

# Wellness Clinic Newsletter

## Cervical Health Awareness Month

January is Cervical Health Awareness Month. HPV is common. Some types of HPV can cause genital warts while some other, different types are linked to cervical cell changes that, if not detected early, can increase a woman's risk for cervical cancer. HPV also causes some cancers of the penis, anus, vagina, vulva, and throat. HPV infections are usually harmless, though, and most are cleared naturally by the body in a year or two. HPV vaccines can help prevent infection from both high risk HPV types that can lead to cervical cancer and low risk types that cause genital warts, even without penetration. The

virus can also be transmitted by oral to genital contact, although this probably occurs less often. A Pap test can find cell changes to the cervix caused by HPV. It can take weeks, months, or even years after exposure to HPV for symptoms to develop or the virus is detected. This is why it is usually impossible to determine when or from whom HPV may have been contracted.

-courtesy of <http://www.nccc-online.org>



### Lunch & Learn

Cervical Health & HPV  
 Presented by:  
 David Engle, MD  
 January 12, 2017  
 1200-1300  
 Fox Army Health Center  
 Fox Den

## Thyroid Awareness Month

- What are the differences between hypothyroid and hyperthyroid and what are the symptoms?
- What is Thyroid Stimulating Hormone (TSH), how is it measured, and what should my target number be?

### Lunch & Learn

Thyroid Health  
 January 26, 2017  
 1200-1300  
 Fox Army Health Center  
 Wellness Classroom



Yari Campbell, MD

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### Facility Dates of Closure:

- January 2, 2017-In observance of New Year's Day.
- January 5, 2017-Closes @ 1200 for quarterly training.
- January 16, 2017-In observance of Martin Luther King Day.
- February 17, 2017-Closed for training.
- February 20, 2017-In observance of Washington's Birthday.

## Scale Back Alabama

Scale Back Alabama (SBA) is a free statewide weight-loss program designed to encourage Alabamians to get healthy and to have fun while doing it. Since the first competition in 2007, Alabamians have lost more than one million pounds! Scale Back Alabama is designed to address the state's challenge with obesity; however, we caution individuals to check with their health care provider before beginning a new exercise or diet regimen.

### 2017 Dates

- Kick-Off: January 9
- Weigh-In Week: January 11-18
- Weigh-Out Week: March 15-22
- Final Event: April 5

For more information, please call  
256-955-8888 ext. 1440



-courtesy of: <http://scalebackalabama.com>

## Don't Gain Just Maintain

**Myth or Fact:** Most people gain **five pounds** over the Thanksgiving, Christmas, and New Year Holiday season.

**Myth:** The National Institute of Health reports that it may only be **one pound** of weight gain, but that pound is not lost during the rest of the year and it adds up over time.

**Don't let that extra pound get you down!**

We invite you to challenge yourself this holiday season to just maintain your current weight.

For more information, please call  
256-955-8888 ext. 1440

Weekly e-newsletters with tips to help you avoid holiday eating pitfalls are available.

## Alzheimer's Caregiver Support Group

Build a support system with people who understand.

Alzheimer's Association caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to: Develop a support system. Exchange practical

information on caregiving challenges and possible solutions. Talk through issues and ways of coping. Share feelings, needs and concerns. Learn about community resources.

For more information, please call  
Tamrah Harris, RN @ 256-955-8888  
Ext: 1433

alzheimer's   
association®

First Wednesday of each month

1130-1230

Fox Army Health Center

Wellness Classroom

## Heart Health Month

February is Heart Health Month. Heart disease kills an estimated 630,000 Americans each year. It's the leading cause of death for both men and women. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to a heart attack. You can greatly reduce your risk for CAD through lifestyle changes and, in some cases, medication.

Since 1963, February has been celebrated as American Heart Month to urge Americans to join the battle against heart

disease. Since 2004, February also has been the signature month for the American Heart Association's Go Red For Women campaign and the message that heart disease is not only a man's problem.

### February 3, 2017

- **Wear Red Day**
- Heart Health Walk  
Meet at Flag Pole  
1200 Noon



## Tobacco Cessation Class

Fox Army Health Center is committed to assisting those who want to stop using tobacco products. We offer a five-week program that incorporates motivation, behavior medication, peer support, and medication into each session.

For more information or to sign-up for the class, please call 256-955-8888

EXT: 1440

The program is open to:

- \* Active Duty
- \* Active Duty family members
- \* TRICARE recipients
- \* Redstone Arsenal DoD/DA civilians

**It is health that is real  
wealth and not  
pieces of gold and  
silver.**

**-Mahatma Gandhi**

## Wash Your Hands

What is the right way to wash your hands?

Follow the five steps below to wash your hands the right way every time.

Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

Lather your hands by rubbing them to-

gether with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

Rinse your hands well under clean, running water.

Dry your hands using a clean towel or air dry them.

-courtesy of: CDC



## Wellness Clinic

Fox Army Health Center  
4100 Goss Road  
Redstone Arsenal, AL 35809-7000  
<http://www.redstone.amedd.army.mil>  
Phone: 256-955-8888 EXT: 1440

### The First Choice in Healthcare

## Wellness Clinic Staff Spotlight

Mrs. Pamela Sanders was born and raised in Chicago, IL and has lived in the state of Alabama for the past 14 years. After graduating from Simeon High School she went on to graduate from Manhattan Area Technical College in Kansas where she became an LPN over 16 years ago. Married to her loving husband, Donald, for 18 years and raising two sons, Chris (16) and Manny (13) she stays very busy. She has been working at Fox Army Health Center as the Wellness Clinic LPN for a year and a half, but her earlier nursing experience includes oncology, hospice, med-surg and school nursing.

### Fun Facts:

- What is your favorite color? "Pink"
- Who is your role model? "My 4th grade teacher (Paula Harper)"
- Where do you see yourself in 10 years? "Enjoying life as an empty nester."
- In the past 5 years, tell us something important that you have learned. "Patience"

Fox Army Health Center partners with its beneficiaries, network providers and community, to form a patient centered, system for health focused on the health and wellness of our families and a ready resilient force.

The primary goal of the Wellness Clinic is to educate and empower the beneficiaries of Fox Army Health Center and Redstone Arsenal community to live a life-time of wellness by offering health oriented classes. For more information, please visit our website or give us a call.

- What is your favorite thing about FAHC? "The friendships that I've made"
- What is your favorite food? "Seafood"
- What was your favorite vacation? "DC and NY after 911"
- Where would you like to visit one day? Venice

