

MEDICAL NEWS

SAVING LIVES ONE DROP AT A TIME

By Cpl. Juan Madrigal
Marine Corps Installations East

Have you ever wanted to make a difference in the lives of those around you? The Armed Services Blood Program can help you make that difference.

The ASBP is a military agency that collects blood from military installations. The blood collected supports active duty family members and retirees. The ASBP also serves the Naval Medical Center Camp Lejeune and ships blood to service members overseas. Frozen blood can last 10 years compared to unfrozen blood which only lasts 35 days.

The ASBP holds several blood drives throughout the year aboard Marine Corps Base Camp Lejeune and Marine Corps Air Station New River.

“Whole blood donation only takes about 25 to 30 minutes from start to finish,” said Wendy Binder, public affairs specialist for the ASBP. “The actual donation of the blood is the shortest part of the whole thing. You can’t put a timeframe on saving someone’s life. It can help leukemia patients, children, elderly and anybody that’s in need.”

Donations are accepted from every blood type. The ASBP however asks for Type O-negative and Type O-positive specifically due to Type O-negative being the universal donor and Type O-positive being the common blood type.

“Donating blood is probably one of the most important things you can do,” said Seaman Chance Sargent. “Everyone needs it and you’ll eventually need it if you end up at a hospital.”

Donating blood to ASBP will assist not only those in need but also the ASBP’s mission which is to provide quality blood products and services for all worldwide customers in peace and war.

“You’re saving a life,” said Binder. “A lot of times, there are patients that can’t survive without the blood. One person’s donation can save up to three people. So I would say, if there’s anything that you can do to help somebody in need, donating blood is one of the biggest.”



(U.S. Marine Corps photo by Cpl. Juan Madrigal)

Lance Cpl. Andrew Campbell has his arm searched for veins before donating blood at an Armed Services Blood Program blood drive on Marine Corps Base Camp Lejeune, Jan. 16, 2018.

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(U.S. Army photo by Robert Shields)

Lt. Gen. Nadja West, The Surgeon General and commanding general, U.S. Army Medical Command; Brig. Gen. Jeffrey Johnson, Brooke Army Medical Center commanding general, Lt. Col. Sean Hipp, director of the Army Virtual Medical Center, and children from Fort Sam Houston Elementary School cut the ribbon during the Army Virtual Health Kickoff ceremony Jan. 4, 2017.

Army Virtual Medical Center launches at BAMC

By Lori Newman

Brooke Army Medical Center Public Affairs

JOINT BASE SAN ANTONIO-FORT SAM HOUSTON, Texas — Army Medicine bolstered its virtual health initiative by launching the Army Virtual Medical Center at Brooke Army Medical Center Jan. 4.

The kick-off ceremony featured demonstrations of cutting-edge virtual medical capabilities and a virtual ribbon cutting ceremony highlighting locations around the globe. The guest speaker for the event was Lt. Gen. Nadja West, The Surgeon General and commanding general, U.S. Army Medical Command.

BAMC Commanding General Brig. Gen. Jeffrey Johnson welcomed everyone to the ceremony and thanked West for choosing BAMC as the site for the Army Virtual MEDCEN.

“Our team has been working diligently to make this mission a success,” the general said. “The team has traveled a long way in under a year. They have already achieved much and the plans they have for the future of Army virtual medicine are grounded in expanding operational support and garrison health delivery efficiency.”

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Medical training center strengthens lifesaving skills

By Airman 1st Class Alexandra Singer
633rd Air Base Wing / Public Affairs

As the standards and innovations evolve in the medical field, the 633rd Medical Group Education and Training Office provides courses to Airmen in the medical career field to keep their lifesaving skills up to par.

The education and training office offers a variety of classes and training courses to include Basic Life Support, Pediatric Advanced Life Support and Advanced Cardiac Life Support. The courses are designed to train medical personnel to be fit expeditionary forces and mission ready medics, while also teaching them to deliver trusted care to the patients they serve.

"These courses are offered to medical group personnel such as nurses, providers, technicians and administrative staff, as well as personnel in other groups on Langley Air Force Base," said U.S. Air Force Staff Sgt. Hannah Dworniczak, 633rd MDG ETO team member. "We also have BLS instructors that hold classes across the base for individual units."

The training not only give medics the tools they need to help people on a daily basis, but also help prepare them for when they deploy downrange.

"Staying BLS certified gives Airmen

downrange the tools to take a cardiac emergency head-on without skipping a beat in their skills," said U.S. Air Force Senior Airman Holly Dodson, 633rd MDG BLS instructor. "The training is beneficial because it keeps them updated with the ever changing policies for BLS."

While the staff at the ETO are knowledgeable in the different programs, one of high importance is the simulation lab.

According to Dworniczak, the medics aren't able to use real live people for exercises, so the center runs the simulation lab which operates multi-thousand dollar mannequins to conduct more realistic training portraying real life situations such as trauma and cardiac emergencies. These scenarios give better training for what could be encountered downrange.

"Part of the mission is continuous training to keep our staff proficient in all of their medical skills, from the most basic SABC all the way to ACLS," said Dworniczak. "We're a small crew with a big mission." For information on courses offered at the 633rd Medical Group Education and Training Office, call 757-764-6770.

•BAMC (Continued from front page)

"BAMC is already making great strides in leveraging virtual technology to benefit patients in garrison and in remote locations," Johnson said.

"This is an amazing opportunity for BAMC to leverage state-of-the-art technology to support military medical facilities and patients around the world and for our medical professionals to benefit from a readiness standpoint, always being connected to a network of health professionals with a uniting mission and sense of purpose," Johnson said.

The general provided examples of how virtual health technology is being applied within the hospital, at the 232nd Medical Battalion to support Soldiers during morning sick call, and in Puerto Rico after Hurricane Maria.

"This is just the beginning of what is yet to come," Johnson said. "We are looking forward to building a virtual health capability here that will support operational forces anytime, anywhere in the world, bringing the full might of Army Medicine to the greatest point of need."

The commander thanked Army Lt. Col. Sean Hipp, Army Virtual Medical Center director, and his team for making the Virtual MEDCEN "another jewel in the BAMC crown."

The Surgeon General also highlighted the importance of virtual medicine on the battlefield and in garrison.

"Virtual health is the future of where we are going in our nation," West said. "To remain successful and to face future challenges we must be relentless ... in our pursuit of innovation and our commitment to bring care closer to our patients while leveraging cutting-edge technology."

The Surgeon General described a scenario of how virtual medicine can be used



(U.S. Air Force photo by Airman 1st Class Alexandra Singer)

U.S. Air Force Senior Master Sgt. Angela Blue (right), a 633rd Medical Group Education and Training Center Basic Life Support student, practices infant CPR with an artificial ventilator at Joint Base Langley-Eustis, Va., Dec. 6, 2017. The 633rd Medical Group Education and Training Center offers BLS and other courses to medical group personnel such as nurses, providers, technicians and administrative staff, as well as personnel in other groups on Langley Air Force Base.

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to save Soldiers on the battlefield.

"This capability will be increasingly critical to ensure that Soldiers will survive war wounds and make it home," West said. "Our primary focus is care for our Soldiers, and also our Sailors, Airmen and Marines, because in this joint environment the bullets, injuries and illnesses know no boundaries or uniform color.

"We have to be mobile, we have to be fast ... and we have to be ready to support them in a full range of military operations," she noted.

West said the concept of virtual health care is not new. "We have used virtual health and virtual technology to support healthcare since the 1990s," she said. "Although the virtual medical center is a relatively new concept it builds upon Army Medicine's previous 20 years of experience as another important step along its path."

The virtual MEDCEN at BAMC will serve as the organizational structure for medical providers to build virtual health services using new tools in garrison and in deployed settings across all roles of care. It will also be the test site for new capabilities and create a centralized program structure for the global mission of Army virtual health.

"The establishment of the virtual health center is just the beginning," West said.

"The future of virtual health is going way beyond connecting healthcare providers to patients; it connects patients to machines and machines to other machines and eventually real-time medical condition assessments through remote monitoring."

During the event, a team of Mobile Medics demonstrated some of the equipment they use to complete a patient assessment and communicate with a health care provider via video conferencing.

"The mobile medic program leverages training with cutting-edge, virtual technology to meet our service members' medical needs worldwide all the while maintaining the medic's proficiency and state of readiness necessary for their success on the battlefield," said BAMC Command Sgt. Maj. Diamond Hough.

The event also featured artwork by Fort Sam Houston Elementary School students who displayed their concepts of virtual health.

West, a self-proclaimed Trekkie, compared some of the virtual health care innovations to those presented on Star Trek many years ago. "I think we are going to be there fairly soon," she said.

"I'm really excited about being part of the activities today, but I'm even more excited about the future of Army Medicine," West concluded.



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Exercise precautions can help Airmen stay fit to fight

By Senior Airman Destinee Sweeney
20th Fighter Wing Public Affairs

At the beginning of the year, the 20th Force Support Squadron fitness center is packed full of individuals looking to improve their physical fitness.

"We usually have an uprising in customers who either already have goals or who want to set goals to start the New Year off," said Staff Sgt. Wendell Walker, 20th Force Support Squadron fitness and sports noncommissioned officer in charge.

However, individuals can potentially injure themselves in the pursuit of fitness, preventing them from being fit to fight.

"Ignoring early signs of an injury, or ignoring the signs of fatigue that would lead to an injury, could make the injury even worse, therefore taking longer to heal and in turn taking more time away from you being able to do your job," said Staff Sgt. Marcos Davis, 20th Medical Operations Squadron physical therapy technician.

Taking precautions to prevent exercise-related injuries such as maintaining a routine, stretching and taking time to rest, can help individuals ensure they remain fit to fight.

By maintaining a fitness routine throughout the year, Airmen can avoid

injury via overexertion when it comes time for their physical training test.

"Sometimes we'll have patients who will say they've been training for their PT test, but it's only been a couple weeks and they test in a month," said Davis.

"They haven't been training like they should, so they get acute injuries just from lack of stretching or over-use."

Davis also suggests individuals do dynamic stretches prior to their workout and static stretches after their workout to help prevent injury.

"Stretching is definitely just as important as the actual workout," said Davis. "You want to stretch whatever you want to work out. Say if I wanted to work out legs I would want to do a warm-up of about five to 10 minutes of biking or the elliptical and then do a dynamic stretch, which is a motion stretch."

It is also important to avoid overworking muscles that are still sore from a previous workout, said Davis.

"Listen to your body," said Davis. "People try to push through it and they think 'no pain, no gain' is the way to go. That's not necessarily true. You want to make sure you rest."

Investing in one's fitness can help



(U.S. Air Force photo illustration by Senior Airman Destinee Sweeney)

Fitness specialists assigned to the 20th Force Support Squadron fitness center and annex are available to assist Airmen with adjusting their push-up and sit-up forms in preparation for their physical training tests. Individuals can also request an equipment orientation, during which fitness specialists show the requester how to use various pieces of gym equipment.

an individual's overall health as well as keep Airmen fit to fight. However, exercise-related injuries can slow down one's progress in the gym without proper precautions.

Fitness specialists at the 20th FSS fitness centers are available during fitness hours to provide information about fitness and assist with gym equipment.

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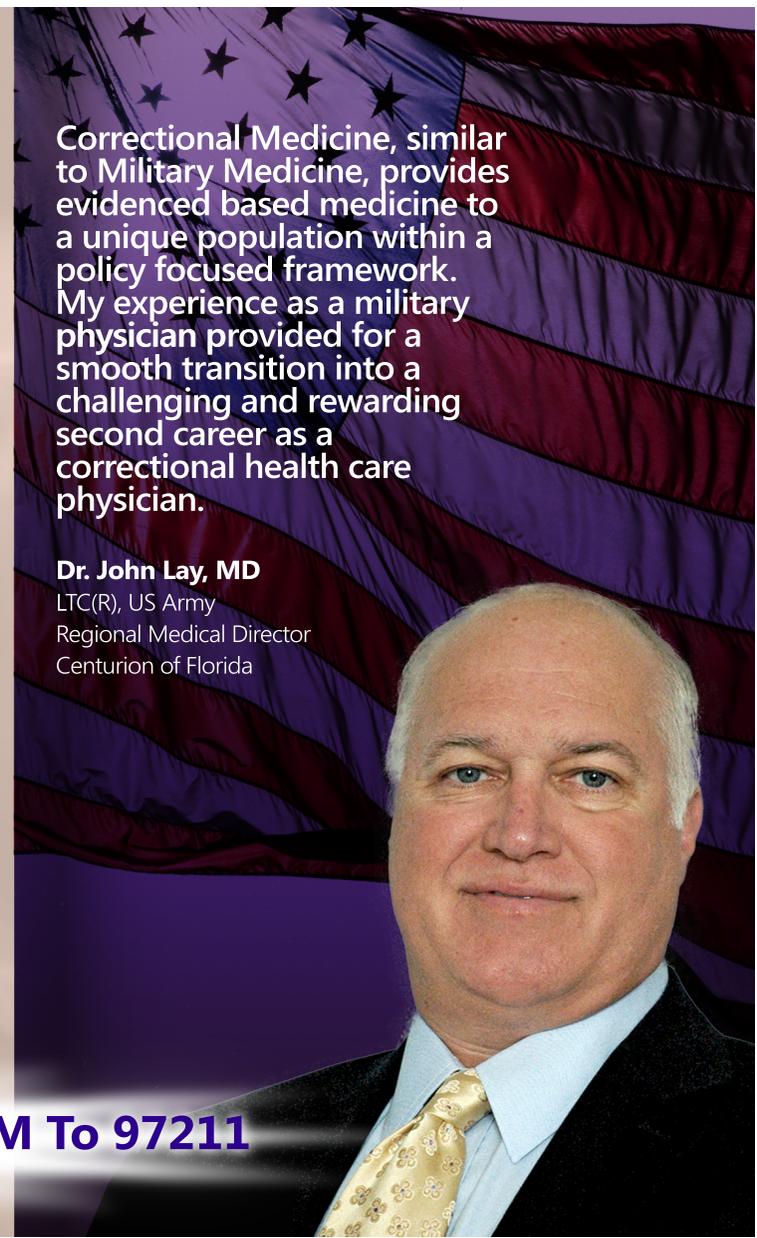
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Influenza Season Survival Tips

By Teresa A. Martin,

Army Public Health Nurse, William
Beaumont Army Medical Center

With flu-like illness on the rise, it's not too late for everyone 6 months old and older to get vaccinated. William Beaumont Army Medical Center encourages people to protect themselves and their loved ones by getting the flu shot now.

Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations. The El Paso Health Department reports there are 1,163 confirmed cases reported so far this flu season, as compared to 252 cases this time last year. The Center for Disease Control and Prevention reports that influenza activity in the United States has increased significantly over recent weeks and can have severe effects on those 65 years and older, pregnant women and young children.

Influenza is a contagious disease caused by one of a number of related viruses. Flu symptoms may include fever, cough, sore throat, runny or stuffy nose, body aches and fatigue. The onset of symptoms is sudden and people should stay home until at least 24 hours after their fever is gone except to get medical care. People experiencing symptoms are encouraged to seek treatment promptly. Antiviral drugs may shorten the duration or lessen the severity of the flu if started within 48 hours of the onset of symptoms.

Sometimes, the flu vaccine is not enough to prevent getting the flu. There are simple everyday actions that you can do to stop the spread of germs and viruses by practicing the four C's:

1. CLEAN - Wash your hands often. Scrub your hands for at least 30 seconds with soap and water, or use an alcohol-based hand cleaner. You can also ensure you don't spread germs by cleaning surfaces in your home that have constant interaction with people's hands, like door knobs and phones.

2. COVER - Cover your cough. Use a tissue to cover your mouth and nose when you cough or sneeze. Don't have a tissue? The crook of your elbow will do. When visiting the hospital, you can ask for a mask to further protect you and those around you.

3. CONTAIN - Contain germs by steering clear of others who are sick. If you do get sick, stay home until you're well again, so you don't spread more germs. While at home and recovering, ensure you also follow the CLEAN and COVER methods in your home. People recovering from the flu should not go outside until their fever has subsided for 24 hours without medications.

4. CALL - Anyone with a fever higher than 100 degrees should call their doctor right away. Tricare beneficiaries can call the Nurse Advice Line at 1-800-TRICARE (874-2273), Option 1.

Individuals wishing to receive the influenza vaccination at Ft. Bliss should contact their primary care provider.



CLEAN

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The Cardiovascular Division is an 18-member group that includes general cardiologists as well as specialists in electrophysiology, coronary and peripheral interventions, vascular medicine, heart failure, pulmonary hypertension, cardiac rehabilitation, congenital heart disease, and basic research. An expertise in autonomic dysfunction draws worldwide referrals.

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Stephenie Moench,

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The Cardiovascular Division is an 18-member group that includes general cardiologists as well as specialists in electrophysiology, coronary and peripheral interventions, vascular medicine, heart failure, pulmonary hypertension, cardiac rehabilitation, congenital heart disease, and basic research. An expertise in autonomic dysfunction draws worldwide referrals.

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Stephenie Moench,

Assistant to the Chief #419-383-6095,

stephenie.moench@utoledo.edu



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General Cardiologist Position

The Cardiovascular Division of The University of Toledo Medical Center, Toledo, Ohio has an opening available for a fellowship-trained General Cardiologist. Candidates should be BC/BE, with strong interests in clinical care teaching.

The Cardiovascular Division is an 18-member group that includes general cardiologists as well as specialists in electrophysiology, coronary and peripheral interventions, vascular medicine, heart failure, pulmonary hypertension, cardiac rehabilitation, congenital heart disease, and basic research. An expertise in autonomic dysfunction draws worldwide referrals.

The University of Toledo Medical Center maintains a fertile environment for career advancement. Dramatic near-term growth is anticipated as the University forms a major academic affiliation with the region's Promedica Health Care System. Professional development in the disciplines of patient care, teaching, and research is strongly supported. Our physicians benefit from competitive salaries and a generous benefit package.

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Outpatient Annex set to open in 2018

By Petty Officer 2nd Class William Phillips

Naval Support Activity Bethesda

"We have a significant construction project coming up over the next seven years called the Medical Center Addition and Alteration (MCAA) Project," said Terri Lavoie, deputy assistant chief of staff in charge of Unified Coordination Program. "We will be demolishing one-third of the medical center while we maintain 100 percent functionality."

WRNMMC plans to centralize many of its departments after MCAA is complete.

"We will be centralizing certain functions," Lavoie said. "We didn't have the option to do that because of our physical layout before."

She added the project is already underway.

"The first part of the project is called P-114, which is the pedestrian connector," said Lavoie. "The second part of the project is 'set two' which is the demolition and construction."

Since one-third of the medical center will be demolished, there must be a place for displaced departments to go.

"We can't just put them out on Brown Drive," explained Lavoie

That's where the outpatient annex comes in.

"Twenty-six departments from Buildings 4, 6 and 8 will be relocated to the outpatient annex in fall 2018," Lavoie said. "This 100,000 sq. ft. annex was constructed in its entirety off site in Pennsylvania."

The annex was assembled in the G lot during the summer of 2017.

"The annex was delivered module by module for a total amount of 124 modules," Lavoie said.

Keeping the operational space was a primary project goal.

Employees and visitors will have access to refreshments at the outpatient annex.

For more information contact Terri Lavoie at theresa.m.lavoie4.civ@mail.mil.

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- Teaching of students and residents is involved.

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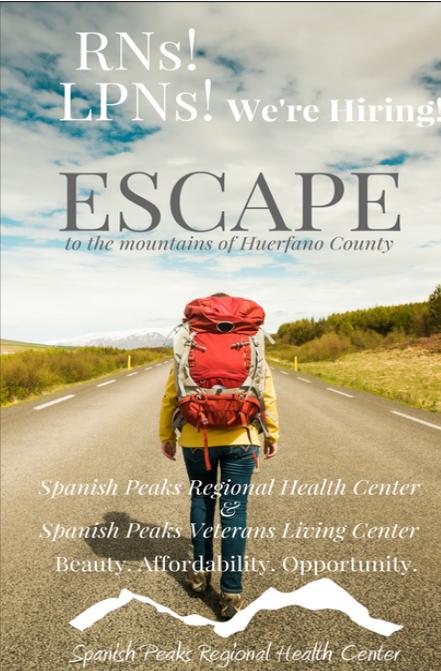

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WBAMC welcomes first baby girl, boy of 2018

By Marcy Sanchez

William Beaumont Army Medical Center
Public Affairs Office

William Beaumont Army Medical Center welcomed the first baby girl and boy of 2018 delivered at WBAMC, Jan. 1st.

Lilith Livilia Velardo and Bentley Ray Horton were delivered on New Year's Day at WBAMC. Lilith, who arrived at 8:45 a.m., weighed in at 6 pounds, 11 ounces, and measured 19 inches.

Lilith's parents, Carlamarie Silvestrini and Pfc. Dexter Velardo, a signal support systems specialist with the 22nd Chemical Battalion, Fort Bliss, were expecting to deliver on Dec. 24 but ended up coming to WBAMC on Dec. 31 to induce labor.

"It was 8:10 before she began active labor," said Velardo, a native of Bronx, New York.

Although Silvestrini was already past her due date, she never expected to give birth on New Year's Day.

"I didn't think that (the due date) would pass. I didn't even think about being here on the 31st but I liked it," said Silvestrini, a native of Puerto Rico. "The nurses and doctors were amazing, explained everything again and again, in many ways to help us understand. (The experience was) perfect, it was perfect."

Silvestrini was surprised to learn that Lilith was the hospital's first baby in 2018. According to the 22-year-old first-time mom, the New Year's Baby tradition is not practiced much in Puerto Rico, so the celebratory delivery

amazed her.

Approximately two hours following Lilith's delivery, 7-pound, 4-ounce Bentley was born to parents Morgan and Pvt. Corbin Horton, a combat engineer with the 16th Engineer Battalion, 1st Stryker Brigade Combat Team, 1st Armored Division, at 10:42 a.m. The hospital's first baby boy and second delivery in 2018 measured 19.5 inches at delivery.

"We got here at 12:45 a.m.," said Morgan, a 20-year-old first-time mom. "(The experience and delivery) was good, I liked all the doctors. It was a little hectic but calm and peaceful."

Morgan, a native of Pflugerville, Texas, was expecting to deliver on Jan. 2 but was rushed to the hospital after her water broke, four minutes after watching the Times Square ball drop on television. Morgan was planning on utilizing WBAMC's immersion hydrotherapy services to help ease pain during labor but was unable to use due to having her labor induced via medication.

Regardless, both Morgan and Corbin, a native of Hutto, Texas, were excited to celebrate their baby's birthdate.

"I think it's cool," said the Hortons about Bentley's birthdate. "My birthday always fell on the first day of school so I'm glad he'll have school off," said Morgan.

Both newborns and their parents were presented with gift baskets by WBAMC's commander, Col. Erik Rude.

"It was a joint effort within our

department (Labor, Delivery, Recovery and Postpartum) to collect for these baskets," said Capt. Marimon Maskell, clinical nurse officer in charge, Maternal-Child Health Services, WBAMC. "Our Morale Committee collected donations from our team members, and created a pair of baskets."

According to Maskell, the staff traditionally gifts baskets full of newborn supplies such as diapers, wipes and clothing, to the first baby delivered in the New Year. This year's collection was so generous, the Morale Committee decided to gift two baskets toward the first baby boy and baby girl of the year.

In 2017, WBAMC delivered 1,250 babies in addition to being recognized as a Texas Mother-Friendly Worksite for strives toward supporting employed mothers who wish to express and store breastmilk and recognition for efforts toward 96 percent hepatitis B vaccinations among newborns by the Immunization Action Coalition. The hospital also began issuing safe-sleep blankets which minimize the risk of Sudden Infant Death Syndrome to all newborns.

Future efforts expected in 2018

include an expected Baby-Friendly designation, a significant benchmark for hospitals which support breastfeeding, and increased effort in supporting community-based programs aimed at new parents.

"We're in our last step toward achieving baby-friendly status and we're looking very good," said Maskell. "We're trying to really strengthen the relationship with the New Parent Support Program because our patients feed directly into them. We're making sure our patients are aware of all the resources available to them."

For families expecting to deliver this year, Maskell emphasizes the support available at WBAMC for new and returning moms.

"We're here to help guide them and provide information throughout their prenatal care so once they actually do deliver and are admitted to our unit they are very informed and as prepared as we can get them," said Maskell. "Try to absorb what you can while you're pregnant, let us know if you have questions about what we do in the hospital so we can make your experience what you want it to be."



Pvt. Corbin Horton, a combat engineer with the 16th Engineer Battalion, 1st Stryker Brigade Combat Team, 1st Armored Division, and wife Morgan Horton, pose for a photograph with their first born baby boy, Bentley Ray Horton, at William Beaumont Army Medical Center, Jan. 2. Bentley, weighed in at 7 pounds, 4 ounces upon delivery and measured 19.5 inches, was delivered on Jan. 1 at 10:42 a.m., making him the first baby boy born at WBAMC in 2018.



Pfc. Dexter Velardo, a signal support systems specialist with the 22nd Chemical Battalion, Fort Bliss, and wife Carlamarie Silvestrini pose for a photograph with their first born baby girl, Lilith Livilia Velardo, at William Beaumont Army Medical Center, Jan. 2. Lilith, weighed in at 6 pounds, 11 ounces, and measured 19 inches, was delivered on Jan. 1 at 8:45 a.m., making her the first baby girl born at WBAMC in 2018.

Photos By Marcy Sanchez