

TRICARE BENEFICIARY BULLETIN – FEBRUARY 3, 2011 – 676 WORDS

LEAD MUSIC (:03)

THIS IS THE TRICARE BENEFICIARY BULLETIN, AN UPDATE ON THE LATEST NEWS TO HELP YOU MAKE THE BEST USE OF YOUR TRICARE BENEFIT. I'M LORRAINE CWIEKA. (:10)

FIRST UP: ANNEMARIE FELICIO REPORTS ON DENTAL ANESTHESIA OPTIONS UNDER THE TRICARE DENTAL PROGRAM.

DENTAL ANESTHESIA CAN REDUCE DISCOMFORT DURING DENTAL TREATMENT. THE TRICARE DENTAL PROGRAM OFFERS SEVERAL OPTIONS INCLUDING LOCAL AND GENERAL ANESTHESIA TO MAKE YOU FEEL MORE COMFORTABLE AND HELP ALLEVIATE ANY DISCOMFORT ASSOCIATED WITH YOUR DENTAL CARE.

LOCAL ANESTHESIA COMES IN TWO FORMS: TOPICAL OR INJECTABLE. TOPICAL ANESTHESIA IS APPLIED TO ORAL TISSUE TO

PREVENT PAIN ON THE SURFACE OF THE MOUTH. YOUR DENTIST MAY USE A TOPICAL ANESTHETIC TO NUMB AN AREA IN YOUR MOUTH IN PREPARATION FOR INJECTING A LOCAL ANESTHETIC. TOPICAL ANESTHETICS CAN ALSO BE USED TO SOOTHE PAINFUL MOUTH SORES SUCH AS CANKER SORES.

INJECTABLE LOCAL ANESTHESIA PREVENTS DISCOMFORT IN SPECIFIC AREAS OF YOUR MOUTH DURING TREATMENT BY BLOCKING NERVE SENSATION AND NUMBING MOUTH TISSUES. THIS TYPE OF ANESTHESIA IS COMMONLY USED FOR MOST DENTAL PROCEDURES.

IN ORDER TO RELIEVE DISCOMFORT AND ANXIETY ASSOCIATED WITH COMPLEX TREATMENTS, DENTISTS MAY USE GENERAL ANESTHESIA. GENERAL ANESTHESIA IS COVERED UNDER THE TRICARE DENTAL PROGRAM OR, UNDER CERTAIN CIRCUMSTANCES, BY YOUR TRICARE MEDICAL BENEFIT. WITH COVERAGE UNDER THE DENTAL BENEFIT, YOU HAVE A 40 PERCENT COST-SHARE FOR GENERAL ANESTHESIA; HOWEVER, THE FACILITY FEE IS **NOT** COVERED.

THE TRICARE MEDICAL BENEFIT DOES COVER GENERAL ANESTHESIA SERVICES FOR DENTAL TREATMENT FOR THOSE BENEFICIARIES WITH DEVELOPMENTAL, MENTAL OR PHYSICAL DISABILITIES, ALONG WITH CHILDREN AGE 5 AND UNDER. UNDER THIS BENEFIT, REIMBURSEMENT FOR GENERAL ANESTHESIA IS BASED ON YOUR TRICARE PROGRAM OPTION.

VISIT THE TRICARE DENTAL PROGRAM'S WEBSITE AT [TRICAREDEDENTALPROGRAM.COM](http://TRICAREDEDENTALPROGRAM.COM) FOR MORE INFORMATION.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

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NEW DIETARY GUIDELINES RELEASED BY THE DEPARTMENT OF HEALTH AND HUMAN SERVICES AND THE DEPARTMENT OF AGRICULTURE URGE AMERICANS TO INCREASE PHYSICAL ACTIVITY, REDUCE SODIUM INTAKE, CHOOSE FOODS THAT PROVIDE MORE POTASSIUM AND OPT FOR WATER, INSTEAD OF SOFT DRINKS.

THE GUIDELINES, WHICH ARE ISSUED EVERY FIVE YEARS, COME AT A TIME WHEN THE MAJORITY OF ADULTS AND ONE IN THREE CHILDREN ARE OVERWEIGHT OR OBESE.

TRICARE LEADERS AGREE, AND ENCOURAGE BENEFICIARIES TO REVIEW THE GUIDELINES AND INCORPORATE GOOD EATING HABITS, AS WELL AS PHYSICAL ACTIVITY INTO THEIR LIFESTYLE.

THE GUIDELINES INCLUDE 23 KEY RECOMMENDATIONS FOR THE GENERAL POPULATION AND SIX ADDITIONAL KEY RECOMMENDATIONS FOR SPECIFIC POPULATION GROUPS, INCLUDING PREGNANT WOMEN AND MINORITIES. NEW IN THIS REPORT IS AN EMPHASIS ON REDUCTION OF SODIUM INTAKE TO LESS THAN 2,300 MG, WITH A FURTHER REDUCTION TO LESS THAN 1,500 MG FOR EVERYONE 51 AND OLDER, AFRICAN AMERICANS OF ANY AGE AND EVERYONE WITH HIGH BLOOD PRESSURE, DIABETES OR CHRONIC KIDNEY DISEASE.

ADDITIONAL RECOMMENDATIONS INCLUDE:

- INCREASE VEGETABLE AND FRUIT INTAKE, ESPECIALLY THOSE THAT ARE DARK GREEN, RED OR ORANGE
- AVOID OVERSIZED PORTIONS
- INCREASE INTAKE OF FAT-FREE OR LOW-FAT MILK AND MILK PRODUCTS, AND
- FOLLOW FOOD SAFETY RECOMMENDATIONS WHEN PREPARING AND EATING FOODS TO REDUCE THE RISK OF FOOD BORNE ILLNESSES.

TO LEARN MORE ABOUT HEALTHY DIETS, EXERCISE AND WAYS TO HELP PREVENT OBESITY, VISIT TRICARE'S GET FIT WEBSITE AT [TRICARE.MIL/GETFIT](http://TRICARE.MIL/GETFIT).

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FINALLY: ANNEMARIE FELICIO REPORTS ON A HAVING A HEALTHY HEART FOR LIFE!

HEART DISEASE IS THE NUMBER ONE CAUSE OF DEATH IN THE UNITED STATES OF AMERICA. FEBRUARY IS AMERICAN HEART

MONTH AND TRICARE ENCOURAGES ALL BENEFICIARIES TO REDUCE THEIR RISKS FOR DEVELOPING HEART DISEASE.

THE NATIONAL INSTITUTES OF HEALTH LIST SIX KEY STEPS TO HELP REDUCE THE RISK OF HAVING A HEART ATTACK: STOP SMOKING, LOWER HIGH BLOOD PRESSURE, REDUCE CHOLESTEROL, AIM FOR A HEALTHY WEIGHT, BE PHYSICALLY ACTIVE EACH DAY AND MANAGE DIABETES.

SMOKING CIGARETTES SIGNIFICANTLY INCREASES THE RISK OF HEART ATTACKS IN MEN AND WOMEN. THE DEFENSE DEPARTMENT'S QUIT TOBACCO PROGRAM AT [UCANQUIT2.ORG](http://UCANQUIT2.ORG) PROVIDES RESOURCES TO HELP WITH QUITTING, EVERY STEP OF THE WAY.

HIGH BLOOD PRESSURE, ALSO KNOWN AS HYPERTENSION, MAKES THE HEART WORK HARDER AND INCREASES THE RISK OF HEART DISEASE, KIDNEY DISEASE AND STROKE. LOSING EXCESS WEIGHT, EXERCISING REGULARLY, FOLLOWING A HEART-HEALTHY EATING PLAN AND LIMITING ALCOHOL INTAKE ARE ALL WAYS TO HELP LOWER YOUR BLOOD PRESSURE.

THE NATIONAL INSTITUTES OF HEALTH ALSO SUGGESTS 30 MINUTES OF MODERATE-INTENSITY EXERCISE, PREFERABLY EACH DAY OF THE WEEK. EXERCISE REDUCES THE RISK OF HEART-RELATED PROBLEMS, INCLUDING HEART ATTACKS. EXERCISE CAN ALSO IMPROVE CHOLESTEROL LEVELS, HELP CONTROL HIGH BLOOD PRESSURE AND MANAGE WEIGHT AND CAN HELP CONTROL DIABETES.

VISIT [AMERICANHEART.ORG](http://AMERICANHEART.ORG) FOR MORE INFORMATION ABOUT HEART HEALTH.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

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AND THAT'S TODAY'S TRICARE BENEFICIARY BULLETIN. WE'LL HAVE MORE NEWS YOU CAN USE NEXT WEEK. (:03)

TAIL MUSIC (:03)