



Rounds

Eisenhower Army Medical Center

JANUARY 2017

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CALENDAR

Jan. 4
Resilience training, Auditorium, 8-10 a.m.

Jan. 5
SHARP Soldier/Civilian, Auditorium, 9:30 a.m. to 12:30 p.m.

Jan. 10
TARP, Auditorium, 9-11 a.m.

Jan. 11
Resilience training, Auditorium, 8-10 a.m.

Jan. 12
SHARP Soldier/Civilian, Auditorium, 9:30 a.m. to 12:30 p.m.

Jan. 16
Federal Holiday: Martin Luther King Jr. birthday

Jan. 18
Military Resilience Training for Families, Family Outreach Center, building 33512 (behind Woodworth Library) Rice Road, 9 a.m. to noon

Jan. 19
SHARP Soldier/Civilian, Auditorium, 9:30 a.m. to 12:30 p.m.

Jan. 20
EAMC Quarterly Retirement Ceremony, Auditorium, 9-11 a.m.

EAMC EO Observance - Martin Luther King Jr. birthday, EAMC Auditorium, 11:30 a.m. to 1 p.m.



Menu January

Rounds

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Breaded Fried Pork Chops Cajun Chicken Chicken Gravy Steamed Rice Potatoes Au Gratin Black eyed Peas w/ Hamhocks Scandinavian Vegetables	2 Mushroom Barley Soup Fried Chicken Baked Chicken Baked Salmon Chicken Gravy Steamed Rice Potatoes and Herb Macaroni & Cheese Mixed Vegetables	3 Italian Wedding Soup Beef Yakisoba Pork Adobo Vegetarian Egg Rolls Fried Rice Steamed Rice Brown Rice Steamed Broccoli Vegetable Stir-fry	4 Cream of Broccoli Soup Roast Turkey Baked Catfish Fried Catfish Turkey Gravy Cornbread Dressing Mashed Potatoes Green Beans w/Potatoes	5 Chicken Tortilla Soup Chicken Fajitas Beef Fajitas Bean and Cheese Burritos Enchilada Sauce Refried Beans w/ Cheese Spanish Rice	6 New England Clam Chowder Parmesan Baked Tilapia Beef Bulgogi Brown Gravy Lyonnais Potatoes Steamed Rice Brown Rice Sautéed Asparagus	7 Tomato Florentine Soup Baked Glazed Ham Baked Salmon Pineapple Sauce Wild, Steamed or Brown Rice Mashed Potatoes California Blend Vegetables
8 Chicken and Dumpling Soup BBQ Beef Sandwich Mexican Chicken Steak Fries Brown Rice Steamed Rice Sautéed Asparagus Riviera Mixed Vegetables	9 Cream of Broccoli Soup BBQ Chicken Savory Baked Chicken Chili Macaroni Chicken Gravy Hopping John Rice Garlic Red Potatoes Sautéed Cabbage	10 Chicken and Wild Rice Soup Meatloaf Spicy Honey Pork Loin Beef Gravy Mashed Potatoes Brown Rice Steamed Rice Green Beans w/	11 Chicken Gumbo BBQ Ribs Fried Catfish Baked Catfish Macaroni & Cheese Steamed Rice Brown Rice Tomatoes w/Okra Collard Greens w/Ham	12 Beef w/Green Pepper Soup Teriyaki Chicken Beef Pepper Steak Vegetarian Egg Rolls Brown or Fried Rice Broccoli Stir-Fried Vegetables Dinner Rolls	13 Italian Wedding Soup Beef Stew Baked Tilapia Parsley Egg Noodles Steamed Rice Sautéed Asparagus Summer Squash Dinner Rolls	14 Mediterranean Vegetable Soup Salisbury Steak Herb Baked Flounder Cottage Fried Potatoes Brown or Wild Rice Mixed Vegetables Broccoli
15 Mushroom Barley Soup Hungarian Goulash Parmesan Tilapia Beef Gravy Steamed Rice Egg Noodles Peas and Carrots Catalina Blend Vegetables	16 Bean and Ham Soup Chicken Parmesan Meat Sauce White Pasta Wheat Pasta Italian Roasted Potato Wedges Cauliflower Au Gratin Broccoli	17 Chicken Noodle Soup Savory Baked Chicken Beef Stroganoff Brown Gravy Steamed Rice Brown Rice Egg Noodles Whole Kernel Corn Brussels Sprouts	18 Beef w/Pepper Soup Honey Glazed Ham Herb Baked Flounder Pineapple Sauce Scalloped Potatoes Steamed or Brown Rice Glazed Baby Carrots Sautéed Cabbage with Bacon Cornbread	19 Chicken and Wild Rice Soup Oven Roast Beef Baked Salmon Brown Gravy Egg Noodles Potatoes O'Brien Steamed Rice Sautéed Asparagus Mixed Vegetables Dinner Rolls	20 Cream of Broccoli Soup Chicken Cacciatore Beef Lasagna Vegetable Lasagna White Pasta Wheat Pasta Brown Rice Sicilian Mixed Vegetables Steamed Broccoli	21 Tomato Basil Soup Turkey Tetrazzini Parmesan Crusted Tilapia Chicken Gravy Steamed Rice Steak Fries California Mixed Vegetables Baby Carrots Dinner Rolls
22 Cream of Potato Soup w/Bacon Steak Ranchero Grilled Chicken Breast Rice Pilaf Mashed Potatoes Peas and Carrots Cauliflower Au Gratin	23 Mushroom Barley Soup Fried Chicken Savory Baked Chicken Baked Salmon Chicken Gravy Steamed Rice Potatoes and Herb Macaroni & Cheese	24 Italian Wedding Soup Beef Yakisoba Pork Adobo Vegetarian Egg Rolls Fried Rice Steamed Rice Brown Rice Steamed Broccoli Vegetable Stir-fry	25 Cream of Broccoli Soup Roast Turkey Baked or Fried Catfish Turkey Gravy Cornbread Dressing Mashed Potatoes Green Beans w/Potatoes	26 Chicken Tortilla Soup Chicken Fajitas Beef Fajitas Bean and Cheese Burritos Enchilada Sauce Refried Beans w/ Cheese Spanish Rice	27 New England Clam Chowder Parmesan Baked Tilapia Beef Bulgogi Brown Gravy Lyonnais Potatoes Steamed or Brown Rice Sautéed Asparagus	28 Tomato Florentine Soup Baked Glazed Ham Baked Salmon Pineapple Sauce Wild, Steamed or Brown Rice Mashed Potatoes California Blend Vegetables
29 Chicken and Dumpling Soup BBQ Beef Sandwich Mexican Chicken Steak Fries Brown Rice Steamed Rice Sautéed Asparagus Riviera Mixed Vegetables	30 Cream of Broccoli Soup BBQ Chicken Savory Baked Chicken Chili Macaroni Chicken Gravy Hopping John Rice Garlic Red Potatoes Sautéed Cabbage w/ Bacon Sautéed Cabbage Whole Kernel Corn	31 Chicken and Wild Rice Soup Meatloaf Spicy Honey Pork Loin Beef Gravy Mashed Potatoes Brown Rice Steamed Rice Green Beans				

January 2017

New year of challenges, opportunities, accomplishments

Col. Michael A. Weber
Commander

Eisenhower Army Medical Center

Welcome back after an exciting holiday season. I hope everyone took the opportunity to celebrate with family and friends.

2016 was a fast-paced and challenging year. Many of our teammates shouldered heavy burdens of deployment, deactivation of the Warrior Transition Battalion and supporting innovations in virtual health care. Our primary care providers and teammates evaluated a record-setting number of patients while maintaining excellent access and quality. Our surgical services led the MEDCOM in quality and safety. Everyone played a role in achieving this amazing standard of care.

I want to thank you all for your dedication to making the leadership's vision a reality.

We are now ready to begin a new year to accomplish personal and professional resolutions. 2017 will be a very exciting year.

There are going to be a few changes in the HELOS model to make it more sustainable from the human resources point of view. Eisenhower Army Medical Center is expanding the Residential Treatment Facility capacity, and continuing to advance the boundaries of virtual health care.

Jan. 16 is a significant occasion for personal reflection, celebration and action. Twenty years after Dr. Martin Luther King Jr. proclaimed to the world his dream for equality in 1964 Public Law 98-144 was enacted, designating the third Monday in

We are now ready to begin a new year to accomplish personal and professional resolutions.

January as a federal holiday commemorating Dr. King's birthday. The King Holiday honors the life and contributions of one of America's greatest champions of racial justice and equality, the leader who not only dreamed of a color-blind society, but who also led a movement that achieved historic reforms to help make it a reality.

January is National Blood Donor Month

as well as Cervical Cancer Awareness Month.

In January, the Armed Services Blood Program will be "Celebrating Your Legacy" and thanking the many men and women who supported the military blood program in 2016.

Our Kendrick Memorial Blood Donor Center will conduct an awards ceremony starting at 11:30 a.m., Jan. 27 at The Gordon Club. If you are available, stop by and celebrate the recognition of those who have donated more than a gallon of blood. See the story on page 9.

This issue of Rounds also has information on cervical cancer and the importance of screening. Cervical Health Awareness Month is a chance to raise awareness about how women can protect themselves from HPV (human papillomavirus) and cervical cancer. See the story on cervical cancer on page 4.

I look forward to seeing all the amazing things we will accomplish together in 2017. You make EAMC my First Choice for 5-Star Care.

'MILITARY SANTA' VISITS FISHER HOUSE



Courtesy photo

Joseph "Military Santa" Shores visits Fisher House family members, 2-year-old Ariana Philadelphia, center, and Lucianna Jones Nov. 16. Military Santa also presented Fisher House with a donation from *La Societe des Quarante Hommes et Huit Chevaux*, an independent, by-invitation, honor organization of male and female U.S. veterans, more commonly known as the Forty & Eight.

Rounds ★★★★★
Eisenhower Army Medical Center

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Rounds is an official monthly publication of Eisenhower Army Medical Center at Fort Gordon, Georgia, produced by the EAMC Public Affairs Office for and about the staff of the hospital and the military members, family members and beneficiaries who choose EAMC for their Five-Star Health Care.

Editorial content is under the direction of and serves the mission of the EAMC commanding officer. Email: usarmy.gordon.medcom-eamc.mbx.pao@mail.mil.

Cover photo by John Corley

EAMC receives second national recognition in three months

David M. White
Public Affairs Office
Eisenhower Army Medical Center

Eisenhower Army Medical Center recently earned the CNOR Strong designation from the Competency & Credentialing Institute. The CNOR Strong designation is awarded to facilities having at least 50 percent of its OR nursing staff CNOR certified, and provides programs that reward and recognize its certified nurses. This is the first year CCI has awarded this elite status to facilities nationwide.

This is the second nationwide recognition for operating room excellence EAMC has received in the last three months. In October, EAMC was recognized for the second year in a row by the American College of Surgeons' National Surgical Quality Improvement Program for its safety initiatives and quality of care.

"Nationwide recognition by two separate organizations for EAMC's commitment to excellence and safety in the operating room speaks well of the professionalism of the entire staff as well as their dedication to the service members, family members and beneficiaries who count on EAMC for their medical care," Col. Michael A. Weber, MD and EAMC commander, said. "And the rec-

ognition serves as a glimpse into the work ethic, medical training and *esprit de corps* the entire clinical and administrative staff bring to the table each and every day."

The CNOR certification program is for perioperative nurses interested in improving and validating their knowledge and skills, and providing the highest quality care to their patients. Certification also recognizes a nurse's commitment to professional development. It is an objective, measurable

way of acknowledging the achievement of specialty knowledge beyond basic nursing preparation and RN licensure.

"Patient safety and positive surgical outcomes are of the utmost importance to this hospital," Dr. James Frizzi, M.D., EAMC deputy commander for surgical services, said. "Supporting nurses as they exceed expectations to achieve their perioperative nursing certification shows EAMC's commitment to its core values."



What you should know about cervical cancer

Capt. Randy Bain, D.O.;
Maj. Mary DiGiulio, D.O., Chief,
Family Medicine Clinic
Eisenhower Army Medical Center

Each year in the United States cervical cancer accounts for almost 13,000 new cases of cancer and about 4,100 cancer-related deaths. It is the third most common cancer of a woman's reproductive organs, with uterine and ovarian being the most common. However, cervical cancer is also the most preventable because effective screening is available. In fact, the rate of cervical cancer has decreased nearly 75 percent in the past 50 years due to cancer screening.

Two tests are available, depending upon your age, which help prevent cervical cancer or detect it early:

1. The Pap test or smear (named after Dr. Georgios Papanikolaou) collects a sample of cells from the cervix which is then sent to the laboratory. During a regular office visit, your health care provider will insert a device called a speculum into the vagina, which allows the cervix to be seen. A soft brush is used to collect the cells which will be looked at under a microscope. When these cells look abnormal, it can mean they might turn into cancer if not treated appropriately. The Pap test looks for "pre-cancerous" cells to allow early treatment and prevent the development of cancer.

2. The HPV (human papilloma virus) test looks for the virus which is almost always responsible for these cell changes. It is collected in the same manner as above. Most women (and men) get HPV through

normal sexual contact, but often the body clears the infection without ever causing a problem. However, sometimes it doesn't go away on its own, and having the virus puts women at a higher risk of developing cervical cancer.

The recommendation on how often a Pap should be performed, and when the HPV test should be done, changed about five years ago. All women should have their first Pap done at age 21 and not before.

If you have never had an abnormal test and are:

- age 21-29 years old, you should have a Pap test done every three years.
- age 30-65 years old, you should have a Pap test and the HPV test (called co-testing) done every five years. If both tests are normal, you have a very low chance of developing cervical cancer.

see **CANCER** on page 11

HSA serves EAMC medical community, generates new friends

David M. White
Public Affairs Office

Eisenhower Army Medical Center

“The Health Services Auxiliary is a non-profit organization that promotes friendship, hospitality, support and service for its members and the Fort Gordon Military health community,” according to its Facebook page.

The HSA is most visible several times during the year, organizing a fund-raising golf tournament for the Fisher House and, most recently, holding a bake and house-plant sale in the pharmacy lobby, among other activities and social events.

Most of the members are spouses of Eisenhower Army Medical Center staff, but that’s not a necessary requirement to join. Just ask Stephanie Garwold.

Garwold’s husband, Keith, a retired Signal Corps lieutenant colonel, has been stationed nearly a dozen places and in every one of them, Stephanie has offered herself as volunteer.

“I’m a dietitian,” she said, and I was able to serve in that capacity in a couple of places.

When they came to Augusta eight years



Photo by David M. White

Stephanie Garwold, Health Services Auxiliary member, visits Eisenhower Army Medical Center Dec. 8 to talk about HSA’s activities and philanthropy.

ago, Garwold became involved with the HSA at EAMC and, when her husband retired from the Army, they stayed in the area. She stayed with the HSA because it’s “a fun group,” she said.

“It’s like a family,” said the mother of twin boys age 13.

And she knows the HSA makes a difference to the Fort Gordon health care community.

“The HSA has donated a quarter of a million dollars to the Fisher House over the

last 20 years through the golf tournament alone,” she said.

“Philanthropic donations last year included reference and text books for pathology and rheumatology departments, donations for stuffed animals and stress balls to nuclear medicine, donations for school screening giveaways to the family medicine and community care clinics, and assistance for the graduation ceremony,” she said.

Garwold, who is the HSA president this year, said that health care organizations at Fort Gordon can apply for a philanthropic grant.

“The HSA is currently accepting philanthropy requests for Eisenhower Army Medical Center at Fort Gordon only,” she said. “For information and a request form, send an email to hsaphilanthropy1@gmail.com.”

The same request can be said for membership; the contact for people wanting to join the HSA is healthservicesauxiliary@gmail.com.

“HSA is a great place to help the medical community and make some great friends,” Garwold said.

Life ... death ...

Capt. Donna Goodson, MS, RD, LDN
Nutrition Services Division
Eisenhower Army Medical Center

It’s Friday night, you’ve finally make it to the end of a grueling work week, the kids are asleep and you’re about to curl up on the couch to watch a movie, when it hits you: chocolate. The craving is all-consuming. Chocolate! You can think of nothing else. Chocolate! Chocolate!!

Does it matter that you’ve been eating healthy all week? No. You need chocolate NOW!

Does it matter that you haven’t had any chocolate in weeks? No! Chocolate! Chocolate!! CHOCOLATE!!!

The craving grows stronger every second. Resistance is futile (much like the Borg in Star Trek) and before you realize it, you’re frantically digging through your pantry for the emergency bag of semi-sweet chocolate chips you keep for baking, then gorging yourself with chocolate by the handful.



Bliss!

However, too soon the competing feelings of relief, guilt and remorse begin to swirl around your mind. Was the crisis averted? Or was Pandora’s Box opened?

Some believe that a craving — an intense desire for a certain food — is a signal that the body is lacking a nutrient or nutrients that a specific food provides. A craving for chocolate, for example, might signal a physiologic need for antioxidants. However, a bowl of red beans, which is higher in antioxidants than chocolate, would better meet that supposed physiological need; yet for most, red beans are low on the craving scale.

Are cravings physiological or psychological? In reality, we do not know definitively

what causes a craving; in fact it could be a little of both.

Think of the last time you had a cold. What foods helped to relieve your symptoms? Often a bowl of Mom’s chicken noodle soup helps you feel better; it relieves congestion and has proven antibacterial properties. It works not just because of its curative powers, but also because it brings back comforting memories of being cared for by Mom.

So what should you do when your cravings become overwhelming, and lead to overindulgence and feelings of guilt? When you follow an overly restrictive diet or try to completely cut out certain foods, your cravings can become intense, often leading to a vicious cycle of overindulging, overeating

see **CHOCOLATE** on page 10

Pajamas with Santa



Photos by John Corley

Families gather in Ike's Cafe Dec. 9 for Pajamas with Santa, an opportunity for holiday cheer, cookies, candies and, of course, a chance to have your picture taken with Santa. Some participants were more enthusiastic about meeting Santa than others.

Seasons of life

Capt. Christopher Hart, chaplain
Department of Ministry and Pastoral Care
Eisenhower Army Medical Center

"To everything there is a season and a time to every purpose under the heaven ... And God has made everything beautiful in his time." — Ecclesiastes 3:1,11a.

As we celebrate the New Year, we are grateful for the victories God gave us in 2016. God was our help through difficult times and was also our help through times of joy.

This same God is our hope in this New Year. God will be our help as we journey through 2017 and all the different seasons and changes that it will bring in our own lives. We may experience various stages and feelings of life as we take up different responsibilities and tasks. In the process of time, our minds might ponder with various thoughts of the 5Ws: Who, What, When, Where and Why. These are not uncommon thoughts but the answer to these questions determine how successful we face every season of our life.

I would like to share a parable with you, adapted from "The Pear Tree." There was a man who had four sons. He sent each of them on a quest to look at a pear tree in the distance. The first son went in the winter, the second son in the spring, the third son in the summer and the fourth son in the fall.

They each came back and told their father what they saw. The first son said the tree was ugly, bent and twisted. The second son said it was covered with green buds and full of promise. The third son disagreed and said it was laden with blossoms, smelled so sweet and looked so beautiful; it was the most graceful thing he had ever seen. The fourth son disagreed with them all and said it was ripe and drooping with fruit, full of life and fulfillment.

The father told them that they were all right and that you cannot judge a tree, or a person, by only one season.

The essence of who we are, the pleasure, joy and love that comes from that life can only be measured at the end when all the seasons are up.

Your current situation may make you feel that you are in the winter season.

Do not allow your entire life to be judged by one difficult season.

Perhaps you feel lonely, discouraged or even afraid of what the future may bring.

Don't allow the pain of one season to destroy the joy of all the rest. Do not allow your entire life to be judged by one difficult season. Persevere through the difficult patches because better times are sure to come. If you give up in winter, you will miss the promise of your spring, the beauty of your summer and the fulfillment of your fall.

Remember: God has given each and every one of us the ability and power to overcome, and to readily recover in all circumstances. He makes all things beautiful in each season.

Suicide prevention at every level

**Capt. Sarah H. Afriecq, Psy.D., and
Capt. Rodney C. Merkley, Psy.D.**
Psychology Residents, Outpatient Behavioral
Health Services
Eisenhower Army Medical Center

Suicide prevention efforts have generally focused on providing information on risk factors (male, Caucasian, enlisted) or warning signs (poor work performance, giving away possessions). This information is useful, but it does not answer the important questions of why individuals hurt themselves and what could be done to help those who might be struggling.

The likelihood of suicidal behavior increases when individuals feel cut off from others or view themselves as being a burden to others. Other factors that are common in the military that increase suicide risk, are decreased fear of death, and access to and familiarity with firearms.

Because suicide feeds on feelings of rejection and loneliness, it is imperative individuals at all levels take steps to protect themselves and others.

Leaders

Pay close attention to behavioral changes in your employees, including poor work performance and increased disciplinary problems. Get to know your workers and be aware of stressors in their lives and also what they do to manage those stressors. If you have concerns for your employee's well-being, use the guidance in the Ask, Care, Escort program. Ask the employee if they had or are having thoughts about hurting themselves. Do your best to dispel stigma and encourage your employee to seek out relevant behavioral health services. Often individuals who are suicidal will not come out and say it. However, they may express hopelessness in statements such as "things will never get better," "I just want to give up," "there's no point in trying" and "my career is over."

Coworkers

Be aware of new or unusual behaviors in your coworkers such as changes in

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Editorial calendar, story/photo deadlines

<i>February 2017</i>	<i>Jan. 13</i>
	American Heart Month
	African Heritage, Health Week
	National Donor Day
<i>March 2017</i>	<i>Jan. 22</i>
	Colorectal Cancer Awareness
	National Nutrition Month
	Sleep Awareness Week
	American Diabetes Alert Day
<i>April 2017</i>	<i>Feb. 26</i>
	Child Abuse Prevention
	Sexual Awareness, Prevention
<i>May 2017</i>	<i>March 18</i>
	Better Hearing, Speech Month
	National Stroke Awareness
	Hand Hygiene Day
	Women's Check-up Day
	Hurricane Preparedness Week

see **SUICIDE** on page 11

January is 'Thanks for Giving' month

Erin Longacre

Donor Recruiter

Armed Services Blood Program

How do you say "thank you" to someone who heroically saves multiple lives in a year just by rolling up their sleeve? Since 1970, U.S. blood collection agencies have sought to specially recognize donors each January by celebrating National Blood Donor Month.

It's a perfect time to host events that shine the spotlight on the generosity of the nation's donors, to offer special thank-you items for donating, and to increase awareness of the critical need for blood products.

Fort Gordon's Kendrick Memorial Blood Center is one of 10 Army blood donor centers and one of 20 military centers worldwide comprising the Armed Services Blood Program. The center is planning its annual recognition ceremony to give back to those who donate their blood, and those who help organize and support blood drives.

Sgt. Tommy Teed, one such hero, has been giving platelets at KMBC for almost a year, and is nearing the maximum number of times a person may donate platelets in one year, 24 times. All of his donations were done by apheresis, most of them double units.

Apheresis is a donation process whereby the donor's blood is drawn through a needle and tube, then separated into its main components in a specialized machine. The platelets, or "sticky" component of blood needed to form clots and control bleeding, are retained with a small amount of plasma, and the donor's red blood cells are returned to them.

For platelets, it takes around an hour to complete the donation plus the time needed for the donor to answer a few health and history questions, have their vital signs checked, and have a sample of their blood tested to determine several factors including hematocrit, platelet count and white blood cell count.

It's a significantly longer process than a regular whole blood donation, which takes 5-6 minutes. Donors who commit to regular platelet donation are a precious resource indeed for patients in need of platelets for surgery, various types of cancer treatment, and severe injuries or burns.

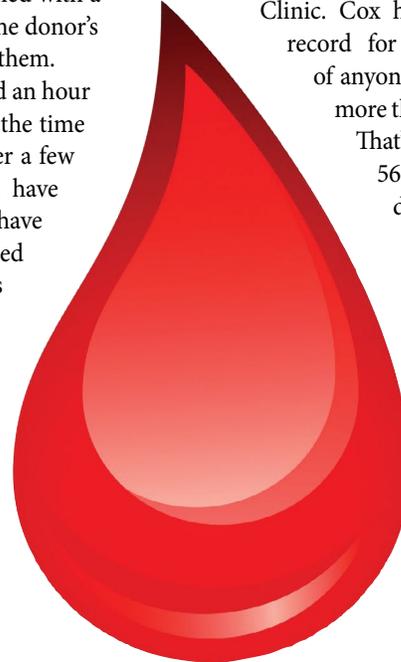
For Teed, a signals intelligence analyst at Fort Gordon, any inconvenience involved in donating is inconsequential.

"You have this lifesaving resource in your body, and it costs nothing to share it and make a difference," Teed said.

Another of the donors to be recognized is Carol Cox, from Eisenhower Army Medical Center's Cardiology Clinic. Cox holds the current record for most donations of anyone at Fort Gordon, more than seven gallons.

That's more than 56 whole blood donations. That is an extremely impressive achievement requiring a minimum of 9 1/2 years to complete.

Cox, who has appeared in several news articles for the Armed Services



see **BLOOD** on page 11

ARE YOU READY?

MEDICAL READINESS

If you need to complete your annual Periodic Health Assessment (PHA), annual dental exam, or both, then you're not medically ready! You **MUST** complete these exams by 31 March 2017.



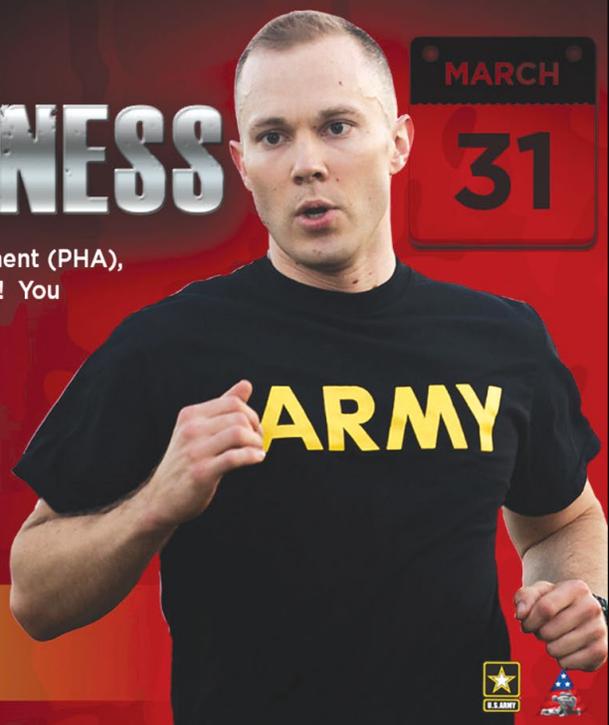
1. Complete your annual dental exam.



2. Complete your annual PHA.



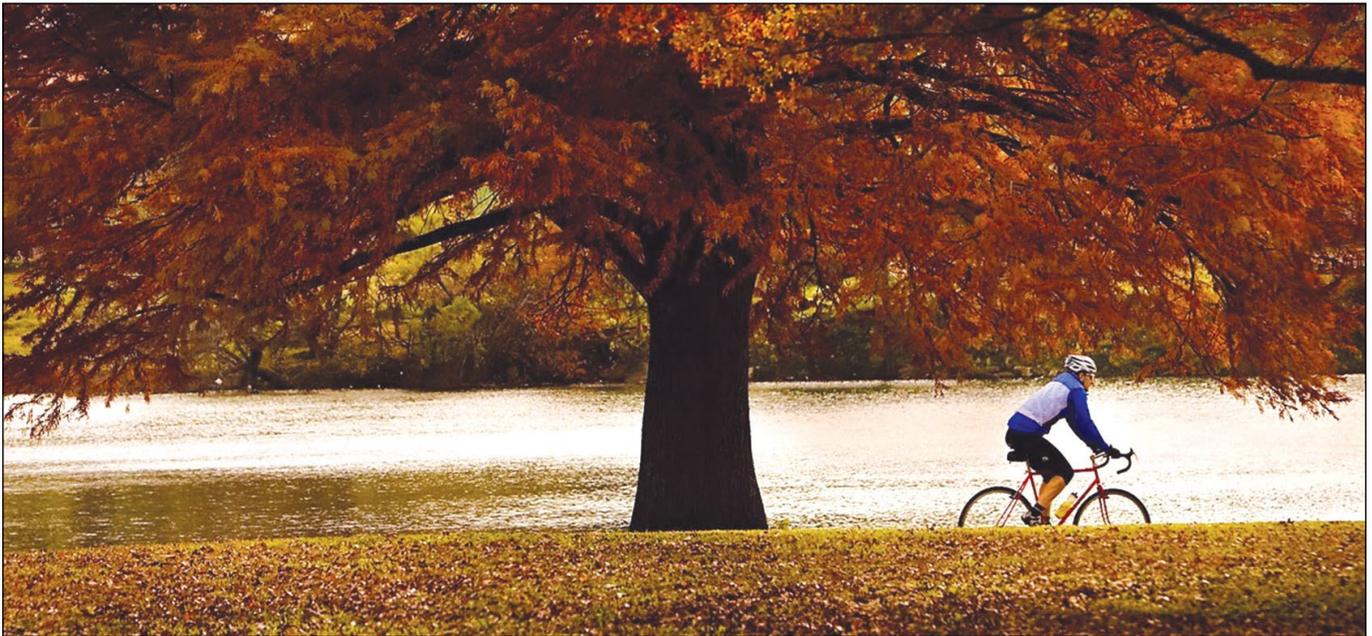
3. Stay strong and stay ready!



Medical Readiness Classification (MRC) 4 Reset
For questions, visit <http://go.usa.gov/x8XPW>

READINESS IS PRIORITY #1





File photo

A weather eye and strategically stacked layers of clothing are the keys to exercising safely and comfortably outdoors in the cold weather.

Safety tips for wintertime outdoor exercise

Bob Meloche
Safety Manager

Eisenhower Army Medical Center

The arrival of colder temperatures can discourage even the most motivated exercisers. But you don't have to let the cold curtail your fitness regimen. Whether you are a track runner scampering about the expanse of Barton Field, a dedicated road runner, a bicycle enthusiast or a walker, there are specific steps to be taken prior to exercising in the cold.

Check the forecast. The air temperature, wind speed and projected wind chill are all crucial factors in planning your outfit.

Dressing too warmly is a common mistake when exercising in cold weather. Exercise generates heat, resulting in your body sweating. The evaporation of sweat pulls heat from your body and you feel chilled. It's a vicious cycle.

To break the cycle, simply dress in layers that you can remove as soon as you start to sweat and then put back on as needed. The base layer (closest to your skin) should be a thin layer of synthetic material, such as polypropylene, which draws sweat away from your body.

Add a layer of fleece or wool for insulation. Finish with a breathable,

waterproof outermost layer.

It may take some experimentation before you hit on the perfect combination of layers for your activity, but you'll be glad you put in the time to figure it all out.

Another issue with outdoor exercise this time of year is the late sunrise/early sunset cycle.

Wearing a reflective outer garment, and/or carrying some type of flashlight makes you far more visible to passing vehicles.

Dress properly, follow the safety guidance for your particular activity, ensure you're visible to others, and enjoy the cold, crisp temperatures to the fullest.

CHOCOLATE from page 5

and guilt. A healthy diet that allows for small amounts of the foods you enjoy — even high-fat, high-calorie foods — will be easier to maintain since you aren't trying to entirely eliminate any foods from your life.

Here are just a few simple tips for handling food cravings.

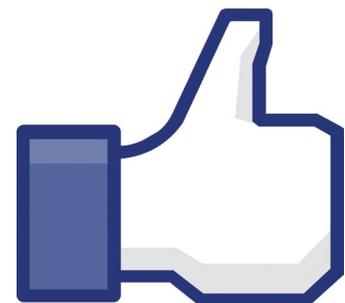
- Put your craving off. Tell yourself that you'll deal with the craving in 20 minutes. Food cravings are typically short-lived, and while the desire for chips, chocolate or cake feels overwhelming now, it will wane, especially if you can find a

way to distract yourself or a healthy food substitute.

- Buy single servings of foods you crave the most. Instead of buying a whole box of cookies, buy just one or two really delicious cookies from a specialty bakeshop.
- Take a walk. Physical activity curbs cravings and hunger.

For those of you who are committed to making change, do not despair. It takes 4-6 weeks of consistent behavior to break a habit so stick with your goals and the cravings will eventually go away.

For nutrition information, contact the Nutrition Clinic at 787-2243 or Eat-Right.org.



Like us. Follow us.

www.facebook.com/DDEAMC

BLOOD from page 9

Blood Program for her selfless service, donated long before coming to work at EAMC, and has given even more gallons than KMBC has on record. Like National Blood Donor Month itself, her history of donating blood began in 1970.

The military blood program was begun by President Truman in 1952, and has been its own fully operational, distinct blood program since 1962. After the Korean War,

the ASBP took over collecting, processing and transporting blood products for the military community from the American Red Cross. The ASBP is one of the four organizations that ensure this nation has a safe, potent blood supply. We work closely with all civilian blood agencies — American Red Cross, America's Blood Centers, Blood Centers of America and other local hospital organizations — in times of need. However, the ASBP is the sole provider of blood and

blood products for the U.S. armed forces.

Remember, anywhere and anytime you donate — whether it's the ASBP or a civilian collection agency — you save lives.

If you'd like to start your Armed Services Blood Program superhero blood donor training, you can find out more about donating blood, plasma or platelets by calling at 787-1014 or 787-3234. Visit online at www.militaryblood.dod.mil or www.facebook.com/fortgordonbloodcenter.

SUICIDE from page 8

appearance, increased social isolation, and increased alcohol use or risk-taking behavior. Pay special attention to individuals who you know are experiencing relationship, financial, medical, and/or legal problems because these stressors could prompt or exacerbate depression and suicidal behavior.

Discourage alcohol use as a coping mechanism. Alcohol abuse often worsens rather than improves stressors that are occurring. Coworkers should reach out to leadership and/or use ACE if they have concerns.

Employees

Engage in adequate self-care such as proper nutrition, sufficient sleep and exercise.

Build a strong social support network. This network can consist of co-workers, friends, family, chaplains or members of the clergy, or anyone you have shared interests (such as clubs, sports teams, etc.). A good social support network will serve as a buffer in times of distress. Additionally, make sure you are scheduling activities that you enjoy doing such as fishing, baking, woodworking, reading, etc.

If you are experiencing a problem, reach out for help. Talk to a trusted friend,

coworker, or leader. If the stressors feel too significant for you to manage, seek behavioral health services.

If you believe you are at risk of harming yourself, call the suicide hotline (1-800-273-TALK) or emergency services (911).

Suicide is a tragedy that impacts individuals at all levels of an organization. It occurs when individuals feel alone and rejected. Thus, it is imperative that a team approach be used to prevent suicide. It is important that no one struggles alone. If at any point you are struggling or see someone struggling, use the recommendations listed above to protect the whole team.

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If your results are not normal, your health care provider will help you understand your unique situation and when the test should be repeated, or which additional tests might be necessary. Some women need testing more often, and some women may stop screening early depending upon their medical and surgical history. Regardless of your cervical cancer screening frequency, you should still have a regular physical exam and check-up every year.

Additional information

- Avoid scheduling your Pap test during your period. Blood on the cervix can affect the result and the test may need to

be repeated.

- Avoid putting anything into the vagina for 48 hours before your scheduled exam.
- If you are having any other symptoms, such as pain with intercourse, vaginal discomfort or discharge, talk with your health care provider before the test. He or she may be able to do additional testing at the same time.

Make an appointment to see your primary care provider if you have any questions about your cervical cancer risk or testing.

What to know about HPV

HPV is the most common sexually transmitted infection. HPV is not the same as HIV (the virus that causes AIDS) or HSV

(herpes). While the screening described above is effective in detecting infection, there is now a vaccination which can prevent the infection from happening in the first place. In that sense, this vaccination can actually help prevent cancer.

Since both men and women get HPV, and it can also rarely cause certain cancers in men, it is important to receive the vaccination before sexual exposure.

The vaccine used at EAMC, called Gardasil, is safe and effective. It is recommended for boys and girls aged 11 to 12 but can be given up to age 26 in certain situations. Gardasil is available from your primary care clinic, and is given as a series of three shots over six months.

PERFORMANCE TRIAD
Sleep, Activity, and Nutrition

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At EAMC since
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Army for 6 years



David Buckner,
Red Cross volunteer
in the Family Medicine
Clinic, 10,270 hours over
23 years



Charlie Mobley,
Shuman Interiors/
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