



JUNE UPDATES HOHENFELS HEALTH CLINIC

1 June 2009

INSIDE THIS ISSUE:

Heat Injury Prevention

Wellness Exams

Diabetes Support

MTF Online Resources

‘No Show’s’

H1N1 FAQ’s

Patient Liaisons

Clinic Hours

Monday-Thursday: 0700-0730 AD Sick Call
0800-1700 Full Service

Friday: 0700-0730 AD Sick Call

0800-1200 Full Service
1300-1700 Staff Training Time

Training Holidays: 0700-1200 Ancillary on recall service

Important Clinic Numbers

DSN #: 466-xxxx
Central Appointments: 1750/2505

Immunizations: 4541
Pharmacy: 4955

Medical Records: 4566
TRICARE Health Benefits Advisor: 4538

Social Work Services (M-F 0730-1630): 4582

Community Health Nurse: 4975

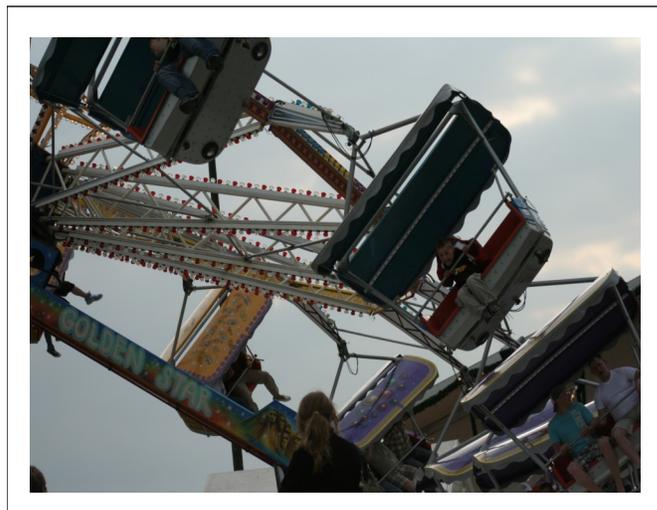
HEDIS/Wellness: 3630

HEAT INJURY PREVENTION

Last year, 192 Soldiers suffered heat strokes and another 683 were diagnosed with heat exhaustion severe enough to require medical aid. Early identification of the signs and symptoms of distress from the heat is critical to prevent progression to a more serious heat injury or death. Additional heat injury prevention guidance and resources are available through the US Army Center for Health Promotion and Preventive Medicine website: <http://chppm-www.apgea.army.mil/heat/>

Early Screening Saves!

Be active participants in your health care. Males 51 and older should be screened for early detection of colon cancer. And we recommend females get an annual mammogram starting at age of 40. Mammograms are a vital tool to screen for breast cancer. Please call Ms. Mittag, our Population Health and Wellness Nurse, for more information @ DSN 466-4583 .



Patient Liaisons

Being stationed overseas has its challenges, especially in the health care field. The Health Clinic’s Patient Liaisons are here to help ease that language barrier and ensure a direct flow of communication between you and your host nation provider. For questions, or more information, please feel free to contact our Patient Liaisons at DSN 466-3602/4831.

Women’s Readiness and Periodic Health Assessments

Remember to schedule your annual PHA with your Primary Care Provider. Part I must be completed on AKO before your visit to ensure proper examination. MEDPROS updates on 1July, so do not wait. Also, due to the new Women’s Readiness Module, females must also have a current PAP, Chlamydia screening, and mammogram (if over 40 years of age).

TICKS IN BAVARIA

Warm weather means more outdoor activities and a different set of safety measures. After playing or hiking in the woods, be sure to check your scalp, back, neck, armpits, and groin area for ticks. If you are bitten by a tick, remove it immediately- put it in

a zip-lock bag or container free of liquid; this will be useful for identification later. Another option is to come into the clinic. Contact Ms. Leslie Mittag (RN) for tick removal and analysis. Please refer to the handouts in the clinic on tick removal and tick control

around your house; just ask the Front Desk! The web-site below has excellent information on Tick Education through the U.S. Army Center for Health Promotion and Preventive Medicine. <http://chppm-www.apgea.army.mil/ento/TickEd.htm>

Online Medical Treatment Facility Resources

Visit us on the web for more information about the Hohenfels Health Clinic, to include booking appointments @ www.tricareonline.com. Below is a list of our web-sites.

Tri-Care Europe: <http://www.tricare.mil/mtf/facility.aspx?fid=229>

Europe Regional Medical Command: <http://www.healthcare.hqusareur.army.mil/hohenfels/index.cfm>

Hohenfels Garrison: <http://www.hohenfels.army.mil/sites/community/clinic.asp>

Tri-Care On-Line: <https://www.tricareonline.com/myMtfTabs.do>

Attention Diabetics! We support you!

June 10 (Wed): The Diabetic Support Group will meet at noon at the Health Clinic Conference room. Lunch will be provided.

Every Wednesday: The Health Clinic sponsored walking group will meet at 4:30 p.m. in front of the Health Clinic. The group will walk for 1 hour. This will be a great way to improve your physical fitness, decrease blood pressure and improve your overall wellness.

If you have questions please call our Nurse Case Manager Emily Rich at DSN 466-3347.

H1N1 FAQ's

What are the signs and symptoms of swine flu in people?

The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

How does swine flu spread?

Spread of this swine influenza A (H1N1) virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

How can someone with the flu infect someone else?

Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick. That means that you may be able to pass on the flu to someone

Are there medicines to treat swine flu?

Yes. CDC recommends the use of oseltamivir or zanamivir for the treatment and/or prevention of infection with these swine influenza viruses. Antiviral drugs are prescription medicines (pills, liquid or an inhaler) that fight against the flu by keeping flu viruses from reproducing in your body. If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. For treatment, antiviral drugs work best if started soon after getting sick (within 2 days of symptoms).



**Did
You
Know?**

...in the last year we had a total of 791 appointment "No-Shows". This resulted in a loss of \$56,952, but more importantly it robbed you of available primary care appointments! A 5% loss to you, our beneficiaries. The US Army Health Clinic-Hohenfels is dedicated to improving your access to our facilities and the services that they provide. By decreasing "No-Shows" and using established programs, we as a team can win in the battle to increase your access to health care!