

July is Cord Blood Awareness Month

The term “cord blood” is used to describe the blood that remains in the umbilical cord and the placenta after the birth of a baby. The term “cord tissue” refers to the rest of the umbilical cord. The cord blood, cord tissue, and the placenta are all very rich sources of newborn stem cells. Most of the stem cells in cord blood are blood-forming or hematopoietic stem cells. Most of the stem cells in cord tissue and the placenta are mesenchymal stem cells. Transplants of cord blood stem cells can cure over 80 diseases. Most of the diseases treated by stem cell transplants are rare among children. The exceptions are inherited blood disorders that are prevalent in

certain populations, such as sickle cell disease and thalassemia. In recent years trials with cord blood have showed promise for treating more common childhood conditions, such as cerebral palsy, autism, and others. –courtesy of parent’s guide to cord blood



Inside this issue:

Juvenile Arthritis	2
What Triggers Psoriasis	2
Contact Lens Health	2
Welcome to Wellness/Readiness Seminar	3
Salmonella and Eggs	3
Wellness Clinic Staff Spotlight	4

August is Gastroparesis Awareness Month

Gastroparesis is also called delayed gastric emptying. The term “gastric” refers to the stomach.

Normally, the stomach empties its contents in a controlled manner into the small intestines. In gastroparesis, the muscle contractions (motility) that move food along the digestive tract do not work properly and the stomach empties too slowly.

Gastroparesis is characterized by the presence of certain long-term symptoms together with delayed stomach emptying in the absence of any observable obstruction or blockage. The delayed stomach emptying is confirmed by a test. –courtesy of about gastroparesis

Facility Dates of Closure:

- July 3, 2017-Routine Training Day; Facility Closing @ 1130
- July 4, 2017-Federal Holiday; Facility Closed
- August 3, 2017– Routine Training Day; Facility Closing @ 1130

Juvenile Arthritis

The most common symptoms of juvenile arthritis are joint swelling, pain, and stiffness that doesn't go away. Usually it affects the knees, hands, and feet, and it's worse in the morning or after a nap. Other signs include:

- Limping in the morning because of a stiff knee
- Excessive clumsiness
- High fever and skin rash
- Swelling in lymph nodes in the neck and other parts of the body.

Most children with arthritis have times when the symptoms get better or go away (remission) and other times when they get worse (flare).

Arthritis in children can cause eye inflammation and growth problems. It also can cause bones and joints to grow unevenly.-courtesy of niams.nih.gov



What triggers Psoriasis?

Psoriasis triggers are not universal. What may cause one person's psoriasis to become active, may not affect another. Established psoriasis triggers include:

Stress

Stress can cause psoriasis to flare for the first time or aggravate existing psoriasis. Relaxation and stress reduction may help prevent stress from impacting psoriasis.

Injury to skin

Psoriasis can appear in areas of the

skin that have been injured or traumatized. This is called the Koebner [KEB-ner] phenomenon. Vaccinations, sunburns and scratches can all trigger a Koebner response. The Koebner phenomenon can be treated if it is caught early enough.

Medications

Certain medications are associated with triggering psoriasis.

Infection

Anything that can affect the immune system can affect psoriasis. In particu-

lar, streptococcus infection (strep throat) is associated with guttate psoriasis. Strep throat often is triggers the first onset of guttate psoriasis in children. You may experience a flare-up following an earache, bronchitis, tonsillitis or a respiratory infection, too.

Other possible triggers

Although scientifically unproven, some people with psoriasis suspect that allergies, diet and weather trigger their psoriasis.

-courtesy of psoriasis.org

Contact Lens Health

Wash your hands with soap and water. Dry them well with a clean cloth before touching your contact lenses every time.

Don't sleep in your contact lenses unless prescribed by your eye doctor.

Keep water away from your contact lenses. Avoid showering in contact

lenses, and remove them before using a hot tub or swimming.

Visit your eye doctor yearly or as often as he or she recommends.

Carry a backup pair of glasses with a current prescription—just in case you have to take out your contact lenses.



-courtesy of CDC

Welcome to Wellness/Readiness Seminar

Class available Monday 1200-1330 & Friday 0830-1000 (OPEN TO REDSTONE COMMUNITY)

Health Lifestyles Class Topics:

- Nutrition Information
- Exercise Advice
- Stress Management, Preventive Health Screening, Tobacco Cessation
- Self-Care Class: Learn levels of care and use of medication entitlement card for free over-the-counter medications for TRICARE BENEFICIARIES ONLY.
- Orientation to Fox Army Health Center website and ancillary services.
- Orientation to FAHC appointment booking resources.



Salmonella and Eggs

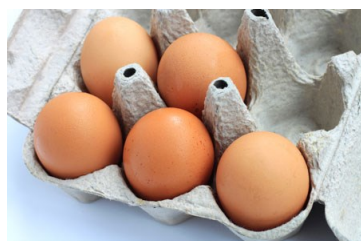
Eggs are one of nature's most nutritious and economical foods. But you must take special care when handling and preparing fresh eggs and egg products to avoid foodborne illness, sometimes called food poisoning. The inside of eggs that appear normal can contain a germ called Salmonella that can make you sick, especially if you eat raw or lightly cooked eggs. Eggs are safe when you cook and handle them properly.

How can I reduce my chance of getting a Salmonella infection?

- Consider buying and using pasteurized eggs and egg products, which are widely available.
- Keep eggs refrigerated at 40 degrees or colder at all times. Only buy eggs from stores and suppliers that keep them refrigerated.
- Discard cracked or dirty eggs.

Poultry may carry bacteria such as Salmonella that can contaminate the inside of eggs before the shells are formed. Eggs can also become contaminated from the droppings of poultry.

- Cook eggs until both the yolk and white are firm. Egg dishes should be cooked to an internal temperature of 160 degrees or hotter.
- Make sure that foods that contain raw or lightly cooked eggs, such as hollandaise sauce, Caesar salad dressing, and tiramisu, are made only with pasteurized eggs.
- Eat or refrigerate eggs and foods containing eggs promptly after cooking. Do not keep eggs or foods made with eggs warm or at room temperature for more than 2 hours, or 1 hour if the temperature is 90 degrees or hotter.
- Wash hands and items that come into contact with raw eggs—including, counter tops, utensils, dishes, and cutting boards—with soap and water. —courtesy of CDC



Wellness Clinic

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The primary goal of the Wellness Clinic is to educate and empower the beneficiaries of Fox Army Health Center and Redstone Arsenal community to live a lifetime of wellness by offering health oriented classes. For more information, please visit our website or give us a call.

Wellness Clinic Staff

Minnetta Williams, DNP, FNP-BC

Chief, Health & Wellness Clinic

Mary Bouldin, RN, BSN

Nurse Educator

Nicole Sarabia, RN, BSN

Nurse Educator

Tamrah Harris, RN

Nurse Educator

Pamela Sanders, LPN

Licensed Practical Nurse

Myrtle Stewart

Medical Support Assistant

Readiness is our business; the military family is our why.

Wellness Clinic Staff Spotlight

Mrs. Mary Bouldin was born in Durand, WI. She is a registered nurse with a Bachelor of Science in Nursing degree from Washburn University, Topeka, Kansas in 1997. Her nursing background covers several years of medical surgical, oncology, renal/dialysis hospital patient care and geriatric nursing care experience. Ms Bouldin is a Nurse Educator in the Wellness Clinic of Fox Army Health Center (FAHC), where she instructs healthy lifestyles and disease management classes for the beneficiaries of FAHC and the Redstone Arsenal Community. She has been employed by the Department of Defense for a total of 14 years. She was an Active Duty soldier for 4 1/2 years and has worked as a DOD Civilian for 9 1/2 years.

importance of family, friends, and faith in God.

What is your favorite thing about FAHC? My co-workers and working with so many interesting people daily. What is your favorite food? Pizza!

What was your favorite vacation? Camping with my sister when our children were little. Watching the kids enjoy themselves was worth the sunburn.

Where would you like to visit one day? I would like to do an Alaskan cruise and see the Grand Canyon.

Fun Facts:

What is my favorite color? Green

Who is my role model? My mom

Where do you see yourself in 10 years? In the final stages of preparation for retirement.

In the past 5 years, tell us something important that you have learned: The

