

# MEDICAL NEWS

News in Brief

Volume 18, Number 3

www.militarymedical.com

March, 2011

## FLU ACTIVITY IN SOUTHERN US GENERALLY LASTS THRU MID-SPRING

By Cmdr. [Dr.] John Wyland  
Naval Hospital Pensacola

Influenza is a viral respiratory illness capable of causing mild to severe illness in all ages. People with prior illnesses such as asthma, diabetes, or heart disease as well as young children, pregnant women and the elderly are at greater risk for serious complications if they get the flu. There are multiple Influenza virus types and strains with specific patterns of illness associated to each.

Last flu season was unusual for the U.S in that young individuals were more prone to serious illness due to the H1N1 strain.

This year's flu season began around October, but generally peaks in the southern portions of the United States through mid-spring.

The most recent data available shows all areas of the U.S. reporting flu activity at or above baseline levels. Activity is considered widespread across the southeast United States including Florida, Alabama, Georgia and Louisiana.

Locally, data through February 16 shows flu activity as mild to moderate and increasing in Escambia and Santa Rosa counties. Naval Hospital Pensacola, local and area treatment facilities have seen documented cases of the flu and numbers of flu like illness that are consistent with prior years.

Flu vaccination remains available for eligible beneficiaries through your primary care clinic or NH Pensacola's walk-in Immunization Clinic.

One typically gets the flu by coming into contact with droplets from coughs or sneezes of someone with the flu. Proper hygiene is a critical part of flu prevention. Most people can be contagious from 1 day **before** to 5-7 days **after** symptoms but some children and people with weakened immune systems, may be contagious for even longer.

Symptoms of the flu include fever, chills, cough, aches, fatigue, sore throat and less often runny nose, vomiting and diarrhea. Not all symptoms may be present. Flu can be confused with the common cold, though flu symptoms tend to be more intense and people with colds are more likely to have a runny or stuffy nose.

Far and away the best way to prevent the flu is by getting a flu vaccine each year. This can come in the form of a shot which most people are eligible to receive or in a nasal spray available to healthy, non-pregnant individuals between 2 and

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## No Digging Required, providers access Digital Record System for injured soldier

By Bill Snethen,  
MC4 Public Affairs

One inch ended Maj. Andy Ingalsbe's service in theater. In September 2009, a sniper's round struck him in the back, one inch below his Kevlar vest. The reservist and his civil affairs team had just completed a humanitarian mission in Afghanistan's Paktika province.

The well-placed projectile inflicted extensive damage. The bullet cracked two vertebrae, destroyed Ingalsbe's right kidney, and tore up his liver and digestive tract. Unable to brace himself for the fall, Ingalsbe also injured his neck when his head slammed against the ground.

Surgical teams treated him at FOB Sharana and Bagram Airfield. They also digitally documented Ingalsbe's care in computer systems fielded and supported by the Army's Medical Communications for Combat Casualty Care (MC4) program. His digital medical history helped physicians at Walter Reed Army Medical Center, Washington, D.C., piece together his traumatic story.

"I arrived at Walter Reed five days after my injury, but I regained consciousness on the 18th day," Ingalsbe said. "The doctors told me about my injuries and I required a lot of re-plumbing. Surgeons in Afghanistan removed a kidney and my right colon. The entire time I lived at Walter Reed, the doctors never asked me about any of my prior treatments. They had all of the information in my digital records. One doctor said that I looked better medically in person than what was documented in my chart."

Ingalsbe was devastated by the timing of the injury. For 25 years, he trained for combat as a military policeman. In 2005, he voluntarily came out of retirement to serve in a civil affairs role in order to get to the battlefield.

From 2005 through 2006, he led more than 80 missions throughout Iraq. Ingalsbe's teams dug wells, repaired schools and handed out food. The humanitarian experience came with a price though. An impro-



Photo courtesy of the U.S. Army

**Maj. Andy Ingalsbe led numerous humanitarian missions throughout Southwest Asia, including digging wells, repairing schools and handing out supplies, before he was shot by a sniper in Afghanistan.**

vised explosive device damaged his hearing, yet he remained committed to the mission. At the end of his tour, Ingalsbe retired for a second time.

In 2008, he returned to active duty and deployed in the same capacity, but this time for one year in Afghanistan. While in theater, he decided to extend for a second year. Two days before he was set to begin another year-long tour, a sniper's bullet ended Ingalsbe's service in theater.

Ingalsbe recuperated at Walter Reed for eight months. The digital history from the battlefield and home enables Maj. Jane Dickler, nurse case manag-

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# ★ Soldier

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er with the Warrior Transition Brigade at Walter Reed, to keep a close watch on Ingalsbe and others.

“I review the electronic records

and treatment plan to make sure my patients receive the medical attention they require,” Dickler said. “Since the medical staff captures patient data electronically, it eliminates the need to hunt for paper forms. It also significantly

reduces the possibility of losing patient information. My team also reviews appointment schedules so that patients are where they need to be at the correct times.”

Ingalsbe underwent a second surgical procedure in March 2010. To repair the damage in his neck, a neurosurgeon inserted two titanium discs, as well as a metal plate to hold them in place. Three months after the operation, he transferred to the Community Based Warrior Transition Unit-Arkansas (CBWTU-AR). Ingalsbe continues his rehabilitation at outpatient facilities in his hometown of West Plains, Mo.

“Many times, being near friends and family are better recuperative agents for certain injuries than a stay in a hospital bed,” said Maj. Barbara Schulz, nurse case manager with the CBWTU-AR, who manages Ingalsbe’s care. “Patients, such as Ingalsbe, are able to receive medical care in their own communities. I stay in contact on a daily or weekly basis. When Ingalsbe receives physical therapy at his local hospital or meets with his family physician, we receive documentation from the civilian providers. Ultimately, all of the records we collect will go to the Department of Veterans Affairs, allowing future providers to view his complete medical history.”

While digital medical records have replaced paper forms, Ingalsbe stays set in his ways. He still collects paper copies of every form from every appointment. After he was shot, the paper

folder has since been replaced by a plastic binder. He also has CD-ROMs and DVDs that hold the results from his radiology exams.

“The military is much different today than when I began my career 30 years ago,” Ingalsbe said. “For most of my career, Service members kept paper copies of their medical records to protect against a clinic misplacing months or years of medical information. Today, digital notes build upon older records like e-mail messages. I don’t have a medical background, but the digital records are pretty easy to follow.”

Periodically, Ingalsbe returns to Walter Reed for follow-up appointments with his doctors. He looks forward to the day when he receives medical clearance from both surgeries. When that happens, he will retire from the military for a third and final time. He says that when it comes time for a medical review board to determine his future medical benefits, they will be well-informed.

“Between my paper copies and the digital records in the military’s computer system, I have my medical history covered,” Ingalsbe said. “The medical board will have a complete medical picture of my military service. I have a lot of good memories from my military career. As a permanent reminder of my deployment to Afghanistan, I have a 12-inch scar on my abdomen and the sniper’s round mounted on my wall with my Pearl Heart.”



Photo courtesy of the U.S. Army

*Maj. Andy Ingalsbe inspects a water pumping station while deployed to Iraq with the 401st Civil Affairs Battalion.*

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## ★ Flu

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49 years of age.

While everyone over 6 months of age should get a yearly flu vaccine, those at greater risk for complications along with those that live with or care for these individuals may benefit the most and should seriously consider receiving the vaccine.

The flu vaccine is safe for nearly everyone but prior to receiving it discuss with your medical provider if you have a severe allergy to eggs, a history of Guillain Barre Syndrome, or a history of a severe reaction to prior flu vaccination.

If you believe you may have the flu and are not at high risk, it is recommended that you rest at home and don’t go out for at least 24 hours until after your fever is gone (off fever reducing medications). Most cases of the flu are mild and can be treated with common over the counter medications. If you must go out, avoid contact with other people as best you can. You can consider wearing a mask to prevent spreading the illness. Those with serious symptoms or in high risk groups should call their medical provider for advice.

A number of flu tests are available,

most providing results within a brief period while waiting in the office. Accuracy varies widely and thus they have limited value in the diagnosis of flu. Health care providers often don’t perform them, choosing instead to use their professional judgment in making a diagnosis and establishing a treatment plan. In certain cases, such as in patients who are seriously ill or at high risk, antiviral drugs may be prescribed.

These medications work best if started within 2 days of getting sick but may provide some benefit at anytime in the illness. These medications can decrease the duration of symptoms by 1 or 2 days and can also prevent serious complications. Certain drugs are available for all ages.

There are still many opportunities for TRICARE beneficiaries to get their flu vaccination at NH Pensacola. All flu shots can be obtained on a walk-in basis to the Immunization Clinic located in the Outpatient Building on the first floor.

*(Cmdr. John Wyland is the Director of Public Health for Naval Hospital Pensacola.)*

# Col. Jerome Penner III began a new journey as a civilian

By Tawny M. Dotson

Madigan Healthcare System Strategic Communication

After almost 29 years as a Soldier, including nearly two as the commander at Madigan Healthcare System, Col. Jerome Penner III will trade his Army Combat Uniform for a suit March 10 and begin a new journey as a civilian.

"It all came down to timing. Had this been three years ago I probably would not have done it," said Penner.

All the signs and timing came together last summer and through the fall when a hospital in Penner's home state of Kentucky began the process of searching for a new CEO. The hospital, Murray-Calloway County Hospital, is near Fort Campbell and Murray State University, the alma mater of Penner and his wife Jamie. In addition, the couple's two sons would both be attending Murray State in the fall. After a series of interviews, a number of signs, and a perfect alignment of timing Penner made the decision to accept the position as the new CEO and retire from the Army.

"This has been my life for nearly 29 years. You might be able to take the guy out of the Army but you won't be able to take the Army out of the guy," said Penner.

MCCCH announced Penner as their choice for CEO Jan. 17. Penner's projected retirement date is June 30. The change of command at Madigan will take place at 11 a.m., March 10. Penner will leave behind a legacy of caring and a journey toward greatness.

"The challenge I leave for the commanders that follow me is to continue our Baldrige efforts. I hope



courtesy photo

**Col. Jerry Penner speaks at an event at Madigan Healthcare System. Penner will retire in June after 29 years of service in the Army. He has been the commander at Madigan for nearly two years and will be replaced March 10 by Col. Dallas Homas.**

that they will continue this journey to challenge Army medicine to reach a new level."

Penner has led a distinguished Army career. He has served for 14 years as a chief operating officer and CEO at military treatment facilities. He joined

a small group of medical service corps officers that have been selected to lead these facilities. During his 29-year career, he has served at many levels from the company to a medical center. His Army career has sent him to eight different states and a tour in Iraq. He holds a Bachelor of Science degree from Murray State University and a Master's degree in Health Administration from the Army-Baylor program. He is also a graduate of Command and General Staff College and Army War College.

"Along the way I've had some tremendous mentors and role models," said Penner. "I learned from them how to really take care of folks."

During his time at Madigan Penner was hesitant to name his favorite moments.

"We have a highlight almost every single day. This organization is tremendous at innovation. The productivity at this place is amazing," said Penner. "I could just go on and on about the things Madigan is able to do. This is the right place to pick. There is not one defining moment or thing; I think it's the whole group."

Penner's leadership legacy at Madigan will be a lifetime of commitment, loyalty and service. However, there are certain things he hopes the hospital and those who have served with him will remember about his time as their leader.

"I would hope that people would realize that I was genuine in my approach and that they truly were the number one thing on my mind," Penner said. "If I give you all the tools I can for you to be the best you can be at your job, then our patients will get the best possible team and staff that they can. I really tried to live that mentality."

## Madigan hosts nursing excellence conference for base, local nurses

By: Tawny M. Dotson

Madigan Healthcare System Strategic Communication

More than 200 Army, Air Force and civilian nurses converged on Madigan Army Medical Center at Joint Base Lewis-McChord Feb. 11 for the Lt. Col. Juanita Warman Nursing Excellence Conference.

The conference, in its second year, was at capacity and free for nurses in the greater Puget Sound area. In fact, nurses from the local community and JBLM attended the event, which provided more than six continuing nursing education credits to those in attendance. The conference aimed to keep nurses aware of emerging trends such as advanced wound care dressing, post traumatic stress disorder and care, and the patient centered medical home concept.

"This conference keeps nurses up to speed on new techniques and the latest in research," said Maj. Michael Wissemann, a Madigan nurse and planner for the event. "We hope the invitation to community nurses helps to bridge the gap between military and civilian medicine. The intent is to create an environment to network and create a better understanding between military and civilian nursing."

This year the conference was named after Warman, who was an Army reservist and psychiatric nurse practi-



**Air Force Col. (Dr.) Elizabeth Bridges talks with conference attendees after her keynote speech to more than 200 nurses who attended the Lt. Col. Juanita Warman Nursing Excellence Conference Feb. 11 at Madigan Healthcare System.**

tioner who specialized in treating post traumatic stress disorder and traumatic brain injury. She was killed at Fort Hood during her processing for deployment to Iraq.

"Lt. Col. Warman was a beloved nurse at Madigan. It's important that we've named the conference after her and recognize her nearly two decades of service," said Wissemann.

Col. (Dr.) Elizabeth Bridges was the keynote speaker and addressed caring across the continuum. Her presentation centered on how every person in the care process counts from the battlefield to the local hospital.

"She gave me more of a perspective on my link of the chain and where I fit into



courtesy photos

**A poster tribute to Lt. Col. Juanita Warman is displayed at the entrance to the Nursing Excellence Conference named after her at Madigan Healthcare System Feb. 11. The conference was attended by more than 200 Army, Air Force and local civilian nurses who participated in the emerging trend classes.**

patient care," said Cpl. Gregory Gillen, a licensed practical nurse at Madigan Healthcare System who attended the conference.

The conference was planned by a team of nurses at Madigan for nearly a year. Their work was clearly fruitful as the conference was full with 240 registrations a few weeks before the event. This year's conference chair was First

Lt. Stacie Owen, a nurse on Madigan's 6th Floor.

"It's really cool to see it all come together finally because it was a long planning process," said Owen. "I've really gained a lot of experience in planning the conference and I hope everyone learned a lot about the most recent developments in nursing through the event."

# USAMITC's Fellowship Program shows joint direction

By **Kenneth Blair Hogue**,  
*USAMITC Public Affairs*

FORT SAM HOUSTON, TEXAS — As the Military is moving on in a more joint service operational direction, the United States Army Medical Information Technology Center is coming on strong in its contribution to this effort in the form of its Fellowship Program.

USAMITC works 24 hours a day, seven days a week and 365 days a year supporting Army Medicine by providing optimum joint healthcare enterprise service to our Warfighters, customers and Soldiers worldwide.

The USAMITC Fellowship Program encourages leaders from Military Departments to participate in recognizing and exploiting opportunities and challenges that concurrently will enhance medical information technological operations and business practices. This program requires the selection of an officer who will serve for a year on station for an operational assignment at USAMITC. The program is generating interests from all Branches of the Military.

The Air Force recently nominated Capt. Kevin Underwood for the Fellowship Program. Capt. Underwood was previously stationed at Robins Air Force Base in Warner Robins, Georgia. He was looking to continue his education, "The Air Force offers opportunities for Air Force Institute of Technology programs, Education with Industry programs and Fellowships," he said. "I had applied to for an AFIT program to attend a civilian university to receive a Master's Degree. As part of the process, I submitted a package to the Air Force Medical Service Developmental Education board, who later selected me for the position." It was about five months from the time he submitted his package to the time he was notified of his selection, "I was selected for this Fellowship at USAMITC, and was very honored to be offered this opportunity," he said. Capt. Underwood is the second officer to participate in USAMITC's Fellowship Program.

After an officer is selected for this program, USAMITC screens and assesses for potential and determination based on Fellowship Program objectives in comparison to officer experience level, individual skills and qualifications. With a Bachelor's Degree in Information Systems and experience in management, finance and information systems prior to joining the Air Force, Capt. Underwood matched the Defense requirement. USAMITC places the officer with an operating division to assume a responsible position that encompasses researching, assessing, building effective perspectives and strategies, collaborating with members of the others services and providing valuable insights to the USAMITC Command Team. It is an opportunity for an officer to help global-

ization of a joint healthcare IT program. Capt. Underwood has been assigned and is working on IT benchmarking, gathering data and doing analysis for the command, under the guidance of Albert Dickson, USAMITC's Chief Information Officer. "The Air Force has a strong culture of measurement in the area of clinical business intelligence," said Dickson. "USAMITC is capitalizing on that as we seek to build a similar culture of measurement within the U.S. Army Medical Command."

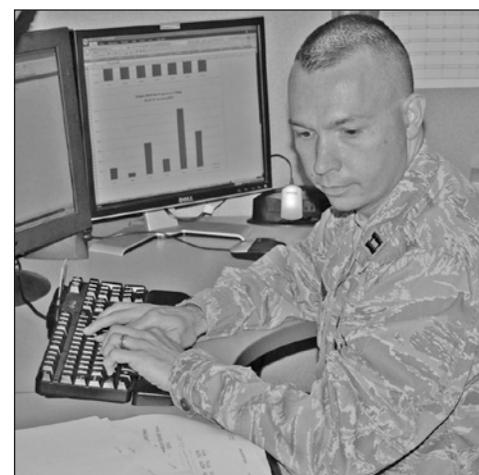
USAMITC normally provides a placement rotation for the officer of one year. The officers are also provided access to documentation, standard operating procedures, technical information and other project information as required, giving them a chance to learn another military branch's way of doing business.

There is a template for Fellowship participants to follow, but when Capt. Underwood arrived, his vision of the scope of this Fellowship grew, "A new metric and benchmarking initiative began when I arrived here, so I'm working directly with the CIO, Mr. Albert Dickson, on this project," said Underwood. "This will provide the MEDCOM the value of IT and allow for quick improvements within the organization." It is a larger scope and purpose but worth the investment of using a Fellowship recipient to be on the team. Throughout the year, the

Fellowship officer can rotate into jobs that would best utilize their skills and experience and provide them with a view of enterprise systems management at the operational level. "Each service branch has different strengths, so being able to leverage those strengths can prove to be very beneficial," said Dickson.

Capt. Underwood really enjoys it here, and says he continues to learn a lot and looks forward to learning more, "This is an incredible opportunity to see how the Army operates in regards to Medical Information Systems," he said. "It will also provide an opportunity for me to share with the Army what the Air Force does. This experience also provided me a different perspective that I can take back with me when I go back to the Air Force side," he stated. "I'll take what I learned here to my next assignment, which as of now is the Air Force Medical Operations Agency. The benchmarking and metrics work will have a direct impact on what I'll be working on when I get there," he added. "Also, I will have made important contacts at USAMITC that I can keep in touch with. This will allow me to maintain a valuable flow of information through that next assignment," he concluded. "It would be nice for this program to expand within the Air Force and to extend over to the Navy," said Dickson. "Having Capt. Underwood here has been an asset, as the Fellowship

program is definitely a beneficial program," he added. Dickson also said this program is beneficial because of what all the Fellowship officers can learn and be exposed to, "USAMITC, being one of the premier enterprise providers in the Department of Defense, has a lot of cutting edge programs and projects going on from our Enterprise Service Desk which supports over 80,000 users to our desktop visualization efforts. USAMITC continues to initiate and adopt cutting edge technologies and services," he concluded.



*Fort Sam Houston - Air Force Capt. Kevin Underwood, USAMITC's Air Force Fellow, catches up on some work at his desk before leaving for a conference.*



*Joe Nystel, USAMITC's Enterprise Service Desk Operations Manager, shows Air Force Capt. Kevin Underwood, USAMITC's Air Force Fellow, and Army CPT James Greene, a USAMITC CSD Project Manager, some of the finer points of the ESD board.*

U.S. Army photo by Kenneth Blair Hogue

# Voice of a Soldier

*Illinois Army National Guard Soldier from Chicago sings for love not fame*

By Sgt. James Sims,  
139th Mobile Public Affairs Detachment

The little girl climbed the stairs to her room, shut the door and the world faded away as she grabbed her hairbrush and took the stage before an imaginary audience of thousands of screaming fans.

For as long as she can remember, Staff Sgt. Jennifer Kohany of Chicago, an intelligence analyst with Headquarters and Headquarters Company, 33rd Brigade Support Battalion in Champaign, has been singing in front of the mirror in her room growing up in Valhalla, New York or a stadium filled with thousands of people before various military functions and sporting events.

"I can't remember not hearing Jenny sing," said Debbie Kohany of Oak Lawn, Jennifer's mother. "She was in chorus from first grade all the way through graduation of high school. I would so love hearing her sing at home when she was in her room, whether it was opera, country or rock. When Jen sings her face lights up and her eyes sparkle. You can see how much she loves to sing."

Kohany continued her passion into college while attending Columbia College in Chicago.

"In college I was involved with Columbia College's chorus, and considered a major in vocal performance, but decided instead to major in American Sign Language interpretation," said Kohany.

Almost 200 years ago, after witnessing the bombardment of Fort McHenry, Francis Scott Key penned the words to a poem called "Defence of Fort McHenry." The poem was later set to the tune of "The Anacreotic Song" a British drinking song written by John Stafford Smith, a tune already popular in the United States.

The combination of the two would soon become a well-known American patriotic song. It was not until 1931, by congressional resolution, that the Star-Spangled Banner became the national anthem.

"When I was in basic training, one of the drill sergeants in my platoon emphasized the importance of knowing patriotic staples, to include the Pledge of Allegiance, 'God Bless America,' and 'The Star Spangled Banner,' in addition to the basic warrior skills," said Kohany.

While in basic training, Kohany was randomly chosen and asked if she knew the National Anthem. Having grown up in a patriotic family, in addition to participating in choir, she did.

"They called me to the front of the 'war room,' and called everyone to attention while I sang," said Kohany. "The drill sergeants stood there in shock that not only did I know the words, but I actually knew how to sing as well."

From that moment Kohany has been called out by her fellow Soldiers who have knowledge of her ability, and has been asked to sing at different events.

Kohany was part of the Illinois Army National Guard's largest call-up since World War II and deployed with the 33rd Infantry Brigade Combat Team (IBCT) to Afghanistan in 2008.



photo by Sgt. James Sims

**Staff Sgt. Jennifer Kohany of Chicago sings the National Anthem at the retirement ceremony for Brig. Gen. Ronald Morrow, the deputy commander of the Illinois Army National Guard.**

While deployed the control, communications and computer systems section hosted a contest called Phoenix Idol showcasing the talent of Soldiers serving overseas as part of Task Force Phoenix VIII.

"A good friend of mine, Staff Sergeant Adam Gordon, was the emcee of Phoenix Idol and asked if I would come out on New Year's Eve and participate," said Kohany, "I obliged, with no intention of entering the competition because I had a pretty hectic schedule and didn't really have the time to learn and practice music for each weeks category."

Kohany did not win the contest but was noticed by several Soldiers on Camp Phoenix and it was through this that she was introduced to Tom Negovan, a reporter for WGN Chicago, while he was visiting Camp Phoenix to do a three-part series on Afghanistan, said Kohany.

"(Negovan) interviewed me, and asked if I would have any interest in singing at a Cubs game when I returned back to the states," said Kohany. "Sure enough, we stayed in touch, and as soon as I had a number to call, I was receiving a call from a Cubs publicist, asking if I'd be available to sing for the

opening."

Although growing up a Yankee fan, Kohany said she is also a Chicago Cubs fan. She said singing in front of 40,000 people, with her friends and family present, was amazing.

Patriotic songs have always held a deeper meaning to veterans and servicemembers in the U.S. military and their loved ones, said Staff Sgt. John Robinson of Champaign, who served as a chaplain assistant for the 33rd IBCT while in Afghanistan with Kohany.

"Listening to someone who has given their blood, sweat and tears for this country and then so passionately sings our National Anthem, gives me chills, every time," said Robinson "I believe every time someone like Jen sings it, she does it as an honor to our Nation and for those who have paid the ultimate sacrifice."

The most meaningful performance came in June of 2005, though not on the happiest note, said Kohany.

"My mom had been engaged to one of the most incredible people I've ever met, Eamonn," said Kohany. "They had put off getting married while I was in college, but because of the closeness of our relationship, I referred to him as my stepdad. My mom manages a small Irish Bar on the south side of Chicago. Every so often, I would stop in on a Friday night when Eamonn could persuade me to sing on karaoke night. He was really the only person who could charm me into singing there, and always asked me to sing 'Angel' by Sarah McLaughlin; both mine and his favorite song."

That January, a friend of Eamonn's had passed away and he asked Kohany to sing a couple of songs at the wake. After the church ceremony, someone approached Eamonn, and complimented the voice of his 'daughter.'

"He acknowledged his pride, and it was one of the prouder moments in my own life," said

Kohany.

"Little did I know that only six months later, Eamonn would pass away, while at work, at 1 o'clock in the morning."

"It was one of the hardest things that I've ever had to do, but I knew it would mean the world to my mom and family," she said. "So at his memorial ceremony, I sang 'Angel.' That certainly wasn't my favorite performance, but it was the most monumental. It was hard, and I knew that if I could get through the song that I could do nearly anything and I know that he would've been proud."

Kohany said she has always loved singing; from singing in her car, at school, in church or at a karaoke bar.

Kohany's mother has encouraged her to pursue a career in singing, but Kohany said she sings for the love of singing, not the love of fame.

"I do it because I enjoy it, not because I'm trying to get discovered or anything like that," said Kohany. "Since high school, she has urged me to pursue a singing career, but I've found my niche with the military, and I'm pretty happy with that."

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# HAWC body composition machine provides valuable health analysis

By Steve Pivnick

81st Medical Group Public Affairs

KEESLER AIR FORCE BASE, Miss. --- It looks like something out of “Star Wars,” but serves as a valuable tool that allows people to be aware of their amount of body fat, one of the most important factors in everyone’s health, so they can change their diet and exercise plans. Common diseases like heart attacks, high blood pressure, diabetes and many forms of cancer are directly correlated to the amount of fat people carry around.

The BOD POD Body Composition Tracking System at the health and wellness center, is available to anyone 18 years of age and older in the Keesler community.

The BOD POD “will let people track and know their body fat percentage,” said Master Sgt. Jeffery Green, non-commissioned officer in charge of the 81st Aerospace Medicine Squadron health promotions flight. “This will allow the HAWC staff to offer them classes on diet and exercise to improve their overall health.”

According to the equipment’s manufacturer, Life Measurement Inc., the BOD POD provides fast, accurate and safe assessments of fat and fat-free mass. It uses patented air displacement plethysmography (the study of measuring changes in the volume of the body or of a body part or organ), making it the most innovative device for measuring body composition.

Brig. Gen. (Dr.) Kory Cornum, 81st Medical Group commander, was one of the first base people to take advantage of the BOD POD and he was a little worried by the results. The Feb. 11 BOD POD body composition tracking system analysis showed he has 29.1 percent of body fat which equates to 64.7 pounds of weight. Two days later he had to haul all that fat around the streets of New Orleans when he walked the Rock ‘n’ Roll Mardi Gras Half Marathon.

“If I had been a more healthy 15 percent body fat, I would have carried 30 fewer pounds around with me and that



*Michele Reid, left, LMI's director of customer service, reviews the data provided by the BOD POD during General Cornum's Feb. 11 analysis.*

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

would have been a lot easier,” he commented.

The HAWC purchased the BOD POD system after health promotion educator Patty McGruder heard about it from someone who had attended a conference where the system was featured. Sergeant Green used approximately \$56,000 in end-of-year fallout funds to purchase the equipment.

“We learned Eglin (Air Force Base, Fla.) had the equipment and we knew someone there (dietician Theresa Herring, who formerly was a member of the Keesler HAWC staff),” Sergeant

Green said. “We made an appointment to visit and look at their system and talk with them about how they utilized it.

“When Ms. Herring demonstrated their BOD POD, I was the guinea pig for the test. We learned a lot from that visit and used the information to format our own BOD POD program here.”

LMI background information noted that “with obesity rising at alarming rates, regular, accurate measurements of body fat and lean body mass can provide the necessary feedback for staying on top of what can be an ever-changing situation.

The BOD POD has the necessary accuracy to detect even small changes in body composition and it will provide the feedback that can be used to measure the effectiveness of fitness and nutrition programs, tracking the progression of diseases or fine tuning top athletic performance.”

LMI added that the BOD POD system is currently used in a wide variety of market segments throughout the world, including 38 military installations.

To schedule a BOD POD analysis, contact your unit fitness program manager or call the HAWC, 376-3170.



## Medic chosen to teach at Canadian NCO Academy

By Steve Pivnick

81st Medical Group Public Affairs

KEESLER AIR FORCE BASE, Miss. — Senior Master Sgt. Laura Herring has been selected for a unique assignment. She will become an instructor at the Canadian Forces Senior NCO Academy, located about 60 miles southeast of Montreal.

Sergeant Herring, superintendent of the 81st Diagnostics and Therapeutics Squadron pathology and laboratory flight,

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

*Left: Senior Master Sgt. Laura Herring has been selected for a unique assignment. She will become an instructor at the Canadian Forces Senior NCO Academy, located about 60 miles southeast of Montreal.*

learned she was chosen for the post Jan. 11 when she received a phone call from the Air Force Personnel Center at Randolph Air Force Base, Texas.

She said she had applied around Thanksgiving and believes each numbered Air Force was asked to submit nominees.

“I’m excited!” Sergeant Herring said. “This will be my first instructor duty.”

The 22-year Air Force veteran -- all in the laboratory career field -- arrived at Keesler 13 months ago.

Sergeant Herring started language training at the Presidio of Monterey, Calif., Feb. 10. She scored a 113 on the language aptitude test -- a score of 95 or higher is required.

Following the six-month school, Sergeant Herring, a Dallas native, attends the six-week basic instructor course at Maxwell Air Force Base, Ala.

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*Fort Detrick engages National Academy of  
Sciences for Peer Review of Public Health Reports*

FORT DETRICK, MD —The National Academy of Sciences' Committee on Toxicology (NAS-COT) has been engaged by Fort Detrick to conduct a peer review of key public health reports and studies concerning environmental contamination and remediation efforts at Fort Detrick, Md., and potential public health effects.

"The National Academy of Science's peer review of the research to date will either confirm prior findings indicating no health risk or identify any gaps we need to address," said Col. Judith Robinson, commander of the U.S. Army garrison at Fort Detrick. "This review is a manifestation of the Army Community Covenant between Fort Detrick and the City and County of Frederick. We have to be absolutely certain that we are doing everything possible to provide a safe environment for our employees and neighbors."

Central to NAS-COT's review are three reports based on independent studies by public health agencies:

"Evaluation of Drinking Water Well Exposures via Confirmed Off-Site Contamination, Fort Detrick Area B Groundwater, Frederick, Maryland, EPA FACILITY ID: MDD985397249," by the Agency for Toxic Substances and Disease Registry (ATSDR) Public Health Assessment, published Dec. 9, 2009.

"Interim Progress Report: Cancer Investigation," by the Maryland Department of Health and Mental Hygiene, published October 2010.

"Final Cancer Investigation Report," by the Maryland Department of Health and Mental Hygiene, tentatively scheduled to be published later this year.

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*"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*

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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."

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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](http://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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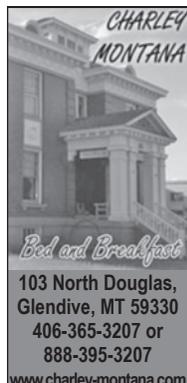
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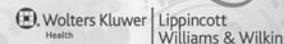


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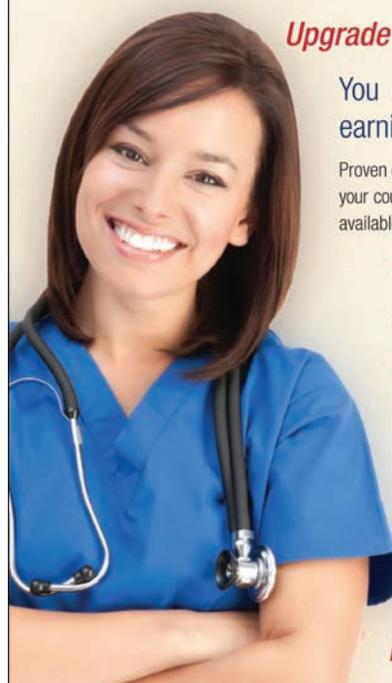
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## Pharmacy technician's attention to detail earns award during deployment to Iraq

By Senior Airman Tong Duong  
332nd Air Expeditionary Wing Public Affairs

JOINT BASE BALAD, Iraq -- Whether sorting out medication for a splitting headache or antibiotics for battlefield injuries, filling the correct prescriptions can literally save lives.

Staff Sgt. Davitric Jackson, 332nd Expeditionary Medical Group pharmacy technician, singlehandedly filled 1,417 prescriptions and provided 63 medications for 20 short-notice medically-evacuated patients, which enabled 100 percent survivability. His efforts earned him the Tuskegee Airman of the Week award for Jan. 9 - 15, 2011.

"Very detailed work with a lot of responsibility for a young noncommissioned officer to shoulder, not only in terms of accuracy in prescription, but inventory as well. You have to get it perfect," said Brig. Gen. Kurt Neubauer, 332nd Air Expeditionary Wing commander.

Sergeant Jackson, who deployed from Keesler's 81st Diagnostics and Therapeutics Squadron, was an A-10 Warthog maintainer and knows the importance of doing the best job possible. He secures more than 700 line-item medicines worth \$34,000 each day.

In the Air Force, when weapons systems are mentioned, most people will think of airplanes, but the general wants them to think of people.

"Airmen are the chassis of every weapons system that we field in the United States Air Force, and Sergeant Jackson takes care of that chassis for us," General Neubauer said.

The general not only lauded the sergeant on the great job he does at work, but also on his personal time. Sergeant Jackson, an Albany, Ga., native, arrived in December and got involved in the Joint 5/6 council, volunteered at the USO, Red Cross and Honor Guard because, "It feels good to help others."

"He's a guy who's working on the body, mind and spirit of not just himself, but more importantly, the lives he touches either directly with his work at the pharmacy or through volunteering," the general said. "I think that speaks volumes as to where his future lies hereon as far as providing leadership."

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