



OCCUPATIONAL HEALTH

Office of the Chief Health and Medical Officer (OCHMO) – Occupational Health Monthly Newsletter December 2012

◆ **HHS Launces BeTobaccoFree.gov:** The leading cause of premature and preventable death in the United States continues to be tobacco use. In response to this, Health and Human Services (HHS) just last month launched a new comprehensive website *BeTobaccoFree.gov*. This consolidated resource provides one-stop access to the most current tobacco-related information from across its agencies. It includes general information on tobacco, federal and state laws and policies, health statistics, and evidence-based methods on how to quit. For more information on how

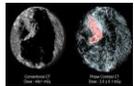


you might be able to use this website to enhance smoking cessation programs at your Center, visit www.BeTobaccoFree.gov.

◆ **NASA OH Training Needs Survey:** The annual **FY 2013 NASA OH Training Needs Survey** is now available online. The survey covers the Occupational Health (OH) disciplines of industrial, health physics, occupational medicine & wellness, fitness & nutrition, and employee assistance program. Your input is vital to help OCHMO better understand the current professional training needs of the NASA OH community. To see a list of all the EH courses sponsored by OCHMO from 2001 - 2011 go to this [CEU webpage](#) and click on expand. Friday, December 7 is the last day the survey will be available so please go in and submit your responses as soon as possible. The survey should only take 3-5 minutes of your time.



◆ **Energy Drinks: To Use or Not to Use, that is the Question:** It is natural to occasionally feel tired, sleepy, and even unmotivated. For generations, coffee, tea, and soda have been the treatment of choice. Nowadays, energy drinks have been introduced as yet another alternative. Do the newer energy drinks offer any advantages? What, if any, are the risks? The Health Unit at Goddard Space Flight Center recently published a health bulletin discussing the limited data available on these widely used high caffeine drinks. Energy drinks are classified as nutritional supplements and as such, are not regulated under the auspices of the Food and Drug Administration. Currently, the law does not require the amount of caffeine in an energy drink to be listed on the label. However, typical levels of caffeine in these drinks range from 107 to 428 milligrams. Both acute and chronic health effects of high caffeine consumption have been reported. The bulletin does not make any recommendations or suggestions, but provides information so consumers can make informed decisions. The entire bulletin can be found at http://ohp.nasa.gov/misc/pdf/HealthBulletin_Energy_Drinks_10-2012_3.pdf.



◆ **Breast Cancer Scans With A 25 Times Reduced Radiation Dose:** The results of a new way to produce three-dimensional X-ray images of the breast at a radiation dose that is lower than the 2D radiography methods used in clinics today was recently published in the online Early Edition of the Proceedings of the National Academy of Sciences (PNAS). The new method enables the production of 3D diagnostic computed tomography (CT) images with a spatial resolution two to three times higher than present hospital scanners, but with a radiation dose that is about 25 times lower. Scientists combined high energy X-rays, a special detection method called “phase contrast imaging” and the use of a sophisticated, novel mathematical algorithm known as “equally sloped tomography” (EST) to reconstruct CT images from X-ray data. This should now make CT scans for early detection of breast cancer become possible since the EST method needs four times less radiation to obtain the same image quality. The new technology is still in the research phase and will not be available to patients for some time. Click [here](#) for more details on this new technique and its future clinical implementation.

◆ **EH Monthly Tag-ups:** The Environmental Health (EH) monthly telephone conference calls with NASA centers were reinstated in October to improve professional connections and promote information exchange between OCHMO and the Centers. Below are the target months for the calls. After coordination with the Center EH Manager, an e-mail invitation will be sent out with the date, time, and call-in instructions.



EH TELECOM MONTH	CENTER	EH TELECOM MONTH	CENTER
January	JSC	June	ARC
February	WFF	July	JPL
February	KSC	August	WSTF
March	DFRC	September	SSC
April	LaRC	October	MSFC
May	MAF	November	HQ
May	GSFC	December	GRC/PBS

◆ **2013 – JSC Fitness, Nutrition and EAP Series:** JSC’s popular ViTS series is back! This coming year, stay tuned for inspiring and engaging presentations on fitness, nutrition and employee assistance-related topics. We have one-hour presentations scheduled for every month in 2013 and will be posting them on the ohp.nasa.gov website. The tentative scheduled topics are: January-Nutrition; February-Fitness; March-EAP; April-Nutrition; May-Fitness; June-EAP; July-Nutrition; August-Fitness; September-EAP; October-Nutrition; November-Fitness; and December-EAP. If you wish to be on the mailing list to receive notifications and additional details about these presentations, please send a note of your interest to janine.e.hardin@nasa.gov.



◆ **Medgate EHRs Update:** There are now eleven NASA Occupational Health (OH) Clinics and twelve Center Environmental Health (EH) staff using the Medgate GX application. In November, there was a Medical Super User meeting to cover a variety of topics related to the use of the Medgate Medical Module. Later this month, the new OH Clinic staff at the Glenn Research Center (GRC) will be trained on the Medgate Medical Module by WebEx. The ongoing, ten-part webinar training series in the industrial Hygiene (IH) discipline continues with five sessions completed as of the end of November. The next session is Wednesday, December 5. Weekly webinars are also scheduled to support unique Center requests as IH users seek to further incorporate the use of the Medgate software into their data collection and reporting routines. If you have questions or need assistance with any of the Medgate software, please contact us at the **new** EHRs Helpdesk email available from Outlook addresses - KSC-AgencyEHRSHelpdesk.

◆ **NASA OH Center Review Calendar:** Michoud Assembly Facility (**NEW DATE**) – February 19-22, 2013



- ◆ **Upcoming OH ViTS & Webinars:**
 - Environmental Health ViTS – December 5, 11:00 a.m. -12:00 p.m. EST
 - EAP Quarterly ViTS – December 11, 2:30-3:30 p.m. EST
 - Medgate IH Module Training Webinar Series – Session #6 of 10 – December 5, 2:00 – 3:00 p.m. EST
 - Medgate IH Module Training Webinar Series – Session #7 of 10 – December 12, 2:00 – 3:00 p.m. EST
 - JSC Nutrition ViTS – January 17, 2013, 1:30-2:30 p.m. EST
 - Fitness Quarterly ViTS – January 30, 2013, 1:00 – 2:00 p.m. EST

NASA OH Newsletter is published by the NASA Office of the Chief Health and Medical Officer (OCHMO)
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