



January 2021

UNDER THE MICROSCOPE

MEDDAC Bavaria Preventive Medicine Newsletter



What is happening in January:

National Glaucoma Awareness Month
Cervical Health Awareness Month
National Birth Defects Prevention Month
National Blood Donor Month
Thyroid Awareness Month
Martin Luther King Day - January 18, 2021

If you're sick,
please stay HOME



GET HEALTHY - STAY HEALTHY

Be a FLU FIGHTER

GET YOUR FLU SHOT!

Check the Facebook page of your local health clinic for updates on flu drives & vaccination events in your community!

DID YOU KNOW?



1 in 10 people suffer from a thyroid disorder

1 in 8 women will develop a thyroid disorder during her lifetime

JANUARY IS THYROID AWARENESS MONTH

Nutrients for a Happy Thyroid

Iodine ← Seleniun
L-Tyrosine → Vitamin C

More than half of the people in America that suffer from a thyroid disorder are undiagnosed

The thyroid is a small gland located in the base of your neck that is part of the endocrine system. This tiny gland has a big job and nobody disputes that!

The gland is responsible for various functions including regulating the metabolism, regulating body temperature, cognitive function, digestion, and much more. To make it easy, the thyroid affects the entire body and when it is not working properly you will definitely feel the effects.

Thyroid diseases like hyperthyroidism (over-active state) and hypothyroidism (under-active state) and Hashimoto's disease (autoimmune disease) are treatable with the right medication.

Most thyroid disorders can be found with a simple blood test.

Talk to your provider to see if thyroid function testing is right for you.

You can find more information at: www.thyroid.org & www.thyroidaware.com



January is National Glaucoma Awareness Month

What is Glaucoma?



Glaucoma, "the sneak thief of sight," is a disease that damages your eye's optic nerve. It usually happens when fluid builds up in the front part of your eye. That extra fluid increases the pressure in your eye, damaging the optic nerve.

Facts and Stats



Glaucoma is not curable, and vision lost cannot be regained



Glaucoma is the 2nd leading cause of blindness in the world



More than 3 million people in the United States have glaucoma



Glaucoma can take as much as 40% of vision without a person noticing

Schedule an Eye Exam

Without regular eye exams, you could lose vision to glaucoma before you know you have it. Annual eye exams allow doctors to check for common eye diseases, assess how your eyes work together, and evaluate your eyes as an indicator of your overall health.



Sources: www.glaucoma.org & www.cdc.gov/features/glaucoma-awareness

Just a thought (a Preventive Medicine Column):

January is the beginning of a new year and the perfect time to start the year celebrating **National Blood Donor Month.**

Due to increased seasonal illnesses during the winter months and inclement weather conditions, donations of blood and platelets decline and demand increases. Millions of people including cancer patients, organ recipients, and victims of accidents rely on blood donations from people like you and I.

Give blood. Don't wait for a disaster. Someone needs blood now!

Contact the [American Red Cross](http://AmericanRedCross.org) or the [Armed Services Blood Program](http://ArmedServicesBloodProgram.org) for more information.

Here are some of the biggest reasons giving blood is so important:

- About 36,000 units of red blood cells and 7,000 units of platelets are needed every single day in the U.S.
- The most requested blood type by hospitals is type O. This kind of blood can be transfused to patients of all blood types, so it's always in great demand and very short supply. Only 7% of people in the U.S. have type O.
- A single car accident victim may need up to 100 pints of blood to survive.
- About 6.8 million people donate blood every year in the U.S.
- 38% of our population is eligible to donate, but less than 10% actually do.
- Donating blood is a simple, safe process. All you have to do is register, take a mini medical history test, donate, and then accept free refreshments like water, Gatorade, granola bars, etc.
- A single donation from a single patient can help more than one person.

HISTORY: President Richard Nixon proclaimed January as National Blood Donor Month for the first time on December 31, 1969, as requested by Senate Joint Resolution 154.

Am I Eligible?

NEW ELIGIBILITY: 5 Year Rule GONE - Tattoo/Travel Deferrals Only 3 Months

- 18 or older, weigh at least 116 pounds, free of cold/flu symptoms for 3 days.
- Haven't had COVID-19 symptoms, or come into close and extended contact with someone who has, in the past 14 days.
- Haven't visited a malaria-risk country for more than 24 hours in the past 12 months.
- In the past 3 months, haven't had a tattoo overseas or in a U.S. state that does not regulate tattoo facilities.
- Didn't live in the UK 3 months or more between 1980-1996
- Didn't live 5 years or more in France or Ireland between 1980-2001

Do I really need antibiotics?



SAY YES TO ANTIBIOTICS

when needed for certain infections caused by **bacteria**.



SAY NO TO ANTIBIOTICS

for **viruses**, such as colds and flu, or runny noses, even if the mucus is thick, yellow or green. Antibiotics also won't help for some common bacterial infections including most cases of bronchitis, many sinus infections, and some ear infections.



Antibiotics are only needed for treating certain infections caused by bacteria.

Antibiotics do NOT work on viruses.

To learn more about antibiotic prescribing and use, visit www.cdc.gov/antibiotic-use



NATIONAL
BIRTH DEFECTS
PREVENTION MONTH
• JANUARY •



Every 4½ minutes a baby is born with a birth defect in the United States.

Simply put - it doesn't have to be that common. Prenatal health experts from the NBDPN (National Birth Defects Prevention Network) teamed up with the CDC (Centers for Disease Control and Prevention), AAP (American Academy of Pediatrics), the March of Dimes, BDRP (Society for Birth Defects Research & Prevention) and 'MotherToBaby' this month to increase awareness of 5 critical tips to reduce the chances of having a baby with a birth defect.

The National Birth Defects Prevention Month campaign 2021 theme "**Best for You. Best for Baby**" aims to raise awareness of birth defects cases.

While we can't prevent all birth defects, the following steps increase a woman's chance of having a healthy baby:

1. Be sure to take 400 micrograms (mcg) of folic acid every day.

Folic acid is very important because it can help prevent some major birth defects of the baby's brain and spine when taken before and during early pregnancy.

2. Book a visit with your healthcare provider before stopping or starting any medicine.

There are often benefits to continuing treatment throughout pregnancy. Discussing a treatment plan before a pregnancy allows a woman and her health care provider to weigh the pros and cons of all options to keep mom and baby as healthy as possible.

3. Become up-to-date with all vaccines, including the flu shot.

Having the right vaccinations, like the flu and Tdap (Tetanus, Diphtheria and Pertussis) vaccines, at the right time during pregnancy can help keep a woman and her baby healthy.

4. Before you get pregnant, try to reach a healthy weight.

Obesity increases the risk for several serious birth defects and other pregnancy complications.

5. Boost your health by avoiding harmful substances during pregnancy, such as alcohol, tobacco, and other drugs.

There is no known safe amount of alcohol during pregnancy and its exposure can cause major birth defects. Smoking during pregnancy can cause dangerous chemicals to damage the placenta and/or reach baby's bloodstream. The opioid addiction epidemic has led to a sharp increase in Neonatal Abstinence Syndrome (NAS), premature birth and drug withdrawal in developing babies.

For more information visit www.nbdpn.org and www.cdc.gov/ncbddd/birthdefects or talk to your provider at your local clinic.



January 2021
CERVICAL CANCER
AWARENESS MONTH

Facts & Prevention

Each year, more than 13,200 women are diagnosed with invasive cervical cancer.

More than 4,200 die from the disease.

Every woman 30-65 years should screen for cervical changes.

About 70 million Americans currently have HPV. 90% of cervical cancers are associated with HPV.

AVOID SMOKING

Harmful chemicals inside the cigarette can increase your likelihood of developing cervical cancer.

PRACTICE SAFE SEX, USE CONDOMS

Always keep yourself and your partners safe!

HPV infections can occur in both male and female genital areas. Condoms also help reduce risk of spreading sexually-transmitted diseases (STDs).

SCREENING TESTS:

Pap Smear (or Pap test)

looks for pre-cancer cell changes on the cervix.

HPV test

looks for the HPV virus that causes the cell changes.

HPV & HPV Vaccination



HPV = HUMAN PAPILLOMAVIRUS

The human papillomavirus (HPV) is a common virus that can be passed from one person to another during sex.

HPV can affect both males and females.



HPV VACCINE

The HPV-vaccine can help prevent infection from both various HPV types that lead to cervical cancer or genital warts, regardless of sexual activity.

KEEP IN MIND:

HPV-vaccine prevents new infections, it does not treat existing infections. This is why it is important to receive the vaccine before any exposure to HPV.

FOR MORE INFORMATION VISIT:

www.cdc.gov/cancer/cervical
www.nccn-online.org

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For all current and updated COVID-19 Limitations visit:

www.7atc.army.mil

and the

[U.S. Army Garrison Bavaria Facebook Page](https://www.facebook.com/U.S.ArmyGarrisonBavaria)



WEAR
A MASK



WASH
YOUR HANDS



WATCH
YOUR DISTANCE