Acne is a skin disorder that causes pimples to form blackheads or whiteheads from clogged passageways between your oil glands and your skin's pores. Other skin problems include eczema, dermatitis, and psoriasis.

## ***Skin cancer inspired National Healthy Skin Month***

Skin cancer, the most common form of cancer, affects almost 20 percent of the population. For this reason, the American Academy of Dermatology remains committed to informing the public about the danger skin cancer presents. The two most common forms of skin cancer are squamous cell carcinoma and basal cell carcinoma. However, the majority of skin cancer-related deaths are due to melanoma.

## ***Apply sunscreen all year long***

Sunscreen is a powerful weapon against skin cancer. Without sunscreen, those pesky ultraviolet rays can do irreparable damage to your skin. Apply your sunscreen even during the winter months. It's recommended that you use an SPF 30 daily in any kind of weather. It also protects against aging and as the commercials put it, "the ravages of time."

Establishing a relationship with a board-certified dermatologist is an important step you should take to keep your skin healthy, especially if you suffer from an itchy, painful, or irritating skin condition. If you or a family member have skin concerns, schedule a dermatologist appointment near you.

# 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 Promotion 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



# A SNAPSHOT

# DIABETES IN THE UNITED STATES



## DIABETES

29.1  
MILLION

29.1 million  
people have  
diabetes



That's about 1 out of every 11 people

# National Lung Cancer Awareness Month

NMCP Public Affairs Office

Lung cancer is the nation's leading cause of cancer-related death.

As with any form of cancer, early detection is the key to survival. Screening for lung cancer with computed tomography (CT scan) has been demonstrated to reduce lung cancer mortality.

Coughing, wheezing, hoarseness, and fatigue are just some of the symptoms that are often confused with less serious conditions. You may have an increased risk for lung cancer if you have been exposed to radon, asbestos, or other cancer-causing agents, or if you have a personal or family history of the disease. Smoking is a leading cause of lung cancer, yet not everyone who smokes gets cancer nor does everyone who gets lung cancer smoke.

Lung cancer treatments may include surgery, radiation treatments, chemotherapy or one of several interventional radiology procedures. Discuss lung cancer risks, symptoms, and treatment options with your doctor.

You can lower your lung cancer risk in several ways.

## Don't Smoke

The most important thing you can do to

## GET CONNECTED

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- News and announcements
  - Interactive maps
  - Pharmacy wait times
  - Telephone directory
  - Relay Health
  - ICE feedback
- and so much more!



prevent lung cancer is to not start smoking, or to quit if you smoke. Smoking can cause cancer and then block your body from fighting it.

## Be Aware of Secondhand Smoke

Smoke from other people's cigarettes, pipes, or cigars is called secondhand smoke. Secondhand smoke causes lung cancer in adults who have never smoked.

## Be Aware of Radon Gas

Radon is produced by the natural breakdown of uranium in soil, rock and water that eventually becomes part of the air you breathe. Unsafe levels of radon can accumulate in any building, including homes.

## Avoid Exposure to Asbestos

Workplace exposure to asbestos and other substances known to cause cancer such as arsenic, chromium and nickel also can increase your risk of developing lung

cancer, especially if you're a smoker.

## Know your Family History

People with a parent, sibling or child with lung cancer have an increased risk of the disease.

Are Lung Cancer Screenings Right for You?

The U.S. Preventive Services Task Force recommends yearly lung cancer screening with low-dose computed tomography (CT scan) for people who have a history of heavy smoking, smoke now or have quit within the past 15 years, and are between 55 and 80 years old.

Lung cancer screening is not without risks. That is why lung cancer screenings are recommended only for adults who are at high risk for developing the disease.

If you are thinking about getting screened, learn more and talk to your doctor. Quit smoking and using tobacco.

**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



# WARRIOR CARE MONTH

SHOW OF STRENGTH

To learn more visit  
[www.health.mil/WarriorCare](http://www.health.mil/WarriorCare)



Military Health System  
[health.mil](http://health.mil)