

Additional Services Offered at NMCS D



PERSONAL RISK FOR BREAST CANCER

Are you interested in knowing more about your risk for breast cancer? The Breast Health Center offers one-hour lectures to address personal risk for breast cancer, risk reduction and genetic testing. Join us to learn more about risk factors, early detection, and the latest information for prevention. Classes are offered monthly.

To register, or for more information call Breast Health Center at (619) 532-5828

BREAST SELF-EXAM INSTRUCTION

What every woman should know; how to perform an effective monthly breast self-exam. Learn about breast anatomy, risk factors for breast cancer, American Cancer Society breast cancer screening guidelines, and techniques for performing a complete breast self-exam. Group or individual appointments available.

To register, or for more information call Breast Health Center at (619) 532-5828

LOOK GOOD . . . FEEL BETTER PROGRAM

A program sponsored through the American Cancer Society providing tips on hair and skin care for women in cancer treatment. There is no cost associated with the program. Complimentary makeup and skin care products.

For more information, call the Hematology/Oncology Clinic at (619) 532-7364

ACUPUNTURE FOR CANCER PATIENTS

(Open to all beneficiaries with active consultation)

**Classes normally held on Tuesdays from 1300-1500, Oncology Clinic. To register, for more information, call (619) 532-7300*

NMCS D HEALTH & WELLNESS DEPARTMENT

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



PRE-DIABETES CLINIC

(Open to all beneficiaries)

Preventing diabetes can be as easy as changing lifestyle habits regarding food choices and physical activity. This class will help people with pre-diabetes identify lifestyle changes that will help them delay or avoid the development of diabetes.

NMCS D, Bldg. 26, 1st floor

2nd Tuesday 1300 - 1430

October 14

November "No Class"

December 9

4th Tuesday 0900 - 1100

October 28

November 25

December "No Class"

	A1C (percent)	Fasting Plasma Glucose (mg/dL)	Oral Glucose Tolerance Test (mg/dL)
Diabetes	6.5 or above	126 or above	200 or above
Prediabetes	5.7 to 6.4	100 to 125	140 to 199
Normal	About 5	99 or below	139 or below

Definitions: mg = milligram, dL = deciliter
For all three tests, within the prediabetes range, the higher the test result, the greater the risk of diabetes.

DIABETES SUPPORT GROUP

(Open to all beneficiaries)

Come relax in a friendly, caring environment, and share your thoughts, feelings, ideas and experiences with others who face the challenges of living with diabetes. This is an effective way to expand your knowledge and may in turn help others. Groups held at NMCS D, Bldg. 26, 1st floor

4th Thursday 1030 - 1300

October 23

November "No Class"

December "No Class"

NMCS D HEALTH & WELLNESS DEPARTMENT

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



LEARN TO LOWER YOUR CHOLESTEROL (Open to all beneficiaries)

Designed to help you understand the difference between “good” and “bad” cholesterol, choose foods that are lower in fat and cholesterol, and identify lifestyle changes that can improve your cholesterol profile. Tips will be given for heart-healthy dining in the galley, in restaurants and when cooking at home.

2nd Tuesday 1000 - 1200 NMCS D, Bldg 26, 1st floor
October 14 November 10** December 9
Monday Class due to holiday



HEALTHIER HEART CLASS (Open to all beneficiaries)

A one-day class with a team of healthcare professionals with information about heart disease. Topics include disease management, medication, exercise, diet and nutrition. Lifestyle changes are often necessary to prevent heart attacks and manage heart disease.

4th Monday 0830-1300 NMCS D, Bldg 3, 1st floor
OB-GYN Conference Room
October 27 November 24 December “No Class”

Additional Services Offered at NMCS D

BEREAVEMENT SUPPORT SERVICES

We often grieve in our personal losses, and we feel deeply about losses in the lives of our patients, families, and co-workers. Our Pastoral Care Staff offers individual and family counseling. We are a comprehensive resource for bereavement information and referral for our military families and healthcare community.

Please call Pastoral Care service at (619) 532-6025

CREDO - (Chaplain’s Religious Enrichment and Development Operations)

Promotes personal and spiritual development for active duty and family members. In a community of care, participants build supportive relationships and learn to relate to God, others, and themselves. During the 72-hour retreat (with no-cost TAD orders), participants discover the value of who they are and how to experience meaningful and spiritual lives. *For more information call (619) 556-2826*

NAVY SUICIDE PREVENTION

Several myths exist about suicide and suicide prevention... wouldn’t you rather know the truth? Below are facts that counter common misconceptions about suicidal ideation and intervention. By knowing the truth, you can empower yourself to ACT!

Truth: Discussing the subject of suicide openly promotes help-seeking behavior.

One of the many reasons Sailors do not speak up about their feelings of hopelessness is because they fear negative perceptions. By starting a discussion, you are not giving a suicidal person morbid ideas or increasing risk. The opposite is true – bringing up the subject of suicide and discussing it openly is one of the most helpful things you can do. *For more information call (619) 553-0600*



Patient Relations Department



Patient Relations Mission Statement

The Patient Relations Department is committed to delivering a proactive approach of superior customer service to NMCS D beneficiaries while providing supportive guidance to staff within a complex medical system.

How can we help you?

As Patient advocates we are dedicated to providing outstanding customer service to all our beneficiaries. We assist patients and hospital staff in resolving difficult and potentially challenging issues.

Communication Assistance

We provide or obtain sign language interpreters and other language needs upon request. Assistive communicative devices are also available upon request.

Patient Relations Department

The Patient Relations Department is open weekdays from 0730 - 1600, and on Saturdays from 0800 - 1500, in Bldg. 1, 1st floor (next to the Main Pharmacy). **Our phone number is (619) 532-6418 or (619) 532-6416 or you can also reach us by email at: nmcsandiego-patientrelationsstaff@med.navy.mil**

Health Benefits Office

Have questions or concerns regarding your health benefits? If so, contact one of our Health Benefits Advisors who provides **personalized health benefit counseling** to all eligible beneficiaries. The office is open Monday thru Friday, from 0700 - 1630, in Bldg. 2, 1st floor. **For more information, please call (619) 532-8328**

NMCS D HEALTH & WELLNESS DEPARTMENT

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

HEALTHY SHOPPING TOUR

(Open to all beneficiaries)

A visit to the local commissary can be confusing. What do the terms "lean," "lite," and "low fat" mean? The Healthy Shopping Tour will explain these terms, ease your frustration and teach you about healthy foods. A Registered Dietitian will lead you through the commissary maze and help you select foods that are both nutritious and affordable.

Naval Base San Diego 32nd Street Commissary

1st Tuesday 0830 - 1030

October 7

November 4

December 2



HEALTHY COOKING CLASSES

(Open to all beneficiaries)

Come join us for a "hands-on" cooking class. You will learn how to prepare a healthy meal using a variety of recipes that are easy and inexpensive to prepare. Best of all, you get to eat what you cook at the end of the class.

Tuesday 1700 - 1900

NMCS D, Bldg 26, 1st floor

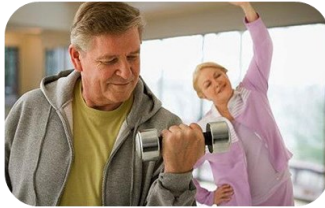
October 7, 14, 21

November 4, 18

December 2, 9, 16



NMCS D HEALTH & WELLNESS DEPARTMENT



SENIOR WELLNESS PROGRAM

**Next Class Starts October 22 - December 17, 2014
0930 - 1200**

The Senior Wellness Program is a 13-week program incorporating exercise and informational health lectures. Senior Wellness meets Wednesday mornings. A comprehensive Senior Fitness Assessment is administered pre and post program. **A Physician's medical release is required prior to enrollment.**
To register, or for more information call (619) 532-6846

SENIOR STRENGTH TRAINING

This class is for seniors who completed Senior Wellness. It provides an orientation to safe exercise for those who have not used a gym before. Participants use a variety of modalities such as free weights, elastic stretch bands, medicine balls and weight machines to improve overall strength and functional ability. The routine is modified as necessary for each individual to include flexibility, balance and aerobic components. The class meets weekly. For more information call Fred Tackett or Betty Michalewicz at (619) 532-7727

SENIOR YOGA

Certified Yoga Instructors from **Silver Age Yoga** teach this program. Participants are encouraged to attend a minimum of eight weeks to begin to realize benefits from the exercise. All beneficiaries over the age of 50 years young can reap the many rewards of this ancient system of well-being.

For more information call (619) 532-6528



These classes are sponsored and conducted by the Navy Fleet & Family Support Center (FFSC). For additional FFSC resources & classes call (619) 556-7404

STRESS & ANGER MANAGEMENT

Building Effective Anger Management Skills (BEAMS) will guide you toward effective ways of managing the "angry times" in your life. In addition, learn the causes and effects of stress and how to handle it successfully.

STRESS MANAGEMENT NMCS D, Bldg. 26, 1st floor

Wednesday 1400 - 1600

October 1 November 5 December "No Class"

BEAMS (ANGER) NMCS D, Bldg. 26, 1st floor

Wednesday 1400 - 1600

October 15 November 19 December "No Class"

To register for all Stress, BEAMS, Self-Esteem and Conflict Resolution classes at NMCS D or NAVSTA, please call (866) 923-6478

Classes offered at MCRD:

Managing Stress and Managing Anger are offered at MCRD, Marine and Family Service Center (MFSC) - Bldg 14, which is behind the Gym next to the Field House.

For class dates, to register or for directions, call Laura Texier, at (619) 524-1200



NMCS D Pediatric Department Health Promotion

SIBLING CLASS

This class is taught in a small group format and is designed to provide the 3 - 6 year old child with information and skills to help welcome their new sibling into their family. The class is designed to ease the anxiety an older child might face when mom goes to the hospital, and to help prepare them for the role of big brother or big sister. Age-specific techniques are used, and the older sibling is taught how to interact with and, if appropriate, to help care for, a new baby. An age-appropriate video will help them learn about the changes that occur when a new baby comes home.



Thursday 1530 - 1630

October 16

November 20

December 18



INFANT/CHILD CPR TRAINING

Identifying and caring for breathing and cardiac emergencies in infants and children. This course is indispensable for parents, babysitters, teachers and anyone else who is in frequent contact with infants and young children. This class is available to active duty & dependents ONLY (child care not available) on a weekly basis at NMCS D.

To register, or for more information, please call (619) 532-6912

OB-GYN

The OB-GYN Department offers the following program:

- Prep for Birth Class/Tour – 36+ weeks.

To register, or for more information call (619) 532-7000/7082

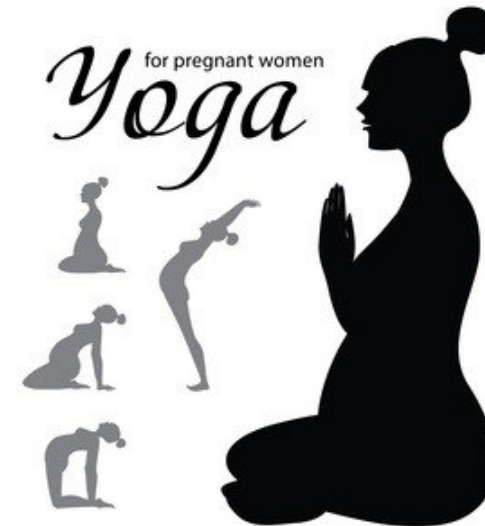
NMCS D HEALTH & WELLNESS DEPARTMENT



FIT MOTHERS YOGA

Health and fitness yoga group classes for Active Duty Mothers during pregnancy and immediately following delivery.

Call for more information, (619) 532-6846/7764



**NMCS D HEALTH & WELLNESS
DEPARTMENT**



FIT EXPECTATIONS

This class is an exercise and wellness program tailored for pregnant Active Duty and beneficiary moms-to-be and those less than one year post-partum.

Monday 1330 - 1430

NMCS D, Bldg 12 Pool Deck

***Program Manager, Betty Michalewicz, Exercise Physiologist
(619) 532-7727; to register, or for more information call (619)
532-6846***



***NMCS D Pediatric Department
Health Promotion***

Location for the classes below:

**NMCS D, Bldg 2, 1st floor
Pediatric Clinic Sub-Specialty Conference Room
*(To register, or for more information, call (619) 532-6896)***

MOM'S SURVIVAL TRAINING

This group format class is designed for women expecting a baby or babies. Topics discussed include preparing for and caring for a new baby, newborn care and safety and other topics of interest to new parents. You will gain support from meeting other moms with the same concerns and learn important child-care tips.

(Lunch is not provided, so please plan accordingly.)

Tuesday 0900 - 1430

October 14

November 25

December 23



BOOT CAMP FOR NEW DADS

This is a support group designed to provide or refresh your parenting skills. This class is designed for active duty or dependent males whose partners are expecting babies. If you're about to become a new Dad, this course is for you!

Tuesday 0900 - 1300

October 28

November 18

December 9

