



Work continues in the aftermath of Japan's traumatic tsunami



Accompanied by Brig. Gen. Keith Gallagher commander, PRMC and TAMC, members of the Honolulu Japanese delegates met with Dr. Christine Fair, officer in charge Soldier Assistance Center and staff at Schofield Barracks Health Clinic to discuss various treatments for individuals with traumatic stress. (Courtesy photo)

Tripler Army Medical Center hosted Mr Yoshihiko Kamo, consul general of Japan in Honolulu and Dr Hiroshi Yamaguchi, medical attaché of the consulate general of Japan in Honolulu, and several other staff July 7, 2011.

Their interest focused on the care and long-term treatment of Soldiers exposed to traumatic events resulting in post-traumatic stress. As a result of the devastation experienced during the recent tsunami and the subsequent cleanup efforts members of the TAMC's Psychology Department shared findings and methods of treatment.

The consulate staff heard about TAMC's

treatment programs, most notably the tele-behavioral health and electronic Intensive Care Unit and visited to gain insight into our programs.

The tour included a visit to Conroy Bowl, Schofield Barracks, where participants witnessed a unit actually going through a redeployment SRP to include the behavioral health screening process.

While our visitors walked away with a better understanding of our numerous programs, TAMC staff gained better insight into the value of those programs in a time of natural disaster.

Tripler Pediatrics gets new playmates

Terrance Bandy

TAMC Public Affairs

Masonic Riders Motor Club of Hawaii, President Gunnery Sgt. Anthony Jones of Combat Assault Company, Kaneohe, Hawaii presents a new Xbox 360® and child-friendly video game to the Tripler Army Medical Center Pediatric Inpatient Ward Friday July 8, 2011. Choosing a different organization each year, the Masonic Riders' sponsorship will allow the ward the opportunity to receive games for a full year. The club says that they will not stop at just video game but will be ready to assist with many areas of children fun games and activities.

This charity's selection of the Pediatric Ward was an easy one. After the Jones' daughter was admitted to the ward, she



Masonic Riders Motor Club of Hawaii, President Gunnery Sgt. Anthony Jones presents video game system to Tripler Pediatric Ward as part of a year long adoption partnership. photo by Terrance Bandy, TAMC Public Affairs

informed her father of the limited activities available. Jones returned to the issue and was met with uncontested support.

Sgt. 1st Class James Graves, Company D 2-25 Aviation Regiment Wheeler Army Air Field, spoke the fulfillment he receives by giving to children, stating "that's what we are

here for. We look out for the children (now) as well as their future."

Penny Powell-Coleman, club treasure and Tripler employee said that it was easy to select the ward and she looks forward to helping our community in more ways. Powell-Coleman's next community launch will be a food

drive to raise 1000 cans. The goal will assist the Hawaii Food Bank and distribution will be during the end-of-year holiday season.

On-hand pediatric ward participants were overjoyed by the gifts and collectively stated how much needed the donations were and how well used they will be.

Public Health Nursing Evening Clinic Pilot Program



**MAY 18 & 25
JUNE 22 & 29
JULY 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.

Chaplain Thought of the Week: Life is Full of Challenges

**Chap. (COL) Sherman Baker
Command Chaplain, PRMC, Tripler Hawaii**

James Whitaker was the first American to conquer Mount Everest. A reporter asked him, "Why did you risk your life in such an endeavor?" "Because," he said "of the challenge. I wanted to see if I could stand on the top. You don't conquer the mountain. You conquer yourself. You overcome your sickness, your pains, and your fears to reach the summit. Man needs challenges."

Life is full of challenges. Some we create to develop our strength or potential. Others come at us as a complete surprise with no warning in advance or means of escape. Many are short term while others may last a lifetime. While we can overcome most of

Quote: Life's challenges are not supposed to paralyze You, they're supposed to help you discover who you are. -- Bernice Johnson Reagon

them, there are some that overcome us.

There are times when God uses certain negative situations in our lives to prepare us for tasks that are in our future. There are times when He knows that we need to increase our faith and trust in His grace and mercy. And there are times when we face hardships because of our poor choices or not following His will for our lives.

Using meds beyond 6-month dispense date forbidden

Brandy Gill
*Darnall Army Medical
Center Public Affairs*

FORT HOOD, Texas (Army News Service, July 6, 2011) -- Soldiers who take their prescription medications six months after dispensation and pop positive on a urinalysis test could see their careers go down the toilet.

Changes made to Army Medical Command regulation 40-51, issued by the surgeon general via an All Army Activities message Feb. 23, 2011, announced that controlled substances could only be used up to six months from the prescription issuance date.

This announcement may seem minor, but it could potentially be a career-ender for any Soldier who has prescription medicines, said Col. Kimberly Kesling, deputy commander for clinical services at Carl R. Darnall Army Medical Center, or CRDAMC.

All it would take is a positive urinalysis test. "A positive urinalysis that occurs after the prescription dispensing date may result in a no legitimate use finding and subsequent Uniformed Code of Military Justice action," Kesling said.

This is a major change from how positive urinalysis tests due to prescribed controlled substances were handled in the past, said Lt. Col. Gwendolyn Thompson, CRDAMC's pharmacy chief.

"Previously, if a Soldier had a positive urinalysis test, all they had to do was present their medication profile showing they were prescribed the controlled substance drug within that year and a valid use would be assumed," she added. "But now, after six months from the dispensing date, it's no longer

considered valid use."

Some of the most commonly prescribed controlled substances dispensed at CRDAMC pharmacies are: Percocet, OxyContin, morphine, Vicodin, Tylenol #3, Xanax, Ambien and Lunesta among others including generics that Soldiers should be aware of too.

Anyone who receives a controlled substance medication from a CRDAMC pharmacy should be fully aware of it before they leave the facility Kesling said.

"Controlled substance medications are classified by the Drug Enforcement Agency as a medication with the potential for abuse," she said. "These medications are easily identifiable



Spc. Felipe Carreno picks up his prescription from pharmacist Stephanie Kohan at Carl R. Darnall Army Medical Center, Fort Hood, Texas.

when dispensed at your pharmacy because a signature for receipt will be required and a pharmacist will counsel you that the medication is a controlled substance."

CRDAMC pharmacists are also handing out letters to prescription holders on the change in policy and includes a list of the most commonly prescribed controlled substances, Thompson said.

In addition to advising Soldiers on the policy change, prescription bottles will be marked with distinct red warning labels which states, "Do Not Use six months after dispensing date. May result in 'NO LEGITIMATE USE' on urinalysis."

Providers and pharmacies are limiting prescription quantities for these types of medications to a 30-day supply maximum for acute conditions too.

However, Soldiers with a chronic condition can still get the medications they need, but instead of one large prescription that would last for several months, they will now get an initial 30-day supply with up to five 30-day refills.

Providers can still write 90-day prescriptions for controlled substance medications that treat attention-deficit hyperactivity disorder, and deploying Soldiers will continue to receive a six-month supply of their medications before they deploy.

Even though providers and pharmacies are required to follow these new rules, responsibility still falls on Soldiers to make sure they are in compliance Thompson said.

"We all have medicine cabinets or shelves full of prescription medications," she said. "Soldiers tend to keep medications that are for pain if they don't use it all initially."

"A year later the Soldier has trouble with pain again and goes to the medicine cabinet and grabs the controlled substance," she explained. "That's what's going to get them in trouble. They have to read the labels and pay very close attention to the dispense date."

Soldiers can avoid this situation all together by safely disposing of the prescribed medication once the six-

month grace period ends.

According to the U.S. Food and Drug Administration's website, there are several different ways to appropriately get rid of unused medications.

One way would be to look for medicine take-back programs. Another way would be to mix the medication with unpalatable substances like kitty

litter, put the mixture in a sealable plastic bag and throw it away with household trash.

Highly dangerous medications, like OxyContin, morphine and Percocet that should be flushed down a toilet or sink instead the website says.

"There are a small number of medicines that may be especially

harmful and, in some cases, fatal in a single dose if they are used by someone other than the person the medicine was prescribed for," the website states. "When you dispose of these medicines down the sink or toilet, they cannot be accidentally used by children, pets, or anyone else."

Mass School Physicals 2011

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

•Date: Saturdays on July 16 and 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



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.



Oncology On Canvas

If your life has been touched by cancer, come share what your cancer means to you as you express your journey through words and art.

22 July (4-8 pm) & 23 July

(9am-3pm)

Tripler AMC

10th Floor, Oceanside

All patients, families and staff invited!

Free art materials and refreshments.

Tell your cancer story with paint, crayons, collage and other art media.

Questions? Call "Dr. Pat" (Oncology Nurse) @ 433-4087



Mrs. Libby Hoyle, a cancer patient is relaxed while painting during the Oncology on Canvas program at Tripler Army Medical Center, Honolulu, Hawaii, Oct. 14. The program is used as a therapeutic measure for those that have cancer.

The Oncology on Canvas Program provides those affected by cancer the opportunity to express the life-affirming changes that give their journey meaning. In its 5th year, the Tripler Oncology Team invites

those who have been diagnosed with cancer, their family members, friends, caregivers, and health care providers to share their cancer journeys through art and narrative form. Tripler had over 200 partici-

pants in their Oncology on Canvas workshop last year. There will be a statewide exhibition of island-wide paintings at Honolulu Hale on 22 August - 2 September.

In TAMC's continuing efforts to provide our patients the utmost level of service and state of the art facilities we will be repairing/renovating the 4th Floor Corridors in Wings A, F, G, &H including the bridges. Construction is scheduled to begin mid to late May. The renovation project will be done in phases and is expected to take approximately ten months.

To minimize inconvenience to patients and staff work will be performed after hours when feasible. During this time every effort will be made to maintain access to all 4th floor areas. We apologize in advance for any inconvenience this may cause and thank you for your patience and understanding. Contact Facility Management Branch 433-7921 for more information.



**PASSION FOR HOOPS
BASKETBALL CAMPS & CLINICS**

INCLUDES:

PASSION FOR HOOPS OFFERS A COMPLETE PLAYER BASKETBALL DAY CAMP, WITH EMPHASIS ON TOTAL SKILL DEVELOPMENT, AS WELL AS LEADERSHIP AND LIFE SKILLS TRAINING. THIS CAMP IS DESIGNED TO HELP YOU BE A COMPLETE PLAYER ON AND OFF THE COURT.

CAMPERS ARE TO BRING:

GYM SHOES, SHORTS, T-SHIRT, SACK LUNCH AND WATER BOTTLE.

LOCATION:

**KALAHOE HIGH SCHOOL GYMNASIUM
730 IULIANA STREET
KALUA, HI 96734**

PRICE:

\$50.00 PER CAMPER (CHECK OR MONEY ORDER)

MAKE CHECK PAYABLE TO: DIONNE M. BROWN

**MAIL TO: CAMP DIRECTOR, PASSION FOR HOOPS
1 JARRETT WHITE ROAD #234
HONOLULU, HI 96859**

DATE:

**CAMP I: AUGUST 6TH AND 13TH
2ND - 6TH GRADERS (8YRS-12YRS)**

**CAMP II: AUGUST 20TH AND 27TH
7TH - 12TH GRADERS (13YRS-18YRS)**

TIME:

9AM TO 3PM



**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



participate in an exciting biofeedback study.

- **What's this about?** We now know that it is possible to control many aspects of our body's functions that were once thought to be beyond our reach. The purpose of this study is to compare different ways of displaying such biofeedback information in order to find out which display format allows a person to best control body functioning.
- **How much time will it take?** About one hour a day, one day a week, for 4 weeks. Then, just return two weeks later for a final follow-up session and you're all done.
- **What will I get out of it?** In addition to the satisfaction of learning better ways to provide certain treatments to patients, you will also receive a \$25 gift certificate good at any store in Ala Moana Center. Active duty military personnel must get Command permission, in writing, to participate (during off-duty hours or on leave only).

This study is sponsored by Tripler Army Medical Center and the Pacific Telehealth & Technology Hui, Dr. Raymond A. Folen, Principal Investigator.

The appearance of name-brand facilities in this flier does not constitute endorsement by Tripler Army Medical Center, Pacific Regional Medical Command, the Department of the Army, Department of Defense or the U.S. Government of the information, products, or services contained therein.

Call MAJ Stetz @ 433-1651 for more information

**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

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

July 14 Makalapa Clinic (0730-1200) Pearl Harbor
July 19 & 20 84th Engineers Battalion (0630-1130) Schofield
July 27 SPAWAR (0900-1300) Pearl City
July 29 Schofield EX (1100-1500)
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)



E Komo Mai



Survivor Outreach Services (SOS) and Operation Military Kids (OMK) cordially invite you to the 2011 SOS/OMK Family Camp. Our camp is for Military Families with children and teens (ages 5-19) who have lost a parent or sibling and children of Wounded Warriors. It provides the opportunity for Families to participate in activities that rejuvenate the mind, body, and spirit in a relaxing, fun, and supportive environment. Families will experience fun activities like yoga, creative art, crab hunting, ropes course, and swimming.



Dates:

July 15-17, 2011

Location:

Camp Erdman Wailua, HI

Cost: Free

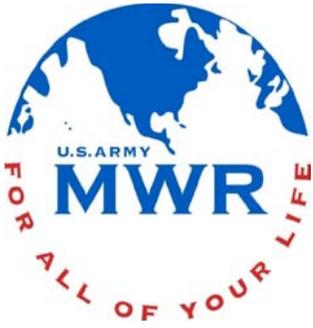
*We kindly ask that one parent/caregiver per family attend the camp.

For more information or to RSVP please contact,
Jenny Koranyi, SOS Coordinator, at 808.438.9285 or
Jennifer.Koranyi@us.army.mil



FOR MORE INFORMATION ON OPERATION MILITARY KIDS, PLEASE CALL 956-4125, OR EMAIL: omk@ota.hawaii.edu





**Tripler Physical Fitness
Center
Fitness Classes!
Mondays/Wednesdays/Fridays
1630-1730
Step, Cardiokickboxing,
Strength Training, Zumba,
Pilates Mat**

**Active duty/family members w/ID free, DoD
civilians/retired military/Reservists/DoD
contractors -**

\$25 monthly pass/\$4 daily (cash only)

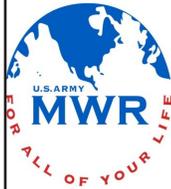
Call 433-6443 for more info

**Instructors: Mercy Martin, Jennifer Gerald,
Lisa Pietsch**



Summer Kickoff Event

The event is open to all active duty and their family members, DoD civilians, military retirees, reservists, and civilian contractors with valid military/government IDs. The purpose of our event is to spread the awareness of the benefits of exercise which increases longevity in the average adult and senior populations. Some of our hospital and co-hospital communities are unaware of our fitness program at the gymnasium, and we would like to offer our services which are free to the military active duty and their family members under the Army Family Covenant Program; other eligible participants are assessed a \$4.00 daily fee or \$25 monthly pass which is valid for the current month.



Tripler Army Physical Fitness Center Come Celebrate! Summer Fitness Kick-Off Aerobathon! July 20, 2011, 1630 to 1830



Active Duty Military/Military Family Members (18 years old and above) with valid military ID,
DoD Civilians, Retired Military, National Guard Reservists - with valid government ID

Step, Cardiokickboxing, Strength Training (1630-1730)
Dance to Salsa, Merengue, Cha Cha, Bachata, Reggaeton, Samba, Mambo, Hip Hop, etc. (1730-1830)

Free only for Active Duty Military/Military Family members w/ military ID (please show at class sign-in)
\$4.00 pre-sale/at door (cash only)



Instructors: Mercy Martin, (650)200-6684), Jennifer Gerald (808)227-4139), and Lisa Pietsch (402)990-0385
(Pre-sale tickets available through fitness instructors and at the door)



Feel like a million bucks. For FREE.

Join the action at a complimentary workout right in your neighborhood. Jump. Punch. Kick. Our workouts are designed to get you moving and feeling good. Come for a jolt of endorphins and simple, healthy fun. Best of all, it's FREE. From the makers of **P90X®**, **INSANITY®**, and **TurboFire®**.

DATE and TIME: ALL LOCATIONS START AT 6PM

Wheeler CC - July 5th, 19th and 26th

Porter CC - July 6th, 27th / Aug 3rd, 16th

Kalakaua CC - July 7th, 21st / Aug 4th, 11th, 18th, 25th

EVENT LOCATION:

Wheeler Community Center - Tuesdays

Porter Community Center - Wednesdays

Kalakaua Community Center – Thursdays

CONTACT INFO:

If you have any questions please call:

Paul Lancaster 808.354.1496

Brenda Rodriguez 786.339.5997