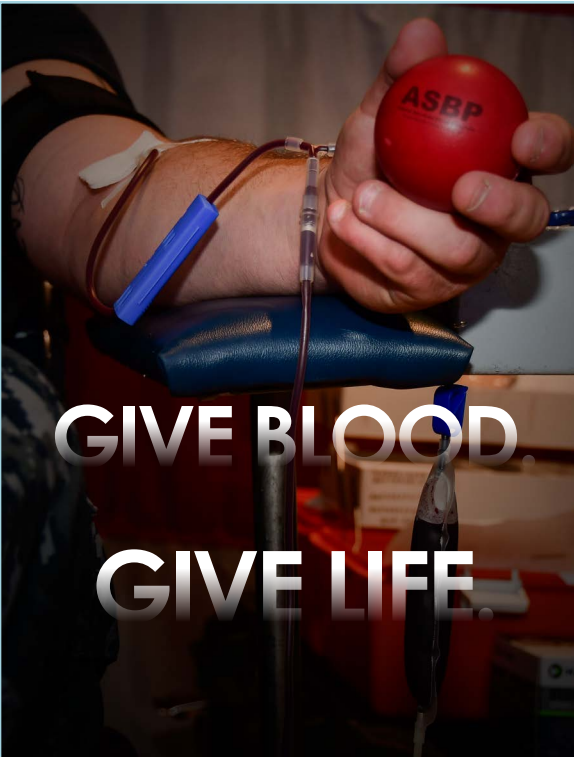


HEALTH CONNECT



CONNECTING PATIENTS FOR BETTER HEALTH

FEBRUARY 2018



Understanding Prenatal Infection: Group B Strep

In lieu of International Prenatal Infection Prevention Month, one particular infection stands out: Group B strep.

Group B strep (streptococcus) is a type of bacteria that can cause serious illness and death in newborns. Until recent prevention efforts, hundreds of babies died from group B strep every year. This type of bacteria can also cause illness in adults, especially the elderly, but it is most common in newborns.

Group B strep bacteria can be passed from a mom who is a carrier for the bacteria (tests positive) to her baby during labor. Since the bacteria can come and go in the mother's body, women need to be tested for group B strep every time they are pregnant, whether they tested negative or positive during the last pregnancy.

Toward the end of pregnancy (35 – 37 weeks), the doctor will swab the mother's vagina and rectum. This is sent to a lab, where they test for group B strep bacteria. The bacteria take a few days to grow, and the results are sent to the doctor.

Anyone can be a "carrier" for group B strep. The bacteria are found in the gastrointestinal tract (guts) and may move into the vagina and/or rectum. It is not a sexually transmitted disease (STD). About one in four women carry these bacteria. Most women would never have symptoms or know that they had these bacteria without a test during pregnancy.

For women who are group B strep carriers, antibiotics before labor are not a good way to get rid of group B strep. Because they naturally live in the guts, the bacteria often comes back after antibiotic treatment. Antibiotics during labor are effective at protecting a baby because they greatly reduce the amount of bacteria the baby is exposed to during labor. Even if there are IV antibiotics for a mother's last baby, she may not need them for this pregnancy if she isn't a carrier now. That's why it's important to get tested during every pregnancy.

Soon-to-be-mothers should talk with their doctor and create a labor plan that includes getting antibiotics for group B strep prevention in their newborn. When her water breaks, or when she goes into labor, she should make sure to get to the hospital at least four hours before delivery to make sure there is enough time for the antibiotics to work. When getting to the hospital, she should remind the staff that she is group B strep positive. For more information, visit [Group B strep](#).

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

www.RelayHealth.com



APPROXIMATELY **25%**
OF CHILDREN BORN
WITH A CONGENITAL
HEART DEFECT
WILL NEED **HEART SURGERY.**

Thick and Thin of Organ Donation and Transplant

A lot of questions surround donating organs, from live transplants to donating organs and tissue after death. Here are some facts explaining the how's, who's and what's of organ donation and transplant.

How.

Most organ and tissue donations occur after the donor has died but some organs and tissues can be donated while the donor is alive. Nearly 6,000 living donations take place each year, which are about 4 out of every 10 donations.

The Organ Procurement and Transplantation Network (OPTN) operate the national database of all patients in the U.S. waiting for a transplant. OPTN's computer system matches the donor's organs to potential recipients based on blood type, body size, severity of patient's medical conditions, distance between donor and patient hospitals, and the patient's waiting time.

Even though millions of people have registered to become organ donors, very few of us die in a way that lets us share the gift of life. Those who are interested should follow these [guidelines](#).

Who.

Donating from infant to senior adult are all very plausible and necessary donations to help those in need. Currently, nearly 2,000 children under the age of 18 are on the national transplant waiting list. In 2016 alone, 1,878 children received transplants that saved their lives nationwide, 135 of which were pediatric organ donors under the age of 12 months. Pediatric donation is a difficult subject. The loss of a child or infant is always tragic, and the option of organ, eye and tissue donation is especially hard on parents, who are the decision makers in such an event.

There's no age limit to donation or to signing up. People in their 50s, 60s, 70s and beyond have been both organ donors and organ transplant recipients. One of the oldest organ donors in the U.S. was age 92, whose liver saved the life of a 69-year-old woman. Don't rule it out. Being older doesn't mean you can't be a donor. Doctors will decide at the time of death whether they can donate.

What.

Living donors can donate one of two kidneys, one or two lobes of the liver, a lung or a part of the lung, part of the pancreas, or part of the intestines. The kidney of a healthy adult provides the necessary function to work alone. The cells of the remaining liver lobes grow or regenerate until the liver is almost its original size. Although the rest of these options do not regenerate, both the donated portion of the organ and the portion remaining with the donor are fully functioning.

The list continues to corneas, tissue, hands and face, blood stem cells, cord blood, bone marrow, and the most common, blood and platelets. For more information, visit [What Can Be Donated](#).

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

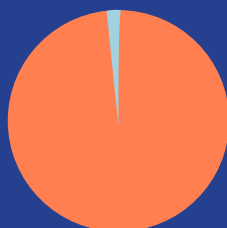
Call today to schedule!

For more information, call
(757) 953-1927 or 953-1934



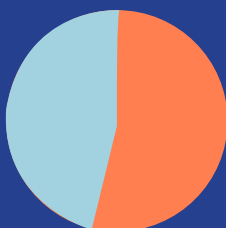
ORGAN DONATION: BY THE NUMBERS

116,000+ Number of men, women and children on the national transplant waiting list as of August 2017.

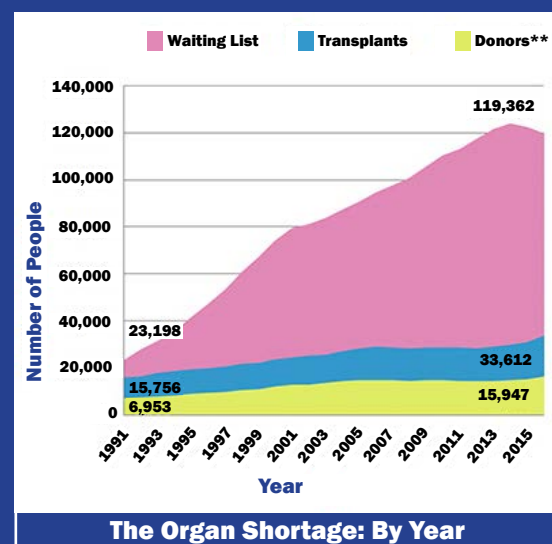


95% of U.S. adults support organ donation

BUT ONLY



54% of U.S. adults are actually signed up as donors



The Organ Shortage: By Year

AT A GLANCE

(As of Feb. 20, 2018)

114,986 people need a organ transplant. Of those, **74,873** people are active waiting list.

2,853 organ transplants performed. (January 2017 - February 2018)

1,410 donors (January 2017 - February 2018)

NMCP Cardiologist Gives Recommendations to Stay Ahead of Heart Disease

By *STG2 Paul Wu*
 NMCP Public Affairs Office

Hear Disease. It's the number one killer in the United States and it's the leading cause of death in both men and women. The most common type of heart disease, coronary heart disease, results in 370,000 deaths annually in the United States.

Naval Medical Center Portsmouth's (NMCP) experts believe that the heart disease trend is due to a growing epidemic of obesity in the U.S., as well as some of the more prevalent risk factors such as high blood pressure, diabetes, high cholesterol and smoking.

Cmdr. Nelle Linz, an NMCP cardiologist interventionist, shared that at least two factors are present in order for heart disease to develop. First, a patient has to have an issue with getting rid of cholesterol in the body or has to have an excess of cholesterol that is not being used. Second a patient must have a problem with inflammation that occurs as a response to the cholesterol build up in the artery.

Linz explained that the body has a natural storage capacity in the liver for

cholesterol, but if that capacity becomes too full, the cholesterol will continue to "cruise through the bloodstream trying to find a final resting place and eventually falling out of the blood stream and depositing itself into the walls of the artery."

Linz said that cholesterol build up happens over the course of decades in a person's life.

"When we look at patients, we are starting to get fatty streaks of cholesterol building up in the walls of arteries as early as patients in their teens and 20s," Linz said, "These streaks in the aorta will just remain there for the rest of their life."

Linz reassured that no matter what age or stage of an individual's heart disease, making healthy lifestyle modifications can have a positive benefit against heart disease and can actually have cholesterol recession take place in blood vessel as long as calcification of the cholesterol has not occurred.

Among those lifestyle modifications, Linz recommended incorporating 150 minutes of moderate aerobic activity per week that involves increasing heart rate and breathing whether, that is doing yard work or even going for a walk. She also recommends adopting a healthy diet that

is rich in vegetables and fruit and cutting out fried foods or meats that are high in saturated fats and cholesterol. Linz also said that quitting smoking and even quitting the utilization of nicotine based vapers, is an essential step to combatting heart disease. She also recommends for people to consider activities such as breathing exercises or yoga that can help lower blood pressure.

Linz said if patients are experiencing pain in the center of their chest associated with pressure, tightness, or a squeezing sensation that does not go away to call 911.

"When an ambulance comes to your house, they're equipped with an EKG machine and they'll be able to diagnose a heart attack literally in your home," Linz said.

Some next steps people can take to be proactive with their heart health is to consider talking to their primary care provider about their risks for heart disease, visiting the American Heart Association "Life Check" website at <http://mylifecheck.heart.org>, where people can discover their "Heart Score," or consider joining an exercise program.

"What you're doing today really truly affects what happens to you 20, 30, 40 years down the road," Linz said. "So try adopting those healthy habits or at least make some positive changes that will really help."

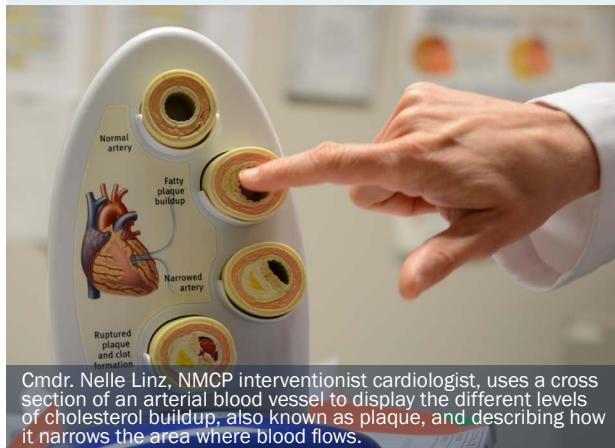


Cmdr. Nelle Linz, NMCP interventionist cardiologist, shows images of what an active X-ray captures during a procedure.

GET CONNECTED

Download the NMCP app today and get access to:

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



Cmdr. Nelle Linz, NMCP interventionist cardiologist, uses a cross section of an arterial blood vessel to display the different levels of cholesterol buildup, also known as plaque, and describing how it narrows the area where blood flows.

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

Nine Simple Steps To Eating Clean and Healthier

1. Choose whole foods.
Choose foods in their natural form and decrease boxed, packaged, and bagged food.

2. Cut down the artificial ingredients.
Artificial color, preservatives, sweeteners are not part of a clean diet. Read labels to identify these ingredients.

3. Eat more fruits and vegetables.
Fresh is best, then frozen, then canned on rare occasions. Read the label for added salt or sodium and sugar.

4. Drink enough water.
Water has zero calories and is needed for a balanced diet and good health.

5. Choose protein that is lower in Saturated Fat
Limit the processed proteins, such as bacon, sausage, and hot dogs.

6. Watch your alcohol and caffeine intake.
Alcohol is limited to 1 drink a day for women and 2 drinks a day for men. Caffeine is limited to 300-400mg a day.

7. Balance your healthy eating with your activities.
Eat nutritious food in smaller amounts every 3 to 5 hours to sustain your energy and lifestyle.

8. Limit salts and added sugars.
These are higher in packaged and fast foods. For health, limit sodium to less than 2000mg/day and added sugar to less than 25 gm/day.

9. Choose cleaner sources of protein such as nuts, beans, and legumes.
Choose meats, eggs, and dairy products that are organic or come from local farmers. Many of the protein sources may come from animals that have been given growth hormones or antibiotics. Check your resources from the local farmer's markets.

