



# Get Connected!



GREAT NEWS! TRICARE Prime patients enrolled to Flight Medicine, Primary Care, Internal Medicine, Family Practice, and the Pediatric Clinic can request a routine (**non urgent**) appointment via our web site.

How does it work? Log on to: <https://public.scott.af.mil/375aw/375pa/wing.htm>, this will take you to the Scott AFB public web site, which should be accessible from your home. To reach the hospital web site, select the link **Health Care**. Under the heading **Patient Services**, select the link **Appointment Request**. Please fill in all of the information, including preferred method of contacting you to confirm your appointment, and then submit your request. Your information will go directly to clinic personnel at the appointment desk and they will try their best to fulfill your requested date and time, and will contact you to confirm your booked appointment. Booked appointments can not be cancelled online. Please contact your PCM clinic directly by phone. Again, please note that this service is for **Routine appointments, NOT urgent/emergency care**.

**Time**

**FOR TRAINING**

The first Thursday of every month, our staff conducts training on skills that are essential to support the hospitals wartime mission.

We will continue to see our acute & emergency patients, but we will be minimally staffed. Patients with routine business should try to accomplish it on an alternate day. If that is not possible, we will assist you, but your wait time may be long.

## Allergy season is upon us...

Common environmental allergens are: house dust; mold, pet dander, pollen from trees, grasses and weeds, house dust mites, cockroaches, certain foods, and certain smells, like perfumes. For asthmatics, environmental allergens are triggers of symptoms. Allergy symptoms will be reduced if you stay away or control your triggers. Two key methods to control allergens are medication & avoidance/prevention.

First, antihistamine use. Non-drowsy antihistamines are available and can be taken only once or twice a day. If your PCM says they are ideal for you, you can start taking the medication today. Starting anti-histamines before a known allergy will allow for better control of symptoms. For instance, if you have an allergy to certain tree pollen or weeds, starting medicine as much as a month prior will generally result in less symptoms of watery and itchy eyes, congestion, and sneezing. Second, avoidance and prevention can be accomplished in most allergy sufferers that are affected by dust, pet dander, dust mites, and mold. Dust and dust mites can often be simple to control. Things like air register filters or vacuum bags that are HEPA-grade, an allergen resistant pillowcase and mattress cover, frequent dusting with non-aerosol furniture polish or a damp cloth will help. Also, keep the humidity in your home around 50% and wash your bedding weekly in hot (130F) water. Pet dander can be avoided by owning a "hypoallergenic" breed of cat/dog. Avoid exposure to the pet by decreasing prolonged contact,

keeping the pet out of the bedroom, or bathing the pet on a weekly basis. The last resort is usually removal of the pet. Molds can be controlled with cleaners containing at least 5% bleach. Further assistance can be obtained by contacting your clinics Asthma Educator or with a routine visit to your PCM.



I \_\_\_\_\_ hereby authorize  
(Print Name)  
\_\_\_\_\_ to pick up prescriptions  
(Print Name)  
at Scott AFB Pharmacy for the following **minor (s)**.

\_\_\_\_\_  
(Print Name of Child)

\_\_\_\_\_  
(Print Name of Child)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Expiration Date



# Hello From E. Namel

**Q** When should my baby make her first trip to the dentist?

**A** Some dentists want to see children shortly after the first tooth comes in, usually between 6 and 12 months of age. Others feel that you can wait until baby is about 2 years old. The main reason for seeing a dentist early is to establish a prevention program and acquaint your child with the dentist and the routine of an exam. An early concern dentists have about a baby's teeth is the risk of severe decay that can develop if a baby sleeps with juice in her mouth. Caring for your child's "baby" teeth (or gums) is important because their health affects the teeth growing beneath them.

**Q** What causes gum disease and what can I do to prevent it?

**A** Accumulation of plaque (sticky layer of bacteria) on the teeth can cause gum disease. If that layer of plaque isn't removed by proper brushing and flossing, the gum tissue becomes red and irritated, and the gums can begin to pull away from the teeth. According to Captain (Dr.) Amy Westerman, "Once the gums start to pull away from the tooth there is a greater chance for bacteria to come in contact with the tooth and create a pocket around the tooth." This is the early stages of gingivitis. If left untreated, it may cause further problems and lead to the destruction of bone and other tooth supporting structures.

To prevent gum disease, "The best thing that a person can do is to brush at least twice a day and to use floss or an inter-dental brush at least once a day," said Dr. Westerman. This might not get all of the plaque off the teeth, but it will at least help prevent future dental problems.

Warning signs for gum disease:

- Gums that bleed during brushing
- Red, swollen or tender gums
- Gums that have pulled away from the teeth
- Persistent bad breath
- Pus between teeth and gums
- Loose or separating teeth
- Change in the way your teeth fit together when you bite
- Change in the fit of a partial denture

If you have one or more of these signs you should contact your dentist.

**Q** Is it true that I can prevent tooth decay with sealants?

**A** Leading cause of tooth decay are poor oral hygiene, high sugar intake, and deep pits and fissures on the biting surfaces of chewing teeth. Improved oral hygiene and modifying your diet can all be accomplished at home, but prevention of tooth decay due to deep pits and fissures requires the help of a dental professional.

Steps to prevent tooth decay include water fluoridation, toothpaste with fluoride, good nutrition, strict home oral hygiene care and regular dental visits. "One of the most cost effective and least non-invasive dental procedures is the application of sealants to prevent tooth decay," stated Captain (Dr.) Roger Thai. Sealants are tooth-colored plastic material that is placed on the chewing surface of the molars and premolars. They work by sealing off the deep pits and grooves, which makes it possible to keep the teeth clean with daily brushing and can prevent/stop early tooth decay in pits and fissures by depriving the bacteria of oxygen and sugar.

Each tooth takes only a few minutes to seal and there is no need for injection of anesthetic. Sealants are most effective if applied as soon as possible after the eruption of permanent teeth. Although sealants are mainly targeted towards children and teens, there are circumstances where adults can benefit from the placement of sealants.

Sealants are relatively inexpensive to place, especially when compared to the cost of a typical dental filling, and usually last several years before a reapplication is needed. They are a covered benefit under the TRICARE Dental Plan (with some restrictions). If you are interested please visit your local dentist or active duty members may call the Scott Dental Clinic at 256-6667 for an evaluation.

**Q** I realize that fluoride is good for teeth and helps prevent cavities, but how can I tell if there is fluoride in our water supply?

**A** Fluoridated water supplies across the country have dramatically reduced cavities in children's teeth. Fluoride is especially helpful as your child's teeth are developing. To find out if your water has fluoride, contact your utility company. If your water isn't fluoridated, talk with your dentist or baby's doctor about strategies to protect your baby's teeth from decay.

## Be Wise & Immunize

To make immunizations more accessible to our patients, shots are now given at the clinics and are provided as a walk-in service. This includes Family Practice, Primary Care, Pediatric, Flight Medicine and Internal Medicine clinics. The hours are Monday - Friday, 8 am - 4 pm.



The single most important thing parents can do to prevent childhood diseases is timely administration of immunizations. Dependable, safe, and effective vaccines have been the single most important medical development in childhood disease prevention in the last 100 years. Please take advantage of this important medical benefit!

This schedule indicates the recommended ages for routine administration of currently licensed childhood vaccines, as of December 1, 2001, for children through age 18 years. Any dose not given at the recommended age should be given at any subsequent visit when indicated and feasible.

Vaccine	Age	range of recommended ages				catch-up vaccination				preadolescent assessment			
		Birth	1 mo	2 mos	4 mos	6 mos	12 mos	15 mos	18 mos	24 mos	4-6 yrs	11-12 yrs	13-18 yrs
Hepatitis B <sup>1</sup>		Hep B #1	only if mother HBsAg (-)							Hep B series			
			Hep B #2		Hep B #3								
Diphtheria, Tetanus, Pertussis <sup>2</sup>			DTaP	DTaP	DTaP		DTaP			DTaP		Td	
<i>Haemophilus influenzae</i> Type b <sup>2</sup>			Hib	Hib	Hib		Hib						
Inactivated Polio <sup>4</sup>			IPV	IPV	IPV					IPV			
Measles, Mumps, Rubella <sup>5</sup>						MMR #1				MMR #2		MMR #2	
Varicella <sup>4</sup>						Varicella				Varicella			
Pneumococcal <sup>6</sup>			PCV	PCV	PCV	PCV			PCV	PPV			
----- Vaccines below this line are for selected populations -----													
Hepatitis A <sup>7</sup>									Hepatitis A series				
Influenza <sup>8</sup>					Influenza (yearly)								

Adult immunizations are a vital part of disease prevention as well. Active duty immunizations are a personal responsibility & are mandatory. Immunizations, like the annual influenza shot, are there to protect the mission of the USAF from large influenza outbreaks & missed duty time associated with illness. Failure to be properly immunized means that someone else will have to do your job, should you become ill. The active duty member should make every effort to keep their shots current, especially if they are on mobility status.

**Required Immunizations Include:**

<b>Routine Active Duty</b>	<b>MMR and Polio</b> .....Proof of 1 Shot
	<b>Influenza</b> .....Annual Requirement
	<b>Hepatitis A</b> .....Proof of 2 Shots
	<b>Tetanus</b> .....Once every 10 years*
	<i>All the above plus:</i>
<b>Active Duty on Mobility</b>	<b>Meningitis</b> .....Every 5 years* (AMC required)
	<b>Typhoid</b> .....Every 2 years #
	<b>Yellow Fever</b> .....Every 10 years*

\* *Denotes vaccines in limited supply & can not give due to real world tasking.*

# *Denotes vaccines we can currently give but are limited due to real world requirements.*

If you have questions about your immunizations status, please talk to your Primary Care Manager.

Pneumococcal Pneumonia vaccine is recommended for our 65+ population. This vaccination is only given on the recommendation of a physician, so those interested should talk to their Primary Care Managers. Revaccination should be strongly considered 6 years after the first dose, for those patients at highest risk for a decline in antibody levels. At Scott Air Force Base a prescription or order from your Primary Care Manager is required to receive this immunization.



**Help give the gift of life through the Scott Blood Program.  
We will be at Pronto's Pizza Ballroom, Bldg. 1930:**

**April 10th, May 8th & June 12th  
9:00 am - 6:00 pm**

***Blood Facts  
to Know and Share***

Every donation given at a Scott Blood Program blood drive directly benefits the military.

Each unit of blood you donate can help save the lives of three different people.

In the United States a blood transfusion is needed about every two seconds.

Up to 12 tests, 9 of which are for infectious diseases, are performed on each unit of donated blood.

While 60% of the general public are eligible to donate blood, only 5% of the medically eligible population give blood.

The average adult body contains 10 to 12 pints of blood.

Trauma victims may use as many as 40 pints or more of blood.

One in ten persons entering the hospital need blood.

The average blood transfusion is 3.4 pints.

About half of your body's iron supply is contained in your red blood cells.

Vitamin C enhances the absorption of the iron you eat.

Tea interferes with iron absorption by about 50%.

Iron in meat is absorbed twice as efficiently as that in vegetables.

There is no substitute for human blood.

**Please help give the gift of life!**



# Mark Your Calendars!



## APRIL Child Abuse Prevention Month



- Co-sponsored parenting class/Bible study on Base Chapel's Protestant Family Night
- Display of books and videos on child abuse at the base library
- Distribution of blue bows and Silent Witness Exhibit at the BX and Commissary
- "Hands are not for hitting" finger painting activity at the Annual Youth Fair
- Child sexual abuse prevention training for 3-5 yr olds at the Child Development center and 6-11 year olds at the Youth Center (After school program). There will be training provided for parenting before presentations to children.

## MAY

- **2<sup>nd</sup> Annual Women Be Well – Wed, 8 May, 0800-1400 at the Scott Club**

This popular event features approximately 35 exhibits representing health care issues for women and a number of presentations and demonstrations during the day. Health screenings include osteoporosis, cholesterol, and blood pressure. Refreshments will be available throughout the day. You don't want to miss this!



## JUNE



- **3<sup>rd</sup> Annual Men's Health Expo – Tues, 4 June, 0800-1300 at the Scott Club**

Yes, it's back! This year's expo will feature exhibits and speakers highlighting men's health issues. Prizes and food throughout the day.

### RTS (Resolve Through Sharing) Bereavement Counseling

We recognize that perinatal loss (miscarriage, stillbirth, neonatal death) is a unique lifelong parenting & bereavement experience. Our main goal is to help families cope with their grief in a positive way and adapt to their new life without their baby. The 375th Medical Group has RTS Bereavement Counselors available to meet the needs of bereaved parents, and their family. For more information please see the hospital web site <https://public.scott.af.mil/375aw/375pa/wing.htm> or contact your Primary Care Manager.



## Quick Reference Phone Numbers

★ Beneficiary Counseling & Assistance 256 - 7606	★ Hospital Information (618) 256 - 7500 or DSN 576 - 7500	★ Pharmacy - Main 256 - 7371
★ Debt Collection Assistance Officer 256 - 7699	★ Internal Medicine Clinic 256 - 7585	★ Pharmacy - Mail-in 1 - 800 - 903 - 4680
★ Dental Clinic 256 - 1846/3321	★ Life Skills Support Center 256 - 7386/6277	★ Pharmacy - Phone In Refill 256 - 7400
★ Family Practice Clinic 256 - 7311 / 7312 / 7647 / 3160	★ Managed Care 256 - 7700	★ Primary Care Clinic (Advice Line) 256 - 7365
★ Flight Medicine Clinic (Advice Line) 256 - 7426	★ Pathology (Lab) 256 - 7465	★ Primary Care Clinic (Appointments) 256 - 7364
★ Flight Medicine Clinic (Appointments) 256 - 7425	★ Patient Administration 256 - 7522	★ Referral/Case Management 256 - 7521
★ Health & Awareness Center HAWC 256 - 7139	★ Pediatric Clinic (Advice Line) 256 - 7565	★ TRICARE Claims Office 1 - 800 - 493 - 1613
★ Health Care Information Line (HCIL) 1 - 800 - 941 - 4501, option 3	★ Pediatric Clinic (Appointments) 256 - 7566	★ TRICARE Service Center 1 - 800 - 941 - 4501

For more information, please access the Med Group website at:  
<https://public.scott.af.mil/375aw/375pa/wing.htm>