

# March Updates

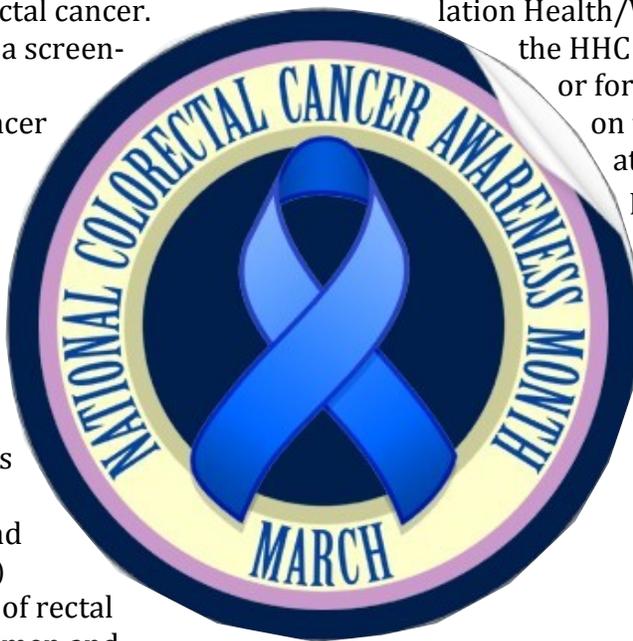
## COLORECTAL CANCER

Did you know that after the age 50, both men and women are at higher risk for developing colorectal cancer.

They should have a screening tests done.

The American Cancer Society's most recent estimates for the number of colorectal cancer cases in the United States are for 2009:

106,100 new cases of colon cancer (52,010 in men and 54,090 in women)  
40,870 new cases of rectal cancer (23,580 in men and 17,290 in women)



Call Mrs. Leslie Mittag, RN, Population Health/Wellness Nurse at the HHC for any questions or for the information on the screening test at 466-3630, off post-09472833630,

[leslie.mittag@amedd.army.mil](mailto:leslie.mittag@amedd.army.mil)

### 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

Federal Holidays and Week-ends: Closed

## Patient Family Advisory Committee

The Patient Family Advisory Committee is committed to **improving health-care** for the Hohenfels Community; it is comprised of Community Members, medical professionals, and leadership. Our first meeting will be on **Wednesday, 17 March 2010 at 5:30 pm** and it will be held in the **clinic lobby**. The meeting is open to everyone. Let us know how we can make things better for you!

For more information, please contact the Chief Nurse @ DSN 466-2502 or CIV 09472-83-2502.

### 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

# Fact Sheet: Traumatic Brain Injury

*March is National Brain Injury Awareness Month*

## What is a traumatic brain injury?

A traumatic brain injury (TBI) is caused by a blow or jolt to the head or a penetrating head injury that disrupts the normal function of the brain. Not all blows or jolts to the head result in a TBI. The severity of a TBI may range from "mild," which is a brief change in mental status or consciousness to "severe," which is an extended period of unconsciousness or amnesia after the injury.

## What causes TBI?

The causes of TBI vary, but are related to an event that jolts the brain. For example, a TBI could occur as a result of a motor vehicle accident, while playing contact sports, because of a bad fall or during an explosion or blast while deployed. A TBI can occur in both children and adults.



## What are the common signs and symptoms of TBI?

- Headaches or neck pain that does not go away.
- Difficulty remembering, concentrating or making decisions.
- Slowness in thinking, speaking, acting or reading.
- Getting lost or easily confused.
- Feeling tired all of the time, having no energy or motivation.
- Mood changes (feeling sad or angry for no reason).
- Changes in sleep patterns (sleeping a lot more or having a hard time sleeping).
- Light-headedness, dizziness or loss of balance.
- Urge to vomit (nausea).
- Increased sensitivity to lights, sounds or distractions.
- Blurred vision or eyes that tire easily.
- Loss of sense of smell or taste.
- Ringing in the ears.

## What should I do if I think I have a TBI?

Each year, approximately 1.4 million people sustain a TBI in the United States. If you think you have a TBI, contact your local health clinic and make an appointment to see your primary care manager.

## For more information

Information for this fact sheet was taken from the Centers for Disease Control and Prevention Web site at [www.cdc.gov](http://www.cdc.gov).

*Bavaria MEDDAC – Fortress of Health, Army Strong*

