

Rounds

Eisenhower Army Medical Center



NOVEMBER 2017



TRAIN
against
disruptive
behavior

JAG
RECOGNIZED FOR
EXCELLENCE

LIVE
LONGER
CALL THE SHOTS
ON DIABETES

CALENDAR

Oct. 30-Nov. 8

U.S. Marine Corps Tribute Run, Barton Field

Nov. 1

NCO Induction Ceremony Rehearsal, EAMC Auditorium, 9-11:30 a.m.

NCO Induction Ceremony/Noncommissioned Officer Development Program, EAMC Auditorium, 4-5 p.m.

Nov. 2

SHARP Soldier/Civilian Annual Training, EAMC Auditorium, 9:30 a.m. to 12:30 p.m.

Nov. 3

Employee Assistant Program training for civilian employees and families, ASAP training room, noon to 1 p.m.

Junior Enlisted Development Program, EAMC Auditorium, 4-5 p.m.

Nov. 4

Retiree Appreciation Day, Building 33720, Darling Hall, 8 a.m. to 2 p.m.

Fort Gordon Turkey Trot 5K/1 Mile, Barton Field, 9 a.m. to 1 p.m.

Nov. 6

ACE Suicide Prevention Training, EAMC Auditorium, 9-11 a.m.

Army Substance Abuse Prevention Training for Soldiers, Alexander Hall, 1-2 p.m.

Nov. 7

Junior Enlisted Development Program, EAMC Auditorium, 6-7 a.m.

Nov. 8

Leadership Development Program, EAMC Auditorium, 6-7 a.m.

Threat Awareness and Reporting Program, Darling Hall, 2-3 p.m.

Leadership Development Program, EAMC Auditorium, 4-5 p.m.

Nov. 10

Veterans Day (Observed)

Nov. 11

Veterans Day

Nov. 13

Training Day

Nov. 15

Noncommissioned Officer Professional Development, EAMC Auditorium, 6-7 a.m.

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

Noncommissioned Officer Professional Development, EAMC Auditorium, 4-5 p.m.

Nov. 16

Active Shooter Exercise (Small Scale/Crawl), IDES, 10-11:30 a.m.

51st Annual Fort Gordon Christmas House Open House, Building 39109, 10-11 a.m.

Nov. 17

EAMC Performance Triad Fun Run/Walk, hospital flagpole, 5:30-6:30 a.m.

DTMS and Swank Health Managers Training, EAMC Auditorium, 9-10:30 a.m.

Nov. 19

Junior Enlisted Development Program, EAMC Auditorium, 6-7 a.m.

Nov. 20

ACE Suicide Prevention Training, EAMC Auditorium, 9-11 a.m.

Nov. 21

Junior Enlisted Development Program, EAMC Auditorium, 4-5 p.m.

Nov. 30

Threat Awareness and Reporting Program, Darling Hall Room 188, 2-3 p.m.

Fall festival feast faux pas fosters foul feelings

Maj. Julie A. Hess

Chief, Nutrition Care Division
Eisenhower Army Medical Center

This month millions of Americans will gather around the dinner table with family and friends to give thanks. Whether you're an experienced cook or preparing to host your first holiday gathering, unsafe handling and undercooking of food can lead to serious foodborne illnesses.

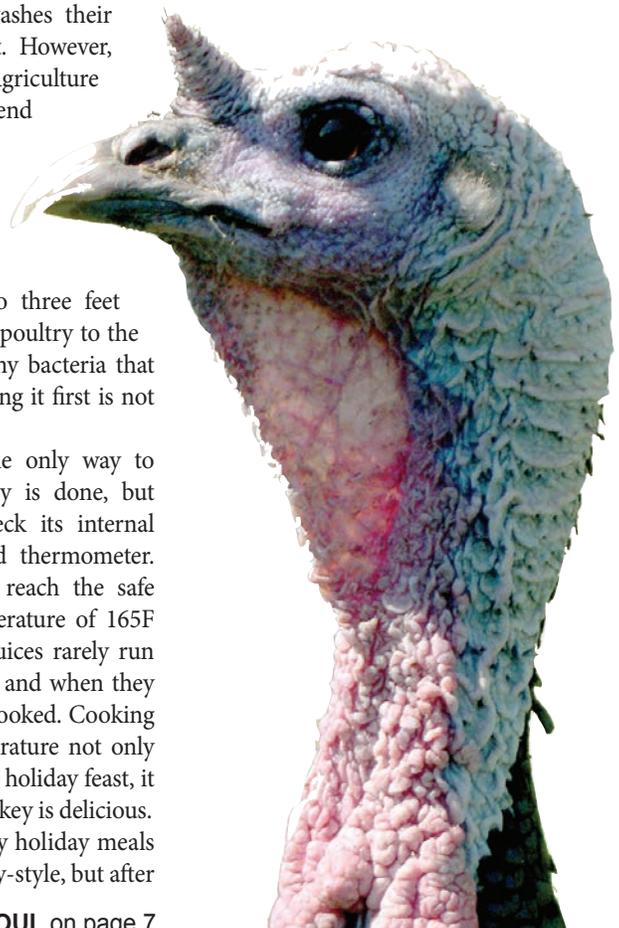
To avoid making everyone at the table sick, follow these five food safety tips to ensure a safe, healthy and happy holiday dinner.

- **Safe thawing.** Never thaw your turkey by leaving it out on the counter. When turkey is left out at room temperature for more than two hours, its temperature becomes unsafe as it moves into the danger zone between 40F and 140F, where harmful bacteria can grow rapidly. The safest way to thaw your frozen turkey is in the refrigerator because it will defrost at a consistent, safe temperature. You can also thaw your turkey in a sink of cold water that is changed every 30 minutes, or in the microwave.
- **Don't wash your turkey.** According to the Food and Drug Administration, 68

percent of the public washes their turkey before cooking it. However, the U.S. Department of Agriculture does not recommend washing raw meat and poultry before cooking. Washing raw meat and poultry can cause harmful bacteria to spread up to three feet away. Cooking meat and poultry to the right temperature kills any bacteria that may be present, so washing it first is not safe or necessary.

- **Use a thermometer.** The only way to determine if your turkey is done, but not overdone, is to check its internal temperature with a food thermometer. A whole turkey should reach the safe minimum internal temperature of 165F deep in the thigh. The juices rarely run clear at this temperature, and when they do the bird is often overcooked. Cooking to proper internal temperature not only ensures the safety of your holiday feast, it also helps ensure your turkey is delicious.
- **Keep track of time.** Many holiday meals are served buffet or family-style, but after

see **FOUL** on page 7



What's on my mind

Col. David E. Ristedt

Commander

Eisenhower Army Medical Center

As we approach the Veteran's Day Holiday and Thanksgiving, I reflect on my more-than 30 years of service in the Army and what this time of year means to me.

As we honor our veterans with parades, speeches and gatherings, I reflect on a phrase we hear very often: "The home of the free because of the brave." We owe our veterans and their families a debt of gratitude because of their service and in many cases, sacrifice, to the community and the nation.

The Eisenhower Army Medical Center team has hundreds of teammates who served or supported their veteran while they served. Let's take the time over the next few weeks to pause and thank our teammates as well as our patients as they choose EAMC to be their

health-care facility of choice.

I also think it is appropriate that Thanksgiving Day falls shortly after Veterans Day every year. While Thanksgiving is a time for families to gather and reflect on their good fortunes, the nation continues to be blessed by those who serve or provide care for those who defend freedom. I want everyone to know how thankful I am to be part of the EAMC family.

I sincerely hope that as we head into the holiday season, each member of this great team and the patients we serve will share in the joy of being part of the EAMC and Fort Gordon family.

Enjoy Organizational Day, Nov. 17, and some holiday time with your team. Thank you all for everything you do to support each other and continue to focus on delivering 5-star health care.



Photo by David M. White
**Col. David E. Ristedt, commander,
 Eisenhower Army Medical Center.**



2017 Staff Appreciation Thanksgiving Meal

THURSDAY, NOV. 16 • 11 A.M. TO 2 P.M.



November 2017 • Vol. 3, No. 2

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.

ON THE COVER: Sgt. Marco Eisenbach, NCOIC in Eisenhower Army Medical Center's cardiology services, gets his flu shot Oct. 10 from Sgt. Latoya Johns from the emergency department, in EAMC's Occupational Health Clinic. (Photo by David M. White)

JAG RECOGNITION



Photo by David M. White

Eisenhower Army Medical Center's Office of the Center Judge Advocate Office was awarded the U.S. Army's Judge Advocate General's Excellence in Claims Award for the ninth year in a row in October 2017. The award was created in 1996 and since that time EAMC has won it a total of 13 times and every year for the last nine years. Members of the JAG team include Susan Combs (left), Jon Shoenholz, Candies Gerald, Karen Phillips, Patricia Bojack, Rob Rushakoff, Lt. Col. Ildiko Szentkiralyi and Sam Schubert. Also shown is Col. Andrew Freidman, deputy commanding officer, during a recognition ceremony in the Commander's Conference Room Oct. 4.

Managing, preventing disruptive behavior requires training

Capt. Edward, K. Githiora, Army Nurse
Behavioral Health, 13E
Eisenhower Army Medical Center

The Prevention and Management of Disruptive Behavior program is an evidence-based employee education program designed to prepare employees to address violence in the workplace. It is but one component of Veterans Health Administration's comprehensive approach to preventing workplace violence.

PMDB has continually evolved and improved since the late '70s. The techniques taught in PMDB facility-level courses today are not the same ones instructed 30, 15 or even 10 years ago.

At this time, PMDB is the only employee safety program in the world known to have undertaken a rigorous biomechanical and ergonomic evaluation of its physical skills curriculum, according to Facility Trainer Recertification Assessments in 2012.

The Department of Defense adopted PMDB from the Department of Veterans

**PMDB is the only
employee safety
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and ergonomic
evaluation**

Affairs, and made some adjustments to better suit the population that is served in the military hospitals. The letter "M," which stands for Military, was added at the end. PMDB-M is currently being taught in three branches of the military: Army, Air Force

and Navy.

Currently, different military treatment facilities use various programs to train their staff on how to prevent disruptive behaviors. The introduction of PMDB-M is meant to bring standardization in all MTFs across all branches of the military.

PMDB-M is broken down into levels, depending on the depth of training received:

- faculty
- master trainer
- master trainer in training
- facility trainer
- PMDB certified

Currently at Eisenhower Army Medical Center, there is one master trainer; one master trainer in training, 1st Lt. Lorin Lawson; and four facility trainers, 1st Lt. Angelique Lawson, Spc. Claudia Harris, Janaya Sommerville and Lakaya Partlow.

— Source: VA Healthcare, *Defining Resources in the 21st Century: Facility Trainer Recertification Assessments*, 2012



Courtesy photo

With Spc. Claudia Harris playing to role of the disruptive patient, Capt. Edward Githiora, left, teaches Lakaya Partlow, 1st Lt. Lorin Lawson and 1st Lt. Angelique Lawson, how to transition from standing to kneeling position and, ultimately, to the final position on the mat.



Courtesy photo

Spc. Claudia Harris, center, playing the role of the disruptive patient, is put in the final, secure position by Capt. Edward Githiora, left, Janaya Sommerville and 1st Lt. Angelique Lawson, as 1st Lt. Lorin Lawson observes. In this position, the patient has been contained on the mat and is unable to cause harm to herself or others.



Photo by Lt. Col. Ross Davidson

Kari Davidson, left, Spc. Pelle Arthur, Spc. Jared Gamble, Arryn Gamble, Sgt. Jade Stewart, Spc. Jahmar Walton are set to ride on Fort Gordon, Aug. 5, as part of Troop Command's Performance Triad events to improve readiness and increase resilience.

No Spandex required

Lt. Col. Ross Davidson, commander
Troop Command
Eisenhower Army Medical Center

The Performance Triad is a comprehensive plan that focuses on key actions that influence health — Sleep, Activity and Nutrition. The implementation of P3 at Eisenhower Army Medical Center is taking hold as part of a comprehensive plan to improve readiness and increase resilience in its staff.

The initial step started in April 2017 with P3 Coaching Course followed by a Move-2Health Rodeo. From that point, the coaches developed the monthly Performance Triad Champions Action Committee. The champions meet monthly to discuss, plan and implement key actions to support the positive influence of health of the military and civilian population at EAMC. Innovative

For information on upcoming rides, contact Lt. Col. Ross Davidson, 787-2986, or ross.a.davidson.mil@mail.mil

action plans in the workplace have included replacing candy dishes with healthy snack choices, salad bar potlucks, step-count challenges and sleep-hour challenges.

Troop Command is an integral part of the P3 implementation at EAMC. Leadership by example helps reinforce the positive P3 action implementation.

As part of P3 effort, Troop Command initiated an introductory bicycle riding group to improve activity options for Soldiers, civilians and family members. The Eisenhower Troop Command Road Riding Group started in July 2017. The group's intent is to rekindle the joy of bicycle riding as a fun, low-impact activity that improves fitness.

Typically the group meets twice a month. Future rides are scheduled for Nov. 5 and 18, and Dec. 2 and 16.

All ability groups are

welcome to participate. All cyclists start and finish the rides together. Loaner bicycles and helmets are available.

Come out to ride and socialize. No Spandex required.



Courtesy photo

Lt. Col. Ross Davidson repairs a flat tire along the side of the road for Spc. Demarcus Goodley during their Aug. 26 ride as part of Troop Command's Performance Triad events to improve readiness and increase resilience.

World War I — known at the time as “The Great War” — officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles outside the town of Versailles, France. However, fighting ceased seven months earlier when an armistice, or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. For that reason, Nov. 11, 1918, is generally regarded as the end of “the war to end all wars.”

In November 1919, President Wilson proclaimed Nov. 11 as the first commemoration of Armistice Day with the following words: “To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country’s service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations...”

The original concept for the celebration was for a day observed with parades and public meetings and a brief suspension of business beginning at 11 a.m.

The United States Congress officially recognized the end of World War I when it passed a concurrent resolution on June 4, 1926, with these words:

Whereas the 11th of November 1918, marked the cessation of the most destructive, sanguinary, and far reaching war in human annals and the resumption by the people of the United States of peaceful

relations with other nations, which we hope may never again be severed, and

Whereas it is fitting that the recurring anniversary of this date should be commemorated with thanksgiving and prayer and exercises designed to perpetuate peace through good will and mutual understanding between nations; and

Whereas the legislatures of twenty-seven of our States have already declared November 11 to be a legal holiday: Therefore be it Resolved by the Senate (the House of Representatives concurring), that the President of the United States is requested to issue a proclamation calling upon the officials to display the flag of the United States on all Government buildings on November 11 and inviting the people of the United States to observe the day in schools and churches, or other suitable places, with appropriate ceremonies of friendly relations with all other peoples.

An Act (52 Stat. 351; 5 U. S. Code, Sec. 87a) approved May 13, 1938, made the 11th of November in each year a legal holiday — a day to be dedicated to the cause of world peace and to be thereafter celebrated and known as “Armistice Day.” Armistice Day was primarily a day set aside to honor veterans of World War I, but in 1954, after World War II had required the greatest mobilization of soldiers, sailors, Marines and airmen in the Nation’s history; after American forces had fought aggression in Korea, the 83rd Congress, at the urging of the veterans service organizations, amended the Act of 1938 by striking out the word “Armistice” and inserting in its place

the word “Veterans.” With the approval of this legislation (Public Law 380) on June 1, 1954, November 11th became a day to honor American veterans of all wars.

Later that same year, on Oct. 8, President Dwight D. Eisenhower issued the first “Veterans Day Proclamation” which stated: “In order to insure proper and widespread observance of this anniversary, all veterans, all veterans’ organizations, and the entire citizenry will wish to join hands in the common purpose. Toward this end, I am designating the Administrator of Veterans’ Affairs as Chairman of a Veterans Day National Committee, which shall include such other persons as the Chairman may select, and which will coordinate at the national level necessary planning for the observance. I am also requesting the heads of all departments and agencies of the Executive branch of the Government to assist the National Committee in every way possible.”

On that same day, President Eisenhower sent a letter to the Honorable Harvey V. Higley, Administrator of Veterans’ Affairs, designating him as Chairman of the Veterans Day National Committee.

In 1958, the White House advised VA’s General Counsel that the 1954 designation of the VA Administrator as Chairman of the Veterans Day National Committee applied to all subsequent VA Administrators. Since March 1989 when VA was elevated to a cabinet level department, the Secretary of Veterans Affairs has served as the committee’s chairman.

see **VETERANS DAY** on page 11

Today’s veteran

The military men and women who serve and protect the U.S. come from all walks of life; they are parents, children, grandparents, friends, neighbors and coworkers, and are an important part of their communities. Here are some facts about the veteran population of the United States:

- 16.1 million living veterans served during at least one war.
- 5.2 million veterans served in peacetime.
- 2 million veterans are women.
- 7 million veterans served during the Vietnam War.
- 5.5 million veterans served during the Persian Gulf War.
- Of the 16 million Americans who served during World War II, about 558,000 are still alive.
- 2 million veterans served during the Korean War.
- As of 2014, 2.9 million veterans received compensation for service-connected disabilities.
- As of 2014, three states have more than 1 million veterans among their population: California (1.8 million), Florida (1.6 million) and Texas (1.7 million).

(Source: History.com)

Change your mindset, change your behavior

Col. Spencer D. Dickens

Deputy Commander of Quality and Safety
Eisenhower Army Medical Center

Eisenhower Army Medical Center continues to deliver high-quality, safe patient care to thousands of customers. Our customers deserve and expect to be treated with dignity and respect whenever they communicate with any of our team members.

As we continue to deliver “5-Star” Health Care to external customers, we must keep in mind to also deliver the “5-Star” service to our internal customers:

our fellow team members. We must understand the concept of how all team members play a significant role to ensure the highest customer service. Delivering the highest customer service requires a full transition from an inward mindset approach to a total outward mindset. In a 2017 publication, the Arbinger Institute defines Inward and Outward Mindset as:

“The Inward Mindset is a focus only on one’s own personal goals and objectives, without consideration for the impact or the results of their behavior on others.

This mindset is blind to what others need, and is therefore prone to creating conflict and even frustrating the results the entire organization might otherwise be able to achieve. Most organizational issues arise because the Inward Mindset dominates, blinding the members of that organization to their true potential and creating disunity.

The Outward Mindset is focused on the objectives and results of the organization as a whole. It seeks to be helpful, responsible, and make a real impact. It helps individuals see how they might be creating obstacles in the work of others, and helps them change the way they are working and relating to their team members in a way that creates real and sustainable results.”

This willful transition must occur with every patient encounter and every inter-personal relationship across disciplines. In other words, the outward mindset must overpower the inward mindset. In fact, in reaching the point of a total outward mindset would ensure a culture focused on professional cohesiveness instead of silos and divisiveness, and would yield better outcomes.

Our consideration for each other and the impact our behavior has on situations must lead us to believe in delivering exceptional service and to live it daily within our organization.

Remember, employers and hospital staff may view the outward mindset as an effective concept for effective teamwork, but for patients and the way we see each other, it is a prerequisite.

An outward mindset is the change we need and that change starts now, with us.

*(Sources: Retrieved from <https://arbinger.com/mindset/> on October 13, 2017; Clements, D., Dault, M., & Priest A. (2007). *Effective Teamwork in Healthcare: Research and Reality. Healthcare Papers, 7(SP) January 2007: 26-34.*doi:10.12927/hcpap.2013.18669.)*



Photo by Capt. Martha Nigrelle

Texas National Guard soldiers, service members from the U.S. Coast Guard, Texas Task Force 1 and Austin-Travis County Emergency Medical Service swift water rescue technicians work together to rescue a man with special medical needs from high-rising waters and medically evacuate him to a safe location, in Orange, Texas, Aug. 30. Thousands of first responders from the military and local, state and federal agencies worked together to render aid to all those endangered by the high-rising floodwaters in south Texas following Hurricane Harvey.

FOUL from page 2

two hours, harmful bacteria can grow rapidly in foods sitting out at room temperature. Promptly refrigerating foods within two hours will help to ensure the safety of your holiday feast.

• **Leftover Safety.** Eating leftovers can be as traditional as the meal itself. Ensure your leftover turkey is both safe and delicious by cutting it off the bone and refrigerating within two hours after it comes out of the oven. Leftover turkey will last for about four days in the refrigerator, so if you

know you won’t eat it right away, pack it into freezer bags or airtight containers and freeze.

• Reheat leftovers to an internal temperature of 165F.

Visit FoodSafety.gov to learn about how to safely select, thaw and prepare a turkey.

Thanksgiving more than just one day

Lt. Col. Rick Stevenson

Chaplain

Eisenhower Army Medical Center

November is the month Americans celebrate Thanksgiving. It still excites me that Americans celebrate the day. I have some friends who think the day is ruined due to any number of reasons (football, shopping and indigestion are examples), but not me. I'm simply happy for the opportunity to focus on the basic reason for the day: being thankful.

There's a cautionary tale, of course, when we celebrate a particular day for being special. It's true with any special holiday or observance. The fear is in identifying one day of the year as a day to give thanks may mean we skip out on being thankful on the other days. I hope we celebrate our fathers more than simply on Father's Day. I hope we remember those who paid the highest price for our country more often than Memorial Day. I hope we think of the contributions of Dr. King more than simply on Martin Luther King Jr. Day. We should also express thankfulness more than on the fourth Thursday of November.

People of faith may come about this as a way of saying it is important to honor God and we do so by demonstrating our gratitude. But Thanksgiving Day transcends

any theologies and appeals universally because expressing gratitude just makes you a better person.

Expressing thankfulness makes us enjoy the good things in our world more deeply and it helps us get through the bleak times with dignity. I lost my dad on May 20 of this year. I thought he would last longer than he did so I was surprised when I was making

Expressing gratitude just makes you a better person

my way back to the elevator from lunch and my mom came off the elevator to tell me "your dad just died." I had left my cell phone in his room. I'm lucky I went to the elevator she just happened to be riding.

Of course, I missed my dad immediately and I felt an immediate sense of guilt that I wasn't in the room with him when he died. I soon became grateful however that this (at one time) hard living, blue collar and very

opinionated working man had begun the tradition of saying "I love you" to me before we finished our weekly Sunday night phone calls.

He started doing that at least 20 years ago. It was very easy for me to say "I love you" to my dad. He started it and being a sponge-soaking son, I started saying it too and meant it. Other examples of gratitude began to come over me, even as I was driving home from the medical center. The blissful fact that he hadn't suffered for a ridiculously long period of time overtook the guilt of not being in the room when he passed. By the time of the funeral, when I spoke about his life, I was already able to center on the positive aspects of being Bill Stevenson's son. I was able to think of those aspects because I was thankful he was my dad.

On Nov. 23, we will celebrate Thanksgiving. The gratitude of our heart, of course, will be tempered by other activities to the point that we may have little time for expressing our actual thanks for our blessings.

If you haven't already done so, start early telling those who are important to you that they are indeed important and if you love them, tell them. "I love you" is only a three-word sentence and, when it is true, is an easy sentence to say.

Pain Mgt has new RN

Liz Sylvester, RN, MSN

IPMC Nursing Supervisor

Eisenhower Army Medical Center

Tina Gibbons in Eisenhower Army Medical Center's Pain Management on the sixth floor recently graduated with an Associate Degree in Science in Registered Nursing.



Photo by David M. White

Tina Gibbons, RN

She has passed her nursing boards and now is now Tina Gibbons, RN.

She accomplished this hard task while maintaining full time employment and raising young sons.

		Restricted vs. Unrestricted Reporting	
Restricted Report		Unrestricted Report	
Who can accept a report: <ul style="list-style-type: none"> Sexual Assault Response Coordinator (SARC) SAPR Victim Advocate (VA) Healthcare Personnel <p>***Do NOT CALL CID or Law Enforcement</p>		Who can accept a report: <ul style="list-style-type: none"> Commander CID JAG IG SARC VA Healthcare Personnel 	
Limitations <ul style="list-style-type: none"> Chaplains – can not file a report, but remains confidential 		Limitations <ul style="list-style-type: none"> More people will know about the sexual assault Investigation may be intrusive and difficult Cannot change to Restricted Report 	
<p align="center">SHARP Program: I AM THE FORCE BEHIND THE FIGHT <small>v10</small></p>			

Managing your diabetes for a longer, healthier life

Centers for Disease Control and Prevention

There isn't a cure yet for diabetes, but a healthy lifestyle can really reduce its impact on your life. What you do every day makes the difference: eating a healthy diet, being physically active, taking medicines if prescribed, and keeping health care appointments to stay on track.

The basics

More than 29 million people in the United States have diabetes, but 1 out of 4 of them don't know they have it. There are three main types of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant, which can put the pregnancy and baby at risk and lead to type 2 diabetes later). With type 1 diabetes, your body can't make insulin (a hormone that regulates blood sugar), so you need to take it every day. Type 1 diabetes is less common than type 2 diabetes; about 5 percent of the people who have diabetes have type 1. Currently, no one knows how to prevent type 1 diabetes.

Most people with diabetes — 9 out of 10 — have type 2 diabetes. With type 2 diabetes, your body doesn't use insulin well and is unable to keep blood sugar at normal levels. If you have any of the risk factors below, ask your doctor if you should be tested for diabetes. The sooner you find out, the sooner you can start making healthy changes that will benefit you now and in the future.

Type 2 diabetes risk factors include:

- Being overweight.
- Being 45 years or older.
- Having a parent, brother or sister with type 2 diabetes.
- Being physically active less than three times a week.
- Ever having gestational diabetes or giving birth to a baby who weighed more than 9 pounds.
- Race and ethnicity also matter: African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders and some Asian Americans are at higher risk for type 2 diabetes.

You've been diagnosed. Now what?

It's a balancing act — food, activity, medicine, and blood sugar levels — but you can do it. Manage your diabetes throughout the day by:

- Following a healthy eating plan, including eating more fruits and vegetables and less sugar and salt.
- Getting physically active — 10 to 20 minutes a day is better than only an hour once a week.
- Taking diabetes medicine as prescribed by your doctor.
- Testing your blood sugar regularly to understand and track how food, activity, and medicine affect your blood sugar levels.

Learning how to take care of your diabetes starts when you're diagnosed, but it doesn't stop there. As you get older or if

your health status changes, your treatment plan may need to change too.

Know your ABCs

Work with your doctor to manage your diabetes ABCs, and keep a record of your numbers. Results will help determine if your treatment plan is working and you're able to stay in your target range — for example, an A1C of 7 percent or less—or if adjustments need to be made. Staying on track will help lower your risk of additional health problems.

- A—the A1C test, which measures average blood sugar over 2 to 3 months.
- B—blood pressure, the force of blood flow inside blood vessels.
- C—cholesterol, a group of blood fats that affect the risk of heart attack or stroke.
- S—stop smoking or don't start.

Prevent complications

People with type 1 or type 2 diabetes are at higher risk for serious health complications, including

- Heart disease and stroke: People with diabetes are twice as likely to have heart disease or a stroke as people without diabetes, and at an earlier age.
- Blindness and eye problems: Diabetic retinopathy (damage to blood vessels in the retina), cataract (clouding of the lens), and glaucoma (increase in fluid pressure in the eye) can all result in vision loss.
- Kidney disease: High blood sugar levels can damage the kidneys over time, long before you start to feel bad.
- Amputations: This means you could lose a foot or leg. Diabetes causes damage to blood vessels and nerves, particularly in the feet, and can lead to serious, hard-to-treat infections. Amputation may be necessary to keep the infection from spreading.

But controlling your blood sugar levels can help you avoid or delay these serious health complications, and treating complications as soon as possible can help prevent them from getting worse.

Put care on your calendar

- Every day: stay active, eat a healthy diet and take medication if prescribed; check feet for redness, swelling, pain or sores.
- Each health care visit (at least four times a



File photo

Proper management of diabetes requires regular monitoring and maintenance.

see **DIABETES** on page 11

Hunt deer with a hunting license, not a drivers license

Since Jan. 1 there have been nine reported 'Vehicle vs. Deer collisions' on Fort Gordon. Failure to report an accidental collision with deer by a motor vehicle is a violation of 10 USC 2671.

Bob Meloche

Safety Manager

Eisenhower Army Medical Center

This time of year, folks are concerned with preparations for the approaching winter season. This is all well and good. However, the one thing we cannot ignore is the ever present danger posed by Suicidal Wildlife Street Gangs.

We've heard all the hoopla surrounding gang violence issues across the country, but even "20/20" hasn't dared to broach this controversial subject. Some of you have encountered these woodland hoods, and know the portrayal they received in movies like "Snow White" and "Bambi" was nothing more than Hollywood hype and hoopla. I've had the chance to talk to some of the victims, and here are a few of their grisly stories...

"Cletus," (not his real name), age 32. "I was driving down the road, minding my own business, when this cute little deer went scampering across the road in front of me. I slowed down and watched the little creature as it entered the woods, and I thought everything was fine. Suddenly, I heard a loud crash and lost control of my car. As I skidded to a halt in the gravel, I saw a very large deer jump up and run into the woods. I don't mind tellin' you, I was scared. Later, I found out there was about \$2,000 damage to my car."

It seems "Cletus" was a victim of the infamous "Bait and Switch," where a decoy deer is sent across the road to distract a driver while a 200+ pound mega-deer waits for just the right moment before blind-siding the vehicle. Here's another case-in-point:

"Eunice," (not her real name), age 26. "I was driving along, when I saw a deer run out into the road. I was alert and swerved hard to the right to miss the deer. I missed it alright, but I succeeded in hitting three trees and doing almost \$4,500 damage to my car in the process."

"Eunice" wanted to be a good person, and didn't want to hurt the "cute little deer." She got what she wanted and the deer was

unscathed. However she also succeeded in hitting three perfectly innocent trees and crunching her car. Perhaps the deer would have done less damage? We'll never know. However, many insurance companies count an animal strike under the comprehensive portion of the policy, potentially saving you the cost of the deductible. The point is, the Suicidal Wildlife Street Gangs once again succeeded in making the roads you take for granted, a challenging place to drive.



Take the case of one poor soul who was returning home after a long road trip. He was so excited about seeing a whole herd of deer in the vicinity of his house; he dropped his car into reverse so he could once again see the deer in his headlights. This worked amazingly well, and everything would have been fine if he hadn't forgotten he was towing a trailer. You know, it's amazing the amount of damage a trailer can do when it's slapped against the side of a car. In this example, the "sweet innocent deer" had an adverse effect on someone's judgment.

Some folks believe "Deer Whistles" placed on the bumper of their vehicle will scatter the deer to the four winds, and keep them clear of the road. "Tom," (not his real name), relates an

incident where the deer whistles so enraged a deer, it ran directly in front of his truck. He struck the deer, causing it to launch into the air, perform the infamous "Kamikaze Kilroy" dive (with three and one half twists, in the full layout position), before coming to rest on the windshield of a vehicle in the oncoming lane. Now as anyone vaguely familiar with the laws of physics can tell you, if you launch a 200lb deer thirty feet in the air, it doesn't just "come to rest" on the windshield. It actually lands in the lap of whoever happens to be unlucky enough to be driving the vehicle. This tends to upset that person quite a bit, and we'll obtain a written statement as soon as they're allowed to handle pencils and other sharp objects again.

When dealing with the Suicidal Wildlife Street Gangs, keep a few simple things in mind:

- During this time of year, deer become more restless and tend to be "on the move." It's inevitable they'll be crossing the roadways more frequently.
- Deer do not care if you're in a 2,000+ pound car and they have no means of protection. Given half the chance, they'll run straight in front of, into the side of, or across the top of your vehicle.
- Deer tend to follow the same path back that they started from. Simply put, if you see some deer on both sides of the road, you have no guarantee which side they started from or if they're all headed in the same direction. Slow down and allow them to decide where they're going.
- There are three things you can do to help should you encounter deer: slow down, slow down and slow down. This gives you more time to think and react.
- There may be times when you have to make a split second decision to either hit a deer or steer for the trees. This may sound heartless, but a deer has a lot more "give" to it than your average tree. Fight against instinct and don't aim for the trees.

Okay, so the deer aren't really out to get you. However, they do add another exciting dimension to driving on roads where folks already believe the turn signal lever is nothing more than a place to hang the litter bag.

DIABETES from page 9

- year): blood pressure check; foot check.
 - Twice a year: A1C test; dental checkup.
 - Once a year: cholesterol test; kidney function test; podiatrist (foot doctor) and eye doctor visits; flu shot (and other vaccines as recommended by your doctor).
- Living with diabetes has its ups and downs, but healthy lifestyle choices can give you more control over them. And more control means fewer health problems down the road and a better quality of life now.

Diabetes by the numbers

- 29.1 million US adults have diabetes — and 1 out of 4 of them don't know they have it.
- At least 1 out of 3 people will develop diabetes in their lifetime.
- Medical costs for people with diabetes are twice as high as for people without diabetes.
- Risk of death for adults with diabetes is 50 percent higher than for adults without diabetes.

VETERANS DAY from page 6

The Uniform Holiday Bill (Public Law 90-363 (82 Stat. 250)) was signed on June 28, 1968, and was intended to ensure three-day weekends for Federal employees by celebrating four national holidays on Mondays: Washington's Birthday, Memorial Day, Veterans Day and Columbus Day. It was thought that these extended weekends would encourage travel, recreational and cultural activities, and stimulate greater industrial and commercial production. Many states did not agree with this decision

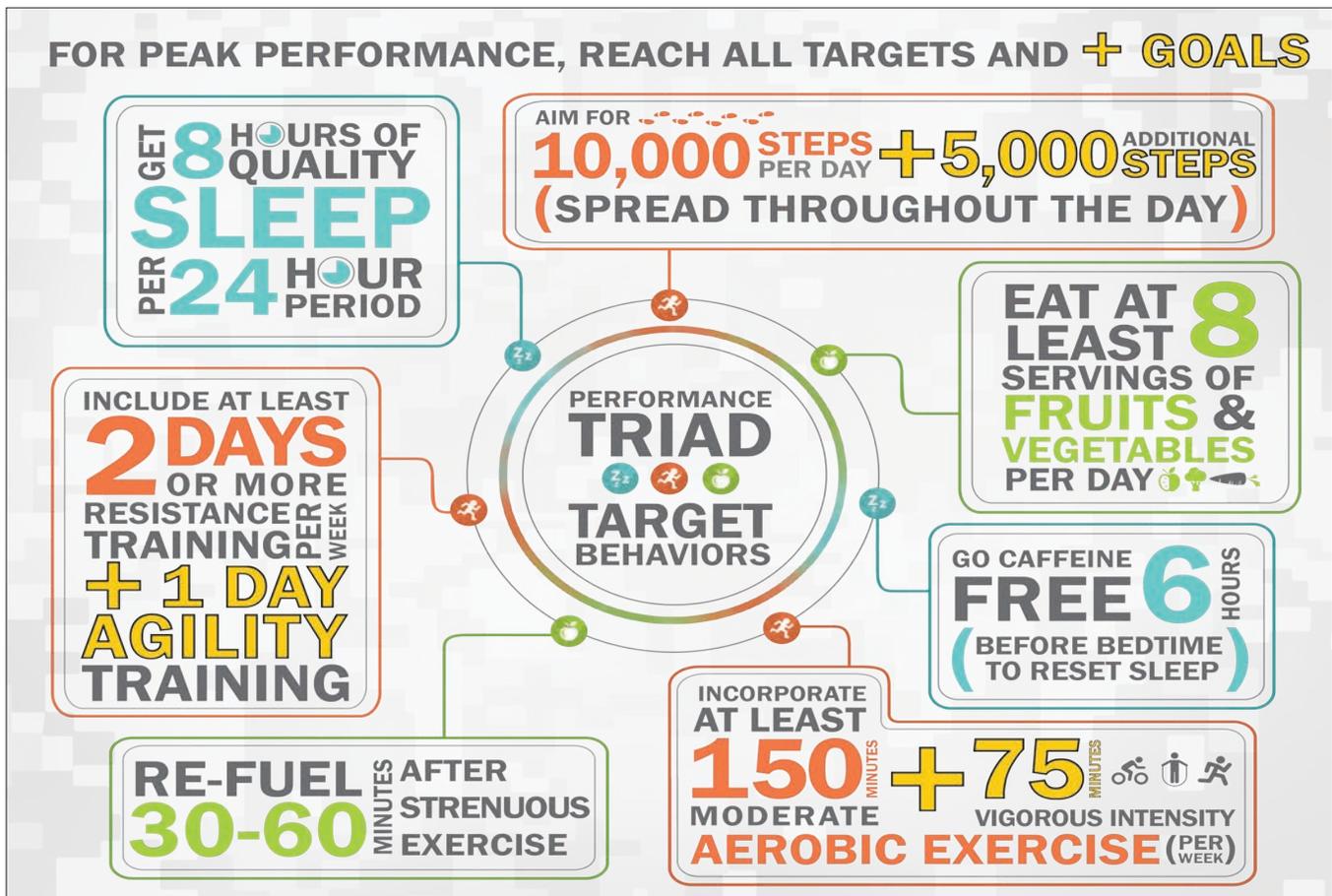
and continued to celebrate the holidays on their original dates.

The first Veterans Day under the new law was observed with much confusion on Oct. 25, 1971. It was quite apparent that the commemoration of this day was a matter of historic and patriotic significance to a great number of our citizens, and so on Sept. 20, 1975, President Gerald R. Ford signed Public Law 94-97 (89 Stat. 479), which returned the annual observance of Veterans Day to its original date of Nov. 11, beginning in 1978. This action supported the desires of the overwhelming majority of

state legislatures, all major veterans service organizations and the American people.

Veterans Day continues to be observed on Nov. 11, regardless of what day of the week on which it falls. The restoration of the observance of Veterans Day to Nov. 11 not only preserves the historical significance of the date, but helps focus attention on the important purpose of Veterans Day: A celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.

(Source: U.S. Dept. of Veterans Affairs)





Eisenhower Army Medical Center



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Candies Gerald, Center Judge Advocate Office, Paralegal At EAMC for nine years

