



1st Quarter, CY 2017

## Stress Awareness: FACTS & COPING TIPS

### Work-related Stress: Are you at risk?

According to the American Psychological Association (APA), more than one third (36%) of workers report feeling tense or stressed out during their workday. Approximately twenty percent report that their average daily level of stress from work is an 8, 9, or 10 on a 10-point scale.

According to the World Health Organization, work-related stress is the response people may have when presented with work demands and pressures that are not matched to their knowledge and abilities and which challenge their ability to cope. Other important sources of work stress include long hours, unrealistic job expectations, heavy workload, job insecurity and lack of opportunities for growth and advancement.

### Some Tips for Dealing with Work-related Stress:

- Exercise: stretching arms and face can relax both mind and body
- Breathe deeply: take a few calming breaths through your nose and exhale through your mouth
- Have some fun: take a moment to laugh, read the comics or some other enjoyable activity
- Take care of yourself: Get enough sleep, food, and exercise. Avoid alcohol, drugs and cigarettes
- Avoid excessive caffeine and sugar: Both substances may increase your anxiety
- Managing your time: when feeling overwhelmed, reorganize and prioritize work task

For additional information, contact your Employee Assistance Program (EAP) for help at (703) 692-8917. EAP is a free and confidential service available to civilian employees.

[www.dthc.capmed.mil/EAP/SitePages/Home.aspx](http://www.dthc.capmed.mil/EAP/SitePages/Home.aspx)

From the Medical Director

HAPPY NEW YEAR!

In January, our Nation observes National Drug and Alcohol Facts Week! According to the National Council on Alcohol and Drug Dependence, alcohol use is a major factor in injuries, both at home, at work and on our nation's highways. Accidents and on-the-job-injuries are far more common among alcoholics and alcohol abusers. Also, the number of people using marijuana in the US is rising rapidly, and its impact is increasingly showing up in the workplace. Drug testing services report more positive test for marijuana, both in pre-employment drug screens and drug tests for other reasons. Federal civilian employees must be aware of OPM policy regarding use of illegal drugs which may result in a full range of disciplinary actions including removal.

For confidential workplace assistance with a drug or alcohol concern, contact your Human Resources and/or Employee Assistance Program (EAP) for free professional assistance.

Remember, Safety first!



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

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(Left to Right) Front: Lucinda Jones, RN; Linda Holifield-Kennedy, MD; LaShaunda McNeal, RN; Adelia Delacruz, RN; Tomara Barber, Admin  
Back: Curtis Lager, Program Analyst; Aprileona King, PA-C; Carol Spears, RN; Jimmie Drummond, MD; Laura Rollandini, RN; Kristen Cox, Admin

# HEALTHY TRAVEL TIPS: HOME & ABROAD

## JET LAG:

Jet lag is a physical reaction to a rapid change in time zones. Common symptoms include disrupted sleep cycle, irritability, fatigue, headache, irregular bowel habits and general malaise. General rule of thumb. Keep in mind **the 1 to 1 ratio**. Allow yourself **one day** to recover for **every one hour** of time difference.

**During the Flight:** Drink water to stay hydrated. Get up out of your seat every 1-2 hours to walk and stretch. You can also do exercises at your seat like toe raises and shoulder shrugs to help with circulation and prevent blood clots in your lower extremities. Deep Vein Thrombosis (DVT) is a serious and potentially fatal condition in which blood clots develop in your legs and can travel up to your lungs, causing sudden sharp chest pain, rapid and difficult breathing, and dry cough. Travelers with a history of DVT, active cancer, on birth control pills or hormone replacement therapy are at increased risk and should consider aspirin prophylaxis and wearing compression stockings. Consult with your doctor prior to extended travel.

## TRAVELER'S DIARRHEA:

Common causes of traveler's diarrhea include unfamiliar foods, change in climate and stress. The most common cause of traveler's diarrhea is bacteria, particularly E. Coli. Other conditions include dysentery, cholera and giardiasis.

### Tips on preventing traveler's diarrhea:

Avoid buffets with cold meat platters and raw foods such as salads. Also fruits without an outer-peel in developing countries. Drink bottled water. Avoid using ice cubes as they may be contaminated with bacteria. **“Wash it, cook it, peel it, or forget it”**

## MOSQUITO BORNE DISEASES:

Mosquitoes can transmit diseases ranging from Malaria to Zika. Protect yourself by applying insect repellent with Deet. As Zika infection can cause miscarriage or severe birth defects in pregnant women, the CDC recommends that pregnant women avoid travelling to Zika endemic areas. Containers should be labelled to identify your name and dose schedule. If you have a condition that may require emergency assistance, wear a medical alert necklace or bracelet.

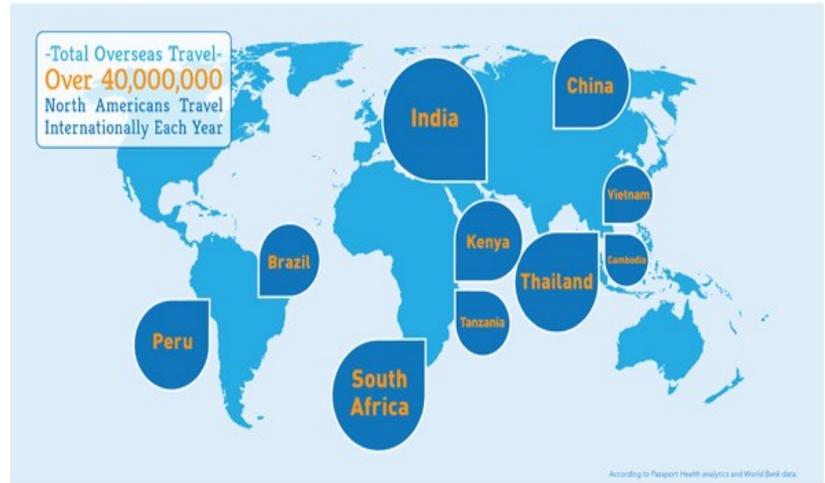
## HEALTHY TRAVEL INFO:

<https://wwwnc.cdc.gov/travel>

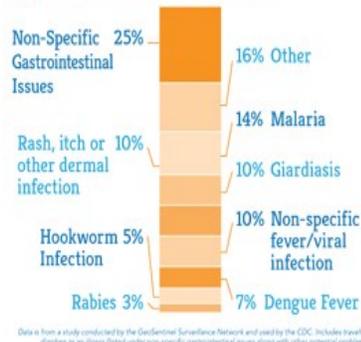


## The 10 Most Popular Destinations

- |                 |             |              |
|-----------------|-------------|--------------|
| 1. INDIA        | 5. CHINA    | 9. VIETNAM   |
| 2. SOUTH AFRICA | 6. KENYA    | 10. CAMBODIA |
| 3. THAILAND     | 7. BRAZIL   |              |
| 4. PERU         | 8. TANZANIA |              |



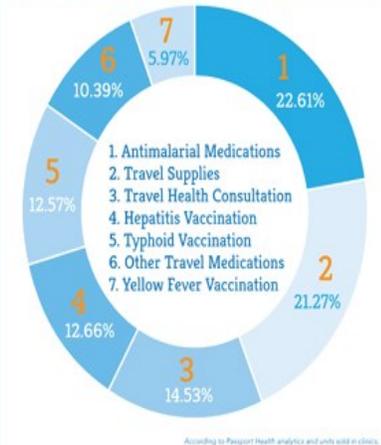
## Most Common Illnesses



## Which regions pose the biggest threat? (Sick travelers by area visited):



## Most Common Travel Health Needs



## Cost of Illness



[www.passporthealthusa.com](http://www.passporthealthusa.com)

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## CEHS Staff

**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

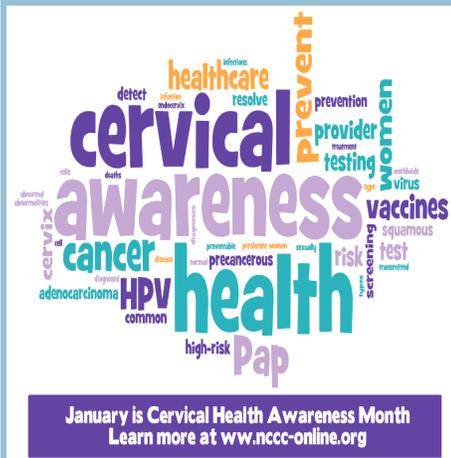
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# NATIONAL MONTHLY HEALTH THEMES



January is Cervical Health Awareness Month  
Learn more at [www.nccc-online.org](http://www.nccc-online.org)

## January: Cervical Health Awareness

According to the American Cancer Society (ACS), cervical cancer was once one of the most common causes of cancer death for American women. But over the last 30 years, the cervical cancer death rate has gone down by more than 50%. The main reason for this change is the increased use of screening tests.

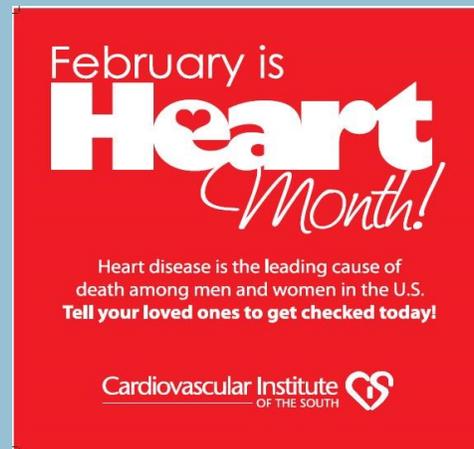
Screening can find changes in the cervix before cancer develops. Cervical cancer occurs when abnormal cells on the cervix grow out of control. Cervical cancer can often be successfully treated if it's found early. Screening find cervical cancer early - when it's small, has not spread, and is easiest to cure.

Another way to help prevent cervical cancer in the future is to have children vaccinated against human papilloma virus (HPV), which causes most cases of cervical cancer. (HPV is linked to a lot of other kinds of cancer, too.) Current guidelines for prevention and early detection of cervical cancer can be located on the ACS website:

<http://www.cancer.org/cancer/>

## February: American Heart

According to the Centers for Disease Control, cardiovascular disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day or approximately 610,000 person per year (1 in every 4 deaths). In the US, someone has a heart attack every 42 seconds. Each minute, someone dies from a heart disease-related event. Heart disease is the leading cause of death for men and women.



Prevention starts with everyone. Protect yourself and your loved ones from heart disease and stroke by understanding the risks and taking these steps:

- Get up and get active by being physically active for at least 30 minutes on most days of the week.
- Know your **ABCS**.
- Ask your doctor if you should take an **Aspirin** every day.
- Find out if you have high **B**lood pressure or **C**holesterol, and if you do, get effective treatment.
- If you **S**moke, get help to quit.
- Make your calories count by eating a heart-healthy diet high in fresh fruits and vegetables and low in sodium and trans fat.

Take control of your heart health by following your doctor's prescription instructions. For more information, visit the American Heart Association website:

<http://www.heart.org/HEARTORG/>

## March: Colorectal Cancer Awareness

In February 2000, President Clinton officially dedicated March as National Colon Cancer Awareness Month. According to the Colon Cancer Alliance, colon cancer affects men and women of all racial and ethnic groups, and is most often found in people 50 years or older. However incidence in those younger than 50 is on the rise. This disease takes the lives of more than 50,000 people every year; we're here to combat these statistics and educate people about how to prevent this disease. Colon cancer is the third most common cancer in the US, and the second leading cause of cancer death. According to the American Cancer Society (ACS), men and women at average risk for developing colorectal cancer should use of the following screening test:

- Colonoscopy every 10 years
- Flexible sigmoidoscopy every 5 years
- Double contrast barium enema every 5 years
- CT colonography (virtual colonoscopy) every 5 years

For other important ASC colorectal cancer screening recommendations visit [www.cancer.org](http://www.cancer.org)

MARCH IS

National  
Colorectal Cancer  
Awareness Month



Over 50?

Family History?

Get Screened!



Visit [www.screen4coloncancer.org](http://www.screen4coloncancer.org) to learn more.

**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

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**IMMUNIZATION INFO: KEEPING YOU INFORMED**

**Pneumococcal Disease**

The pneumococcal bacteria causes pneumonia (lung infection), bacteremia (blood infection), and meningitis (infection of the covering of the brain and spinal cord).

It is estimated that about 900,000 Americans get pneumococcal pneumonia each year and about 5-7% die from it and as many as 400,000 hospitalizations from pneumococcal pneumonia are estimated to occur annually in the United States.

**Did You Know...**

Pneumococcal pneumonia is the most common form of pneumococcal disease in adults that can be prevented with the pneumococcal vaccine. If you are 65 years of age or older it is recommended by the Center for Disease Control (CDC) to get the pneumococcal vaccine.

Two different vaccines are used to prevent pneumococcal disease. The pneumococcal conjugate vaccine (PCV13) is given to children in the first two years of life, to all adults 65 years or older, and to younger adults with certain conditions that weaken their immune system.

The pneumococcal polysaccharide vaccine (PPSV23) is given to adults 65 years or older, as well as children and younger adults with certain high-risk conditions. Please discuss with your healthcare provider on which pneumococcal vaccine is right for you.

<http://www.cdc.gov/pneumococcal/about/facts.html>

**Hepatitis B Vaccine**

According to the CDC, there were an estimated 19,200 new hepatitis B virus infection in the United States in 2014. In the United States, an estimated 850,000-2.2 million persons have chronic Hepatitis B. Many people don't know they are infected or may not have symptoms and therefore never seek the attention of medical or public health officials. Among adults in the United States, Hepatitis B is most commonly spread through sexual contact and accounts for nearly two-thirds of acute Hepatitis B cases. In fact, Hepatitis B is 50-100 times more infectious than HIV and can be passed through the exchange of body fluids, such as semen, vaginal fluids, and blood. Hepatitis B is spread during activities such as:

- Birth (spread from an infected mother to her baby during birth)
- Sex with an infected partner
- Sharing needles, syringes, or other drug-injection equipment
- Sharing items such as razors or toothbrushes with an infected person
- Direct contact with the blood or open sores of an infected person
- Exposure to blood from needle sticks or other sharp instruments

The best way to prevent Hepatitis B is by getting the Hepatitis B vaccine. The Hepatitis B vaccine is safe and effective and is usually given as 3-4 shots over a 6-month period. For additional information regarding prevention and the Hepatitis B vaccination, visit <https://www.cdc.gov/hepatitis/hbv/bfaq.htm>

**Proactiveness**  
**Action Words - Staying Healthy**

**Word Bank:**

Attentive, Awareness, Compliance, Consultations, Contribute, Education, Exercise, Observances, Preparedness, Preventable, Protections, Recognizing, Recommendations, Sleeping, Vaccination

