



The SPOTLIGHT

2nd Quarter, CY 2017

INSPIRATIONAL FITNESS TIPS FOR INCREASING EXERCISE

Stop saying you don't have time. You do! No one will argue that life can be a little hectic, but your health is a PRIORITY! So minor tweaks in your schedule can increase physical activity which will help to reduce stress, improve fitness, control weight gain, improves sleep and other health benefits. Try these simple tips:

- Literally schedule exercise “appointments” to workout or engage in some *fun* physical activity. We all keep doctor or dentist appointments, right? Exercise should be no different.
- Get your energy started early before you start your day - you only need 10-15 minutes to do quick, at-home workouts to begin the process. For example, 30-seconds of jumping jacks, crunches, push-ups, planks and squats. There are other options besides going to a gym for an hour or more to get fit! A jump rope, 2 or 5 lbs. weights with your favorite exercise video is a great place to start! Consistency is the key!
- *Change it up.* Continuing the same routine day-in and day-out can be boring and monotonous. Sign up for a new fitness class such as Zumba, spin, hip-hop or some other fun exercise.
- Consider hiring a personal trainer for a few session to get your routine started; it doesn't have to be a long term commitment.
- Meet with a friend or fitness partner to add motivation and accountability to your routine.

For more fitness and exercise tips for staying health at work, visit www.healthiergeneration.org

YOU ARE INVITED TO THE DILORENZO TRICARE HEALTH CLINIC'S OPEN HOUSE EVENT ON MAY 18!

The DiLorenzo TRICARE Health Clinic (DTHC) staff will host an Open House event for current and potential TRICARE Prime enrollees on Thursday, 18 May 2017, from 1300 to 1500 hours in the DTHC Clinic lobby located in the Pentagon. DTHC Clinic services will be highlighted through educational brochures and staff engagement. There will be an opportunity to speak with a representative from each of the DTHC sections (Patient Centered Medical Home, Pharmacy, Optometry, Civilian Employee Health Service, Physical Therapy, etc.). Additionally, TRICARE Online, Health Net, VA, and Relay Health representatives will be on-site at this event.

Inside this Issue:

- Page 1- Director's Message & Inspirational Fitness Tips for Increasing Exercise
- Page 2- Hearing Conservation
- Page 3- National Monthly Themes (Cancer)
- Page 4- Occupational Health Nurses Week & Pentagon Force Protection Agency Award Ceremony & Puzzle

Refreshments will be served.
Please join us!

To RSVP for this event, please contact Georgia Carney at georgia.a.carney.ctr@mail.mil.

**NOTE: You must have access to the Pentagon in order to attend this event.*

The Medical Director's Corner...



The Spring season has arrived! Spring presents an opportunity to transition from winter's grip of cold weather, decreased hours of sunlight exposure and limited physical activity. As we increase outdoor activities with more sunlight and heat exposure, remember that the risk of dehydration increases. It is estimated that at least 75 percent of Americans suffer chronic dehydration. This is a very important health issue because approximately 60 percent of the human body is composed of water and the most essential “ingredient” for a healthy existence. Signs of mild-to-moderate dehydration include dry or sticky mouth; tiredness; dry skin; headaches; constipation; dizziness or feeling lightheaded; minimal urination or muscle cramps. Sign of severe dehydration include extreme thirst; irritability and confusion; sunken eyes; dry skin that doesn't bounce back when pinched; low blood pressure; rapid heartbeat and breathing; fever; delirium or unconsciousness. Consume water and healthy fluid proactively to decrease the risk of dehydration.

The Institute of Medicine recommends approximately 13 cups (3 liters or approximately 3/4th of 1 gallon) of total *beverage* per day for men and approximately 9 cups (2.2 liters or slightly more than 1/2 gallon) of total *beverage* per day. In general, the advice, “Drink eight 8-ounce glasses of fluid per day” although not entirely supported by hard evidence is good advice. Also remember, water-rich foods such as watermelon, celery, strawberries and cucumbers are great sources of hydration.

Adequate hydration may also help to boost metabolism and shed unwanted body weight. Furthermore, proper hydration curbs the appetite and improves functioning of the immune system. Keep well hydrated and healthy.

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

HEARING CONSERVATION: Why is it important?

NOISE IN OUR EVERYDAY LIVES

Most of us are aware of the effects of noise on the job but may not think twice about noise in our everyday lives. The simplest act of using a hair blow dryer, listening to music on a personal listening device or having dinner in a busy restaurant exposes us to noise levels that could potentially be harmful. As one of the 5 senses, hearing is the process by which the human ear perceives sound and makes meaning of it. The sense of hearing is dependent upon approximately 3500 tiny hair cells deep inside the ear. Even in the womb, the fetus respond to sound. The ear never stops picking up sound, even while sleeping. However, the brain ignores or overrides the sound.

The ear consists of three parts:

Outer - canal and eardrum - as sound travels thru the canal, it strikes the drum causing vibration
Middle - space behind the eardrum that contains the ossicles - tiny bones - that vibrate creating movement in the inner ear
Inner ear - also known as the cochlea - creates changes in hair cells that send electrical signals to the auditory nerve in the brain
 It is the brain that actually interprets the electrical signals as sound.

What is noise?

Noise is defined as any sound that is undesired or interferes with one's hearing of something. However, this definition may be outdated since most music, especially enjoyed on PLD's, is desired and interferes with the listener as well as bystanders. Both the level of noise as well as the length of time of exposure can lead to noise induced hearing loss. Noise is measured in decibels (dB). For example, a whisper is approximately 20 - 30dB. Normal speaking is 40dB and headphones at max volume are 105dB.

Did you know?

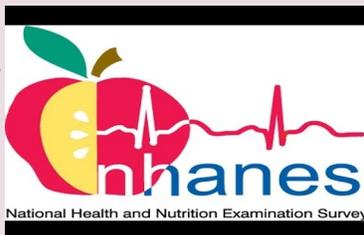
The majority of individuals suffering from hearing loss are under the age of 65 (www.hearingaids.com/about-hearing-loss/hearing-loss/). The number one cause of hearing loss is exposure to excessively loud sounds (85 decibels or higher). Sounds that are louder than 85dB can cause permanent hearing loss. 1 in 5 US adolescents 12 - 19 years old demonstrated hearing loss according to NHANES 2005 - 2008. This equated to 1/3 increase age in prevalence of hearing loss per findings of 1988 - 1994 NHANES III (JAMA 1998; 279 (14): 1071, Changes in Prevalence of Hearing Loss in Us Adolescents). Maybe as parents and grandparents we should pause before purchasing the latest and the greatest tech devices for our loved ones or at a minimum, share the importance of taking care of our assets.

For More Information:

American Speech-Language-Hearing Assoc. www.aslh.org/public/hearing/How-We-Hear/

Hearing loss and music <https://medlineplus.gov/ency/patientinstructions/000495.htm>

Analytic and reporting guidelines: The National Health and Nutrition Examination Survey (NHANES) <http://www.cdc.gov/nchs/data/nhanes/nhanes>



THREE WAYS TO PROTECT YOUR HEARING FROM DAMAGING NOISE...



FACTS: Rock and rollers aren't the only group of musicians at risk for hearing loss. Trained musicians over time may begin to suffer from noise-induced hearing loss caused by close proximity to loud instruments.

WALK AWAY FROM THE NOISE- move away from the sound source if possible. By moving away, the decibel level of a sound will decrease by 6dB every time you double the distance from the sound.



Ear buds/Headphone Tips: Your best bet is "noise-cancelling" headphones, which reduce or eliminate background noise. This lessens the need to crank the volume above 50 percent.

TURN DOWN THE VOLUME- on your personal stereo system (MP3, CD player etc.), car stereo, radio, television, speaker system, PA system. "Turn it to the Left," is an educational rap song written by musician Benjamin Jackson. The rap's "hook" urges all to take the volume control and "turn it to the left."



If you must work in an excessively noisy environment, you should wear protectors. You should also wear them when using power tools, noisy yard equipment, firearms, or riding a motorcycle or to protect your hearing.

PROTECT YOUR HEARING - wear hearing protection with such as ear plugs or ear muffs. For More Information: <http://dangerousdecibels.org/about-us/the-solutions/>

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.

CEHS Staff

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NATIONAL MONTHLY HEALTH THEMES



April: Testicular Cancer Awareness Month.

Testicular cancer is the most common form of cancer in men 15-35 years old. Testicular cancer or cancer of the testis occurs when cancer cells form in one or both testicles. These cells begin to change and grow uncontrollably, forming a mass or tumor. The cells can also invade the blood stream and lymph system and spread, leading to tumors in other areas of the body called metastases. Most often testicular cancer is detected as a painless lump in one of the testicles. Testicular cancer is highly treatable and one of the most curable forms of cancer. It is especially important to detect testicular cancer in the earliest stages where the cure rate is almost 100%.

Common signs and symptoms of testicular cancer include:

- Painless lump or swelling of the testicle
- A change in how the testicle feels
- A dull ache in the groin or lower abdomen
- A build-up of fluid in the scrotum
- Pain or discomfort in the testicle or scrotum
- A scrotum that feels heavy or swollen

Testicular cancer is highly treatable. With early detection, treatments are more effective and often less aggressive than when the cancer is detected in the later stages.

For more information:
<http://www.cancer.org>

May: Skin Cancer Awareness Month

Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. UV radiation can also come from tanning booths or sunlamps. The most dangerous kind of skin cancer is called Melanoma. The good news? Skin cancer can almost always be cured when it's found and treated early. CDC recommends easy options for protection from UV radiation—

- Stay in the shade, especially during midday hours.
- Wear clothing that covers your arms and legs.
- Wear a hat with a wide brim to shade your face, head, ears, and neck.
- Wear sunglasses that wrap around and block both UVA and UVB rays.
- Use sunscreen with sun protection factor (SPF) 15 or higher, and both UVA and UVB protection.



- Avoid indoor tanning.
- A simple way to remember the signs of melanoma is to remember the A-B-C-D-Es of melanoma—
- “A” stands for asymmetrical. Does the mole or spot have an irregular shape with two parts that look very different?
 - “B” stands for border. Is the border irregular or jagged?
 - “C” is for color. Is the color uneven?
 - “D” is for diameter. Is the mole or spot larger than the size of a pea?
 - “E” is for evolving. Has the mole or spot changed during the past few weeks or

Men's Cancer Screenings

The Center for Disease Control (CDC) supports screening for colorectal and lung cancers as recommended by the U.S. Preventive Services Task Force. This “cheat sheet” lists the different types of cancer screenings that are available to men. But remember, there's more to your health than just cancer screenings. Yearly exams give you the opportunity to talk to your doctor about your family health history, and ask about tests you may need for other diseases or conditions such as diabetes, high blood pressure, or cholesterol.

Colorectal (colon) cancer:

Colonoscopy, sigmoidoscopy, or fecal occult blood testing (FOBT) If you are 50 to 75 years old, get tested. The schedule depends on the type of test used.

Lung cancer:

Low-dose CT scan (option)

If you are 55 to 80 years old and are a heavy smoker or a past smoker who quit within the last 15 years, get a low-dose CT scan as directed by your doctor.

Prostate cancer:

Digital rectal exam (DRE) and prostate specific antigen (PSA) test screen for cancer.

Talk to your doctor.

*Talk with your doctor about when and how often you should be screened. Depending on your personal health history, family health history, or screening results, your doctor may recommend a prostate cancer screening schedule.

www.cdc.gov/cancer/dcpc/prevention/screening.htm

DON'T DELAY!



Scheduling Appointments

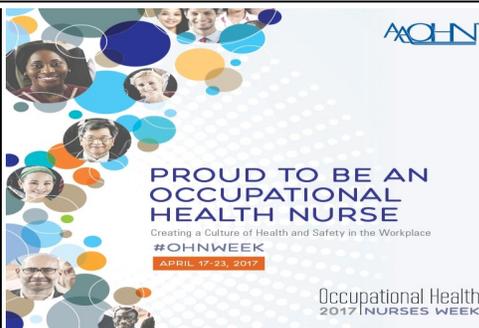
Appointments can be made by contacting:
703-692-8828/8831
CEHSmailbox@mail.mil

CEHS is located inside the DiLorenzo TRICARE Health Clinic Pentagon Corridor 8, E Ring
www.DTHC.capmed.mil

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

DTHC Administration

- COL Amal Chatila-Director
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Occupational Health Nurses (OHN) Week is a national observance to recognize and celebrate members of the occupational and environmental health nursing profession. While most people understand the function of a nurse in a clinical setting, not everyone is aware that there are approximately 19,000 nurses who work in promoting and protecting the health of workers in the US and around the globe. Through case management, coaching and health counseling, health promotion and wellness activities, legal and regulatory compliance, and workplace hazard detection and mitigation, occupational and environmental health nurses improve the health of employees and contribute to a healthy bottom line for business.
<http://aaohn.org/page/occupational-health-nurses-week>

CONGRATS CEHS!!

On Tuesday, March 24, 2017, Dr. Drummond received the Pentagon Force Protection Agency's 'Mission Excellence Award' on behalf of the Civilian Employee Health Service (CEHS). The award recognizes critical medical support to the Agency from January 2016 to March 2017. During this period, the CEHS staff supported the Agency's mission through expedited medical clearances for incumbents and applicants. The outstanding efforts of the CEHS staff, supported by the DiLorenzo TRICARE Clinic, continues to provide mission-critical support. Congratulations to the providers, nurses and administrative staff of the CEHS!



ACROSS	DOWN
1 the quality of state of being influenced	2 a bacterium that causes an acute pneumonia
5 to make immune	3 Employee Assistance Program
6 the act of preventing or hindering	4 relating to or affecting the colon
10 an urgent need for assistance	7 blood infection
12 an epithelial tumor caused by a virus	8 living attenuated organisms
13 a steroid alcohol (C27H45OH) present in animal cells and body fluids	9 inflammation of the liver
14 subjective evidence of disease or physical disturbance	11 American Cancer Society
15 freedom from physical disease or pain	

