

# 2 MEDICAL GROUP NEWS

## Cervical Health Awareness and Healthy Weight Month

### Winning the War Against Cervical Cancer!

Cancer is a formidable foe. Being told you have cancer is a life-altering experience, whatever the outcome. The good news is that great strides have been made in the prevention, detection and treatment of cervical cancer. A woman is 74% less likely to die of cervical cancer today than she was 50 years ago. This dramatic change is due in great part to early detection by Pap smear as well as advancing prevention and treatment options.

The newest weapon in the fight is a vaccine. Two strains of the Human Papilloma Virus (HPV) are responsible for about 70% of all cervical cancers. The HPV vaccine protects against the four most common strains of the HPV virus and is recommended for females between 11 and 26 years of age. The ideal goal is to immunize young women before they become sexually active, in order to provide the best possible protection. Therefore, the Centers for Disease Control and Prevention (CDC) recommend girls get this vaccine at 11-12 years old, with catch up immunizations for those up to age 26 that have not been immunized. Those women who are already sexually active will still be protected against any strains of HPV to which they have not been exposed. The vaccine does not cure HPV infections once they occur, so early immunization offers the most protection.

The Papanicolaou test (Pap test) is a tool for the prevention and early detection of cervical cancer. The Pap test is performed in the provider's office and can detect abnormal cells before they become cancerous or detect cancer in the early stages when it is most treatable. All women should begin cervical cancer screening when they are 21 years old. Women who have had 3 normal Pap test results in a row may get screened every 2 to 3 years. Women who have certain risk factors should continue to be screened annually, check with your provider to determine if you require annual screening exams. Many women find this exam to be embarrassing or uncomfortable, making it easy to put it off for another day. But getting it done on time may keep treatment simple and may even save your life.

For more info go to Centers for Disease Control:  
<http://www.cdc.gov>

For an appointment with your PCM call: 456-6555

HAPPY NEW YEAR!!!

Because your health and wellness are important to us, the 2 Medical Group is dedicated to your good health and wants to ensure that you obtain all recommended healthcare screenings. The US Preventive Services Task Force (USPSTF) recommends a variety of tests based on your age and risk factors. For more information go to: <http://www.ahrq.gov/clinic/prevenix.htm>. For health related issues contact your Family Health Team or the appointment line at: (318) 456-6555. We are entering our second year of the 2 MDG News publication! Happy New Year! Enjoy reading the 2 Medical Group Newsletter, where your healthcare issues matter.

### *Come By and Meet our Disease Managers!*

*The 2 MDG is still currently conducting monthly appointments for Diabetics. Contact our Disease Managers:*

*Lt Col Prudence Anderson*

*Or*

*Capt Micah Emerson*

*For an appointment with your PCM or Disease Manager, please contact the appointment line:  
456-6555*

### It's Cold and Flu Season!!!

The most effective way to avoid a cold and flu is to **WASH YOUR HANDS** and get your **IMMUNIZATIONS!**



## The Hardest Part About EXERCISE is Getting Started

### Some tips to help you get started:

- Talk to your provider about integrating regular exercise into your weight loss plan.
- Do moderate-intensity cardiovascular exercises for 20-60 min at least 3-5 days per week. Daily exercise, however, is recommended for weight loss.
- Choose low-impact activities, such as walking, swimming, cycling, and step aerobics.
- At least two days per week, follow a strength-training program with 1-3 sets of exercises for the major muscle groups, with 10-15 repetitions. While aerobic exercise burns more calories, strength training helps you preserve or even increase your lean muscle mass.
- Start slowly and gradually progress the intensity and duration of your workouts
- Find an exercise partner to help keep you motivated and consistent about your workouts.
- Set realistic weight loss goals-no more than one or two pounds per week-and stick to a healthy, calorie-controlled diet.
- Weight loss requires commitment, so find ways to stay motivated. Consider enlisting the help of friends and family or creating a rewards system.

For more information go to:

[www.exerciseismedicine.org](http://www.exerciseismedicine.org)



## Follow and like 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/barksdaleafbcclinic>

Also check out other helpful websites/contacts @:

HAWC  
456-8046

TRICARE Online  
[www.TricareOnline.com](http://www.TricareOnline.com)

Defense Enrollment Eligibility  
[www.tricare.mil/DEERS](http://www.tricare.mil/DEERS)

Pharmacy Benefits  
Retail:  
1-866-363-8779  
Member Choice Center  
(convert retail Rx to mail-order):  
1-877-363-1433

TRICARE for Life  
[www.TRICARE4u.com](http://www.TRICARE4u.com)

Medicare  
[www.medicare.gov](http://www.medicare.gov)

Veterans Affairs  
[www.va.gov](http://www.va.gov)

## Get To Know Your Medication

Medicines are generally safe when prescribed or when used as the label describes. However, 700,000 visits to the emergency room are generated each year as a result of improper medication use. Here are some tips will help you get the most from your medication safely.

**Know What You are Taking.** Ask the name of the medication your doctor prescribed and how to take it. Should you finish all of your medication or get a new prescription once you are done? What do you do if you miss a dose? Ask how many refills are in the prescription. That way you can schedule an appointment with the doctor for a new prescription or call in your refills on time.

**Ask About Common Side Effects.** While medications are intended to help improve your health, there are certain risks that you may experience by taking them. Knowing about them may help prevent more serious side effects from happening or properly manage them.

**Inform Your Provider/Pharmacist Of Any Food Or Drug Allergies.** Having an allergy to a medication you have had in the past might also mean you are allergic to certain medications that might be related.

**Ask Questions.** If there is anything that is unclear to you or something you may have questions about ask your doctor or pharmacist for clarification. If you have taken the same medication before and it is different in size, shape, form or color, ask your pharmacist why. Immediately bring up anything that the pharmacist tells you that may be different from what were you were told during your doctor's visit.

For more information go to:

<http://www.cdc.gov/medicationsafety/>

[http://www.pfizer.com/health/medicine\\_safety/](http://www.pfizer.com/health/medicine_safety/)