



# Civilian Employee Health Service

The

Quarterly Newsletter

## SPOTLIGHT

1st Quarter, CY 2016

### Welcome To The Spotlight – CEHS Services

**Vision Statement**  
 "The Pentagon's premier occupational health provider, enhancing the health, safety and wellbeing of DoD employees."

**Mission Statement**  
 "CEHS is a multidisciplinary team of occupational health professionals servicing employees and affiliates, focused on employee wellness, regulatory compliance, specialty consultations, workplace safety and emergency preparedness."

Providing an Exceptional Patient Experience

The Civilian Employee Health Service (CEHS) is composed of a multidisciplinary team of health care professionals who provide occupational and environmental health services to employees at the Pentagon Reservation and Washington Headquarters Service (WHS) buildings in the National Capital Region (NCR). CEHS operates under the authority of Administrative Instruction (AI) 0118. Services include:

#### Employee Health

- Treat/refer occupational illnesses and injuries
- Acute illness assessment
- Statistical reporting
- Work-site visits

#### Medical Surveillance Examinations

- Pre-employment, Annual, Fit for Duty, Return to Duty, and Retirement physicals
- Pre- and post-deployment
- Job-specific health certifications

#### Health Education/Wellness

- Health fairs
- Employee educational and safety briefings
- Civilian Fitness and Wellness
- Blood Pressure Screening Program

#### Emergency Preparedness

- Public Health Emergency Officer Pentagon, Force Protection Agency
- Member of Emergency Management committee

#### Employee Safety

- Safety / Industrial Hygiene collaboration for workplace safety initiatives
- Hearing Conservation & Respiratory Protection Programs

#### Other Clinic Services

- Handicap parking permits
- Scooter Program
- Reasonable Accommodation Consultations



### From the Medical Director

Welcome to the inaugural edition of the Civilian Employee Health Service (CEHS) quarterly newsletter! While this publication was developed as a vehicle for sharing information regarding the employee health services of the CEHS, the primary goal is to provide relevant and value-added information to make the workplace and home safer and more productive. Special thanks to the CEHS newsletter workgroup and the DTHC Marketing/Public Affairs Department for their work in producing this first edition!

We welcome your comments and feedback as we endeavor to enhance the health, safety and well-being of Department of Defense employees throughout the National Capital Region. We invite you to stop by the DiLorenzo TRICARE Health Clinic or find us on the DTHC website for additional information.

Jimmie J. Drummond, MD, MPH  
 Medical Director, CEHS

### Inside this Issue

- ◆ Dangerous conditions that come with winter weather... are you prepared?
- ◆ Ways to a healthy heart
- ◆ Is it the Winter Blues or something more?
- ◆ Protect yourself from noise pollution



(Left to right) Lucinda Jones, RN; Linda Holifield-Kennedy, MD; Carol Spears, RN; Kazem Razavi, PA-C; LaShaunda McNeal, RN; Jimmie Drummond, MD; Tomara Barber; Curtis Lager; Adelia Delacruz, RN; Kristen Cox

# With Winter Weather, Comes Dangerous Conditions; Be Prepared!

## Information from the National Weather Service

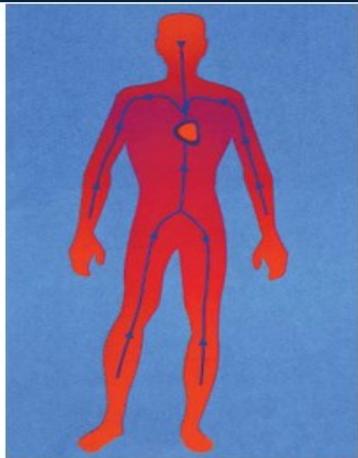
Exposure to cold can cause frostbite or hypothermia and become life-threatening. Infants and elderly people are most susceptible.

**Wind Chill** is not the actual temperature but rather how wind and cold feel on exposed skin. As the wind increases, heat is carried away from the body at an accelerated rate, driving down the body temperature. Animals are also affected by wind chill.

**Frostbite** is damage to body tissue caused by extreme cold. A wind chill of -20 degrees Fahrenheit (F) will cause frostbite in just 30 minutes. Frostbite causes a loss of feeling and a white or pale appearance in extremities, such as fingers, toes, ear lobes or the tip of the nose. If symptoms are detected, get medical help immediately! If you must wait for help, slowly rewarm affected areas. However, if the person is also showing signs of hypothermia, warm the body core before the extremities.



*Hypothermia occurs when the extremities are excessively cold (blue)*



*Improperly warming the body will drive cold blood from the extremities to the heart, leading to heart failure*

## *Injuries Due to Snow and Ice*

- About 70% result from vehicle accidents
- About 25% occur in people caught out in a storm
- Most happen to people over 40 years old

## *Injuries Related to Cold*

- 50% happen to people over 60 years old
- More than 70% happen to males
- About 20% occur in the home

**Hypothermia** is a condition brought on when the body temperature drops to less than 95 degrees Fahrenheit. It can kill. For those who survive, there are likely to be lasting kidney, liver and pancreas problems. Warning signs include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion. Take the person's temperature. If below 95 degrees Fahrenheit, seek medical care immediately.

**If medical care is not available**, warm the person slowly, starting with the body core. Warming the arms and legs first drives cold blood toward the heart and can lead to heart failure. If necessary, use your body heat to help. Get the person into dry clothing and wrap in a warm blanket covering the head and neck. Do not give the person alcohol, drugs, coffee or any hot beverage or food. Warm broth is the first food to offer.



### CEHS Staff

*Jimmie Drummond, Jr., MD, MPH—Medical Director, CEHS*

*Linda Holifield-Kennedy, MD, MPH—Medical Officer*

*Carol Spears, RN, COHN-S—Supervisory Occupational Health Nurse*

*Adelia Delacruz, RN—Occupational Health Nurse*

*Lucinda Jones, RN—Occupational Health Nurse*

*LaShaunda McNeal, RN, COHN-S, CCM—Occupational Health Nurse*

*Tomara Barber—Administrative Assistant*

*Kristen Cox—Administrative Assistant*

*Curtis Lager—Program Analyst Manager*

### Contributors

*Natalie Hedrick—DTHC Marketing and Public Relations Specialist*

*Merwynn Pagdanganan—Information Management Department Project Manager*

*LTC Kathleen Spangler—DTHC Director for Nursing*

**Disclaimer:** The Civilian Employee Health Service (CEHS) clinic is located within the DiLorenzo TRICARE Health Clinic and follows standard operating procedures of DTHC and the Walter Reed National Military Medical Center and the National Capital Region.

## The Weather Outside Can Be Hazardous; Make Sure You and Family are Prepared

### [Information from the National Weather Service](#)

**At Home and Work** Primary concerns are loss of heat, power and telephone service and a shortage of supplies if storm conditions continue for more than a day.

**In Vehicles** Plan your travel and check the latest weather reports to avoid the storm! Fully check and winterize your vehicle before the winter season begins.

### **When Caught in a Winter Storm**

If you are outside, find shelter quickly. If you are in a vehicle or inside, stay there! When you are using alternate heat from a fireplace, wood stove, space heater, etc., use fire safeguards and properly ventilate. **Avoid overexertion**, such as shoveling heavy snow, pushing a car or walking in deep snow. The strain from the cold and the hard labor may cause a heart attack. Sweating could lead to a chill and hypothermia.

[Be sure to visit www.nws.noaa.gov/os/winter/resources](http://www.nws.noaa.gov/os/winter/resources) for more information

### *A Disaster Supply Kit Should Include*

- A 3-day supply of water (one gallon per person, per day)
- Food that won't spoil
- One change of clothing and shoes per person
- One blanket or sleeping bag per person
- First-aid kit
- Prescription medicines
- Emergency tools
- Battery-powered NOAA Weather Radio
- Portable radio
- Flashlight with extra batteries
- Extra set of car keys
- Cash and a credit card
- Special items for infant, elderly or disabled family members

## Tips for Heart Health

### **Practice Good Nutrition**

- A heart healthy diet contains a variety of whole grains, fresh fruits and vegetables, and small portions of lean meat, chicken or fish
- Use low-fat or nonfat dairy products

### **Choose Healthy Fats**

- Monounsaturated and polyunsaturated fats such as olive, canola, safflower, and corn oils are healthier choices
- Limit foods high in saturated fat, trans fat and cholesterol

### **Maintain a Healthy Weight**

- If you are overweight, talk with your doctor

### **Increase Your Physical Activity**

- Adding activity to your life can reduce your risk for high cholesterol, high blood pressure and diabetes
- Taking regular walks can be beneficial

### **Drink Alcohol in Moderation**

- Alcohol intake has the potential to interact with prescribed and over-the-counter medications
- Drinking alcohol may also contribute to unwanted weight gain

### **Manage Stress**

- Reactions to stress can lead to unhealthy habits
- Manage your stress through deep breathing, yoga, exercise, and social support

### **Stop Smoking**

- If you smoke, take steps to make a plan to quit smoking today

### **Lower Cholesterol**

- To reduce cholesterol, exercise daily and follow a diet high in fiber and low in cholesterol and saturated fat
- If your doctor has prescribed medication, take as directed

### **Control Your Blood Pressure**

- If you have high blood pressure, you should exercise daily and eat foods low in sodium
- Check your blood pressure often and if your doctor has prescribed medication, take as directed

### **Manage Diabetes**

- Diabetes increases your risk for heart disease
- If you have diabetes, losing weight, eating healthy and increasing physical activity can help control high blood sugar

## Scheduling Appointments

Appointments can be made by contacting:  
703-692-8828/8831  
CEHSmailbox@mail.mil

CEHS is located inside the  
**DiLorenzo TRICARE Health Clinic**  
Pentagon  
Corridor 8, E Ring  
[www.DTHC.capmed.mil](http://www.DTHC.capmed.mil)

For information on the Pentagon's Fit To Win Health and Wellness Center, click [here](#) or call 703-692-8898

### DTHC Administration

*COL Rebecca Porter*—Director

*LTC Kurt Martin*—Director for Administration

*LTC Kathleen Spangler*—Director for Nursing

*CDR Marc A. Franzos*—Director for Medical Services

## Seasonal Affective Disorder [Information from the HealthNet Federal Services](#)

*Seasonal Affective Disorder*, also known as SAD, is defined as reoccurring episodes of depression, usually starting on the late fall or early winter months, and subsiding during early spring. Although SAD can affect people anywhere, it is more common the farther north you live. SAD is believed to be related to changes in the amount of natural sunlight during the different seasons.

### Symptoms of SAD

- Oversleeping
- Daytime fatigue
- Weight gain
- Craving carbohydrates
- Lethargy
- Lack of interest in normal activities
- Decreased socialization
- Decreased sexual interest
- Hopelessness
- Suicidal thoughts

### Diagnosing SAD

It can be difficult to diagnose SAD because its symptoms are similar to other types of depression. According to Mayo Clinic, to be diagnosed with SAD, the following pattern of experiences should be observed for at least the past two years;

- Depression beginning during a specific season every year
- Depression ending during a specific season every year
- No episodes of depression during seasons in which you experience a normal mood
- Over the lifetime of your illness, the seasonal depressive episodes must greatly outnumber the no seasonal depressive episodes

Mayo Clinic lists light therapy as the main treatment for SAD, followed by medication and psychotherapy. Light therapy consists of sitting in front of specialized light box for about 30 minutes every day during the time in which you feel depressed. This box exposes you to bright light which simulates outdoor light. Of the three different types of treatments, light therapy starts working the fastest. You can also increase the amount of light you get during the winter months by opening blinds in your home, going for walks on sunny days or sitting near bright windows at home or work.

Although there is no cure for SAD, it can be treated and managed. If you believe you are experiencing symptoms of SAD, make an appointment so see your doctor.

## Medical Surveillance of the Quarter: *The Hearing Conservation Program*

According to the World Health Organization's definition of hearing loss (not able to hear sounds of 25 decibels or less in speech frequencies), researchers estimate approximately 30 million Americans have hearing loss in both ears.

Untreated hearing loss can result in loss of income, health problems and social isolation.

### Causes of Workplace Noise Pollution

- Generators
- Construction Machinery
- Plumbing Equipment
- Commercial Vacuum Cleaners/Buffers
- Alarms/Whistles/Overhead Aircrafts

### Health Effects of Noise Pollution

Hearing problems result in difficulty hearing co-workers, leading to miscommu-

nication of information. Also, tinnitus (ringing in the ears).

Chronically elevated workplace noise levels can lead to heart problems like hypertension. Uncontrolled blood pressure can result in heart disease.

Noise pollution can cause sleep disturbances like daytime fatigue and reduced work productivity. Additionally, it can lead to psychological problems like headaches, anxiety, lack of ability to concentrate and emotional stress.

### Protect Your Hearing

The Occupational Safety and Health Administration (OSHA) requires engineering, administrative and Personal Protective Equipment (ear plugs, earmuffs) controls to be evaluated and implemented

when a Hearing Conservation Program is in force.

Noise-induced hearing loss is permanent but preventable. Protect your hearing by wearing hearing protection when in noisy environments.



[Information and Image from www.hearforever.org](http://www.hearforever.org)