



MEDICAL MINUTE

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Serving the members of Tripler Army Medical Center and Pacific Regional Medical Command

January 2002

Tripler begins using more efficient Pap test

Staff Sgt. Michelle J. Rowan
Editor

Tripler Army Medical Center began using a newer, more efficient Pap test in November that makes it easier for staff to detect abnormalities.

A Pap test is a screening test where cells from a woman's cervix are examined to detect pre-cancerous changes or cancer.

Sorry ladies, the collection procedure for the newer test is still the same; it's what happens after the sample is taken that is different. The ThinPrep Pap Test, which will be used in many U.S. Army Medical Department facilities by early next year, processes specimens differently than the older method and results in better samples for cytotechnologists and pathologists to interpret.

"This is a substantial improvement in women's healthcare," said Lt. Col. (Dr.) Elaine Brent, chief of Tripler's Anatomic Pathology Section, Department of Pathology and Area Lab Services (DPALS). "This is the first major improvement (in cervical cancer screening) in more than 50 years."

With the older, conventional method, the sample from a woman's cervix is spread over a glass slide, which often results

See **PAP TEST**, page 3

Clinic signs agreement

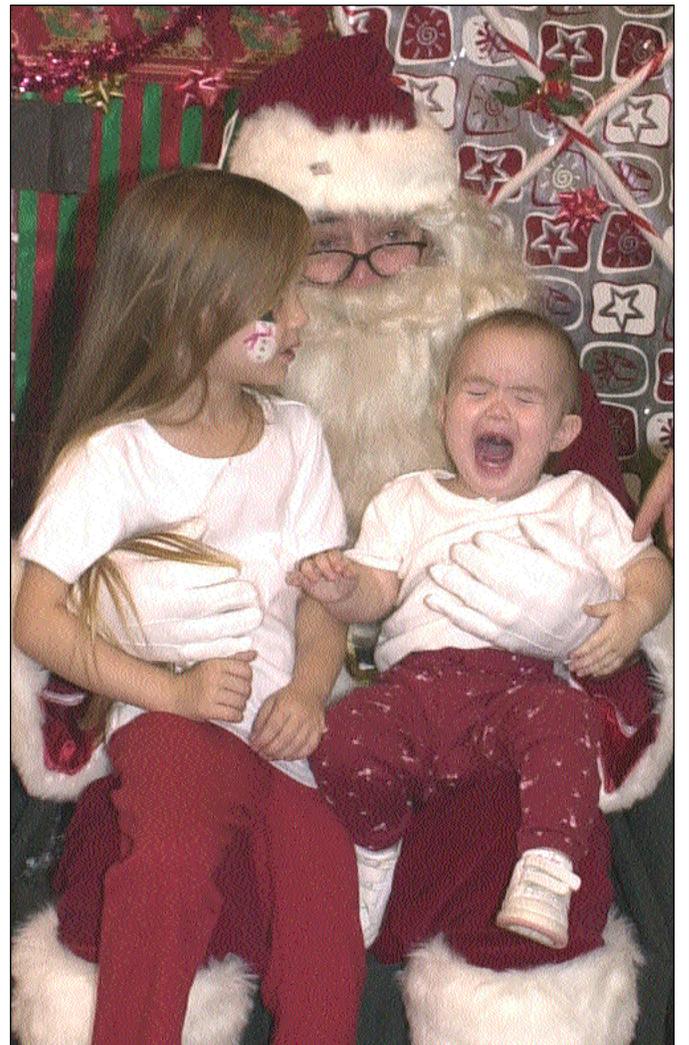
Margaret Tippy
TAMC Public Affairs Officer

The Camp Zama Health Clinic and Kitasato University Hospital in Japan signed a historic Memorandum of Agreement recently. Leaders of the two organizations signed the agreement, which spells out what services Kitasato staff will provide to soldiers and their families stationed at Camp Zama. This affects the more than 6,200 personnel in the region who are covered by the Status of Forces Agreement (SOFA).

This is the first such MOA between a U.S. Army Medical Department Activity and a host nation hospital on Honshu, Japan, said Lt. Col. Donald H. Hutson, deputy commander for Administration of U.S. Army Medical Department Activity (MEDDAC) - Japan.

Lt. Col. Richard Jordan, commander of the MEDDAC-Japan and U.S. Army Japan surgeon, and Dr. Ankira Kakita, director, Kitasato University Hospital, signed the agreement Dec. 11.

See **AGREEMENT**, page 5



Staff Sgt. Michelle J. Rowan

HOLIDAY BLUES

During Tripler Army Medical Center's Children's Christmas Party Dec. 8, Santa has his hands full with sisters Briana and Ciara Firth. The two girls are the daughters of Spc. Jonathon Firth, an anesthesia technician with the Department of Nursing.

More than 200 staff members and their families turned out for the annual event, which was sponsored by the NCO Activity Fund. In addition, about 50 people volunteered to help out with the party, which included games, refreshments, caroling and face painting.

For a look at other festivities that occurred this holiday season at Tripler, check out page 6.

FEEDBACK

A place to voice your opinion

What is your New Year's resolution?



Gail Suga, Resource Management Division, MEPRS — "My New Year's resolution is to excel in my new job and quit smoking."

Capt. Gregory Johnson, chief, Blood Donor Center — "My New Year's resolution is to increase the number of blood donations we receive through the use of new recruitment techniques."



Patricia Miller, Resource Management Division, Management Branch — "My New Year's resolution is to get into shape for the Great Aloha Run."

Johnny Kelly, Resource Management Division, MEPRS — "My New Year's resolution is to work on being an over all better person."



Spc. Delories Houchens, Department of Pathology and Area Lab Services — "My New Year's resolution is to not let work stress me out."

LETTER TO THE EDITOR

Staff thanks those who helped make Christmas special for pediatric patients

The Pediatric ward and Child Life Services would like to thank all of those who donated gifts and volunteered time to help our pediatric patients have a wonderful Christmas. Your generosity was incredible and it brought many smiles to the children's faces during their stay here at Tripler. We couldn't have done this without you. Thank you very much.

Special thanks go out to the following personnel:

* Liana Hodges * Pat Mencias * Terri Kepaa * Navy Capt. Richard Jefferies and Mrs. Jefferies * Bonnie Kaleiohi * Angela Demien * Liz George * Christina Sakomoto * Pearl Harbor Naval Shipyard - First Class Association * Barbers Point Memorial Chapel * Plastic Surgery Clinic * Sheila Yamanaya * Mabel Trafford * Troop 530/705 * Robbin Seal * Becky-ENT * Maj. Vivian Hudson * Marjorie Esteron * Ken Atiel * Leonard Cancio * Dr. Tamara Beiga * Amy Clarke * Adam Mealor * Hickam Air Force Base Tiger Cub Scouts Den 3 * Vicki Rogers * Yolanda Johnson * The Winkle Family *

Cheryl - Patient Ed. * Kenneth Morel * Enlisted Records, Military Personnel Division* Nancy Mazur * Katie Raimondo * Honolulu MEPS * Ashlynn Vincent * Lesly Shoupe * Kimberly Myers * Col. Stephanie Marshall * Estella Slater * Alison Kadesch * Halawa Ward-LDS * Christine Eckert-Red Cross/Ministry * Sgt. Maj. Charles Mason * Col. Len Shustack * Cara Aiwohi * Dr. Robert Buckley * Anna Rose * Col. Ronald Akemoto * Leslie and Deborah Peters * Sam Nieves and Family * Dr. William Fruean * Dr. Lisa Smith * The McKenna Family * 1st Lt. Laura Spates * Capt. Angela Stone * AMR Chapel * The Smedecor Family * Spc. Colone * Troop 2073/516 * Fernando Ramos * 1st Lt. Bruce Scully * The Plaza Hotel * Rita Salvanera - Red Cross * Steve McAlum (Santa) and Family * Edna Pakele * TAMC Public Affairs Office

... And to all of those who wanted to remain anonymous, or those who gave us your name and we misplaced it (sorry), thank you very much!

— **Kelley K. Lee**
Coordinator, Child Life Services
— **Heather Fryxell**
Head Nurse, Pediatrics Ward

JCAHO visit is complete! Great job!

Congratulations to Tripler and Schofield Barracks Health Clinic staff members for their great performance during December's visit by surveyors from the *Joint Commission on Accreditation of Healthcare Organizations*.

Check out next month's issue of the *Medical Minute* for a look at those staff members and sections that distinguished themselves in preparation for and during the visit.



Medical Minute

<http://www.tamc.amedd.army.mil>

Commanding General Maj. Gen. Nancy R. Adams
Public Affairs Officer Margaret Tippy
Editor Staff Sgt. Michelle J. Rowan

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PAP TEST: ThinPrep easier for technicians to interpret

Continued from page 1

in uneven smears, air-drying, clumping and loss of diagnostic cells. Cells can also get thrown out with the Pap collecting devices. Many smears are difficult for the cytotechs and pathologists to examine, Brent said. Overall, about 40 percent of conventional Pap smears are interpretable, but are limited by the thickness of the smear, inflammatory cells, obscuring blood or poor fixation.

“This means there’s a potential something could have been missed,” said Brent, who added that about 1 percent of the older Pap tests come back unsatisfactory and need to be redone completely.

Since Tripler processes more than 24,000 Pap tests annually, that means about 240 women had to return each year to have a second Pap test completed. “Most women don’t want to come in for one, let alone have to come back for a second one,” she said. “It’s a waste of the patient’s time and the clinic’s time. We are hoping the new method will decrease the number of unsatisfactory smears.”

With the newer Pap test, the sample from the woman’s cervix is placed in an alcohol fixative and sent to the lab for processing. Using a filter technique, an instrument creates a thin monolayer of cells for examination.

George Carlton is one of six cytotechnologists at Tripler that interprets Pap tests. He said there is clearly a difference between the two testing methods.

“With the new test, the samples are easier to read, which helps us catch abnormal cells that we sometimes wouldn’t be able to see in the old samples,” Carlton said.

While some civilian medical clinics in Hawaii do offer the newer test, Tripler is the only medical facility on-island that will routinely use this test instead of the conventional method. The ThinPrep Pap Test is currently being used at Tripler clinics as well as at Schofield Barracks Health Clinics, the Hickam Air



Staff Sgt. Michelle J. Rowan

June Wong, a cytotechnologist at Tripler, processes a sample to make a ThinPrep Pap slide.

Force Base Clinic, Pearl Harbor Clinic and Makalapa Clinic.

In the future, the new method will also allow testing for the human papilloma virus (HPV), an infection that has been linked to cervical cancer, as well as for other sexually transmitted diseases.

TRICARE Dental Program premiums to increase slightly

TRICARE Retiree Dental Program

TRICARE Dental Program (TDP) members will notice a slight increase in their monthly premiums beginning January 2002. The new rates are effective on Feb. 1; however, since premiums are collected one month in advance, TDP members will notice the change with their January 2002 billing statement, payroll allotment or deduction.

Effective Feb. 1, TDP premiums will increase by about 3.5 percent or a little less than the annual increase in the dental services component of the Consumer Price Index.

The new monthly premium rate for active duty family members and members of the Selected Reserve, Individual Ready Reserve (Special Mobilization Category) and family members of reservists who are on active duty for more than 30 consecutive days is \$7.90 for a single enrollment and \$19.74 for a family enrollment. Members of the Individual Ready Reserve

(other than Special Mobilization Category) and their family members and the family members of the Selected Reserve will pay a new monthly rate of \$19.75 for a single enrollment and \$49.36 for a family enrollment.

“Since the government will continue to pay 60 percent of the total monthly premium for most categories of TDP enrollees, the actual increase for the majority of TDP members will be fairly small — 27 cents a month for a single enrollment and 66 cents a month for a family enrollment,” said Tom Harbold, senior vice president for the TDP at United Concordia Companies, Inc.

While the TDP premium increases are due primarily to increases in the cost of dental services, part of the increase is the result of enhancing the general anesthesia benefit. Effective Feb. 1, the requirement that general anesthesia be performed by a provider other than the surgeon, assistant surgeon or treating doctor is eliminated.

Revised NCO-ER hits field

Staff Sgt. Marcia Triggs

Army News Service

A revised regulation on the Noncommissioned Officer Evaluation Report (NCO-ER) is scheduled to be fielded Jan. 2.

One of the changes will be less time required for complete-the-record reports. Two optional reports are also being added to the regulation: the senior rater option report and 60-day short tour option report.

NCOs in the zone of consideration for promotion, who have been in their current assignment at least 90 days, will be able to get a complete-the-record report for promotion-board members to see. Instead of having to wait six months to submit a complete-the-record report, as required under the current regulation, the allotted time will be cut in half.

The complete-the-record report is only one of the changes that will show up in the new regulation, but it will be one of the most pertinent for NCOs, said Sgt. Maj. Anthony Everette, the chief and policy maker for the Enlisted Evaluations Branch.

Complete-the-record reports are only authorized when an NCO has changed jobs or has been re-assigned, and performance in that slot has not been rated. The six-month provision was a concern for NCOs because they felt that they were at a disadvantage when the board met, Everette said.

Previously, a change of rater could generate a new report, but not a change of senior rater. A Noncommissioned Officer Evaluation Report with just rater input is valid, and is still looked at by promotion board members, but it doesn't allow the individual to have the benefit of the senior rater comments, Everette said.

On the NCO-ER in Part V, Overall Performance and Potential, the senior rater has to mark a numeral from one to five, with one being the highest, to rate the NCO's overall performance and overall potential for promotion.

Having senior rater comments on the NCO-ER are extremely important for some NCOs. Sgt. 1st Class David Cleveland, an operations sergeant at Fort

Monroe, Va., said that the senior rater option report is for him the most important change to the regulation.

The other optional report to be added to the revised regulation is the 60-day short tour option. It will be granted in instances when NCOs are deployed overseas for 14 months or less, and have more than 59 days but less than 90 days under their current rater. The rater may initiate a 60-day short tour option report.

"This new report will allow NCOs to receive reports highlighting their contributions and accomplishments while on short tours," Everette said.

In another change to NCO-ERs, the numerical Army physical fitness test score will no longer be required to justify excellence.

Raters may still include the APFT score on the NCO-ER, but it's not required, Everette said. Instead the rater may simply put, "Awarded Physical Fitness Badge," he said.

Under the new regulation, command sergeants major who work for three- or four-star generals will not have to be evaluated.

"Removing the requirement for command sergeants major to be evaluated was done to eliminate an administrative burden at that level," Everette said. "The NCO-ER is rarely, if ever, a factor in the selection at that level. They are nominated and hand-picked for assignment."

The last revision to the NCO-ER under Army regulation 623-205 occurred in April of 1992. This revision rides the heel of the newly implemented NCO-ER, Department of the Army Form 2166-8 and the NCO Counseling and Checklist, DA Form 2166-8-1.

A major change to the NCO-ER is that the values under Part V of the form now reflect the seven Army core values. Both the new NCO-ER and Counseling Checklist are currently available online at <http://www.usapa.army.mil/forms/forms3.html>

The regulation changes are also outlined on the U.S. Total Army Personnel Command Website at <http://www-perscom.army.mil/> under MILPER messages.

Uniform changes expected soon

Staff Sgt. Marcia Triggs

Army News Service

More than 10 changes in the Army's uniform policy are currently being staffed for an update of Army Regulation 670-1.

Items being revised include hair, nails, contacts, cell phones, pagers, bloused boots, headgear, "camelbacks", desert battle-dress-uniform insignia, regimental distinctive insignia, the explosive ordnance detachment badge and the black mess uniform.

Other items that will not undergo a policy change will have their wording changed to give a clearer picture of what the policy is, said Master Sgt. Kittie Messman, the uniform policy NCO at the Office of the Deputy Chief of Staff for Personnel.

Highlights of the changes are:

* Dreadlocks are prohibited for all soldiers. Prohibited hair dye colors include purple, blue, pink, green, orange, bright fire-engine red, and neon colors. Applied colors must look natural on the individual soldier. Women are authorized to wear braids and cornrows; baldness is authorized for males, either natural or shaved.

* Males are not authorized to wear nail polish and they must keep nails trimmed to the tip of the finger. Females must keep nails trimmed no longer than 1/4 inch, as measured from the fingertip. Two-tone or multi-tone manicures and nail designs are prohibited. Prohibited nail polish colors include bright fire-engine red, khaki or camouflage, purple, gold, blue, black, white, and neon colors.

* Tinted or colored contacts, and contacts that change the shape of the iris are prohibited, as they are not medically required. The only contacts authorized are opaque lenses (when prescribed for eye injuries) and clear corrective vision lenses.

* Cell Phones and Pagers: One electronic device is authorized for wear on the uniform, in the performance of official duties. The device may be either a cell phone or pager - not both. The device must be black in color and may not exceed 4x2x1 inches. Devices that do not comply with these criteria may not be worn on the uniform and must be carried in the hand, in a bag, or in some other carrying container.

Tripler BCAC named tops in Army

Staff Sgt. Michelle J. Rowan
Editor

A Tripler Army Medical Center staff member was recently named the U.S. Army Medical Command's Beneficiary Counseling and Assistance Coordinator (BCAC) of the Year.

For the second time in three years, Terri Cloud of Tripler's Managed Care Division, was chosen as the Army's top BCAC, which is a beneficiary advocate and problem-solver who interfaces with patients, staff, contractors and claims processors to resolve beneficiary concerns and questions regarding TRICARE programs.

"She does her job so well, and with the gusto and enthusiasm, that she inspires the confidence and respect of her supervisors, peers, subordinates and the beneficiaries she supports," said Maj. Paul Sander, chief of the MCD's Customer Support Branch, who nominated Cloud for the award. "Going above and beyond the call of duty has become her norm."

The retired Army NCO, who also received the award in 1998 when BCACs



Staff Sgt. Michelle J. Rowan

For the second time in three years, Terri Cloud was named MEDCOM's Beneficiary Counseling and Assistance Coordinator of the Year.

were known as health benefits advisors, came to Tripler in 1988 while still on active duty as a patient administrator. After retiring in 1995, she continued working at Tripler as a civilian.

As Tripler's BCAC, Cloud frequently talks with patients about what benefits they are entitled to and how to access those benefits whether it be at Tripler or in the civilian sector. She also works with staff to help them understand the TRICARE program and its rules and guidelines.

"I like the interaction with people," Cloud said. "I'm a people person, and I like helping them whether it's patients or our staff."

She said that each case presents a new challenge, and seeing a patient satisfied is the best reward. In fact, Cloud said many patients come back to visit or just say hello.

"I have one patient that calls me every Friday just to tell me to have a good weekend," she said. "They remember you. And if they need something in the future, they'll remember you, and that's what I'm here for."

Although on occasion she must deal with irate customers, Cloud said there's nothing else she'd rather do.

"This is what I'm good at so this is where I'll be," Cloud said. "Benefits are always changing so somebody's got to stay on top of it."

AGREEMENT: Japanese hospital offers services

Continued from page 1

Kitasato University Hospital has been providing trauma and diagnostic care to Camp Zama community members for more than a year, Hutson said, but there was no written agreement.

"With the signing, we now have in place policies and procedure concerning the exchange of relevant patient information between the two facilities," he said. "This will ensure that services which are beyond the scope of MEDDAC-Japan's capability are immediately available for our community."

Kitasato Hospital is approximately nine minutes from the Camp Zama Clinic by ambulance, Hutson said.

The hospital has more than 1,000 beds and a staff totaling more than 1,900, he said. It averages treating more than 2,900 outpatients a day, has 23 specialty departments, and seven specialty centers.

CSM's HANDSHAKE OF CONCERN



January

"Maintain the Standard"

"Do the very best you know how — the very best you can — and keep doing so until the end."

— Abraham Lincoln

.....
The beret is coming! The beret is coming! Check out the briefing on the intranet under training to ensure you know how to wear the headgear properly.



Pam Divine (left) of the Pacific Regional Medical Command and members of her halau, Halau Hula maia ka Pu'uwai a ka Mana'o, perform during Tripler's Tree-lighting Ceremony Nov. 30.



Photos by Staff Sgt. Michelle J. Rowan

A bust of President George Bush fashioned out of lard greeted patrons to Tripler's Dining Facility Thanksgiving Day. Staff also decorated the facility in patriotic colors.

WINTER WONDERLAND

Tripler celebrates the holiday season



Santa hands a gift to Nette Guild. Guild and her older brother, Evan, assisted Maj. Gen. Nancy R. Adams with turning on the holiday lights during Tripler's Tree-lighting Ceremony Nov. 30.

Tripler adds names to Memorial Garden

Staff Sgt. Michelle J. Rowan

Editor

Tripler Army Medical Center personnel gathered in the Memorial Garden Dec. 5 to remember five staff members who passed away over the past year by adding their names to a memorial plaque.

The Memorial Garden, which is located on the 3rd floor cross ramp between C and H wings, contains a plaque that bears the names of 29 staff members who died while serving at Tripler Army Medical Center.

Those added to the plaque during the ceremony were Retired Col. (Dr.) James W. Bass, Lt. Col. (Dr.) William W. Reed, 1st Lt. Paul W. Darensbourg Jr., Spc. Patricia S. Ott and Naomi H. Pai.

“Since this Memorial Garden opened in the mid-1990s, Tripler staff has taken the time to remember former staff members who served here,” said Maj. Gen. Nancy R. Adams, commanding general of Tripler.

From the housekeeper and logistics clerk to the operating room nurse and pediatrician, she said that each staff member is essential to making sure Tripler provides the best, quality healthcare possible to patients and sometimes that can be overlooked.

“I think sometimes we lose sight of this and need to be reminded from time to time how important each and every one of us is to making it all work,” Adams said.

Adams then asked staff members to take to the podium and share their thoughts about the five staff members being added to the garden.

Retired Col. (Dr.) James W. Bass -- “Dr. Jim Bass was one of the barons of Tripler Army Medical Center,” said Lt. Col. (Dr.) Charles Callahan, chief of Pediatrics. “Tripler Pediatrics has been training and graduating pediatric residents for 40 years, and Dr. Bass was chief here for half that time.” During his time at Tripler, Bass trained 22 fellows in Pediatric Infectious Diseases and 146 pediatricians, which is more than 70 percent of all pediatricians who have trained at Tripler.

Lt. Col. (Dr.) William W. Reed -- Reed served as Tripler’s chief of General Medicine Service at Tripler. “One of the important contributions he made was to guide the transition of the Adult Medicine Clinic from a consultation only service to a primary care clinic,” said Col. (Dr.) Dale Vincent, chief of the Department of Medicine. “It was a sad irony that this former Nevada state champion in tennis passed away as a result of an injury that he sustained during a tennis game in Waikiki. He had a dry wit that always brought smiles to anyone who listened carefully.”

1st Lt. Paul W. Darensbourg, Jr. -- “We fondly remember 1st Lt. Paul Darensbourg as the gentle giant whose light shined all too briefly,” said Col. Donna Diamond, Operating Room chief, of the nurse who passed in a drowning accident in Kaneohe Bay last year. A former enlisted National Guard troop, Darensbourg was assigned to the OR in August 2000.



Staff Sgt. Michelle J. Rowan

The Memorial Garden plaque contains the names of 29 staff members who have died while on staff at Tripler.

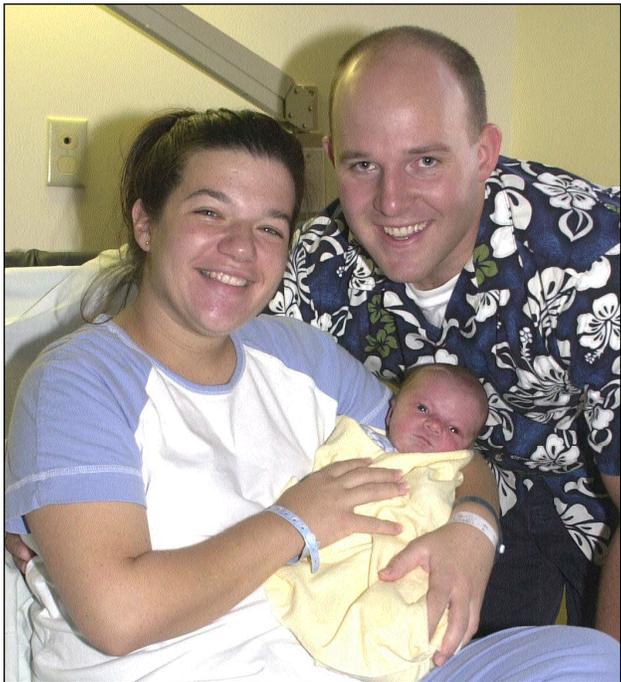
“Although his career was short, 1st Lt. Darensbourg had a positive impact on all he encountered to include supervisors, peers, and subordinates,” she said. “Known as the ‘Gentle Giant’ who loved to eat and enjoyed life to the fullest, he was kind to all he met. His sense of adventure and strive to succeed set him apart from his peers.”

Spc. Patricia S. Ott -- Ott served as a dental specialist in the Schofield Barracks Dental Clinic’s Oral Surgery Department. “I remember Trish as a country girl from Tennessee with a southern accent who always had a friendly smile and an amazing ability to make patients feel comfortable and to relax in the dental chair, which, as most of us know, is not easy,” said Sgt. 1st Class John Hart, NCOIC of the Schofield Barracks Dental Clinic. “Her life and contributions to the Army Medical Department have not been heralded in a book or on a plaque at the corner of a building, but she will forever be remembered in the hearts of those whom she came into contact with and the lives she touched.”

Naomi H. Pai -- Naomi Pai was a project manager in the Logistics Division’s Facilities Management Branch for more than 5 years. “She was an extremely determined individual, dedicated to making TAMC a world-class healthcare facility,” said Col. Michael Daley, chief of the Logistics Division. “She understood the vital role she played in ensuring that the environment of care was conducive to the provision of quality health care, and consistently strove to achieve excellence.” Daley said Ms. Pai’s premature passing left a hole in the Logistics Division and in the hearts of everyone who knew her. “And though time has eased the pain of her departure and allowed all of the wonderful memories to blossom, she will be forever missed,” he said.

Nurse gives birth to Tripler's first

Staff member's son is state's first military baby of 2002



Staff Sgt. Michelle J. Rowan

1st Lt. Tara and Peter Roy are the parents of Tripler's first baby of 2002, Calvin Laurent Roy.

Staff Sgt. Michelle J. Rowan
TAMC Public Affairs Office

One of Tripler's own gave birth to Hawaii's first military baby of the year Jan. 1 at 1:51 a.m.

1st Lt. Tara Roy, a nurse on Tripler's Labor and Delivery ward, and husband, Peter, became the proud parents of 8-pound, 1.9-ounce Calvin Laurent Roy less than two hours after the start of the new year.

Tara, who has worked at Tripler since November 1999, said it was different being able to experience things from a patient's perspective.

"It was interesting being on the receiving end," she said. "We received nothing but excellent care. Everything was great."

Although Calvin was due Dec. 31, Tara said she didn't really consider that her baby might be the first of the new year. In fact, when Tara and her husband traveled to Tripler the early evening hours of Dec. 31, she thought she still had a ways to go even after 24 hours of labor at home.

"We just came in to pick up some medication," Tara said. "I thought they were going to turn us around and have us go home."

Instead, to her surprise she was admitted and six hours later Calvin made his first appearance, just 20 minutes shy of being the first newborn in the state.

In addition to Calvin, seven other babies were born at Tripler Jan. 1 while three were born Dec. 31.

Certain dietary supplements not safe for active soldiers

Lt. Col. Vicky Thomas

Nutrition Care Division, Womack Army Medical Center, Fort Bragg, N.C.

Did you know that current regulations do not prohibit the use of dietary supplements by soldiers except for anabolic steroids (DODD 1010.1, Military Personnel Drug Abuse Testing Program). but dietary supplements can cause adverse health effects and affect performance?

"Dietary supplements" is a general term for a variety of products: vitamins, minerals, amino acids, proteins, botanicals (including herbal preparations), glandular extracts and other animal products.

Often, there are no written claims on the product label, but the name implies a certain effect (e.g. Heart Guard, Peak Performance, Joint Rescue, Anabolic Fuel). Many supplements provide none of the implied benefits or only a very slight benefit. Consumers must realize that these items are unregulated, and no one is required to provide proof of effectiveness or safety to the Food and Drug Administration (FDA) prior to marketing.

Unfortunately, it is difficult to predict who is most likely to suffer adverse health effects from a dietary supplement. In most cases, it is not that a dietary supplement is clearly unsafe for everyone, but that it is potentially unsafe for specific individuals.

Dietary supplements containing ephedra (also called ma huang) claim to aid weight loss and provide extra energy.

Ephedra has clearly been shown to elevate blood pressure, increase heart rate, and cause nervousness and insomnia — all of which could be interpreted as feeling more energetic, although this isn't the same as providing extra energy for higher performance. Taking ephedra has also been shown to increase the risk of heat injury. At higher doses ephedra can cause strokes, heart attacks and seizures. Exercise and dehydration increase the risk of these effects, and any soldier with high blood pressure is more likely to suffer these adverse effects. Finally, if a soldier is taking an allergy, asthma, or cold medication containing ephedrine, pseudoephedrine, or phenylpropanolamine, they should never take ephedra, as these compounds in combination significantly increase the risk of adverse effects. Bottom line — although these dietary supplements are legal for sale, they generally are not a safe choice for active soldiers.

Soldiers should tell their doctor about any dietary supplements they are taking — this is important information, along with other medications (including all not prescribed). Also, tell your doctor if you suspect that any dietary supplement caused an adverse event. Serious adverse events (fatal, life-threatening, permanently/significantly disabling, or requiring intervention to prevent permanent impairment or damage) should be reported to the FDA.

Tripler Army Medical Center has dietitians on staff with expertise on the effects of various dietary supplements. Call 433-4950 for additional information or to set up unit training.

Red Cross coordinator gets ‘baptism of fire’

Margaret Tippy

TAMC Public Affairs Officer

Rita Salvanera began her new job as the Tripler Army Medical Center Red Cross station coordinator with a “baptism of fire.”

“I’ve been working at Tripler since Sept. 10th,” she said smiling. “I was suppose to get two full weeks of training with my supervisor. When 9-1-1 happened, I received about two hours of training and she was gone. She had to get back to Headquarters.”

And with that two training hours, Salvanera dealt with what ever came her way.

“At first, it was unusually quiet,” she said pensively, “because everyone was in a state of shock, but then the phone calls began.”

People were looking for hotline phone numbers to find family, and lots of people called wanting to donate blood. The Red Cross in Hawai’i doesn’t perform blood drives, though, so Salvanera directed those eligible to Tripler’s Blood Bank and the rest to the Blood Bank of Hawai’i.

“I learned a lot about emergency services that first week,” she said.

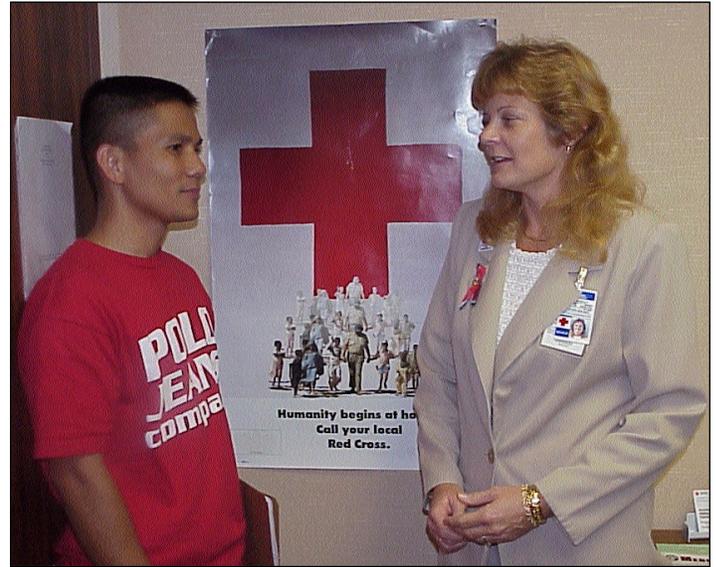
The mother of three married to Navy Submariner Chief Petty Officer Steve Salvanera was somewhat familiar with Tripler having been a Red Cross volunteer for nine months in 1999. In addition, their children – Steven, 18, Chrystin, 16, and Cassandra, 12 – receive their healthcare within the military system.

Salvanera is thrilled to have the job as Red Cross station coordinator and has nothing but praise for Tripler volunteers.

“I like it here – I really do,” she said, “and I have great volunteers. It’s always busy with people in and out of here.”

But she can always use more volunteers.

“We are looking for friendly, outgoing people who are willing to help,” Salvanera said. “We don’t have enough people volunteering so we are always looking for more.”



Margaret Tippy

Rita Salvanera, Tripler Army Medical Center’s new Red Cross station coordinator, talks with Philip Arobel, a new volunteer in the Laboratory.

Currently, there are openings for chairmanships of several committees, and she’s looking for office help in the Red Cross Office.

Red Cross Orientations are held monthly – usually the second Wednesday of the month - and Salvanera will gladly answer any questions potential volunteers have. She may be reached at 433-6631. Her office hours are 9 a.m. – 1 p.m. and she is located in Room 1B109 across from the Dining Facility, first floor, Oceanside.

“I really enjoy this job,” she said smiling. “Everybody is so willing to help me out in the hospital.”



Staff Sgt. Michelle J. Rowan

91W TRANSITION TRAINING

A group of Tripler Army Medical Center soldiers converge on a casualty during a Pre-Hospital Trauma Life Support course hands-on exercise. The three-day course focuses on trauma situations outside the hospital setting.

PHTLS is one of the classes offered by Tripler’s Directorate of Health Education and Training (DOHET) for those soldiers transitioning into the 91W military occupational specialty. A list of the classes offered by DOHET and their schedules is provided on the Tripler intranet under the training section.

Flu shots still available at military medical clinics

Providers urge those at high-risk to get vaccine

TAMC Public Affairs Office

Tripler Army Medical Center staff has recently diagnosed several patients with laboratory confirmed Influenza A virus infection. Tripler staff is offering the influenza vaccine to any TRICARE Prime medical beneficiary who requests it at the present time. Extra quantities of vaccine are currently available. Providers particularly want to encourage at-risk patients to be immunized because the virus is highly contagious and can be debilitating.

“While influenza can cause mild to moderate illness lasting two to seven days in otherwise healthy individuals, by far the greatest number of hospitalizations and deaths are in elderly persons or individuals with high risk medical conditions,” said Col. (Dr.) Glenn Wasserman, chief of Tripler’s Department of Preventive Medicine.

The following are the Centers for Disease Control and Prevention’s (CDC) recommended target groups for

vaccination.

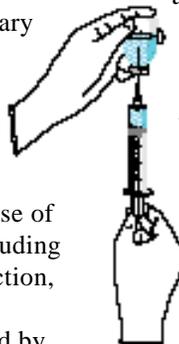
Groups at high risk for influenza-related complications:

1. People aged 65 years or older;
2. Residents of nursing homes and other chronic-care facilities that house people of any age who have chronic medical conditions;
3. Adults and children who have chronic disorders of the pulmonary or cardiovascular systems, including asthma;
4. Children and adults who have required regular medical follow-up or hospitalization during the preceding year because of chronic metabolic diseases (including diabetes mellitus), renal dysfunction, hemoglobinopathies, or immunosuppression (e.g., caused by medications or human immunodeficiency virus);
5. Persons aged 6 months-18 years who are receiving long-term aspirin therapy and therefore might be at risk for developing Reye Syndrome after influenza;
6. Women who will be in the second or third trimester of pregnancy during

the influenza season.

Other groups who should also be immunized:

1. All persons aged 50-64 years of age;
2. Persons who live with, care for or have significant contact with persons in any of the high-risk groups listed above.



Tripler’s Allergy & Immunization Clinic immunization hours for flu vaccine are Wednesdays, 9 – 11 a.m., and Fridays, 9 – 11 a.m. and 1 – 3 p.m., said Capt. Brad Franklin, head nurse of the Allergy & Immunization Clinic. The Immunization Clinic is located on the fourth floor, mountainside and may be reached at 433-6334.

The shots will also be given at Primary Care Manager (PCM) sites or clinics on the island. Patients may check with their PCM to find out times and dates of immunization.

More information about the influenza vaccine is available from the CDC web site at www.cdc.gov.

TAMC SOLDIER OF THE YEAR

TAMC Public Affairs Office

Spc. Neill Schultz, a mental health specialist with the Department of Psychiatry, took the title of Tripler Army Medical Center’s Soldier of the Year Dec. 19.

The announcement was made after a two-day competition which included an Army Physical Fitness Test, in-ranks inspection, hands-on skills training and oral board.

Schultz, who has been at Tripler for about a year, said a major factor in his success was the support of his supervisors.

The specialist will now represent the hospital at the Pacific Regional Medical Command Soldier of the Year Competition slated for February. The winner of the PRMC competition will go on to represent the command at the U.S. Army Medical Command.

In addition to the upcoming competitions, the specialist is also working on completing a bachelor’s degree in psychology and getting promoted to sergeant.



Schultz

TAMC NCO OF THE YEAR

TAMC Public Affairs Office

Staff Sgt. Eduardo Padilla, assistant NCOIC of the Troop Medical Clinic at the Schofield Barracks, was named Tripler’s NCO of the Year Dec. 19.

Padilla will now represent Tripler at the PRMC competition, which is set for February.

The 15-year Army veteran began competing at NCO of the Quarter competitions to motivate other soldiers to participate and to aid in career progression.

Although Padilla was the sole competitor during the NCO of the Year competition, he said it wasn’t an easy task without the competition.

“It’s almost harder to compete against yourself,” he said. “When there’s no one else, they (the graders/board members) focus all their attention on you.”

Padilla, who has been at TAMC for two years, also said he is looking forward to the PRMC competition and perhaps even representing the command at the MEDCOM competition.



Padilla

Order of Military Medical Merit
Tripler inducts 13 staff members

TAMC Public Affairs Office

Thirteen members of the Tripler Army Medical Center ohana were inducted into the Order of Military Medical Merit Dec. 14 during Tripler's annual Holiday Ball.

The 13 inductees were:

- * **Navy Capt. (Dr.) Michael Holtel**, chairman and residency program director for Otolaryngology – Head and Neck Surgery;
- * **Navy Capt. (Dr.) Richard Jeffries**, deputy commander for Clinical Services;
- * **Col. (Dr.) Morakinyo Toney**, chief of the Nuclear Medicine Service;
- * **Col. (Dr.) Judy Vincent**, chief of the Pediatric Infectious Disease Service;
- * **Col. (Dr.) Glenn Wasserman**, chief of the Department of Preventive Medicine;
- * **Lt. Col. James Camp**, lab manager for the Department of Pathology and Area Lab Services;
- * **Lt. Col. (Dr.) C.J. Diebold**, chief of the Department of Psychiatry;

* **Lt. Col. Karen Kelley**, deputy chief of the Logistics Division;

* **Lt. Col. (Dr.) Ronald Sutherland**, program director of the Urology Residency, and a pediatric urologist;

* **Lt. Col. (Dr.) Michael Yancey**, Residency Program director and assistant chief of the Obstetrics/Gynecology department;

* **Master Sgt. Jennifer Long**, training NCO with the Troop Command Operations Section;

* **Dr. Thomas Ditzler, Ph.D.**, director of Research for the Department of Psychiatry; and

* **Joel Tanaka**, chief of the Information Engineering Branch, Information Management Division.

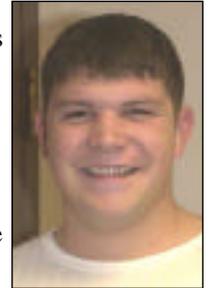
The Order of Military Medical Merit was founded by the commanding general of the U.S. Army Health Services Command in April 1982 to recognize excellence and promote fellowship and esprit de corps among Army Medical Department personnel.



MP recognized as Tripler's Top Cop

TAMC Public Affairs Office

Spc. James A. Ingebredtsen of Tripler's Provost Marshal Office was formally recognized Oct. 17 as Tripler Army Medical Center's Top Cop during the 17th annual Law Enforcement/Security Appreciation Luncheon at the Sheraton Waikiki.



Ingebredtsen

The 23-year-old Minnesota native was among 27 law enforcement and security personnel from federal, state and civilian agencies selected to be honored during this annual event, which is sponsored by the Hawaii Joint Police Association.

"It was really an honor to be nominated," Ingebredtsen said.

Ingebredtsen, who joined the Tripler PMO team in February 1998, was nominated as Tripler's Top Cop for his dedication and hard work in response to the September 11 terrorist attacks on the Mainland. The MP worked around the clock to unravel the traffic gridlock situation the extra security requirements had caused always ensuring Tripler patients' and staff's safety.

Although he is unsure about what career steps he'll take when it comes time to ETS next September, Ingebredtsen said he has enjoyed his time at Tripler and hopes he can find another place he likes as much as the Pink Palace.

"It's a big ohana here," he said. "You get to meet so many fun and interesting people."

THE WINNER'S CIRCLE

Re-enlistments

- Sgt. Victoria Williams
- 1st Sgt. Henry Rockward Jr.
- Staff Sgt. Lisa Comeaux
- Spc. Christina Gomez-Bain
- Staff Sgt. Darryl Suarez
- Staff Sgt. David Vandinter Jr.
- Master Sgt. Susan Murray
- Staff Sgt. Rahman Ruston
- Staff Sgt. Jennifer Husband
- Sgt. LaQuetta Ruston
- Staff Sgt. James Whitehead
- Sgt. Daniel Cornman

Promotions

- Lt. Col. Lawrence Connell
- Maj. Stephen Goffar
- Capt. Gregory Punch

Sgt. 1st Class Romulo Cacebelos

Awards

- Col. Lawrence Burgess - Legion of Merit
- Col. Kathleen Roehr - LOM
- Lt. Col. Rosemary Kyte - LOM
- Command Sgt. Maj. Rafael Ruiz - Meritorious Service Medal
- Staff Sgt. Troy Hodge - MSM
- Sgt. 1st Class Romulo Cacebelos - MSM
- Lt. Col. Ronald Sutherland - MSM
- Maj. Debra Miller - MSM
- Staff Sgt. Sherrick Cunningham - Eagle Award

- Sgt. Patricia Font - Eagle Award
- Donald Ellis - Eagle Award
- Col. Dennis Beaudoin - Army Commendation Medal
- Sharon Kusuda - Army Achievement Medal for Civilian Service
- Natalia Abad - 35-year service pin

C.A.R.E.S. Awardees

- Capt. Karen Magnet
- Spc. Wanda Ruiz
- Pauline Mashima

Red Cross Awards - Most Hours for November

- Roberta Christiansen - 61 hours
- Tanya Faumuma - 67.5 hours

- Arnold Morgado - 78 hours
- Francis Yates - 63.5 hours

OB/GYN Nursing Course Graduates

- 1st Lt. Jodi Brehmer
- 1st Lt. Cindy Craddock
- 1st Lt. LaTona Harris
- 1st Lt. Kristie Huff
- 1st Lt. Jennifer Huxel
- 1st Lt. Elizabeth Lafferty
- 1st Lt. Janelle Libretto
- Capt. Bergen Mahoney
- Maj. Jennifer Peters
- 1st Lt. Jaimee Pruiksmas
- 1st Lt. Darrell Reamer
- 1st Lt. Stacey Sexton
- 1st Lt. Laura Vogel

NEWS BRIEFS

Board identifies “off limits” establishments — The following is a list of establishments declared off-limits to military personnel in Hawaii by the Armed Forces Disciplinary Control Board:

Hawaii Natural High, 343 Saratoga Road, Honolulu, HI 96815;

Nimitz Mart, 3131 N. Nimitz Highway, Honolulu, HI 96819;

Pearl Kai Mini-Mart, 98-199 Kamehameha Highway, Aiea, HI 96701;

The Shelter/Club 1739, 1739 Kalakaua Ave., Honolulu, HI 96826; and

The Dungeon/Temple/Atomics, 142 Mokauea St., Honolulu, HI 96819.

Annual Prayer Breakfast set — Tripler’s annual Prayer Breakfast is set for Feb. 20 at 6:30 a.m. in the Tripler Dining Facility. Guest speaker is scheduled to be U.S. Army Pacific Command Chaplain (Col.) Gary Councill.

For more information, call the Department of Ministry and Pastoral Care at 433-5727.

Nominations for CARES Award due — Nominations for the CARES (Compassionate, Attentive, Responsive, Enthusiastic and Smiling) Award Program for the next period are due Feb. 22. Every other month, one enlisted, officer and civilian employee are chosen out of nominations by staff, patients or visitors.

Award criteria and nomination forms can be found on the intranet under Department of Ministry and Pastoral Care (DMPC). Upon completion, the forms should be forwarded to the DMPC.

For more information, call 433-5727.

Spouses’ Club offers scholarships — Hui O’Wahine, the spouses’ club serving Fort Shafter, Tripler

and Camp Smith, is offering two scholarships to high school seniors graduating in the year 2002. Any child of an active duty, reserve, retired or deceased Army soldier living in Hawaii may apply. Children of current club members may also apply.

In addition, the Hui O’Wahine is offering one continuing education scholarship to current club members. The scholarships are for the 2002-2003 academic year.

Rules and applications may be picked up at the Fort Shafter Thrift Shop on Tuesdays and Fridays from 9 a.m. to 1 p.m. Completed applications are due March 15.

For more information, call Ann Marie Reilly at 262-1117.

OMPF Online expands to majors — Majors being considered for promotion to lieutenant colonel in February can now review their Official Military Personnel File online, according to the U.S. Total Army Personnel Command.

OMPF Online was not originally scheduled to go active for majors being considered by the upcoming promotion board, Mansell said. However, due to success of the program for sergeants first class who were able to access their personnel records online beginning Nov. 15, the files for the majors went online Dec. 7.

The site can be accessed through the PERSCOM home page and Army Knowledge Online portal at www.perscom.army.mil. Only majors with an AKO account will be able to review their files.

The Field to File prototype enables soldiers to send official military personnel documents such as awards and Noncommissioned Officer Evaluation Reports directly from a battalion or brigade S-1 to the soldiers’ OMPF at PERSCOM.

This program will eventually eliminate the need for soldiers to request a microfiche, PERSCOM officials said. Currently, soldiers who want to review their files must request that a microfiche of their personnel records be mailed to them. It usually takes four to six weeks to receive the microfiche.



Spc. Michelle A. Lunato

LEADING THE WAY

Staff Sgt. Nancy Rivera (left to right), Sgt. Jesus Gutierrez, Spc. Scott Casey, Sgt. Donald Tucker and Sgt. Matthew Carter, all members of Tripler Army Medical Center’s Troop Command, lead the way during Fort Shafter Elementary School’s annual Thanksgiving Parade Nov. 21.