

Take Control of your health

Oct. - Nov.
2015



Albany | Jacksonville | Key West | Kings Bay | Mayport

Live Tobacco-Free

Tobacco use remains the single largest preventable cause of disease and premature death in the U.S., yet about 42 million Americans still smoke.

Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD)—which includes emphysema and chronic bronchitis.

As for smokeless tobacco, it too is associated with many health problems including cancer of the mouth, esophagus, and pancreas; heart disease; and stroke.

Tobacco smoke contains a deadly mix of more than 7,000 chemicals. Hundreds are harmful, and about 70 can cause cancer.

Quitting tobacco provides both short- and long-term health benefits.

Within 20 minutes of quitting,

your heart rate and blood pressure drop. Within 12 hours, carbon monoxide in the blood drops to normal. And after one year, the excess risk of coronary heart disease is half that of a smoker.

Now is the time! Join the **Great American Smokeout** Nov. 19 and make the decision to quit and stay quit.

We can help you quit—once and for all—with prescription medicine, nicotine gum, classes and support.

Get started today. See your **primary care manager**, or stop by or call Wellness or Health Promotions at the hospital or a branch health clinic.

Hospital: (904) 542-5292
BHC Albany: (229) 639-9535
BHC Jacksonville: (904) 546-7062
BHC Key West: (305) 293-4857
BHC Kings Bay: (912) 573-4237
BHC Mayport: (904) 270-5251

You can also visit www.ucanquit2.org or call TRICARE's Quitline at 877-414-9949. **#QuitTobacco**

BREAST CANCER AWARENESS

Breast cancer is the most common cancer among women in the U.S and the second leading cause of cancer death among women.

Every year over 220,000 cases are reported nationwide.

Early detection can greatly increase chances of successful treatment.

Women age 40 and over should have a mammogram every year, and those with a family history of breast cancer should have a mammogram every year beginning at age 35.

You can lower your risk of breast cancer by changing those risk factors that can be changed such as maintaining a healthy diet and weight, exercising regularly, and limiting alcohol.

To find out more, contact your **Medical Home Port** team or the hospital's Breast Health Center at (904) 542-7857. **#WomensHealth**

16 million

Americans living with disease caused by smoking

480,000

U.S. deaths per year due to cigarette smoking

42,000

U.S. deaths result from secondhand smoke exposure



our free patient portal — at www.RelayHealth.com.

“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’s secure and offers 24/7 accessibility. And you generally get a response from your Medical Home Port team within one business day.

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 —

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



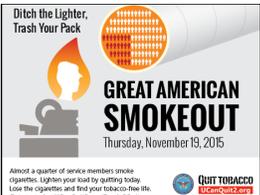
October is “Talk About Your Medicines Month: Safe use. Safe storage. Safe disposal.”

Ensure you understand the benefits and potential risks of your medicines. Store medicines in a secure location, out of reach of young children and visitors. Dispose of medicines using pharmacy “take-back” programs or throw away in the household trash (not the toilet). Talk with your doctor or pharmacist, or check out www.talkaboutrx.org.



November is American Diabetes Month

Diabetes affects nearly 30 million children & adults in the U.S. (nearly 10% of the population). Are you at risk? Risk factors include: age (over 40), being overweight, physical inactivity, and a family history. See your Medical Home Port care team for a check-up. Go to the American Diabetes Association and take a test to see if you are at risk for Type 2 diabetes.



Great American Smokeout Nov. 19—Your quit day!

If you’re a smoker, quitting is the single most important step you can take to protect your health and the health of your loved ones. Once you make the decision to quit, the next steps are preparing to quit, quitting, and staying quit. Let your PCM, Wellness, or Health Promotions help you become smoke-free and on your way to a healthier lifestyle. Now is the time!



Flu vaccine available soon—

Flu vaccine is the best way to avoid getting influenza. CDC recommends an annual flu vaccine for everyone age six months and up. We’ll publicize on Facebook and base newspapers when flu vaccine is available to patients at each of our locations (Albany, Jacksonville, Key West, Kings Bay and Mayport). Find out more from CDC.

GET CONNECTED!

www.med.navy.mil/sites/navalhospitaljax

