

“  
**You! Yes, you**  
 The one reading this.  
 You are beautiful, talented,  
 amazing and simply the  
 best at being you.  
 NEVER FORGET THAT.”

**TAKE CARE OF  
 YOUR BODY.  
 IT'S THE ONLY  
 PLACE YOU HAVE  
 TO LIVE IN.**

The  
 key to  
**WELLNESS**  
 is to accept  
 personal  
 responsibility  
 for your health  
 & wellbeing.

**3 THINGS  
 TO MAKE  
 YOUR DAY  
 HEALTHIER**  
 DRINK 1 MORE GLASS OF WATER  
 TAKE THE STAIRS  
 EAT SOMETHING GREEN

Naval Medical Center San Diego  
 Health and Wellness Department  
 (619) 532-6573/6846



# Naval Medical Center San Diego Health and Wellness Department

**October — December 2014**

## October

### HEALTH LITERACY

The ability to understand information about your health  
 so you can make wise health care decisions



## November

### TOBACCO FREE LIVING

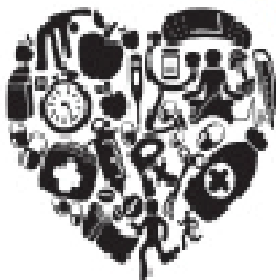


## December

### IMPAIRED DRIVING PREVENTION



## NMCS D HEALTH & WELLNESS DEPARTMENT



### What is Health and Wellness?

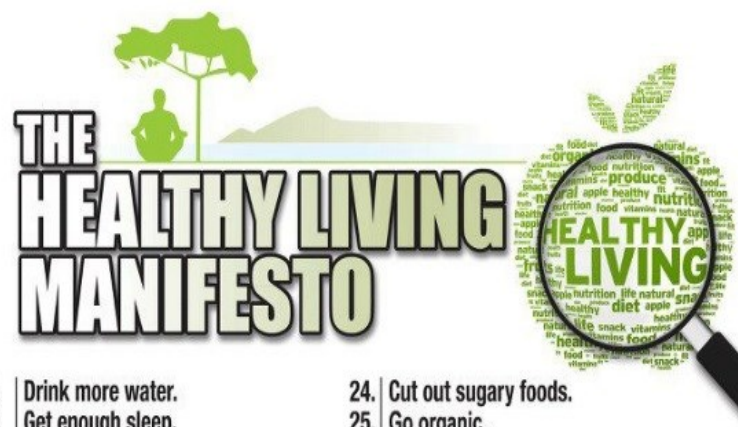
Health and wellness is the science and art of helping people change their lifestyle to move toward a state of optimal health. Optimal health is defined as a balance of physical, emotional, social, spiritual, occupational and intellectual health. Optimal health can be achieved by making lifestyle changes. These changes can be facilitated through a combination of efforts that encourage people to develop healthy habits, while discouraging those habits that may lead to illness, disability or premature death.

The preventive aspects of health and wellness influence the whole spectrum of care from the very healthy to those who need assistance in managing disease or disability. The cornerstone of any health and wellness effort supports the idea that individuals must assume responsibility for their ongoing health.

The Naval Medical Center San Diego Health and Wellness Department supports organizational and individual efforts that assist people in reaching their goal of optimal health.

You can also visit us on the Web at <http://www.med.navy.mil/sites/nmcsl/pages/default.aspx>. Click care topics under patient services. A variety of information on the services provided by Health and Wellness, including, descriptions of classes, is available. You may also request many courses online.

## *Notes, Ideas, or Questions*



1. Drink more water.
2. Get enough sleep.
3. Meditate.
4. Exercise.
5. Pick exercises you enjoy.
6. Work out different parts of your body.
7. Eat more fruits.
8. Eat more vegetables.
9. Pick bright colored foods.
10. Cut down on processed food.
11. Love yourself.
12. Go barefoot walking/running.
13. Purge negative people from your life.
14. Purge negativity from yourself.
15. Journal out unhappy thoughts.
16. Avoid trigger foods.
17. Breathe. Deeply.
18. Address emotional eating issues.
19. Eat small meals.
20. Stop eating when you feel full.
21. Go for brown carbs vs. white carbs.
22. Live a life with purpose.
23. Say no to oily food.
24. Cut out sugary foods.
25. Go organic.
26. Improve your posture.
27. Cut out soda and caffeine.
28. Don't drink alcohol.
29. Learn to prepare your own meals.
30. Learn to say no.
31. Bring a water bottle when you go out.
32. Dine at salad bars more often.
33. Go for low calorie, low fat alternatives.
34. Stop smoking.
35. Avoid passive smoking.
36. Have healthy snacks.
37. Drink fruit/veg smoothies.
38. Try juicing.
39. Go on a vegetarian diet.
40. Go on a vegan diet.
41. Try raw veganism.
42. Get out more often.
43. Exercise good dental hygiene.
44. Join classes.
45. Hang out with healthy people.

**Naval Medical Center San Diego (NMCSD):**

Health and Wellness Department

Appointment Desk (619) 532-6846

Nutrition Department (619) 532-7636

**Naval Branch Health Clinics (NBHC):**

MCAS Miramar (858) 577-6252

MCRD (619) 524-4045

NB Coronado (619) 545-9473

NBSD 32nd St. (619) 556-8101

NTC (619) 524-4947

Chula Vista (619) 744-5393

East Lake (619) 744-5393

Kearny Mesa (619) 645-0155

East County (619) 645-0114

Rancho Bernardo (858) 673-2300

**Fleet & Family Support Centers (FFSC):**

MCAS Miramar (858) 577-5361

MCRD (619) 524-5728

Murphy Canyon (858) 277-4259

NAS North Island (619) 545-6071

NBSD 32nd St. (619) 556-7404

Naval Base Point Loma (619) 553-7505

**SEMPER FIT:**

MCRD (619) 524-8913

MCAS Miramar (858) 577-1331/7963

**MWR:**

NBSD 32nd St. (619) 556-7443/7444

NAS North Island (619) 545-2877

NMCSD (619) 532-7260

ASW (619) 524-4833/0728

Naval Base Point Loma (619) 553-8525

Naval Amphibious Base (619) 437-2186

**REFERRAL:**

Alcoholics Anonymous (619) 265-8762

Food Assistance (call Fleet &amp; Family Support Center)

**NMCSD HEALTH & WELLNESS  
DEPARTMENT****TOBACCO CESSATION COURSE DESCRIPTION***(Open to all beneficiaries)*

Designed to help you “kick” your tobacco habit and to learn how to cope with the difficulties of tobacco cessation. The behavior-modification–based program consists of group support and the use of Nicotine Replacement Therapy (NRT).

**(3) RESOURCES TO QUIT TOBACCO USE!****A two-session Behavior Modification and Pharmacotherapy Intervention (NRT) is offered once a month****Monday 1100 - 1230 NMCSD, Bldg 26, 1st floor****October 6, 20****November 3, 17****December 1, 15***To register call (619) 532-6846***Tobacco Cessation Support Group****Thursday 1100-1230 NMCSD, Bldg 26, 1st floor****October 2****November 6****December 4***To make an appointment call (619) 532-6846*

**NMCSD, Health and Wellness Department is located in Bldg 26, 1st floor, next to the NEX.**

**CARDIOLOGY CLINIC**

What: Walk-in Clinic, physician-led group format

Where: Cardiology Clinic, Bldg. 3, 3rd floor

When: Every Wednesday 1600 - 1700

***For more information call the Cardiology Department at (619) 532-7400***

## NMCSD HEALTH & WELLNESS DEPARTMENT

To register, or for more information call (619) 532-6846/7764

### HEALTHY WEIGH

*(Open to all beneficiaries)*

Learn to choose a healthy diet, reduce your intake of fat and cholesterol, read food labels, overcome exercise hurdles, and make lifestyle changes.

NMCSD, Bldg. 26, 1st floor

Monday 1000 - 1130

October 6, 20, 27

November 3, 17

December 1, 15

Wednesday 1700 - 1830

October 8, 15, 22

November 5, 12

December "No Classes"



### NEW HEALTHY BEGINNINGS

*(Open to all beneficiaries)*

A unique and comprehensive twice a month program that addresses nutrition choices, eating and exercise patterns, behavioral and healthy lifestyle changes to promote health and well-being. The program incorporates a dietitian, exercise physiologist, medical provider, and a mental health specialist who all encourage increasing exercise, and changing your food choices to accommodate a healthier life. Active Duty members and all family members meet at the NMCSD Health & Wellness Department, Bldg. 26, 1<sup>st</sup> floor.

Participants need to take the "Healthy Weigh" or "ShipShape" class before enrolling.

1st & 3rd Monday 1130 - 1300

## *Additional Services Offered at NMCSD*

### ASYMCA

The Armed Services YMCA located in Bldg 1-G provides these relevant programs and services for wounded, ill and injured members that "Makes Military Life Easier."

In-patient services include:

- ♦ Welcome gift bag for newborns and patient recreation items such as video games, movies, puzzle books and crafts.
- ♦ Out-patient events and activities for those attached to a Medical Hold Unit
- ♦ Confidential counseling services offered by Licensed Clinical Social Workers for Active Duty and their families
- ♦ Annual special events for children enrolled in Exceptional Family Member Program

To volunteer aboard NMCSD or for more information on Armed Services YMCA, please call our offices at (619) 532-8156 Monday-Friday 0800 - 1630 or visit our website: [www.militaryymca.org](http://www.militaryymca.org)

### MULTIPLE SCLEROSIS SUPPORT GROUP

The MS Support Group is open to patients with MS and their family members (active duty, retirees, and dependents). Each meeting features a qualified speaker who addresses issues of interest to patients with MS. Meetings are held the third Monday of each month (except January and February when meetings are held on the fourth Monday) for one hour from 1130 – 1230. They are held in the Hematology/Oncology Conference Room in the back of the NMCSD Neurology Clinic, Bldg 3 2<sup>nd</sup> floor. For more information, call the Neurology Clinic at (619) 532-5648.

### BREAST CANCER PATIENT SUPPORT GROUP

Meets in the Breast Health Center

Bldg 1, 2<sup>nd</sup> floor

1400 - 1530, Every 3<sup>rd</sup> or 4<sup>th</sup> Thursday.

**Call for scheduled dates or more information at  
(619) 532-9890.**



## *Additional Services Offered at NMCS D*

### **NMCS D Lactation Services**

#### **BREASTFEEDING SUCCESS CLASS (DURING YOUR HOSPITAL STAY)**

**Monday - Friday 1000 - 1100**

Come join us and learn how for **FREE!** Highly recommended for all newly delivered moms; dads are invited, as well. Please feel free to bring your new baby and learn feeding and positioning tips. This class will help to prepare you for what to expect from the first 24 hours through the first two weeks following delivery and discharge from the hospital.

**Location: Bldg 1, 3rd floor, Maternal Infant Unit (MIU)  
Conference Room**

#### **BREASTFEEDING WARMLINE (HELP LINE)**

**Monday - Friday (excluding federal holidays)  
0830 - 1500**



Do you have a breastfeeding question or concern? Leave a recorded message. Phone messages will be returned between 0830 - 1500. Messages left after 1500 will be returned the next day. **(619) 532-5261**

#### **LACTATION CLINIC**

Board-Certified Lactation Consultants are available for private and confidential consultations during your hospital stay six days a week, Sunday - Friday.

**(619) 532-5261**

## **NMCS D HEALTH & WELLNESS DEPARTMENT**

**To register, or for more information call (619) 532-6846/7764**

### **SHIPSHAPE**

**(Open to Active Duty only)**

ShipShape is an 8-week BUMED instructed Navy weight loss program that supports the 21st Century Sailor and Marine Initiative for readiness and continuum of service by promoting permanent lifestyle improvements for nutrition, physical fitness, and psychological focus. ShipShape is highly recommended for members who fail or who are in jeopardy of failing BCA standards or who want to learn how to live a healthier lifestyle. The class is limited in size to those who are out of body weight/fat standards or are in danger of being out of standards. This program, primarily designed for Active Duty, is open to all beneficiaries on a space-available basis. Call for a SHAPE appointment to get referred into the ShipShape program.

***ShipShape class takes place at NMCS D Health & Wellness Department, Bldg. 26, 1<sup>st</sup> floor.***

**Monday 0730 -1030**

**October 20, 27**

**November 3, 10, 17, 24**

**December 1, 8**



## NMCS D HEALTH & WELLNESS DEPARTMENT

To register, or for more information call (619) 532-6846



### **DIABETES SELF MANAGEMENT TRAINING (DSMT)**

*(Open to all beneficiaries)*

This program is designed to provide information about understanding & managing diabetes. The materials covered include: Treatment, exercise, medications, nutrition, disease complications and guidance for self-management.

NMCS D, Bldg. 26, 1st floor

3rd Tuesday 0700 -1300

October 21

November 18

December 16



### **DIABETES GOOD FRIEND (GF) PROGRAM**

*(Open to all beneficiaries)*

The Diabetes GF offers free services to NMCS D beneficiaries having diabetes who have COMPLETED the six-hour Diabetes Class (see above for dates of six-hour class)

**A Diabetes GF is phone-based and has:**

- \*completed extensive training
- \*managed daily challenges of diabetes very well
- \*can help someone adjust to the diagnosis of diabetes

## *Additional Services Offered at NMCS D*



### **Morale, Welfare & Recreation**



#### **The Fitness Center**

Monday - Thursday 0500 - 2030

Friday 0500 - 1900

Saturday and Sunday 0900 - 1600

Holidays 1000 - 1600 (unless otherwise posted)

**Located in Bldg 26, 1-B  
(619) 532-7260**

This facility offers state of the art resistance and cardiovascular training equipment, large free weight area, boxing/wrestling area, massage therapy room, co-ed dry sauna, stretch/cool-down room and men's and women's locker room facilities, MicroFit fitness testing/wellness profile. One-on-one personal training/consultation.

#### **Athletic Complex**

##### **Facility Hours**

Monday – Friday 0530 - 2000

Saturday and Sunday 1200 - 1700

Holidays 1200 - 1700

##### **Pool Hours**

Monday - Friday 0530 - 0830, 1000 - 1700

Saturday and Sunday 1230 - 1630

Most Holidays 1230 - 1630

**Located in Bldg 12  
(619) 532-8516**

This facility offers a gymnasium for basketball and volleyball, aerobics/fitness studio, cardiovascular equipment, weight training room, two racquetball courts, two lighted tennis courts, 25-meter swimming pool, lighted softball field, sand volleyball court with picnic area, co-ed sauna, co-ed therapy whirlpool and men's and women's locker facilities. Also offered daily group exercise classes, master swim program, swimming lessons and ongoing intramural sports program.