



Katterbach Health Clinic

February 2010 Updates

"Providing Quality Care to Beneficiaries"

Clinic Phone DSN: 467-3398
Clinic Phone Comm: 09802-83-3398

CLINIC HOURS:

M-F - Active Duty Sick Call:
0700-0730

M-W - 0730-1630

Th - 0730-1900

Fri - 0730-1200

Fri pm - Closed

Clinic Closing Dates:

12 Feb 2010 - TNG Holiday

15 Feb 2010 - President's
Day

Are you doing everything you can to take care of yourself?

Here is a list of **preventive
screenings** that you should
know about.

Cervical cancer screening—for
women age 21-65 or beginning at
age 18 if sexually active. This
screening is done by having a
pap smear at your well-woman
exam.

STD screening—this should be
completed at least once a year
beginning at age 18 or when you
become sexually active.

Breast cancer screening—
mammograms should be
completed every 1-2 years for
women over age 40.

Colorectal cancer screening—for
men and women over age 40.
Colorectal screenings can be
done through—colonoscopy, fecal
occult x 3, sigmoidoscopy, etc.

**Call the health clinic to
schedule your exam or
your referral.**

Effective Feb. 1, the Katterbach Health Clinic is joining the ERMCCare Call Center. As many of you are aware, we have had difficulties with the continual operation of our phone system, resulting in hardship for you, our patients. By going to the ERMCCare Call Center, we hope to alleviate these problems thus creating a more reliable and shorter phone experience. By calling the ERMCCare Call Center, you will be able to make or cancel an appointment, talk with a registered nurse via the Nurse Advice Line and obtain clinic-specific information. The call center will replace the appointment line in the clinic for all primary care, physical therapy and optometry appointments. Behavioral health, EDIS and social work will continue to function as they have been. The ERMCCare Call Center is open weekdays from 6 a.m. to 6 p.m. The number to call is toll-free **0800-914-6133, civilian 06221-17-2622 or DSN 371-2622.**

As always, you can book your own appointments through TRICARE online by going to www.tricareonline.com, registering and booking your appointment. TRICARE online is available 24 hours a day, seven days a week, including holidays.

For more information on the happenings at the Katterbach Health Clinic, please consult the clinic's monthly newsletter, which is available electronically through your family readiness group, in print at the clinic's front desk, or on our Web site at <https://ermc.amedd.army.mil/katterbach/index.cfm>.

As a result of the significant turnover of providers in the last six months and the recent deployment of the 12th Combat Aviation Brigade, we are undertaking Primary Care Manager (PCM) realignment. We are reassigning our current patients to providers that are present in the clinic while assigning deployed soldiers to their deployed providers. All patients are assigned to both a PCM and a PCM Group. Groups consist of multiple PCMs of similar disciplines that can assist each other during times of temporary assignments or leave. All patients are assigned to both a PCM and a PCM Group to ensure the most continuous care possible. These reassignments will ensure better continuity for you throughout the deployment. What this means for you, the patient, is that you may receive multiple PCM change letters from TRICARE. Please do not fret and feel free to contact the clinic leadership or the TRICARE enrollment person if you have any questions or wish to know your current PCM.

Diet and exercise affect heart health

February is American Heart Month

By Capt. Edward Walsh, Katterbach Health Clinic chief nurse

Heart disease continues to be the leading cause of death in the United States. The most common cause of heart disease is coronary artery disease, which most commonly presents itself as a heart attack. More than one million Americans were affected by this form of heart disease in 2009. The good news is that there are steps you can take to help prevent yourself from becoming a victim of heart disease.

The most common risk factors for heart disease are: high cholesterol, high blood pressure, obesity, diabetes, tobacco use, age, family history of heart disease and race. We know you cannot change your age, family or race, but there are many things you can do to affect the other factors. A healthy diet and lifestyle, to include increased activity, are the first steps in taking charge of your health. Many people make this harder than necessary. Remember, it is your overall diet and activity level that counts. As far as diet, there are some simple steps you can take:

- ⇒ Choose lean meats and poultry without skin. Cook them in products without extra saturated or Trans fats.
- ⇒ Use fat-free or low-fat dairy products like skim or one percent milk.
- ⇒ Reduce your intake of Trans fats. I know you're wondering what has Trans fat in it. My recommendation is to read the package's dietary information because it will mention if a product contains Trans fats.
- ⇒ Reduce your daily cholesterol intake.
- ⇒ Decrease the amount of beverages you drink that contain added sugars.
- ⇒ Lower your salt intake. The current recommendation is less than 2,300 mg per day.
- ⇒ Control portion sizes and slow down while you eat. If you eat fast, it takes longer for your body to realize it is full. Eating slower will help prevent overeating.
- ⇒ If you drink alcohol, drink in moderation. I know you've read studies that say alcohol is good for the heart, but it's only in moderation. No more than one drink per night for women and no more than two drinks for men. Lowering your alcohol intake can also lower your blood pressure.

Increasing your physical activity is the easiest and one of the most important things you can do to improve your heart health. It could be something as simple as going outside with the kids and playing. But please remember, if you haven't exercised recently or if you want to start a new program, it is advised you visit with your physician and check your health status before starting.

Last but not least, you should become familiar with the signs and symptoms of a heart attack. Some heart attacks are sudden and intense, but others can start as a very mild pain or discomfort. Here are some of the signs of a heart attack: chest discomfort such as pain, pressure, squeezing, crushing feeling or fullness; discomfort in other areas of the upper body such as your back, arms, neck, jaw or stomach; shortness of breath; cold sweat; nausea; or lightheadedness.

If you experience any of these symptoms, you should contact your physician or call your local emergency services.

For more information about heart disease and how to prevent it, contact your local clinic to get an appointment with your physician.

Information for this article was taken from the Centers for Disease Control and Prevention. Visit their Web site at www.cdc.gov.