



# Woman's Health Week May 8-14

**Terrance Bandy**  
*TAMC Public Affairs*

Women's Health Week is here once again. Starting off the week with Mother's Day, from May 8th thru May 14th the National Office on Woman's Health will be hoping to share the word. There are many issues that women should pay close attention to no matter what age, location, ethnic background, or family origin. Many women have started making sure they take care of vital health needs through regularly scheduled meetings with providers, which shows that the word is getting out concerning the importance of preventive health care.

Dr. Regina M. Benjamin from Surgeon General Office wrote "the goal of National Women's Health Week is to empower women to make their own health a top priority and encourage them to take small, manageable steps to improve their health and reduce their risk for many diseases. On Mother's Day, women across the country will celebrate with family and friends. This year, I also encourage women to celebrate themselves by focusing on their own health and well-being." She also added, "The most important steps women can take to improve their health include eating a well balanced, nutritious diet; getting regular physical activity; avoiding unhealthy behaviors, like smoking; and paying attention to mental health. In addition,

women should get regular check-ups and preventive screenings."

Once you get to your Primary Care Physician/Provider, every woman should have the basic understanding of the 'need to know' information concerning her own body's health. The Tripler Army Medical Center Public Health Nursing and the Obstetrics and Gynecology (OB/Gyn) departments are available to provide help with a few preventive areas of interest information pamphlets and answer any question you may have.

Annual exams have been publicly emphasized for many years, but the full understanding of what the exam looks for will help women remain more mindful of negative and positive results. Women's Wellness Exams should cover the basic areas of health. One should expect a general exam, breast exam, and pelvic exam (pap

smear). Additional exam variations depend on the age of the examinee, doctor preference, and past result history. Mammogram screening for sexually transmitted diseases, and colon cancer screening are also available serving as preventive and early detection tools. Women in the military are mandated to complete yearly wellness checks and have greatly increased the opportunities of early detection over the years.

Genital human papillomavirus (commonly known as HPV) is the most common sexually transmitted infection (STI). There are more than 40 HPV types that can infect the genital areas of males and females. These HPV types can also infect the mouth and throat. Most people who become infected with HPV do not even know they have it. Andrea Lapolt a Licensed practical nurse (LPN) with TAMC OB-Gyn clinic stated that the majority





of abnormal pap smear results come from HPV findings during screening. Vaccinations for HPV are available for young women from the ages of 9 to 26 years old. The three-shot series currently used is GARDASIL® which is advised and strongly encouraged.

Healthy living plays a great part in increasing your life. Although many challenges prevent us all from getting out to the gym, walking, eating correctly, and practicing sleep hygiene we all have an obligation to our bodies to do the

best thing for it. Did you know that you can request nutrition counseling without being severely overweight? Did you know that many on-post fitness centers maintain highly educated physical fitness instructors and trainers on site? Are you aware of the many community programs for new mothers? All of these questing may result in easy answers for many, but if you're not in the know you may be placing yourself at higher risk in the long run. Consulting your Primary Care Physician can be the first steps to a better and healthier lifestyle.

For more information contact:  
**TAMC OB-Gyn** 808-433-2778x71  
**Schofield Barracks Public Health office** 808-433-8677  
**TAMC Public Health office** 808-433-6834/2657



## Come Join Us to say Farewell to CSM Richard Carland



**LOCATION: The Hideaway Club Pavilion at Barber's Point** (please see link for amenities and further rules on the Pavilion): <http://uscghideawayclub.com>

**Date: 13MAY2011**

**Time: 1800 to 2200**

Meal tickets are \$12 a person and **MUST** be purchased in advance. Tickets will be available for purchase 0900 on 03May thru 1700 10MAY11. Ticket Prices include:

<b>Menu:</b>	Roast Spare Ribs	Deep Fried Mahi-Mahi	Honey Garlic Chicken
	Beef Broccoli	Crab Puff	Fried Noodle
	Steamed Rice	Mac Salad	1 Drink (various soda or juices)

Please contact SSG Carr or SPC Briggs at Troop Command at 433-9160 for questions or to purchase tickets.

**OUTSIDE ALCOHOLIC BEVERAGES ARE STRICTLY FORBIDDEN!**

# May is Behavioral Health Month

  **U.S. ARMY MEDICAL DEPARTMENT**  
**ARMY MEDICINE** Pacific Region Medical Command

**“May is Behavioral Health Awareness Month” Briefings**

- **Wednesday, 4 May**, 1400-1500 @ **KYSER** CPT Krage, Psychology; Shoulder to Shoulder-ACE Cards
- **Wednesday, 11 May**, 1130-1230 @ **3rd FL D-wing (Main Chapel)**, Chaplain (MAJ) Raheem; Strong Bonds Program
- **Thursday, 19 May**, 1300-1400 @ **KYSER**, Ms Cynthia Scheib; Better Depression Care Program
- **Tuesday, 24 May**, 1400-1500 @ **KYSER**, MAJ Gumboc, Neurobiology, historical/military perspective on PTSD and practical tools for care

**FROM YOUR PRMC BEHAVIORAL HEALTH TEAM**

*Dr Brinda Edmonds Psy.D.*

*PRMC Department of Psychology*

May is Behavioral Health Awareness Month, the annual time to educate and increase awareness about behavioral health conditions and address the health and wellness of Service Members and their families. It is important that the military community highlight programs and services that assist service members and families with behavioral health injuries and other issues.

Behavioral health is important for everyone regardless of rank or position. Successful performance of mental functions results in productive activities, fulfilling relationships with others and the ability to adapt to change and to successfully cope with adversity.

The symptoms of stress are all the same but service members may experience it at different levels of severity or have more or less “resiliency” in dealing with it. Resilience is the ability to respond successfully to the challenges of life. No one is immune to setbacks when faced with these challenges, but those who feel like they are prepared to manage life’s difficulties have the greatest chance of overcoming them.

Institutional and personal stigma can interfere with those getting the help they need by creating an atmosphere of fear and intimidation. It is imperative to help the Force manage the stress it is experiencing to enable it to be a healthy and consistent resource for the

nation.

Behavioral health issues affect the mind, body, and spirit. To get help with a personal or emotional problem, talk to a behavioral health professional or a chaplain for information about available services.

For more information on local behavioral health services contact:

**Psychiatry** 433-6406

**Psychology** 433-6060

**Social Work** 433-6606

**Schofield Barracks** 433-8604

**Chaplain** 433-5727

**Veteran Centers** 1-866-496-8838 (Pacific)

**Military OneSource** 1-800-342-9647

## 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

**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

## *Chaplain Thought of the Week: Lifeboat...*

**Chap. (Col.) Sherman Baker  
Command Chaplain, PRMC**

One of the great World War II films was LIFEBOAT, about the ordeal faced by survivors of a passenger ship that was sunk by a Nazi U-Boat in the middle of the Atlantic. The film details their struggle for survival in a small lifeboat, fighting the elements, thirst and then fighting against each other. Each person has their own ideas about how to navigate the little boat: they argue about who should be in charge; and

they find little things to fight over even when they run out of things to fight over.

Eventually they come to understand that their only hope is in putting aside their differences and working toward the common goal of survival. They learn that they cannot possibly get the boat to safety unless they all adopt that unifying goal.

In a sense the entire world is a LIFEBOAT, and we are all like the survivors in that film. We cannot

solve the great problems which confront humanity--hunger, disease and war--unless we unite in a common effort to find meaningful remedies to these plagues. It is also true in every other sphere of life, in the family and in the workplace.

When people unite to achieve common goals, and are willing to give and take, and think of each other's needs...then there is no limit to the good things they can accomplish together.



**U.S. Department of Defense  
Office of the Assistant Secretary of Defense  
(Public Affairs)  
News Release**

IMMEDIATE RELEASE No. 370-11

May 03, 2011

**General Officer Announcements**

Secretary of Defense Robert M. Gates announced today that the President has made the following nominations:

Army Col. Charles R. Bailey, who has been selected for the rank of brigadier general, for assignment as deputy chief of chaplains, U.S. Army, Washington, D.C. Bailey is currently serving as command chaplain, U.S. Army Europe and Seventh Army, Germany.

Army Maj. Gen. Patricia D. Horoho, who has been selected for the rank of lieutenant general, for assignment as commanding general, U.S. Army Medical Command/the surgeon general, U.S. Army, Washington, D.C.

# **Asian Pacific American Heritage Meal**

## **12 May 2011, Thursday**

### **1100-1430**

### **Menu**

*Thai Chicken Curry Soup*

*Egg Rolls*

*Kalbi Short Ribs*

*Pork Guisantes*

*Seasoned Grilled Fish*

*Steamed Rice /Fried Rice*

*Kyoto Mixed Vegetables*

*Pancit*

*Stir Fry Long Beans*

*Spinach w/Oriental Dressing*

*Guava Cake*

*Almond Cookies*

*Breakfast hours: 0545-0830*

*No Short Order \* Grab n Go Open*

*Ala Carte Prices*