Katterbach Health Clinic
February 2010 Updates

"Providing Quality Care to Beneficiaries"

Clinic Phone DSN: 371-2622
Clinic Phone Civilian: 0800-914-6133

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:
19 Mar 2010 - TNG Holiday

Access to Care Standard

Acute: Visit for an urgent problem. Appointment given within 24 hours. Active Duty sick-call. Non-active duty same-day appointments.

Routine: First-time visit for a new problem. Appointment given within 7 days.

Wellness: Preventive care appointment. Examples include well-woman exams, school/sports physicals, well child exams, PHA/PDRHAs, military physicals. Appointments given within 28 days.

Established: Follow-up visit for an existing problem for which you have already been seen. Appointment given within 45 days.

All are bookable on TRICARE Online at www.tricareonline.com.

TRICARE Referrlas Updates: Starting March 22, 2010 Referrals will now have a 48 hours approval time. There will not be a delay for emergencies or urgent delays.

Colon Cancer Awareness Month

Colon Cancer is the third most commonly diagnosed and the third leading cause of cancer death in both men and women in the United States. There are about 150,000 new cases diagnosed each year. Approximately 50,000 people die as a result of this disease each year. Though it is the third most commonly diagnosed cancer over 90% of these cases are in patients over the age of 50. Age is the number #1 risk factor for developing colon cancer. Sex does not play a role in diagnosis of colon cancer, but males are 35% more likely to die from colon cancer then women. It is also known that African Americans have a 20% higher rate of colon cancer then Caucasians who have the second highest rate of occurrence. But what good are these numbers without knowing some signs and symptoms of the disease, so here they are: bleeding from the rectum, blood in your stool or in the toilet after a bowel movement, a change in shape of your stool, cramping pain in the lower stomach, a feeling of discomfort or urge to have a bowel movement when there is no need to have one, new onset of constipation and abnormal weight loss. Many other conditions can cause these symptoms, so individuals experiencing any of these symptoms should seek medical advice.

Even better than waiting for the symptoms and seeking medical care after you have symptoms is prevention. This can be done through simple screening in a couple of different forms. The simplest of these is to go to your doctor and request a fecal occult blood test. You will be given a card, have to collect a small amount of stool on the card, return it to the lab and then follow up with your doctor for the results. This form of screening is good for 1 year, and needs to be performed annually. A little more complex, but much more effective is to have a colonoscopy performed. This is a simple same day procedure, but will result in the greatest chance of us discovering either colon cancer or pre-cancerous lesions early. With proper and early diagnosis, treatment can be started and then has a better chance of success. If the colonoscopy is clear, you can be given up to 10 years before the procedure needs to be performed again. So remember if you are over the age of 50 and have not had a annual occult blood screening, or colonoscopy in the last 10 years, please contact the health clinic to arrange your appointments as soon as possible. Information for this article was gathered from the American Cancer Society's Facts and Figures for 2008-2010.

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.

Contact the health clinic to schedule your exam or your referral.

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 manger.

For more information

Information for this fact sheet was taken from the Centers for Disease Control and Prevention Web site at www.cdc.gov.

Bavaria MEDDAC – Fortress of Health, Army Strong

For more information, visit our clinic Web page at: https://ermc.amedd.army.mil/katterbach/index.cfm