

ANNOUNCEMENTS!!!!!!

Location: Building 555

Camp Humphreys, Korea

Hours: Monday through Friday 0800-1700

***All clinic services are closed Thursday mornings due to SGT's Training Time**

**The clinic is closed weekends, Federal holidays, and training holidays.*

Phone: Clinic Information Desk 753-8388

Appointment Line 737-CARE

Patient Advocate: 753-6132

Medical Records 753-8973/8847

Dental Clinic 753-6559

Services:

- + Ancillary Services
- + Walk-in Services
(Immunizations and Audiology)
- + Appointments / Sick call / In and Out processing
- + Behavioral Health
- + Pediatrics
- + Physical Exams
- + Physical Therapy
- + Gynecology and Prenatal Care
- + Public Health Nurse and Health Promotion
- + After Hours Clinic
- + TRICARE
- + Area III Host Nation Hospital
- + Dental Clinic



WELCOME TO USAHC-Humphreys

We want to briefly introduce you to our clinic and tell you what the clinic has to offer you as a patient. From the Soldier to the civilian we offer a wide variety of services.

Guardians
"Others First"

Our Mission Statement

"Provide patient friendly access to compassionate, high quality health care during armistice for our beneficiaries across the Korean peninsula while maintaining readiness to fight and win"

Breast Cancer and You: What You Need to Know

What is breast cancer?

Cancer is a disease in which cells in the body grow out of control. When cancer starts in the breast, it is called breast cancer. The breast is made up of three main parts: glands, ducts, and connective tissue.

Sometimes breast cells become abnormal and grow faster than normal cells. These extra cells form a mass called a tumor. Some tumors are “benign,” or not cancerous. Other tumors are “malignant,” meaning they are cancerous and have the ability to spread to other parts of the breast and body and disrupt normal functions in those areas.

Who gets breast cancer?

All women are at risk for breast cancer. Men can also get breast cancer, but this is rare. Not counting skin cancer, breast cancer is the most common cancer in women of all combined racial and ethnic groups in the United States. Among Hispanic women, it is the most common cause of death from cancer, and it is the second most common cause of death from cancer among white, black, Asian or Pacific Islander, and American Indian or Alaska Native women. In 2005, (the most recent year for which statistics are available), 186,467 women were diagnosed with breast cancer, and 41,116 women died from the disease.†

† U.S. Cancer Statistics Working Group. *United States Cancer Statistics: 1999–2005 Incidence and Mortality Web-based Report*. Atlanta (GA): Department of Health and Human Services, Centers for Disease Control and Prevention, and National Cancer Institute; 2009.

Although more white women get breast cancer, more black women die from it.

How can I prevent it?

Scientists are studying how best to prevent breast cancer. Ways to help you lower your risk of getting breast cancer include the following:

- Stay physically active by getting regular exercise.
- Maintain a healthy weight.
- Avoid using hormone replacement therapy (HRT), or find out the risks and benefits of HRT and if it is right for you.

- **Limit the amount of alcohol that you drink.**

What raises a woman's chance of getting breast cancer?

There are several factors that may affect your risk of developing breast cancer. These include:

- Getting older.
- Not having children, or having your first child later in life.
- Starting your first menstrual period at an early age.
- Beginning menopause at a late age.
- Having a personal history of breast cancer or certain benign breast diseases, such as atypical ductal hyperplasia.
- Having close family relatives (such as a mother, sister, father, or daughter) who have had breast cancer.
- Having a genetic condition, such as certain mutations in your BRCA1 or BRCA2 genes.
- Having been treated with radiation therapy to the breast or chest.
- Being overweight, particularly after menopause.
- Using hormone replacement therapy for a long time.
- Using oral contraceptives.
- Drinking alcohol.

- **Being physically inactive.**



What are the symptoms?

When breast cancer starts out, it is too small to feel and does not cause signs and symptoms. As it grows, however, breast cancer can cause changes in how the breast looks or feels. Symptoms may include:

- A new lump in the breast.
- A lump that has changed.
- A change in the size or shape of the breast.
- Pain in the breast or nipple that does not go away.
- Flaky, red, or swollen skin anywhere on the breast.
- A nipple that is very tender or that suddenly turns inward.
- Blood or any other type of fluid coming from the nipple that is not milk when nursing a baby.

If you have any of these symptoms, talk to a health care professional. They may be caused by something other than cancer, but the only way to know is to see a health care professional.

What you should know about getting a . . . **MAMMOGRAM**



Is there a test that can find breast cancer early?

Mammograms are the best tests for finding breast cancer early. Mammograms are a series of X-ray pictures of the breast that allow doctors to look for early signs of breast cancer, sometimes up to three years before it can be felt. When breast cancer is found early, treatment is most effective, and many women go on to live long and healthy lives.

When should I get a mammogram?

Most women should have their first mammogram at age 40 and then have another mammogram every one or two years. If you have any symptoms or changes in your breast, or if breast cancer runs in your family, talk to your health care professional. He or she may recommend that you have mammograms earlier or more often than other women.

What happens if my mammogram is abnormal?

If your mammogram is abnormal or more tests are required, do not panic. Many women need additional tests, and most are not diagnosed with cancer. An abnormal mammogram does not always mean you have cancer. It does mean that you will need to have some additional X-rays or other tests before your doctor can be sure. Other tests may include an ultrasound (picture taken of the breast using sound waves) or a biopsy (removing tissue samples to be looked at closely under a microscope). You may be referred to a breast specialist or a surgeon, because these doctors are experts in diagnosing breast problems.

What should I expect during a mammogram?

The mammography machine is a special X-ray machine. One of your breasts will be placed on a plate. Another plate will press down on your breast from above. The plates will hold your breast still while the X-ray is being taken. These steps are repeated to get a view of the other breast. The plates are then turned to get side views of each breast.

Although getting a mammogram only takes a few minutes, you will feel some pressure while the plates are pressing on your breast. Most women find it uncomfortable, and a few find it painful. What you feel depends on the size of your breasts, how much your breasts need to be pressed to get a good view, the skill of the technologist, and where you are in your monthly menstrual cycle, if you are still having periods.

After getting your mammogram, the technologist will check to make sure your X-rays are of good quality. They cannot read the X-ray or tell you the results. A radiologist will read your mammogram. You may receive results immediately, or they will be sent to you and your doctor within a few weeks. If your mammogram is abnormal, you will likely hear from the facility earlier. If you do not receive your results within 30 days, you should contact your health care provider or the mammography facility.

Where can I find more information about breast cancer?

Centers for Disease Control and Prevention: 1-800-CDC-INFO or www.cdc.gov/cancer

National Cancer Institute: 1-800-4-CANCER or www.cancer.gov

American Cancer Society:

1-800-ACS-2345 or www.cancer.org

People Living with Cancer/American Society of Clinical Oncology:

1-888-651-3038 or www.plwc.org

1-800-CDC-INFO (232-4636) • www.cdc.gov/cancer/breast



What should I use for hand cleaning?



Washing hands with soap and running water (for as long as it takes to sing the "Happy Birthday" song twice) will help protect against many germs. If soap and water are not available, use an alcohol-based hand rub.

If your child is sick

What can I do if my child gets sick?

If your child is 5 years or older and otherwise healthy and gets flu-like symptoms, including a fever and/or cough, consult your doctor as needed and make sure your child gets plenty of rest and drinks enough fluids.

If your child is younger than 5 (and especially younger than 2) or of any age and has a medical condition like asthma, diabetes, or a neurologic problem and develops flu-like symptoms, ask a doctor if your child should be examined. This is because younger children (especially children younger than 2) and children who have chronic medical conditions may be at higher risk of serious complications from flu infection, including 2009 H1N1 flu. Talk to your doctor early if you are worried about your child's illness.

What if my child seems very sick?

Even children who have always been healthy before or had the flu before can get a severe case of flu.

Call or take your child to a doctor right away if your child of any age has:

- Fast breathing or trouble breathing •
- Bluish or gray skin color •
- Not drinking enough fluids •
- Severe or persistent vomiting •
- Not waking up or not interacting •
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Has other conditions (like heart or lung disease, diabetes, or asthma) and develops flu symptoms, including a fever and/or cough.

Can my child go to school, day care or camp if he or she is sick?

No. Your child should stay home to rest and to avoid giving the flu to other children.

When can my child go back to school after having the flu?

Keep your child home from school, day care or camp for at least 24 hours after their fever is gone. (Fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F or 37.8°C.

For more information, visit
www.cdc.gov or www.flu.gov
or call
800-CDC-INFO



Seasonal and 2009 H1N1 Flu:

A Guide for Parents



Flu information

What is the flu?

The flu (influenza) is an infection of the nose, throat, and lungs caused by flu viruses. Flu viruses cause illness, hospital stays and deaths in the United States each year. There are many different flu viruses and sometimes a new flu virus starts spreading among people and making people sick.

What is 2009 H1N1 flu?

2009 H1N1 flu (sometimes called swine flu or novel flu) is a new and very different flu virus that is spreading worldwide among people. This flu season, scientists expect both 2009 H1N1 flu and seasonal flu to cause more people to get sick than a regular flu season. More hospital stays and deaths may also occur.

How serious is the flu?

Most people with 2009 H1N1 have had mild illness and have not needed medical care and the same is true of seasonal flu. However, the flu can be serious, especially for young children (risk is highest in children younger than 2 years) and children of any age who have certain chronic medical conditions. These conditions include asthma or other lung problems, diabetes, weakened immune systems, kidney disease, heart problems and neurological and neuromuscular disorders. Children with these conditions can have more severe illness from any flu, including from the 2009 H1N1 flu virus.

How does flu spread?

Both 2009 H1N1 flu and seasonal flu are thought to spread mostly from person to person through the coughs and sneezes of people who are sick with flu. People also may get sick by touching something with flu viruses on it and then touching their mouth, nose or eyes.

What are the symptoms of the flu?

Symptoms of seasonal flu and 2009 H1N1 flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea. Some people sick with the flu will not have a fever.

How long can a sick person spread the flu to others?

People infected with seasonal and 2009 H1N1 flu shed virus and may be able to infect others from 1 day before getting sick to 5 to 7 days after. However, some people can shed virus for longer, especially children and people with weakened immune systems and people infected with 2009 H1N1 flu.

Protect your child

How can I protect my child against flu?

Get a seasonal flu vaccine for yourself and your child to protect against seasonal flu viruses.

Get a 2009 H1N1 vaccine for your child. Ask your doctor about whether you should get one too.

Take - and encourage your child to take - everyday steps that can help prevent the spread of germs. This includes:

- Cover coughs and sneezes with a tissue. • Throw the tissue in the trash after you use it.

- Stay away from people who are sick. •

- Wash hands often with soap and water. • If soap and water are not available, use an alcohol-based hand rub.

- Avoid touching your eyes, nose and mouth. • Germs spread this way.

If someone in the household is sick, try to • keep the sick person in a separate room from others in the household, if possible.

in the bathroom, kitchen counters and toys for children clean by wiping them down with a household disinfectant according to directions on the product label.

Throw away tissues and other disposable • items used by sick persons in your household in the trash.

Is there a vaccine to protect my child from H1N1 flu?

A yearly seasonal flu vaccine is the first and most important step in protecting against seasonal flu. This vaccine is recommended for children 6 months through 18 years of age and all people who are close contacts (caregivers) of children younger than 6 months of age.

A vaccine against 2009 H1N1 flu also is being made. This vaccine is recommended for all children and young adults 6 months through 24 years of age. Other people, including close contacts of children younger than 6 months of age and adults with certain chronic medical conditions, are recommended for vaccination too. More information about the 2009 H1N1 flu vaccine and the seasonal flu vaccine is available on the CDC Web site.

Is there medicine to treat the flu?

Antiviral drugs can treat both seasonal flu and 2009 H1N1 flu. The priority use for these drugs this season is to treat people who are seriously ill (hospitalized) or people who are sick with the flu and either have a medical condition or are in an age group that puts them at high risk of serious flu complications. Antiviral drugs can make people feel better and get better sooner and may prevent serious flu complications. These drugs need to be prescribed by a doctor and they work best when started during the first 2 days of illness. These drugs can be given to children.

CLEAN HANDS SAVE LIVES



It is best to wash your hands with soap and warm water 20 seconds.



When water is not available, use alcohol-based products (sanitizers).



Wash hands before preparing or eating food and after going to the bathroom.



Keeping your hands clean helps you avoid getting sick.



WHEN SHOULD YOU WASH YOUR HANDS?



Before preparing or eating food



After going to the Bathroom



After changing diapers or cleaning up a child who has gone to the bathroom



Before and after caring for someone who is sick



After handling uncooked foods, particularly raw meat, poultry, or fish



After blowing your nose, coughing, or sneezing



After handling an animal or animal waste



After handling garbage



Before and after treating a cut or wound

💧 **After handling items contaminated by flood water or sewage**

💧 **When your hands are visible dirty**

Using alcohol-based sanitizers

💧 **Apply product to the palm of one hand.**

💧 **Rub hands together**

💧 **Rub product over all surfaces of hands and fingers until hands are dry** Note: the volume needed to reduce the number of germs varies by product.



Washing with soap and water

💧 **Place your hands together under water (water if possible).**

💧 **Rub your hands together for at least 20 seconds (with soap if possible).**

💧 **Wash your hands thoroughly, including wrist, palms, back of hands, and under the fingernails.**

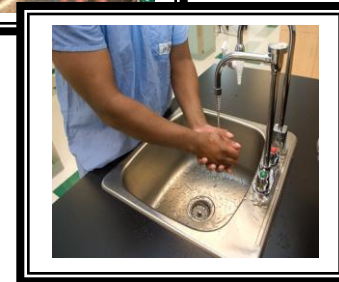
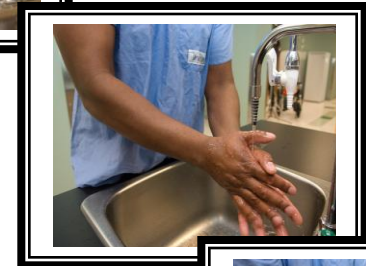
💧 **Clean the dirt from under fingernails**

💧 **Rinse the soap from your hands.**

💧 **Dry your hands completely with a clean towel if possible (this helps remove the germs).** However, if towels are not available it is okay to air dry your hands.

💧 **Pat your skin rather than rubbing to avoid chapping and cracking.**

💧 **If you use a disposable towel, throw it in the trash.**



REMEMBER: IF SOAP AND WATER ARE NOT AVAILABLE, USE ALCOHOL-BASED HAND SANITIZER.

AFTER HOURS CLINIC

New Hours of Operation: 1700-2200 Monday thru Friday

There is a Triage Nurse and Medic on duty at all other times in order to stabilize true emergencies involving life, limb, or eyesight and to facilitate medical transport to either Osan Air Base, Brian Allgood Army Community Hospital (aka- "the 121"), or Dankook University Hospital.

AWARENESS INFORMATION

ON POST: No unauthorized civilian vehicle is allowed on post not even in an emergency

In case of **Fire**, **Medical Emergency**, **Hazardous Spill** and **Police**: **Dial 911**

OFF POST: Normally Military Emergency Vehicles are not allowed to respond to off post location. If you find yourself off post and you or your family member is in need of emergency assistance please call the civilian emergency services. In case of **Fire**, **Medical Emergency**, **Hazardous Spill** and **Police**: **Dial 119 or to connect to an English speaking dispatcher dial 02-1339**

There is a fully qualified Emergency Room located at the Dankook University, Osan Air Force Base, or BAACH. Keep your home address near the phone for emergencies.

CENTRAL APPOINTMENT LINE 737-CARE (2273)

TRICARE

Service center

Location: 2nd Floor Humphreys Health Clinic

Hours: Monday through Friday 7:30 a.m. to 4:30 p.m.
(except Federal holidays and designated training holidays).

Phone: 753-7780

Fax: 753-7277

Visit our Website at www.tricare.mil

Must be Enrolled into TRICARE locally



ANCILLARY SERVICES

Optometry



Phone: 753-8124

Hours: Appointment Only 0830-1130 & 1300-1600 Mon-Wed & Fri; Thurs 1300-1600
All physicals Mon-Wed & Fri 0830-1130

MEDPROS updates daily at 1500

Located on the second floor

Pharmacy

Phone: 753-8125/3273

Hours: 0800-1730 Mon-Wed & Fri; Thurs 1300-1600

For refill call DSN 737-7939 or visit
<http://www.korea.amedd.army.mil/>



Laboratory

PHONE: 753-8126

Hours: 0800-1730 Mon-Wed & Fri; Thurs 1300-1600



Radiology

Phone: 753-8471

Hours: 0800-1130 & 1300-1700 Mon-Wed & Fri; Thurs 1300-1600

Physical Therapy

Phone: 753-6376

Hours: 0730-1130 & 1300-1600 Mon-Fri

To schedule an appointment:

Mon, Tue, Fri: 753-6376

Wed, Thurs: 737-2273

(Option 1, option 2, option 4, then option 1*)

Initial Referral by provider to PT for consultation, PT provider conducts evaluation and provide treatment plan to PT tech at USAHC-Humphreys. Once you have a referral, wait 24 hours before calling to schedule an appointment



BEHAVIORAL HEALTH

Phone: 753-7657

Hours: 0800-1130 & 1300-1630 Mon-Fri; Thurs 1300-1600
Chapters/School Evaluations Thurs 1300 first 10 service members

Referral (self or provider)



Social Work

Phone: 764-5501

HOURS: 0800-1700 Mon-Fri

Services: Individual therapy, couple's therapy, family therapy, adolescent therapy



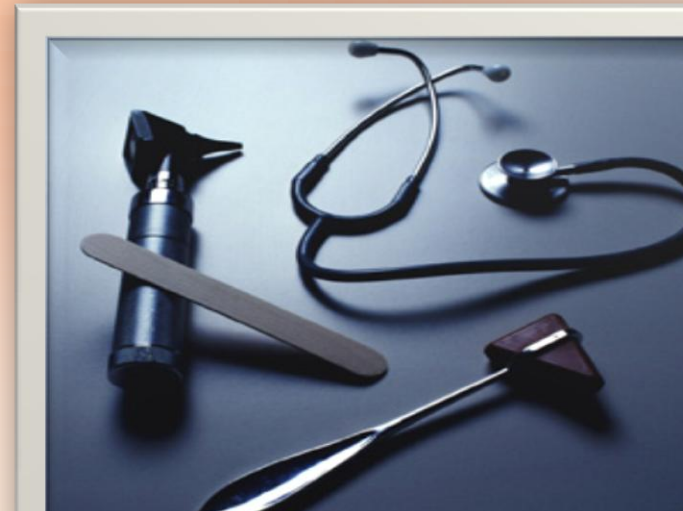
PHYSICAL EXAMS

PHONE: 753-7723

- **RETIREMENT** (PHASE I&II)
- **PERIODIC** (every 5 years) (PHASE I&II)
- **AIRBORNE** (PHASE I&II)
- **CHAPTER** (PHASE I&II)
- **SPECIAL FORCES** (PHASE I&II)
- **ETS**
- **RANGER** (PHASE I&II)
- **MARRIAGE**
- **FLIGHT PHYSICAL** (PHASE I&II)

PHASE I AND II PHYSICALS APPOINTMENT ONLY 753-7723

Remember **DO NOT** eat or drink anything after 2100 until labs are drawn the next day. Water is ok.



WALK-IN SERVICES

Are provided to family member, Soldiers, retirees, DOD employees. It is defined as a one-time visit to the clinic to meet the need of the individual.



IMMUNIZATIONS

PHONE: 753-7658

**HOURS: 0830-1130 & 1300-1530 Mon-Wed
& Fri, Thurs 1300-1530**

AUDIOLOGY

**HOURS: 0800-1130 & 1300-1600 M-F, Thurs
1300-1600**



APPOINTMENTS

Non-urgent visit to the clinic. Examples include: Chronic Medical Condition, Wellness Type Visit, Follow-up, blood work, labs, PAPs, Pediatrics, and OB.

CALL 737- CARE (2273)

Appointment Line open during regular clinic hours.



SICKCALL

Is a service provided to the Soldier. It is defined as a non routine, non emergent, non chronic visit to the clinic.

HOURS: 1630-1715 Sign-In; Mon- Wed & Fri (No sick call on Thursday). Signed DD 689 (sick call slip is required E-6 and below, must be signed by an E-7 or above)

2ID Sickcall Hours: Mon-Wed & Fri 0700-0745; Thurs 1300-1345

ONLY URGERNT CASES SHOULD BE SEEN AT AHC

IN AND OUT PROCESSING

Phone: 753-8388

Hours: Mon-Fri 0730-1630; Thurs 1300-1600

INPROCESSING: If you have dependents you need to visit DEERs & TRICARE prior

OUTPROCESSING: 30 days out is highly encouraged. HIV, TB, and etc must be read 48-72 hours later

Please Bring:

1. Copy of order
2. Out-processing checklist





PEDIATRICS



To make or cancel an appointment: Call 753-CARE (2273) During our regular clinic hours

Clinic Hours : Mon - Fri 0800-1600(except Thursday), Thurs- 1300-1600

Children are seen by the Pediatrician, if appointments are not available children may be seen by all providers.

Well Baby Appointments

Schedule an appointment
at the following ages:
3-5 days old, 1-2 weeks of life
2, 4, 6, 9 months
12 and 18 months
2 years and every year after



Transcription Service

If your child has had a physical within the last 12 months and you need a CDC/CYS/Sports Physical/EFMP form transcribed, you may drop off the form at our front desk and we will complete it based on the medical record review. The form will be available for pick up within the next 2 business days.

CONGRATULATIONS!!

ON YOUR NEWBORN

We hope that the information provided here will answer many of the questions you may have about getting the proper medical care and follow up for your newborn. We look forward to meeting and serving your family.

After your baby is born follow the following steps:

- Go to the ONE-STOP building and enroll your child in DEERS.
- Go to the Humphreys clinic front desk and enroll your child in our clinic system.
- As soon as your baby is discharged from the hospital, call our appointment line or visit our clinic and ask to have a "NEWBORN FOLLOW UP" appointment with the pediatrician.
- Call TRICARE at 753-7708 to enroll your child in TRICARE. Bring a copy of your command sponsorship paperwork.
- Bring all the discharge paperwork from the Korean Hospital to the appointment with the pediatrician.



PUBLIC HEALTH NURSE

PHONE: 753-8355

HOURS: Mon-Fri 0730-1630

SERVICES: STD Screening, Tuberculosis Control, Unit STD Education

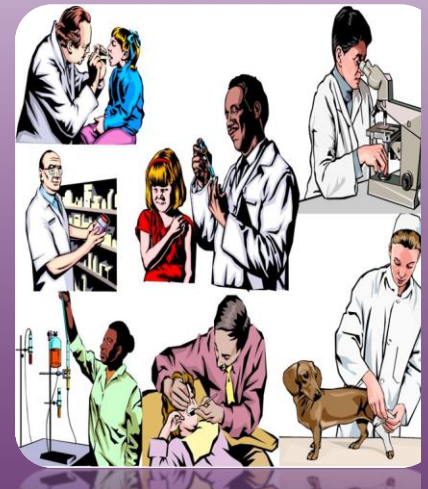
HEALTH PROMOTION

PHONE: 753-3253

HOURS: Mon-Fri 0730-1630

SERVICES: Schedule appointments for Tobacco Cessation, Cardiovascular Disease Prevention and other Health Promotion topics to include STD Prevention, Stress Management, Women's/Men's Health Cold/Warm Weather Injury Prevention and Flu Prevention

Unit Briefs available for Tobacco Cessation, weight management, improve your run time, injury prevention, STD Awareness, and other related topics.



AREA III HOST NATION HOSPITAL

Dankook University Hospital

Largest Local General Hospital- Equipped to support our population for specialized and emergent care. Inspected and approved by 65th Medical BDE and MOU agreement established.



TO LEARN MORE VISIT

<http://www.dkuh.co.kr/main/default.asp>

DENTAL

Phone: 753-6559

Hours: Sick call hours at Humphreys Dental Clinic are from 0730 hrs to 1030 hrs Monday, Tuesday, Wednesday, and Friday; 1300hrs to 1500hrs on Thursday.

Sick call is primarily for acute illnesses/injuries that might prevent service members from performing their assigned duties. Chronic dental problems, profile renewal, and medication refills should not be seen at sick call. Service members should report in duty uniform, hand carry their dental records, and have a DD Form 689 (sick call slip) from their unit.



PRENATAL CARE



- **Humphreys Health Clinic is proud to provide prenatal care for uncomplicated pregnancies up to 36 weeks. Eligibility for receiving prenatal care at Humphreys is determined at initial OB appointment.**
- **Initial appointment occurs at approximately 8 weeks of pregnancy or at any time during pregnancy if you have recently arrived to Korea. Call appointment line to schedule.**

GYNECOLOGY

- ❖ **Well Woman Exams/PAPs, Colposcopy, Family Planning, Eval for abnormal PAPs, Bleeding and pain. Call appointment line to schedule**
- ❖ **Mammograms are available at BAACH or Dankook University Hospital (referral is required)**

