



# October Updates

1 October 2010

This Month's Patient Satisfaction Score is 92%.

## BREAST CANCER AWARENESS MONTH-

The American cancer society and the CDC have guidelines for early detection of Breast Cancer. Yearly Mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health. Clinical breast exams should be part of a periodic health exam every 3 years for women in their 20s and 30s and every year for women over forty. There are many risks that raise a woman's chance of getting breast cancer. Know your risks and ways of preventing breast cancer. For information— call the Population Health/

Wellness nurse at DSN - 466-3630, or off post- 09472833630.

The clinic has handouts for reference. The websites for information about breast cancer are:

Centers for Disease Control and Prevention:

[www.cdc.gov/cancer](http://www.cdc.gov/cancer)

National Cancer Institute:

[www.cancer.gov](http://www.cancer.gov)

American Cancer Society:

[www.cancer.gov](http://www.cancer.gov)

People living with Cancer/American Society of Clinical Oncology:

[www.plwc.org](http://www.plwc.org)

## No-Shows!

Did you know that in the last year we had a total of 791 appointment "No-Shows". This resulted in a **loss of over \$50,000**, but more importantly it robbed you of available primary care appointments! A 5% loss to you, our beneficiaries. The Health Clinic is dedicated to improving your access to our facilities and the services. If you know you are unable to keep your appointment, please call the Appointments Line at DSN 466-1750, or cancel when you received the appointment reminder call.

## Clinic Closure Hours

The Clinic open hours for Fridays and Training Holidays are from **8 a.m. to Noon** with sick-call from **7:00 a.m. to 8:00 a.m.**

These afternoons are **mandated closure** for training, Soldier readiness, equipment maintenance, and other activities that ensure our staff can continue to provide quality health care.

## Stump the Staff!

We are dedicated to providing safe and quality health care. One way you can get involved is to simply inform our staff to ask for your name and Date of Birth at every visit.

Are you *in*? Book appointments on-line at [www.tricareonline.com](http://www.tricareonline.com)

# Fact Sheet: Novel H1N1 Influenza

## Facts:

- H1N1 is very contagious and easily spreads from person to person.
- You cannot get infected with Novel H1N1 virus from eating pork or pork products.
- People infected with the flu may be able to infect others from one day before getting sick to five to seven days after.

## Preventive Measures:

- Cover your nose and mouth when you sneeze or cough.
- Wash your hands often with soap and water. Alcohol-based cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Avoid close contact with people who are sick.
- Check for updates on Web sites like the World Health Organization ([www.who.int](http://www.who.int)) and Centers for Disease Control and Prevention ([www.cdc.gov](http://www.cdc.gov)).

**Symptoms:** Flu-like symptoms include high fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, muscle aches and sometimes diarrhea and vomiting.

## If you think you have the flu:

- Stay home from work or school. The CDC recommends you stay home at least 24 hours after your fever is gone, except for medical treatment and other necessities. Your fever should be gone without the use of fever-reducing medicine.
- Get lots of rest, drink plenty of liquids and avoid using alcohol or tobacco
- Call the Nurse Advice Line and speak to a registered nurse about your symptoms 24 hours a day, 7 days a week. The NAL can schedule an appointment for you at your local health clinic if you need one.
  - o **Nurse Advice Line: 00800-4759-2330**
- If you need to go to the clinic for an appointment, call the clinic first so the staff can take the necessary precautions to help prevent the spread of the virus.

**H1N1 Vaccine:** An H1N1 vaccine is currently being developed. Once the vaccine is available, notices will be put out to the community through town halls, local newspapers, the Web and AFN.

*The information in this fact sheet was taken from the Centers for Disease Control and Prevention Web site. For additional information, visit their site at [www.cdc.gov](http://www.cdc.gov). For local updates, check the Bavaria MEDDAC Web site at: <https://ermc.amedd.army.mil/Bavaria/index.cfm>.*

