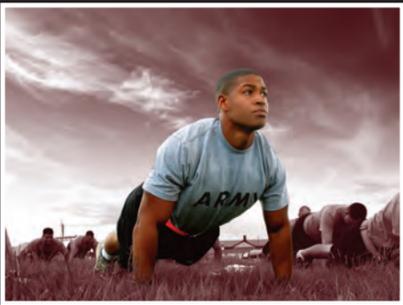


2014

Preventive Medicine Wall Planner



* Use of trademarked names does not imply endorsement by the U.S. Army but is intended only to assist in the identification of specific products.

** Some images obtained through the U.S. Army Flickr® site - <http://creativecommons.org/licenses/by/2.0/deed.en>

MISSION STATEMENT

Promote health and prevent disease, injury, and disability of Soldiers and military retirees, their Families, and Department of the Army civilian employees; assure effective execution of full spectrum veterinary service for Army and Department of Defense Veterinary missions.

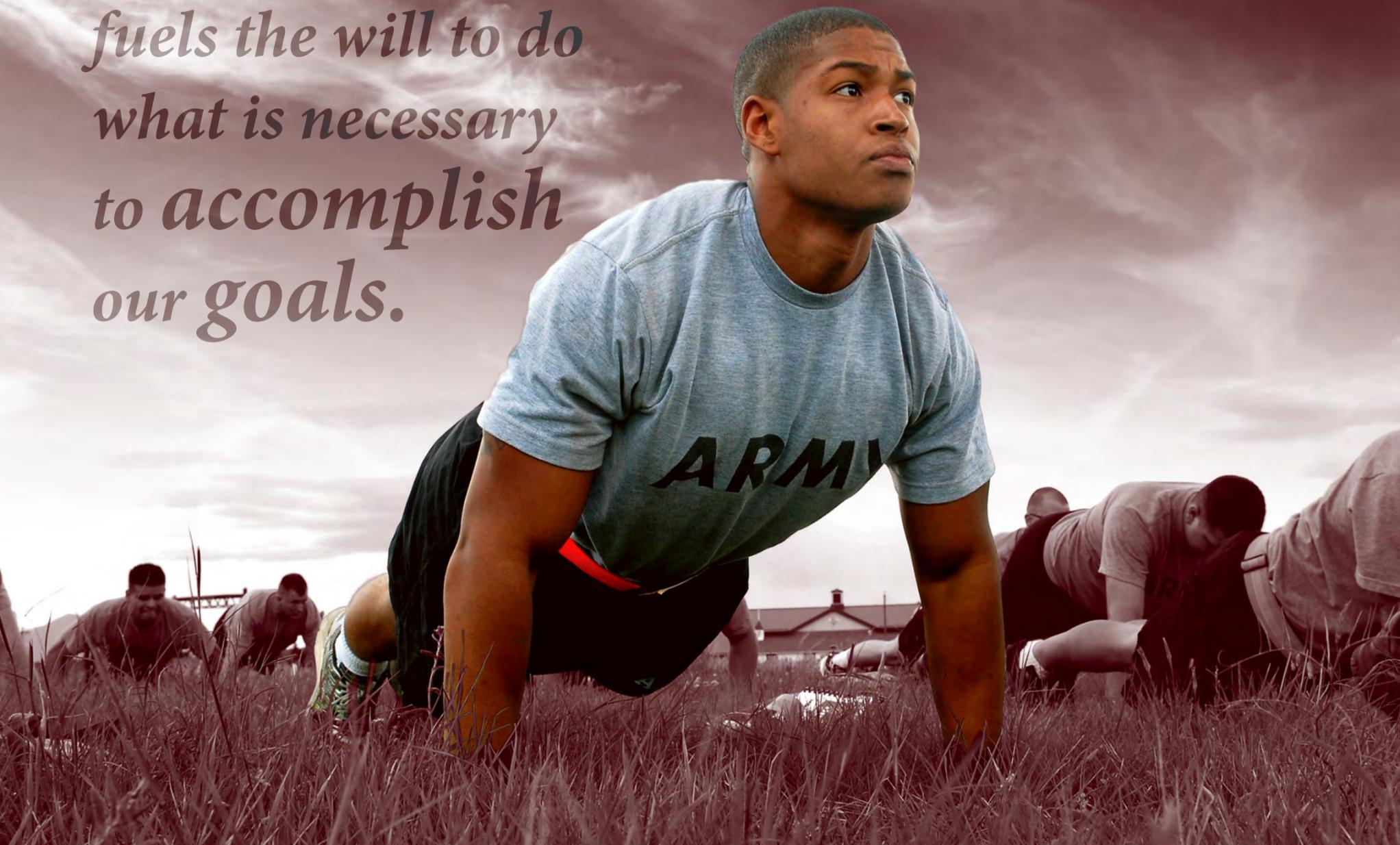
USAPHC

ARMY VALUES

LOYALTY
DUTY
RESPECT
SELFLESS-SERVICE
HONOR
INTEGRITY
PERSONAL COURAGE

Motivation

fuels the will to do what is necessary to accomplish our goals.



JANUARY 2014

POWER UP! WITH THE PERFORMANCE TRIAD

S M T W T F S

			1 New Year's Day	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19 Birthday of Martin Luther King Jr.	20	21	22	23	24	25
26	27	28	29	30	31	

COMMEMORATIONS & OBSERVANCES

- Cervical Health Awareness Month ♦
- National Glaucoma Awareness Month ♦
- Thyroid Awareness Month ♦
- National Birth Defects Month

ARMY OBSERVANCES

- Martin Luther King Jr. Day



FEATURED PRODUCT

Soldier's Guide: Tools for the Tactical Athlete. Look for information throughout 2014 on the Performance Triad and how to improve your activity, nutrition and sleep to enhance your wellbeing and performance in the upcoming year at the Army Medicine website: <http://armymedicine.mil>

HEALTH TIPS

1 Aim for 8 hours of sleep each day for top physical and mental performance.

2 Walk at least 10,000 steps every day for good health.

3 Achieve and maintain a healthy weight - Eat right and Exercise!

4 Use technology to track your steps, calories, and sleep.

Healthy hearts make healthy bodies.



FEBRUARY 2014

HEALTHY HEARTS –
HEALTHY BODIES

S M T W T F S

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 <small>Washington's Birthday</small>	18	19	20	21	22
23	24	25	26	27	28	

COMMEMORATIONS & OBSERVANCES
 AMD/Low Vision Awareness Month ♦
 International Prenatal Infection Prevention Month ♦ National Wise Health Consumer Month ♦
 National Dental Health Month

ARMY OBSERVANCES
 Black History Month ♦ Washington's Day



FEATURED PRODUCT

Nutrition: 101 Ways to Eat Better in Your Military Dining Facility. Go to <https://usaphcapps.amedd.army.mil/hioshoppingcart/> for health information products and more.

HEALTH TIPS

1 Know your numbers; have your blood pressure and cholesterol levels checked.

2 Get Active – As little as 30 minutes of walking a day can reduce your risk of heart disease.

3 Eat a heart-healthy diet low in saturated fat and dietary cholesterol.

4 Quit smoking and control high blood pressure.

March your way to good nutrition and fitness.



MARCH 2014

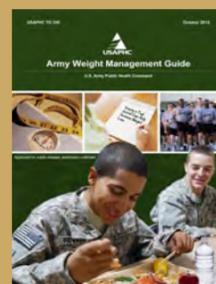
WEIGHT MANAGEMENT AND PHYSICAL FITNESS

S M T W T F S

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

COMMEMORATIONS & OBSERVANCES

- National Nutrition Month +
- Save Your Vision Month + National Endometriosis Awareness Month +
- Workplace Eye Wellness Month



FEATURED PRODUCT

Army Weight Management Guide
Go to <https://usaphcapps.amedd.army.mil/hio-shoppingcart/> for health information products and more.

HEALTH TIPS

1 Make half your plate with colorful fruits and vegetables!

2 Walk 10,000 steps during your everyday routine.

3 Achieve and maintain a healthy weight with healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calories your body uses.

4 Know the limits on fats, salt, and sugars. Read the Nutrition Facts label on foods. Look for foods low in saturated fats and trans fats.

Protect
our future.
Keep kids
healthy!



APRIL 2014

MONTH OF THE
MILITARY CHILD

S M T W T F S

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

COMMEMORATIONS & OBSERVANCES

Sexually Transmitted Infection (STI) Awareness Month ♦ Sexual Assault Awareness and Prevention Month ♦ Alcohol Awareness Month ♦ National Donate Life Month ♦ National Minority Health Month ♦ National Facial Protection Month ♦ Sports Eye Safety Awareness Month ♦ Women's Eye Health and Safety Month

TIPS ON SOOTHING A CRYING BABY

Cry-Proof
 1. The number one reason parents or caregivers shake babies, making them feel worse, is a miserable crying.
 2. Dr. Ben Bar called the acronym "P.L.A.Y.E." (P.L.A.Y.E. = no serious, appropriate for the situation) to help you soothe your crying baby.
 3. Hold your baby close.
 4. Burp the baby.
 5. Change the diaper.
 6. Make sure nothing is too tight.
 7. Make sure they are not too hot or too cold.
 8. Soothe or change the environment.

Plan the Mother's Best Friends Day
 1. Feed the baby.
 2. Burp the baby.
 3. Change the diaper.
 4. Make sure nothing is too tight.
 5. Make sure they are not too hot or too cold.

AUSAPHC

FEATURED PRODUCT

Tips on Soothing a Crying Baby. Go to <https://usaphcapps.amedd.army.mil/hioshoppingcart/> to find this product and more.

HEALTH TIPS

1 Regular physical activity during childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels.

2 Compliment your kids when they do something good. This may encourage good behavior and keep the communication lines open. Involved parents appear to be a protective factor against the lure of tobacco.

3 Covering up to protect the skin from the sun can lower the risk for sunburn and skin cancer. To protect your kids from too much sun exposure, be sure they wear a hat, shades, and sunscreen; seek shade; and cover up. A few serious sunburns can increase your child's risk of skin cancer later in life.

4 Unfortunately, only about 1/4 of children ages 5 to 14 wear helmets when riding bicycles. The percentage of teen cyclists who wear helmets is close to zero. Bicycle helmets reduce the risk of serious head injury by as much as 85% and the risk of brain injury by as much as 88%.



Battle stress and its effects!

MAY 2014

NATIONAL MENTAL HEALTH MONTH

S M T W T F S

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26 Memorial Day	27	28	29	30	31

COMMEMORATIONS & OBSERVANCES

Arthritis Awareness Month • Better Hearing and Speech Month • Women's Health Care Month • Employee Health and Fitness Month • Healthy Vision Month • Hepatitis Awareness Month • Lupus Awareness Month • Melanoma/Skin Cancer Detection and Prevention Month • National Celiac Disease Awareness Month • National Osteoporosis Awareness and Prevention Month • High Blood Pressure Education Month • National Physical Fitness and Sports Month • National Toxic Encephalopathy and Chemical Injury Awareness Month

ARMY OBSERVANCES

Memorial Day • Military Spouses Day • Armed Forces Day

USAPHC Combat and Operational Stress Control Resources can be found at <http://phc.amedd.army.mil/topics/healthyliving/bh/Pages/CombatOperationalStressControl.aspx>

HEALTH TIPS

1 Soldiers face stress during day-to-day operations. Learn relaxation techniques, and practice the health tips in numbers 2, 3, and 4 to manage stress.

2 Remind yourself that the way you are feeling is normal given the situation; make certain that you get enough sleep, food, water and exercise; focus on the mission at hand.

3 Stay tied in with battle buddies in your unit. Maintain contact with friends and Family at home whenever you can. If something at home is bothering you, talk about it with your battle buddies, your leaders, anyone you trust.

4 If things start to feel out of control, contact your Unit 1SG, chaplain, medic or commander immediately.

Eat smart – Stay ready!



JUNE 2014

FOOD SAFETY AWARENESS

S M T W T F S

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

COMMEMORATIONS & OBSERVANCES

Cataract Awareness Month + Home Safety Month + Men's Health Month + National Congenital Cytomegalovirus Awareness Month + National Aphasia Awareness Month + National Scleroderma Awareness Month

ARMY OBSERVANCES

Army Birthday + Flag Day + D-Day

FEATURED PRODUCT

Deployment Food Risk Smart Card

Leader's Tips for Eating Local

Don't let food bring your unit down!



Food Safety: Deployment Food Risk Smart Card.

Go to <https://usaph-capps.amedd.army.mil/hioshoppingcart/> to find this product and more.

HEALTH TIPS

1 To prevent cross-contamination, thoroughly wash and sanitize all utensils that have been used to prepare raw meats before using them for other foods.

2 Always cook food to the proper internal temperature for the particular product, i.e. minimum temperature of 145°F for steaks and pork, 155°F for hamburger, and 165°F for poultry.

3 Quickly cool leftovers to prevent the growth of microorganisms that survived the cooking process. Store them in the refrigerator (no more than 3–4 days) or freezer, and reheat to an internal temperature of greater than 165°F before eating.

4 Keep cold foods cold: Ensure your refrigerator keeps food colder than 41°F to prevent the growth of harmful microorganisms.

Don't let a sports injury



keep you sidelined.

JULY 2014

SPORTS INJURY PREVENTION



S **M** **T** **W** **T** **F** **S**

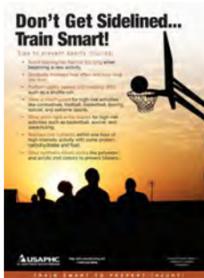
		1	2	3	4	5
					Independence Day	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

COMMEMORATIONS & OBSERVANCES

UV Safety Month + Eye Injury Prevention Month + International Group B Strep Awareness Month + Cord Blood Awareness Month + National Cleft & Craniofacial Awareness & Prevention Month

ARMY OBSERVANCES

Independence Day



FEATURED PRODUCT

Sports Injury Prevention poster. Go to <https://usaph-capps.amedd.army.mil/hioshopping>

cart/ to find this product and more.

HEALTH TIPS

- 1 Avoid overtraining. Signs of overtraining include muscle soreness, muscle stiffness, delayed muscle soreness and muscle cramping.
- 2 Allow adequate recovery. Soft tissues, such as muscles, tendons, and cartilage, need time to recover and build in-between intense exercise bouts.
- 3 Alternate training days that emphasize lower body weight-bearing physical activity with training days focused on upper-body conditioning.
- 4 Use protective equipment such as protective eyewear and mouth guards to reduce mouth and facial injuries.



Vaccines are among the most important accomplishments in medicine. Vaccines have saved more lives throughout the world than any other medical invention.

AUGUST 2014

NATIONAL IMMUNIZATION AWARENESS MONTH

S M T W T F S

						1	2
3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18
19	20	21	22	23	24	25	26
27	28	29	30	31			

COMMEMORATIONS & OBSERVANCES

Children's Eye Health and Safety Month +
Anti-terrorism Awareness Month

The Military Vaccine Agency (MILVAX) supports DOD vaccination programs protecting military Service members, their dependents and beneficiaries; and provides educational support and training resources for DOD healthcare providers and clinicians. The Vaccine Healthcare Centers Network enhances vaccine safety, efficacy and acceptability within the Military Health System through programs and services that provide expert clinical consultation, care, safety surveillance, education, and research. More information about vaccines and vaccine-preventable diseases can be found at <http://phc.amedd.army.mil/topics/discond/vvpd>



FEATURED PRODUCT

What Soldiers need to know about HPV

Go to <https://usaphcapps.amedd.army.mil/hioshoppingcart/> to find this product and more.

HEALTH TIPS

- 1** Immunization is one of modern medicine's most significant public health achievements. In medical history, vaccines have saved more lives than any other medical measure, including antibiotics and surgery.
- 2** It's important to keep our guard up by immunizing. According to the Centers for Disease Control and Prevention, tens of thousands of people in the United States still die from vaccine-preventable diseases every year.
- 3** Globally, pneumonia causes more deaths than any other infectious disease. However, it can often be prevented with vaccines. Check with your health care provider to see whether you need the pneumococcal vaccine.
- 4** Make sure children stay up-to-date with vaccinations to prevent vaccine-preventable illnesses. Without vaccines, epidemics of many preventable diseases could return, resulting in increased - and unnecessary - illness, disability, and death among children.

Don't deal with a problem alone.



Reach out a helping hand.

SEPTEMBER 2014

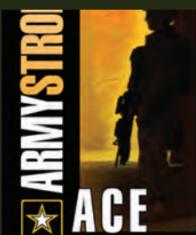
SUICIDE PREVENTION

S M T W T F S

	1 Labor Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

COMMEMORATIONS & OBSERVANCES
 Leukemia & Lymphoma Awareness Month + National Alcohol and Drug Addiction Recovery Month + National Atrial Fibrillation Awareness Month + National Cholesterol Education Month + Children's Eye Health and Safety Month + National Preparedness Month

ARMY OBSERVANCES
 National Hispanic Heritage Month + Patriot Day + POW/MIA Recognition Day + Gold Star Mothers Day



FEATURED PRODUCT

Suicide Prevention ACE Card. Go to <https://usaphcapps.amedd.army.mil/hio/shoppingcart/> to find this product and more.

HEALTH TIPS

1 If your battle buddy gives any hints or clues of thinking about suicide, remember your ACE suicide prevention training.

2 Ask your buddy. Have the courage to ask the question but stay calm. Ask the question directly: Are you thinking of killing yourself?

3 Care for your buddy. Calmly control the situation; do not use force; be safe. Actively listen to show understanding. Remove any means that could be used for self-injury.

4 Escort your buddy. Never leave your buddy alone. Escort to chain of command, chaplain, behavioral health professional, or primary care provider. Call Suicide Prevention Lifeline: 1-800-273-TALK.



Battle the cold by preventing cold-weather related injuries.

OCTOBER 2014

COLD WEATHER ILLNESS AND INJURIES

S M T W T F S

			1	2	3	4
5	6	7	8	9	10	11
12	13 Columbus Day	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

COMMEMORATIONS & OBSERVANCES

National Depression Education & Awareness Month ♦ Eye Injury Prevention Month ♦ Home Eye Safety Month ♦ National Breast Cancer Awareness Month ♦ National Protect Your Hearing Month ♦ National Audiology Awareness Month ♦ National Disability Employment Awareness Month ♦ National Ergonomics Month ♦ National Physical Therapy Month

ARMY OBSERVANCES

Energy Awareness Month



FEATURED PRODUCT

Cold-Weather Casualties Poster. Go to <https://usaph-capps.amedd.army.mil/hioshoppingcart/> to find this product and more.

HEALTH TIPS

1 Remember the acronym C-O-L-D when wearing clothing in cold weather. (C: Keep it Clean; O: avoid Overheating; L: wear clothing Loose and in Layers; D: keep clothing Dry).

2 Do not rest in tents or vehicles unless well ventilated.

3 Use Extended Cold Weather clothing System (ECWCS).

4 Train Soldiers on the proper use of cold weather clothing, maintain adequate hydration and ensure nutritional requirements are met.



*Stay on top
of your game!
Quit tobacco.*

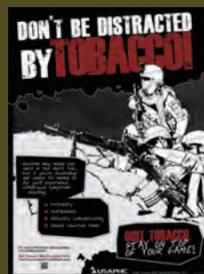
NOVEMBER 2014 TOBACCO USE CESSATION

S M T W T F S

						1
2	3	4	5	6	7	8
9	10	11 <small>Veterans Day</small>	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30				<small>Thanksgiving Day</small>		

COMMEMORATIONS & OBSERVANCES
 Warrior Care Month + American Diabetes Month + Lung Cancer Awareness Month + National Family Caregivers Month + National Healthy Skin Month

ARMY OBSERVANCES
 Veterans Day + National Native American Indian Heritage Month + Military Family Appreciation Month + Warrior Care Month



FEATURED PRODUCT

Tobacco Cessation Poster. Go to <https://usaphcapps.amedd.army.mil/hioshopping-cart/> to find this product and more.

HEALTH TIPS

- 1** Tobacco use impairs physical endurance and performance, and causes injury.
- 2** Be tobacco-free and combat-ready. Tobacco use impairs visual performance and night vision.
- 3** Tobacco use increases risk of lower respiratory tract infections. Improve your health by quitting tobacco. Talk to a healthcare provider about quitting.
- 4** Tobacco use can cause fatigue, muscle weakness, and decreased readiness and physical performance by increasing your heart rate and blood pressure.



Conquer Infections with good hygiene.

DECEMBER 2014 > INFECTION CONTROL



S M T W T F S

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	Christmas Day		

COMMEMORATIONS & OBSERVANCES

Safe Toys and Gifts Month +
National Drunk and Drugged Driving
Prevention Month

USAPHC Disease Epidemiology Program
protects the combat readiness and Soldier
health by addressing disease threats through:
1) timely and systematic surveillance of
deployed and non-deployed population
data; 2) rapid response to communicable
disease outbreaks; and 3) in-depth analysis
of selected epidemiologic data.



FEATURED PRODUCT

Handwashing Poster.
Go to [https://
usaphcapps.amedd.
army.mil/hioshopping
cart/](https://usaphcapps.amedd.army.mil/hioshoppingcart/) to find this
product and more.

HEALTH TIPS

1 Cover your mouth and nose with a tissue when you cough or sneeze, or cough or sneeze into your upper sleeve, not into your hands.

2 Contact a healthcare provider for flu-like or gastrointestinal symptoms. Ensure all wounds are properly cleaned, disinfected, and bandaged.

3 Wash hands for at least 20 seconds with soap and water before meals and after using latrine.

4 Maintain good hygiene in the barracks. Use 1/4 cup of household bleach per 1 gallon of cool water to disinfect surfaces, especially door handles and light switches.