



Marine & Family Programs



June 2011

HEALTH PROMOTION

Monthly Health Observance

- National Men's Health Week (13-19)
- National HIV Testing Day (27)



Schedule of Events/Workshops

Urinalysis Coordinator's Course **06 Jun**
1300-1600

Stress Management **07 Jun**
0830-1600

Anger Management **08 Jun**
0830-1600

Healthy Communication in Relationships **15 Jun**

Alcohol 101 **16 Jun**
0830-1130

Relax **17 Jun**
0830-1130

Men can take daily steps to live a safer and healthier life, and protect themselves from disease and disability.

- Learn your family health history: Are there any new conditions or diseases that have occurred in your close relatives since your last visit to the doctor? If so, let your doctor or nurse know. Family history can influence your risk of developing heart disease, stroke, diabetes, or cancer. Your doctor or nurse will assess your risk of disease based on your family history and other factors. He or she may also recommend things you can do to help prevent disease, such as exercising more, changing your diet, or using screening tests to help detect disease early.
- Know and understand your numbers: You may know your favorite team's or player's stats, but what about your own? Keep track of your numbers for blood pressure, blood sugar, cholesterol, body mass index (BMI) and more. These numbers can provide a glimpse of your health status and risk for certain diseases and conditions such as heart disease, diabetes, and obesity. Be sure to ask your doctor or nurse what tests you need and how often you need them. If your numbers are high or low, he or she can explain what they mean and make recommendations to help you get them to a healthier range.
- Work safely: Daily, an estimated 11,500 private-sector workers have a nonfatal work-related injury or illness. As a result, more than half require a job transfer, work restrictions, or time away from their jobs. Know what your job requires, use safety equipment, use and carry tools and equipment properly, select the correct tools and equipment, get proper training, get assistance when needed, take precautions to prevent injury, take breaks and rest when needed, and use chemicals and other hazardous substances with care.
- Work with your Doctor or Nurse to stay healthy: Get check-ups, get vaccinated, and pay attention to signs and symptoms.
- Take daily action to improve health: Get enough sleep, gear up (wear protective gear and wear seat belts), eat what counts (eat a variety of fruits and vegetables every day, limit foods and drinks high in calories, sugar, salt, fat, and alcohol), get physical activity (be active for at least 2 1/2 hours a week), and be smoke-free.

Urinalysis Coordinator's Course
1300-1600 **20 Jun**

Stress Management
0830-1600 **21 Jun**

Anger Management
0830-1600 **22 Jun**

How to Avoid Falling for a Jerk or Jerkette
0830-1600 **29 Jun**

June 27 is National HIV Testing Day

NAPWA (The National Association of People with AIDS) founded National HIV Testing Day (NHTD) in 1995 in response to the HIV epidemic's steady growth—especially in marginalized communities like people of color, and also in middle-income neighborhoods where people thought, "it doesn't happen here." All Americans need to know they should **Take the Test, Take Control**, at least once a year. And we should also know that people with HIV, who are in treatment with HAART drugs, are significantly less at risk for passing their virus onto others than people with HIV who are not in treatment. Test-and-treat is not the whole answer to ending the epidemic but it's an indispensable first step.

The reasons for getting tested—not just once but regularly—are the same as the reasons for protecting yourself. You may not like the test's result but if you're posi-

tive you need to know it.

Everyone who is old enough to be sexually active or do recreational drugs should be tested routinely at regularly scheduled well-patient doctor's visit.

It's especially important for people in high-risk groups to get tested regularly. These include:

- Sexually active younger teenagers.
- Poor women of color
- Men who have sex with men.
- People who inject or snort drugs with others.
- Sex workers, including anyone who has to exchange sexual favors for necessities of life.
- People who live in HIV "hot spots," sometimes only a few blocks in area,

where the HIV injection rate is so high that anyone who is sexually active—no matter how carefully—is at risk.

There are two kinds of HIV tests (one kind tests for HIV antibodies and another tests for viral load—detectable live virus in your blood—both tests will draw some blood for a lab). Whichever kind you take, you should have trained counseling before the test and— even more important—after, especially if the result comes back positive.

Anonymous testing is often free and usually comes with good pre-test and after-test counseling, and is available in every state.

Self-testing is not recommended as you won't have the benefit of counseling.

(www.napwa.org)

2011 DEFY (Drug Education for Youth) Leadership Camp

August 2-12 . Kids 9-12

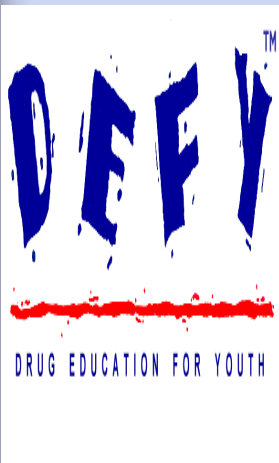
Register now for DEFY Leadership Camp!

- > Want to add some fun to your summer?
- > Want to meet new friends?
- > Want to be part of a dynamic team?
- > Are you a military I.D. cardholder youth between 9-12 years of age?

If you answered yes to these questions, this is the camp for you.

DEFY is a self-esteem building program that provides kids with the tools they need to resist drugs, gangs, and alcohol. The camp is FREE, space is limited.

Applications are available online at www.hq.navy.mil/defy or at the Health Promotion office, Bldg 302, Holcomb Blvd, between the hours of 0800-1630. For more information, contact MCCS Health Promotion at 451-2865.



Bath Salts

Brief Overview : Unregulated psychoactive substances marketed as “bath salts” are among the latest in a series of legal synthetic drugs that are being offered as alternatives to illegal drugs. Produced as legal substitutes for ecstasy, cocaine and amphetamines, salts are powerful stimulant drugs designed to avoid legal prosecution and are commonly available on the internet and specialty head shops. They can be made up of a variety of unregulated chemical substances and are being sold under a variety of names or brands. Open sources indicate that “bath salts” are becoming increasingly popular due to the perception that they pose seemingly safer alternative to illegal methods of getting “high” and can easily be obtained over the Internet. Concerns regarding the safety of these drugs have prompted many European countries to take measures to stop the imports and selling of these products within their borders. Recent seizures nationwide suggest these powdered salts are making inroads in the US, thus becoming narcotics of potential concern.

Street/Brand/Common

Name(s): The following is a sample of designer “bath salt” products associated with unregulated psychoactive substances that are potentially harmful:

- Ivory Wave
- Ocean Burst
- Sextacy
- Gloom
- Purple Rain
- Salt
- Fly

- Hurricane Charlie
- Crush
- Vanilla Sky
- Pure Ivory
- Whack
- Bolivian Bath
- Purple Wave
- Charge+

Appearance: “Bath salts” appear as pure white to light brown substances and are made up of a significantly hydrophilic and crumbly powder with a slight odor. The salts will darken slightly in color if exposed to air for any significant length of time. They are packaged as “soothing bath salts” and marketed under a variety of names such as Ivory Wave, Vanilla Sky and Purple Rain. The packages are labeled concentrated bath salts and are usually sold in 200mg or 500mg packets. “Bath salt” products often contain a note declaring that are “not for human consumption”, in order to circumvent potential control mechanisms. Often, the list of ingredients on salt products gives no indication of the presence of psychoactive substances.

Toxicity and Side Effects:

Bath salt” products are known to produce certain side effects, some of which are quite severe. The following is the list of milder short-term side effects associated with consumption of this drug as reported by available open sources:

- Increased heart rate
- Agitation
- Diminished requirement for sleep
- Lack of appetite

- Increased Alertness and Awareness
- Anxiety
- Fits and delusions
- Nosebleeds

More serious side effects associated with these drugs reportedly include:

- Muscle Spasms
- Blood circulation problems, including increased blood pressure
- Kidney failure
- Seizures
- Muscle damage
- Loss of bowel control
- Hallucinations
- Aggression
- Severe Paranoia
- Panic Attacks
- Sharp increase in body temperature
- Risk of renal failure

Conclusion: Available open sources assert that the mental and physical dangers associated with unregulated synthetic substances packaged as “bath salts” have prompted a number of countries (New Zealand, Sweden, Australia, England, Ireland and Denmark) to enact laws prohibiting the sales and import of such products. Nonetheless, powdered “bath salt” products remain legal in the United States. Recent seizures in the US indicate that “Ivory Wave” and its designer equivalents have arrived on our shores. Thus, outreach and education is needed otherwise we will continue to see a rise in its popularity.



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Health Promotion

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Resiliency and Spiritual Fitness

We become who we are because of the resilience of the human spirit. It is the resiliency of the human spirit that moves us forward in our life, in spite of the adversity we all face. Spirituality is a complex and multidimensional aspect of the human experience. The cognitive or philosophic aspects include the search for meaning, purpose and truth in life, and the beliefs and values by which an individual lives. The experiential and emotional aspects involve feelings of hope, love, connection, inner peace, comfort and support. These are reflected in the quality of an individual's inner resources, the ability to give and receive spiritual love, and the types of relationships and connections that exist with the self, the community, the environment, and the transcendent (e.g., power greater than self, a value system, God, cosmic consciousness).

Often, throughout a lifetime, we may find ourselves asking questions as we search for greater spiritual fitness: Who am I? What is my purpose? What is the meaning of life? Finding the answers to these questions often involves embarking on a journey over the course of many years, which will provide new and different answers along the way. Far too often, we get caught up in the daily grind: errands, relationships, responsibilities. Our minds never really slow down to ponder these questions that reside deep inside our souls. Along the way, we may find ourselves caught up in excessive noise that is the product of a disconnected and exhausted body-mind-spirit synergy, causing us to end up in a place of darkness, depression, extreme fatigue, anxiety, isolation, and apathy.

Sometimes, finding our way back to a place of wellness requires examination and nurturing of our spiritual selves. This can mean many different things to people across all walks of life. For some, it may mean becoming connected to a greater cause (e.g., volunteering at a local organization that serves children, elderly, veterans, animals or the environment). For others, it may involve establishing a connection to a local church or religious institution. And, for others, it may mean simply finding ways to be a more positive force in the world and affect change. A simple way to achieve the latter is to practice compassion towards others, and towards oneself. Negative self-talk creates misery and suffering, which is usually extended to those around us, particularly those with whom we are closest. Conversely, kind thoughts, words and actions generate more kindness in return. If you're really feeling miserable, and completely disconnected from your spiritual self, even if you have no idea how to get back on track, try this simple solution: Offer a kind thought or word to someone else, or do something nice for another being. Doing this repeatedly may assist you in fortifying your spiritual resiliency, ultimately alleviating stress and suffering in your own life.

We're on the web:
www.mccslejeune.com

**For more information, please contact our
office at 451-2865.**