

the MEDDAC-Fort Carson Healthbeat

Serving the Front Range Military Family

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HEART HEALTH

Dr. Ramona I. Rodriguez
MEDDAC Internal Medicine Clinic

Do you know the risk factors that can lead to heart disease, including coronary artery disease and heart attack? Do you know that you can change many of those risk factors?

Admittedly, there are major risk factors that you cannot change. People who have a family history of coronary artery disease are more likely to develop it. Men are more likely to have heart attacks and have them at a younger age than women. In addition, men 45 and older and women 55 and older are more likely to have coronary artery disease. People over age 65 are more likely to die of a heart attack. Older women are twice as likely as older men to die within a few weeks of a heart attack.

Fortunately, there are ways to help keep your heart healthy.

Avoid smoking and tobacco use.

Smoking is one of the most significant risk factors for developing heart disease. No amount of smoking is safe. Chemicals in tobacco damage your heart and blood vessels and nicotine makes your heart work harder. This leads to an increased heart rate and

blood pressure. When you quit smoking, your risk of heart disease drops dramatically within just one year

Make sure you are active!

Just 30 minutes of exercise most days of the week can reduce your risk of heart disease. If 30 minutes seems impossible, try to break up the time into 10 minute intervals. Still think you can't meet that goal? There is some good news. We now know that even 10 minutes a day can have heart benefits. Gear up to do 60 to 90 minutes of physical activity a week and you may reduce your heart risk by half. No excuses, get moving! Take a walk, take the stairs, dance, run. Consistency is the key.

Eat a heart healthy diet.

This isn't about cutting back. It's about adding better foods for your heart. Start with simple changes. Eat five to 10 servings of vegetables and fruits a day. Start with breakfast and include one fruit or vegetable. Then, snack on vegetables and fruit between meals. For lunch and dinner, make sure

(Heart continued on page 4)

Now you're cooking! *Heart healthy substitutions*

From the American Heart Association

Whole milk (1 cup)

1 cup fat-free or low-fat milk, plus one tablespoon of liquid vegetable oil

Heavy cream (1 cup)

1 cup evaporated skim milk or 1/2 cup low-fat yogurt and 1/2 cup plain low-fat unsalted cottage cheese

Sour cream

Low-fat unsalted cottage cheese plus low-fat or fat-free yogurt; or just use fat-free sour cream

Cream cheese

4 tablespoons soft margarine (low in saturated fat and 0 grams trans fat) blended with 1 cup dry, unsalted low-fat cottage cheese; add a small amount of fat-free milk if needed

Butter (1 tablespoon)

1 tablespoon soft margarine (low in saturated fat and 0 grams trans fat) or 3/4 tablespoon liquid vegetable oil

Egg (1)

2 egg whites; or choose a cholesterol-free egg substitute (1/4 cup)♥



Read all about it!

Pharmacy Copays
Page 2

Healthy Sleep
Page 3

Easy Visits
Page 5

MEDDAC marks Patient Recognition Month



Spc. Raymond Connolly receives hands on care after his workout from physical therapist John Severson in the clinic at the PFC Eric P. Woods Soldier Family Care Center.

Stacy Neumann
MEDDAC Public Affairs

The U.S. Army Medical Department Activity is celebrating its beneficiaries in February during National Patient Recognition Month. Though Army Medicine is dedicated to valuing its patients throughout the year, MEDDAC staff said this is a great opportunity to let beneficiaries know they are valued partners in military healthcare.

“We want to let them know we care. We know they can choose to go somewhere else. Our patients are why we exist,” said Cynthia Brisby.

Brisby is the coordinator of the Patient Family Centered Care program. In her office on the first floor of Evans Army Community Hospital, beneficiaries can get directions, use the internet, watch television or get help researching medical issues. She is coordinating the February observance at MEDDAC. The theme is “Patients – The Heart of Army Medicine.” Clinics are creating themed baskets to give away and some plan to set out coffee, cookies and tea.

Maj. Kathleen Spangler, Family Care Ward chief nurse officer in charge, said she wants beneficiaries to know that they are part of the healthcare team.

“The patient is part of decision making,” emphasized Spangler. “They need to understand their care plan for the day. If they know and understand the tools, they can succeed.”

During Patient Recognition Month, the medical staff also wants to help beneficiaries understand their patient centered medical home core teams are concerned about more than just when patients are sick. Providers also want to improve beneficiary health by helping them make better choices and encouraging them to engage in activity, improve their nutrition and get quality sleep.

Spangler added, of course, anytime someone does end up in a MEDDAC clinic, patient recognition boils down to just one thing.

“I want them to know they are the most important person to me today,” she said earnestly. “I am here for you. I am here because of you.”♥

Pharmacy Copay Changes

New copayments for prescription drugs covered by TRICARE go into effect this month. The Fiscal Year 2013 National Defense Authorization Act requires TRICARE to increase copays on brand name and non-formulary medications that are not filled at military clinics or hospitals.

TRICARE Pharmacy copays vary based on the class of drug and where beneficiaries choose to fill their prescriptions.

Using a Network Pharmacy

The copay for generic medications stays at \$5 when a prescription is filled at a network pharmacy.

The new copay for a 30-day supply of a brand name medication purchased at a retail network pharmacy will be \$17, up from the current \$12.

The greatest change in copays applies to non-formulary medications. The \$25 copay for these drugs increases to \$44 at network retail pharmacies.

Using Home Delivery

There is no co-pay when generic prescriptions are filled through TRICARE Home Delivery. Beneficiaries using TRICARE Home Delivery will pay \$13 for brand name drugs, up from \$9. However, the Home Delivery price is for a 90-day supply. The \$25 copay for non-formulary drugs increases to \$43 through Home Delivery.

Using a Military Pharmacy

Pharmacies at military hospitals and clinics will continue to provide medications with no copays. It is always a good idea to call the pharmacy first to check availability.

Visit www.TRICARE.mil/pharmacy-costs for more details. Please remember that you will pay more to have prescriptions filled at non-network pharmacies and costs vary based on your plan and the type of prescriptions.♥

Healthy sleep—a core foundation of performance



Lisa Young
U.S. Army Public Health Command

Do you get enough sleep? According to experts, adults need seven to eight hours of sleep each day. In addition to giving your body an opportunity for rest and recovery, scientists believe that sleep is the time when the brain sorts and stores information, replaces chemicals and solves problems. During deep sleep, the parts of the brain that control emotions, decision-making processes, and social interactions drastically reduce activity, suggesting that this type of sleep helps people maintain optimal emotional and social functioning while they are awake.

If you consistently do not get enough sleep, it may lead to problems functioning in daily life. These may include tiredness; concentration problems; decreased work performance; increased risk for falls, accidents and injuries; and health problems. The amount of sleep you need increases if you have been deprived of sleep. Getting too little sleep creates a “sleep debt,” which eventually your body will demand be repaid. A person does not seem to adapt to getting less sleep than needed. Although you may get used to a sleep-depriving schedule, your judgment, reaction time and other functions are still impaired.

Sleep also impacts your physical performance. “Sleep deprivation impacts us physically, which can negatively affect our coordination, agility, mood and energy,” according to Dr. Bert Jacobson, head of the School of Educational Studies at Oklahoma State University. “Research shows that sleeping better and longer leads to improvements in athletic performance, including faster sprint time, better endurance, lower heart rate and even im-

proved mood and higher levels of energy during a workout.”

Sleep will get interrupted from time to time and having occasional difficulty getting enough sleep is common. This usually occurs during times of change, stress and excitement. Some individuals may not practice good “sleep hygiene,” or what are considered good sleep habits. Good sleep hygiene includes the following:

Go to bed at the same time and get up at the same time every day. If possible, wake up with the sun, or use very bright lights in the morning.

Avoid caffeine for at least six hours and avoid alcohol for at least two hours before you head off to bed.

Go to bed when sleepy. If you are unable to fall asleep after 15 minutes or wake up and can’t go back to sleep, get up and do something relaxing until you are sleepy and then return to bed.

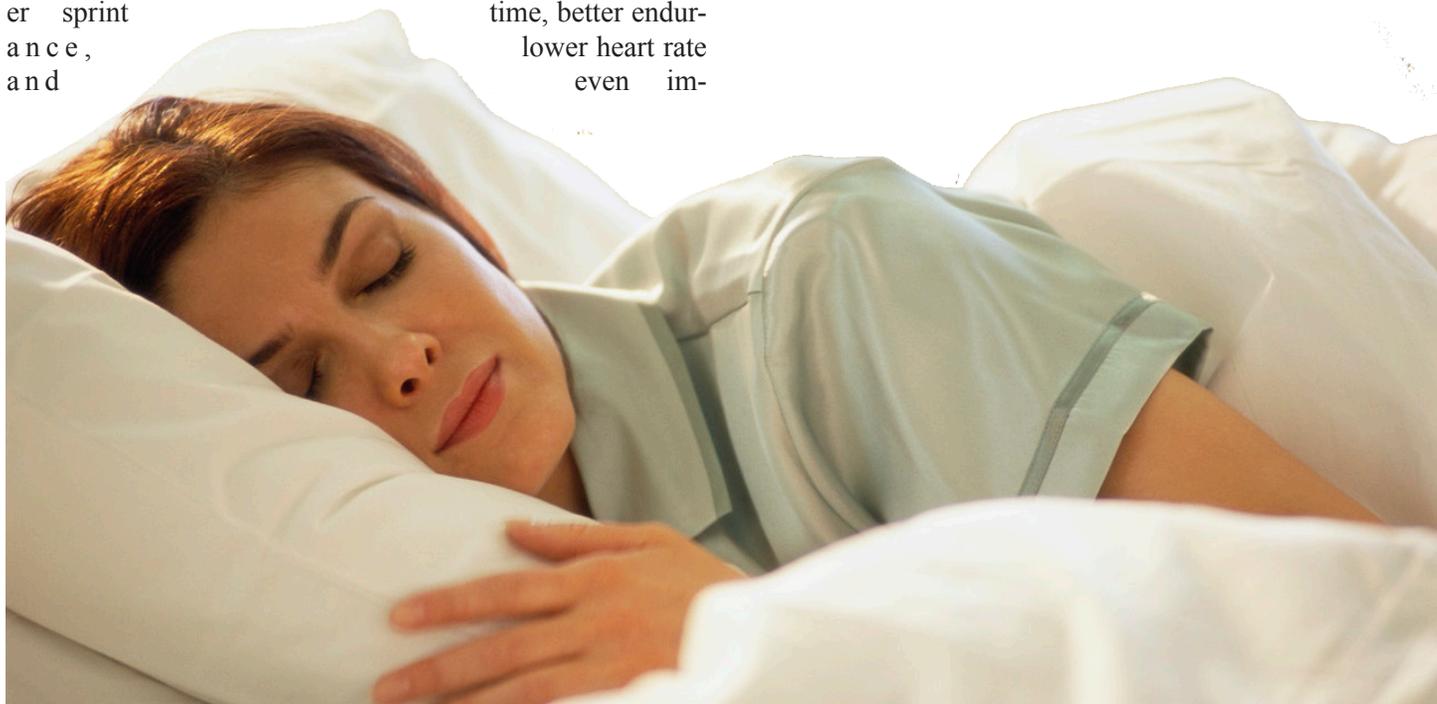
Avoid eating a late dinner. A full stomach for most people also means a level of discomfort that keeps them awake.

Exercise 20 to 30 minutes a day to boost your metabolism and help relieve sleep-robbing stress.

Spend a few minutes just before going to bed doing something that helps you relax and unwind, for example, taking a warm bath or reading.

Maintain a comfortable temperature in the bedroom. Extreme temperatures may disrupt sleep or prevent you from falling asleep.

For more information, visit: National Sleep Foundation, www.sleepfoundation.org or American Sleep Association, www.sleepassociation.org ♥



Are those New Year's promises weighing on you?

Christine Levy
Nutrition Care Division dietitian

New Year's resolutions are really promises that you've made to yourself. Did you make promises this year? Have you made promises before? How did it make you feel when you couldn't even keep the promises for the first month of the year? Probably not good!

We have a tendency to be our worst critics. Breaking your resolutions may have made you feel that you are not as "good" as you should be. STOP RIGHT THERE!!!

Life is an average and success in achieving goals should be measured in small increments. Some days will be easier than others. Your success is determined by your strategy, your attitude and, more importantly, your definition of it.

Do the next few things look familiar? They are often among the top resolutions for people every year.

- Lose weight
- Increase activity
- Save money
- Spend less
- Get more sleep
- Manage time better

They are admirable things to want to work on but you'll never make any permanent changes if you don't



hold yourself accountable. You have to do this by making your goals specific, measurable, realistic, and timed. Set yourself up for overall success, by building in short term objectives or accomplishments that you can track while you're in the process of making these long term changes.

How much money do you want to save and how much disposable income do you have to allow you to do that? Track your spending for a month and list every single item that you spend money on. Then, evaluate to see where your money goes.

How much weight do you want to lose overall and how much can you realistically and healthfully lose one week at a

time? If you used to eat out every day and you change to eat out only three times per week, then you've made progress towards your health, your finances and potentially your time. That is the way you need to analyze your success.

It isn't always black and white. There is and there should be grey. People who see their goals in black and white are frequently the ones who give up altogether after one bad day or less than optimal outcome. Achieving all of these goals is like running a marathon. You have to make sure you are prepared before you start. There will be some points throughout the marathon that will make you think you should quit. Don't set the bar so high that you can't demonstrate to yourself that you've made some positive changes towards achieving your goal. You may lose some battles but win the war overall. That should be your focus. Plan to keep a promise every day and track your progress on each one.

Life is an average. Some days will be better than others, but each day that you've made a change or an attempt towards achieving your goals, you've succeeded. Plan ahead, be prepared, and smile while life happens.♥

Heart (Cont. from page 1)

half of your plate is filled with vegetables. Take time to discover new vegetables at the grocery. You just might like it!

Maintain a healthy weight.

In adulthood, your weight gain is mostly fat and not muscle. Being overweight or obese can lead to conditions that increase your risk for heart disease, including hypertension, elevated cholesterol and diabetes. Ask your health care provider if your weight is healthy. Even a 10 percent reduction in weight can decrease your blood pressure, lower your cholesterol and reduce your risk of developing diabetes.

Get regular health screenings.

Without testing, you may not know you are at risk or if you've developed heart-related conditions. Regular screening will reveal your numbers and what action needs to be taken. Adults should have their blood

pressure checked at least every two years. You may need more frequent checks if your numbers are not ideal or if you have other risk factors for heart disease.

Adults should have their cholesterol measured at least once every five years, starting at age 20. You may need more frequent testing if your numbers are not optimal. Also, ask your doctor when you should be tested for diabetes.

Avoid stress.

Stress can be avoided and, even when inevitable, it can be controlled. Stressed people are less likely to adhere to heart healthy practices. Simple stress reducers include spending time with family and friends, thinking positive, getting enough sleep, exercising and practicing relaxation techniques.

Get enough sleep.

Finally, try to get eight hours of good sleep. Yes, it can be a challenge, but eight hours is a good number to achieve. Take control! Start your heart healthy strategies today!♥

What to do... Where to go....

Adalia Solero
MEDDAC Patient Advocate

[1] When calling (719) 526-2273 to make your appointment, ask for the exact location of the clinic you will be visiting.

[2] Give yourself extra time for your appointment in case there is a wait.

[3] If you are lost, ask anyone wearing a hospital badge for directions.

[4] If you don't know, don't remember, or just forgot where, when, and the time of your appointment, stop by the Patient Advocate Office in Room 1301 of Evans Army Community Hospital. They will be happy to help you.

[5] Program your clinic's phone number into your cell phone. If you are running late, you can let them know right away.

[6] Bring items with you to make your wait easier: an iPod, book, magazine, snack, water, electronic game, crossword puzzles, etc.

[7] Make your child's doctors visit fun by bringing a bag of fun things to do. Make that bag only for doctor's visits.

[8] Hungry or need a gift? We have a dining facility, snack machines and a gift shop.

[9] Need some time to reflect? Make plans to stop by the chapel, pick up some reading material, pray, or stop by the chaplain's office for a free cup of coffee or tea.

[10] If your life or the life of a loved one is not in immediate danger, make an appointment with your doctor or walk in to your clinic during regular clinic hours. The Emergency Department is designed for emergencies involving life, limb or eyesight only. It is not a treatment clinic so

Ways to make your visit smooth and comfortable

your chances of getting a quick visit are slim. National average waits in an Emergency Waiting Area are anywhere from one to three hours, depending on volume and emergency.

[11] Make your time with a medical provider count by asking pertinent and to-the-point questions. Write them down before your appointment.

[12] Nurse Case Managers may be available to help you manage your care better. They are especially useful if you have a lot of health issues going on. Ask for one at your clinic's front desk!

[13] The Main Pharmacy's peak hours are from 11 a.m. to 1:30 p.m., Monday through Friday. Coming in early or towards the latter part of the afternoon may mean you wait for a shorter period of time. The main pharmacy is opened on Saturdays until 4 p.m.

[14] If someone does not understand your intentions, emotions, or what you're saying, try not to get mad. Ask to speak to a Patient Advocate or supervisor who may be able to help.

[15] What is ROFR? Right of First Refusal is about referrals. Even if you are referred elsewhere for care, if we can provide those services here at Evans, we have the right to require that you get care here. If you go to the network, TRICARE may not pay the bill.

[16] Tell us how you feel by filling an ICE Comment Card every chance you get. If someone was specially caring and helpful, we want to know.

[17] If you receive an Army Provider Level Satisfaction Survey in the mail, please fill it out and send it back right away. Your quick response on APLSS helps our hospital gain funding that allows us the opportunity to hire more positions and serve you better.♥

FOR YOUR INFORMATION

American Red Cross

Fun/Run Walk

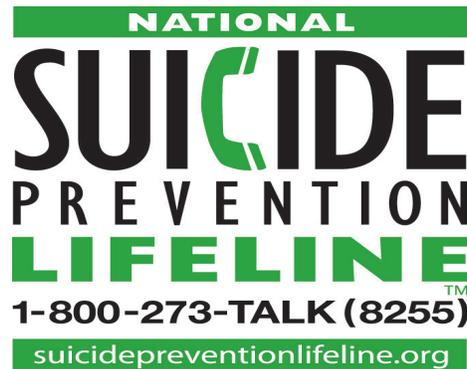
The "Luck of the Volunteer" 5K fun run/walk is Friday, March 15th, at 4 p.m. in honor of Red Cross Month and to recognize St. Patrick's Day. There will be a registration fee of \$5.00. Pre-registration takes place at the American Red Cross office in Room 1033 at Evans Hospital or at the main office at 1675 Ellis St., Bldg. 1217, Room 101. The pre-registration deadline will be February 28th at 4:30 p.m. Same day registration takes place at 3 p.m. at the Iron Horse fitness complex. Awards will be given for "Overall Male" and "Overall Female" runners and "Best St. Patrick's Day" costumes (adult, child and pet). For more details, please contact the American Red Cross at (719) 526-2311.

New Immunization

Walk-in Hours

The Allergy/Adult Immunizations Clinic has NEW walk-in immunization hours: all day Mondays to Thursdays and Friday mornings for adult immunizations only. Allergy shot scheduling remains the same: all day

Monday & Wednesday & Friday mornings. The clinic will not provide vaccinations during lunch from noon to 1 p.m., on training holidays, federal holidays and during clinic administration time on Friday afternoons. For more info call (719) 503-7379.



Don't be a No-Show

Beneficiaries who fail to show up for their scheduled appointments are recorded as "no-shows" and could result in missed appointment enforcement measures. TRICARE beneficiaries can call (719) 526-2273 or (866) 422-7391 weekdays from 6 a.m. to 5:30 p.m. to cancel appointments. Registered TRICARE online users can cancel their appointments online anytime.

Secure Messaging

We have begun to offer a FREE Secure Messaging service to enrolled hospital patients to allow 2-way electronic communications between you and your assigned Primary Care Team. Use the secure system to refill medication or review lab tests & to get your medical questions answered. The confidential exchanges between you and your PCM team become part of your permanent electronic record. Enroll at your clinic's reception desk.

Evans Social Media

Join the conversation! Evans ArmyCommunityHospital is now on Facebook at www.facebook.com/EvansArmyCommunityHospital. You can also find us on Twitter. We are @EvansHospital.

Help Us Grow APLSS

If you receive an Army Provider Level Satisfaction Survey in the mail after a visit to our facility, please take the time to return it. Completed surveys generate funds that are returned to our hospital and help us improve service to you.

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Col. John M. McGrath
Commander, Fort Carson MEDDAC
Command Sgt. Maj. Ly M. Lac
Command Sergeant Major, Fort Carson MEDDAC
Roger Meyer
Public Affairs Officer
Stacy Neumann
Editor & Public Affairs Specialist
Spc. Kaila Muggli
Public Affairs Intern