

Rounds

Eisenhower Army Medical Center



OCTOBER 2018

**BREAST
CANCER
AWARENESS
MONTH**

**FLU
SHOTS**

**Army
Warrior
Trials**

Eisenhower Army Medical Center Command Sgt. Maj. William Allen dons a gas mask during the Army Warrior Trials, Sept. 10-14 outside of the Troop Command headquarters. (Photo by Spc. Victoria R. McCleskey)

Oct. 2

Junior Enlisted Development Program (ASU/ERB Inspection), first floor auditorium, 6-7 a.m.

EAMC EO Training (B Co.), first floor auditorium, 7-8 a.m.

Oct. 3

Resilience Training, first floor auditorium, 8-10 a.m.

Oct. 4

Grand Rounds, Topic: TBA, first floor auditorium, 8-9 a.m.

Joint Commission Hospital Breakfast Brief Webinar, VTC, 9-10 a.m.

Oct. 9

ACE Suicide Prevention Training, first floor auditorium, 10 a.m. to noon

Asbestos Training, Olmstead Hall, 1-3 p.m.

Oct. 10

Leadership Development Training, first floor auditorium, 4-5 p.m.

Oct. 11

Grand Rounds, Topic TBA, first floor auditorium, 8-9 a.m.

Joint Commission Hospital Breakfast Brief Webinar, VTC, 9-10 a.m.

Range Safety Certification, Range 6 AAR, Bldg. 484, 8:45 a.m. to 12:30 p.m.

SHARP Soldier/Civilian Annual Training, first floor auditorium, 9:30 a.m. to 12:30 p.m.

Oct. 15

Threat Awareness and Reporting Program, Alexander Hall, 10-11 a.m.

Oct. 17

Resilience Training, first floor auditorium, 8-10 a.m.

Oct. 18

Grand Rounds, Topic TBA, first floor auditorium, 8-9 a.m.

Joint Commission Hospital Breakfast Brief Webinar, VTC, 9-10:30 a.m.

Oct. 22

ACE Suicide Prevention Training, first floor auditorium, 9-11 a.m.

Oct. 23

Threat Awareness and Reporting Program Training, Alexander Hall, 10-11 a.m.

Junior Enlisted Development Program (ASU/ERB Inspection), first floor auditorium, 4-5 p.m.

Oct. 24

Leadership Development Program, first floor auditorium, 6-7 a.m.

Resilience Training, first floor auditorium, 8-10 a.m.

Oct. 25

Grand Rounds, Topic TBA, first floor auditorium, 8-9 a.m.

Joint Commission Hospital Breakfast Brief Webinar, VTC, 9-10:30 a.m.

Range Safety Certification, Range 6 AAR, Bldg. 484, 8:45 a.m. to 12:30 p.m.

SHARP Soldier/Civilian Annual Training, first floor auditorium, 9:30 a.m. to 12:30 p.m.

Oct. 26

Trunk or Treat, Troop Command Parking Lot, Bldg. 319, 6-8 p.m.

Oct. 31

Resilience Training Troop Command Parking Lot, Bldg. 3198, 8-10 a.m.

NUTRITION CARE DIVISION

Army Fit?

Sgt. 1st Class Tresa R. Boyd

NCOIC Production & Services

Nutrition Care Division

Eisenhower Army Medical Center

Being Army Fit covers different dimensions, including physical, emotional, social, spiritual and family. Despite these dimensions, we look at the soldier as being Army Fit mostly on the physical aspect versus the other dimensions. Let's dig into the physical portion of being Army Fit.

You raise your right hand and you enlist into the United States Army; what's next? Off to basic training you go. This Initial Military Training includes physical-readiness training.

According to military leaders, the effectiveness of soldiers depends largely on their physical condition. The full-spectrum soldier has strength, stamina, agility, resiliency and coordination. These abilities are needed in warfare to effectively fight the fight in combat.

PRT consists of different phases. The initial phase, which is conducted in IMT, is considered the safe starting point for new recruits. The toughening phase further develops fit-

ness and fundamental maneuvering skills. It is designed to gradually toughen bones, muscles and connective tissue.

The sustaining phase, which is conducted at the unit level, is more demanding according to duty positions. Then there is reconditioning which is to restore a soldier after an injury or illness to get the soldier back into the toughening then sustaining phase.

PRT strengthening and mobility activities is then tested by the Army Physical Fitness Test. The APFT measures the upper and lower body muscular endurance. Now with the implementation of the Army Combat Fitness Test, which has been in the works since 2013, this will directly connect fitness with the combat readiness of our soldiers.

The main purpose of the ACFT is two-fold. First, the test ensures soldiers are ready for combat. Second, preparation for the test improves physical fitness as it relates to injury prevention.

Beginning October 2020, all soldiers will be required to take the six-event "gender- and age-neutral" ACFT. The new fitness evaluation is designed to prepare soldiers for the rigors of combat while improving Army readiness.

The Army has also put into place Master Fitness Trainers as unit advisors to ensure PRT, the APFT and the ACFT are adminis-

Beginning October 2020, all soldiers will be required to take the six-event "gender- and age-neutral" ACFT.

tered safely. The MFTs are also responsible for soldiers in the reconditioning phase. The MFTs will work with the reconditioning phase soldiers to ensure they do not further injure themselves and get back to the sustaining phase in a timely manner.

In addition to proper exercise, to maintain total fitness, soldiers must also have proper nutritional habits. The Army has the Go for Green concept which optimizes health and fitness. Go for Green offers a menu of food items that are labeled green (eat often), amber (eat occasionally) and red (eat rarely). The green-labeled foods are for high performance. The goal is to encourage soldiers to select food items that are nutrient dense with recommended intakes of vitamins and minerals, high fiber, moderate protein and much lower levels of saturated fat, sodium, sugar, cholesterol and

see FIT on page 11

Goodbye 'Dog Days,' hello crisp days of autumn

Col. David E. Ristedt

Commander

Eisenhower Army Medical Center

The "Dog Days of Summer" are now behind us and we look forward to the fall. We dodged a major storm with Hurricane Florence, but in true Eisenhower fashion, you delivered outstanding support and coordination to our fellow Military Treatment Facilities and Veteran's facilities across the East Coast. Our PROFIS personnel were ready to deploy and we did send a few of our staff to Fort Bragg, N.C., to provide much-needed respite for their staff during the worst of the flooding.

At the same time, our preventive medicine team alleviated fears about lead and asbestos in military housing through a series of town halls and we made substantial adjustments to our staffing posture to support the new directive for Army readiness. We have a great deal to be proud of this month as we pivot toward improved readiness and deliver 5-Star care as part of daily business.

There are some who have asked questions

We have a great deal to be proud of this month.

about any affects we might feel when the Defense Health Agency assumes oversight of our facility Oct. 1. The executive team is participating in high-level discussions and feels confident we should simply continue with the usual daily operations during the transition. We will maintain focus on our top four priorities of "Readiness, Safety/Quality, GME and the 5-Star Experience" because they are directly in line with expectations from all of our stakeholders.

I am confident we are postured to deliver EAMC to DHA while continuing to deliver value to the Army, Fort Gordon and MEDCOM.

On a personal note, I want to send out my gratitude to the entire EAMC team for my experience while having surgery recently. I was certainly the recipient of outstanding care throughout my stay, including the Pre-Op team, Same-Day Surgery, Operat-

ing Room, PACU, 9-West, Nutrition Care, Laboratory, Radiology, Admissions and Pharmacy.

During my stay as a captive on the ward, I had the pleasure of talking with other patients and listening to their experiences, so it is not just because I am the commander that I felt special. We all received 5-Star care. I am very proud of the team and the absolute professionalism provided by staff from all over the hospital. From the bottom of my heart, thank you. You delivered on the promise and showed the teamwork that is evident in the "We Are Eisenhower" mantra.

Finally, as we head into fall, I'd like to remind everyone to be safe and vigilant. As the weather changes, it can become unpredictable. Let's take the opportunity to "weatherproof" our vehicles by checking the tires, putting the ice scraper back in the car and ensuring you have some cold-weather gear in the trunk in case you get stranded.

I am so very proud to be part of this team. Thank you for continuing to deliver on 5-Star care and taking care of one another. We Are Eisenhower.

Library's IKEnet: Portal to universe of health sciences resources

Mary E. Gaudette

Librarian

Eisenhower Army Medical Center

Starting this month, Rounds magazine will feature an article highlighting the resources or services of Eisenhower Army Medical Center's Health Sciences Library.

This month: a brief overview of the library's IKEnet page.

The library's page can be easily accessed by scrolling down the left side of the main IKEnet page with your mouse to "Medical References," then clicking on the "Medical Library" link when it displays. Once the library's IKEnet page displays, take a few seconds to bookmark it for easy, future access.

The library's web page is divided into several sections: Books/Journals, Databases, Evidence-Based Resources, Mobile Resources, Continuing Education, Services, and Announcements. There is also a library links section which features links to research-assistance tutorials, NIH News, the AMEDD Virtual Library and other Army medicine sites.

Because new information is continually added to the page, only a small part of it will display after it first loads, so make sure to scroll down the entire page to in order to



see all of its content. For instance, the links for requesting articles or books via inter-library loan are located at the bottom of the page in the Services section. Also, check-out the Announcements section to learn about changes to the library's services and additions to its holdings of print books, e-resources and media.

For training on any of the resources, if a link is not working or you need assistance accessing a resource not referenced on the page, call 706-787-4446 or email mary.e.gaudette.civ@mail.mil.

Rounds
Eisenhower Army Medical Center

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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.

4 'White coat syndrome' and other blood pressure drivers

Centers for Disease Control and Prevention

It's important to have an accurate blood pressure reading so that you have a clearer picture of your risk for heart disease and stroke. But many things can affect a blood pressure reading, including how you sit and what you wear. It's important to learn the right way to have your blood pressure measured and tips for keeping track of it at home.

One in 3 Americans, or about 75 million people, has high blood pressure, and nearly half of them do not have it under control. In fact, about 1 in 6 people with high blood pressure do not know it.

High blood pressure raises your risk for heart disease and stroke — the leading causes of death for Americans.

Many things can affect a blood pressure reading, including:

- Nervousness at having your blood pressure taken. This is called “white coat syndrome.” As many as 1 in 3 people who have a high blood pressure reading at the doctor's office have normal blood pressure readings outside of it.
- What you ate, drank, or did before your reading. If you smoked, drank alcohol or a caffeinated beverage, or exercised within 30 minutes of having your blood pressure measured, your reading might be falsely high.
- How you are sitting. Crossing your legs and letting your arm droop at your side rather than rest on a table at chest height can make your blood pressure go up.

A reading that underestimates your blood pressure might give you a false sense of security about your health. But a reading that overestimates your blood pressure might lead to treatment you don't really need.

Your arm should be supported and at chest height to help ensure an accurate blood pressure reading.

Learn the correct way to have your blood pressure taken, whether you're monitoring it at home or at the doctor's office. Use this checklist:

- Don't eat or drink anything in the half hour before you take your blood pressure.
- Empty your bladder before your reading.
- Sit in a comfortable chair with your back supported for at least five minutes before your reading.
- Put both feet flat on the ground, and keep your legs uncrossed.
- Rest your arm with the cuff on a table at chest height.

- Make sure the blood pressure cuff is snug but not too tight. The cuff should be against your bare skin, not over clothing.
- Do not talk while your blood pressure is being measured.

If you are keeping track of your blood pressure at home, try these additional tips:

- Use a chart, notebook, or app to keep track of your readings.
- Always take your blood pressure at the same time every day.
- Take at least two readings, 1 or 2 minutes apart.

You can lower your risk for heart disease and stroke by lowering your blood pressure levels.

- Reduce how much sodium (salt) you eat. Sodium raises blood pressure. Most sodium is found in processed and prepackaged foods. Eat less sodium by cooking at home. Use lots of fresh vegetables and season with spices and lemon juice instead of salt. Learn about how salt affects your blood pressure.
- Stay physically active. Exercise helps the most important muscle in your body: your heart. By getting enough physical activity each week, you keep your heart and blood vessels healthy and your blood pressure lower. Most adults should aim for at least 150 minutes of moderate

see **BLOOD PRESSURE** on page 8

FROM THE NURSES' STATION

Going from green to gold



Photo by David M. White

Two Eisenhower Army Medical Center nurses, Sgt. Mylah Joy Freeman, left, an operating room specialist in the urology department, and Staff Sgt. Jeremy Minot, a licensed practical nurse working as an instructor at the Practical Nurse Course, have been selected for Army Medicine's Enlisted Commissioning Program for the Army Nurse Corps. Once they earn a Bachelor of Science in Nursing degree, pass the National Certification Licensure Examination and obtain a Registered Nurse license, they will be commissioned as second lieutenants in the Army Nurse Corps. Both have been accepted to several nursing schools and they are weighing their final school choices.

Flitting butterflies

Cancer survivorship through painters' eyes

Cris Hightower, RN

Oncology, Clonical Case Manager
Eisenhower Army Medical Center

Yvonne Kinney, from North Augusta, S.C., is an Eisenhower Army Medical Center patient and artist. Last year she was diagnosed with and treated for breast cancer.

She graciously donated a piece of her artwork that best depicted her feelings during her early diagnosis and treatment phase and called it, SPLAT. SPLAT and a companion article are on display in the EAMC Oncology Clinic waiting room, where other patients have been encouraged by both.

After completing chemotherapy and radiation-oncology treatments, Kinney began her recovery from the disease and the treatment. There were days when she felt unable to paint at all and saw her canvas of life splashed with a range of color from terrible black to raging red. She also had days when she caught an occasional glimpse of soft sunlight on a bright new canvas that was once ... in progress.

As she continued to recover, these occasions of sunlight increased and she began to see and experience the rejuvenation of her life as bright watercolors on canvas.

One day, through the eyes of a painter, she gazed out of her studio window overlooking the garden. Her attention became captivated by the flight of a single butterfly as it flitted curiously among mingling colors of bright roses, flowers and plants.

As if invited to join them, Kinney walked to the garden to further absorb the view of the spring season and its display of beauty and new life. As she watched, she witnessed more butterflies and was filled with a sense of joy, peace and freedom. It occurred to her that she was witnessing her first spring of being alive and cancer free after treatment. Her first spring as a cancer survivor.

Kinney shares her new canvas and story in hope that others will be encouraged to view their situation through the eyes of a painter and choose to see the possibilities of joy and freedom from cancer, as your continue along the cancer survivorship road.

Kinney donated a new canvas called Flitting Butterflies, which celebrates the completion of her breast cancer treatment and her ongoing cancer survivorship. She encourages other women to have a mammogram screening for early detection and treatment.



Courtesy photo

North Augusta, S.C., native and Eisenhower Army Medical Center patient and artist Yvonne Kinney shows her watercolor, Flitting Butterflies, before it was donated to the EAMC Oncology Clinic. Kinney was diagnosed with and treated for breast cancer last year. This year she is cancer free.

Breast cancer screening recommendations

Women, aged 40-49: Annual screening mammography is optional. Recommended if at higher risk for breast cancer.

Aged 50-74: Biennial mammogram recommended. Annual screening is optional.

75 years plus: Insufficient evidence regarding risk, benefit.

Men: mammogram screening is recommended based on physical examination findings such as breast swelling and persistent lumps.

Talk with health care provider to discuss individual risk and screening recommendations.



Staff Sgt. Nichole Vannierkerk, left, lab technician, escorts Sgt. James Huntsbery, Connelly Health Clinic floor NCO, to the M16 portion of the Army Warrior Trials as Command Sgt. Maj. Omar Mascarenas, Troop Command CSM, brings up the rear. The AWT was held Sept. 10-14 near of Troop Command headquarters.

Army Warrior Trials test Soldiers' skills, knowledge

PHOTOS BY
SPC. VICTORIA R. MCCLESKEY



During the Army Warrior Trials held Sept. 10-14 outside Troop Command headquarters, Soldiers tested their skills in land navigation, above center, first aid, above right, where Spc. Armando Flores, medic at TMC No. 4, helps another Soldier apply a tourniquet, and, above bottom, Sgt. 1st Class Tino Vanegas, NCOIC, Connelly Health Clinic, demonstrates 3- to 5-second rushes.

Can you hear me now?

Capt. Rex Hipp
Chaplain
Eisenhower Army Medical Center

I recall the commercial that aired several years ago from a wireless telephone provider and the main focus from the spokesman was the slogan, "Can you hear me now?" This advertising commercial promoted their network's superiority in supporting clear communication that brought connectivity to others.

Seeing this commercial promoted introspection, causing me to ask the question, "Do I truly hear what my family, friends and patients are sharing with me?" By asking this thought-provoking question, I realized the need to be more aware of "what" people are truly trying to say.

My approach to spiritual care and theory of the human spirit connects people together through love. Eugene Peterson, a theologian stated, "Love is the most context-specific act in the entire spectrum of human behavior."

In my faith tradition, love is the substance, meaning we have a lot of forgiveness

**Do I truly hear what
my family, friends
and patients are
sharing with me?**

to offer, supporting the healing process. Forgiving makes room for a healthy celebration. The time of healthy celebration can be another expression of love.

Spiritual care and clinical practice are vital for human healthiness. I learned this connection through my availability allowing myself to deeply listen to a person's story. Availability may be defined "As being completely open and willing to embrace what the family member, friend, staff member or patient is communicating, even when I feel anxious about the situation."

I've learned we can all bring peace and comfort through offering love toward others, no matter how uncomfortable we are about a person's story or situation. We can all start by allowing ourselves to deeply listen, supporting healing for ourselves and others.

Connection will allow both parties "to be heard" with compassion.

Flu shot campaign to kick off Oct. 15, drive-through will be Nov. 15

Staff Reports

The 2018-19 Flu Campaign is scheduled to begin Oct. 15 for high-risk personnel. This date is subject to change depending of the availability of the vaccine. High-risk personnel include women who are pregnant or those intending to become pregnant and beneficiaries over age 65.

The EAMC Flu Prevention Program for hospital staff is scheduled for Oct. 22-26 in the Occupational Health Clinic on the seventh floor. The clinic will be open from 7-8 a.m. for night shift personnel, 8 a.m. to 3 p.m. for general hospital staff and from 5-4 p.m. for swing shift personnel.

EAMC will provide flu shots at Retiree Appreciation Day, Nov. 3 from 8-11:30 a.m. in Darling Hall,

Room 188.

The Post Flu Campaign will be from 5 a.m. to 3 p.m., Nov. 6 at Gym No. 5. Shots will be given at NSA Nov. 8 from 6 a.m. to 2 p.m.

see **FLU SHOT** on page 11



BLOOD PRESSURE from page 4

physical activity each week. Moderate activities include bicycling or taking a brisk walk.

- Quit smoking. Cigarette smoking causes your blood vessels to thicken and narrow. This raises your blood pressure — and your risk for heart disease. If you smoke, learn ways to quit. If you don't smoke, don't start.
- Take your medicines as directed. If you have medicines for high blood pressure, take them the way your doctor has prescribed. About 1 in 4 adults older than 65 with Medicare Part D do not take their prescribed blood pressure medicines. This puts them at risk for stroke and heart problems.

Eisenhower Army Medical Center
Trunk or Treat
2018
Eisenhower & 35th SIG BDE
Trunk or Treat
Friday, Oct. 26, 6-8 p.m.
Troop Command Parking Lot, Bldg. 319
We will have a family friendly movie on the big screen, a haunted house, a DJ and plenty of candy for everyone!

Retiring from active duty? Take action, make a choice

Tricare

When you retire from active duty, your TRICARE plan options will change. Retiring from active duty is a Qualifying Life Event. A QLE allows you to enroll in a new TRICARE plan or change your coverage options within 90 days of the life event. As a retiree, you'll need to take action to enroll in a TRICARE plan if you want to continue to receive coverage for civilian care.

What to do to continue coverage

First, update your information in the Defense Enrollment Eligibility Reporting System. The next steps depend on which TRICARE plans you are eligible to use.

If eligible, you can reenroll yourself and eligible family members in TRICARE Prime or TRICARE Select. Depending on the plan you choose, you'll pay the single or family enrollment fee. There is no TRICARE Select enrollment fee for Group A retirees.

Depending on your eligibility, there may be other TRICARE plans for you and your family after retirement. Visit the TRICARE



Plan Finder to learn about your options. For dental or vision coverage, you may also be eligible to enroll in the Federal Employees Dental and Vision Insurance Program beginning in 2019.

When to do to re-enroll

If you want to keep TRICARE Prime or TRICARE Select with no break in coverage, you must enroll within 90 days after your retirement date. If you don't enroll in TRICARE Prime or TRICARE Select within 90 days of retirement, you'll only be eligible for care in a military hospital or clinic on a space-available basis. The effective date of coverage will be your retirement date.

If you enroll in a TRICARE plan more

than 90 days after your retirement, your request will be considered a new enrollment. If you have a break in TRICARE coverage, you and your eligible family members can only receive care at a military hospital or clinic on a space-available basis until you have TRICARE Prime or TRICARE Select coverage again.

Active duty service members pay nothing out of pocket and their family's costs are minimal. However, depending on their TRICARE plan, retirees may see an increase in their enrollment fees, copayments, cost-shares, and other fees.

How to re-enroll

- Use the Beneficiary Web Enrollment website (not available overseas).
- Call your regional contractor.
- Mail your enrollment form. Go to "Forms and Claims" on the TRICARE website to download forms.

Understanding your TRICARE options will help you and your family make the best health care decisions.

Family Readiness Group is looking ...



Get out ... make a difference ... help Soldiers and their families

Volunteers needed for Family Readiness Group leader, co-leader. eamcfrg@gmail.com.



SHARPSM

SEXUAL HARASSMENT/ASSAULT RESPONSE & PREVENTION



Don't be spooked by Halloween safety tips

Preparation

- Popular trick-or-treating hours are 5:30-8 p.m., so be especially alert for children during these hours
- Decorate costumes and bags with reflective tape or stickers and, when possible, choose light colors
- Choose face paint and makeup instead of masks, which can obstruct a child's vision
- Have children carry glow sticks or flashlights to help them see and be seen by drivers
- When selecting a costume, make sure it is the right size to prevent trips and falls

Trick or Treating

- Accompany your children
- Cross the street at corners, using traffic signals and crosswalks
- Look left, right and left again when crossing and keep looking as you cross
- Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible
- Children should walk on direct routes with the fewest street crossings
- Watch for cars that are turning or backing up. Never dart out into the street or cross between parked cars
- If children are mature enough to be without supervision, they should stick to familiar areas that are well lit, trick-or-treating in groups

If you're driving on Halloween

- Slow down and be especially alert in residential neighborhoods. Children are excited on Halloween and tend to dart unexpectedly
- Take extra time to look for children at intersections, on medians and on curbs
- Enter and exit driveways and roads slowly and cautiously
- Eliminate all distractions inside your car so you can concentrate on the road and your surroundings
- Drive slowly, anticipate heavy pedestrian traffic and turn your headlights on earlier to help spot children from greater distances



FLU SHOT from page 8

in the Visitor Control Center; the 35th Signal Brigade will receive their shots Nov. 15 from 9-11 a.m., at the HHC, 35th Signal Brigade motor pool.

A drive-through vaccination will be held

for beneficiaries from 8 a.m. to 2 p.m. Saturday, Nov. 17 in the hospital staff parking lot. At the same time, a walk-in vaccination event will take place in the Family Medicine Clinic on the second floor.

Following the Nov. 17 drive-through

campaign, flu shots will be available to all beneficiaries in Family Practice, Community Care, Internal Medicine, Allergy Clinic, Connelly, TMC No. 4, Occupational Health and OB/GYN. Walk-ins will be welcome.

FIT from page 2

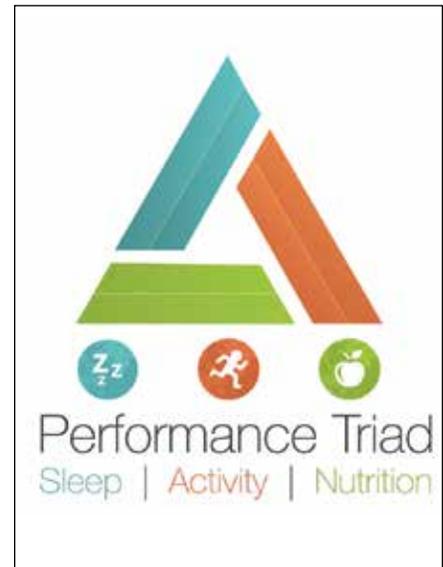
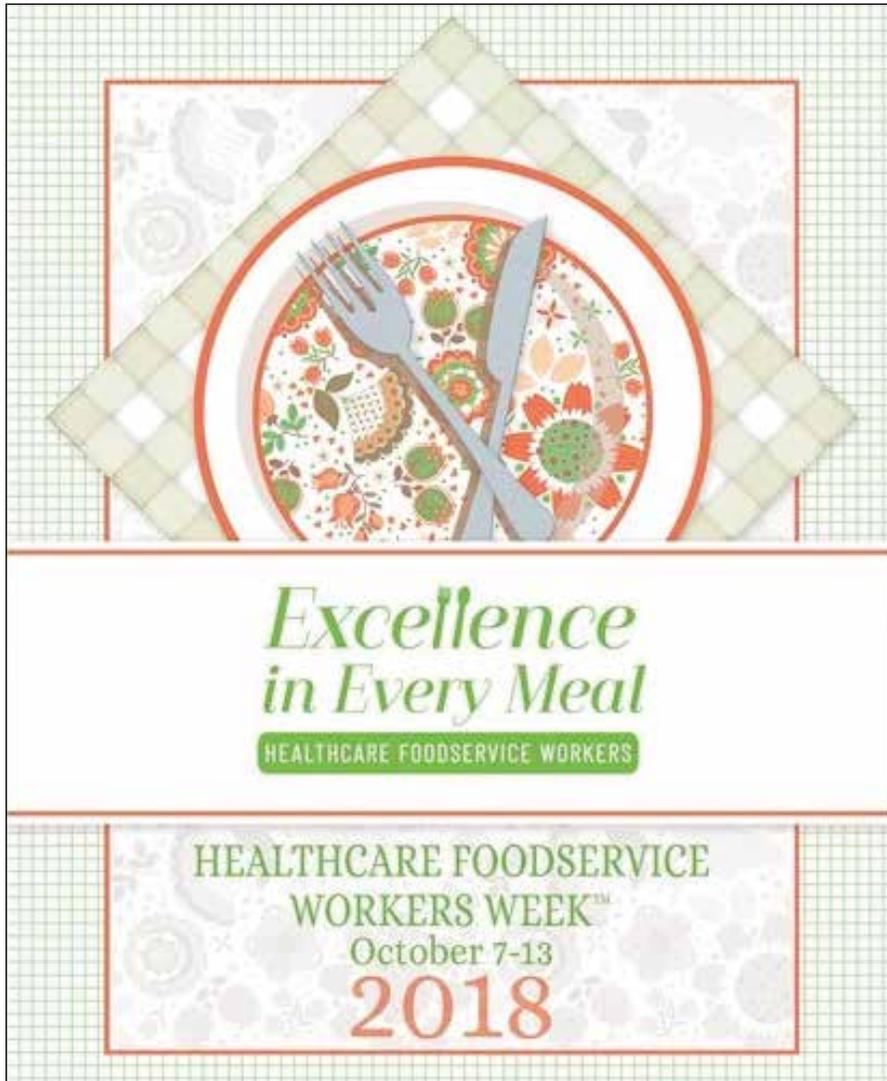
preservatives.

Are we Army Fit yet? Let's talk about the importance of proper sleep. Optimal sleep is critical to mission success. In training

and on the battlefield, inadequate sleep impairs essential abilities such as reaction times, the ability to detect and engage the enemy, and squad tactic coordination. In peacetime situations when performing day-

to-day operations to maintain skills, sleep is also crucial. Sleep loss and insufficient sleep associated with charge of quarters, staff duty and shift work places soldiers at risk for motor vehicle or work-related accidents, and impairs decision-making and alertness. Sleep is vital for soldiers' health, performance, well-being and it helps them prepare to excel mentally and physically.

In short, the key to Army Fit is the Performance Triad: activity, nutrition and sleep. The key measures are to get quality sleep, engage in activity and improve nutrition. P3 strives to improve and sustain healthy sleep, activity, and nutrition knowledge, attitudes, behaviors, and associated outcomes among soldiers and Army beneficiaries. All these things enhance emotional needs, social skills, spiritual beliefs and care of family. Let's all have an Army Fit day.





Eisenhower
Army Medical Center



We are Eisenhower
WE KEEP OUR NATION READY



Carols, A. Runnels,
RMF IT Specialist, At
EAMC for six months

2nd Lt. Elizabeth C.
Carlton, RN, 9MSP

Capt. Julian E. Rodriguez,
Chief of Ambulatory
Pharmacy Services, At
EAMC for 2 years. Soldier
for 2 years, 2 months

Lt. Col. Dennis H. Moon,
PharmD, Chief,
Department of Pharmacy
At EAMC since July 9,
Soldier for 14 years