Community Information Exchange (CIE)

Evans Army Community Hospital (EACH)
USA MEDDAC Fort Carson

18 September 2019
Public Health Alert
E-Cigarette Use

• CDC is investigating a multistate outbreak of severe pulmonary disease associated with e-cigarette products (devices, liquids, refill pods, and/or cartridges) use. This investigation is ongoing and has not identified a cause, but all reported cases have a history of using e-cigarette products.

• **E-cigarettes** are devices that deliver an aerosol to the user by heating a liquid that usually contains nicotine, flavorings, and other chemicals. E-cigarettes can also be used to deliver marijuana or other substances.

• As of 11 September 2019 at 5pm, over 380* cases of lung illness associated with the use of e-cigarettes products have been reported.

• Six deaths have been confirmed.

• CDC has worked with states to create a case definition.

• CDC will report numbers of confirmed and probable cases once states have finalized their case definition.

• American Lung Association has recommended to cease use of all e-cigarettes.

POC: LTC Katheryn Baker, 719-526-6414, Katheryn.a.baker.mil@mail.mil
Flu Awareness

FAQ

Can the flu vaccine give me the flu?
No, a flu vaccine cannot cause flu illness.

Is the Flu a live virus?
No, The viruses in the flu shot are killed (inactivated).

What are the side effects?
Side effects are usually mild and short-lasting. Some minor side effects that may occur are:
* Soreness, redness, or swelling where the shot was given
* Fever (low grade)
* Aches
* On rare occasions, flu vaccination can cause serious problems, such as severe allergic reactions.

Vaccination is the best tool to protect against influenza (flu), Flu sickens millions of people each year.

CDC recommends a yearly flu vaccination as first and most important step in protecting against flu & its potentially serious complications.

Reasons to get vaccinated
* Reduce flu illness in children/elderly
* Protects those with chronic diseases such as heart disease, diabetes, chronic lung disease, and other serious illnesses.

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2019 Flu Campaign

- WHEN: 19-22 NOV 2019
  9 am to 7pm, Tuesday to Friday.

- WHERE: R2 Performance /Army Wellness Center,
  1891 Prussman Blvd., Bldg. 1843, Ft. Carson

- WHO: Beneficiaries aged 3 years and older

- Information will continue to be updated periodically through out the season
  Flu Vaccination Information line: (719) 526-6422

**Tricare Flu Approved Pharmacy List:** More information can be found Express
  Scripts -
  Express Scripts phone number 1-877-363-1303
What is the Patient & Family Partnership Council (PFPC)? It is a voice that represents patients and Families of patients who receive care at Evans Army Community Hospital (EACH) with the goal of improving the quality of our hospital’s care, providing patient experience feedback, help to plan changes to improve care, works with the hospital for either short or long-term commitments.

Who can be a PFPC Advisor? You can be an advisor if you are a DoD Beneficiary and you or a Family Member received care at EACH in the last 5 years. No special qualifications to be an advisor, what’s most important is your experience as a patient or Family Member. We will provide you any other training you need.

Why should I become a PFPC Advisor? When you or your Family Member was in the hospital, did you think there were things we could have done better? Do you have ideas about how to make sure other patients and Families get the best care possible? Be recognized by the Hospital Commander for your volunteer service!


Join Us! Please contact:
Mrs. Cynthia Brisby
Chief, Patient- and Family-Centered Care
Phone: (719) 526-7225
Evans Army Community Hospital Patient Services Center, Bldg 7500; Room 1011
Dear Retirees and Families,

Date: Saturday, 21 September 2019
Time: 0800 -1200hrs.
Location:
The HUB, 6371 Specker Ave, Bldg. 1532, Ft. Carson, CO 80913.

The event showcases information on:
Veteran and Retiree benefits,
Community Veteran/Retiree resources,
Legal services,
AFFES & DECA - Commissary, and
Army Community Services.
Offers updates on medical benefits, and
Health Education/Promotion Information!

Many Giveaways, Door-prizes and Raffle gifts!
2019 Gift Bag Campaign
All patients who complete a mammogram in October will receive a complimentary gift bag!
Patients age 40 & older can self refer for an exam.

Call the Access to Care Line at (719) 524-2273 or (719) 526-2273
Cinder Fowler Breast Clinic, EACH 719) 526-7886 or (719) 524-4045

Fast Facts About Breast Cancer
• Annually in United States, more than 240,000 women get breast cancer & over 40,000 women die from the disease.
• Men also get breast cancer, but it is not very common. Less than 1% of breast cancers occur in men.
• Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women.
• About 10% of all new cases of breast cancer in the United States are found in women younger than 45 years of age.

Getting mammograms regularly can lower the risk of dying from breast cancer. The United States Preventive Services Task Force recommends that if you are 50 to 74 years old, be sure to have a screening mammogram every two years. If you are 40 to 49 years old, talk to your doctor about when to start and how often to get a screening mammogram.