

TRICARE BENEFICIARY BULLETIN – MARCH 17, 2011 – 733 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 AUSTIN CAMACHO. (:10)

FIRST UP: ANNEMARIE FELICIO REMINDS BENEFICIARIES TO CAREFULLY READ THE LABELS ON THEIR PRESCRIPTION MEDICATIONS.

THE LABELS ON YOUR PRESCRIPTION MEDICATIONS PROVIDE IMPORTANT INFORMATION. YOU SHOULD CAREFULLY READ THE INSTRUCTIONS ON THE LABELS AND ANY INFORMATION INCLUDED WITH PRESCRIPTIONS.

ALWAYS FOLLOW YOUR DOCTOR'S INSTRUCTIONS WHEN TAKING PRESCRIPTION MEDICATIONS. BE SURE YOU TALK TO YOUR DOCTOR

BEFORE STOPPING A MEDICATION OR CHANGING HOW MUCH YOU TAKE OR HOW OFTEN YOU TAKE IT. CERTAIN CHANGES COULD BE HARMFUL OR REDUCE THE MEDICINE'S EFFECTIVENESS.

TRICARE RECOMMENDS ASKING YOUR PROVIDER THE FOLLOWING QUESTIONS ABOUT YOUR PRESCRIPTION:

- WHAT IS THE NAME OF THE MEDICATION?
- IS IT A BRAND-NAME OR GENERIC MEDICATION?
- WHEN DO I NEED TO TAKE IT?
- ARE THERE POTENTIAL SIDE EFFECTS FROM TAKING THIS MEDICATION? AND
- DO I NEED TO AVOID ANY TYPES OF FOOD OR DRINK WHILE TAKING THIS MEDICATION?

ALSO TELL YOUR DOCTOR ABOUT ANY OTHER MEDICATIONS YOU ARE TAKING, INCLUDING OTHER PRESCRIPTION MEDICATIONS, OVER-THE-COUNTER MEDICATIONS, HERBAL OR VITAMIN SUPPLEMENTS, MINERALS, LAXATIVES, PAIN RELIEVERS AND SLEEPING AIDS, TO AVOID POTENTIALLY DANGEROUS DRUG INTERACTIONS.

YOU SHOULD ALSO TALK TO YOUR DOCTOR ABOUT ANY PROBLEMS YOU HAVE WITH THE PRESCRIPTION, SUCH AS SIDE EFFECTS.

CONTACT YOUR DOCTOR AS SOON AS POSSIBLE IF YOU EXPERIENCE ANY DRUG REACTIONS, INCLUDING RASHES, DIFFICULTY SWALLOWING OR BREATHING, AND NAUSEA OR VOMITING.

DISCUSSING THESE ISSUES WITH YOUR PROVIDER WILL HELP HIM OR HER SELECT THE BEST MEDICATION FOR YOU.

IF POSSIBLE, HAVE ALL OF YOUR PRESCRIPTIONS FILLED AT THE SAME PHARMACY. ASK YOUR PHARMACIST TO PRINT OUT A FULL LIST OF YOUR PRESCRIPTIONS, AND SHARE IT WITH YOUR PROVIDER AT EACH VISIT.

TO LEARN MORE ABOUT THE TRICARE PHARMACY PROGRAM, VISIT TRICARE.MIL/PHARMACY.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

MARCH SPRINGS FORTH NATIONAL NUTRITION MONTH AND TRICARE WANTS BENEFICIARIES TO FOCUS ON KEEPING A HEALTHIER BODY.

BALANCING FOOD CHOICES IS NECESSARY FOR THE BODY TO GET ALL ITS NEEDED NUTRIENTS. FRUITS AND VEGETABLES PROVIDE MANY BENEFICIAL NUTRIENTS INCLUDING ESSENTIAL VITAMINS, MINERALS AND FIBER THAT MAY HELP REDUCE THE RISK OF DISEASE. HEALTHY DIETS SHOULD INCLUDE VEGETABLES AND FRUITS CONTAINING FIBER, POTASSIUM, AND VITAMINS A AND C.

BEANS, PEAS, LENTILS AND ARTICHOKE ARE GOOD SOURCES OF DIETARY FIBER. HAVING A DIET HIGH IN FIBER CAN DECREASE RISK OF CORONARY ARTERY DISEASE. POTASSIUM HELPS TO KEEP BLOOD PRESSURE AT A HEALTHY LEVEL. IT IS FOUND IN BANANAS, SWEET POTATOES, GREENS, WHITE POTATOES AND BEET GREENS. VITAMIN C IS IN JUST ABOUT ALL FRESH FRUITS AND VEGETABLES. IT HELPS BONES, TEETH AND GUMS STAY HEALTHY AND AIDS IN THE HEALING PROCESS OF CUTS. KEEP EYES AND SKIN HEALTHY AND BOOST THE IMMUNE SYSTEM BY EATING FOODS RICH IN VITAMIN A,

INCLUDING FISH, LIVER, GREEN AND YELLOW FRUITS, AND
VEGETABLES.

CONSUMING FEWER CALORIES, MAKING INFORMED FOOD CHOICES
AND BEING PHYSICALLY ACTIVE CAN HELP TRICARE BENEFICIARIES
ATTAIN AND MAINTAIN A HEALTHY WEIGHT, REDUCE THEIR RISK OF
CHRONIC DISEASE AND PROMOTE OVERALL HEALTH. FOR MORE
HEALTHY LIVING TIPS, LINKS, GAMES AND ARTICLES VISIT
TRICARE.MIL/GETFIT.

FINALLY, LORRAINE CWIEKA REPORTS ON ORAL HEALTH TIPS FOR
NEW AND EXPECTING MOMS.

MOTHERS AND PREGNANT WOMEN KNOW THAT REGULAR EXAMS
DURING PREGNANCY ARE NECESSARY TO MONITOR THE HEALTH
AND DEVELOPMENT OF THE BABY. WITH ALL OF THE DOCTOR'S
VISITS THAT COME ALONG WITH BEING PREGNANT, ORAL HEALTH
MAY BE OVERLOOKED. POOR ORAL HEALTH CAN NEGATIVELY
AFFECT THE OVERALL HEALTH OF BOTH MOTHER AND CHILD.

ANY INFECTIONS AFFECTING THE MOTHER, INCLUDING ORAL INFECTIONS, CAN ALSO AFFECT THE BABY. ORAL INFECTIONS CAN DAMAGE THE GUMS AND BONES SURROUNDING THE TEETH. DURING PREGNANCY, HORMONAL CHANGES CAN CAUSE INCREASED INFLAMMATION AND THE CHANCE OF INFECTION DUE TO EXAGGERATED SENSITIVITY TO PLAQUE AND OTHER BACTERIA IN THE MOUTH. KNOWN AS PREGNANCY GINGIVITIS, RED, SWOLLEN AND SOMETIMES BLEEDING GUMS ARE COMMON AND OCCUR IN ALMOST HALF OF ALL PREGNANT WOMEN.

SNACKING BETWEEN MEALS CAN ALSO CONTRIBUTE TO INCREASED ORAL INFECTIONS. FREQUENT SNACKING LEAVES MORE DEBRIS IN THE MOUTH. HARMFUL BACTERIA, KNOWN AS PLAQUE, CONSTANTLY TURN EXCESS SUGAR AND STARCHES INTO ACIDS THAT DECAY TOOTH ENAMEL. SINCE PREGNANT WOMEN ARE MORE SENSITIVE TO PLAQUE, MORE FREQUENT BRUSHING AND FLOSSING AFTER SNACKING FIGHTS PLAQUE AND HELPS PREVENT TOOTH DECAY.

IT'S BEST FOR ALL DENTAL WORK TO BE SCHEDULED BEFORE THE

THIRD TRIMESTER. BENEFICIARIES SHOULD ALSO SHARE WITH THEIR DENTIST INFORMATION THEIR DOCTOR HAS GIVEN ABOUT THEIR CHANGING HEALTH. IN SOME CASES, A DENTIST MAY REQUEST TO SPEAK WITH THE BENEFICIARY'S REGULAR DOCTOR SO THAT ANY CARE OR TREATMENTS CAN BE COORDINATED.

FOR MORE INFORMATION AND RESOURCES ABOUT ORAL HEALTH AND PREGNANCY VISIT THE AMERICAN DENTAL ASSOCIATION, AMERICAN ACADEMY OF PERIODONTOLOGY, OR THE CENTERS FOR DISEASE CONTROL AND PREVENTION WEB SITES.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

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

TAIL MUSIC (:03)