



**CYBER HEALTH  
INFORMATION  
CORNER**

Here are some recommended websites that you can use to live healthier. Please feel free to contact us with any questions or concerns you may have@  
Appt line: 456-6555.

**Websites:**

General Health-  
[www.cemm.org](http://www.cemm.org)

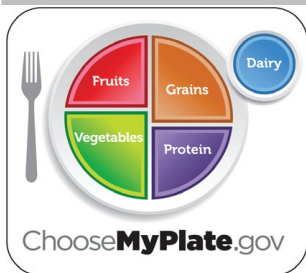
Children-  
[www.healthychildren.org](http://www.healthychildren.org)

Deployment-  
[www.afterdeployment.org](http://www.afterdeployment.org)

Symptom Checker-  
[www.familydoctor.org](http://www.familydoctor.org)

General-  
[www.triwest.com/en/beneficiary/healthy-living](http://www.triwest.com/en/beneficiary/healthy-living)

(Supplemental information only, not to replace medical advice from your Primary Healthcare Provider)



[http://  
www.facebook.com/  
barksdaleafbclinic](http://www.facebook.com/barksdaleafbclinic)



# 2D MEDICAL GROUP NEWSLETTER

AF Injury Prevention

Skin Cancer Detection/Prevention Month

## Skin Cancer Awareness

Did you know that unprotected skin can be damaged by the sun's ultra-violet (UV) rays in as little as 15 minutes? Even on days when it's cool and cloudy, you can still get burned.

There are three main types of diagnosable skin cancer. The two most common types, basal cell carcinoma and squamous cell carcinoma, are highly curable. But, malignant melanoma, least common of the three types of skin cancer, can be fatal.

### Risks:

- \* Light skin color
- \* Personal history of skin cancer
- \* Family history of melanoma
- \* Sun exposure through work and play
- \* History of sunburns early in life
- \* Skin that burns or reddens easily
- \* Blue or green eyes
- \* Naturally blond or red hair

[www.cdc.gov](http://www.cdc.gov)  
[www.tricare.mil](http://www.tricare.mil)

## **At Work or Play Protect Your Skin from the Sun**

Here's How:

- ☺ Wear a hat and sunglasses
- ☺ Cover up with clothing
- ☺ Put on sunscreen
- ☺ Seek shade

### **Practice Situational Awareness at Home, Work, on the Road, and at Play**

#### Here's what you should know for work:

- \*Wear Personal Protection Equipment as required
- \*Identify areas that might look unsafe and work with your Safety Monitor to correct it
- \*While working, remember safety

#### Here's what you should know for home:

- \*Get trained in First Aid, CPR and AED
- \*Get a flu shot annually
- \*Fall proof your home
- \*Child proof/pet proof your home (if you have children/pets)

#### Here's what you should know on the road:

- \*Wear safety belt
- \*Drive sober
- \*Focus on the road
- \*Drive defensively
- \*Don't text and drive

#### Here's what you should know while at play:

- \*Hydrate
- \*Recognize heat stroke (red/hot/dry skin, no sweating, rapid pulse, headache/dizziness/nausea)
- \*Know how to do each activity by engaging in a class before doing the activity
- \*Wear appropriate Personal Protection Equipment required for each activity
- \*Know the environment before engaging in activity
- \*Make sure that each activity is age appropriate
- \*Obey the rules and signs, they are there for your protection

**National Safety Council - [www.nsc.org](http://www.nsc.org)**

**AIR FORCE  
MEDICAL HOME**

**QUALITY  
MEASURES**

**PATIENT  
EXPERIENCE**

**PATIENT**

**PHYSICIAN-led  
TEAM**

**INFORMATION  
MANAGEMENT  
&  
TECHNOLOGY**

**PROACTIVE PREVENTIVE HEALTH CARE**

Where to get Information on  
Your Child:

<http://patiented.aap.org>  
<http://www.healthychildren.org/>  
<http://new.dhh.louisiana.gov>  
<http://kidshealth.org>  
<http://www.cdc.gov/>  
<http://www.letsmove.gov/>  
<http://www.fitness.gov/>  
<http://www.operationmilitarykids.org/>  
<http://www.militarychild.org/>

\*Not to be substituted for  
medical care

**Follow us on Facebook**  
The Medical Group has developed a  
Facebook page, "Barksdale AFB-2d  
Medical Group." Please visit and  
"Like" us. Our page is packed full  
of information and loaded with  
additional helpful links. Come  
check us out!

[http://  
www.facebook.com/  
barksdaleafbclinic](http://www.facebook.com/barksdaleafbclinic)

 Find us on  
Facebook



**2 Medical Group**

## SPORTS PHYSICALS



**When:**

**SPORTS PHYSICALS**  
**19 July 2012 (Tuesday)**  
**1700-1900**



**&**

**SPORTS PHYSICALS AND HEALTH FAIR!!!**  
**4 August 2012 (Saturday)**  
**0800-1600**



**Where:**

**2 MDG CLINIC**  
**Family Health Clinic &  
Pediatric Clinic**



**For Who: 6-18 year olds ONLY!!**



**PLEASE CALL 456-6555 and request a  
"Sports Physical" APPOINTMENT**



**2 MEDICAL GROUP BARKSDALE AFB, LOUISIANA**