



VETERAN HEALTH NEWS

VA SAN DIEGO HEALTHCARE SYSTEM

November 2018

Veterans Day Message



This Veterans Day, we honor all who have served in our Armed Forces and we thank their sacrifice to keep our nation safe.

Please come see VA San Diego Healthcare System staff as we march in 2018 Veterans Day Parade on Saturday, Nov. 10 at Harbor Drive/Grape St./Pacific Hwy in downtown San Diego. The parade begins at 11 a.m. See you there!

<https://www.sandiego.gov/event/2018-san-diego-veterans-day-parade>

2018 Care and Share



2018 Care and Share is right around the corner! Care and Share benefits those less fortunate Veterans and their families in San Diego County by providing meals and is supported through employee fundraising events. You can help too by visiting the the GoFundMe page at: www.gofundme.com/veteran-annual-care-and-share-2018. Contact Jerry Mailhot for more information at x3639.

Get Your Flu Shots



Get your shots at our easy vaccination clinics now through Dec. 14, 2018 or through your VA primary care provider. Here's the [link](#) for more information on locations and times.

Let Fruits and Vegetables Liven Up Your Meal



They're low in fat and calories plus provide fiber and other key nutrients.

Despite their pluses, most Americans don't eat enough of them.

Fruits and vegetables -- it is recommended that most Americans should eat more than 3 cups and for some, up to 6 cups each day.

While fruits and vegetables add nutrition to meals, they can also add color, flavor, and texture.

Shop VCS.com starting Nov. 13



Veterans enrolled in VA healthcare and VA employees can take advantage of the new online shopping site ShopVCS.com, offering an expanded catalog of items not found on retail PatriotStores. The site offers:

- Deals on 100,000 products including hundreds of brand names and Veteran owned and Made in USA merchandise.
- Can be accessed from any device – desktop, smartphone, and tablet.
- Employees can make purchases using their EPD PatriotPlus card.
- Revenues generated from VCS support a variety of Veteran programs.
- And more...

Quit the Habit During Smoke Out



Mark your calendar ... the Great American Smokeout is Nov. 15. If you've thought about quitting smoking but haven't picked a date yet, or if you've tried before and are ready to commit to making the change for good, now's the time to start living a better life!

This November, the Department of Veterans' Affairs (VA) will launch the **Better Starts Today** campaign to encourage Veterans to think about how their lives will improve after they quit smoking. Use the hashtag #BetterStartsToday on social media and share the first step you're taking to quit smoking or what you're most looking forward to doing when you finally quit for good.

Events in San Diego on November 15, 2018 include information tables:
VA Medical Center (Spinal Cord Injury Atrium) 11 am – 3 pm
VA Oceanside Clinic 11 am – 1 pm

New Procedure for Patients with an Enlarged Prostate



VA patients who suffer with an enlarged prostate now have new treatment options available for relief. This option, called prostate artery embolization, involves interventional radiologists inserting a small catheter into the artery in the upper thigh or wrist. Small particles are inserted, blocking blood flow to the prostate, and allowing a reduction in size with relief beginning in as little as a week. More details can be found [here](#).

Get Instant Updates Through GovDelivery

Get all the latest in VA San Diego feature stories, newsletters and information by registering with our GovDelivery service. To participate, go to our internet homepage and enter your email in the box "Connect with VA San Diego Healthcare System."

Research Opportunities

Help us advance the science of health care by volunteering for a human subject research project at VA San Diego Healthcare System. More information can be found [here](#).

Featured Clinical Trial: Dr. David Looney, MD and his research team here at the VA San Diego Healthcare System are conducting a new clinical trial called Clover; it is being sponsored by Pfizer Pharmaceuticals. The purpose of the Clover trial is to evaluate the safety and efficacy of an investigational vaccine in reducing the chances of getting sick due to C. difficile. C. difficile (C. diff) is one of the most common causes of healthcare-related infections. This prophylactic vaccine is currently being investigated for the prevention of primary C difficile infection (CDI) in adults 60 years of age and older. The knowledge gained from this study may help others in the future.

The study has 7 study visits in approximately 12 months and subjects will be compensated for their time and travel. Subjects will be randomly assigned to receive the investigational vaccine or a placebo (a fake vaccine). Study related tests and procedures are provided at no cost. If you 60 or older and have received antibiotics within the past two months, had two or more emergency room visits or have been admitted to the hospital for more than two nights in the past year, you may be eligible.

The clinical research team will discuss all study risks with you and answer any additional questions you may have.

To Learn More About This Trial
Call Us Today @ (858) 552-8585 ext 6740 or 2688
or Visit: CloverTrial.com

Appointment Access

Appt. wait times: (completed appts as of 9/30/18)

Primary Care:	.85 days
Specialty Care:	4.93 days
Mental Health:	2.34 days

Choice referrals: In fiscal year 2017, VASDHS referred **35,891** Veteran episodes of care to the community for a total cost of **\$69,891,170**.

Calendar

American Diabetes Month

National Family Caregiver Month

Marine Corps Birthday Celebration: Wed., Nov. 7 10:30 a.m. MPR

Thanksgiving: Nov. 22

About VA San Diego Healthcare System



The VA San Diego Healthcare System (VASDHS) provides a wide range of inpatient and outpatient services at the medical center in La Jolla; and at six community clinics located in Chula Vista, Escondido, Imperial Valley, Mission Valley, Oceanside, Sorrento Valley and at the Rio Clinic. We provide medical, surgical, mental health, geriatric, spinal cord injury and advanced rehabilitation services. VASDHS has 296 authorized hospital beds including skilled nursing beds and operates several regional referral programs including cardiovascular surgery and spinal cord injury care.

We are affiliated with the University of California, San Diego School of Medicine and provide training for 1,440 medical interns, residents and fellows as well as 751 other health profession trainees in areas such as nursing, pharmacy, dental and dietetics. VASDHS has one of the largest research programs in the VA nationally with a budget of \$41.3 million, 210 principal investigators and 698 projects.

Number of Veterans who received care from VASDHS in FY 2017: 83,014
***Number of Veterans in San Diego County:**243,369
***Number of Veterans in Imperial Valley:**6,225
Total Veterans living in SD & Imperial Valley Counties: ...249,594

**from VetPop, 9/30/2017*

Important Phone Numbers:

VASDHS Main Line: (858) 552-8585
 VASDHS Patient Call Center
 (Appointments/Questions): (858) 552-7475
 Health Benefits & Enrollment: (858) 552-7523
 Billing (Copays, etc.): (866) 802-6381
 Billing (Community Care): (858) 657-1313
 Billing (Choice Program): (855) 722-2838
 Suicide Prevention: (800) 273-8255, press 1

VA's Top 5 Priorities:



1. Greater Choice for Veterans



2. Modernize Our Systems



3. Focus Resources More Efficiently



4. Improve Timeliness of Services



5. Suicide Prevention