



## TAMC dining facility prepares to, “Go Green”

**Terrence Bandy**

*TAMC Public Affairs*

Tripler Army Medical Center’s Dining Facilities have something new for you to chew on. Beginning this May, the TAMC Dining Facility will launch new program by the name of “Go for Green”.

The program is a Department of the Army dining facility nutrition education program geared to assist meal selection in support of good fitness. Nutritional labeling provides each guest with a quick assessment of the nutritional value of each item. Multi-color coded placards will be placed on all food items on the serving line giving a clear selection choice. The placard colors are green, yellow, and red. Green represents foods that you may eat often, amber for foods that you should eat occasionally, and Red for foods that you should eat rarely.

The program goes beyond the placards with the defining assistance detailing what foods belong to what group. Lt. Gen. Mark Hertling, who is in charge of the Army’s programs for recruits at Fort Jackson, SC, said, “about 59% of female recruits and 47% of male recruits fail the entry-level physical fitness test, and nearly 15% of 17- to 24-year-olds are not qualified to join the Army at all because they are too overweight.”

More facts provided by the Center for Controlled

Diseases reports “An estimated 97 million adults in the United States are overweight or obese, a condition that substantially raises their risk of morbidity from hypertension, type 2 diabetes, stroke, gallbladder disease, osteoarthritis, sleep apnea and respiratory problems, and endometrial, breast, prostate, and colon cancers.”

All of the facts support a need to change the way the Army feeds the force and they have answered the call with this new push for better fitness. Amazingly our high tech smart phones are a growing part of our everyday lives and the department of defense has jumped on the chance to use them. So, to answer the latest question, “yes, there’s an app for that”. You can find that each of the major operating systems (iPhone and Android) have a free applications that provides basic nutritional information supporting the program.

The addition of healthier choices comes with a little more extra in the Month of May. “Our facility is adding a third week to the menu”, Capt. Todd Heer, officer in charge of dining facilities and dietary services,” said. “We’re pretty excited about it; the menu hasn’t change in a very long time.”

While the menu choices haven’t been posted to guest as of yet, we can all hope to enjoy the variety to come.

To active duty Army family members: Live within a 30-minute drive of Kapolei? Want easy access and available parking? Enroll now at the Warrior Ohana Medical Home. Doors open to patient care beginning April 21. Receive the same, world-class care you currently receive at Tripler, at a location close to where you live and work! Follow this link and enroll now!

[www.tamc.amedd.army.mil](http://www.tamc.amedd.army.mil)

# National Take Back Initiative (NTBI)

Turn in your used or  
expired medication for safe,  
anonymous disposal



## Saturday, April 30th

### OAHU

Federal Building (parking lot)  
300 Ala Moana Blvd., Honolulu, HI  
10:00 a.m. - 2:00 p.m.

Kahala Mall (Kilauea Ave. end of mall)  
4211 Waialae Ave., Honolulu, HI  
8:00 a.m. - 12:00 noon

Town Center of Mililani (bandstand area)  
95-1249 Meheula Pkwy, Mililani, HI  
10:00 a.m. - 2:00 p.m.

Windward Mall (center court area)  
46-056 Kamehameha Hwy., Kaneohe, HI  
10:00 a.m. - 2:00 p.m.

Tripler Army Medical Center  
(Main Outpatient Pharmacy)  
1 Jarrett White Rd., Honolulu, HI  
10:00 a.m. - 2:00 p.m.

Schofield Barracks Health Clinic  
(Outpatient Pharmacy)  
Bldg . 676 Schofield Barracks, HI  
10:00 a.m. - 2:00 p.m.



### Also offered on the neighbor islands

#### Big Island of Hawaii

National Guard Aviation Facility  
(Airport Rd.)  
1095 Kekuanaoa St., Hilo HI  
10:00 a.m. - 2:00 p.m.

#### Maui

Maui County Police Dept.  
(parking lot)  
55 Mahalani St., Maui, HI  
10:00 a.m. - 2:00 p.m.

#### Kauai

Kauai Police Dept. (parking Lot)  
3990 Kaana St., Lihue HI  
10:00 a.m. - 2:00 p.m.

# Tripler provides “Safe Place,” for sexual assault victims

**Nick Spinelli**

## **TAMC Public Affairs**

The Safe Place at Tripler Army Medical Center is designed to meet the needs of sexual assault victims by coordinating services with all branches of government. They provide services that include comprehensive medical exams, victim advocate services, chaplain services, social work services, and law enforcement involvement.

“The program was initiated here two years ago, and includes a multi-disciplinary team,” Allyson Cordoni, a program coordinator at Tripler, said. “Obstetricians, Family Medicine practitioners, and sexual assault nurse examiners all work together to ensure the physical health of our patients.”

Cordoni said the Safe Place is open to service members, civilians, foreign military members, and children. Anyone receiving service receives a comprehensive evaluation, including blood work and STD testing. Additionally, psychological care is provided and follow up care is offered after two-four weeks. Patients are able to talk to medical professionals about treatments to prevent pregnancy as well as infections. Forensic examinations are performed in private, quiet, clinical settings, by trained practitioners. “It’s important that we ensure victim’s needs are met,” Cordoni said.

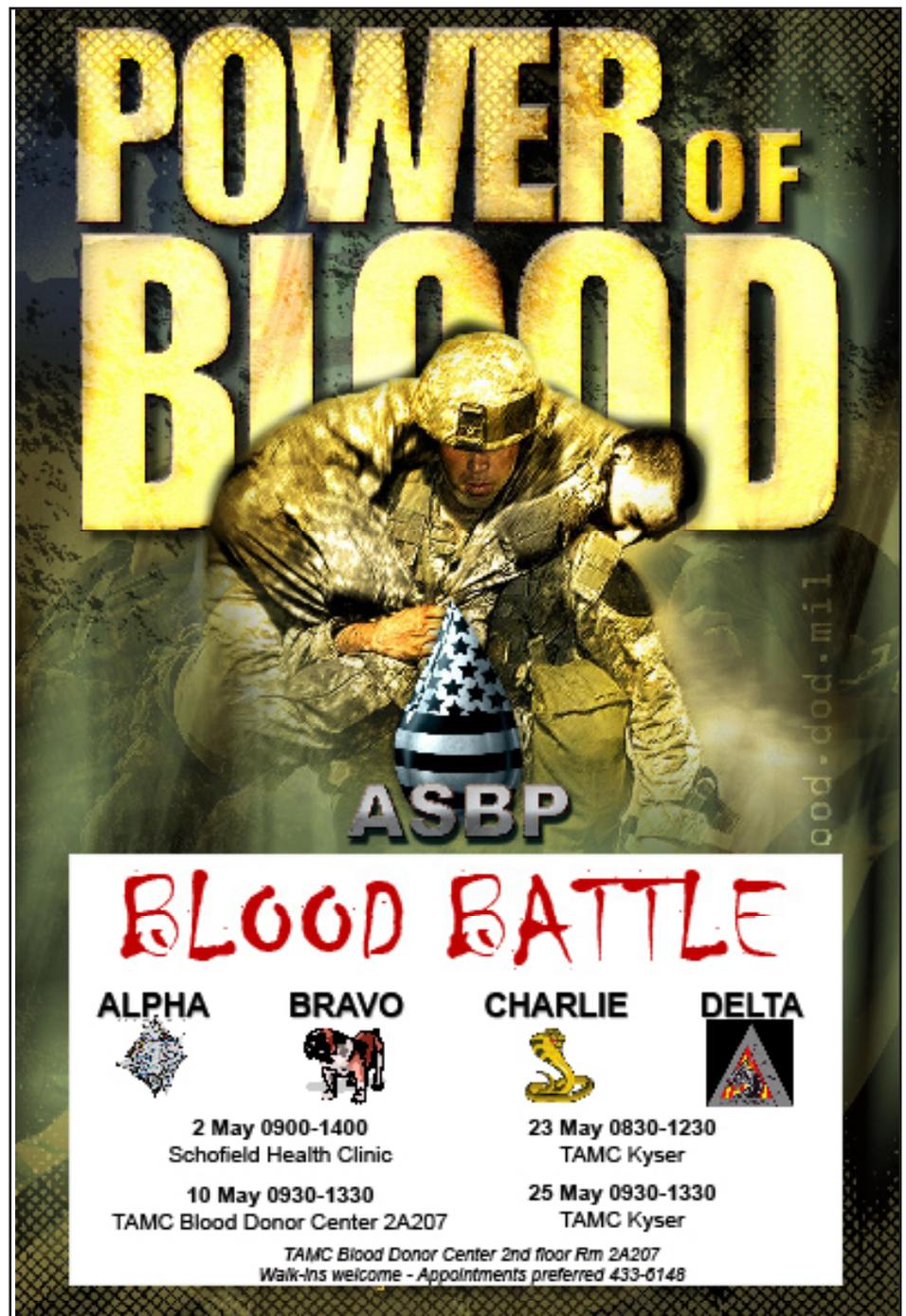
In addition to treatment, the program also emphasizes training and prevention. To that effect, the Safe Place provides information to the public on how to be aware of the dangers of sexual assault as well as where and when it is most likely to occur. For instance, ac-

cording to Cordoni, the majority of sexual assault victims in the last year have been women between the ages of 18 and 24. She said that in most cases, alcohol was a factor. Training is also available should someone be contacted by a friend or an acquaintance who has been assaulted.

“If some tells you they have been sexually assaulted, the first

thing you should do is get them to a safe location. If there’s an immediate threat to their safety, call 911 right away. If not, contact the appropriate Victim Advocates.” Cordoni said. “If they need medical attention, escort them to the emergency department.”

Tripler Army Medical Center’s Safe Place can be reached at 433-5083.



**POWER OF BLOOD**

**ASBP**

**BLOOD BATTLE**

ALPHA	BRAVO	CHARLIE	DELTA
			
2 May 0900-1400 Schofield Health Clinic		23 May 0830-1230 TAMC Kyser	
10 May 0930-1330 TAMC Blood Donor Center 2A207		25 May 0930-1330 TAMC Kyser	

TAMC Blood Donor Center 2nd floor Rm 2A207  
Walk-ins welcome - Appointments preferred 433-6148

# New DoD initiatives to detect concussion under study

**J.D. Leipold**

*Army News Service*

The deputy director for traumatic brain injury at the Defense Centers of Excellence for Psychological Health and TBI said new initiatives will aid in the recognition of concussion while Soldiers are still in-theater.

Kathy Helmick told bloggers April 5, that in the past, servicemembers were diagnosed with concussion based on a symptom approach rather than an incident approach. Not until a servicemember started to show signs of concussion would they seek out medical help.

Defense Department policy now outlines specific events that indicate a high likelihood a servicemember could have sustained a concussion, she noted. Such events include being very close to a blast or riding in a vehicle that's been impacted by an explosion. Any direct blow to the head, be it from a sporting activity or a training exercise, now requires a medical evaluation.

Additionally, if a servicemember doesn't recognize they've had a concussion and is acting in ways other than usual, the individual can be command-directed to report for a medical evaluation.

"So any of those potentially concussive events will lead to a medical evaluation by a medic or a corpsman, which they go through utilizing a tool called the MACE, the Military Acute Concussion Evaluation," Helmick said. The objective behind MACE is to detect concussion as early as possible and keep a servicemember off the battlefield where they could possibly suffer another concussion before healing from the first.

In other words, a concussion left untreated by simple rest and aspirin could morph into a more serious form of traumatic brain injury, or TBI, from moderate to severe to penetrating, since concussion can be cumulative with each successive incident.

Just as MACE can aid in the detection of concussion, it can also confirm that a concussion didn't occur.

"That's important as well, to give confidence to the person that they've been checked out" said Helmick. "That is reassuring to the servicemember that they're good to go and can resume their mission and a full return to duty."

At present, one of DoD's tests to determine whether a servicemember has suffered concussion is the Glasgow Coma Scale. Even with the GCS, mild TBI

is still a struggle to diagnose, added Helmick, because many times the brain scans are negative with a top score of 15. That means the patient can talk, knows where they are, who they are and can follow simple commands.

But, according to Helmick, the GCS is not a very sensitive test for mild concussions, so DoD is looking at more objective tests other than a history and physical state of the patient.

"What we'd rather have, in addition to the history and physical exam, is an objective test that uses diagnostic markers, some of which include serum biomarkers -- testing proteins in blood, spit, saliva and sweat," she said.

"We're also looking at eye-tracking machines," she added. "These are devices that are placed on the eyes and can pick up problems with attention and concentration which can be indicative of concussion."

Machines which can measure the electrical patterns of brainwaves or Quantitative EEG are other devices being looked at to determine mild TBI.

Helmick said another possibility is the use of vestibular plates that a patient stands on to pick up idiosyncrasies in balance which can be indicative of changes that have happened deep in the brain stem that are consistent with concussion.

She noted there were a few more tests the department was studying but which aren't as far along in their evaluation on how well they work to pick up concussion. Helmick said it probably won't be one test, but rather a combination of objective markers that can help diagnose mild TBI on the battlefield.



*The Officers, Noncommissioned Officers, and Soldiers of  
Tripler Army Medical Center  
cordially invite you to attend the  
Change of Responsibility Ceremony  
as  
CSM Richard L. Carland  
relinquishes responsibility of Troop Command  
to  
CSM Carl B. Dwyer  
at 1200 hours on the Troop Command Lawn  
the twenty-sixth day of April  
two thousand and eleven*

# Chaplain Thought of the Week: Know Yourself

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

The story is told that in 1939, as the Nazis were moving into the Netherlands, Henry Kramer, a Dutch theologian, was asked by a group of Christian lay people, "Our Jewish neighbors are disappearing from their homes. What must we do?"

Kramer answered, "I cannot tell you what to do. I can tell you who you are. If you know who you are, you will know what to do."

These persons became a part of the Dutch Resistance Movement. If we remember who our God is and that we are God's people, this will determine and define our conduct and personal relationships.



**Easter Holy Week At TAMC 2011**

Holy Thursday, 21 Apr  
No Noon Mass  
Evening Mass of the Lord's Supper - 1700

Good Friday, 22 Apr  
No Noon Mass  
Celebration of the Lord's Passion - 1500

Holy Saturday, 23 Apr  
Easter Vigil Mass, 1900

Easter Sunday, 24 Apr  
Protestant Services, 0900  
Easter Sunday Mass, 1100

Ecumenical Easter Sunrise Services 0630  
USS Missouri  
Main Post Chapel, Schofield Barracks



*Easter Eggstravaganza*



**Egg Hunt**



**Games**



**Cookie Decoration**



**Face Painting**



**WHO: TAMC OHANA**  
**WHAT: Easter Event**  
**WHEN: 16 April 11**  
**Time: 9:00 a.m. - 11:30**  
**WHERE: C Company, Schofield Barracks Health Clinic, Soldier Pavilion**

## REDEPLOYMENT CEREMONY



Tripler Army Medical Center  
Invites you to attend the  
Welcome Home Wednesday  
Quarterly Redeployment Ceremony  
When: 11 May 2011 at 1600 hrs  
Where: Kyser Auditorium



Open Season for the Federal Long Term Care Insurance Program (FLTCIP) will run April 4 - June 24, 2011. Please join us for an educational workshop April 20 from 10 to 11:30 am in Kyser Auditorium. Visit [www.LTCFEDS.com](http://www.LTCFEDS.com) for more information.