

NAVAL BRANCH HEALTH  
CLINIC BAHRAIN, BLDG 265

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**EMERGENCIES**  
ON BASE: 1785-6226 / 439-6226  
OFF BASE: 999

**Command Suite:**  
Officer in Charge:  
CAPT Rachel Haltner

Senior Enlisted Leader:  
HMCM Rory Miller

**Clinic Departments:**

- Primary Care
- Occupational Health
- Mental Health
- Administration
- Dental

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**HOURS OF OPERATION**

URGENT CARE 24/7

SUN, MON, WED, THUR:  
0745-1630

TUE: 0745-1130

**TOLL FREE TRICARE NURSE  
ADVICE LINE:**  
800-0-0453  
FROM CELL OR LAND LINE

**CUSTOMER SERVICE REP**  
1785-4866 / 439-4866  
E-MAIL:  
BHC-CUST-SERV@MED.NAVY.MIL

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# The Clinic Chatter



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## Heat Injury Prevention by HMI Feedback



Heat stress is something that can affect anyone. People suffer heat-related illness when their bodies are unable to compensate and properly cool themselves. The body normally cools itself by sweating. But under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain and other vital organs. There are things that can increase your risk of heat injury: age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, prescription drug and alcohol use. To protect your health when temperatures are extremely high, remember to keep cool and use common sense. Drink plenty of water.

You will need to increase your fluid intake, regardless of your activity level. Don't wait until you're thirsty to drink. During heavy exercise in a hot environment, drink two to four glasses (16-32 ounces) of cool fluids each hour. When you are sweating excessively, a sports beverage can replace the salt and minerals you lose in sweat. Do **not** take salt tablets unless under medical supervision. Doing too much on a hot day, spending too much time in the sun or staying too long in an overheated place can cause heat-related illnesses. Know the symptoms of heat disorders and overexposure to the sun, and be ready to give first aid treatment. Also, be aware of the heat flag conditions indicating intensity of exercise.



**Serious Heat Injury Symptoms:**

**Heat Cramps** are muscle pains or spasms—usually in the abdomen, arms, or legs—that may occur in association with strenuous activity. Someone with heat cramps should stop all activity and sit quietly in a cool place, drink clear juice or a sports beverage and refrain from strenuous activity for a few hours after the cramps go away. Seek medical attention if the cramps do not subside in one hour.

**Heat Exhaustion** occurs when the body salt losses and dehydration from sweating are so severe that a person can no longer maintain adequate blood pressure. Symptoms include headache, dizziness, nausea/vomiting, and elevated temperature. Remove these patients from the hot environment, cool them off, and provide cool non-alcoholic drinks. Do not let them return to the hot environment until they have been seen by a medical professional.

**Heat Stroke** occurs when the body is unable to regulate its temperature. The body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Body temperature may rise to 106°F within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided. Victims of heat stroke need to be rapidly cooled, immediately removed from the hot environment, and taken to a medical facility as soon as possible.

Attend the NSA Safety Stand-Down on April 18-20 for more heat injury prevention information.

Call the clinic's education and training department at 438-3160 to schedule unit level training!

## ALCOHOL AWARENESS MONTH by CDR Kevin Bradshaw

April is Alcohol Awareness Month. One of the goals of the Mental Health Department is to raise awareness about alcohol consumption among service members and their families. *Wondering how to spread the word about the importance of responsible drinking?* Military Pathways (formerly the Mental Health Self-Assessment Program®) is offering two different options to encourage service members and their families to learn more about the consequences of at-risk drinking. The program provides free, anonymous alcohol use questionnaires for service personnel and families in all branches, including the National Guard and Reserve. The National Alcohol Screening Day® (NASD) kit is ideal for conducting a health fair type event. It includes screening forms, a planning guide, and a variety of promotional and educational materials. To order these kits or learn more about Military Pathways, go to <http://www.mentalhealthscreening.org/military>. If you or someone you know has a problem with alcohol please contact the Mental Health Department, Substance Abuse Rehabilitation Program (SARP) at DSN: 439-4169 or you may email [Kevin.bradshaw@med.navy.mil](mailto:Kevin.bradshaw@med.navy.mil)

RESPONSIBLE  
ALCOHOL USE



KNOW WHEN TO STOP



**“There is only one decisive victory: the last”.**  
**—Karl von Clausewitz**

## Discovering Medical Records by HM3 Butler

Over 3,500 medical records are stored behind a cipher-locked door, ensuring security of your private medical information. Your record is required to be maintained at the medical clinic. We keep track of your record every time you check it in and out, decreasing the amount of lost records. The electronic health record has also made retrieving your medical history easier in the case of a misplaced record or if you travel abroad without your medical record and visit another military treatment facility. You may also visit medical records to schedule a medical appointment; patients with dental needs should visit Dental.

## Staff Spotlight

Aimee Siwa was selected as the clinic's 2009 Civilian of the Year and currently works as a Health Benefits Advisor. She is often described as quiet, sweet, and very humble. Aimee joined the NHBC Bahrain family in 2002 as Medical Assistant. She is originally from Nueva Ecija, Philippines and moved to Bahrain in 1995. When she isn't processing TRICARE vouchers she enjoys traveling; her favorite destination has been New Zealand.



## The FACTS about Head Lice

Head lice, or *Pediculus humanus capitis*, is a parasitic insect that can be found on the head, eyebrows, and eyelashes of people. An estimated 6 million to 12 million infestations occur each year in the United States among children 3 to 11 years of age. Head-to-head contact with an already infested person is the most common way to get head lice. Head lice can be a nuisance but they have not been shown to spread disease. School head lice policies are determined by local school boards; contact them for their policy on lice. Treatments for head lice are generally safe and effective when used correctly, with care, and only as directed. Before treating young children, you should consult your child's health care provider for the recommended treatment based on the child's age and weight. More information is available on the Centers for Disease Control and Prevention website: <http://www.cdc.gov/lice/ndex.html>.

## Smallpox Vaccine Site Hygiene

by HM2 Brittany Davis

Nearly everyone stationed here has received the Smallpox Vaccine. Care of the vaccination site is important so you don't spread the virus, either on your body or somebody else's. The best way to avoid spreading the virus is to NOT touch the vaccination site. The vaccine contains live vaccinia virus, which may spread without proper site care. Until the vaccination scab falls off, avoid close or household contact with people who are exempt from getting smallpox vaccine themselves. Do not share sleeping space, clothes, towels, linen, or toiletries. If the vaccine site is covered with a Band Aid and a sleeve, you may work in normal occupational settings. Contact immunizations for more info.



## TRICARE Tid-Bits

by Mr. Rolando R. Reyes



Since the health care reform language came out, there have been a number of questions regarding the "up to age 26 coverage". Currently TRICARE is not affected by the health care reform provision to cover dependent children in health plans up to age 26. By law, TRICARE covers eligible dependent children up to the age of 21, or up to the age of 23 if enrolled full time to an accredited institution of higher education and reliant on the sponsor for more than 50 percent of their financial support. Coverage

ends on the child's 23rd birthday or at the end of that school year, whichever comes first. TRICARE leadership is committed to providing the best possible health care plan and will release information upon any changes. Legislative initiatives like the health reform requires time—time to develop regulatory and policy language, implementation guidance, funding, etc. It is too soon in the legislative process to know if any of this affects TRICARE. Contact the HBA office for questions.

## Doctor's Orders

by Dr. Emily Crossman



Last month we touched on the health risk involved in supplement use and the importance of knowing what you put in your body. Creatine, a compound our body makes regularly, is commonly supplemented by young athletes. At the molecular level, creatine bound with phosphate provides energy for short bursts of activity. Scientific studies are 50/50 regarding the efficacy of creatine supplementation (advertisers won't tell you that 50% of the studies say you are wasting your money). While there is not a FDA ban on creatine, there are risks associated with its use. It is very important to drink large amounts of water; without proper hydration, creatine can crystallize in the kidneys causing necrosis and kidney failure. As always, a healthy well balanced diet will provide all your body needs!