

# OPTIMIZING THE ORDINARY

by LCDR Bryan M. Davidson - DIRECTOR, PSYCHOLOGICAL HEALTH



Can a trip to the commissary change your life? Not because of some tragedy en route or any distressing event, but just through uneventful, ordinary things? The answer is “Yes, but...” If you are like the majority of Americans, you are constantly in a rush. A rush to get to work, get home, get the kids, get dinner and the list goes on until you crash and resume a similar routine the next day. A trip to the commissary can often feel like this. The mission is to get in, get out, and get on with life. We tend to think this method gives us more of what we want because by “saving” time we can bank a few minutes up so that we may be able to have a few minutes of peace and quiet in the evening – perhaps, if you’re typical, in front of the TV. But does it give us more? Does this method of racing through life truly benefit us? Our loved ones? Our community? Reality dictates that time cannot be saved, it can only be spent. How you spend it depends more on the “ordinary” than you may realize. This trip to the... [\(READ MORE HERE\)](#)



## GET TO KNOW YOUR MEDICATIONS

by Capt. Allison Panganiban - PHARMACY SERVICES

Your pharmacist plays an important role in managing your health. As part of your health care team, the pharmacist is the medication expert and is able to provide you with helpful information to ensure that you are taking your medication the way your doctor intended. Make the most of your experience and keep yourself informed by asking the pharmacist the right questions. The following tips will help guide you through your interaction with the pharmacist and get the most benefit from your medication.



**Know what you are taking.** Ask the name of the medication your doctor prescribed and how to take it. Should you finish all of your medication or get a new prescription once you are done? What do you do if ... [\(READ MORE HERE\)](#)

## ADAPT - ALCOHOL AWARENESS MONTH

by Capt. Shauna Sperry— ADAPT PROGRAM

Currently, approximately 14 million Americans, 1 in every 13 adults, abuse alcohol or are alcoholic. According to the DoD Alcohol Abuse and Tobacco Use Reduction Committee, Air Force members have an even higher rate of binge drinking and alcohol abuse than the civilian community. Drinking has long been a part of the Air Force culture, and not only among the younger members. In addition to the traditional use of alcohol in ceremonies and celebrations, alcohol use is often part of a lifestyle of weekend relaxation and entertainment. This is all considered... [\(READ MORE HERE\)](#)

### PREVENTION TOPICS

- APR - ALCOHOL AWARENESS MONTH  
CHILD ABUSE PREVENTION MONTH  
MEDICATION SAFETY MONTH
- MAY - BETTER SPEECH & HEARING MONTH
- JUN - MEN'S HEALTH MONTH



TRICARE is the healthcare program for AD, retired service personnel & their eligible family members. TRICARE combines both military and civilian services to deliver high quality healthcare. TRICARE Online (TOL) is the Military Health System (MHS) patient portal & is designed to provide online capabilities and information for beneficiaries of the TRICARE healthcare program. [www.tricareonline.com/portal/page/portal/TricareOnline/Portal](http://www.tricareonline.com/portal/page/portal/TricareOnline/Portal)



## CHILDREN AND DEPLOYMENTS

by AJ Brandt & Julie Couture - FAMILY ADVOCACY

Deployments can be stressful for everyone – the active duty member, the spouse, family members, the children and even the family pets. Trying to get everything ready for the deployment can take its toll, but it can sometimes distract families from the inevitable reality that they will be temporarily separated. When we deal with the immediate tangible tasks that must be completed, the emotional tasks can be put on the back burner. As with everything, the emotional issues sooner or later manage to move to the front burner, regardless of whether the timing is appropriate... [\(READ MORE HERE\)](#)



[www.health.mil/Themes/Military\\_Children.aspx](http://www.health.mil/Themes/Military_Children.aspx)

## THE “HARD HAT” BLOG

by Col. (sel.) Michael Burke - ADMINISTRATOR  
MAJOR UPDATE! “Weekend Emergency Dept Relocations”



The renovation of Building 257, aka the “old side”, continues to steamroll ahead. The project is approximately 25% complete and is scheduled to be finished in the Fall of 2012. Two major phases of the project are scheduled for May/June. The first major phase is the re-bricking of the tower section. Our “old side” is being re-bricked to match the hospital’s... [\(READ MORE HERE\)](#)

LANGLEY AIR FORCE BASE  
USAF HOSPITAL LANGLEY  
THE LIFELINE



**USAF HOSPITAL  
LANGLEY**

**77 NEALY AVE  
JOINT BASE  
LANGLEY-EUSTIS  
VIRGINIA 23665**

(757) 764-1110

LIKE US ON

**FACEBOOK**

@ [JOINT BASE  
LANGLEY-  
EUSTIS OR USAF  
HOSPITAL  
LANGLEY](#)

[USAF HOSPITAL  
LANGLEY HOME  
PAGE](#)

TRICARE  
APPOINTMENTS

1-866-645-4584

[TricareOnline.com](#)

We welcome all comments, questions or suggestions for future content at:

[SCGfeedback@langley.af.mil](mailto:SCGfeedback@langley.af.mil)

## CHILD ABUSE PREVENTION

by **Julie Couture**—FAMILY ADVOCACY

Most of us have seen children throw temper tantrums in the middle of a store. Some of us might have actually been those children. Although it is undoubtedly frustrating for the parents – and the children - there is a method to the madness.

Children have temper tantrums because they do not know how to express their emotions by using appropriate words. Instead, they do what comes naturally – they scream, kick, throw things, and cry. They are frustrated – but can't tell us why – and we become frustrated because they aren't "acting their age". But they are...

It can be these moments that cause parents to spank or yell. Unfortunately, this doesn't always stop the river of tears. In fact, it can cause the floodgates to open even more, and cause a bigger battle. This leads to more aggravation for both the parents and the children. The age of... [\(READ MORE HERE\)](#)

For additional info click the link to the national organization homepage [www.childwelfare.gov/preventing/preventionmonth/](http://www.childwelfare.gov/preventing/preventionmonth/)



## USAF HOSPITAL LANGLEY GENERAL SURGERY FACT

### About Us

USAF Hospital Langley General Surgery Clinic provides expert surgical care performed by surgeons trained at some of the finest surgical facilities in the country. Six board certified and board eligible general surgeons stand ready to offer a wide range of services including laparoscopic surgeries of the upper gastrointestinal (GI) and lower GI tract for benign as well as malignant diseases; minimally invasive hernia surgeries and anti-reflux surgeries; endocrine and breast procedures; diagnostic and procedural endoscopies as well as a wide variety of minor office-based operations.

Our department prides itself on the personal and patient-centered approach given to each individual who is referred to our care. This includes timely, thorough initial evaluations leading to appropriate and skilled surgical treatment by trained surgeons from the beginning to the end of treatment. Follow-up care is meticulous and comprehensive with patient satisfaction...[\(READ MORE HERE\)](#)



## SHAKEN BABY SYNDROME

by **AJ Brandt & Julie Couture**— FAMILY ADVOCACY

Shaken Baby Syndrome pops up in the media every now and then, but how much do we actually know about this?

The National Center for Shaken Baby Syndrome has done extensive research and program development to educate the general public about Shaken Baby Syndrome, or SBS. According to the National Center for Shaken Baby Syndrome's website, [www.dontshake.org](http://www.dontshake.org), SBS is a form of child abuse where an infant is violently shaken. In a matter of seconds, a baby can suffer extensive damage, sometimes resulting in death.

Shaken Baby Syndrome is not the same as bouncing a child up and down, or gently tossing them in the air. Instead, SBS occurs when the parent or caretaker is frustrated, mostly because the baby will not stop crying. When someone shakes a baby, they use so much force that the baby's head flops back and forth because the neck muscles around...[\(READ MORE HERE\)](#)



## HYDRATE, HYDRATE, HYDRATE!!!



With warmer weather and the Langley Air Show just around the corner, keeping well hydrated should be one of the top priorities for you and your family. Remember children and the elderly will dehydrate faster. The Cleveland Clinic helps us with this basic look at dehydration:

Warm weather brings with it thoughts of cool ocean breezes, napping in a hammock and sipping a tall glass of lemonade. Now hold on to the mental image of that lemonade because summer is also a time to be wary of dehydration: the lack of sufficient water in the body.

Water is important to the body at all times, but especially in warm weather. It keeps the body from overheating. When you exercise, your muscles generate heat. To keep from burning up, your body needs to get rid of that heat. The main way the body discards heat in warm weather is through sweat. As sweat evaporates, it cools the tissues beneath.

Read the full article at [http://my.clevelandclinic.org/disorders/dehydration/hic\\_avoiding\\_dehydration.aspx](http://my.clevelandclinic.org/disorders/dehydration/hic_avoiding_dehydration.aspx)

## **CELEBRATE BETTER HEARING AND SPEECH MONTH THIS MAY WITH THE AMERICAN SPEECH-LANGUAGE-HEARING ASSOCIATION**

Since 1927, the American Speech-Language-Hearing Association celebrates Better Hearing and Speech Month each May. This month of awareness is a good time to analyze your own hearing and determine if you are one of the estimated 28 million Americans who have a hearing loss that can be treated. You may have a hearing loss if you:

- frequently ask people to repeat themselves
- often turn your ear toward a sound to hear it better
- understand people better when you wear your glasses or look directly at their faces
- lose your place in group conversations
- keep the volume on your radio or TV at a level that others say is too loud
- have pain or ringing in your ears



"People who see themselves in these statements should see an audiologist for a hearing test," said audiologist Maj. Jennifer Carey, Au.D.

"Even a very slight hearing loss can have an impact on your daily life," said Carey. "Hearing loss is treatable, and..." [\(READ MORE HERE\)](#)