

NOVEMBER 2015

BROOKE ARMY MEDICAL CENTER

FOCUS



CHANGING OF
THE GUARD

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BAMC FOCUS

NOVEMBER 2015

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Team,

As you celebrate the Veterans Day holiday with family and friends, take a few moments to remember and honor military members--both past and present--for their tremendous sacrifices and service to our nation.

Whether you are spending time with family and friends or attending a Veterans Day celebration around the city, be sure to include risk management in your plans. In South Texas, we are fortunate to have a milder winter than most states; however, weather news bulletins still need to be considered when making travel plans.

Supervisors and leaders should review seasonal safety topics in holiday briefings with personnel. Some topics to consider are hunting, skiing, and other outdoor activities; fire-place and home safety; drinking and driving dangers; and hypothermia. A risk assessment should be conducted prior to any activity. For detailed safety awareness information, visit the BAMC safety web page or stop by the Safety Office.

This Veterans Day, I encourage you to show your appreciation to the men and women who are serving or have served this great country, whether it is with a handshake, a shared story or simple words of gratitude. I, for one, feel extremely privileged to work alongside an amazing group of service members, civilians and family members who embody the meaning of service and sacrifice.

CSM Crews and I are proud to be a part of this outstanding team. Thank you for your continued contributions and dedication. Safe, quality care ... It's in our DNA!

Have a safe and enjoyable Veterans Day holiday. Serving To Heal...Honored to Serve!

EVAN M. RENZ, M.D.
Colonel, MC
Commanding



BAMC bids farewell, welcomes new CSM

By Lori Newman
BAMC Public Affairs

Brooke Army Medical Center held a change of responsible ceremony Oct. 6 to bid farewell to Command Sgt. Maj. Tabitha Gavia and welcome Command Sgt. Maj. Albert Crews.

After the colors were passed, BAMC Commander Col. Evan Renz spoke about Gavia's achievements during her tenure as the BAMC command sergeant major.

"Chief of Staff of the Army Gen. [Mark] Milley recently published his priorities and paramount among them was taking care of Soldiers. To quote him, 'Our collective strength depends on our people; their mental and physical resilience is at our core, we must treat each and every person with respect, and lead with integrity,'" Renz said.

"That is precisely what Command Sgt. Maj. Gavia has done every day in an unparalleled fashion. She treats everyone with respect and leads with integrity. We have been greatly blessed by her knowledge and strength as a leader," the commander said.

"No one here owes her a deeper debt of gratitude than I," Renz said thanking Gavia

for her unlimited dedication and commitment to the BAMC organization and its people.

Renz then turned his attention to Crews, welcoming him and his family to San Antonio.

"You bring an enormous wealth of experience, knowledge and proven leadership to this organization," Renz said. "I greatly look forward to working with you on a daily basis."

In the true tradition of these ceremonies, Gavia said her farewells to the commander and the BAMC team.

"It has been my honor and privilege to serve at BAMC. I will miss the esprit de corps as well as the unselfish and tireless support of our staff that sets BAMC apart from other organizations," Gavia said.

"It has been a profound honor and a deeply humbled experience serving this community. I've learned so much and I will treasure my time here forever," she said. "Thank you all for what you do every day for our patients and each other."

Gavia also welcomed Crews and his family.

"Battle I am truly at ease entrusting our BAMC family to your care. I know they will continue to thrive and excel under your leadership," she told him.

Crews then took the podium, thanking God for blessing him with "another fantastic team" and his wife Erin for her love and support. He also outlined what he thought were a few of his key responsibilities as the new command sergeant major; among them were team building, leadership development and resiliency.

"Sir, I am looking forward to serving



Col. Evan Renz, Brooke Army Medical Center commander, passes the colors to incoming Command Sgt. Maj. Albert Crews during a change of responsibility ceremony Oct. 6 at the Warrior and Family Support Center's amphitheater as outgoing Command Sgt. Maj. Tabitha Gavia looks on. (Photo by Robert Shields)



Col. Evan Renz, Brooke Army Medical Center commander, pins the Legion of Merit medal on Command Sgt. Maj. Tabitha Gavia Oct. 6 for exceptionally meritorious service while serving as the command sergeant major at Brooke Army Medical Center. (Photo by Robert Shields)

with you. Rest assured I will be relentless to ensure the NCO support channels are unparalleled and we carry your message to every corner of this organization," Crews told Renz.

"I want to build strong relationships and I want to make sure that this fine organization continues to be involved in the community. It is an honor to be joining this fantastic team."

SAMMC participates in city-wide MASCAL exercise



(Above) Simulated patients arrive by ambulance bus during the 2015 San Antonio Mass Casualty Exercise and Evaluation Oct. 6 at San Antonio Military Medical Center. (Photo by Robert Shields)



(Right) Medical personnel evaluate and triage a simulated patient outside the emergency department entrance Oct. 6 as part of the 2015 San Antonio Mass Casualty Exercise and Evaluation. (Photo by Lori Newman)

On Oct. 6 San Antonio Military Medical Center participated in the 2015 San Antonio Mass Casualty Exercise and Evaluation, a city-wide, full scale exercise involving hospitals and response organizations throughout the city.

SAMMC received, triaged and treated 49 simulated patients as they arrived from either a simulated air show incident at JBSA-Randolph or were “self-referrals” exposed to a deliberate release of *Yersinia pestis*, or plague.

As a result, the Hospital Command Center was activated and pre-determined triage locations around the hospital were stood up.

“Patients arrived at SAMMC by ambulance bus or charter bus and required immediate treatment and/or decontamination, as well as patient tracking,” said Sgt. 1st Class George Wible, assistant emergency management coordinator. “All of which was carried out in a manner that demonstrated Brooke Army Medical Center’s continued ability to serve as a community healthcare partner by mobilizing the necessary resources and providing high-quality healthcare in the event of an actual mass casualty incident.

“A successful exercise allows for needed improvements to be identified, as well as those things that worked well to be brought to our attention, both of which will be taken into account as we continuously work to update and improve our plans,” Wible added.

(Source: BAMC Public Affairs)



(Above) Members of the decontamination team decontaminate a patient as part of the 2015 Mass Casualty Exercise and Evaluation Oct. 6 at San Antonio Military Medical Center. (Photo by Lori Newman)



(Left) Simulated patients are evaluated and treated for their injuries in the emergency department as part of the 2015 Mass Casualty Exercise and Evaluation Oct. 6 at San Antonio Military Medical Center. (Photo by Lori Newman)

10-year anniversary of BRAC remembered by those who lived it

By Lori Newman

BAMC Public Affairs

More than 10 years ago, on Sept. 15, 2005, President George W. Bush signed a letter approving the Base Realignment and Closure Commission's recommendations.

In the beginning, the 2005 BRAC initiative received mixed reviews from military and civilians in San Antonio, but Army Medicine and Brooke Army Medical Center grew significantly with the directed changes.

The BRAC initiative called for the consolidation of all inpatient military healthcare services in San Antonio to one location. To accomplish this, the San Antonio Medical BRAC Integration Office or SAMBIO was created to oversee construction and renovations.

Brooke Army Medical Center staff members Christine Halder, Lean Six Sigma deployment director in the Business Operations Division, and Lu Ann Peralta, program manager in the Department of Nursing, were original members of the SAMBIO.

"When we started the planning for all the BRAC changes the SAMBIO was only three people, at our peak there were more than 100 of us," said Halder.

Construction projects included a new 760,000-square-foot consolidated tower, renovations to nearly half the original hospital structure, a 5,000-space parking garage, central energy plant and the Fort Sam Houston Primary Care Clinic at a total cost of about \$802.3 million.

The overarching goal during this whole process was not to have any impact on our patient care, Halder explained. "Probably one of the biggest challenges we had was developing the plans and implementing the resources to keep patient care going during that whole process," she said.



Construction of San Antonio Military Medical Center's consolidated tower. Because of the 2005 BRAC initiative, SAMMC is now the largest inpatient health care facility in the Department of Defense and the only Level 1 trauma center serving 22 counties in South Texas and providing emergency services to 80,000 people annually. The hospital also serves as a medical readiness training platform for Army, Navy and Air Force personnel. (Courtesy Photo, BAMC Public Affairs)

"We literally coordinated hundreds of moves because some folks moved more than once," Peralta said.

"We used the metaphor 'building the plane while we were flying it,' because we were moving people into spaces and transitioning while construction was going on. The mission was to do all of this without decrement to any of the services," Halder said.

Initially the plan was to add two towers, an administrative tower and a clinical tower.

"Eventually they decided it would be better to have it in one footprint opposed to two," Peralta said. "There was going to be two parking garages, but they were also consolidated into one."

Through the BRAC process, the hospital known as Brooke Army Medical Center

was renamed San Antonio Military Medical Center. However, BAMC remains the command component over SAMMC, the Center for the Intrepid, CPT Jennifer M. Moreno Primary Care Clinic, McWethy Troop Medical Clinic, Schertz Medical Home, Taylor Burk Clinic and now Westover Medical Home.

Because of the BRAC initiative, SAMMC is now the largest inpatient health care facility in the Department of Defense and the only Level 1 trauma center serving 22 counties in South Texas and providing emergency services to 80,000 people annually. The hospital also serves as a medical readiness training platform for Army, Navy and Air Force personnel.

There are currently 425 inpatient beds; 32 operating rooms; medical, pediatric and surgical subspecialty clinics; adult, neo-

Construction projects abound on BAMC campus

By Dewey Mitchell
BAMC Public Affairs

natal and pediatric intensive care units; and a bone marrow transplant unit. BRAC also brought the prenatal care and labor and delivery mission to SAMMC.

There were many challenges along the way, including delays in construction sometimes due to unusual circumstances.

“Many times construction was halted because of unexploded ordnance,” Halder said. “But the best was when they found the mammoth bones,” she laughed.

While digging the foundation of the seven story tower construction workers discovered large bones, later determined to be from a very young mastodon or mammoth.

Both Halder and Peralta agree that despite the amount of work the SAMBIO faced, the experience and knowledge they gained from the project was rewarding.

“The opportunities I had at SAMBIO were the most fun I have ever had, in spite of the stress and the pace. It was a very complex project, but it truly was a once in a lifetime opportunity,” Peralta said.

“When I walk around the building I think, gosh, we were here before the walls started going up. It’s really cool.”

New construction of two facilities and renovation work at the Center for the Intrepid are keeping construction workers busy on the BAMC campus and have resulted in the temporary loss of more than 200 patient parking spaces.

A new shuttle bus is delivering staff from the parking garage to free up more spaces for patients’ convenience, allowing them to park closer to San Antonio Military Medical Center for their appointments.

In Parking Lot D, construction began in September on a new fire station. The new facility will serve to protect the patients and staff of the BAMC Campus and will be operated by the 502nd Civil Engineering Squadron Emergency Services.

The fire station will be about 13,000 square feet and is expected to be completed next September.

Also under construction just outside SAMMC’s Main Entrance is a Hyperbaric Facility Addition, which is also about 13,000 square feet. Construction is expected to be completed next July.

Hyperbaric Medicine provides treatment for wound care, decompression sickness, arterial gas embolisms, carbon monoxide poisoning and provides the only active duty hyperbaric fellowship program.

At the Center for the Intrepid, construction of transition space was recently completed, so the fabrication unit could move to temporary quarters while the second floor is renovated for the expanded IDEO operation. Renovation work is expected to be completed next April.



White House taps military medicine for emergency preparedness campaign

By Steven Galvan

USAISR Public Affairs and

Ramin A. Khalili

Knowledge Manager, Combat Casualty Care Research Program

The White House Administration alongside other government leadership announced a new national public service campaign Oct. 6, designed to boost public awareness of what each person can do to help save lives during a major disaster.

The campaign, called “Stop the Bleed,” is based on the success of the U.S. military in reducing combat deaths during recent conflicts in Afghanistan and Iraq. In those cases, since most combat fatalities occurred on the battlefield prior to reaching a hospital and the majority of potentially preventable deaths occurred due to hemorrhage, bleeding control is now a cornerstone of the improved survival techniques used by the Armed Forces.

A person who is bleeding can die from blood loss within five minutes. The “Stop the Bleed” campaign aims to teach everyday citizens basic techniques in hemorrhage control so that an injured person has a greater chance of living long enough to reach a doctor’s care at the hospital.

“The DOD’s clinical experience and research in these areas underpins this entire effort,” said Col. Todd Rasmussen, director of the U.S. Army Medical Research and Materiel Command’s Combat Casualty Care Research Program, during his remarks at the campaign launch.

The CCCRP played an integral role in the development of the campaign, creating the “Stop the Bleed” logo and official campaign slogan, as well as advising DOD and the National Security Council on program content.

The American College of Surgeons has also joined the campaign, establishing the Hartford Consensus Group that has cham-



Left to right: Retired Army Col. (Dr.) John Holcomb, former U.S. Army Institute of Surgical Research Commander; Col. (Dr.) Jeffrey Bailey, former USAISR Joint Trauma System Director; Col. (Dr.) Kevin O’Conner, physician to the vice-president; Col. (Dr.) Robert Mabry, Robert Wood Johnson Congressional Fellow; retired Navy Capt. (Dr.) Frank Butler, chairman of the Committee on Tactical Combat Casualty Care; and Dr. Dave Marcozzi, former White House staffer for medical policy at the “Stop the Bleed” forum in Washington D.C. Oct. 8. (Photo by Steven Galvan)

pioned the translation of military advances in external hemorrhage control to bystanders, law enforcement, firefighters, and emergency medical service medics.

“The efforts of this group have been compiled into the Hartford Consensus Group compendium that was recently released as a special communication of the college in an effort to improve survival from these events – which are, unfortunately, becoming increasingly common in the United States,” said Chairman of the Committee on Tactical Combat Casualty Care Dr. Frank Butler, who is also the director of prehospital trauma care at the U.S. Army Institute of Surgical Research Joint Trauma System.

As a special operations surgeon while on active duty, Butler learned firsthand that someone with severe bleeding can bleed to death in a matter of minutes—often be-

fore the arrival of a trained medic. He has also seen the dramatic increases in survival achieved by the 75th Ranger Regiment and other special operations units that adopted the use of tourniquets and hemostatic dressings.

“Thanks largely to the efforts of the Tactical Combat Casualty Care group that have been ongoing since 1993, all of the U.S. military is now trained to provide life-saving external hemorrhage control interventions,” Butler said.

Butler added that these advances in combat trauma care have saved many lives on the battlefield, and now this knowledge will do the same thing in the civilian sector.

Learn more about how to “Stop the Bleed” and help save a life by accessing training and resources: <http://www.dhs.gov/stopthebleed>.

SAMMC docs focus on healing hands, arms

By Robert A. Whetstone
BAMC Public Affairs

The Hippocratic Oath is viewed as a rite of passage for physicians. It is not unique to U.S. doctors, but familiar to all in the profession. As medical practitioners from San Antonio Military Medical Center traveled to Tegucigalpa, Honduras to conduct an orthopedic medical readiness exercise (MEDRETE), Sept. 16-30, a specific element of that oath was on the forefront of their minds.

A rallying point of the oath could not be more poignant for missions like MEDRETEs: "I will remember that I do not treat a fever chart, a cancerous growth, but a sick human being, whose illness may affect the person's family and economic stability." Army Lt. Col. Mickey Cho, mission commander and orthopedic surgeon, offered more insight. "MEDRETEs are an excellent opportunity for surgeons and operating room staff to provide needed surgical services to an underserved population. MEDRETEs also allow surgical teams to work together in an operational setting simulating a deployment environment in terms of managing limited resources and triaging surgical priorities."

MEDRETEs normally offer general health care to depressed regions in countries that lack the infrastructure to support the population. The team of 19 medical professionals and surgeons spearheaded SAMMC's three-fold mission; focus on repair of specific hand and arm orthopedic conditions; increase their proficiency, and enhance U.S. - Honduran relations while improving the host nation health care structure.

These missions involve months of planning and coordination across multiple levels of command. In addition to Brooke Army Medical Center, Joint Task Force Bravo, U.S. Army South, Regional Health Command - Central (Provisional), U.S. Army Medical Command, and U.S. Southern Command, all were critical to the mis-

sion's success.

Army Capt. Christina Deehl, executive officer for the MEDRETE, was an essential element of the planning process. "I did a lot of the pre-planning, making sure logistically we were prepared, doing inventories, packing, shipping, quartering the shipment of goods on all the pallets to arrive in Honduras," Deehl said.

Planning began around June 8, making for long work hours for Deehl, a dietician by trade, whose "day job" is the commander of Co. A, Troop Command, BAMC.

With an estimated homicide rate of 171 per 100,000 people, San Pedro Sula, a mere 112 miles from Tegucigalpa, boasts the world's top ranking as the most violent city, according to a report by Business Insider. Proximity to San Pedro Sula offered myriad types of injuries, typically administered by machete to unsuspecting local workers and bystanders, that challenged the MEDRETE team.

"Our doctors worked on one patient who had no skin on his arm because of his injury; the soft tissue was exposed," Deehl said. "So they took a flap (of skin) off of his hip and they sewed his arm to his hip so the skin could grow back. I've never been in an operating room before that MEDRETE so I saw all kinds of stuff."

Another challenge the team faced was an English-Spanish language barrier. Only two of the 19 team members spoke Spanish. Deehl used as much conversational Spanish as she could to help. "I can speak half-Spanish," she chuckled. "The rest of the team did whatever they could to make people understand. That was difficult."

Despite security concerns, handled expertly by JTF-Bravo, and the language barrier, the team successfully treated more than 50 patients. The universal language of pain, coupled with some obvious trauma associated with the injuries helped the team mitigate difficulties in the OR. "This has been my fifth MEDRETE to Honduras, and it still amazes me how the team comes



A Honduran patient displays the 'handy' work of Brooke Army Medical Center and local surgeons. The Brooke Army Medical Center team conducted a medical readiness exercise in Tegucigalpa, Honduras Sept. 16-30, focusing on orthopedic procedures to hand and arm injuries. (U.S. Army photo/Released)

together in a short period of time to overcome any challenges that we face," said Cho. "By working closely with the host nation surgeons and staff, we were able to overcome scheduling and equipment issues."

Many of the patients seen by the team lived outside the city limits of Tegucigalpa. They were workers and laborers who might have had their injuries for years, languishing with them due to the lack of funds or transportation. After treatment, many of the patients would make the trek back to the MEDRETE team to simply say thank you.

"Having them come to the hospital and just say thank you, knowing this is going to change their lives and restore function and quality of life, it was very rewarding," said Deehl.

The MEDRETE team worked dawn to dusk, sharing the load every step of the way. "I was extremely proud to see how hard every Soldier and Airman worked and how well they worked together," offered Deehl. "Everybody got together and we all did the work until it was done."

As for the rallying point of the oath; "It was like being deployed," said Deehl.



San Antonio Spurs spend time with warriors at WFSC, CFI

By Lori Newman
BAMC Public Affairs

Warriors, family members and staff are often treated to lunch at the Warrior and Family Support Center, but rarely is lunch served by local sports superstars.

Sixteen San Antonio Spurs players, Coach Gregg "Pop" Popovich and other members of the Spurs organization filed off a bus Oct. 21 to serve lunch, sign autographs and mingle with warriors and their families. This was their first visit to the WFSC. From there they made their way to the Center for the Intrepid to visit with wounded service members and play wheelchair basketball.

"It's great to come out and see the guys and give them a little bit of support and see some smiles and put hands on people. It's just really nice to be here," said veteran player Tim Duncan.

Manu Ginobili said visiting warriors was a team activity he really enjoyed.

"We appreciate coming here and talking to the guys. It's a great experience and at the same time we're helping them have a better day," Ginobili said. "Many of them watch us on TV and they enjoy what we do, so we come here to say hi and share some experiences and have a good time."

Popovich, an Air Force veteran, thinks community activities are important for his team, especially supporting military members.

"Any time we can honor these men and women who have sacrificed so much, it's the least that we can do. It's a great way for all of us to understand how fortunate we are, so it's a win-win for everybody," said Popovich, who has coached the team to five NBA championships.

"They enjoy seeing the players and the players appreciate what they have done,

and what they have to go through here. It's pretty incredible; I think it teaches the players a lot about perseverance and coming back from diversity," Popovich said.

"One of the most impressive things about the whole Spurs team is their demonstration of teamwork, during all of their games and all of their actions in the city," said Brooke Army Medical Center Commander Col. Evan Renz.

As a leader, Renz has a great appreciation for other leaders.

"When I spoke to Coach Popovich I thanked him for the excellent example of leadership that he gives, not just on the basketball court but throughout the community," Renz said. "It inspires young people to see that kind of teamwork. He creates a better community and we owe a great debt to Coach Popovich for what he brings to the San Antonio area."

(Above) Tim Duncan shakes hands with a wounded warrior after a game of wheelchair basketball Oct. 21 at the Center for the Intrepid. The Spurs visited warriors and family members at the Warrior and Family Support Center and the CFI. Players signed autographs and participated in a game of wheelchair basketball. (Photo by Robert Shields)



(Above) Spurs players served lunch at the Warrior and Family Support Center Oct. 21. The team visited with warriors, family members and staff and signed autographs before heading over to the Center for the Intrepid to visit with patients and play wheelchair basketball. (Photo by Robert Shields)

(Left) Manu Ginobili signed Joel Ramos prosthetic leg at the Center for the Intrepid Oct. 21. The Spurs visited warriors and family members at the Warrior and Family Support Center and the CFI. Players signed autographs and participated in a game of wheelchair basketball. (Photo by Robert Shields)



(Above) Spurs Coach Gregg Popovich and Spurs player Danny Green talk with Cruz Allen Oct. 21 at the Center for the Intrepid. (Photo by Robert Shields)

USAISR/BAMC celebrate Hispanic Heritage Month

By Steven Galvan
USAISR Public Affairs

The U.S. Army Institute of Surgical Research and the Brooke Army Medical Center Equal Opportunity teams at Fort Sam Houston, Texas combined efforts to host the 2015 National Hispanic Heritage Month observance at the San Antonio Military Medical Center medical mall Oct. 14. The annual national observance is held from Sept. 15 through Oct. 15 with this year's theme being "Hispanic Americans: Energizing Our Nation's Diversity."

To kick-off the ceremony, Capt. Jose Juarez, USAISR Company Commander read the city proclamation presented by San Antonio Mayor Ivy Taylor in recognition of Hispanic Heritage Month. After the reading of the proclamation, Col. (Dr.) Michael D. Wirt, USAISR Commander made some opening remarks and welcomed the guests to the observance.

"This year's theme truly reflects the long and important role that Hispanic Americans have contributed to our country's rich culture and proud heritage," Wirt said. "One of our country's greatest strengths has always been our diversity. As we take time today to observe National Hispanic Heritage Month, I ask that you take time to reflect on the contributions that Hispanic Americans have made into making the United States a great nation."

During the ceremony, attendees were treated to mariachi

music performed by Mariachi International Monarca; a traditional Panamanian dance by Alcira Etienne; and a performance by Noche Kandela who sang Salsa and Merengue songs. The audience also heard remarks from guest speaker Alexander "Alex" Briseño, a former Army captain and chief executive officer of San Antonio from 1990 to 2001. Briseño spoke of the many contributions that Hispanic Americans have made in shaping the military, economy and the United States.

"Hispanic Americans have come a long way," said Briseño. "We're a growing part of the population and we still have some challenges to address for all of us to succeed in the future."

The ceremony concluded with a sampling of some popular Hispanic food from around the world.



Alcira Etienne performs a traditional Panamanian dance at the 2015 National Hispanic Heritage Month observance at the San Antonio Military Medical Center medical mall Oct. 14 sponsored by the U.S. Army Institute of Surgical Research and the Brooke Army Medical Center Equal Opportunity teams at Fort Sam Houston (Photo by Steven Galvan)

"This was a great observance," said Sgt. Maj. James Devine, USAISR senior enlisted leader. "The EO teams did a remarkable job in coordinating

it and highlighting the contributions that Hispanic Americans have made to our diverse nation."



National Disability Employment Awareness Month

Col. Evan Renz, Brooke Army Medical Center commander (right) and Command Sgt. Maj. Albert Crews (left) present tokens of appreciation to recording artist and saxophone player Johnny Burke and guest speaker Dr. Mark Fredrickson, director of the Spinal Cord Injury Program at Warm Springs Rehabilitation Hospital in San Antonio, for participating in the National Disability Employment Awareness Month event Oct. 23 at San Antonio Military Medical Center. (Photo by Robert Shields)

BAMC staff participate in Military Retiree Appreciation Day



Brooke Army Medical Center's Sleep Lab Administrator Ed McKenna helps Daniel Salazar adjust a new sleep apnea face mask during Military Retiree Appreciation Day Oct. 3.

Brooke Army Medical Center Commander Col. Evan Renz and his wife Diane (right), talk with Trauma Education Coordinator Sherilee Demmer and Injury Prevention Coordinator Brandy Martinez during Military Retiree Appreciation Day Oct. 3.



BAMC Chaplain Army Col. Brent Causey talks with Pete Felts during Military Retiree Appreciation Day Oct. 3 at the Army Medical Department Center and School.



Spc. Garry Fullerton gives retiree Barney Flowers his flu shot during Military Retiree Appreciation Day Oct. 3.



Mary Ross sits quietly while Esther Sutton, from Brooke Army Medical Center's Cardiology Department, takes her blood pressure during Military Retiree Appreciation Day Oct. 3.

JTS wins 8th annual Major Jonathan Letterman Award

By Steven Galvan
USAISR Public Affairs Officer

The Joint Trauma System at U.S. Army Institute of Surgical Research was selected as the winner of the eighth annual Major Jonathan Letterman Award for Medical Excellence presented by the National Museum of Civil War Medicine Oct. 8 in Bethesda, Maryland. This is the second year in a row that the USAISR has won the Letterman award.

The award is named after Maj. Jonathan Letterman who is known as “the father of battlefield medicine.” According to the museum website, the annual award recognizes an individual and an organization for leading innovative efforts in civilian emergency care, combat casualty care, prosthetic technology, improving outcomes for patients with catastrophic injuries or leveraging today’s cutting medical technology to develop new ways to assist military service members or civilians who have suffered severe disfiguring wounds.

Accepting the award for the JTS was Col. (Dr.) Kirby Gross, JTS director.

“Although the award was presented in October 2015, the award was earned since the inception of the JTS and Joint Theater Trauma System,” said Gross. “The JTTS was first fielded in 2005 with stateside support of the JTS at the USAISR. The last theater presence of the JTTS personnel concluded in December 2014, but the theater presence continues by application of Clinical Practice Guidelines and participation in the weekly combat casualty care curriculum conferences.”

The JTS was established at the USAISR in 2004 when the Assistant Secretary of Defense for Health Affairs directed all military branches to work together to develop



Left to right: Craig Lebo, National Museum of Civil War Medicine Board Member; Col. (Dr.) Kirby Gross, U.S. Army Institute of Surgical Research Joint Trauma System Director; Dr. Kenneth Bertram, U.S. Army Medical Research and Materiel Command principal assistant for acquisition; and Betsy Estilow, National Museum of Civil War Medicine Board President during the eighth annual Major Jonathan Letterman Award for Medical Excellence by the National Museum of Civil War Medicine Oct. 8 in Bethesda, Maryland. Gross accepted the award for the USAISR JTS. (Photo by Steven Galvan)

a single trauma registry to improve trauma care delivery and patient outcomes through the continuum of care.

“The JTS staff received this award due to the positive impact on combat casualty care outcomes,” Gross said. “The award demonstrates that professional peers and military medical leaders have identified the impact of the JTS. As one of the many contributors to the JTS, this award inspires me to ensure the JTS continues to remain innovative and relevant in combat casualty care.”

Gross added that the JTS by way of the data collected from the wars in Afghanistan has contributed to unprecedented survival

rates, as high as 98 percent for casualties arriving alive to a combat hospital.

“This award is a direct result of the remarkable staff at the JTS who make substantial contributions every day to optimizing combat casualty care,” said Col. (Dr.) Michael D. Wirt, USAISR Commander. “Congratulations to all for improving the quality of care for our Wounded Warriors from the battlefield definitive care stateside. There is still much to be done, and I am proud to be with you leading the charge at providing the best care and equipment for our battlefield wounded and those who care for them.”

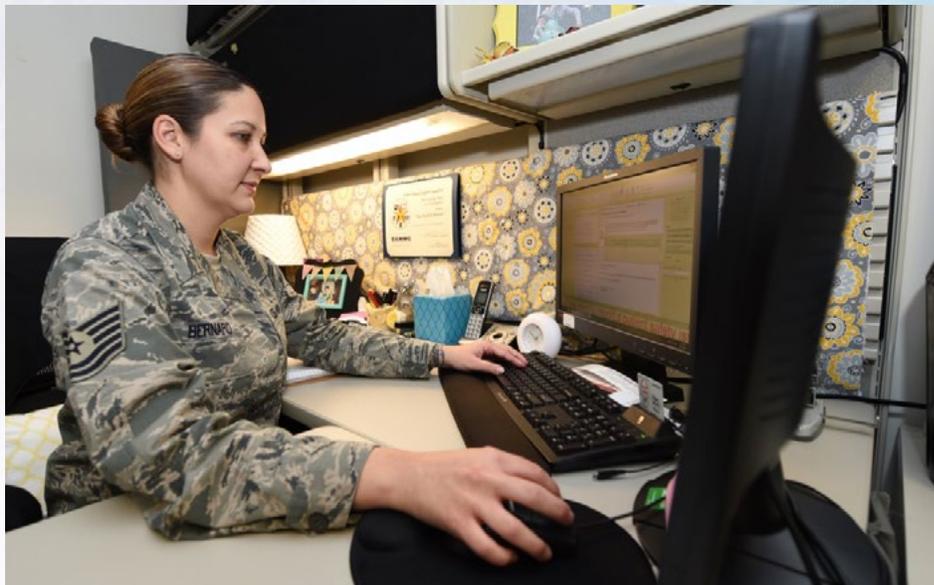
59th MDW NCO earns AETC Lance P. Sijan award

By Staff Sgt. Jerilyn Quintanilla
59th Medical Wing Public Affairs

A 59th Medical Wing NCO was recognized by the Air Education and Training Command for her leadership and character in and out of the office.

Air Force Tech. Sgt. Michelle L. Bernard, 959th Medical Group Microbiology NCO, earned the AETC 2015 Lance P. Sijan U.S. Air Force Leadership Award in the junior enlisted category. The award recognizes the accomplishments of officers and enlisted leaders who demonstrate the highest qualities of leadership in the performance of their duties and the conduct of their lives.

Nominees are rated on their scope of responsibility, professional leadership, leadership image and community involvement. Bernard's performance and leadership as the group unit training manager and mi-



Air Force Tech. Sgt. Michelle Bernard verifies personnel training records Oct. 7 at San Antonio Military Medical Center. Bernard recently received the Air Education and Training Command 2015 Lance P. Sijan U.S. Air Force Leadership Award in the junior enlisted category. She earned the award for her leadership and performance as the group unit training manager and 959th Medical Group Microbiology NCO in charge. (Photo by Staff Sgt. Jerilyn Quintanilla)



Air Force Tech. Sgt. Michelle Bernard unloads patient screening samples from a Roche 4810 machine in the molecular laboratory Oct. 7 2015, at San Antonio Military Medical Center. (Photo by Staff Sgt. Jerilyn Quintanilla)

crobiology NCOIC at San Antonio Military Medical Center made her an obvious choice for this award, according to her supervisor.

"When squadron leaders were looking at potential nominees for this award, her name popped up right away. She is always going above and beyond; she consistently performs at a level above her pay grade and it makes her stand out among her peers," said Master Sgt. Marlon Pugh, clinical laboratory flight chief for the 959th MDG.

As the unit training manager, Bernard directed administrative support of 1,600 personnel servicing 240,000 beneficiaries at San Antonio Military Medical Center, the Department of Defense's only Level 1 trauma center. As microbiology NCOIC, she leads personnel and oversees operations within the molecular, bacteriology, mycology, parasitology, immunology and

virology laboratories.

"To me, this award means we have a great team. It is a direct reflection of all the people around me; the people I supervise, my mentors and supervisors. I've had some great mentors that have afforded me several opportunities to challenge me and help me grow, so I feel quite blessed and honored," Bernard said.

Before winning at the MAJCOM level, Bernard competed and won at the squadron, group and wing levels. She will now compete at the Air Force level competition.

The award is named in honor of former Captain Lance P. Sijan, an Air Force Academy graduate and combat pilot, who was posthumously awarded the Medal of Honor for his intrepidity while evading capture by the North Vietnamese and during his subsequent captivity as a prisoner of war.

Tobacco Use and Weight Gain

By Adam Woodyard
Department of Nutritional Medicine

The Great American Smokeout is coming Nov. 19 this year. This year's theme is to "Quit like a Champion," so race for your health and start quitting today. Today's the day that quitters win.

The Defense Department is moving toward stricter guidelines regarding tobacco use on military installations which includes military medical treatment campuses being tobacco free.

Tobacco use still remains the single largest preventable cause of disease and premature death in the United States; about 42 million Americans still smoke cigarettes, 12.4 million are cigar smokers and over 2.3 million smoke tobacco in pipes.

By quitting, even for one day, people will be taking an important step toward a healthier lifestyle that can lead to reducing the cancer risk.

Those who quit generally experience improved cholesterol and blood glucose control, as well as whiter teeth, fresher breath and feeling more energized.

Making the decision to quit smoking is always a positive move, but many smokers are hesitant because they are afraid of gaining weight. It is important to remember that any weight gained is always preferable to the negative consequences of smoking.

Having a plan prior to quitting is the best way to succeed. Weight gain is often a concern when quitting. The exact amount of weight gained after quitting is disputed but most people gain less than 10 pounds. Very few gain more, and multiple factors contribute to the amount of weight gain. The main factor is an increased intake of calories.

In general, smokers eat fewer calories

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and weigh less than their non-smoking counterparts because nicotine acts as an appetite suppressant. Many smokers skip their lunch break to smoke. When nicotine is no longer present, hunger pangs may seem stronger. In addition to extra meals, food begins to taste better. Tongues with smoke damage miss the subtle flavors that make foods delicious. This can lead to eating larger portions more frequently.

Another common cause of weight gain after quitting is an oral fixation developed after years of moving cigarettes to the mouth. Many cope with this by replacing the cigarette with food.

Smoking also changes the way the body uses the calories that it consumes. Smoking increases heart rate and damages tissue linings in the lungs, throat and mouth. As a smoker, the body uses those calories for healing and tissue repair. After smoking

cessation and recurrent damage ends, those calories now must be either burned or stored.

The best way to prevent weight gain after quitting smoking is to have a plan in place prior to quitting. The stress of quitting can be made worse by the stress of changing eating patterns. Meeting with a registered dietitian can help people develop an individual plan that works for them.

The following tips can assist in remaining a healthy weight while removing an unhealthy habit.

Do not reward yourself with food. Quitting smoking is definitely an exciting achievement and deserves reward, but we should never treat emotions with food. Reward yourself by doing something you enjoy.

Drink calorie free beverages such as flavored water and unsweetened tea. Many times we eat because we are thirsty.

Do not skip meals. Research shows that people who skip meals (especially breakfast) are more likely to become obese than those who do not skip.

Find a new hobby to take your mind off of cravings such as gardening, reading, or attending a concert.

Try sugar free gum or hard candy mints or even brush your teeth. The fresh sensation may curb the need to smoke and can prevent eating when not hungry. Many people find using a toothpick or straw helpful as well. Sometimes even the sensation of opening the plastic wrapper can serve as a distraction.

Snacking is ok if people are hungry, not if they are bored. Measure out snacks prior to consuming them. Try to include protein or fiber to help curb appetite. Experiment with different tastes and textures: sweet, salty, spicy, crunchy and

chewy. Consider nonfat Greek yogurt with three graham cracker squares or pita chips with hummus.

Physical activity can help burn the extra calories you are taking in. Start by walking. A pedometer or activity tracker can help gauge progress. Aim for 10,000 steps every day.

Dine out no more than once a week. Restaurant foods can be high in calories, especially with large portions and freebies like peanuts, bread, chips and salsa.

Do not let the fear of weight gain prevent you from quitting.

For more information on medications and resources for quitting tobacco contact Army Public Health Nursing.

We can provide physiological help through directing you to providers who can prescribe tobacco cessation medications.

We can also help address any psychological needs that arise related to quitting tobacco. We can also help develop your support group whether it is through family and friends, quit smoking apps or websites, or attending tobacco cessation classes.

Call Army Public Health Nursing at 916-7543/7646 to increase your chance of success.



Army 1st Lt. Joshua Kniss, Army Pfc. Andrew Deremiah, Katarina Brinlee and Army Maj. Michael Trust participate in a Physical Therapy Month Health Fair Oct. 7 in the San Antonio Military Medical Center Medical Mall. (Courtesy Photo)

BAMC physical therapists celebrate PT Month by encouraging active living

By Army 1st Lt. Mikala Bruno
Physical Therapy Intern

Some looked surprised, others beamed with pride, and still others looked skeptical.

“Really? You want me to take how many steps?” was a common response when volunteers from the Brooke Army Medical Center Physical Therapy department talked with passers-by in the Medical Mall and Capt. Jennifer Moreno Clinic Oct. 7. More than 150 participants counted their steps, conferred with BAMC PTs and dietitians, and thought up ways to add more activity into their daily routine all to bring awareness to the importance of movement.

The event celebrated October as PT month and promoted the Surgeon General of the Army’s Performance Triad Initiative. With support from the nutrition department, therapists and PT technicians provided information and advice about why it is important to add regular activity like walking and stretching to a daily routine and avoid sitting for long hours.

According to the latest research, the average American gets around 5,000 steps a day and sits eight hours a day. At a time when obesity, type II diabetes and heart disease are on the rise, individuals need help learning how to stay healthy and prevent chronic disease.

“Many people wake up every morning, go do physical training, and then sit at a desk all day and think they are fine because they worked out,” said Army Maj. Dan Rhon, a physical therapist at the Center for the Intrepid.

Rhon summarizes research findings that show improving health markers, such as reducing waist

circumference, lowering blood triglycerides, and improving insulin sensitivity is about regular movements through the day, not necessarily a 30 minute workout.

“Exercise is still important for cardiovascular health, but it’s not enough to prevent chronic disease,” he said. “Regular activity throughout the day is key!”

“It’s good to keep moving if you can,” said one veteran who stopped by one of the PT month information tables. This individual was diagnosed with Muscular Dystrophy at 35 and was told that in five years he would lose the ability to walk with no chance of recovery. Now more than five years later he walked right up to the table to see why everyone was gathered around.

“I figured as long as I get out of the house, I’m good,” he said. “I’m still active. I do odd jobs when I can, and I have to be able to walk and lift heavy objects.” The regular activity has helped keep him independent.

Participants were offered free pedometers and encouraged to see how many steps they get on an average day. Handouts allowed them to compare features and prices of different activity tracking devices to help them set an activity goal and increase their daily steps.

To culminate PT month these informational resources were provided to all PT clinics on Fort Sam Houston to help encourage patients to increase activity as part of a strategy for improving overall health. For more information on how to safely increase activity visit the Performance Triad website at <http://armymedicine.mil/Pages/performance-triad.aspx> or contact a local PT clinic.

Other Happenings

at Brooke Army Medical Center



Army 10-Miler Team

Brooke Army Medical Center staff members were part of the JBSA team that competed in the Army 10-miler in Washington, D.C. The men's team placed 10 out of 23 teams and the women's team placed fifth out of 13 teams. (Courtesy Photo)



TRICARE Online

(Right) TRICARE Representative Ann Campbell assists Harrell Carmichael Jr. sign up for TRICARE Online Oct. 20 in the San Antonio Military Medical Center Medical Mall. TRICARE Online representatives were here providing information on TRICARE Online services and helping people sign up for the service. Don't worry if you missed it, you can sign up any time at one of the computer kiosks throughout SAMMC and the outlying medical homes. For more information about TRICARE Online, visit www.tricareonline.com or call 1-800-600-9332. (Photo by Robert Shields)

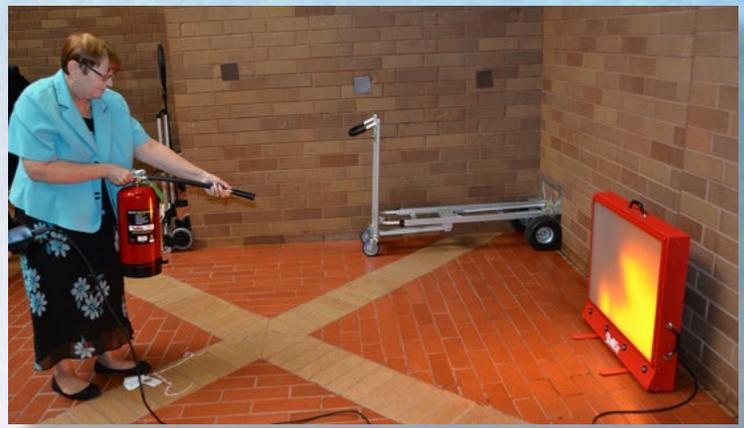


Patient CaringTouch Induction Ceremony

(Top row) Guillermo Leal, Nicolette Garza, Carolyn Poole and Sibyl Zeedyk (bottom row) Army Capts. Anna Rhodes and Chantil Alexander pose for a photo Oct. 1. Brooke Army Medical Center Warrior Transition Battalion sponsored a Patient CaringTouch System Induction Ceremony at the Warrior and Family Support Center. Army Lt. Col. Jennifer Lorilla spoke about the importance of Evidenced Based Practice and more than 40 guests helped celebrate the traditional cake cutting ceremony. BAMC is one of three Army medical facilities chosen to pilot PCTS. PCTS is an Army-wide healthcare program that assists with delivery of safe patient care. (Photo by Robert Shields)

Fire Prevention

Teresa Recio, patient administrator, fights a virtual fire during Fire Prevention Week Oct. 5. The Brooke Army Medical Center Safety personnel provided fire extinguisher training and information about fire prevention during an event in the SAMMC Medical Mall. (Photo by Robert Shields)



Wear Pink

The Center for the Intrepid staff wore pink Oct. 16 in support of Breast Cancer Awareness Month. (Photo by Robert d'Angelo)



Respiratory Care Week

Army Sgt. Olena Solomnikova talks with military members about the hazards of smoking Oct. 28 as part of the National Respiratory and Infection Control Week activities.

Scholarship in Action

Brooke Army Medical Center Commander Col. Evan Renz presents the Army Achievement Medal to Army Lt. Col. John Ritter Oct. 22. Ritter's paper, "Clinical and imaging assessment of acute combat mild traumatic brain injury in Afghanistan," was chosen as the featured article for this quarter's Scholarship in Action award. (Photo by Robert Shields)



SAN ANTONIO AREA MAP



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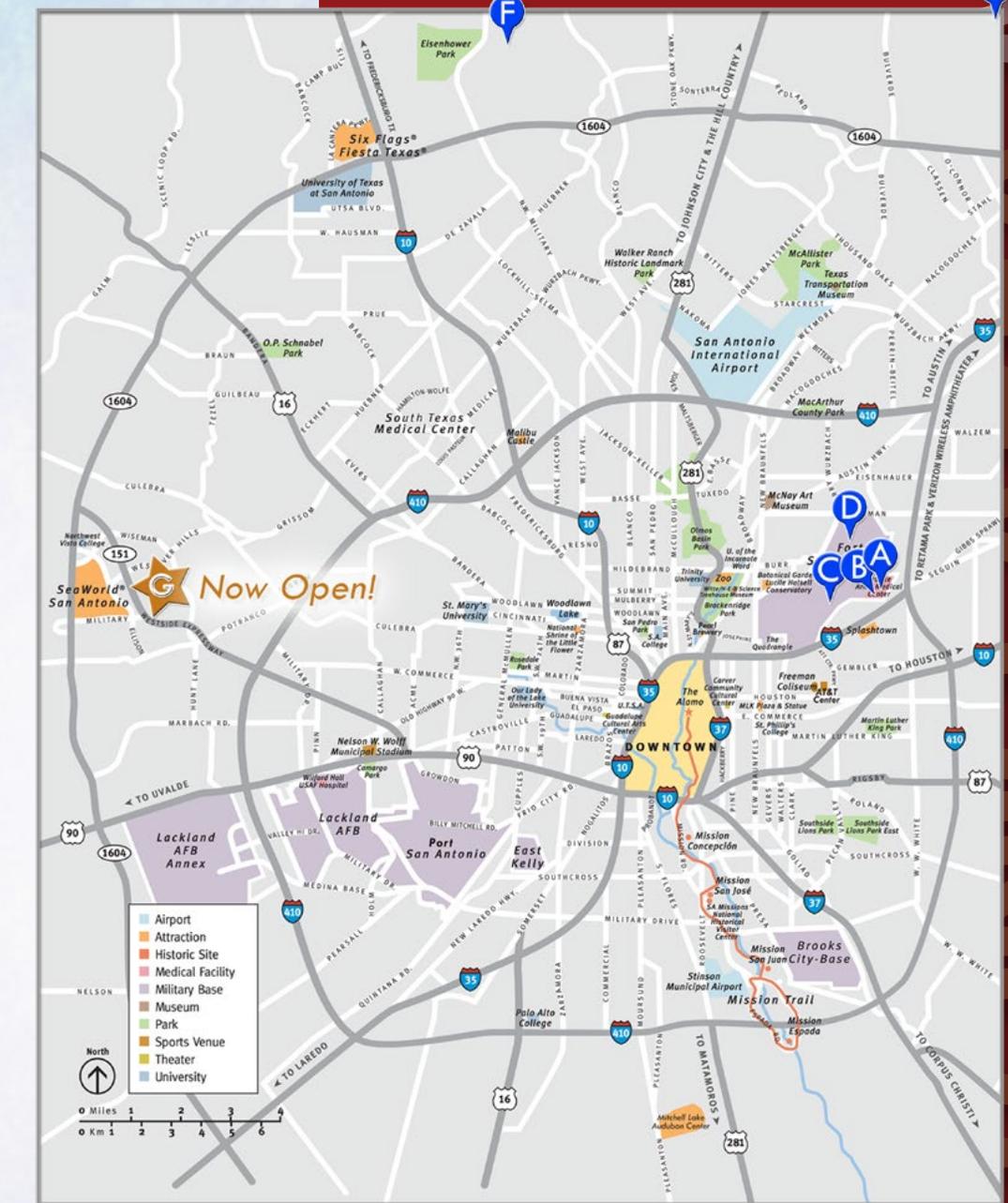
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