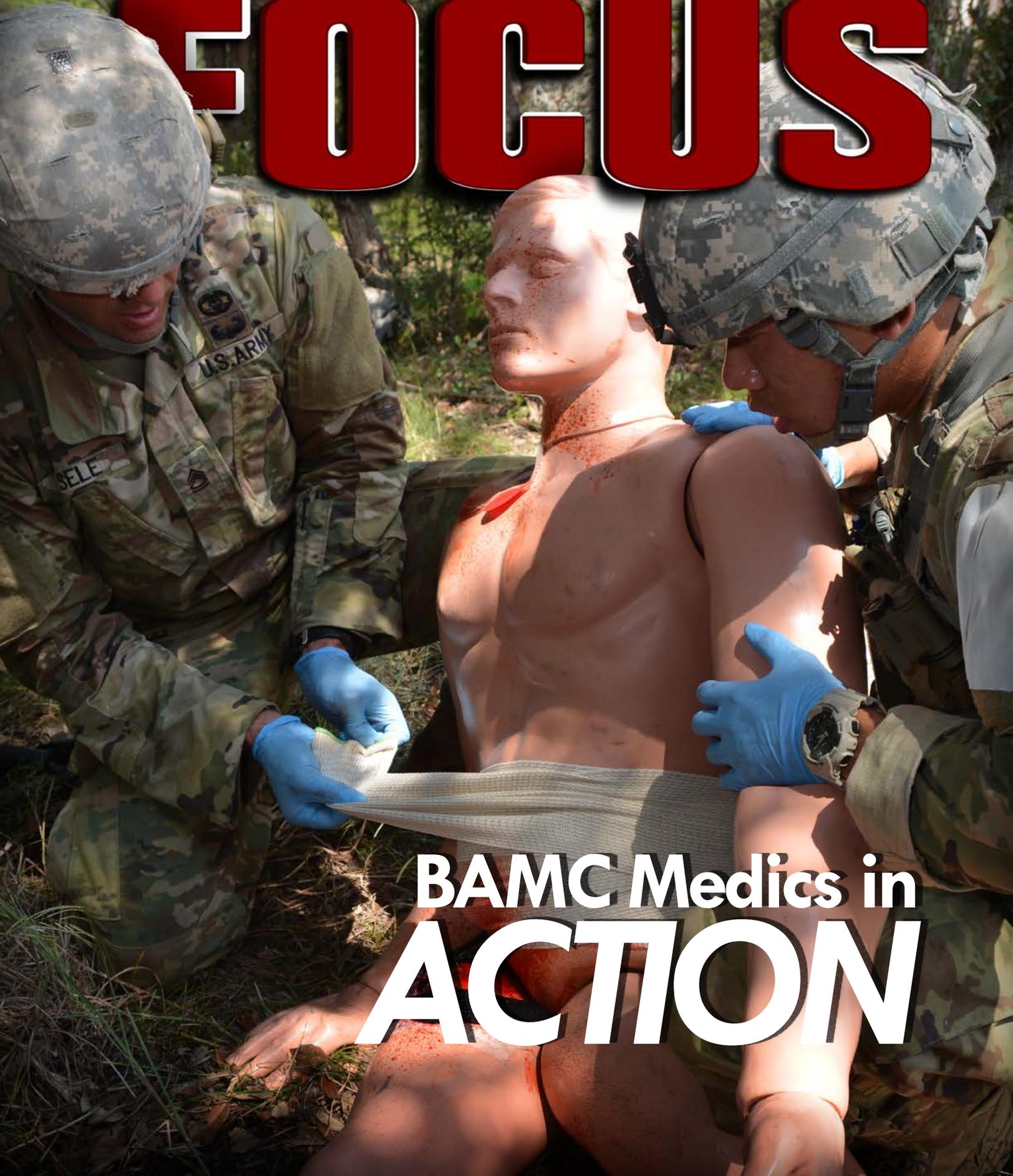


October 2016

BROOKE ARMY MEDICAL CENTER

FOCUS



BAMC Medics in
ACTION

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BAMC FOCUS

OCTOBER 2016

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BAMC Focus is an authorized publication for members of Brooke Army Medical Center and Southern Regional Medical Command, published under the authority of AR 360-1. Contents are not necessarily official views of, or endorsed by the U.S. Government, Department of Defense, Department of the Army, or Brooke Army Medical Center.

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Deadline for submission is six business days before the first of the month. We reserve the right to edit submissions selected for publication.



OUR COMMITMENT



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BROOKE ARMY MEDICAL CENTER



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Team,

BAMC's Combined Federal Campaign (CFC) has started and will continue through Dec. 15. CFC is a once-a-year opportunity to support a wide variety of charitable agencies. It is our chance to make an impact on our world and to invest in our future.

This year, BAMC's CFC goal is \$170,000. We have had difficulty reaching our goal in the past, so we need your help to reach this year's goal. You will be notified shortly who your individual department representative is, and they will be glad to answer any questions you may have. Please approach the CFC with an open mind and give your representative a chance to explain the importance of the campaign.

Reviewing the list, we are sure you will find several organizations that dedicate their services in support of an ailment, condition, or cause that has directly affected you, a Family member, or close friend. Without a doubt, each of us has been positively influenced by a CFC agency.

The CFC makes it quick and easy to search for a charity and to make a donation. Military and civilian personnel can make a payroll deduction pledge directly through myPay on the DFAS website at <https://mypay.dfas.mil/mypay.aspx>. The San Antonio Campaign ID is 0852 and the unit number is 232.

For more information, including a list of charities, visit <http://www.cfcsanantonio.org>. If you need assistance, please talk with your unit project officer.

A modest amount withheld each pay period adds up to a very meaningful gift over the year. CSM Crews and I thank you for helping to make a difference!

A Team Of Teams ... Creating Tomorrow's Today

JEFFREY J. JOHNSON
Brigadier General, U.S. Army
Commanding General



Military Drug Take Back Programs offer safe drug disposal

Medications play a critical role in health care. When those medications are no longer needed, it is important to properly dispose of them to reduce accidental exposure, intentional misuse or harm to the environment.

Unused medications in homes create a public health and safety concern because they are highly susceptible to accidental ingestion, theft, misuse, and abuse, according to the Drug Enforcement Administration, or DEA.

The Military Health System, or MHS, is helping the military community fight back against the dangers of unneeded, unused and expired drugs by offering Drug Take Back at military pharmacies in the U.S.

Brooke Army Medical Center has blue steel bins, called MedSafe cabinets, to secure the unwanted medications. The MedSafe cabinets are accessible at the main pharmacy in the hospital and at the Moreno Primary Care Clinic pharmacy during normal duty hours.

Patients can also drop off expired, unused, or unwanted medications at secure medication collection points at the JB-SA-Lackland Satellite Pharmacy, the Reid Clinic Pharmacy, the Wilford Hall Ambulatory Surgical Center Pharmacy lobby area, or the Randolph Clinic Pharmacy at JBSA-Randolph.

"We've added a blue drop-off box near the pharmacies in the BAMC Medical Mall and the CPT Jennifer M. Moreno Primary Care Clinic," said Army Col. Kevin Roberts, BAMC pharmacy service chief.

"These boxes look like a mailbox, but are labeled 'MEDSAFE.' Now our patients have a year-round option to dispose of unwanted medications that could lead to medication safety concerns."

In the past, patients who brought expired, unused or unwanted medications to dispose of to the pharmacy were turned away or had to wait for the bi-annual DEA-sponsored Drug Take Back Day.

Patients can deposit unused medication, without containers, in the MedSafe, using a plastic bag provided next to the cabinet. Liquid bottles must be 4 ounces or less and sealed in a plastic bag. The bins are not for sharps, syringes or inhalers.

"Proper disposal of unneeded, unused and expired drugs lowers the risk of misuse and environmental contamination," said Dr. George Jones, Defense Health Agency pharmacy operations chief. "The MHS Drug Take Back program accepts both prescription and over-the-counter drugs, so this is the time to clean out your medicine cabinet."

"Holding onto drugs past their useful life is a bad idea," Jones said. "It could be a child accidentally ingesting an over-the-counter sleep aid, or an addict finding expired pain killers. Don't take the risk of having these drugs in your home once you don't need them anymore."

Once the MedSafe cabinets are full, the military pharmacies ship the contents to a company licensed by the DEA to handle and properly dispose of medications. The DEA's preferred method of disposal is in-



Retired Air Force Master Sgt. Gilberto Hernandez uses the Pharmacy's Medsafe dropbox in the Medical Mall to get rid of expired medications. (Photo by Robert Shields)

cineration because it renders the medicine irretrievable. In addition, incineration prevents the medications from entering our water system.

For more information on the Military Health System's Drug Take Back efforts, visit the Drug Take Back Spotlight at <http://health.mil/News/In-the-Spotlight/Drug-Take-Back>.

(Source: Brooke Army Medical Center Public Affairs)

National Drug Take Back Day

People can help prevent medication abuse and theft by ridding their homes of potentially dangerous expired, unused and unwanted prescription drugs Oct. 22 from 8 a.m. to 2 p.m. in the Brooke Army Medical Center Medical Mall or at the JBSA-Fort Sam Houston Satellite Pharmacy from 10 a.m. to 2 p.m. during National Prescription Drug Take Back Day.

All pills should be emptied into a zip-lock or plastic bag and only the bag of pills should be brought to the collection site. Medication bottles can be disposed of through local recycling programs.

For additional local "Take Back" locations, visit http://www.deadiversion.usdoj.gov/drug_disposal/takeback/.

Joint Base San Antonio - Fort Sam Houston

2016 MILITARY RETIREE Appreciation Day

B A M C
MEDICAL MALL



OCTOBER 22
8AM - 12PM

Provided Services

Health Fair
Flu Shots and Vaccinations
Pharmacy drug take-back
BAMC Retiree Activities Group
Tricare Information and Services
CAMO Appointment Services
JBSA Randolph RAO
Walk-in ID Cards, Room L18-5
Soldier for Life (TAP)
Volunteer Opportunities
The Retired Enlisted Association
Walk-in Mammograms

Bexar County Veteran Services
Veterans Benefit Administration
San Antonio Veteran Center
FSH Casualty & Mortuary
FSH National Cemetery
Texas Veterans Commission
South Texas Veterans Affairs
FSH Exchange Services - DECA
Fort Sam Houston Golf Course
MOAA - Alamo Chapter
Prescription Glasses (if prescription is less than 1 year old)

FOR MORE INFORMATION ABOUT THIS EVENT, PLEASE CALL 221-9004



BAMC team wins regional Best Medic Competition, will compete at Army-level



Sgt. 1st Class Stephen Eisele and 1st Lt. Chi Wing Pang from Brooke Army Medical Center treat a simulated casualty during the Regional Health Command-Central (Provisional) 2016 Best Medic Competition at Camp Bullis Sept. 21. The combat medic lane tests the candidates' ability to perform casualty care under a simulated combat scenario. (Photo by Robert Shields)

By Lori Newman
BAMC Public Affairs

Soldier teams from around the region competed in the Regional Health Command-Central (Provisional) Best Medic Competition Sept. 20-22 at Camp Bullis, Texas.

Brooke Army Medical Center's two-Soldier team, 1st Lt. Chi Wing Pang, clinical staff nurse, and Sgt. 1st Class Stephen Eisele, noncommissioned officer in charge for the Department of Surgery, won the competition. They will represent RHC-C at the Command Sgt. Maj. Jack L. Clark Jr. Army Best Medic Competition Oct 25-28.

The teams were challenged both physically and intellectually to test their tactical medical proficiency, physical fitness and leadership skills.

The grueling 72-hour competition included a physical fitness test, obstacle course, combat water survival test, day and night land navigation, combat trauma lanes, a M4 rifle and 9mm pistol stress shoot and a 5K buddy run. Day three concluded with a 12-mile foot march and awards ceremony.

"The toughest part of the competition was the swim for me," Pang said. "I would not consider myself a weak swimmer but the events definitely caught me by surprise. I learned all I could from it and I will definitely be more ready for the CWST event at the Army Best Medic Competition in October."

Eisele agreed, "It tested your endurance skills and your will to succeed."

Both competitors thought the combat trauma lanes were the easiest part of the event.

"As a nurse, I surround myself with medical information and practice nurs-



1st Lt. Chi Wing Pang and Sgt. 1st Class Stephen Eisele from Brooke Army Medical Center celebrate after winning the Regional Health Command-Central (Provisional) 2016 Best Medic Competition at Camp Bullis Sept. 22. (Photo by Robert Shields)

ing on a day-to-day basis," Pang said. "Performing patient care is nothing new for me and I believe my partner and I did great on the medical portion of the competition."

"We complemented each other's skills better than I could have ever imagined," Eisele said. "Lt. Pang is a very knowledgeable Soldier and he has the drive and determination to succeed and win. It felt as if we had worked together for years on the battlefield."

Col. John P. Lamoureux, chief of staff, RHC-C (P) congratulated all the competitors and thanked the cadre who helped put on the competition.

"You come from all different backgrounds and all different specialties, but for the last 72 hours you were combat medics," Lamoureux said. "Some peo-

ple ask why we do this. We do this because this is how we show the Army our commitment to the combat medic."

Lamoureux explained the combat medic represents a system of total care from the battlefield back to the medical treatment facility.

"By being out here you are demonstrating commitment to the Army, showing how good we can be as medics," he said. "The medic is on the tip or the spear for the [Army Medicine] system we all represent."

"In today's battlefield environment, things are constantly changing, requiring an adaptive mindset for creating solutions to new problems," Pang said. "This competition is not only about physical and mental toughness, but also having that adaptive mindset to overcome the unknown obstacles. Being adaptive to any given situation may be the most important skill there is to master."

"We have to be ready at all times to deploy and protect our country and fellow Soldiers and ensure we all come home together," Eisele said.

Both BAMC team members are charged up and ready to compete in the Army-level competition.

"Lt. Pang and I will do our best to bring home the win and all the bragging rights with it," Eisele said. "Failure is not an option. Being the Best Medic is all about pride and showing our junior and senior leaders that being the best at what we do is the only option as a Soldier."

"I am confident that we have the potential to take the Army Best Medic title this year," Pang said.

Lamoureux agreed, saying he predicts the RHC-C (P) team will win.



Sgt. 1st Class Stephen Eisele and 1st Lt. Chi Wing Pang drag a simulated casualty to safety during the Regional Health Command-Central (Provisional) 2016 Best Medic Competition at Camp Bullis Sept. 21. The 72-hour competition tests each Soldier-team both physically and mentally. (Photo by Robert Shields)



Col. John Lamoureux, chief of staff, Regional Health Command-Central (provisional) presents 1st Lt. Chi Wing Pang and Sgt. 1st Class Stephen Eisele the Meritorious Service Medal Sept. 22 at Camp Bullis for winning the RHC-C (P) 2016 Best Medic Competition. (Photo by Robert Shields)

FSC student finishes summer college internship at USAISR

By Steven Galvan
USAISR Public Affairs

As Florida Southern College student Allison Tempel heads back to the classroom to start her junior year as a Pre-Dentistry Track (Biology Major) student, she heads back with a renewed sense of knowing that she's on the right track to becoming a military dentist.

Tempel was among 19 college undergraduate students to attend a 10-week summer internship program at the U.S. Army Institute of Surgical Research.

"I aspire to become a dentist and this program has sparked my interest in dentistry even more, and I believe it will help me be a competitive candidate in the application process," said Tempel, a self-proclaimed Army brat whose father has been in the Army her whole life. "And, I feel pretty strongly about either being a dentist in the military or working as a civilian dentist for the military."

Tempel was mentored by Lt. Col. (Dr.) John Decker, chief of Dental Regenerative Medicine, who had three items for her to focus on during the summer – understand the research process, gain insight into military research and develop a practical lab skill set.

"She was an excellent intern," said Decker. "The steps involved in research and developing a project were the most important part of the whole experience. She was engaged, learned the process and asked challenging questions about the research. As a mentor, it's exactly the type of attributes and behavior you are hoping to see when you have such a short period of time with a student."

Tempel and her fellow interns were able to present their summer research projects with a capstone poster presentation to highlight their work.

"Her poster presentation was wonderful," Decker said. "It helped me grasp the



Allison Tempel discusses her research with Kai Leung, Ph.D. during the summer intern poster presentation Aug. 10. (Photo by Steven Galvan)

time, effort and hard work she put into her project and the knowledge and understanding of research she now possesses."

Lead Intern Mentor and Combat Casualty Care Research Scientist at the USAISR, David Burmeister, Ph.D., stated that the summer program is sponsored by the Oak Ridge Institute for Science and Education to expose college students to a laboratory environment and provide them with invaluable research experience.

"This program also helps students to clarify their educational goals and enables them to reach those goals," added Burmeister.

During the summer, the interns did more than research; they also attended weekly seminars, led journal club sessions and attended Burn Center Intensive Care Unit rounds with the burn center staff.

"I think that the military exposure here is exceptional," said Decker. "Allison witnessed the greatness of our Army as well

as the sacrifice that befalls some Warriors during conflict. When it comes time for her to make the decision to serve in the military, she will be able to reflect on this experience to help her make that decision."

Tempel added that she was grateful that she was given "an amazing experience" since getting selected for the program is very competitive. This year more than 600 students applied for the internship, up from 60 the year before. That number is expected to continue to grow as students like Tempel share their experience with their classmates.

"The first thing that I will tell them is how important the research being done at the ISR is and how rewarding it would be to see the people you are doing the research for every day, the men and women of our Armed Forces," said Tempel. "The second thing I would tell them is that there are few places that will allow them the experience that the ISR allowed me."



Elgin Heinemeyer from the Young Farmers from Gonzalez, Texas cooks a whole lot of beans at Brooke Army Medical Center's 23rd Fisher House Barbecue Sept. 23. (Photo by Robert Shields)

23rd Annual Fisher House BBQ



Members of the Young Farmers from Gonzalez, Texas and Brooke Army Medical Center Fisher House volunteers prepare sausages and other fixings for the 23rd Fisher House Barbecue Sept. 23. (Photo by Robert Shields)

Each year Brooke Army Medical Center celebrates the birthday of the Fisher House founder the late Zachary Fisher with an annual barbecue.

At BAMC, there are four houses located within walking distance from the hospital and the Center for the Intrepid with a total of 57 rooms for family members to stay. The average occupancy rate is 92 percent and so far this year BAMC Fisher Houses have accommodated 610 families providing them a home-away-from-home while their loved ones are recovering here.



Paula Johnson, wife of the Brooke Army Medical Center commander and Nancy Ederman from the Fisher House Foundation, cut the official birthday cake during the BAMC 23rd annual Fisher House Barbecue Sept. 23. (Photo by Robert Shields)

Other Happenings

at Brooke Army Medical Center

Influenza Vaccinations Available

TRICARE beneficiaries 36 months of age and older can receive their influenza vaccination at their primary care clinic or on a walk-in basis Monday through Thursday from 6 a.m. to 3:30 p.m. and Friday from 6 a.m. to noon on the first floor of the Brooke Army Medical Center Consolidated Tower. Flu vaccinations are also available at the Military and Family Readiness Center, Building 2797 on Joint Base San Antonio-Fort Sam Houston, Monday, Tuesday and Thursday from 7 a.m. to 4 p.m. and Wednesday 7 a.m. to 6 p.m. Vaccinations for patients 6-35 months of age are not currently available. For the 2016-2017 flu season the Centers for Disease Control and Prevention recommends the use of the flu shot. The nasal spray flu vaccine should not be used, therefore it will not be offered.

Breast Cancer Awareness Health Fair

October is National Breast Cancer Awareness Month. A Breast Cancer Health Fair will be held Oct. 7 from 8 a.m. to noon in the Medical Mall. There will be walk-in screening mammograms from 8 a.m. to 3 p.m. in Radiology for Tricare members. Non-Tricare members can get walk-in screening mammograms at The University Health Systems Mammovan, parked outside Entrance D, near the Medical Mall, from 8 a.m. to 3 p.m. To sign up in advance for the Mammovan, check in at the information table Oct. 3 from 10 a.m. to 1 p.m. in the Medical Mall or on the day of event; mammogram times are every 15 minutes. Civilian employees can use their breaks or lunch hour for appointments.

Research Study for Registered Nurses

The Center for Nursing Science and Clinical Inquiry is looking for Brooke Army Medical Center nurses assigned to an inpatient unit to participate in a research study designed to improve their professional quality of life. The study will emphasize stress-reduction techniques that have been proven effective, to include Yoga and Reiki. Call 916-7297 for more information.



Welcome

Capt. Cleveland Bryant, U.S. Army Institute of Surgical Research Company commander took command of the USAISR Company July 15 and said that he believes his new position will bring about its challenges as well as great opportunity for personal and professional development.

(Photo by Steven Galvan)

Combat Casualty Care Symposium

Kristin Reddoch, Ph.D., answers questions after her presentation during the Young Investigator competition at the 2016 Military Health System Research Symposium in Kissimmee, Florida, Aug. 15-18. Reddoch was among 10 finalists in the competition and placed second. *(Photo by Steven Galvan)*



Nashville Superstar

Country Artist Matt Mason performs Sept. 30 in the BAMC Medical Mall. Mason was the winner of CMT's Next Superstar in 2011 and competed on the TV show Nashville Star. *(Photo by Robert Shields)*



BROOKE ARMY MEDICAL CENTER
VETERANS DAY
CELEBRATION



NOVEMBER 4 , 11 - 2PM
BAMC GARDEN ENTRANCE

**ALL VETERANS ARE INVITED AND
ALL ARE WELCOME TO ATTEND.**



HONORING ALL WHO SERVED

SAN ANTONIO AREA MAP



Brooke Army Medical Center

JBSA Fort Sam Houston, TX 78234
(210) 916-4141



Center for the Intrepid

Bldg 3634
JBSA Fort Sam Houston, TX 78234
(210) 916-6100



Moreno Clinic

Bldg 1179
JBSA Fort Sam Houston, TX 78234
(210) 916-4141



McWethy Troop Medical Clinic

3051 Garden Ave, Bldg 1279
JBSA Fort Sam Houston, TX 78234
(210) 916-4141 or (210) 916-4141



Schertz Medical Home

Horizon Center
6051 FM 3009, Suite 210
Schertz, TX 78154
(210) 916-0055



Taylor Burk Clinic

Bldg 5026
Camp Bullis, TX 78257
(210) 916-3000



Westover Medical Home

10010 Rogers Crossing
San Antonio, TX 78251
(210) 539-0916