

MEDICAL NEWS

News in Brief

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DR. WELLS NAMED AAP 'PEDIATRICIAN OF YEAR'

PENSACOLA — Naval Hospital Pensacola Pediatrician Lt. Nicholas 'Nick' J. Wells has been named the Uniformed Services University [USU] Chapter East of the American Academy of Pediatrics' [AAP] "Young Pediatrician of the Year."

The award, given to a member from each of the three military services, goes to a service member practicing at Navy medical facilities east of the Mississippi River. Dr. Wells was competing against junior Navy Pediatricians from such locations as Jacksonville, Fla.; Camp Lejeune, NC; Guantanamo Bay, Cuba; Naples, Italy; Rota, Spain; and Sigonella, Sicily. As the selectee, he was to have been recognized in March.



LT. NICHOLAS J. WELLS

But Wells won't be able to accept the award pending an overseas deployment.

"Of course, I was honored to have been nominated ... and surprised to have won," he said Jan. 28 from his office at the Navy hospital. "It's been a lot of fun [here] working with the Family Medicine residents [on their pediatric rotations] ... that has been rewarding in and of itself."

Dr. Wells is a recent Pediatric residency graduate from Naval Medical Center Portsmouth, Va. He was nominated for the award by the Pediatric Residency Program Director in Portsmouth, Capt. Tim Porea.

Wells, a native of Conway, SC, is on his first Navy staff tour at NH Pensacola.

Cmdr. John Howard, Pediatrics Department head at NH Pensacola says Lt. Wells has been a productive member of the team having revamped

★ See Wells page 2

Pediatric care clinic provides quality care through prevention

By Maj. (Dr.) Eric Flake
81st Medical Operations Squadron

KEESLER AIR FORCE BASE, Miss. -- Keesler's pediatric clinic currently cares for more than 6,500 children from birth to 18 years of age and welcomes an average of 50 newborns to the clinic each month.

The clinic staff strives to provide the highest quality of care and a medical home for all military children. In accordance with the American Academy of Pediatrics, the clinic's four pillars of prevention are:

Immunizations -- The clinic's goal is to have 100

percent of children up-to-date with the latest immunizations, including the annual flu vaccine, since the benefits far outweigh the risks. At every clinic visit, providers will have the immunization record available for review with the parent to identify any needed vaccinations.

Breathe Easy ---This monthly preventive asthma education is available and recommended to all patients with asthma. This proactive approach has significantly reduced clinic and emergency department visits as well as hospitalizations.

Obesity prevention -- Keesler pediatricians have teamed up with the inaugural task force of the Southern Regional Institute to Conquer Childhood Obesity. The task force addresses this health crisis by working with multiple government agencies and corporations to empower the family and community in which military members reside to make healthy nutrition and physical activity choices.

Reach Out and Read -- Early literacy promotion provides new books to children during well-child visits. This is the longest clinic-based literacy initiative in the Department of Defense and has been a part of Keesler's pediatric clinic for the past 10 years.

The last two pillars are of particular significance since Mississippi has the highest rates of obesity and illiteracy in the nation.

Other services provided by Keesler's pediatric team include evaluation and treatment of mental health concerns and behavioral difficulties through the Supporting Toddlers to Adolescents Reach Success clinic. A pediatrician is on call 24 hours a day, 365 days a year to answer acute concerns.

Parents and patients are encouraged to complete customer comment cards that are reviewed weekly to continue to improve services.



(U.S. Air Force photo by Steve Pivnick)

Capt. (Dr.) Laura Voegele, 81st Medical Operations Squadron pediatrician, examines 5-year-old Kevin Evatt Jan. 12 in the pediatric acute care walk-in clinic located within the Keesler emergency department. Kevin's parents are Staff Sgt. Jeffrey and Mary Evatt, 334th Training Squadron.

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'Medical Home' is transformed at Naval Hospital Pensacola

'And it's branch clinics at NATTC Pensacola, Gulfport & Millington

WASHINGTON — Naval Hospital Pensacola, Fla., is revolutionizing the Medical Home concept within Navy Medicine. From wireless technology to facility modifications to creating team-based environments, Pensacola has taken patient and family-centered care to a new level. Implemented at several commands within Navy Medicine, the Medical "Home Port" concept emphasizes team-based, comprehensive care that is designed to fully meet the complete primary care health and wellness needs of patients. In the model, patients are assigned a team of health care professionals who support a comprehensive health care plan for the patient.

"Through Medical Home, the patient receives better care and sees better outcomes through leveraging continuity of relationships with team members," said Capt. Maureen Padden, executive officer of NH Pensacola. "There is also a greater satisfaction of the health care team."

The U.S. Navy Bureau of Medicine and Surgery selected eight initial sites,

including Naval Medical Centers and Family Practice Teaching Hospitals, to develop lessons learned and best practices with the goal of fully implementing Medical Home Port throughout Navy Medicine in 2012. The ultimate target is to achieve national recognition for Medical Home Port practices from the National Committee for Quality Assurance (NCQA).

In Nov. 2009, the first Medical Home prototype was established at NH Pensacola, which encompassed 4,000 patients, and focused on enrollments, access to care, staffing needs, and facility modifications. "We focused on the collocation of practice," said Padden.

We established pods, where doctors, nurses, and corpsmen are in the same room, where there is cross talk - the integration of a team based process. We moved desks out of the way, went wireless, testing wireless computers and technology, optimizing the most out of our existing spaces."

NH Pensacola initiated seven Medical Home teams in Nov. 2010 now serving 22,000 patients. The seven teams consist of three teams in family medicine, two in pediatrics, and two in internal medicine. Residents are incorporated as part of their training into the Family Medicine Medical Homes.

Pensacola further expanded the Medical Home concept to 18,300 patients at its branch medical clinics Gulfport, Miss., and Millington, Tenn., along with the Naval Air Training

Center (NATTC), located at the Naval Air Station Pensacola where 8,000 Sailors receive schooling.

"We have been able to test how Medical Home is relevant in not just a teaching hospital, but also at the branch medical clinics," said Padden. "Pensacola has shown successfully that you can implement Medical Home in a graduate education environment and achieve meaningful outcomes."

Since the implementation of the Medical Home concept, Pensacola has seen process improvements in care and improvements in access to care. "Now a patient can secure a same day appointment for acute primary care and within two to three days for non-urgent routine care, as opposed to seven days or longer in most practices," said Padden.

"We have also seen improvements in care. There was an increase in emergency

room use in the past, and since Medical Home has been implemented, we have seen a leveling off of Emergency Room utilization and hope to see decreases in the very near future."

For the long term, Pensacola is looking to be in the 90th percentile in quality metrics, decrease unnecessary hospitalization, bring enrollees back into the direct care system from the network, and determine how quality can be brought to the next level, explained Padden.

"We will continue to revise the Medical Home concept, adjust it, and morph Medical Home for different populations," said Padden. "The goal is to figure out what is reasonable - how many patients a provider can provide quality care to and what staffing mix will help them to be most successful. It is a balancing act," Padden said.



(U.S. Air Force photo by Steve Pivnick)

Childbirth simulation

Second Air Force Commander Maj. Gen. Mary Kay Hertog, right, observes members of the 81st Inpatient Operations Squadron family birthing center staff as they begin an obstetric emergency simulation Jan. 12. From left, staff members are medical technician Senior Airman Katadrian Handley and nurses Cindy Butz and Lidia Landry. According to Maj. Amber Barker, maternal child flight commander, the exercise used patient simulator "Katrina" to replicate breech delivery. Seven medics participated in the event, including medical technicians, nurses, a midwife and pediatrician. One simulation each month covers a variety of topics such as postpartum hemorrhage and emergency cesarean sections, and are held multiple times so all staff are covered.

★ Wells

Continued from page 1

the newborn screen program completions and follow-ups which now has a 100% success rate.

He's also involved with both the Prenatal Advisory and Complicated Obstetrics review boards and is a member of the Graduate Medical Education committee reviewing NH Pensacola's Family Medicine residency program.

Capt. Porea has known Wells for about nine years and says he was "aware of the good work he did with us in all aspects ... both patient care and research ... as well as his own learning.

"I have kept in touch with him dur-

ing his tour at Pensacola and learned of all the good things he has done," he continued. "We're proud of him and I am glad to see he has jumped right in during his first staff tour to take on so many important responsibilities."

Dr. Wells earned his medical degree from USU and undergraduate degree at Clemson [SC] University.

(Notations: AAP also presents West Coast awards to service members. USU is the Defense Department's lone medical school; and is located in Bethesda, Md.)

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First Illinois Air National Guard unit completes Combat Life Saver course

By Sgt. Michael Camacho

SPRINGFIELD — Approximately 20 Airmen with the Illinois Air National Guard's 183rd Security Forces Squadron completed the Illinois Army National Guard's Combat Life Saver (CLS) course Jan. 13 at the Illinois Military Academy on Camp Lincoln in Springfield.

This is the first time Illinois Air National Guardsmen have completed their Army counterpart's training as a unit.

The training is preparation for a deployment to Afghanistan in the spring.

Traditionally CLS is an Army course with only one or two Airmen participating sporadically, said Staff Sgt. Gerald Davenport of Girard, the combat medic training manager with 129th Regional Training Institute (RTI) in Springfield.

The medical response course taught by the Air Force is not as combat injury focused as Army training, he said.

CLS has evolved with the war and combat operations, said Sgt. Daniel Brown of Springfield, the CLS course instructor with the 129th RTI.

It is medical aid training that allows Soldiers and Airmen to help one another if they suffer a combat-related injury.

Much of the civilian-based medical response training teaches to start with airway, breathing and circulation checks, said Brown.

"This course, with studies the Army has done, we've added hemorrhage and bleeding control before airway, breathing and circulation," said Brown. "In a wartime situation that is the major cause of death."

In the combat environment, medical aid can help prolong an injured Soldier or Airmen's life until they can receive better medical aid, said Brown.

The Airmen learn to check for bleeding and how to apply pressure dressings and tourniquets to control and stop potentially fatal blood loss.

The training is comprehensive and teaches servicemembers how to treat wounds and bleeding said Davenport. It teaches enough to aid a medic and help assist the wounded.

"After the training they're not medics or have all a medic's skills, but they still are a Combat Life Saver," said Davenport.

Airman 1st Class Aaron Grover of Lincoln, a security force airman with the 183rd, said the CLS gave a much more in-depth understanding of combat medical aid than basic training.

"It teaches more detailed information on how to provide medical aid on the battlefield," said Grover.

Davenport said there are things the Air and Army Guard can learn from each other. Both have a slightly different culture, but in the end serve the same mission and purpose for the people of Illinois.

The integration of the two military branches and the learning from one another helps aid the readiness of the Illinois National Guard, said Davenport.

"I think it makes the Air Guard more mission capable and it makes the Army Guard more mission capable," said Davenport.



Courtesy photos

Above: Army Sgt. Daniel Brown, the Combat Life Saver course instructor shows Airman 1st Class Aaron Grover of Lincoln, an airman with the 183rd Security Forces Squadron how to properly apply a tourniquet.

Left: Army Sgt. Daniel Brown, the Combat Life Saver course instructor shows Tech. Sgt. Luis Pozo of Chicago, with the 183rd Security Forces Squadron how to properly apply pressure and dress a wound.



81st Medical Group wins 20 AETC awards

By Mr. Steve Pivnick

81st Medical Group Public Affairs

KEESLER AIR FORCE BASE, Miss — Members of the 81st Medical Group earned 15 individual and five team honors in the 2010 Air Education and Training Command Air Force Medical Service awards competition.

Large dental clinic - 81st Dental Squadron. Commanded by Col. (Dr.) Nicholas Miniotis, the clinic was cited for leading a Panama dental readiness training (DENTRETE) mission in which 20 medics set up operations and treated patients in an austere environment. They treated 1,200 patients and completed 4,000 dental procedures plus 1,003 lab procedures. The staff also responded to humanitarian crises in Haiti and Chile by screening and clearing 100 81st MDG deployers.

Outstanding junior clinical dentist of the Year - Dr. (Maj.) Jeffrey Brown, oral and maxillofacial surgeon. His nomination noted he was "the No. 1 clinical provider among 40 dentists, treating 1,260 patients, completing 4,300 procedures and 120 intravenous sedations." He mentored 20 residents and guided oral maxillofacial surgery training with more than 420 staffing encounters and 250+ IV sedations.

Outstanding dental officer -- Lt. Col. Andre Henriques, dental laboratory flight commander. He was recognized for leading the Panama DENTRETE. He mentored 20 residents, directing prosthodontic training and producing the civilian equivalent of more than \$500,000 in balanced clinical, teaching and management duties. In addition, Colonel Henriques was selected as program director for the new advanced clinical program in implant dentistry.

Critical care nurse--Capt. Patricia Williams, 81st Inpatient Operations Squadron critical care flight element leader. During her deployment in support of Operations Enduring Freedom and Iraqi Freedom, she transported 47 critical patients during 30 incident-free aeromedical evacuation missions. As nursing critical care air transport team leader at Balad Air Base, Iraq, she served as AE liaison, streamlining 103 patient evacuations.

Medical surgical nurse -- Capt. Reynel Garcia, clinical nurse with the 81st IPTS surgical inpatient flight. Captain Garcia was recognized for mentoring and being preceptor to 12 nurse transition program students, four civilian registered nurses and 37 Aerospace Medical Apprentice Phase II course students. He provided direct care to 437 patients and managed more than 800 cardiac, orthopedic, general surgery and ear, nose and throat patients and was credited with saving \$7.3 million in referrals.

Best inpatient facility patient safety program -- 81st IPTS. The unit "skillfully cared for 4,200 patients; precepted 240 registered nurses, technicians and students; and 'grew' 17 new physicians. They also saved \$24 million in civilian referrals." The team also securely opened new inpatient services, including continuous renal replacement therapy, vascular surgery, gynecology, oncology, infertility and cardiac intervention.

Emergency clinical nurse --Maj. Suzanne Green, 81st Medical Operations Squadron emergency services nurse manager. Her nomination noted she had been handpicked to be project officer for The Joint Commission review and Health Services Inspection, garnering an "excellent" rating for the medical group. In addition, she spearheaded the largest 81st MDOS self-inspection program, coordinating the survey for seven flights of 450 personnel. Major Green also instructed 30 RNs in advanced trauma skills, honing staff wartime readiness by 30 percent and saving \$12,000 in temporary duty funds.

John C. Flanagan Senior Psychologist Award

-- Maj. David Cordry, 81st MDOS mental health flight commander. His nomination noted he "excelled in an O-5 position in the dual role flight commander and element chief, leading a 50-member staff in the Air Force's second largest mental health flight." He directed outreach for the 81st Training Group's suicide prevention program, Wingman Day and stand-down facilitator training.

Outstanding behavioral health team -- 81st MDOS mental health. Six members of the flight deployed in support of Operations Enduring Freedom and Iraqi Freedom and supported three manning assists to augment patient care that saved the Air Force \$35,000. The flight also saw 3,700 patients in mental health and more than 1,200 patients each in the behavioral health optimization program and alcohol and drug abuse prevention and treatment program. Easy beneficiary access saved \$865,000 in network referrals.

Chief Master Sgt. Anton Zembrod Diagnostic Imaging Technologist Award -- Staff Sgt. Casey Grizzard, noncommissioned officer in charge of radiography and fluoroscopy for the 81st Diagnostics and Therapeutics Squadron diagnostic imaging flight. She led the 34 staff members and nine students in the flight's largest element which conducts 2,200 exams monthly. She coordinated the workflow on \$9.5 million worth of equipment, seeing 100 patients each day. She also led the mammography element during their NCOIC's absence, managing three staff members who served 700 patients.

Outstanding health or medical physicist specialist -- Capt. Jason Shirah, 81st MDTS radiation safety officer. Among his accomplishments, Captain Shirah was the command's top choice to review a new Air Force instruction. He identified six issues which resulted in \$160,000 in savings for the Air Force and averted a radiation oncology shutdown. He crafted the \$1.8 million nuclear medicine clinic renovation and led the \$12 million radiation oncology clinic revamp. The latter resulted in "\$3.5 million in exceptional care delivered to 500 patients per month."

Outstanding nutritional medicine civilian -- Rubyanna Gibson, 81st MDTS food service worker. Ms. Gibson was recognized for optimizing creation of more than 250,000 meals. She was vital to the preparation of 18,000 inpatient meals and ensured diet compliance and patient satisfaction. She effectively communicated and fostered relations with four inpatient units and aided the setup and service of 10 theme and distinguished visitor meals.

Outstanding company grade dietician -- 1st Lt. Justin Hyde, 81st MDTS clinical dietetics chief. While deployed, Lieutenant Hyde "drove nutrition operations for the (area of responsibility's) largest trauma center." The operation provided 150,000 meals, including 3,600 Halal meals sanctioned by Islamic law. The lieutenant also implemented a post-discharge phone consult for "at risk" patients that "affording clinical care to 40 potentially malnourished patients and executed a massive revision of inpatient therapeutic menus."

Pharmacy team -- 81st MDTS pharmacy staff. The 93-member team led five geographically-separated



(U.S. Air Force photo by Steve Pivnick)

Critical care nurse -- Capt. Patricia Williams, 81st Inpatient Operations Squadron critical care flight element leader.

units, Phase II, oncology and overseas contingency operations, dispensing \$30 million in medications to 78,000 patients. The pharmacy achieved an "outstanding" rating from The Joint Commission and an "excellent" from the Health Services Inspection. In addition, the pharmacy team completed the four-year, \$2.9 million BX pharmacy, "an Air Force model."

Olson/Wegner Outstanding Aerospace Medicine Award Airman -- Senior Airman John Reed, 81st AMDS aerospace medical technician. Airman Reed managed ambulance equipment valued at \$455,000, built a sterile supply tracking tool and relabeled \$60,000 in material to ensure the flight medicine clinic was 100 percent mission ready. He also led three medics for life-flight emergency transportation, stabilized the patient with oxygen to safely transport the patient to the aircraft.

Olson/Wegner Outstanding Aerospace Medicine Award NCO -- Tech. Sgt. Matthew Wiese, 81st AMDS flight medicine clinic. He was NCO in charge of two operational teams who led 11 medical technicians and three flight surgeons. He also spearheaded the group's advanced trauma life support course program, creating a new course for 32 providers that provided \$138,000 worth in local training and saved \$86,000 in costs. Sergeant Wiese was nominated by the 81st MDG for the Lance P. Sijan Award and was handpicked as an Air Mobility Command Inspector General team member.

Col. Cleveland L. Parker Award, senior NCO category -- Senior Master Sgt. Jason Devereaux, 81st Aerospace Medicine Squadron public health flight chief. He was a design consultant and inspector for the new Armed Forces Retirement Home dining facility and saved the facility \$40,000 in yearly county fees. He managed Keesler food safety program, directing 262 food facility inspections which guaranteed the safety of \$53.6 million worth of food. He oversaw reviews of the medical records of 622 deployers with a 99.9 percent accuracy rate.

Outstanding biomedical equipment repair airman -- Senior Airman Aaron De L'etoile, 81st Medical Support Squadron biomedical equipment technician. He was cited for managing the medical group's scheduled maintenance for a month, overseeing completion of 680 work orders with a 97.8 percent rate -- 2.8 percent above the Air Force standard. He created 644 equipment data files and standardized 6,000 equipment records. He led maintenance on a \$200,000 dermatology laser, eliminating patient down time and saving \$10,000 in off-base referrals.

Surgeon General's medical information services NCO -- Tech. Sgt. Judy Khamphan, 81st MDSS medical information management flight NCO in charge. Sergeant Khamphan was cited for spearheading the Air Force trunking system, programming 47 radios, four stations and ambulances and bolstering emergency response to 11,500 people. She also orchestrated Defense Reutilization and Marketing Office transfers, redistributing 367 excess automated data processing equipment items that saved \$62,000 and increased the warehouse footprint by 300 square feet.

Outstanding resource management team -- 81st MDSS resource management flight. The team executed more than \$85 million in the end-of-year closeouts, modified 14 contracts, deobligated and re-directed more than \$2.1 million and funded 100 percent of the hospital's requirements. The flight also strengthened the more than \$7 million reimbursement program and reenergized the uniform business office compliance program. The flight corrected an inefficient \$3.2 million travel programs and eliminated a Defense Travel System training gap, resulting in 98 percent customer satisfaction.

AETC winners now compete at Air Force level.

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(Photo courtesy of SpringStar.)

FKMCD Inspector Brian Dillon (left) and SpringStar employees Susan Neal and Christian Banfield prepare to set out traps in Old Town, Key West, due to recent dengue outbreaks.

Army Laboratories work together to defeat dengue

WRAIR and USAPHC mosquito trap technology receives national award

By Sara Baragona

With Florida's dengue outbreak last year, Key West residents became the beneficiaries of a mosquito trap technology first developed by Army laboratories nearly a decade ago and recently transferred to private industry for commercial use and distribution worldwide.

The World Health Organization considers dengue one of the most serious mosquito-borne viral diseases, with approximately 20 million cases a year and 100 countries affected. Dengue is a threat to deployed troops, as well as residents, of tropical and subtropical climates. A vaccine is not yet available, so mosquito control remains critical to prevention. There are reports that conventional ground and aerial application of insecticides are not adequately controlling the mosquitoes that transmit dengue. Dengue is primarily transmitted by the *Aedes aegypti* species of mosquito, which is a container breeder, meaning the female will only lay eggs in a container holding water.

U.S. military research scientists Michael Perich of the Walter Reed Army Institute of Research (WRAIR) and Brian Zeichner of the U.S. Army Center for Health Promotion and

Preventive Medicine, now called the U.S. Army Public Health Command (USAPHC), believed they could use the "female mosquito's irrepresible urge to oviposit" to develop a trap with advantages over conventional methods of controlling the population of container-breeding mosquitoes.

The result was the Lethal Mosquito Breeding Container, a pint-sized cup with water and a strip treated with a small amount of pesticide. By killing adult female container-breeding mosquitoes and their mosquito larvae, the population of biting mosquitoes is substantially reduced, thus decreasing both the potential for disease transmission and the breeding stock for the next generation. This approach is superior to only trapping and removing eggs laid by female container-breeding mosquitoes, which just go on to lay additional eggs in a natural site that allows complete development of the larvae to adults.

Protected by several patents, the technology was field tested at WRAIR, with results of up to 100 percent adult mosquito mortality.

Under a Cooperative Research and Development Agreement between USAPHC and SpringStar, Inc., Zeichner worked with the small, U.S.-based pest control company to design a commercial version of the lethal ovitrap fit for mass production. The Office of Research and Technology Applications at the U.S. Army Medical Research and Materiel Command then negotiated an exclusive, worldwide license between

USAPHC, WRAIR and SpringStar.

After Florida's dengue outbreak, the state issued an emergency-use permit, and Zeichner traveled with SpringStar employees to Key West to distribute lethal ovitraps to area residents. They joined efforts with the Florida Keys Mosquito Control District (FKMCD), Armed Forces Pest Management Board, U.S. Department of Agriculture/Agricultural Research Service, and Key West Naval Air Station.

In January 2011, the Lethal Mosquito Breeding Container was selected as a winner of the Federal Laboratory Consortium (FLC) 2011 Award for Excellence in Technology Transfer. Inventors Zeichner and Perich (who died in 2003) will be recognized at an award ceremony on May 5, 2011, at the FLC National Meeting in Nashville, Tenn.

The Award for Excellence in Technology Transfer is presented annually by the FLC, recognizing laboratory employees for outstanding work in transferring a technology developed by a federal laboratory to the commercial marketplace. A distinguished panel of technology transfer experts from industry, state and local governments, academia, and the federal laboratory system evaluated the nominations. Since its inception in 1984, the FLC award has become one of the most coveted honors in the technology transfer field, with nearly 200 federal laboratories honored for their work in projects that advance the mission of technology transfer.



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Chronic pain patients embracing natural alternative

Clinical study indicates 100% of patients reporting no pain after taking Panitrol

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FLORIDA - For decades the public has heard about all of the frightening side effects of many well known pain killers.

Now, the victims of arthritis, chronic pain, fibromyalgia, sciatica and other long term injuries have a safe alternative to the dangerous and sometimes deadly prescription pain killers.

Enzyme Labs has formulated what is known as Panitrol, and it's giving chronic pain victims the gift of a normal, everyday life in the form of a simple veggie capsule made of 5 all natural ingredients.



Panitrol also comes formulated for dogs in pain, a fast acting cream form, and for people who suffer from Migraines.

The combination of all natural herbs in Panitrol work synergistically to reduce the swelling and inflammation of joints while effectively blocking chronic pain receptors in the brain. It does all this without disrupting the pain signals that warn an individual that a new injury has occurred.

"I had both my knees scoped but I was still in constant agony," said Mario Henry, former Wide Receiver for the New England Patriots and Buffalo Bills. "I decided to try a bottle of Panitrol and took 8 pills a day as directed. By the third

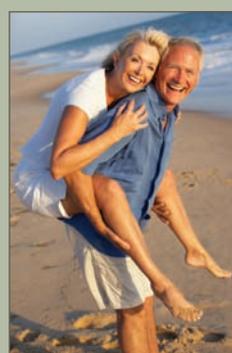
"I decided to try a bottle of Panitrol. By the third day I was amazed I was getting out of bed without any problem and by the end of the first week I was jogging with bounce on my knees..."

Mario Henry, Former NFL Player

I have treated thousands of Arthritis patients. Finally there is an all natural alternative to prescription drugs,"

Dr. Eric Fishman, Orthopedic Surgeon

Panitrol formula is now available for people who suffer from Migraines, Dogs who suffer from Arthritis, and a fast acting 8 hour cream. Each formula is fully backed by an independent clinical study and is guaranteed to work or your money back!!



90 Day Panitrol Challenge - The makers of Panitrol are so sure their product will help eliminate your pain they invite you to join the thousands who have signed up for the 90 Day Panitrol Challenge. "You have nothing to lose but your pain"

day I was amazed I was getting out of bed without any problem and by the end of the first week I was jogging with bounce on my knees." Much like the former NFL Player attests, medical professionals are also taking note of the successful results proven by Panitrol. Orthopedic Surgeon Eric S. Fishman, M.D. understands the need for a product like Panitrol is long overdue and has been recommending it to his patients with much success. "I have treated thousands of Arthritis patients. Finally there is an all natural alternative to prescription drugs," said Fishman. "I highly recommend Panitrol to help eliminate Arthritis pain."

In a Human Clinical Trial of a large population of arthritis patients, the results of Panitrol were amazing with an eventual 100 percent success rate.

At the beginning of the study all participants were reporting a chronic pain level of 9 or 10. After taking Panitrol for four consecutive days, only 53.1 percent of those patients were experiencing the same level of discomfort. After 10 days of use, 85.7 percent of patients were reporting no pain what-

soever. After taking Panitrol for 14 days, 100 percent of the patients reported virtually no pain at all.

"I tell everyone I know who has joint and muscle problems to try Panitrol Formula including other former NFL Team-mates," added Henry. "I thank Panitrol for getting me back to my life."

The makers of Panitrol are so confident their revolutionary product will take your pain

away, they are inviting News-max to take "The 90 Day Panitrol Challenge." Try Panitrol for 90 days, 100% risk free.

To sign up for this clinically tested, totally natural product that will eliminate pain or find out how to get FREE bottles call the Panitrol National Order Center at: (800) 884-7164.

For the next month, call the Panitrol National Order Center at
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Your purchase benefits the



For every bottle of Panitrol purchased Enzyme Labs will donate a % of sales to the Arthritis Foundation with a maximum contribution of \$25,000 to help people take control of arthritis. For information about arthritis, contact the Foundation at 800-283-7800 or www.arthritis.org

Where to get it

For the next month, call the Panitrol National Order Call **(800) 884-7164** and ask for your Risk Free 90 Day Panitrol Challenge.



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1. Primary clinical study based on 75 subjects drawn from a large population of arthritis patients over a 14-day period. 2. Individual results may vary. Dr. Eric S. Fishman, M.D. is an Orthopedic Surgeon and personal consultant to Enzyme Labs. 3. Full supplement facts and study results available at www.panitrol.com 3. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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A Healthy Heart For A Healthy Life

Midwest Traveler

Granite Peak Ski Area marks 10th anniversary

Wausau, in the heart of Wisconsin, has earned a stellar reputation as a ski destination thanks to Granite Peak Ski Area at Rib Mountain State Park. While this season marks the 10th anniversary of the all-new Granite Peak, this ancient 700-foot-tall mountain became a ski area more than 80 years ago, when Wausau residents cleared

six runs by hand, installed what was the country's longest ski lift at that time, and built the stone chalet from granite quarried nearby.

Today, Granite Peak boasts 74 runs, 45 acres of tree skiing, and six award-winning terrain parks. The transformation accomplished over the last decade is the largest expansion — ever — of a Midwest ski area.

Some of Granite Peak's enhancements include the Midwest's longest six-person high-speed lift, a whole new base village including a restoration of the historic chalet, new rental shop, new learning center, new lounge area, expanded dining and après ski area, and an impressive snow-making system that keeps the runs covered with snow.

"Having the ability to ensure great snow conditions over a longer-than-usual season is very important to us," said Vicki Baumann, operations manager at Granite Peak. "We cover all 74 runs with powerful snow-making equipment, and we groom

daily to create the best possible conditions. We have the ability to make and stockpile snow, so that no matter what Mother Nature gives us, we'll maintain great snow conditions right through early April."

Granite Peak offers fun and challenge to skiers and boarders of ages, abilities and styles. It's all here — spacious gentle slopes and a Sun Kid Wonder Carpet for beginners, a variety of long cruisers for intermediates, plus tree skiing and serious mogul runs for the adventurous.

Granite Peak's terrain parks are a snowboarder's dream come true, with hits, jumps, rails and other exciting features. In fact, Transworld Snowboarding Magazine awarded Granite Peak its highest distinction this season, rating it #1 Snowboard Park in the Midwest.

The slopes at Granite Peak are lit for night skiing, and from late November through March 21, Granite Peak stays open until 9 p.m. Tuesday through Saturday nights. (In the late season, night skiing is available on Saturday nights.)

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There's plenty more great skiing to come this season at Granite Peak Ski Area in Wausau. Authentic mountain skiing in the heart of Wisconsin with all the best amenities and a host of nearby lodging options is just a short drive away. **Taller, Larger, Closer.** Granite Peak.

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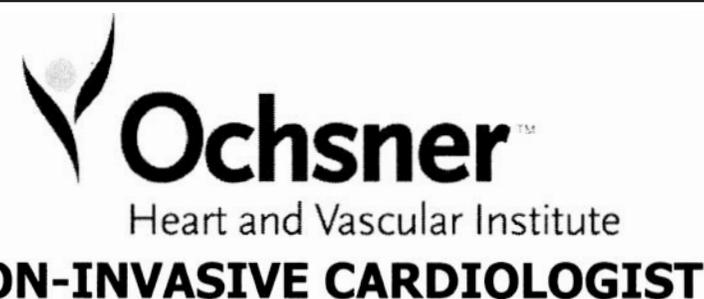
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