

HEALTH CONNECT



CONNECTING PATIENTS FOR BETTER HEALTH

SEPTEMBER 2018

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



National TBI Awareness Month: Cause and Effect

Traumatic brain injury (TBI) is a key cause of death and disability in the United States. TBIs contribute to about 30% of all injury deaths. According to statistics, every day, 153 people in the United States die from injuries that include TBI. Those who survive a TBI can face effects that last a few days, or the rest of their lives.

A TBI is caused by a bump, blow, or jolt to the head that interrupts the normal function of the brain. The severity of a TBI may range from “mild” to “severe”. Most TBIs that occur each year are mild, commonly called concussions.

Effects of TBI can include impaired thinking or memory, movement, sensation (vision or hearing), or emotional functioning (personality changes, depression). These issues not only affect individuals but can have lasting effects on families and communities.

Causes and severity seem to vary based on age and circumstance. In 2013, falls were the leading cause of TBI. Falls accounted for 47% of all TBI-related emergency room visits, hospitalizations, and deaths in the United States. Falls disproportionately affect the youngest and oldest age groups. More than half (54%) of TBI-related emergency room visits hospitalizations, and deaths among children up to 14 years were caused by falls. Being struck by or against an object was the second leading cause of TBI, accounting for about 15% of TBI-related emergency room visits, hospitalizations, and deaths in the United States. Among all age groups, motor vehicle crashes were the third overall leading cause of TBI-related emergency room visits, hospitalizations, and deaths (14%). When looking at just TBI-related deaths, motor vehicle crashes were the third leading cause (19%) in 2013.

For more information, leading causes, risk factors, etc., visit [TBI](#).

Why is Eating Your Veggies and Fruit Good for You?

A healthy diet includes adding vegetables and fruits every day. Vegetables like broccoli, green beans, leafy greens, zucchini, cauliflower, cabbage, carrots and tomatoes are low in calories and high in fiber, vitamins, and minerals. Many studies have shown that eating plenty of vegetables is extremely healthy.

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

For example the sweet potato is a nutritional super star, especially when compared to white potatoes. They're rich in beta-carotene, a powerful antioxidant that protects your body from inflammatory free radicals. Avocados are a fruit, not a veggie, and the only one that offers substantial amounts of heart-healthy saturated fat. You need good fat for healthy skin and hair, as well as for nutrient absorption of vitamin A, D, E and K. 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.

When you go grocery shopping, hit the fruit- and – vegetables isles first, plan your meals with more fruits and vegetables and grow into healthy eating habits that will make you and your body happy.

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/>

Suicide Prevention Awareness Month: Coping with Loss

NMCP Wellness Department

Grief is a universal experience all human beings encounter. Though death inevitably touches our lives, research shows that many people grieve in varying and different ways. From the textures of emotions, to length of time in mourning, to even the kinds of rituals and remembrances that help heal the irreplaceable loss.

Suicide Loss

A death by suicide can leave behind a wake of emotions and challenges that complicate the grieving process even more. Many of us question why this happened and what we might have done to prevent it. We worry that our loved ones will be remembered for how they died instead of how they lived and served.

How to cope when a friend or loved one dies by suicide.

Accept your emotions. You might expect to feel grief and despair, but other common feelings include shock, denial, guilt, shame, anger, confusion, anxiety, loneliness and even, in some cases, relief. Those feelings are normal, and can vary throughout the healing process.

Don't worry about what you "should" feel or do. There's no standard timeline for grieving, and no single right way to cope. Focus on what you need, and accept that others' paths might be different from yours.

Care for yourself. Do your best to get enough sleep and eat regular, healthy meals. Taking care of your physical self can improve your mood and give you the strength to cope.

Draw on existing support systems. Accept help from those who have been supports in the past, including your family, your friends or members of your faith-based community.

Talk to someone. There is often stigma around suicide, and many loss survivors suffer in silence. Speaking about your feelings can help.

Join a group. Support groups can help you process your emotions alongside others who are experiencing similar feelings. People who don't think of themselves as support group types are often surprised by how helpful such groups can be.

Talk to a professional. Psychologists and other mental health professionals can help you express and manage your feelings and find healthy coping tools.

If you or someone you know is in immediate danger or contemplating suicide, call 911.

If you or someone you know is in crisis whether that is anxiety, depression, anger or any number of situations, seek assistance by contacting the Military Crisis Line 1-800-273-8255 Press 1.

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



Suicide Warning Signs, Risk Factors

Anywhere from one-third to 80% of all suicide attempts are impulsive acts, according to The New England Journal of Medicine. Twenty-four percent of those who made near-lethal suicide attempts decided to kill themselves less than five minutes before the attempt, and 70 percent made the decision within an hour of the attempt.

Suicidal urges are sometimes caused by immediate stressors, such as a break-up or job loss, which go away with the passage of time. Ninety percent of people who survive suicide attempts, including the most lethal types like shooting one's self in the head, don't end up killing themselves later. That statistic reflects the temporary nature and fleeting sway of many suicidal crises.

No Warning

Up to 50 percent of people who attempt suicide make the decision to do so within minutes to an hour before they act, studies have found. They may be depressed or have contemplated suicide, but the final DECISION comes very quickly, and there's often ambivalence up to the moment.

Suicide Risk Factors

SUICIDE ATTEMPTS

Individuals who have made

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!



Are you or someone you know on a path to suicide? Know the WARNING SIGNS!

I		P		W		Ideation
S		A		A		Substance Abuse
		T		R		Purposelessness
		H		M		Anxiety
						Trapped
						Hopelessness
						Withdrawal
						Anger
						Recklessness
						Mood Change

You don't have to see every sign to ACT.

Help is always available through the Military Crisis Line. Call 1-800-273-TALK (press 1), text 838255 or visit www.militarycrisisline.net



#BeThere for Every Sailor, Every Day.

Every Sailor, Every Day

navstress.wordpress.com

previous suicide attempts - especially those with potentially lethal means (weapons), are at very high risk for suicide

UTTER HOPELESSNESS

Individuals who are feeling extremely helpless, hopeless, desperate and worthless, and who do not have plans for the future are at risk for suicide.

ISOLATION

Individuals who are alone, feel lonely and helpless, isolate themselves and who lack work, social, and religious supports are at risk.

CLOSE RELATIONSHIP LOSS

Individuals who perceive or believe that they have lost an important relationship (romantic, spouse, friend, including the death of a loved one) may be at risk for suicide.

IDEATION

Persons who are thinking and

speaking about suicide are at high risk as are those with a suicide plan.

DEPRESSION

Individuals who are feeling sad, depressed, bitter, or moody, are pessimistic and withdrawn, or have lost interest in their regular activities or interests are at high risk for suicide.

ETHANOL (ALCOHOL)

Persons who depend upon or abuse alcohol and/or misuse drugs, which may include prescription medications, are at risk for suicide.

If you or someone you know is in immediate danger or contemplating suicide, call 911.

If you or someone you know is in crisis whether that is anxiety, depression, anger or any number of situations, seek assistance by contacting the Military Crisis Line 1-800-273-8255 Press 1.

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

**SUICIDE
PREVENTION
MONTH**
SEPTEMBER 2018

YOU'RE
STRONG.

YOU'RE
READY.

YOU'RE
ESSENTIAL.

Make it Your Mission to...
#BeThere



DEFENSE
SUICIDE
PREVENTION
OFFICE
www.DSPO.mil



Veterans Crisis Line **Military Crisis Line**

1-800-273-8255 **PRESS 1**

