

# Spring 2003

## Healthy

### Communications



## Ah-choo! Spring Allergies Pack a Punch

**Wonder why you're sneezing? It's one of the worst allergy seasons ever!**

A warmer than normal spring has made the past few weeks miserable for many allergy sufferers. Tree pollen counts have been off the charts because the burst of hot weather, prompted trees to pollinate overnight. As the temperatures increased, so did the tree pollen.

Allergies happen when your immune system -- which normally protects your body against invading agents -- overreacts to a minor annoyance. When an allergic person inhales pollen, the immune system falsely identifies these particles as a threat and mobilizes to attack by producing large amounts of antibodies. The antibodies signal the body to unleash protective chemicals, including histamine. Within 30 minutes, small blood vessels in your nose widen and engorge tissues, causing a stuffy nose. Glands start to produce mucus, resulting in the sniffles.

Prescription medicines, such as Claritin, Allegra and Zyrtec provide the best relief. Over-the-counter antihistamines and decongestants can also help. There are several proactive things allergy sufferers can do to minimize symptoms.

- Keep your windows closed at home and in the car, especially in the morning when pollen levels are highest. When driving, put the air conditioner on re-circulate mode so air doesn't come in from the outside.
- Wash your hands every time you come in from outside.
- Don't hang laundry outdoors. Pollen flying through the air will settle on it.
- If pets spend time outdoors, restrict their movement to certain rooms in the house and never let them in the bedroom.
- Vacuum often.
- Wear a mask while mowing the lawn. And mow often -- before grass gets high enough to bloom and release pollen.
- Check the weather report for the pollen count. If it is high, try to avoid outside activity.



Allergies in the spring have a huge impact across the country. Fortunately, medical treatment is usually very effective. If you have questions or concerns, please contact your Primary Care Provider.



# Attention All Beneficiaries

**Our Main Pharmacy will be  
closed for renovation**

**April 21 - 25**

**All prescriptions will be  
available at the Satellite Pharmacy  
312 West Winters Street  
Building 1948  
(next to the Scott Credit Union)**

**During this time our hours will be 8 am - 7 pm to help  
alleviate traffic and parking congestion. Our drive thru  
will also be available during that time for small, non-  
liquid prescriptions.**

**Please be aware that parking is limited at the Satellite Pharmacy and you  
will experience congestion entering and exiting the area. If you know that  
you will need a refill on your medication, please call your refill in by April 14<sup>th</sup>  
and pick up your refill before the 18<sup>th</sup>. This will greatly help cut down the  
amount of traffic during the renovation.**

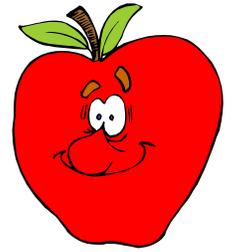
**Also, beginning April 28<sup>th</sup> all new civilian  
prescriptions will be filled at the Satellite  
Pharmacy NOT at the Main Pharmacy.  
This change will distribute the amount of  
prescriptions filled at each location,  
which will maximize our staff and lessen  
congestion at the Main Pharmacy.**

**Thank you for your patience and  
cooperation.**





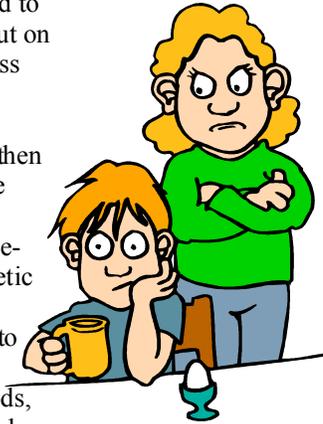
# Kids & Nutrition



**Q** My child hardly ever eats but seems to be growing fine. Should I worry?

**A** As long as your child is growing normally, he's most likely okay, even if she doesn't seem to be eating enough. The truth is it's quite common for children between the ages of 2 and 8 to have trouble sitting still for meals, to eat irregularly, and to be very picky about what they will eat.

Don't be tempted to force your child to eat more. The more pressure you put on him, the more he'll resist and the less he'll eat. Instead, offer a range of healthy foods, eat them yourself so you're setting a good example and then sit back and let him choose what he wants to eat and how much. Don't worry — children won't starve. A recent study from the American Dietetic Association showed that nearly all children will eat enough to meet their nutritional needs when they have access to a variety of foods, even those whose mothers described them as extremely picky eaters.



The important thing to remember is that normal growth is the best indicator of adequate nutrition. So if your child is maintaining adequate growth in both height and weight (which your doctor can help you determine), then he is getting plenty of calories. Talk to your child's doctor at the next well-child visit (or make an appointment before then if you're really concerned) to confirm that your child is growing at the expected rate.

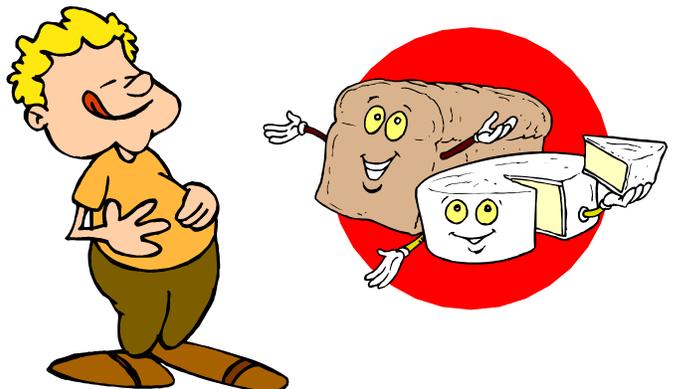
While your child may be getting enough calories to grow, you may be worried that he's not getting these calories from the right sources. You may want to record what your child eats for about a week. Then you can use the Food Guide Pyramid to help you assess his eating. You'll probably find that he's eating better than you thought. If he seems deficient in any one food group, try offering more foods from that group for a while. If that doesn't work, you can always ask your pediatrician to recommend an appropriate multivitamin to help meet your child's nutritional needs.

**Q** My child is overweight but very active. Should I worry about her weight?

**A** My first thought would be to ask you how you know that she's really overweight. If she's in the 85th or 95th percentile or higher for weight? As long as she's in a similar percentile for height, she may be perfectly proportionate, even though she may seem a little chubby to you. If she's in a much higher percentile for weight than she is for height, that may be a red flag. But at a young age it's really too soon to make a judgment because most young children will grow into their weight — that is, they'll get taller while maintaining their weight or just gaining slightly.

The fact that your child is active is a big step in the right direction. A study published in the Journal of the American Academy of Family Physicians showed a direct correlation between lack of activity and childhood obesity. So continue encouraging your child to be active and applaud her efforts. And take solace in the fact that most kids who are truly overweight aren't active. If your child is going, going, going, 24/7, chances are she really isn't overweight after all.

If you're still concerned about your child's weight and her provider agrees that she could stand to lose a few pounds, try to get her to eat a healthy, low-fat diet and to drink skim milk — and do the same yourself. While she's still growing, her body's need for fat has decreased significantly since she was an infant. Her diet should mirror an adult's in that she should get no more than 30 percent of her calories from fat. In addition, avoid using food for comfort or as a reward: "If you're a good girl and finish all of your spinach, you can have chocolate cake for dessert." This teaches children to place certain values on food and can lead to overeating later in life.



# The Fat Finding Test

Take this test to find out where the fat is hidden in your diet. As you answer, think carefully about your usual eating habits. Remember, the more honest you are the more helpful this test can be for you!

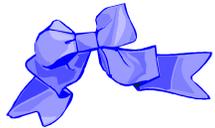
How often do you :	Often	Sometimes	Seldom
Drink whole or 2% milk and use it in cooking?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use sour cream on potatoes, in dips, or in cooking?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use cream, half and half, or whole milk in your coffee or tea?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat ice cream for dessert or as a snack?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use butter instead of margarine?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cook or bake with solid vegetable shortening?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat fried or deep-fried foods? (French fries count too!)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat high fat cheeses, such as cheddar, brick, or Monterey Jack? (Don't forget the cheese in cooked dishes and on hamburgers.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat pastries such as croissants, doughnuts, sweet rolls, or pies?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use regular salad dressing or mayonnaise?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat vegetables with cream or cheese sauce, or topped generously with margarine or butter?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat foods covered with rich sauces or gravies?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat hot dogs or luncheon meat, such as bologna or summer sausage?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat bacon or breakfast sausage?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat heavily marbled meat or poultry with the skin on?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat regular hamburger? (In casseroles, or on a bun?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat more than four eggs per week (including those in cooking)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat snacks, such as buttered popcorn, crackers, potato chips, or taco chips?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spread butter/margarine generously on rolls, toast, pancakes, vegetables, etc.?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat out and order without watching the amount of fat in the food you choose?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Scoring

Look carefully at all of your answers in the "often" column. That's where you are getting plenty of fat, and most of it is saturated—the kind you want to limit most because of its cholesterol-raising effect. Your long-term goal is to move all of your answers to the right (into the seldom column). But don't try to tackle them all at once! Remember, a step at a time is the best way to make new habits become permanent ones. If you would like more information on nutrition and classes we offer, please visit our web site or contact the Nutrition Medicine Clinic 256-7331.

## Longer Wait Times

Please be aware that due to recent events, several of our hospital staff have been deployed. You may experience increased wait times and we ask that you please be patient with our staff as we continue to strive to provide quality healthcare and services with a reduced staff.



## Make A Difference In A Child's Life Help Prevent Child Abuse

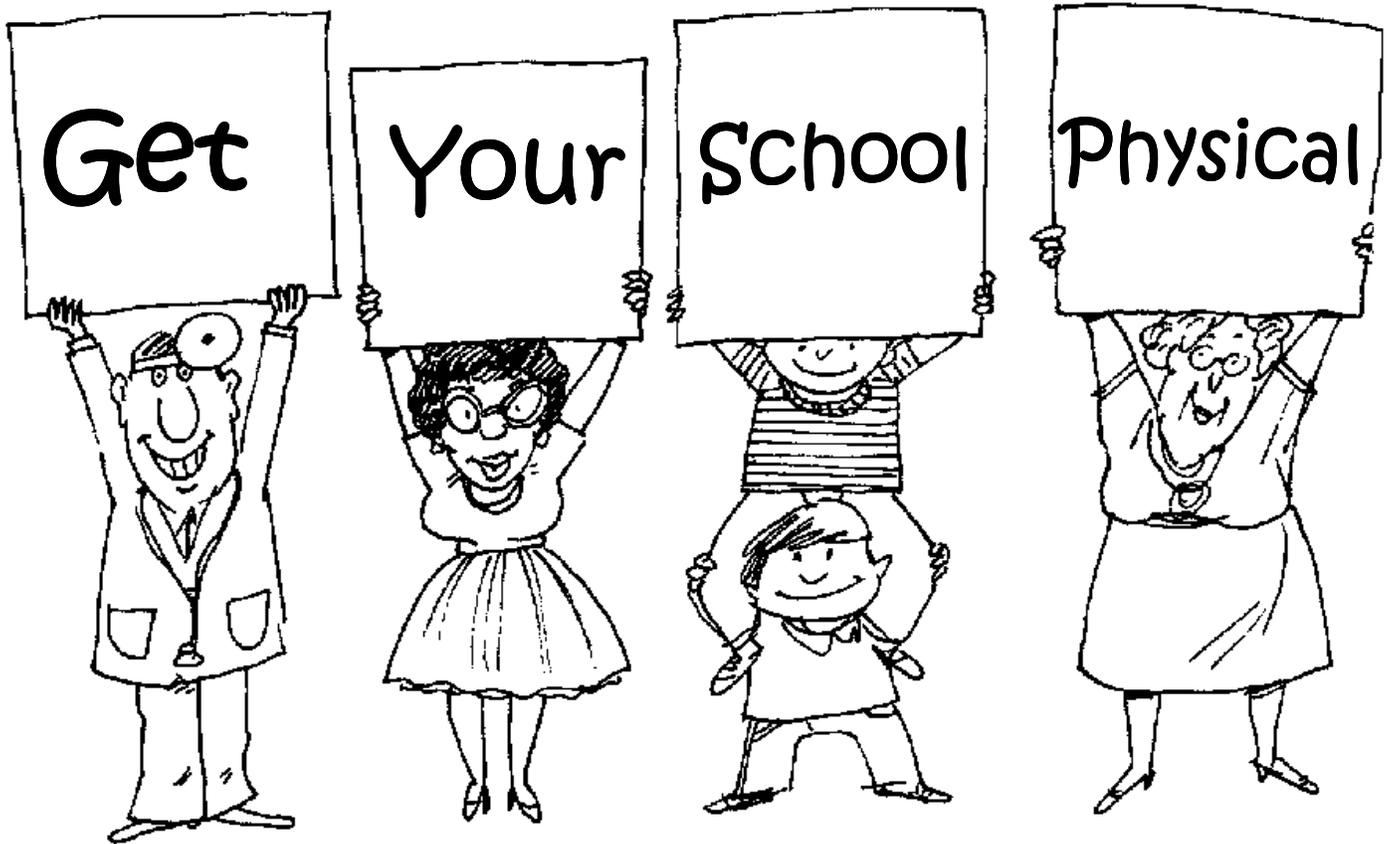


During the month of April, Family Advocacy will conduct the Blue Bow Campaign in support of Child Abuse Prevention Month. Blue bow lapel pins and blue ribbons will be distributed at various base locations. The Scott community is encouraged to tie a blue bow on their car antennas and to wear the pin throughout the month to show that “child abuse prevention is everyone’s mission.”

The Blue Bow Campaign began Spring of 1989, when Bonnie Finney’s grandson, Michael Wayne “Bubba” Dickinson, died as a tragic victim of child abuse. First she grieved, then she took action by tying a symbolic blue ribbon to the antenna of her van as a signal to her Virginia community of her personal battle against child abuse. Finney stated, “The blue ribbon serves as a constant reminder to fight for protection for our children. We must protect our most precious gift. Please wear a blue ribbon. Put one on your car, give one to your friends, tell them what it means. You may save a child’s life!”

In addition to wearing or displaying the blue bows, you can help prevent child abuse in the following ways:

- **Reach out to parents who are stressed:** Offer words of support and encouragement. Don’t give “dirty looks” or lectures. Offer to help with a difficult or cranky child. Saying something as simple as, “It sounds like someone needs a nap” or “Boy, I remember those days— it can be tough!” is often enough to reduce a parent’s stress-level.
- **Make an extra effort to help young, single, or isolated parents:** Befriend and be available to them. You can offer to baby-sit to give them a break.
- **Inform parents of available community resources:** Air Force Aid Society offers “Give Parents A Break” through the Family Member Support Flight. Family Advocacy has home visitation programs, playgroups, and parenting classes at no charge for military families.
- **Educate parents about base regulations on unattended children:** It is often tempting to leave young children in charge of younger siblings or unattended in a building or vehicle “for just a few minutes.” Those few minutes can lead to tragedy. Children must be at least 11 years old to be left unattended in a building or vehicle on base (16 years old to be left in a vehicle with the keys in the ignition). To baby-sit a sibling they must be at least 12 years old and have completed the Red Cross Babysitting Course to baby-sit a non-sibling.
- **Report immediately if you see someone hitting or shaking an infant.** Although spanking is a parent’s choice, leaving marks/bruises is abusive. Shaking can cause brain damage, blindness, neurological damage, learning disabilities, or DEATH! Report suspected child abuse involving military families by calling 256-7203/7204. To make a report to the state of Illinois, call 1-800-25ABUSE. The national child abuse hotline number is 1-800-4-A-CHILD.



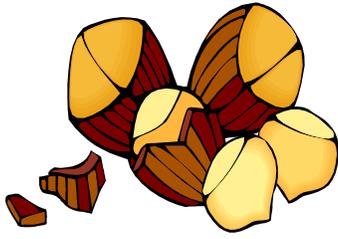
Your child will need a school physical if they will be a new student to the school district, attending Kindergarten, 5th grade, or 9th grade, Fall 2003. To avoid the Summer rush, schedule your school physical now with your provider! **Bring your shot records!**

Sports physicals are required for any child that will participate in a school sport and needs to be accomplished after June 1st, and prior to the start of the activity. \*If your child receives a sports physical, they do not need a regular school physical.

To help you get a head of the game the 375th Medical Group will have

**Kid's Health Awareness & School Physical Day**  
**Saturday, June 7th, 9 am - 2 pm.**

If you would like your child to receive their school or sports physical that day, please email [pediatric.clinic@medgrp.scott.af.mil](mailto:pediatric.clinic@medgrp.scott.af.mil) or call the Pediatric Clinic **256-7566** Monday—Friday, 10 am—3 pm to schedule a time slot. Walk-ins are welcome, but reserving a time slot is encouraged.



## Going Nuts

Do you love nuts but worry about fat and calories? An ounce of nuts contains between 160 and 299 calories and has about 13 to 20 grams of fat. Recent nutrition research suggests that nuts offer some health benefits.

Not only do nuts provide several important nutrients, but the majority of the fat in nuts is unsaturated (monounsaturated and polyunsaturated). Peanuts and tree nuts, like other foods high in monounsaturated and polyunsaturated fats, can help promote healthy cholesterol levels when eaten as part of a diet low in saturated fat.

Studies suggest that moderate consumption of nuts does not contribute to weight gain. As with any food, avoiding overindulgence is the key!

## Congratulations On Your New Baby!

Please make sure you register your little one in the DEERS system (Bldg P-10) and Hospital Registration (Patient Administration, 1st floor of the hospital, room E1123). You can then enroll them into Prime at the TRICARE Service Center. To receive healthcare from our hospital your child must be enrolled in TRICARE Prime. If you have any questions, please contact Patient Administration at 256-7522.



## Make Your Mouth Happy!



Don't miss out on regular dental exams.

Dental exams are not only a good way to keep up on the health of your teeth, but they also give dentists the opportunity to examine your mouth for clues to overall health. Oral cancers, diabetes, and osteoporosis are just a few of the conditions that a dental exam may help to diagnose. Schedule your checkups every six months to one year.



## **The TRICARE Mail Order Pharmacy (TMOP)**

**Your Convenient, Economical Option for Long-Term Prescription Drug Needs**

If you take prescription medications for long-term, ongoing conditions, the TRICARE Mail Order Pharmacy (TMOP) and Express Scripts can help you save both time and money.

With TMOP, you can order up to a 90-day supply of your medication for the same co-payment as a 30-day supply at a retail pharmacy. That's a 66% savings for you.

TMOP also includes convenient online services. You can order refills online, print forms to fill new prescriptions, check your order's status, and much more. To use these services, you will need to register at <http://www.Express-Scripts.com>.

TMOP has chosen Express Scripts to provide your mail order prescriptions. As one of the nation's leading prescription benefit managers, Express Scripts processes more than 400 million prescriptions annually and serves the needs of one out of every six people in the United States.

For more information on the mail order pharmacy and other benefits, please visit: <http://www.tricare.osd.mil>