TRIPLER 360
May 11, 2011

Challenging the myths of addiction and how to help yourself and others

Terrance Bandy
TAMC Public Affairs

Addiction is a deadly disease that affects the lives of carriers and their family, friends, and colleagues. Being around the military we have the opportunity to meet people from all walks of life, what we don't see is the baggage they carry in the life sized duffle bag they hold. Tripler 360 took out a few minutes to talk with Maj Lillie Mells USAF BSC Clinical Director of Tripler Army Medical Center TRI Service Addiction Recover Facility (TRISARF). The TRISARF program is a level 2.5 outpatient treatment clinic geared for service members and dependents in need of an intensive structured five week format to assist new life alignment without addictions.

Who is an Addict?

A good number of people will think of the street junky or the bum under the bridge, but commonly enough the addict is often right under your nose. Addictions don't stop with drinkers and drug users. In our present day we have people that are addicted to technology (including angry birds and facebook), adult entertainment, gambling, and the list goes on. To answer "who is an addict?" each person must look at the effects of their habits on the lives they live. Have you ever found yourself continuously missing important events like work, appointments, special birthdays and/or other scheduled social events? Do you find it hard to quit a targeted behavior only to find yourself right back in the same routine of harmful activities? These are only a few of the questions that you can talk over with medical professionals. Although the suggestions of friends and family in a non-badgering way may be helpful, self realization holds the key to life controls.

I acknowledge that I have an addiction, what can I do?

Determining on the severity, substance, and manner of your addiction several options for assistance are available. Each service branch has its own addiction assistance office. The Army Substance Abuse Program (ASAP) for Army personnel, the Navy offers Substance Abuse Rehabilitation Program (SARP), the Air Force has the Alcohol and Drug Abuse Prevention and Treatment (ADAPT), and the Marines provide assistance with Substance Abuse Counseling Center (SACC). Major installations around the world have numbers to call or an office to walk into for help. Self referral programs are set up for those that have come to a personal understanding that they need help. Command referrals are often initiated after an event of misconduct or concern from the senior leadership of your unit.

As you sit and ponder your situation and your need for change, you may come to the conclusion that you may not need structured care. There are many agencies around the island and around the world that can assist your life changes. The World Wide Web allows you to search for a gambit of addiction issues. If you are seeking help for gambling, perform a quick search "gamblers anonymous" with

your location and you'll find amazing results. This same process can be used for other addictions from alcoholism to smoking.

I'm not an addict but I may need to change a few things, can I use the military programs?

Military substance and rehabilitation is there to help. Many people think that because they haven't hit the 'rock bottom', there isn't a need to seek professional help. This myth can be dangerous and can lead into a darker situation for prospective users and abusers. The suggestion for any one that has any question about overuse or abuse should seek their perspective agency.

Whether you are an addict or someone that knows that they would like to change a few things about their own behavior, Maj Mells suggests the following tools to use to get there:

One buddy: Use someone that you can count on. Talk over you issues and be honest with them. Develop a code word that signals help and for when they are needed immediately. That person most importantly should be a good listener.

Know your resources: Use the internet, agencies, and medical professional to get through your life transitions. You should never think that you are in your struggles alone. Groups like Alcohol and Narcotics Anonymous (AA/NA) meet daily around your area and throughout the country.

Find a new hobby or enhance an old one: Often when you drop one habit a new one can form or pre-existing habits get a little heavier. Hobby hunting or picking up a healthy old habit can be great for filling idle time that was once used by unwanted behaviors. The Morale, Welfare and Recreation and Information, Tickets, and Registrations offices are available to service members their families along with Department of Defense employees. (http://www.mwrarmyhawaii.com/itr-welcome)

Point of contacts:
Army (ASAP): 808-433-8700
Navy (SARP): 808-471-9002
Air Force (ADAPT): 808-449-0175
Marines (SACC): 808-257-3900
National Guard: 808-672-1505
Coast Guard: 808-842-2092

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:

Menu:
- Roast Spare Ribs
- Beef Broccoli
- Steamed Rice
- Deep Fried Mahi-Mahi
- Crab Puff
- Mac Salad
- Honey Garlic Chicken
- Fried Noodle
- 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!

WELCOME HOME

Tripler Army Medical Center Commanding General Brig. Gen. Keith Gallagher, family, and friends welcomed home 30 Soldiers Wednesday, May 11 from deployments spaning around the world.

A standing ovation surrounded Soldiers returning home from deployments in support of Army and joint service operations on Wednesday, May 11th during a reorganization ceremony within the Tripler Army Medical Center. Individual medical Soldiers have provided medical augmentation of forward deploying units involved in military operations for many years. The assistance that each individual provides is priceless to the forward unit short of professional medical staffing. A special added benefit comes to the deployed Soldier as he or she is able to apply treatment and work essential skills learned in forward areas to static operation here in our TAMC clinics and supporting operations. Brig. Gen. Keith Gallagher personally welcomed each Soldier returning home during the ceremony with a colorful lei and words of appreciation for a job well done.

Col. William Humphrey
Col. Richard Kynion
Lt. Col. Scott Croll
Lt. Col. Michael Gladu
Maj. Ryan Eckmeier
Maj. Paul Jennings
Maj. Jonathan Parks
Capt. Michael Krage
Capt. Brigid Kutner
1st Lt. Allison Ferro
Sgt. 1st Class Ruben Vega
Staff Sgt. Ryan Lahr
Sgt. Crystal Bayang
**Col. Thomas Wisenbaugh*
**Lt. Col. Eric Crawley*
**Lt. Col. Charles Dietrich*
**Lt. Col. Richard Smith*
**Lt. Col. Scott Uithol*
**Maj. Ronald Gay*
**Maj. Roger Manson*
**Spec. Andrew Kerle*
**Capt. Thomas Robinson*
**Capt. Lecreshia Shields*
**1st Lt. Kimberly Kolanowski*
**Staff Sgt. Karona Hutchinson*
**Sgt. Ricelle Aus*
**Capt. Brian Alexander*
**Capt. Branden Chun*
**Capt. Brian Fujioka*
**Capt. Erick Gabriel*

*(*not availible for photo)*

Public Health Nursing Evening Clinic Pilot Program

MAY 18 & 25
JUNE 22 & 29
JUL Y 20 & 27

Clinic will remain open until 2100.
Patients will be seen by appointment only

Patients must complete Part I of PHA Assessment (via AKO) prior to coming to their appointment.

POC: SGT Allison Lindsay
NCOIC Army Public Health Nursing
433-1464

PURPOSE: To better accommodate soldiers working "swing" shift and night shift hours, as well as those who cannot leave their place of duty during the day to come to their appointment.

What you don't know, may be bad for your long term health

Terrance Bandy
TAMC Public Affairs

At Tripler Army Medical Center, during the month of May, woman's health takes center stage as we educate and identify women health issues as well as concerns. Preventive measures are always best, but what happens when you don't know or fully understand what preventions are needed and/or available? We talked to Tripler Army Medical Center's physical therapy department on women's health issues. What we found will make many readers think twice about unknown medical conditions that are often left unreported and often undiagnosed.

Pelvic Floor Dysfunction is a term that many women and even men should become informed about, and here's why. In September 2008, the US Department of Health and Human Services reported that nearly 24 percent of US women were affected with one or more pelvic floor disorders. This report was funded by the National Institute of Health, adding a bit of validly to blank statistics. The study also revealed that the frequency of pelvic floor disorders increases with age, affecting more than 40 percent of women from 60 to 79 years of age, and about 50 percent of women 80 and older.

The same release includes an explanation of what the disorder is and how it affects woman's health. "Pelvic floor disorders result when the muscles and connective tissue within the pelvic cavity weaken or are injured. These muscles and ligaments form a sling across the opening of a woman's pelvis, holding the bladder, uterus, bowel, and rectum in place. The three main pelvic floor disorders are urinary incontinence, fecal incontinence and pelvic organ prolapse. Pelvic organ prolapse results when pelvic organs such as the uterus, bladder and bowel, collapse onto the vagina. The resulting pressure may cause a bulge or protrusion through the vaginal canal. This protrusion may be uncomfortable, may make physical activity difficult and may interfere with sexual functioning."

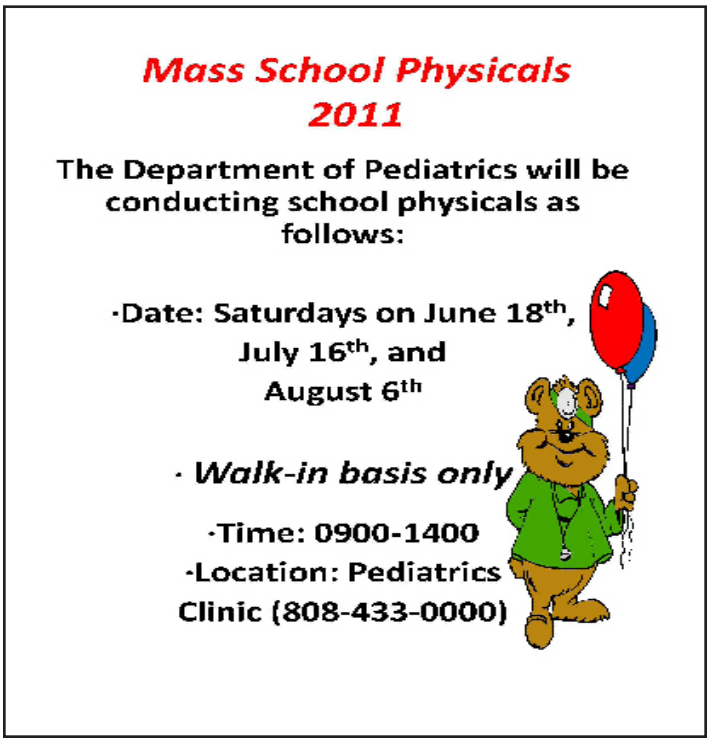
Although the statistic points towards older women, this dysfunction cares not what age you are. Young athletic wom-

en can also be at risk. Whether you're marathon runner or cross-fit junky, this disorder can still find a way into your life. But all is not lost. With education and physical therapy, pelvic floor disorders can be reduced and repaired.

Pelvic floor muscles are just like other muscles. Exercise can make them stronger. Women with bladder control problems can regain control through pelvic muscle exercises, also called Kegel exercises. Exercising your pelvic floor muscles for just five minutes, three-times-a-day can make a big difference to your bladder control. Exercise strengthens muscles that hold the bladder and many other organs in place.

Like many other ailments that are found in the private regions of our bodies, we often find it uncomfortable to talk about anything that goes wrong, until it is too late. These are conditions that many women will suffer for decades in silence before talking to a health professional. Talking with your primary care provider can help get you on the best track to recovery and comfort. The TAMC physical therapy department is staffed with very knowledgeable members that want to the best for your current and future health.

For questions and appointments see your primary care physician 808-433-2778



Chaplain Thought of the Week: Help ...

Chap. (Capt.) Lee Harms
Command Chaplain, PRMC

A few months ago I moved a very heavy piano. At first I tried to move it with just one other person. It was virtually impossible! After a couple of other people arrived to help we were able to move the piano with ease. At times we are faced with challenges in life that seem almost impossible to deal with. However, when we ask for help we can face any challenge that life gives us. Placed throughout the TAMC community is a poster that reads, "Have the courage to seek help". It is a constant reminder to each of us that true courage does not always mean going it alone. We need the help of those around us to make it through challenges.

As a chaplain, I try to express gratitude to those who seek me out for assistance with difficult issues. I am grateful for their humility and their courage to ask for help. I am also grateful for the opportunity to help them with their challenges. When we offer assistance to others a very miraculous thing happens. Our own burdens and challenges become smaller, lighter, and easier to handle. When we help others we are left with a confident feeling that we are not alone in this world! So, have the courage to help those around you, and when you need help yourself, have the courage to ask for it!

Army nurse program grabs top spot

Fonda R. Bock
USAREC

The U.S. Army Graduate Program in Anesthesia Nursing has been ranked the best program of its kind in the nation in the U.S. News & World Report's 2012 edition of America's Best Graduate Schools. Located at Fort Sam Houston in San Antonio, Texas, the program rose to the top spot after coming in second in the magazine's past two consecutive reports in 2004 and 2008.

"This is an honor and gives us bragging rights," said Program Director Lt. Col. Joseph O'Sullivan, CRNA, PhD. "This ranking says Army healthcare is high quality and that we can go toe to toe with any other graduate program."

O'Sullivan believes the key reason his program consistently ranks high is because of its unique military mission.

"We have to have high standards because we prepare our students to work under wartime conditions, as well as during civil disorder, natural disasters and humanitarian missions," he explained.

The magazine's rankings, published in March, were based on peer feedback and assessment surveys sent to deans, faculty and administrators of the 113 accredited graduate anesthesia nursing programs during the fall of 2010. Respondents rated the academic quality of programs.

Only fully accredited programs in good standing during the survey period are ranked.

Deputy Surgeon General and Chief of the U.S. Army Nurse Corps Maj. Gen. Patricia Horoho, said this recognition proves the Army is preparing its next generation of anesthesia nurses well.

"As a registered nurse, I can affirm that the Army offers nurses professional development experiences above and beyond anything in the private sector. From being an integral part of the surgical team to commanding a health care system - in the Army, nurses have the opportunity to take their career as far as they want to go."

More than 40 civilian and active duty Army, Reserve and National Guard students are accepted into the program every year. Graduates receive a Master of Science in Nursing Anesthesia from Northeastern University School of Nursing. Starting next year, students will earn a Doctorate of Nursing Practice.

All students become active duty officers Certified Registered Nurse Anesthetists, or CRNAs, upon graduation. A few Air Force and Veterans Administration personnel are also accepted into the program, who then go back to their perspective branches upon completion of the program.

Three other Army Health Care programs also ranked high in their disciplines in the report.

The U.S. Army-Baylor Doctoral Physical Therapy Program ranked No. 5 in the nation. The U.S. Army-Baylor Graduate Program in Health Administration came in at No. 11, and the Interservice Physician's Assistant Program was ranked No. 13.

Do you have something exciting going on in your department? Would you like to get your story out? Special event go untold in the Schofield and TAMC areas that other may find news worthy. So, if you have something to say contact Jan Clark at 808-433-2809

Traffic update:

"With the heightened security measures at the entrance to Tripler Army Medical Center, staff and patients have endured long lines. In an effort to shorten entry wait time, from approximately 6 to 8 a.m., those in the left hand lane will be directed to turn left after passing the guardhouse. Once on Krukowski Street, ID cards will be checked and directions to either the Oceanside or Mountainside parking lots will be provided."

DADT Tier II Training

10th Floor Conference Room
Friday, 13 May: 0600-0800

Kyser Auditorium
Thursday, 12 May: 1600-1800

**Mandatory for all Officers in the rank of CPT & Above **

Troop Command