

HEALTH CONNECT



CONNECTING PATIENTS FOR BETTER HEALTH

July 2020



PROTECT YOUR SKIN IN 5 WAYS



Have access to **SHADE** at any time of the day.



Wear a **HAT** to offer protection from the sun.



Wear **SUNGLASSES** to protect your eyes from sun damage.



COVER UP by wearing loose-fitting shirts to provide the best protection from the sun.



Use **SUNSCREEN** to protect your skin from the harmful UV rays.

Know Your Basics in Summer Protection

If you want to make sure your day at the beach is just that – a day at the beach – and not a trip to the emergency room, you'll want to start with a good eye for warning signs of common summer bums.

1. **Heat stroke.** A heat stroke is a serious condition that evolves when the body's cooling system stops working and your core temperature rises to dangerous levels. If ignored, heat stroke can lead to death. Symptoms for a heat stroke include red, hot and dry skin, rapid but weak pulse, rapid but shallow breathing, confusion, faintness, staggering, hallucinations, and unusual agitation or coma.
2. **Cramps.** Cramps occur after several hours of physical exertion in the heat. Symptoms of cramps include painful muscle spasms usually in the legs or abdomen. Some treatment methods include getting out the heat and into the shade and hydrating with water or sports drinks.
3. **Heat exhaustion.** Heat exhaustion is due to loss of water and salt through sweat. A few symptoms of heat exhaustion include headaches, nausea, dizziness, weakness, and cool, clammy skin. To treat heat exhaustion, you must stop and rest, hydrate and get into a cool room or shade, and loosen clothing and apply cool wet towels or pour cool water over the head.

Most of us like to work, play, and relax outside on a sunny day. But too much sun and heat can be harmful, so be careful!

Supplements Marketed for Weight Loss

Although it's easy to be tempted by the "quick fix" claims of dietary supplements marketed for weight loss or appetite suppression, most of these products haven't been proven safe or effective. Many people have the misperception that herbal or traditional products—and those that are "natural"—are safe to use, but research has shown that many of these products carry the same dangers as pharmaceutical agents. So, if you're thinking about a dietary product to help you lose weight, here are some things you should know.

1. Ask yourself if a product sounds too good to be true.
2. Be aware of the possibility of product contamination. The U.S. Food and Drug Administration (FDA) has found weight loss products sold as dietary supplements contain hidden prescription drugs or other compounds.
3. Ephedra is dangerous, and the increased risk of heart problems and stroke far outweighs any potential benefits. The FDA found that these supplements had an unreasonable risk of injury.
4. Consider a mind and body approach such as mindfulness meditation or yoga.
5. Make lifestyle changes that work for you, including a healthy eating plan and regular physical activity.
6. Talk with your health care provider. Your health care provider can assess weight and health risks to determine whether you need to lose weight.

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
<https://app.mil.relayhealth.com/>

Eye Injury Prevention Month

NMCP Public Affairs Office

Protecting your eyes from injury is one of the simplest things you can do to keep your vision healthy throughout your life. While you may be aware of some of the basic possibilities of eye injuries, ask yourself this question: Am I doing everything I can to protect my eyes from potential injuries? If you answered no, you're not alone.

More than one million people suffer from eye injuries each year in the United States. Most of these injuries could have been prevented had the individual been wearing appropriate protective eyewear. The leading causes of eye injuries include sports accidents, home fireworks displays, household chemicals, workshop projects and yard debris.

Prevention Tips

Fireworks - Simply put, the best way to avoid injuries from fireworks is to attend a professional public fireworks display rather than purchasing them for home use. According to the American Academy of Ophthalmology, one in six firework injuries harm the eyes.

Home - Nearly half of all eye injuries each year occur in and around the home, and home-based injuries are increasing each year. Wear safety glasses when using any power tool, mowing the lawn or trimming hedges or bushes. Remember to wear rubber gloves when handling chemicals. Be careful cooking foods that can splatter hot grease or cooking oil.

Sports - The level of eye protection will vary depending upon the activity. Protective eyewear with polycarbonate lenses should be worn for sports such as basketball, racquet sports, soccer and field hockey. Choose eyewear that has been tested and approved by the American Society of Testing and Materials standards or the CSA racquet sports standards. In baseball, ice hockey or lacrosse, helmets with a polycarbonate face mask or wire shield should be worn.

Place of Employment - Eye injuries at work range from simple eye strain to severe trauma that can cause permanent damage. Almost half of eye injuries sustained on the job happen in the fields of manufacturing, construction and mining.

If an eye injury occurs, see your eye doctor or go to the emergency room right away, even if the eye injury appears minor.

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



Triple Your Protection

Three simple ways to protect yourself against exposure to harmful UV rays:



UV Safety Can Save Your Sight

UV Safety Awareness Month

NMCP Public Affairs Office

Summer has arrived and while the sun is shining bright it's a golden time to highlight July as UV Safety Awareness Month!

We all love to take in those warm summer rays, but everyone must remember to protect their skin and eyes from the damaging effects of the sun.

The sun emits radiation known as UV-A and UV-B rays. Both types can damage your eyes and skin:

- UV-B rays have short wavelengths that reach the outer layer of your skin
- UV-A rays have longer wavelengths that can penetrate the middle layer of your skin

By learning the risks associated with too much sun exposure and taking the right precautions to protect you and your family from UV rays, everyone can enjoy the sun and outdoors safely.

Here are the harmful things unprotected sun exposure can do:

- Cause vision problems and damage to your eyes
- Suppression of the immune system
- Premature aging of the skin
- Skin cancer

GET CONNECTED

Download the NMCP app today and get access to:

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



It's easy to protect yourself from UV exposure...

Use a sunscreen of at least SPF 15 on any exposed skin, and don't forget to re-apply it every two hours, as well as after swimming, sweating, or toweling off.

Fortunately, there are things you can do to minimize the risk that comes with sun exposure.

1. Cover Up: Wearing a Hat (preferably wide brimmed) or other shade-protective clothing can partly shield your skin from the harmful effects of UV ray exposure. Proper clothing may include long-sleeved shirts, pants, hats, and Sunglasses - for eye protection.

2. Stay in the Shade: The sun's glare is most intense at midday. Staying in the shade between the hours of 10 a.m. and 4 p.m. will further protect your skin. The sun can still damage your skin on cloudy days or in the winter. For this reason, it is important to stay protected throughout the year.

3. Choose the Right Sunscreen: This is extremely important. The U.S. Food and Drug Administration's (FDA) new regulations for sunscreen labeling

recommend that your sunscreen have a sun protection factor (SPF) of at least 15, and should protect against both Ultraviolet A (UV-A) and Ultraviolet B (UV-B) rays.

4. Use the Right Amount of Sunscreen: According to the National Council on Skin Cancer Prevention, most people apply only 25-50 percent of the recommended amount of sunscreen. When out in the sun, it's important that you apply at least one ounce (a palmful) of sunscreen every two hours. You should apply it more often if you are sweating or swimming, even if the sunscreen is waterproof.

By taking the proper precautions and following this advice you and your loved ones can enjoy the sun. If you are having any problems after being in the sun, be sure to talk to your healthcare provider.

Enjoy the outdoors this summer and remember to protect your eyes and the skin you're in!

118,000
patients with a PCM at one
of our 10 facilities

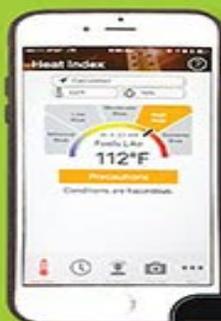
22
Medical Home
Port teams

440,000
patients we serve – active duty,
retired and families

CDC's Eight Tips for Safe and Healthy Summertime Work and Play



Digital info helps Americans avoid illness and injury



BEAT THE HEAT AND RAYS

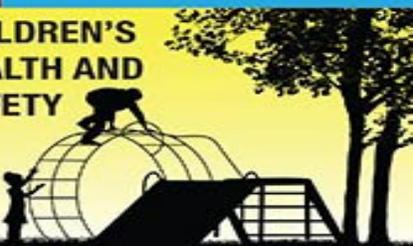


FOOD SAFETY



INSECT PROTECTION

CHILDREN'S HEALTH AND SAFETY



SWIMMING SAFETY



WORKER SAFETY AND HEALTH



STAY UP TO DATE ON VACCINES



TRAVEL ABROAD SAFELY



cdc.gov/disasters/extremeheat/heattips