

TAMC welcomes readers to newsletter

Nick Spinelli

Editor

Welcome to the first edition of Tripler Army Medical Center's newsletter. What you will find here, as you may have noticed, is a completely different animal from the TAMC Today. Instead of just linking to PDF files and PowerPoint slides, we'll be bringing you real information from your departments and your co-workers.

If it impacts the hospital, the staff, or our patients we will put it in; so, stay tuned for articles about construction and renovation projects, the latest innovations and technologies, as well as features on staff members and after hours activities. From time to time, you will even see submissions and columns from myself, the Public Affairs Officer Jan Clark, and members of our command staff. But we want more, and that's where you all come in.

We can't do this alone. It's a really big hospital and Public Affairs is a really small office. In order for us to bring you the best information in a timely manner, you need to let us know what's going on. In fact, I want to encourage you all: don't just let us know something, write something.

Is someone in your office doing something exceptional? Write a little story about it and submit it. Are you and/or your co-workers involved in a volunteer program? Maybe you're planning to run a marathon. Maybe you just know about something in the hospital that's chronically overlooked. No matter what, send it in. I won't promise you we'll run everything, but if we can use it, we will. If we can't, I do promise to send you an e-mail explaining why.

We would also love to run photos, so any aspiring shutterbugs, please be sure to submit those as well. However, there are a few rules to remember. First of all, no patient pictures without written consent and no pictures of behavioral health patients period. Remember HIPPA. Additionally, all photos need to be accompanied by the FULL name and rank of the people in the photo as well as what's going on. And remember, no ID's or badges are allowed in photos.

In order to inform as well as entertain, we'll be doing contests as well. First up, you may have noticed the masthead (the title of the newsletter across the top) doesn't look like much. That's because I don't have much of an artistic bent.

So here is our first contest: design a new masthead for TRIPLER 360. I will be taking submissions the entire month of March. The winning design will be featured in the first edition of April and will be our permanent masthead. Just e-mail your designs to me at the address listed below.

Finally, you may have noticed in the last few editions of the TAMC Today links to video clips featuring a handsome and charming young man interviewing providers. These will continue as the all-new TAMC Today and will be sent out every Friday, as well as posted to the TAMC homepage and Facebook page. If you have ideas, let us know.

Thank you all for reading and I sincerely hope you enjoy. Any and all feedback is always welcome.

All comments, questions and submissions can be sent to me directly at nick.spinelli@us.army.mil

MAPS assists providers with improving patient care

Tere Bandy

TAMC Public Affairs

New technology is often great to have, but, using it can be more troubling than a longer and more painful process. Fortunately, MAPS (MEDCOM AHLTA Provider Satisfaction) is here to assist the increase of patient contact by enabling providers in the delivery of superior, consistent care.

In August 2008, Lt. Gen. Eric Schoemaker, U.S. Army Surgeon General, addressed the issue in his on-line medical blog.

"There aren't any easy answers to what ails AHLTA, but I am committed to making near-term AMEDD changes that will enhance the AHLTA experience at MTFs, increase provider satisfaction, and ensure a more robust patient encounter record," he wrote. "This isn't a top-down initiative. These ideas began at the clinic level; MAPS will provide one vehicle for change, but the ideas need to continue to come from the MTFs. I do want to emphasize that we need to strike a healthy balance between innovation and standardization... As MAPS is deployed you will also find better and smarter ways of using these tools. Please continue to

discover and share your best practices so we can proliferate them throughout the AMEDD."

Since his arrival, Brig. Gen. Keith Gallagher, Tripler Army Medical Center Commanding General, has prioritized patient care. Patient care's tools are available for use by providers and clinical assistance to aid in the many areas of electronic record documentation, and MAPS is available to assist the use of AHLTA (Armed Forces Health Longitudinal Technology Application). AHLTA began its worldwide deployment in January 2004 and is directly related to a presidential directive issued in 1997 focusing on and reinforced the need for a centralized, longitudinal patient record for military personnel accessible across the DoD enterprise.

Many providers have already starting using the collection of computer hard and software combinations to ease workloads and free much needed administrative and patient interaction times.

For instance, Dragon® Naturally Speaking, speech recognition software, allows providers dictation capabilities to speed data input. Each provider has the opportunity to receive training from the hospital and is given his own personal

microphone headset for system use.

Other supporting hardware includes the Lenovo™ Tablet PC, allowing for mobile medical care. The tablet's twist top touch screen design admittedly creates an unconventional work environment, but it allows providers to bring technology to the patient or working area. Some departments have already received tablets for provider use.

New system training often poses an automated glitch in the work load. The staff of Information Technology (IT) is well prepared to train providers, nurses, medical technicians, and all other supporting personnel at the convenience of the user.

The TAMC IT department suggests any users in need of training call the help desk at 433-7777.

"Our mission, our goal is to get everyone trained," IT technician Larry Huml said. "The office is more than eager to assist anyone in need, even over the shoulder training. This means that you call the help desk, open a work order, and a technician will come to your location and provide you with training and assistance."

ACTIVE LISTENING

Most people consider themselves good communicators. However, when people are "surveyed" they often feel that "others" do not really understand them, that "others" do not really listen well. Employees, spouses, children, patients and customers...have been heard to say they "don't feel understood". For there to be greater understanding, people will have to make a CHANGE. One of the best changes to be made is the use of a technique called ACTIVE LISTENING. Simply stated...ACTIVE LISTENING is when the Listener repeats back or paraphrases what the speaker has said, actually, repeats back the KEY WORDS. This technique is simple, improves communication, but requires a CHANGE of behavior. It may take 60-90 days of practice before this skill (behavior) becomes habit! Professionally and Personally, ACTIVE LISTENING will yield many benefits:

1. An actual demonstration (behavior) to others that you are listening.
2. People will feel more Empathy, a feeling that they were understood.
3. Improves efficiency and accuracy. Fewer mistakes due to poor communication skills.
4. Diffuse an angry person. When people feel understood, often they are "eased".
5. A system of clarity and accountability, we clarify what we "thought" we heard.

Five foods that prevent colon cancer

Shari Lopatin

TriWest Healthcare Alliance

March is Colon Cancer Awareness Month. However, instead of providing the same boring facts about colon cancer awareness, below are the top five foods that help prevent this disease.

Remember, the American Cancer Society (ACS) lists colon cancer as the third most common cancer in American men and women.

1. Dairy products (such as yogurt or milk): According to the ACS, several studies have shown that foods high in calcium may help reduce the risk of colon cancer. Dairy products are some of the best sources of calcium.

2. Broccoli and cauliflower: These veggies belong to a food group called "cruciferous vegetables," which are part of the cabbage family. The ACS says these foods contain certain compounds that may reduce the risk of cancer in general, including colon.

3. Spinach or asparagus: The American Dietetic Association (ADA) says that spinach and asparagus contain high amounts of folate. Too little folate, according to the ACS, may increase the risk of colon cancer. So stock up!

4. Whole-grain breads and pasta: Whole-grain foods are high in fiber, which helps food move faster through the digestive track, says the ADA. High-fiber foods also have many antioxidants, which help protect against several cancers, one of them colon.

5. Strawberries: Strawberries are packed with fiber, vitamin C and folate—all nutrients that both the ADA and ACS say help reduce the risk of colon cancer. They make a great breakfast or snack fruit, too.

Don't forget—get screened! Experts agree that one of the best ways to survive colon cancer is to find it early—through screening. The Centers for Disease Control and Prevention recommend a screening test called a colonoscopy only once every 10 years, after age 50. Therefore, TRI-CARE covers one colonoscopy every 10 years for beneficiaries ages 50 years and older. For more information, visit www.triwest.com/colon.

Chaplain Thought for the Day: Spiritual Exercise

Chap. (Lt. Col.) Jon Hollenbeck
Senior Clinician

I heard of a teacher recently who gave an assignment to her students. They were to write a one page paper. The teacher assigned the topic, "What books have most influenced your life". One student wrote, "The two books that have most influenced my life are my mother's cookbook and my father's checkbook."

Now as a Chaplain, I was a little distressed that there was no mention of "The Good Book". The "Good Book" being that source of spiritual treasure from which one's soul is nurtured... be it the Bible, Quran, Torah or the Bhagavad Gita.

I think there may be two reasons why we don't make the intentional study of scripture a priority. The first is that we make the assumption that spiritual teaching exists within the culture and we need only be present. Somehow we're supposed to learn through a process of osmosis. The Word of God simply seeps through our skin as we move through life, growing up, raising a family, working in a profession. It's kind of like claiming to be an engineer just because

you happen to live near a bridge.

The second argument used by some is the notion that I've had a religious experience and that's enough. I've met with the Almighty face to face and there is no further need for education. From my own study of "the spiritual experience" in the Christian Church, I can tell you that most assuredly, Paul the Apostle was knocked off his horse and blinded by a divine revelation, but he still had to wander around in the Arabian Peninsula for three years making sense of it and then go to Jerusalem and be taught by the other apostles.

My point is that if we are to grow spiritually strong—as Soldiers who are a part of an Army Strong, and I believe there is a direct connection, then there is going to have to be some intentionality about studying the sacred writings that are at the heart of each person's faith community. There is no better place to start than your own unit Chaplain and the religious programs on your installation.

Prayer: May we read, mark, learn and inwardly digest your Holy Word, that we might be transformed and found pleasing in your sight. Amen.

Tickets go on sale 1 February, 2011 @www.warriormemorial.com

Numbers are Limited so Sign-Up Today!

Ride for our Fallen Warriors Motorcycle

Join the 2/25 SBCT Memorial Association in honoring our Fallen Warriors on April 9, 2011 through Kolekole Pass.

Registration starts at the Stryker Brigade Motor Pool
Schofield Barracks, Hawaii between 8.30-10am.

Early Registration by March 1, 2011 is \$40.00 per person
Registration between March 1-April 1, 2011 will be \$50.00 per person

Registration fee includes our Poker Ride Signature t-shirt and Meal
There will be games, music, and prizes at the final stop of the Ride.

100% of the proceeds support the 2nd Stryker Brigade Memorial Association's Mission

The mission of Our Memorial Association is to forever honor the Fallen Soldiers of the 2nd Stryker Brigade Combat team, 25th Infantry Division, by engraving their names on the Memorial at Schofield Barracks and aiding the return of our Gold Star Families to see their loved ones honored at our rededication ceremony. By donating to the 2nd Stryker Brigade Combat Team Memorial, you are helping Our cause to create an enduring tribute for all.

www.warriormemorial.com

Benefits would continue to flow for furloughed employees

Emily Long

Special to *TRIPLER 360*

Federal employees are not promised a paycheck during or after a government shutdown, but they still would receive insurance coverage, retirement credit and Social Security benefits.

The last time the government shut down in 1995 and 1996, for 27 days at an overall cost of \$1.4 billion, furloughed federal employees were paid retroactively for the time they were off the job. But due to the current budget climate, Congress could choose not to reimburse employees for time lost. Though federal workers might miss out on a paycheck during a shutdown, their benefits -- for the most part -- would continue uninterrupted.

Furloughed employees receive credit toward retirement and their high-three salary even though they aren't getting paid or coming to work, said Tammy Flanagan, senior benefits director at the National Institute of Transition Planning and author of Government Executive's weekly Retirement Planning column. For workers under both the Civil Service Retirement System and the Federal Employees Retirement System, coverage continues at no cost while the employee is in nonpay status.

Thrift Savings Plan accounts would be affected only if Congress decides not to pay employees retroactively after a shutdown. If participants are compensated for the loss in pay, then their designated contribution and the matching amount from the government goes through as if the furlough didn't happen, according to Tom Trabucco, director of external affairs for the Federal Retirement Thrift Investment Board. If lawmakers choose not to reimburse feds, however, then TSP accounts will take a hit for that period of time. Participants also cannot request a loan from their account during a shutdown.

Government workers will not see a break in health or life insurance coverage during a furlough. According to the Office of Personnel Management, Federal Employees Health Benefits Program participants are covered while in nonpay status for up to one year. The government will continue its contributions to the program during a furlough and also is responsible for advancing the employee's share. Participants then can choose between paying the agency directly on a current basis, or having the premiums accumulate and be withheld from their pay upon returning to work. Coverage continues even if agencies do not make premium payments on time.

Federal Employees' Group Life Insurance coverage also continues, and both the employee and agency contributions continue if the employee's salary in each pay period is sufficient to cover deductions, Flanagan said. If the employee's paycheck is insufficient to cover his or her withholding, then coverage will continue for up to 12 months without cost to the employee or agency.

Visit us on Facebook at www.facebook.com/TriplerArmyMedicalCenter

Man's best friend helps Soldiers cope with experiences

Staff Sgt. Nicole Dykstra
99th Regional Support Command

"Cry 'Havoc!' and let slip the dogs of war" -
William Shakespeare, "Julius Caesar," Act III, Scene I

The transition and reintegration phase following a deployment can be difficult for many servicemembers. Each individual deals with the experience in a different way, so access to a wide variety of organizations and resources to ease the process is important.

K9 Soldiers was one of many organizations on hand to provide information and assistance to returning Soldiers during the 99th Regional Support Command's Yellow Ribbon Reintegration Event in Atlantic City, N.J., Feb. 26.

K9 Soldiers is a 501(c)(3) charity organized to support, benefit and improve the lives of military working dogs and their handlers. The organization routinely sends care packages filled with supplies such as leashes, harnesses, training equipment and canine shampoo to deployed handlers and their dogs.

However, military working dog handlers make up only a tiny fraction

of the armed forces. Realizing that many other servicemembers could benefit from working with a dog, J.T. Gabriel, founder of K9 Soldiers, decided to try to expand the unique bond between servicemember and canine to those who performed other missions while deployed.

"Anyone who knows dogs, has dogs or loves dogs intuitively knows the therapeutic value of having one around," said Gabriel. "So we thought, 'What if we introduced that bond to Soldiers who didn't go downrange with a dog but needed a battle buddy when they came home?'"

K9 Soldiers has partnered with Bucks County Community College in Pennsylvania to provide canine training courses to warriors in transition and wounded warriors in a unique program that combines online academic work and field training. While the training is not yet available, K9 Soldiers hope to have the program off the ground for the fall 2011 semester, said Gabriel.

Top civilian canine instructors, as well as former military working dog trainers, have been recruited to provide instruction. Some of the topics the program will cover include canine anatomy and nutrition, emergency care, obedience and search and rescue training.

After completing the online courses, servicemembers will have an opportunity to put their skills into action by participating in field exercises with their dogs.

"We will teach the Soldiers how to train their dog, whether it be for general obedience, search and rescue, law enforcement or for personal protection," said Gabriel. "We understand that some Soldiers come back with issues they aren't comfortable talking about, and having a dog around can help reduce their stress and help them reintegrate into society."

The dogs involved in the program will remain with the servicemember, provided they are willing and able to keep the dog, said Gabriel. She selects dogs with a high play-drive and good hips, often from kill shelters that may have difficulty finding an adoptive family for an energetic dog. Breeds ideal for the training include Belgian Shepherds (Malinois), German Shepherds and Labrador Retrievers.

At this time, the Academic Canine Training and Practicum will only be available to former or current servicemembers.

For more information, visit www.k9soldiers.org.



*The Commanding General
Pacific Regional Medical Command of Tripler Army Medical Center
requests the pleasure of your company at a
Change of Command Ceremony for Troop Command at*

*Lieutenant Colonel Steven G. Hale
retiring/leaving command to
Colonel Stephen Chiu*

*on Tuesday, the 15th of March
at twelve o'clock in the afternoon
Tripler Army Medical Center Flag Pole*

**RSVP by March 11, 2011
(808) 433-7787**

*Military: Duty Uniform
Civilian: Aloha/Business Attire*



*The Officers, Noncommissioned Officers, and Soldiers of
Warrior Transition Battalion, Tripler Army Medical Center,
Pacific Regional Medical Command
Invite you to the Change of Command Ceremony at which
Command will pass from*

*Lieutenant Colonel David A. Weisberg
to
Lieutenant Colonel Stanley T. Garcia*

At 1300 hours on the 18th of March 2011

*The Ceremony will take place on Hamilton Field, Schofield Barracks
Reception will immediately follow the Ceremony.*

TAMC Department of Psychology honored for workplace practices

**American Psychological Association
Special to TRIPLER 360**

The TAMC Department of Psychology will receive a Best Practices Honor from the American Psychological Association (APA) at the annual Psychologically Healthy Workplace Awards ceremony on March 12 in Washington, D.C. TAMC's Department of Psychology will be recognized for its efforts to promote resilience and well-being among its employees. The ceremony will be broadcast live at <http://bit.ly/PHWA2011>.

TAMC has demonstrated a commitment to its employees through its Provider Resilience Program, more commonly known as "the yoga class." This practice is an example of a health and safety initiative, one component of a psychologically healthy workplace. TAMC's Department of Psychology is one of nine organizations to receive the Best Practices recognition in 2011. The organization is a previous winner of the Hawaii Psychological Association's state-level Psychologically Healthy Workplace Award, qualifying it to be nominated for APA's Best Practices Honors.

Initially, a group of department psychologists, one of whom is a yoga instructor, began meeting informally for mutual support. They started out sharing strategies for self-care and then began sitting together in meditation, prac-

ticing yoga stretches and breathing techniques. The yoga exercises became a regular weekly activity. And word spread, first around the department, then throughout the hospital. Before long, the roster of regular attendees included the department's chief and deputy chief, military and civilian providers from other departments and the TAMC chief executive.

The informal sessions have since evolved into a formal program for provider resiliency and self-care, with additional sessions facilitated by psychologist volunteers.

Classes are offered through a hospital-wide employee training system using existing resources and space in the psychology department. Fliers, brochures, email and word-of-mouth ensure a steady turnout that includes psychologists, leadership, administrators, executive assistants and reception staff.

Participants in the Provider Resilience Program have noted such health benefits as improved posture, joint relief and increased muscle tone.

They also say they feel less stressed and more focused, better able to handle interpersonal conflicts and more readily adaptable to changes in the workplace. Participating employees also report providing a better quality of service to their clients, reduced incidence of illness and more laughter in the workplace.

"As we head into the economic recovery, employers who understand how a positive organizational culture and a healthy workforce can promote business success will have a distinct competitive advantage," David W. Ballard, PsyD, MBA, APA's assistant executive director for marketing and business development, said. "By promoting resilience among its employees, Tripler Army Medical Center Department of Psychology is creating a work environment where both employees and the organization thrive."

The Best Practices Honors is a national recognition that highlights those local Psychologically Healthy Workplace Award winners with a single program or policy that contributes to a psychologically healthy work environment and meets the unique needs of the organization and its employees.

Nominees come from a pool of previous local winners and are selected through a competitive evaluation and judging process.

More information about the Best Practices Honorees and APA's Psychologically Healthy Workplace Award winners is available at <http://www.phwa.org/media>. Organizations interested in learning more about creating a psychologically healthy workplace or applying for an award in their state, province or territory can visit www.phwa.org.

TAMC celebrates African American History Month

**Tere Bandy
TAMC Public Affairs**

Each year many Americans take the time to recognize the multitude of African American contributions. This year the Tripler Army Medical Center selected to pay tribute the fighting Soldiers of the Civil War. Using the theme "African Americans and the Civil War" the TAMC Equal Opportunity Office hoped to inspire and promote awareness of its historical heroes.

Starting with a vocal rendition of the National Anthem by Losi Sagapolutele, the ceremony attendees received a heartfelt presentation from Mrs Deloris Guttman. Her presentation profiled countless contributions that African Americans have made to the state of Hawaii starting with the first African Americans to dis-

settled to the present day. His recollection of his treatment as an African American youth traveling from his eastern United States home to Hawaii delighted the crowd with tales of glorious days that passed. He explained the gratefulness of those that he'd interacted with over the years, helping him remove the need of hate that could have plagued him. Mr Golden served as Civil Servant in the Pearl Harbor ship yards for many years; it was here that he received the cultural awareness training that would carry with him for the rest of his day. Living now in the Continental US,

"America is and should be one big fruit bowl and one big happy multi-color family. We should stress on what we have in common versus what we have in different," said TAMC Command Sgt. Maj. William Franklin.

His goal and vision supports the educational need of all people.

*Troop Command, Tripler Army Medical Center
Invites you to the Change of Command Ceremony*

*LTC Steven Hale
relinquishes command to
COL Jackie Chando*

At 1200 hours on the 15th of March 2011

The Ceremony will take place on the Troop Command Lawn

Reception will follow on the Troop Command Lanai



TRIPLER AMC BOSS
Presents
COD BLACK-OPS TOURNAMENT

SATURDAY MARCH 26TH STARTING AT 3PM
CALL OF DUTY BLACK OPS (XBOX 360)
DOHET 9TH FLOOR — 4 PLAYER TEAMS
PRIZES FOR WINNING TEAM AND MOST KILLS
RSVP BY 15MAR* (\$40 PER TEAM)

*RETURN REGISTRATION FORM AND ENTRANCE FEES TO YOUR SECTION/DEPARTMENT BOSS REP



**CALL OF DUTY BLACK OPS TOURNAMENT
REGISTRATION FORM**

RATE YOUR TEAM LEVEL. (PLEASE CIRCLE):






Private: Duffly (Beginner) SGP: Hama:Le (Intermediate) SFC: Buzabuhut (Advanced) CSM: Ibad Ann (Expert)

NAME OF YOUR TEAM: _____

POC and Phone Number: _____

TEAM MEMBERS (4 Player Teams): _____

IS YOUR TEAM WILLING TO BRING AN XBOX 360 W/ COD GAME? **YES/NO?**

PLEASE RETURN THIS REGISTRATION FORM AND THE \$40 REGISTRATION FEE TO YOUR SECTION/DEPARTMENT BOSS REP BEFORE 15 MARCH.

CITY HERE

GROUND RULES:

- Inappropriate behaviors will NOT be tolerated and participants/spectators involved will be asked to leave.
- Please bring enough controllers for all the team members
- NO ALCOHOL ALLOWED!
- By registering, your team agrees to follow the ground rules and the instructions given by the event organizers.

RECEIPT FOR (NAME OF THE TEAM):

TEAM WAS REGISTERED BY (NAME AND SIGNATURE OF THE BOSS REP, AND DATE):

CALL OF DUTY BLACK OPS TOURNAMENT — 3/26/11 STARTING @ 3pm — DOHET

NEWS BRIEFS

The Army Health Promotion & Risk Reduction Task Force, HQDA requests that you share your perspectives and experiences relative to “stigma” and seeking behavioral health by taking 10 minutes or so of your time to complete a short survey. A lot of initiatives have been implemented over the past years in an effort to promote help-seeking behavior, and your feedback will serve as a measure of their effectiveness. Additionally, your anonymous responses will provide valuable insight as additional policies, procedures and programs are developed to better serve Soldiers, Family members and DA civilians. Please elaborate upon your responses beyond “yes/no” and provide examples as appropriate. Thank you in advance for helping with this effort, and we request that you complete the survey prior to 4 Mar 11. You can find the survey at <https://survey.army.mil>. AKO username and password required unless you are already logged in to AKO or the forums.

All staff who intend to present, speak or submit abstracts, posters, presentations under any external (public) venue MUST follow required procedures. For those articles/presentations requiring clinical investigation review, please contact the Clinical Investigation Department by calling 433-6709.

You will be provided with instruction and the necessary paperwork to begin clearance procedures. For those whose speaking engagements or presentations do not require CI clearance, please visit the TAMC Intranet front page. Scroll down to ON-GOING and click on Public Affairs Policies for Staff. Click on MEDCOM Policy on review of manuscripts or presentations for use in public domain and follow those instructions. A checklist is provided. If it goes to the public, it goes through the Public Affairs Office first! Any questions, call 433-2809/5785.

The Integrative and Interventional Pain Clinics are now functionally one interdisciplinary team! To ease pain consult decisions for providers, we now have a single consult portal into TAMC for Pain within CHCS/AHLTA. When “PAIN” is typed into CHCS/AHLTA, three options will be available.

1. PAIN CENTER INTERDISCIPLINARY
2. PAIN SRP-PAIN
3. PAIN NET PAIN

Your specific referral question/consult will then be assigned to the appropriate team members accordingly. We look forward to continuing to assist you with your patients’ pain management needs.

The Department of Public Works will be replacing a 10” water line

near building 127 and the Center for Aging until June 3. Work will not begin until after the morning rush hour and one lane along Krukowski Road will be open at all times. Work will end at approx 6:30 pm daily. DPW thanks you for your understanding as they work to improve Tripler infrastructure.

A hospital-wide Linen Inventory will be held on April 4 from 6:30 to 11:30 am. All using activities at Tripler AMC and U.S. Army Health Clinic, Schofield Barracks, are required to participate in this inventory. A Linen Management Section representative will be contacting appropriate users for the required briefing on inventory procedures and provide the necessary Inventory Instruction Sheet and Count Sheet.

The 13th Annual James W. Bass Research Symposium featuring presentations of selected Graduate Medical Education Research will be held May 11, 2011 in the Tripler Army Medical Center Kyser Auditorium. The 4th Annual Donald A. Person Poster Session displaying clinical case studies and Graduate Medical Education Research will be held from noon to 2 pm on Wednesday, 11 May 2011 in the 10th Floor Conference Room. All TAMC GME Program Directors, House Staff and Staff are strongly encouraged to attend

and support the research achievements of TAMC’s outstanding GME trainees. Abstract deadline will be April 15, 2011. Call Maj. Jason Barnhill at 433-7170 for more information.

The U.S. Army, Pacific and the Australian Defence Force (ADF) are sponsoring the 21st Asia-Pacific Military Medicine Conference (APMMC XXI), May 2-6, 2011 at the Sydney Hilton. The website is now up and open for registration. Log on to <http://www.apmmc.org> for more information.

Air Soft Warriors Hawaii, a non-profit organization of air-soft enthusiasts dedicated to hosting air-soft tournaments in the name of Wounded Warriors, is looking for individuals who would like to volunteer their time or provide a donation of any amount for an upcoming tournament.
Who: VOLUNTEERS. Open registration for teams (requires own equipment)
What: Air Soft Tournament
Where: Schofield Barracks Urban Assault Training Area (MOUT)
When: Saturday, March 26, 2011, time TBD
Why: To raise funds and awareness for the Wounded Warrior Project. And to have fun!
Contact Capt. Girah Caraballo at 433-4033/7828 for more information.

Please join us for the

2nd Qtr FY 11 Retirement Ceremony

In honor of SFC Devauld-Bryant

17 March 2011
1500 hours
Troop Command Lawn

POC: Troop Command S-3 at 433-9183/7034

The importance of a good night's sleep: if you don't snooze – you might not lose

Laurie Ashworth
TAMC Dietician

Obesity is epidemic, and has many causes. One of them is that the average nights' sleep has dropped from nine hours a night to six and three-quarters hours a night over the last hundred years, and sleep is responsible for many weight and appetite controlling hormones, such as growth hormone, leptin, and ghrelin. So can you really sleep your way to skinny? Many studies suggest you can. We now know that people who are overweight or obese sleep less than others.

Melatonin is a hormone that is made by a gland in the brain in humans and produced in animals as well as plants. Although the effects of melatonin are complex and poorly understood, it plays a critical role in the regulation of the sleep-wake cycle and other circadian rhythms in our body. With sleep loss we see a rise in cortisol which increases appetite. With sleep deprivation we also see a decrease in metabolism, so you do not burn off food as quickly as you normally might. When we don't get enough sleep we see an increase in ghrelin, the hormone that tells you to eat more and a decrease in the hormone leptin, the hormone that tells you to stop eating. Tryptophan is the amino acid that the body uses to make serotonin, the neurotransmitter that slows down nerve traffic and lulls us into restful sleep. Eating carbohydrates rich in tryptophan makes this calming amino acid more available to brain. We also know that food choices are also effected by sleep loss, in fact, tired people tend to select "comfort foods" much more often, which are high in carbs and fat which increase weight.

The old stand-by milk before bed has been identified for a long time as a natural sleep aid however some of the following slumber foods might surprise you:

1. Milk. It is not a myth. Milk has some tryptophan, an amino acid that has a sedative – like effect, and calcium which helps the brain use tryptophan. Try low-fat milk before bed with a sprinkling of nutmeg.
2. Turkey. Turkey contains tryptophan. To get the most from the tryptophan in turkey, eat a slice of white turkey meat on a slice of whole-wheat bread in the middle of the evening.
3. Honey. Drizzle a little in your milk or herb tea. Lots of sugar is stimulating, but a little glucose tells your brain to turn off orexin, a recently discovered neurotransmitter that's linked to alertness.
4. Chamomile tea. Chamomile tea's mild sedating effect has helped many restless people fall asleep – it is the perfect natural antidote for restless minds/bodies. If you can, keep a thermos filled with tea next to the bed. If you find the heat at night disturbing to your shut eye, try your tea iced.
5. Bananas. They are practically a sleeping pill in a peel. In addition to a

bit of soothing melatonin and serotonin, bananas contain magnesium and potassium both muscle relaxants.

6. Oatmeal. Oats are a rich source of sleep inviting melatonin, and a small bowl of warm cereal with a splash of maple syrup and milk is delicious. If you have the munchies, it is filling too.
- 7.. Cherries. Fresh and dried cherries are one of the only natural food sources of melatonin, the chemical that controls the body's internal clock to regulate sleep. Researchers who tested tart cherries and found high levels of melatonin recommend eating them an hour before bedtime or before a trip when you want to sleep on the plane.
8. Almonds. A handful of these heart-healthy nuts can be snooze inducing, as they contain both tryptophan and a nice dose of muscle-relaxing magnesium.
9. Whole-wheat bread. A piece of toast with your tea and honey will release insulin, which helps tryptophan get to your brain, where it's converted to serotonin and quietly murmurs "time to sleep."
10. Miso Soup. The broth based soup served in Japanese restaurants contains amino acids that can help boost the production of melatonin, a natural hormone that helps you sleep.

Some sleep friendly dinner suggestions include pasta with Parmesan cheese (you may want to avoid red, tomato-based sauces since the high acidity can increase the likelihood for reflux) miso soup and vegetable /tofu stir-fry with brown rice, vegetable and cheese omelet with whole wheat toast, seafood lasagna with ricotta cheese, broiled meats or poultry with veggies (especially broccoli, spinach, and artichokes), tuna salad sandwich on multi-grain bread, or sesame seeds (rich in tryptophan – for regulating sleep) sprinkled on salad with turkey chunks, and whole wheat crackers.

The trick to eating the ideal bedtime snack is to stick with foods that are high in carbohydrates and calcium, and medium-to-low in protein. Do eat a small snack if you wake up hungry, but don't get into the habit of eating too much, as you may gain weight.

Some examples:

Bedtime snacks should be consumed about an hour before your actual bedtime, and should be about 100 calories. It takes about an hour for the tryptophan in the foods to reach your brain, so don't wait until right before you hop into bed to have your snack.

Avoid large, high-fat meals before bed. A light snack is fine, but eating too much late in the evening can interfere with sleep. Research shows that people who often eat high-fat foods not only gain weight but also experience a disruption of their sleep cycles. Also avoid heavy, spicy foods, especially if you're prone to heartburn. Eating too much may cause you to feel physically uncomfortable when lying down. Don't drink too much liquid. Drinking lots of fluids before bed can cause you to wake up repeatedly to use the bathroom. Avoid caffeine. A stimulant, caffeine increases the activity of your nervous system, which makes falling asleep more difficult. Avoid caffeinated beverages eight hours before your desired bedtime. Your body doesn't store caffeine, but it does take many hours for it to eliminate the stimulant and its effects. Don't forget about the less obvious sources of caffeine such as chocolate and cola. Finally, avoid alcohol. Although it may initially make you feel sleepy, alcohol prevents deeper stages of sleep and often causes you to awaken in the middle of the night. Avoid alcohol four hours before bed.

Jones relieves Owens as Bravo Company commander

Nick Spinelli
Editor

Capt. Steven Jones relieved Capt. Owen Roberts II as commander of Tripler Army Medical Center Bravo Company during a change of command ceremony held Feb. 10 at the TAMC Soldier's Pavillion.

"Ever since going the Army, I've wanted to lead Soldiers," Jones said. "I was given the opportunity to lead Soldiers in combat as a platoon leader, and now I have a chance to lead Soldiers again this

time as a company commander." Jones was commissioned in the Army in 2004 through the Army ROTC program at Mississippi State University.

"Professionally, what I want to achieve while in command is to be the best commander that I can be, by devoting my heart and soul into the company," he said. "There are so many great Soldiers in Bravo Company and I can't wait to be a part of the team. This is a dream job for me and I'm going to make the most of it. "



NCO Induction Ceremony

You are invited to attend the

Tripler Army Medical Center

NCO Induction Ceremony

When: 11 March 2011, 1530hrs

Where: Soldier's Pavilion