



A long walk and the journey of a life time

Terrance Bandy
TAMC Public Affairs

Statistically speaking it is safe to say that a great deal of today's population has been affected by cancer in some form or another – that was evident at the Tripler Army Medical Center's annual Oncology on Canvas held here July 22-23.

While cancer as a disease has baffled science for years even as modern medicines increase life expectancies day to day, science

continues to take a back seat to the will and self-determination of those directly and indirectly affected.

Over the two-day event, stories of personal, physical and spiritual triumphs were told. No matter the age, gender or regional location, the individuals diagnosed and either currently undergoing treatment or having previously done so, heroism reigned.

Individuals connected by cancer diagnoses joined together with friends and family to

express their personal journey through art.

“Oncology on canvas is a global response to the need to express feelings that many may never have the chance to say, but find a way to show through art,” said Pat Nishomoto, oncology clinical nurse. “Tripler’s oncology department has participated for the past five years while allowing participants the chance to connect with their own feelings, communicate with family members, and release suppressed emotions that may have never been shared under normal conversation.”

Nishomoto, a committed caregiver, helped Kimberly Bruce as she began her own personal walk with cancer following her Nov. 30, 2004 diagnosis.

“While based in Japan, I was diagnosed with triple-negative breast cancer. Triple negative breast cancer does not respond to hormonal therapy, such as Tamoxifen or aromatase inhibitors, or other therapies that target HER-2, such as Herceptin or Tykerb. The treatment options were surgery, radiation therapy, or chemotherapy,” she said.

Bruce was given the choice to pick any location for treatment, and choose Hawaii because her family had lived her before.

“After relocation to Hawaii, it was in Tripler’s On-

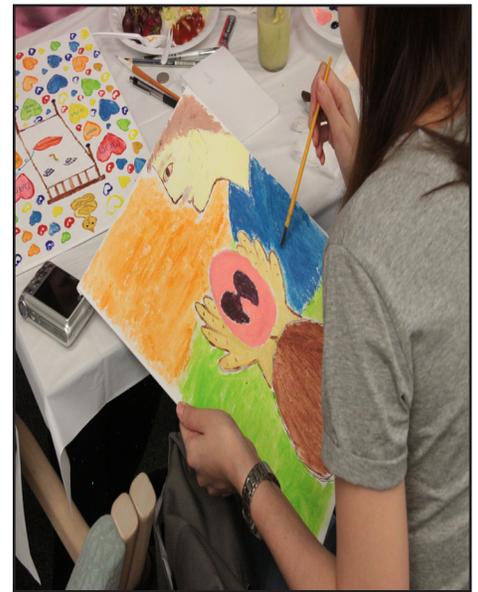
cology where I met Dr Pat,” she said. “I found myself in a room filled with my husband, two physicians and Dr. Pat. This was when I was faced with the decision of the method of treatment I should choose. I asked the gentleman to leave. I only wanted to talk to Pat.

“Pat told me that I would need to listen to my body. And I didn’t care if I kept my breast, I just wanted to live and so I chose chemotherapy, and it was the best choice.”

With every treatment Bruce’s tumor decreased by 10 percent. However, she wasn’t out of the woods yet. In March 2006, her vision became impaired. Doctors found over 20 tumors in her brain.

Only initially expected to live for seven months past tumor diagnosis, Bruce underwent further treatment. The treatment left her with only scar tissue as she continues to beat the odds. She contributes her success to God and the empowerment of her medical team.

“Being able to share with others through Oncology on Canvas, it’s important. We can hold each other up through the tough times and come out the other side stronger,” Bruce said. “This event brings us together and we need that.”



Sudarad Kaewsad, Thai military nurse working here at TAMC to learn about American military nursing, completes art work during the Tripler Oncology of Canvas event. Photo by Sgt. Terrance Bandy

Volunteer Jennifer Yamanuha assists Carlos Del Carmen, son of volunteer Heather Del Carman who came in support of the annual event. Photo by Sgt. Terrance Bandy





Honoring Tradition

Terrance Bandy
TAMC Public Affairs

On July 29, Noncommissioned Officers of the Pacific Regional Medical Command came together in homage to military custom and Army heritage during the PRMC NCO formal dining-in. The event was filled with laughs, historical presentations and Corps comradery. Set at the Officer's club, Hickam Air Force Base, Command Sgt. Maj. William Franklin hosted keynote speaker Command Sgt. Maj. Nathan J. Hunt, III, 8th

Theater Sustainment Command. Hunt spoke of standards in the ranks and personal leadership development.

"It was a huge success, and in fact the best formal dining-in I have ever attended," said Franklin. "On a particular note, the Dental Command and the color guard each did some outstanding and funny skits; with several young sergeants doing exceptional jobs on the traditional grog bowl ceremony.

"I want to express a special thank you for Command Sgt. Maj.

Hunt for his many laudatory comments on the professionalism and knowledge of our non-commissioned officers. And I am proud to say that out of the 256 leaders in attendance each did the right thing, resulting in zero disciplinary or alcohol related incidents."

above: Setted at the head table from left to right, Command Sgt. Majors Robert Zavala, Nathan Hunt III, William Franklin, Garfield Skyers, and Sgt. Maj. Carl Dwier as 1st Sgt. Carl Morneau reports for further instructions. Photo by Sgt. Terrance Bandy



As is custom, situated in a place of honor, is the fallen comrades table. It is reserved to honor our brave and selfless American military members who have perished on the battlefield, those who have not been returned to us after being taken prisoner on foreign soil, and for those who went missing and have not found their way back home. This table symbolizes that all of those Americans were with us this evening; they were here in spirit. Photo by Sgt. Terrance Bandy



Stephen Siller Tunnel To Towers Run – Pearl Harbor Follow in the footsteps of a Hero

Event Date: 11 September
2011

Location: Ford Island Bridge 5K
Run

Start Time: 7 a.m.

Register at :

www.active.com/running/honolulu-hi/stephen-siller-tunnel-to-towers-run-pearl-harbor-2011

Open to the public

****All volunteers and participants
must register online.**

The Tunnel To Towers Foundation continues to follow Stephen's footsteps to do good for those in need. Honoring his heroic life and death, the lives of his 342 firefighter brothers, all who perished on 9/11 and those Service Members who continue to fight.

***Run, Jog or Walk in memory of those who gave their
all...***

***Proceeds will benefit The Stephen Siller Foundation, USA
Cares Hawaii Chapter and the Tripler Fisher House***



“Two of New York City’s 9/11 Fireman will be visiting Tripler Army Medical Center Aug. 11 - a meet-and-greet event preceding the ‘Stephen Siller Tunnel to Towers Run’ to be held Sept. 11, 7 a.m., Ford Island Bridge. The 5K Run is open to the public and is a run, jog or walk in memory of those who gave their all. Everyone is invited to visit with our distinguished guests in Kyser Auditorium, 11 a.m., Aug. 11.

Technology to aid DoD mental health services

Marisa Petrich
Northwest Guardian

JOINT BASE LEWIS-MCCHORD, Wash., July 29, 2011 -- Imagine being a psychologist sitting across from your patient.

Now imagine that patient is actually hundreds of miles away.

The first-ever live Introduction to Telemental Health Delivery Workshop at the National Center for Telehealth and Technology's, or T2, headquarters on Joint Base Lewis-McChord last week offered guidance to providers on offering mental health services from a distance -- in this case, using videoconferencing technology.

"The (Department of Defense) is pushing for this form of care because it's a way to reach a lot of people who otherwise wouldn't get care," T2 clinical health psychologist Dr. Greg Kramer said.

Kramer was one of the all-day workshop's presenters. About 25 health care professionals from every military branch attended the training, some coming from as far away as Japan. The idea was to build a knowledge base so that clinicians can provide care even when their patient is too far to get to.

The session included information on the history of teletechnology in health care, addressed legal concerns and gave them the chance to practice videoconferencing with each other.

"It allows them to get comfortable with the technology," Kramer said.

In fact, the use of remote technology in mental health care is relatively new. Efforts to incorporate it into DoD policies and procedures increased in the late 2000s.

Since then emphasis on these programs has increased, in hopes to better serve those who live in areas where there are shortages of mental health care providers. An estimated 87 million Americans live in places where care is scarce, and up to 25 percent of servicemembers screen positive for mental health concerns, according to T2's Introduction to Telemental Health.

"This allows us to provide things like telepsychiatric appointments especially in rural and high needs

areas," T2 clinical telehealth division chief Dr. Jamie Adler said.

The technology can be used in a variety of ways, from treating post-traumatic stress disorder and depression to wellness and resiliency interventions.

Of course, the new medium for care comes with some specific quirks. Participants at the workshop got a taste of technical difficulties when T2's network went down briefly during the training. Other issues had to do with clinical practice -- for instance, if a patient appears to be avoiding eye contact, it's more likely that they're looking at the face on the computer screen instead of the video camera.

Many of the attendees had already begun using teletechnology to provide services to patients at off-site locations, but the rare in-person training (as opposed to online sessions) gave providers the chance to learn about and discuss technical, legal and clinical elements of providing telemental health care.

"I took some notes that I think are valid points for implementing this," said Dr. Agnes Babkirk, a psychologist from U.S. Naval Hospital in Okinawa, Japan.

She's bringing that information back to her colleagues, who currently use teletechnology to interact with patients three or four times a week.

Dr. Daniel Christensen, the chief of Madigan's Soldier Readiness Service, had a similar experience. The service has been using teletechnology for post-deployment behavioral health screenings since March of this year. He said the training validated the practices they already had in place.

In the future, psychologists at T2 hope to offer more trainings, and expand them to reach providers at different levels. For instance, separate sessions for those considering using teletechnology, beginners and experienced clinicians.

For more information, including a Telemental Health Planning and Implementation Guide, visit <http://t2health.org/programs-telehealth.html>.

Dr. Daniel Christensen, on screen, Madigan's chief of Soldier Readiness Service, chats with a room full of Telehealth and Technology's Introduction to Telemental Health Delivery workshop participants July 21, 2011.

Muslims observe Ramadan, Eid-ul-Fitr

CH (Lt. Col.) Abdul-Rasheed Muhammad,
Command Chaplain
U.S. Army Public Health Command

Muslim Soldiers and their families around the world are observing the Holy Month of Ramadan (the Month of Fasting), which began this year on Aug. 1, and is observed continuously for 29 or 30 days. After Ramadan ends, Eid-ul-Fitr (the Celebration of Fast Breaking) takes place on the first day of the succeeding month, the month Shaw'wal. The first day of Shaw'wal will begin this year on or about Aug. 30.

Ramadan is the ninth month of the Islamic calendar. It's also the month in which the first verses of the Qur'an were revealed to Muhammad by the angel Gabriel in the year A.D. 610. Accurate dates cannot be given beforehand since the Islamic calendar is a lunar one, and the actual date of observance is determined by viewing the crescent moon every month. There is a 10-day difference between the lunar and solar calendars each year.

Fasting during Ramadan is the fourth of the Five Pillars that Islam is based upon. It is obligatory for every healthy and able-bodied man and woman to observe the fast. This spiritual act increases the sense of unity and brotherhood for Muslims all over the world. Ramadan is the month in which every day is a day of fasting. The period of fasting is from dawn (approximately 1 ½ hours before sunrise) until just after sunset. During these hours, one may not eat or drink.

Muslims believe that fasting is an act of pure submission to God's command, which is given in the Qur'an. Fasting has many benefits, but its true significance is to develop a sense of complete obedience to the One who created all people and gave them physical and spiritual needs and the means to fulfill those needs.

While many benefits to a person's health come through fasting, such as the elimination of fatty substances from the blood and a decrease in



the harmful activity of intestinal microbes and uric acid, it should be emphasized that all these benefits are not the main objective of fasting. Muslims fast solely because God commands them to do so as devout and obedient servants to His will and through His grace to learn self-restraint and discipline of morals that will ultimately benefit the total person.

At the completion of Ramadan, Eid-ul-Fitr takes place. Eid is a day of thanksgiving and rejoicing for the fulfillment of the obligations of fasting according to God's command. On the morning of Eid, at some time after sunrise and before midday, a special congregational prayer is offered, followed by a sermon from the imam of the community. A period of marked joy and happiness follows the prayers, with a large feast and festival given some time during the day. The celebration continues with related festivities for the next two days.

This year, Muslim Soldiers and family members will meet in various locations throughout the world for the purpose of daily fast-breaking or Iftar and congregational prayers. Each weekend throughout Ramadan, a special Iftar program will take place at various mosques and military installations. In the National Capital Region, an Iftar is scheduled to take place at the Pentagon on the evening of Aug. 17.

We pray for those who will fast, as well as those who have the intention to fast but cannot due to various exemptions from fasting, that all may successfully complete the prescribed period, and gain the greatest of rewards in this life and the hereafter.

For further information on Ramadan, contact Chaplain (Lt. Col.) Abdul-Rasheed Muhammad at DSN: 584-6250 or commercial (410) 436-6250.

Mass School Physicals 2011

The Department of Pediatrics will be conducting school physicals as follows:

- Date: Saturdays on August 6
- Walk-in basis only
- Time: 9 a.m. to 2 p.m.
- Location: Pediatrics Clinic



If you have something - a story, a photo, an idea - for TRIPLER 360, send it to jan.clark@us.army.mil or terrance.bandy@us.army.mil



<http://freedomcare.com/>

The Freedom Care team specializes in combat PTSD, addiction, PTSD/addiction dual diagnosis, general psychiatric diagnoses, and woman's issues, including military sexual trauma and eating disorders.

Inpatient, residential, and partial hospital programs also welcome military spouses and children; in addition, we offer a specialized inpatient program developed exclusively for military youth.



AMR Youth Sports is in need of five coaches for teams, ages 9-14. Contact Scott Stenstrom at 836-1923 /497-9196 for more information.

Chaplain Thought of the Week: Great Possibilities

Chap. (CPT) Kelly Rinehart
Chaplain Clinician TAMC

Destiny ... fate ... sovereignty ... These are all ideas representing the concept that something outside of ourselves is working in us, around us, and upon us to bring about some masterful, pre-planned ending. Theologians, philosophers, literature experts and even movie makers have all explored the possibility that some force may be exerting itself on mankind, moving it onward to some great end. For a more artistic example of what I'm describing, just revisit the hit movie "The Matrix."

I do believe in "peripeties". I do believe that there can be moments in people's lives, a seemingly innocuous series of events that literally can

When you live your life with an appreciation of coincidences and their meanings, you connect with the underlying field of infinite possibilities." - Deepak Chopra

change a person's story. The exciting part is that these events often do seem innocuous, unimportant, plain happenstances. To me, that means life is full of great potential. There is great potential in even your smallest decisions and smallest happenstances. Your life, your very day today, is significant, and that maybe not just for you. Your day today may play a significant role in someone else's life! So don't knock the little things you do. That seemingly small routine action may be the turning point in someone's life!



**Stop Flu
at School
consent
forms due
9/9/2011**

Vaccination is a child's best protection against influenza (flu). The Department of Health will conduct its annual school-based flu vaccination program, Protect Hawaii's Keiki: Stop Flu at School, this fall. All students, kindergarten through eighth grade, attending participating schools statewide are able to receive a free flu vaccination at school. Visit http://flu.hawaii.gov/SFAS_schedule.html for the list of participating schools and their clinic dates.

Consent forms and additional information about the Stop Flu at School program will be distributed through participating schools in August.

Participating is easy! Just read the information packet, choose the type of flu vaccine (nasal spray or shot) that you want your child to receive, complete the appropriate consent form, sign, date, and return the consent form to your child's teacher by September 9, 2011.

For more information about the Stop Flu at School program, visit <http://flu.hawaii.gov/SFAS.html> or call 2-1-1.

Volunteers Needed



**I am on active duty status or a DOD beneficiary.
I am 18 – 65 years old.
I am overweight.
I am able to exercise on a stationary bicycle.**

If this describes you, you may be right for our new exercise study conducted at Tripler AMC!

Purpose of the Study

- To examine the effects of exercising while playing interactive video games versus exercising while watching television.

Length of Participation

- The exercise phase of the program is 4 months.

What is involved?

- We will do assessments (measurements and questionnaires) at the beginning, middle, and end of the 4-month period.
- The number of times you choose to exercise on the stationary bicycle during the 4 months is up to you.

Benefits

- Exercise while playing video games or watching television in a small, supervised environment.
- Research staff will show you how to use the equipment, track your progress, and stock your favorite video games.

Principal Investigator: MAJ Melba C. Stetz, Department of Psychology

Call 433-1651 for more information

Volunteers Needed!

Virtual Reality Displays for the Presentation of Stimulus Cues for
Nicotine Use: Panoramic Videography and Flat-Screen Images Study

We are looking for volunteers who smoke more than 10 cigarettes per day to participate in a study to evaluate the use of virtual reality presentations in the development of the urge to smoke.

- The purpose of this study is to evaluate the use of virtual reality to present brief video scenes that may produce the desire to smoke.
- You would complete several paper and pencil questionnaires and then experience presentations of situations that may create the desire to smoke.
- Requires a single visit lasting about 2 hours.

This study is sponsored by the Department of Psychology
Tripler Army Medical Center
Dr. Raymond A. Folen, Principal Investigator

Please call MAJ Stetz at (808) 433-1651 for more information.



The Need for Blood Never Takes a Vacation

Michelle Lele
TAMC, ASBP Blood Donor Recruiter

Summer is here, and the Armed Services Blood Program wants to remind you that we still need you! A decline in blood donations is typical during the summer as donors become busy with seasonal activities and sometimes overlook donating blood. The summer heat doesn't stop the need for the blood, the Tripler Blood Donor Center, Hawaii, is asking everyone who is eligible to donate to giving blood before going away.

One in seven people will need a blood transfusion sometime in their life. Blood donations are used every day for service members, veterans and their families around the globe.

Like all the Armed Services Blood Program blood donor centers, the Tripler Blood Donor

Center collects all blood types, but Type O Negative is always in high demand because it can be transfused to patients with any blood type, especially in emergency situations. Type O Negative donors can make the difference between an

bring a mobile team to your location and will work with you to help coordinate, recruit and schedule a successful blood drive.

Illness, accidents and diseases don't take a holiday and neither can blood donations. Tripler Blood Donor Center operates three to four mobile blood drives on different military installation each week. We try to make it most convenient for anyone that wants to donate. Your donation will truly make a lifesaving difference.



To learn more about the Armed Services Blood Program, to make an appointment or to organize a blood drive, please call

808-433-6148, or visit us online: www.militaryblood.dod.mil. To interact directly with some of our staff or to get the latest news, visit us here: www.facebook.com/militaryblood.

adequate blood supply and a summer shortage.

Can't donate? That's okay; we can still use your help. Try organizing a blood drive—the Tripler Blood Donor Center will gladly

DATES AND LOCATION

Aug 9 NEX (1100-1500)

Aug 10 205th MI Battalion (1000-1400) Fort Shafter Bldg. 520

Aug 15 Schofield Health Clinic (1000-1500)

Aug 16 Camp Smith (0800-1300) Pollock Theater

Aug 17 TAMC Radiology Department (0900-1300) 3rd FL

Aug 23 Kunia Tunnel (0830-1500)

Aug 24 Schofield EX (1100-1500)

Aug 29 UH ROTC Army (0630-0930) 1311 Lower Campus Rd

Aug 30 Tropics Schofield (1030-1400)

Aug 31 Kaneohe Bay Chapel (0900-1300)

Sep 12 UH ROTC Air Force (0630-0930) 1311 Lower Campus Rd

Sep 13 NEX (1100-1500)

Pregnancy Post partum Physical Training Program



Are you an active duty pregnant soldier or a soldier within the 180 day post partum period and assigned to TAMC, Fort Shafter, Pearl Harbor, Camp Smith or Hickam?

If so, you are eligible to participate in the PPPT program educational classes! The classes cover common pregnancy and postpartum related issues such as birthing, prenatal testing, contraception, breastfeeding, birth plans, newborn care, career planning, car seat safety, appropriate exercises while pregnant and during the postpartum period, the blues, nutrition, community services and resources and more! The education classes are full day (0700-1600) classes and have been scheduled for the following days with their respective locations:

9 August 2011, Chapel
31 August 2011, 10th floor conference room
3 October 2011, Chapel
4 October 2011, Chapel
9 November 2011, 10th floor conference room
8 November 2011, Chapel

If you have any questions about the classes, please contact Army Public Health Nursing at 433-6834.



Oncology on Canvas Art Shows



1 - 5 August 2011 (8am - 4pm)

Tripler Army Medical Center
Medical Library, 11th Floor

(It is a library - so remember to whisper when you go to view the work) @

And

22 - 30 August 2011 (9am - 3pm weekdays only)

Honolulu Hale (City Hall on King Street)

There will be a reception for the artists and their guests on Tuesday, 23 August (8 - 9pm). There will be a short program at 5pm at the reception. Network from Tripler AMC, Keeser, Queen's and Keptelani will be exhibited at this show.