



**CYBER HEALTH
INFORMATION
CORNER**

Here are some recommended websites that you can use to live healthier.

Websites:

General Health-
www.cemm.org

Children-
www.healthychildren.org

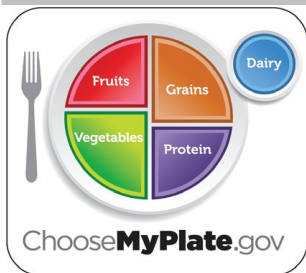
Deployment-
www.afterdeployment.org

Symptom Checker-
www.familydoctor.org

General-
www.triwest.com/en/beneficiary/healthy-living

Appointments can be made at: 456-6555.

(Supplemental information only, not to replace medical advice from your Primary Health-care Provider)



<http://www.facebook.com/barksdaleafbclinic>



2D MEDICAL GROUP NEWSLETTER

Breast Cancer Awareness Month

Domestic Violence Awareness Month



Breast Cancer Awareness By Capt Lorna Blodgett 2d Medical Group



For more than 20 years National Breast Cancer Awareness Month has helped focus national attention on breast cancer and the importance of early detection and treatment. In 2010 the United States had an estimated 207,000 newly diagnosed cases of invasive and 54,010 cases of non-invasive breast cancer diagnosis. Incidentally, less than 1% of all new breast cancer cases occur in men. The good news is that today, if detected and treated early, the five-year survival rate for those in the earliest stages of breast cancer is 100%. In 2010 alone, there were a total of 2.5 million breast cancer survivors in the U.S. Mammograms are among the best early detection methods, **yet 13 million American women 40 years of age or older have never had a mammogram.** Please do not be part of this statistic!

If you are a TRICARE Prime beneficiary over 39 years of age, you are entitled to a screening mammogram once a year. Routine screening mammograms are appropriate for women with no history of breast cancer or other breast health problems. If you are currently having symptoms or have noticed a lump, you **must** see your provider for examination before a mammogram or other testing is done.

Good News!! Not only does the Medical Group have state of the art mammography equipment, we are fortunate to have a highly skilled and very caring mammography technician with over 24 years of experience on our staff. Ms. Grubbs will do everything she can to ensure you have the best mammogram experience you've ever had! If you have been putting off having your mammogram, now is the time to get it done on base!

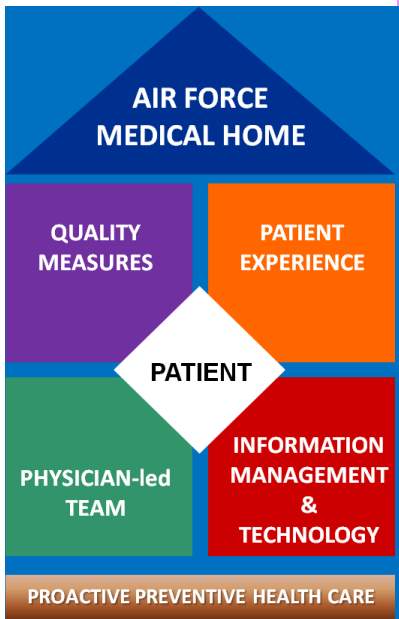
One woman in eight either has or will develop breast cancer in her lifetime. An annual mammogram can be one of your best tools for early detection and treatment. Don't wait. Call Radiology at 456-6253 NOW and make your appointment today!

For more information go to: <http://www.breastcancer.org>
<http://www.breastcancersociety.org>
<http://www.cdc.gov>



Optimize Your Health with **HEALTH COACH TEAM**

Lt Col Prudence Anderson	(318)529-4509
Capt Micah Emerson	(318)456-9512
Mr. Mike Chelette	(318)456-9512
Capt Lorna Blodgett	(318)529-4508



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/barksdaleafclinic>



Nutrition

Our Registered Dietitian, Ms. Amanda Bowman, teaches the following and handles all PCM referrals for individual assessments for retirees, AD, and dependents. Our nutrition classes are open to this population except under the age 18 which are better served by individual appointment with the dietitian.

Weight Loss Clinic: Learn healthy eating habits and portion control to manage your weight from our dietitian.

Healthy Heart/Hyperlipidemia: Two part series involving lowering your risk of heart disease with "Therapeutic Lifestyle Changes". After attending both classes, participants may schedule an individual follow-up with the Dietitian.

Diabetic Nutrition Group: Class participants are taught about the best eating strategies he/she may use to control blood glucose levels and decrease his/her risk for heart disease.

Commissary Tour: A personalized walking grocery tour with the registered dietitian. Tips on label reading, heart-healthy choices & nutrient density will be some of the topics talked about.

Contact Amanda Bowman, RD, and LDN at:
amada.bowman.2.ctr@barksdale.af.mil
 or 456-8359 to sign up for Healthy Heart, Weight Loss or the Diabetes class.



October is Domestic Violence Awareness Month

Domestic Violence Awareness Month (DVAM) evolved from the "Day of Unity" in October 1981 conceived by the National Coalition Against Domestic Violence. The intent was to connect advocates across the nation who were working to end violence against women and their children. The Day of Unity soon became an entire week devoted to a range of activities conducted at the local, state, and national levels. The activities conducted were as varied and diverse as the program sponsors but had common themes: mourning those who have died because of domestic violence, celebrating those who have survived, and connecting those who work to end violence. In October 1987, the first Domestic Violence Awareness Month was observed. That same year marks the initiation of the first national domestic violence toll-free hotline. In 1989 the U.S. Congress passes Public Law 101-112 designating October of that year as National Domestic Violence Awareness Month. Such legislation has passed every year since with NCADV providing key leadership in this effort. Each year the Day of Unity is celebrated the first Monday of Domestic Violence Awareness Month.



**LOVE SHOULD NEVER HURT!
 Help prevent domestic violence.**

