NAVAL HEALTH CLINIC ANNAPOLIS HEALTH PROMOTION

WELLNESS IN NAVY

Special points of interest:

- **April**—
- Alcohol Awareness
- STD Awareness
- Irritable Bowel Awareness
- **May**—
- High Blood Pressure
- Mental Health
- Physical Fitness
- **June**—
- Safety
- Men's Health

Inside this issue:

Alcohol Awareness/CAGE test	1
STD awareness	1
Physical Fitness-10KSteps-A-Day	2
Blood Pressure-Know your numbers	3
Mental Health Awareness	3
Nutrition Corner Irritable bowel	4

A Healthy You WIN Newsletter

Volume 2 Issue 2 April-June 2009

April-Alcohol Awareness

Navy is serious about alcohol awareness and drinking responsibly. We hear it throughout the year in different messages. Naval Health Clinic Annapolis is fortunate to have both a Drug/Alcohol Program Advisor (DAPA) and Substance Abuse Rehabilitation Program (SARP) personnel onboard. The DAPA is HM1 Angela Washburn and the SARP is Mr. Steve DeLucchi. There are three was to see the SARP. 1) Incident referral (DUI); 2) Command concern based on actions or hearsay and 3) Self referral. Active Duty personnel thought to have an alcohol issue are referred to HM1 Washburn for an evaluation. She may then refer the person to Mr. DeLucchi for confidential counseling. Take the **CAGE** test to see if you may benefit from one-on-one counseling:

1. Have you ever felt you should ***cut*** down on your drinking? Yes No
2. Have people ***annoyed*** you by criticizing your drinking? Yes No
3. Have you ever felt bad or ***guilty*** about your drinking? Yes No
4. Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover (**eye-**opener)? Yes No

Each question has a 1 point value for a yes answer. A score of 2 or greater may indicate alcohol dependence.

Talk to your Provider or Mr. DeLucchi (410-293-1347) about alcohol related concerns you have.

STD AWARENESS

Sad but true, Washington D.C now has a 3% rate of HIV/AIDS. STDs don't happen just in the civilian world and can severely impact career plans for active duty personnel as well as destroy lives.
Chlamydia the most common STD is on the rise. If you think you may have been exposed to an STD, you are encouraged to see your health care provider immediately for testing. Remember STDs can be acquired in different ways not just through genital to genital contact, it can be spread through oral, body fluid, and skin to skin contact. Most STDs are curable with certain antibiotics but some STDs are lifelong! This is a preventable situation so talk to a health care professional to gain knowledge and prevent STDs.

Physical Fitness

One of the health topics for May is Physical Fitness and Health Promotion office will offer a 10-K-Steps-A-Day Program.

What is 10K-A-Day?
10K-A-Day is a simple and inspiring way to boost your physical activity every day, no matter how busy you are. It gives you all the tools you need to plan and track daily walking habits, while making more steps a permanent part of your healthy lifestyle.

Why walking?
Regular, brisk walking has been found to lower the risk of heart attack, stroke, diabetes-even breast cancer and glaucoma. On average, people take around 2000-4000 steps each day, research shows. Active folks take at least 10,000 steps a day which is about 5 miles.

Your marching orders
It's easy: Just put on a step counter first thing in the morning, and at day's end log the number of steps you've taken. You may not be able to achieve 10,000 steps a day at first-which is fine. The plan shows you how to build up to it gradually, no matter what you current activity.

Discover the joys of walking
Just wearing the step counter is a reminder of how energizing and healthful walking can be. For added support, 10K-A-Day participants receive helpful materials on how to find an ideal walking route, avoid blisters, encourage a walking mate, shop for a good walking shoe, make walking fun, and more!

Susan Hennessy, MHA, RN, BSN
Health Promotion Coordinator
Naval Health Clinic Annapolis

10K-Steps-A-Day begins Friday, May 1 and continues for the entire month.

Register through Health Promotion no later than Tuesday, April 28, by calling 410-293-1172 or e-mail susan.hennessy@med.navy.mil

Packets and pedometers are available while supplies last !!!

Health Promotion has a twice weekly walking club from 1230-1300. Join us at the Hospital Point flagpole on Tuesdays and Thursdays 1230.

High blood pressure awareness

Your heart pushes blood to your body through ”pipes” called blood vessels. As blood flows through the blood vessels, it presses against the vessel walls. This force is called blood pressure. High blood pressure occurs when the blood presses too hard against the vessel walls.

	Systolic pressure	Diastolic pressure
Normal	Less than 120	Less than 80
Prehypertension	120-139	80-89
Stage 1 hypertension	140-159	90-99
Stage 2 hypertension	160 or higher	100 or higher

It’s important to know your numbers. High blood pressure is called the silent killer because you may not have symptoms but could be at risk for a stroke or heart attack. Have your blood pressure checked annually. If you’re being treated for hypertension, follow the DASH diet and take medications as prescribed, and make sure to keep physical activity a high priority (once you’ve been cleared by your health care Provider).

MENTAL HEALTH AWARENESS

In our current world situation we hear and read about sad and depressing events. The global economy is in a tailspin which has had a domino effect on the unemployment rate, retirement plans, college loans, grants & scholarships, morale in the work environment, you name it. Our country is still in the throws of two significant wars which is a great stressor for active duty and their families, both immediate and extended. PTSD is on the rise. We must be mindful of these stressors which affect us daily and decide on a healthy, productive way to manage them.
Seek counseling if things seem to be getting out of control or talk with a trusted family member, friend or colleague. As mentioned on the previous page exercise is a good way to help manage daily stressors. Pay a visit to the Inner Sanctum (located in Health Promotion) for a 15 minute massage by Olga ,the chair. Listen to a relaxation tape/ CD, practice deep breathing or visualization. If you are a spiritual person tap in to it. Things to avoid which often exacerbate stress are unhealthy food items, too much alcohol, lack of sleep and negative self-talk.

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National Irritable Bowel Awareness Month:

IBS: THE NOT-SO-SILENT COMPANION

Do you bloat, get gassy, and maybe even a bit crampy during the day? Are diarrhea and/or constipation some of your daily unwanted friends? If you answered "YES" to any of these questions, you may be in the beginnings of irritable bowel syndrome-- IBS or --you may have been suffering with this for years, accepting it as just how your system works. Many people are uncomfortable talking about this with their physician or friends, finding it too embarrassing. And yet, when detected, this is one of the most common disorders seen. And what causes IBS? No one knows for sure, but some researchers think it is caused by changes in nerves that control sensations or muscle contractions in the bowels. This may either cause your contractions to be longer and stronger than normally, causing food to move too quickly in the bowels, causing those unpleasant symptoms mentioned, or move too slowly, resulting in hard stools.

And what triggers IBS? Foods like chocolate, milk and alcohol seem to be the worst offenders. And what about stress? YES! Many of us know that unsettled stomach feeling at the onset of our stress. Of course, other illnesses we get may trigger IBS as well.

So how do we treat it? EATING AS FRESH AND UNREFINED FOODS AS POSSIBLE! This is the first line of defense: veggies, fruits, whole grains and lighter on meats dairy, carbonated drinks and all those other foods (FAST) that often start the problems. DRINK LOTS OF WATER! Of course, EXERCISE! Prevention is the best cure. Changing your lifestyle before you get to a point of relying on medications for control should be a goal. A nutritional consultation is a fine starting place if you need assistance, and only requires a referral from your PCM. We're here to help!

About Us:

Health Promotion at Naval Health Clinic Annapolis is a coordinated effort and partnership among various departments and organizations. These include the Health Promotion Office which offers nutrition services & classes, tobacco cessation assistance, diabetes education, lifestyle counseling and different health challenges throughout the year. Others working along side Health Promotion include Physical Therapy, Mental Health, Dental, Brigade Medical, Primary Care, Pediatrics, Immunizations, Readiness, Preventive Medicine, Occupational Health and Pharmacy.

Other important partners are Fleet & Family Support Services, MWR, Chaplains, Midshipmen Development Center and HRD.