



May 2021

UNDER THE MICROSCOPE

MEDDAC Bavaria Preventive Medicine Newsletter



For all current and updated COVID-19 limitations visit:
www.7atc.army.mil and the [U.S. Army Garrison Bavaria Facebook Page](#)



What is happening in May:

Hepatitis Awareness Month
National High Blood Pressure Education Month
National Physical Fitness and Sports Month
Skin Cancer Prevention Month
Air Quality Awareness Week (May 3 - 7)
World Hand Hygiene Day (May 5)
National Women's Health Week (May 9 - 15)
Don't Fry Day (May 21)
World No Tobacco Day (May 31)
Memorial Day (May 31)



National Women's Health Week (NWHW) is a weeklong health observance led by the U.S. Department of Health and Human Services' Office on Women's Health (OWH). The week May 09 -15, 2021 serves as a reminder for women and girls, to make their health a priority and take care of themselves. *"Take care of your body. It's the only place you have to live"* - Jim Rohn

Why National Women's Health Week is important

- ♥ **Happiness starts with good health.** Healthy women have more energy to get through the day and approach life with more hope and optimism. They are less stressed and experience lower levels of anxiety. Use National Women's Health Week as a reminder to breathe.
- ♥ **Kids need their moms.** For moms, living a healthier lifestyle and taking preventive measures means they'll be around longer for their kids. Also, kids tend to adopt their parents' habits; healthy moms are likely to have healthier kids.
- ♥ **Good health is infectious.** When friends and family see how happy you are by living a healthier lifestyle, they'll want a piece of that happiness pie. Living and eating well shows others that they can do it too.

How you can observe National Women's Health Week

- ♥ **Visit your doctor / provider.** Annual checkups are an absolute must for maintaining good health. If you haven't had a physical in a while, contact your local health clinic and schedule an appointment. Yes, even if you are feeling great.
- ♥ **Analyze your diet.** Check your eating habits to make sure you're getting the recommended daily allotment of nutrients. It's easy to slip into an unhealthy eating routine. You have to nourish to flourish.
- ♥ **Get to moving.** Join your local gym, go outside for walks or workout at home. You will be surprised how energized you will be.
- ♥ **Pay attention to mental health,** including getting enough sleep and managing stress.
- ♥ **Avoid unhealthy behaviors** - such as smoking, texting while driving or excessive alcohol usage.

Sources: www.cdc.gov/women www.womenshealth.gov/nwhw www.crg.amedd.army.mil/guides/



Tobacco causes 8 million deaths every year.

When evidence was released this year that smokers were more likely to develop severe disease with COVID-19 compared to non-smokers, it triggered millions of smokers to want to quit tobacco. Quitting can be challenging, especially with the added social and economic stress that have come as a result of the pandemic, but there are a lot of reasons to quit.

The benefits of quitting tobacco are almost immediate. After just 20 minutes of quitting smoking, your heart rate drops. Within 12 hours, the carbon monoxide level in your blood drops to normal. Within 2-12 weeks, your circulation improves and lung function increases. Within 1-9 months, coughing and shortness of breath decrease. Within 5-15 years, your stroke risk is reduced to that of a non-smoker. Within 10 years, your lung cancer death rate is about half that of a smoker. Within 15 years, your risk of heart disease is that of a non-smoker. If that's not enough the WHO (World Health Organization) listed more than 100 reasons to quit:

www.who.int/news-room/spotlight/more-than-100-reasons-to-quit-tobacco

Tobacco cessation programs are available at every clinic near you!

take your
BEST SHOT!

Protect yourself
and your loved ones.
Get vaccinated
against COVID-19.



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Check the Facebook of
your local health clinic for
more information on
vaccination events!

Just a thought (a Preventive Medicine Column)

United States military personnel willingly risk their lives to ensure the wellbeing and freedom of their country. However, the prevalence of tobacco use among this population can put them at risk of hospitalizations and injuries. According to the 2010-2015 National Survey on Drug Use and Health, almost 30 percent of veterans use some form of tobacco product including cigars, cigarettes, pipe tobacco and smokeless tobacco. Additionally, the U.S. Department of Defense, in 2015, conducted a Health-Related Behaviors Survey among active-duty personnel. This survey estimated that approximately 14% of the military personnel are addicted to cigarette smoking. Despite the gradual decrease in the current cigarette use in the military since the year 2011, rates are still significantly than the population at large.

Like civilian smokers, many smokers in the military report trying to quit, and, like their civilian counterparts, are have difficulty. In 2008, 16 percent of military personnel that were smokers in the past year had quit and 48 percent had tried unsuccessfully to quit. Assistance in smoking cessation is available at your Army Health Clinic. TRICARE covers prescription and over-the-counter quitting medications at no cost to military personnel. It also provides counseling, quit lines and web-based quit assistance to help.

May 5 is World Hand Hygiene Day:

Washing hands prevents illnesses and spread of infections to others. Handwashing with soap removes germs from hands. This helps prevent infections because:

- People frequently touch their eyes, nose, and mouth without even realizing it. Germs can get into the body through the eyes, nose and mouth and make us sick.
- Germs from unwashed hands can get into foods and drinks while people prepare or consume them. Germs can multiply in some types of foods or drinks, under certain conditions, and make people sick.
- Germs from unwashed hands can be transferred to other objects, like handrails, table tops, or toys, and then transferred to another person's hands.
- Removing germs through handwashing therefore helps prevent diarrhea and respiratory infections and may even help prevent skin and eye infections.





Facts:

- ☀️ 1 in 5 Americans will develop skin cancer by the age of 70.
- ☀️ Having 5 or more sunburns doubles your risk for melanoma.
- ☀️ An estimated 3.6 million cases of BCC (basal-cell cancer, the most common type of skin cancer) are diagnosed in the U.S. each year.
- ☀️ An estimated 7,180 people will die of melanoma in 2021.
- ☀️ In the past decade (2011-2021) the number of new invasive melanoma cases diagnosed annually increased by 44%.
- ☀️ More people are diagnosed with skin cancer each year in the U.S. than all other cancers combined.

Who is at risk for Skin Cancer?

- Personal or family history
- Frequent or intense exposure to sunlight
- Use of sun lamps or tanning beds
- Fair skin that burns easily
- History of severe, blistering sunburns
- Use of certain antibiotics, hormones or anti-depressants

Warning Signs of Skin Cancer

Monitoring and evaluating certain moles can go a long way to avoid more serious skin cancers. Using these guidelines when looking at moles can be a first step in skin cancer prevention (A-B-C-D-E):

- **Asymmetry**-Moles do not match
- **Border**-Edges of moles are ragged, blurred, or irregular
- **Color**-Shading is different throughout mole tan, brown, black, blue, red
- **Diameter**-Is it larger than an eraser pencil
- **Evolution**-Mole is changing in size and shape

Sun Sense (aka What you need to know to protect yourself and your loved ones from the Sun's damaging UV (Ultraviolet) rays):

- **Be smart about Sunscreen** - Choose a water resistant, broad spectrum sunscreen that's over 30 SPF.
- **Reapply every two hours** - more if you get wet!
- **Wear sunscreen even on cloudy days**
- **Seek shade** - bring an umbrella for extended bouts of sun exposure and avoid the peak heat hours of 10AM-2PM.
- **Check your skin monthly** and talk to your provider if you see any of the warning signs - when detected early, skin cancers are highly treatable! Cover up when outdoors.
- **Pass on tanning booths**

Learn more at:

www.skincancer.org, www.cdc.gov/cancer



National Physical Fitness & Sports Month #MoveInMay

You know you need physical activity to stay healthy. But did you know it can help you feel better right away?



Boost your mood



Sharpen your focus



Reduce your stress



Improve your sleep

How much activity do I need?

Moderate-intensity aerobic activity (anything that gets your heart beating and faster counts):

at least 150 minutes a week



Muscle-strengthening activity (activities that make your muscles work harder than usual):

at least 2 days a week



Sources: health.gov/moveyourway

HEPATITIS AWARENESS MONTH 2021

May is designated as **Hepatitis Awareness Month** in the United States, providing 31 days to raise awareness of viral hepatitis in the United States. During May, agencies and offices across the federal government as well as state and local partners work to raise awareness of the importance of vaccination for hepatitis A and B, testing for hepatitis B and C, the availability of effective care and curative treatment, and the serious health consequences resulting from undiagnosed and untreated viral hepatitis. The month-long observance includes Hepatitis Testing Day on May 19th.

These observances are important opportunities to raise widespread awareness of viral hepatitis and its impact in the U.S. and expand our coordinated national efforts to improve the health of the estimated 862,000 people living with hepatitis B and 2.4 million people living with hepatitis C.

The ABC's of Viral Hepatitis:



HEPATITIS A (HAV):

Transmitted through contaminated food and water; Recover from an acute infection provides lifelong protection against a future exposure to HAV; There is no chronic infection associated with HAV; Good personal hygiene and proper sanitation can help prevent hepatitis A; A safe vaccine is available for babies \geq 12 months, children and adults; No drug treatment is needed for an HAV infection.



HEPATITIS B (HBV):

Transmitted through infected blood, unprotected sex, unsterile or contaminated needles, and from an infected woman to her newborn during childbirth; A chronic infection can occur in 90% of infants exposed to HBV, up to 50% of young children, and 10% of adults; HBV is the primary cause of liver cancer, which is the 2nd leading cause of cancer deaths worldwide; There is a vaccine for newborns, children and adults and drug treatments but no cure for HBV.



HEPATITIS C (HCV):

Transmitted through infected blood, unprotected sex, and contaminated or unsterile needles; A chronic infection can occur in 55–85% of infected adults; HCV is the leading cause for liver transplants in the U.S.; There is no vaccine but a cure for HCV was discovered and approved in 2013;

Get more information at: www.cdc.gov/hepatitis/awareness www.hhs.gov