

HEALTH CONNECT



CONNECTING PATIENTS FOR BETTER HEALTH

February 2020



american
HEART
month

Heart Health: Risk Factors/Lifestyle Choices

February is American Heart Month, the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart.

Heart disease—and the conditions that lead to it—can happen at any age. High rates of obesity and high blood pressure among younger people (ages 35-64) are putting them at risk for heart disease earlier in life.

Heart disease is currently the number one disease, killing both men and women, in the United States. At least one third of the nearly 600,000 lives lost to heart disease each year could have been prevented.

Some common risk factors are:

High blood pressure – This can cause stress on the artery walls, which damages the heart.

Elevated low-density lipoprotein (LDL) cholesterol – The cholesterol is a waxy like substance found in the bloodstream that is vital to many bodily functions. You need to be aware of LDL, “bad cholesterol,” because it can build up in the arteries, causing them to become narrow.

Type 2 diabetes – This happens when insulin is unable to be broken down by the body. Insulin helps with the transfer of glucose from the bloodstream to the cells of the body to create energy.

A change in lifestyle choices can help reduce your risk of heart disease. Making healthy meal decisions, reducing stress, working with your healthcare team, as well as participating in 150 minutes of moderate physical activity can help lower your risk.

National Children's Dental Health Month

National Children’s Dental Health Month is an observance that brings together thousands of dedicated dental professionals, healthcare providers, and educators to promote the benefits of good oral health to children, their caregivers, teachers and many others.

Each February throughout National Children’s Dental Health Month, the American Dental Association promotes a different campaign targeting a new dental health goal.

This year’s NCDHM campaign slogan is “Fluoride in water prevents cavities! Get it from the tap!” In case you don’t know, fluoride is great, and safe! The year 2020 will mark the 75th anniversary of community water fluoridation

Tips for Brushing

- **Don’t skip** – Making it a habit requires sticking to the schedule. Even when there is a special occasion or if our child is tired, we need to reinforce the importance of brushing.
- **Make it fun** – Songs that last 2 minutes will help. Reading to your child while they brush may help, too. Even a puppet brushing his teeth can be motivating.
- **Learn by example** – Children emulate their parents. Brush with your children and they will want to be just like you.
- **Trial and error** – Try different kinds of toothpaste until you find the one junior likes. Try using the smallest amount he will allow and working your way up to the recommended amount. Even a tiny amount is better than no toothpaste.
- **Don’t give up** – The pain of cavities and lifelong dental issues are more costly and damaging than dealing with these few moments of nagging battles twice a day.

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NMCP
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media



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(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/>

Men And Heart Health

NMCP Public Affairs Office

Heart disease refers to several types of heart conditions, including coronary artery disease and heart attack. Heart disease is the leading cause of death for men in the United States.

How does heart disease affect men?

- Killing 347,879 men in 2017—that's about 1 in every 4 male deaths.
- Heart disease is the leading cause of death for men of most racial and ethnic groups in the United States, including African Americans, American Indians or Alaska Natives, Hispanics, and Caucasians.
- Half of the men who die suddenly of coronary heart disease had no previous symptoms.

What are the risks for heart disease?

High blood pressure, high LDL (low-density lipoprotein) cholesterol, and smoking are key risk factors for heart disease. About half of Americans (47%) have at least one of these three risk factors. Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including:

- Diabetes
- Overweight and obesity
- Unhealthy diet and excessive alcohol use
- Physical inactivity

Everyone knows the importance of a healthy lifestyle. If you have a busy schedule, you may find it hard to make time for regular exercise and to be mindful of your eating habits. You can't afford to be passive about your health. Take a proactive approach by following these basic health tips.

- 1) Visit your doctor – Your doctor can recommend lifestyle changes, medications, or other treatments.
- 2) Eat natural foods – Packaged and processed foods should be avoided.
- 3) Get moving – Try to get at least 150 minutes of moderate-intensity aerobic exercise, or 75 minutes of vigorous aerobic exercise, every week.
- 4) Maintain a healthy waist – For most men, the best way to shed excess belly fat is to cut calories from your diet and to exercise more. Ask your doctor to help you develop a weight-loss plan that's safe and effective for 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



CHILDREN'S DENTAL

health tip

Is your baby teething?

When the first tooth appears,
clean the area with a clean,
damp cloth every day.

When more teeth come in, switch
to a soft, small toothbrush.

Begin using fluoride toothpaste
when your child is 2 years old.*

*Begin using fluoride toothpaste before
age 2 if your dentist recommends it.



National Recreational Therapy Month

NMCP Public Affairs Office

February is celebrated as National Recreational/Therapeutic Recreation (RT/TR) month in the United States. Sponsored by the American Therapeutic Recreation Association, the event is a strong platform to be able to raise awareness about the pivotal role of therapeutic recreation programs and services in improving health and well-being.

Over the years, recreational therapy has become an important component of quality patient care. RT is a treatment modality designed to restore, remediate and rehabilitate an individual's physical level of functioning, independence and functionality. It aims to reduce or eliminate an individual's activity limitations caused due to an illness, injury, or disabling condition.

With society's large increase in health disparities and more focus on non-pharmacological health interventions, recreational therapists have the expertise to assist individuals in coping with the stress of illness and disability through leisure and recreation-based treatment options. The recreational therapist empowers clients to manage their illness and/or disability so they may achieve and



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maintain optimal levels of independence, productivity, well-being, and quality of life.

Recreational Therapy Programs include a wide range of activities to build strength, range of motion, plus confidence while reducing pain. Depending on the patient and their desired outcomes, a Recreational Therapy Program can include:

- swimming
 - softball
 - climbing
 - hiking
 - horseback riding
 - arts & crafts
 - dramatic arts
 - music
 - dance
- ... and much more

In other words, recreational therapy quite literally uses activity—and fun—

to advance the process of rehabilitation. Recreational therapy can be conducted one-on-one between patient and caregiver, or by way of group sessions.

Before engaging in a Recreational Therapy Program, be sure to speak with your physician. Due to the highly personalized nature of rehabilitation, a physician or certified recreational therapist must always be consulted prior to partaking in a new activity or program. Physician oversight and a proper plan are a must.

This February will see healthcare providers, rehabilitation centers and other entities across the U.S. working to promote awareness about therapeutic recreation activities, programs and services and enhance leisure opportunities for individuals in health care settings and in the community.

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

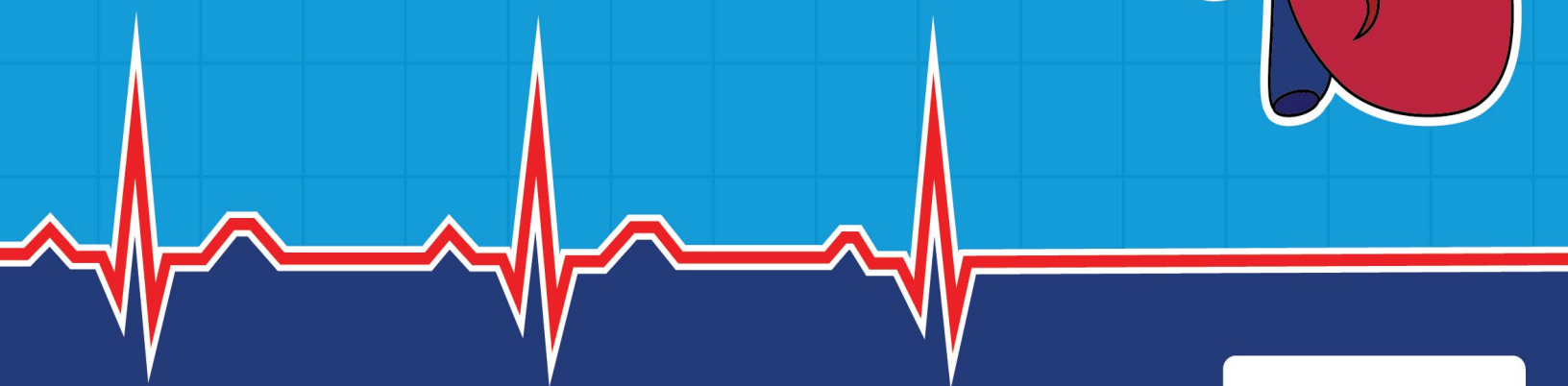
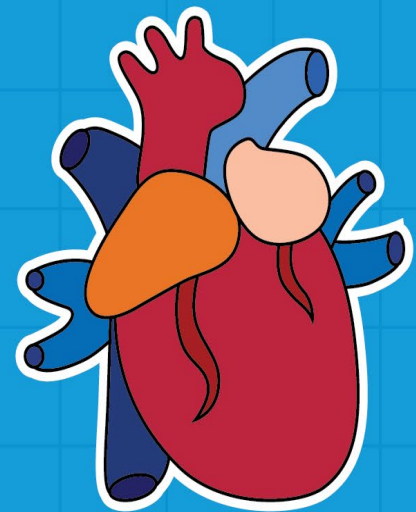
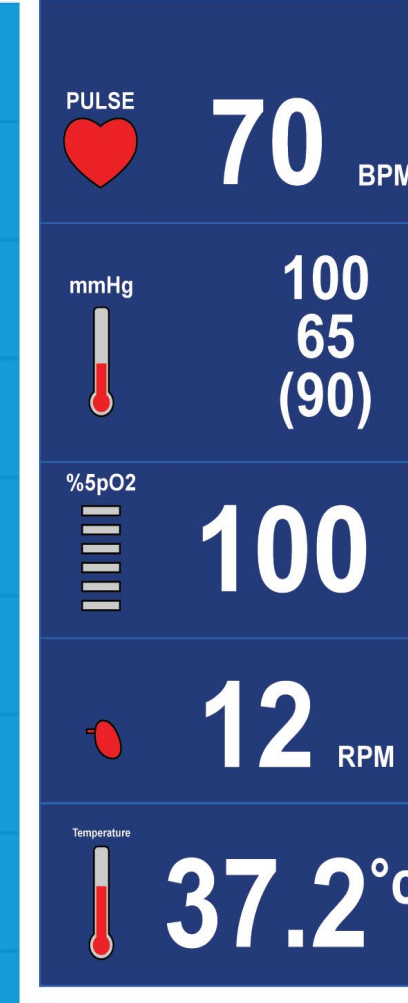
Prevent HEART DISEASE

Heart disease can lead to heart attacks, stroke, and heart failure.

These factors can increase your risk for heart disease:

- Sedentary Lifestyle
- Excessive alcohol use
- Poor Diet
- Tobacco use
- Diabetes

TRICARE covers screenings and maintenance drugs to help you lower your risk of heart disease.



For more info, visit:
www.tricare.mil/preventive

