

Take Control of your health

August
2015



Naval Hospital Jacksonville Breast Care Coordinator Nikki Levinson-Lustgarten (right) educates Elizabeth Jackson on how to identify early signs of breast cancer during a preventive health visit.

Albany | Jacksonville | Key West | Kings Bay | Mayport

PREVENTIVE HEALTH

Getting the right preventive care at every stage of life can help everyone stay healthy, lead productive lives, avoid or delay the onset of disease, keep diseases from becoming worse or debilitating, and reduce the cost of care. Simply put, the best prevention is early detection.

Certain chronic diseases such as heart disease, cancer and diabetes can be largely prevented or detected early with the appropriate screenings.

EAT HEALTHY, STAY ACTIVE, SLEEP
AND GET RECOMMENDED
SCREENINGS

You can play an active role in your own health. Eating healthy, exercising, avoiding tobacco and alcohol and getting needed vaccinations are just a few examples of ways to stay healthy. Preventive health is also about

learning to recognize changes in your body that aren't normal.

Here are some healthy actions you should consider: adults, children and teens need regular medical and dental checkups and vaccinations. Older adults should include eye, pneumococcal vaccine (ages 65 and over), and colorectal screening such as colonoscopy (starting at age 50). Women need regular pap tests, pregnancy checkups and mammograms (starting age 40).

So don't put off preventive screenings just because you don't feel bad. Talk with your [Medical Home Port](#) team, which includes your primary care manager (PCM), for recommended type and frequency of screenings.

To schedule an appointment with your Medical Home Port team call:
Hospital: 904-542-4677
BHC Albany: 229-639-7884/7886
BHC Jacksonville: 904-546-7094
BHC Key West: 305-293-4834
BHC Kings Bay: 912-573-6450
BHC Mayport: 904-270-3248



ASK THE DOC: PEANUT ALLERGY

By Lt. Shelby Spandl, M.D.
Naval Hospital Jacksonville

Q: What is a peanut allergy and its symptoms?

A peanut allergy occurs when the body's immune system mounts an exaggerated response to protein naturally present in peanuts.

Symptoms can range from mild (itching or swelling of the skin, eyes or mouth) to severe or life-threatening (vomiting, wheezing or difficulty breathing) reactions—which may require immediate medical attention.

Anyone can develop a peanut allergy—those with a personal or family history of eczema, asthma, allergic rhinitis or a sibling with a peanut allergy are at a higher risk than others.

Consult with their PCM before giving any infant or child peanuts.

7 of 10

Americans die each year from chronic diseases

1 in 3

children are obese, increasing their risk for chronic diseases

86%

of nation's health care costs treat chronic diseases



RelayHealth...YOUR PATIENT PORTAL

“It saves time for routine questions like lab tests, and signing up was easy,” says retired Chief Petty Officer Dave Bragg, a three year RelayHealth user.

It is secure and offers 24/7 accessibility. And you generally get a response from your Medical Home Port team within one business day. When registering, be sure to add your provider to the account to ensure correspondence with the correct care team. For technical help, call 866-RELAY-ME (866-735-2963).

- ✓ email your doctor
- ✓ request non-urgent appointments
- ✓ get lab results
- ✓ renew medications
- ✓ access a health library
- ✓ get health e-news



Want to email your primary care manager (PCM) from home or on the go? Sign up for RelayHealth—Naval Hospital Jacksonville’s free patient portal—at a check-in desk, kiosk (hospital only) or by visiting www.relayhealth.com.

When you sign up for RelayHealth, you must add your provider before you can actually communicate with your Medical Home Port Team.

We look forward to connecting with you!

www.relayhealth.com



See your PCM—or go to the E.R.?

Your PCM focuses on your total health, and is better positioned than an E.R. to provide all non-emergency care. Same-day urgent care appointments are available. For after-hours clinical advice and assistance with self-care call the Nurse Advice Line at 800-TRICARE (874-2273). And for emergent symptoms seek immediate assistance at the nearest emergency room.



World Breastfeeding Week (August 1-7)

Breast milk is the natural first food for babies and provides all the energy and nutrients an infant needs for the first months of life. Breastfeeding also provides numerous benefits for moms. We are dedicated to supporting and encouraging new parents to breastfeed as evidenced by our “Baby Friendly” certification. To learn more call 904-542-2229.



National Immunizations Awareness Month

Immunizations are an important step in protecting against serious, and sometimes deadly, diseases. They are recommended throughout our lives. Immunizations not only protect those receiving the vaccine, they help prevent the spread of diseases to others. Stop by your Immunizations Clinic to make sure your vaccinations are up to date.

FREE

Wi-Fi!

“NHJXGUESTWIFI”
NO PASSWORD NEEDED

Free Wi-Fi at hospital and BHC Jacksonville, service at other BHCs coming soon

Patients and family members can now access free Wi-Fi at the hospital and BHC Jacksonville. Patients can connect using any standard Wi-Fi-capable device. Services expire after 30 minutes of continuous use, or 15 minutes of inactivity, so patients will be required to log on again for continued use. All BHCs will offer service by August 31.

GET CONNECTED!

www.med.navy.mil/sites/navalhospitaljax

