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AR\textbf{MY MEDICINE PRIORITIES}

\section*{COMBAT CASUALTY CARE}
Army Medicine personnel, services, and doctrine that save Service members’ and DoD Civilians’ lives and maintain their health in all operational environments.

\section*{READINESS AND HEALTH OF THE FORCE}
Army Medicine personnel and services that maintain, restore, and improve the deployability, resiliency, and performance of Service members.

\section*{READY & DEPLOYABLE MEDICAL FORCE}
AMEDD personnel who are professionally developed and resilient, and with their units, are responsive in providing the highest level of healthcare in all operational environments.

\section*{HEALTH OF FAMILIES AND RETIREESS}
Army Medicine personnel and services that optimize the health and resiliency of Families and Retirees.

\section*{SOCIAL MEDIA CENTER}
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Army Medicine is transitioning from a healthcare system to a System for Health. This means shifting the focus to prevention of disease, injury, and disability. More importantly, it means advocating a culture shift to Soldiers and beneficiaries by encouraging them to develop a mindset that drives them to optimize their own health. The Performance Triad is the enabler of our transition to a System for Health, as well as the framework for helping to change the mindsets of those for whom we are professionally and personally responsible. If we can improve the health literacy of the Army community, our Army Family will make better decisions about Sleep, Activity, and Nutrition, which form the three pillars of the Triad. The depth of science and professional knowledge represented by the articles in the Oct. – Dec. 2013 issue of the AMEDD Journal is essential to the evidence-based foundation we are using to encourage and assist Army beneficiaries to choose good health.

Obesity is increasing and tobacco use and substance abuse are on the rise among both children and adults, chronic diseases lead our nation in causes of death, and the cost of our healthcare system is simply not sustainable. The declining health status of our Soldiers, their Families and our nation as a whole are common concerns shared across and beyond Army Medicine. Additionally, we face the challenges of the drawdown, sequestration, budget cuts, and furloughs. These challenges fill our inboxes, consume our days, and negatively affect morale and our sense of value to the organization. Together, health issues and financial pressures present a significant threat to our security and to our Army’s most basic mission: to fight and win our nation’s wars. However, we cannot—I repeat, cannot—allow the challenges we face to drive us to despair. We are part of an organization that has faced equal and greater challenges over the past 238 years. We have seized the opportunities that those challenges presented, and we emerged stronger and more resilient. Today is no different.

Everyone in Army Medicine has an active role in changing not only the way Army Medicine is organized and operates, but how we interact with our beneficiaries, and how we influence health. Whether in leadership positions at the headquarters, the regional medical commands, the major subordinate commands, or closer to the point of healthcare delivery in our medical treatment facilities or line units, each of us has a critical part in shaping the future of Army Medicine. What we do and how we do it will be our legacy. I believe that legacy will be the transformation of healthcare, not only across the Army, but across the nation.

ARMY STRONG!

Lt. Gen. Patricia D. Horoho
43rd Surgeon General
A HOLIDAY MESSAGE

Army Medicine Team,

The holiday season is a special time of year, a time filled with joy and celebration, a time to reminisce for those who are able to gather with family and friends. Command Sergeant Major Brock and I want to take this opportunity to send our best wishes and heartfelt thanks to our entire Army Medicine Family and to all those throughout the world for whom we provide quality healthcare. It is due to the hard work and dedication of our entire Army Medicine team, military and civilians alike, that we are able to meet our missions worldwide and continue to provide the very best in patient- and family-centered care. We ask that you please take time this holiday season to say a special blessing for those deployed in harm’s way and for their families who are anxiously awaiting their safe return. Wishing you all a very safe and joyous holiday season!

Army Medicine is, Serving to Heal...Honored to Serve.

LTG Horoho

We Want Your Feedback!

Feedback is important to us. We at the MERCURY welcome any feedback on how we can improve.

If you enjoyed reading content or have story ideas, please forward your comments and suggestions to our e-mail inbox at:

usarmy.jbsa.medcom.mbx.medcom-mercury@mail.mil

Your comments may be published in a future edition of the newsletter.
Often times in both conversation and email, I get asked, “What does our future look like?” While there is no crystal ball for that sort of thing, we can get a good feel for where we’re going and what will drive our future by looking at the surgeon general’s (TSG’s) strategic priorities. They are very specifically laid out in the Army Medicine Strategy 2020 and the Army Medicine 2020 Campaign Plan.

TSG’s strategy is a true call to action that contains the vision, strategic imperatives, and way ahead for our organization. It provides the strategic framework for transforming Army Medicine from a healthcare system to a System for Health, and will allow us to be a global leader in healthcare and in Health. It is based on four very practical focus areas:

- Combat Casualty Care—the reason we’re all here.
- Readiness and Health of the Force—keeping those who fight and win our wars medically fit to do so.
- Ready and Deployable Medical Force—we, the AMEDD Team, ready to do our part.
- Health of Families & Retirees—we know this one well.

Where do you fit in? Not surprisingly, you are a major player in all four areas. As a member of the AMEDD Civilian Corps you are part of that 60+ percent of the MEDCOM that is Civilian. Maybe the toughest one to get to is Combat Casualty Care, but remember that our medical personnel who deploy maintain their skills in your facility and you’re a key part of maintaining that capability. It isn’t hard to see how your contributions to the other three focus areas are significant as well.

To move to a System for Health, Army Medicine must: 1) create capacity to influence and enable individual, unit and organizational health; 2) enhance diplomacy by strengthening existing partnerships and building new partnerships to promote unity of effort in the pursuit of Health; 3) improve organizational and individual stamina—an essential element in our transition from healthcare to Health that will increase organizational depth, resiliency and endurance; and 4) develop the leaders who can inspire and guide execution of this strategy. These four concepts are called lines of effort (LoE) and constitute our strategic imperatives--what we MUST do to succeed.

The Army Medicine 2020 Campaign design diagram (see AM 2020 Campaign Design link at the bottom of the web page) displays the strategic imperatives (LoE) and associated focus areas and campaign objectives that are essential to the plan. There are four imperatives:

Create Capacity, Enhance Diplomacy, Improve Stamina, and Develop Leaders and Organizations.

The 2020 Campaign Plan takes a comprehensive approach to looking at the way ahead for Army Medicine. It is clear in its thoughts about what will drive us in pursuing the mission accomplishment our Soldiers, Families, and Retirees deserve. The reach of this Campaign Plan isn’t just limited to the Army, by the way. The vision statement in the plan says that we will be “Strengthening the health of our nation by improving the health of our Army.” We all have a part in this and I believe strongly that we can make a national impact if we pursue it together. There is a bottom line question for each of us every day. Daily, we need to ask ourselves, “What can I do today to make a difference for the Army Medicine strategy?” to start, and “What did I do today to make a difference for the Army Medicine strategy?” at the close of the day. That’s the challenge. As Civilians, we are the continuity for long-term programs like this. Let’s take the lead!

Gregg Stevens
Deputy to the Commanding General,
AMEDD Center and School
Chief, AMEDD Civilian Corps

To read more about the Army Medicine 2020 Campaign Plan (AM 2020 CP), you can go to: ameddciviliancorps.amedd.army.mil/CivilianCorps.aspx?ID=b2c81aa1-4d69-4219-a74d-90d5bcbffbf
US Army Surgeon General Honored by French Government

By Kirk Frady, Army Medicine Public Affairs

France’s National Order of Legion of Honor, Chevalier (Knight) award was presented to U.S. Army Surgeon General Lt. Gen. Patricia D. Horoho by Frederic Dore, the deputy chief of mission at the Embassy of France, during a ceremony held in November at the French Embassy in Washington, D.C.

The prestigious award presented by Mr. Dore recognized General Horoho for her exceptional career accomplishments and sustained dedication and commitment to giving new momentum to the French-American medical cooperation. As a result of her efforts, the two countries enjoy collaboration on medical research and development, and work closely together to improve battlefield medicine.

Horoho stated, “I am so humbled to be receiving the Legion of Honor Award. This award has recognized such a diverse group of individuals and there is a lineage that I am truly honored to now be a part of.” She added, “This award is not just recognition of the Army surgeon general, but it is a tribute to the relationship between the U.S. and the French military.”

The French Legion of Honor was instituted by General Napoleon Bonaparte in 1802 to recognize the distinguished merit and the full dedication of both military and civilians in service to the French nation. It is the highest distinction that can be bestowed on a French citizen as well as on a foreigner. All nominations for the award are decided by the President of the French Republic who is also the Grand Master of the Order.

Headquartered at the Palais de La Legion d’honneur in Paris, the Legion of Honor is a secular organization with the motto - Honor and Motherland. It was the first of its kind to recognize honorable service in modern times and has similarities to a Roman legion with its officers, legionnaires, and commandants.

The decoration is divided into five categories: Chevalier (Knight), Officier (Officer), Commandeur (Commander), Grand Officier (Grand Officer) and Grand Croix (Grand Cross) with maximum quota of each class. When a Frenchman is appointed into the order, he/she starts out at the class of Knight. In order to ascend to the higher classes, he/she must prove themself worthy by new service or merit. The highest degree of the Order of the Legion of Honor is that of Grand Master.

Membership in the Legion of Honor is technically restricted to French nationals. However, foreign nationals who have served France, or the ideals it upholds, may receive a distinction of the Legion, which is nearly the same as being a member.

Previous American recipients of the award were: General Dwight D. Eisenhower; General George Patton; General Douglas MacArthur; Major Audie Murphy, Admiral Michael Mullen and US Airways pilot Captain Sully Sullenberger. Also among the medal recipients were sisters Mrs. Dorothy Levitsky Sinner and Mrs. Ellan Levitsky Orkin who served in France as part of the U.S. Army Nursing Corps during WWII.
Lt. Gen. Patricia D. Horoho, Army surgeon general and commanding general U.S. Army Medical Command returned to her hometown inspiring Soldiers, Families, Civilians, Retirees, leaders, and the local Fayetteville community to optimize their health and resilience through the Performance Triad. Horoho spoke at a series of events held during Fort Bragg’s Healthy Base Initiative (HBI) kickoff in November.

“Coming down here to Fort Bragg and Fayetteville always feels like I am coming home…This community and installation hold a special place in my heart. I was born here, my husband Ray and I served here, I was married here, and my children were born here,” said Horoho.

The HBI week of events demonstrated a strong dedication from the Fort Bragg community and military – to build and optimize the health, resilience, and readiness of our military. Horoho went on to say, “I believe that Fort Bragg – this audience – is the key to influencing the health and well-being of our Army, total force, and our nation.”

Fort Bragg is also one of the Performance Triad pilot sites with Soldiers from the 189th Combat Sustainment Support Brigade (CSSB) participating in this 26-week program. Some of the CSSB Soldiers deployed from Fort Bragg to Afghanistan and are taking the Performance Triad initiative downrange. Their leadership saw such value in improving sleep, activity, and nutrition, that they had these Soldiers deploy with their activity monitors. The surgeon general dined with 189th CSSB Soldiers during a Recipe Renovation Event at the 82nd Sustainment Brigade Dining Facility. Changing the menus at dining facilities is also part of the DODs HBI. Horoho and other defense officials spent the week observing the program’s implementation at Fort Bragg. Horoho said it exceeded her expectations.

Horoho also spoke about the benefits of sleep, activity, and nutrition at the Fourth Annual Forward March Conference sponsored by the greater Fayetteville community. The theme this year was Moving Families Forward During Challenging Times. Attendees included social workers, counselors, psychologists, clergy clinicians, therapists, teachers, behavioral health professionals, leaders from academia as well as partners in local healthcare. The annual conference continues to be a major catalyst for providing military and civilian resources in order to help military Families.

HBI is key to Operation Live Well, a multi-year effort that brings together the resources and capabilities of the entire local military community – commanders, health and medical experts, commissaries and dining facilities, education resources, places...
of worship, and morale, welfare and recreation programs, to focus on the best ways to promote health and well-being.

“The HBI has been developed to educate the total installation Family on the importance of taking charge of their health through nutrition and fitness,” said Whitney Brenner, Fort Bragg community health promotion officer. “This includes how to make healthier choices when shopping for food, preparing meals, portion control, and increasing fitness levels.”

Fort Bragg was selected as one of the 14 military installations for its commitment to promoting healthy lifestyles and will be assessed by DOD for its success in areas such as healthy eating, active living and reduction of tobacco use. The HBI week offered several activities each day, including a Spouse Wellness Conference, stress management classes, tobacco cessation clinics, a community resiliency fair, healthy cooking classes, Fort Bragg Commissary healthy shopping tours, a school cafeteria makeover at one of the Fort Bragg schools, changes to recipes at dining facilities, and fitness activities such as the Community 5K walk/run and Health Expo at the Fort Bragg Hedrick Stadium.

Remarking about her Fort Bragg visit, Horoho observed, “I think they have done an absolutely beautiful job with this,” she said. “They have set the bar high. We want to see this promulgate across the Army.”
The highest ranking enlisted member of U.S. Army Medical Command visited Soldiers at Joint Base-Lewis McChord (JBLM) in November to talk about health and the Performance Triad.

“I come out and I try to put a face to the messages we send out via social media and email,” said Command Sgt. Maj. Donna A. Brock, who is also the senior enlisted adviser to the surgeon general.

Brock visited during the 11th week of the Performance Triad Pilot Program at JBLM. The Performance Triad is a holistic approach to personal well-being that incorporates quality sleep, and safe physical activity with sound nutritional practices. JBLM is one of three installations to participate in the pilot which will continue through February 2014.

The program is designed to bridge the gap between appointments with healthcare providers by encouraging healthy decisions and habits.

“It’s the Lifespace, where our Soldiers, their Families, and our Retirees live, where they work, and where they play. We want to make sure we get folks to think about the choices they make in life, and what it does for their health and well-being,” Brock said.

Having visited installations throughout the Army, Brock found that some experienced Soldiers wished a program like the Performance Triad would have been in place earlier. She believes that when armed with the proper information, people will make their health a priority.

“I like to call it living the good life. Trying to be healthy and happy,” she said. “In a nutshell, it’s about health, it’s about getting the information out, and it’s about trying to motivate people to really pick up and take charge of their own well-being and healthcare.”


TRICARE supports military Families, Retirees and other eligible beneficiaries with prevention-based information and resources, a focus on family-centered care, and supportive programs and services to help them “take charge” of their health all year. Some of the preventive services TRICARE covers are:

- Breast cancer exams/mammograms
- Immunizations
- Prostate cancer exams
- Well child care
- Cholesterol testing

Costs for these preventive services vary based on an individual’s TRICARE plan. TRICARE Prime beneficiaries can get their clinical preventative services at no cost from their primary care manager or any network provider, and no referral or authorization is necessary. TRICARE Standard beneficiaries may have to pay some cost shares for some preventive services, but most are cost-free including:

- Breast cancer screenings
- Cervical cancer screenings
- Colorectal cancer screenings
- Prostate cancer screenings
- Well-child visits for children under age six

For more information on preventative services covered under TRICARE, go to: www.tricare.mil/preventiveCare.
Active Guard Reserve Officer Drops 35 Pounds, Touts the Value of Sleep

By Valecia L. Dunbar, D.M., Army Medicine Public Affairs

Maj. Constance Adger is an Active Guard Reserve officer currently working in health services human resource management at Army Medical Command headquarters, Fort Sam Houston. Now 35 pounds lighter, standing at 5-foot-11 and 188 pounds, she is an active example of how Sleep, Activity, and Nutrition (SAN) can make a huge difference in your daily mindset and physical performance.

“On Jan. 5, 2013, my weight was 223 pounds and my size large uniform was tight,” said Adger.

“I was a former high school and college basketball and track athlete. I had always been slim and very fit.”

Throughout her adult life, she had considered herself a very active person who enjoyed the outdoors. However, these habits soon began to change after she adopted a 13-month-old son in 2006 and became a single-parent Soldier while stationed at Fort Meade, Md. The support of Family helped her to maintain a regimen, but they began to notice her diet changing to accommodate quick and fast foods. “Chicken nuggets and tater tots” began to replace prepared meals.

Adger lost that support when she was reassigned to California, and by the time she arrived at Fort Sam Houston in 2012 she had gained nearly 45 pounds. “I couldn’t get a rhythm going to get myself back out there,” she said.

Over the course of her 19-year Army career, life’s challenges had taken a physical toll. In Jan. 2013, a visit to her primary care doctor rung in the wake-up call that it was time to get serious about her mental and physical performance. “I weighed in at the heaviest I’ve ever been,” said Adger. She had just turned 50 and set that number as her goal to get close to her initial enlistment weight of 160 lbs and put her back into a loose fitting, size medium uniform by Dec. 31.

A few days later, she received an email about the Performance Triad work group headed by Maj. Ricky Mitchell. His

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Continued from Previous Page

excitement and enthusiasm motivated Adger to attend the first Fit to Win/Performance Triad work group meeting in January. The guest speaker that made the biggest difference, she says, was Col. Steve Lewis, the Performance Triad Task Force Sleep Lead.

“Col. Lewis’ lecture opened my eyes to just how much sleep I was actually getting and how it was effecting my overall health, he also gave suggestions on getting better sleep,” said Adger. “I have liked other guest speakers as well, but Col. Lewis had the most influence for change.”

“What we know for sure is poor sleep is often times due to poor environment and poor habits,” said Lewis. “She had described a problem with a lot of external noises that woke her throughout the night, a varied sleep routine, and a habit of not devoting sufficient time in bed.” Lewis reinforced ways to anchor Adger’s sleep habits and change the sleeping environment to achieve optimal sleep. One recommendation was to buy a fan to cool the bedroom and to drown out external noise coming from nearby trains that were disrupting Adger’s sleep. Lewis also recommended a sleep app for people that have trouble sleeping or have bad sleep habits.

When we re-prioritize the importance of sleep, the second and third order benefits are tremendous. “When we start getting good sleep, we wake up refreshed and you’re ready to take on the day,” said Lewis. “Now she has the energy and will power to do the activity and continue to get fit and lose the weight.”

On Oct. 29, 10 months after attending her first Performance Triad meeting, Adger wore a new uniform to work. It was a size medium jacket and medium pants. The last time she wore a medium uniform was 2008. Her current weight is 188 pounds with 15 pounds to go before reaching her goal.

Adger continues to attend the monthly work group meetings and shares her new routine to encourage everyone to adopt the principles of the Performance Triad. She now represents the personal mantra that is attached to her email signature line: ‘Success is liking yourself, liking what you do, and liking how you do it.’ – Maya Angelou.

The Performance Triad is the Army surgeon general’s initiative and vision to improve the health of Soldiers and Civilians to optimize performance and improve resilience through changes in behaviors and attitudes related to Sleep, Activity, and Nutrition.

MAJ ADGER’S PERFORMANCE TRIAD PROGRAM

SLEEP:
- Purchased a good mattress
- Find the right pillow; a medium, hypoallergenic pillow was the right fit for Adger
- Bought a fan to create ‘soft noise’ to drown out external noises

ACTIVITY:
- Work out at the gym 3 times a week during my lunch period.
- Run 15 minutes on the treadmill and climb 15 minutes, 10 minutes on weights.
- Participate in water aerobics on Fridays at the gym.
- Walk three to four miles every Saturday and Sunday morning.

NUTRITION:
- Adger changed her eating habits and that of her son’s.
- No more late night snacking, fast foods, processed foods.
- Fresh produce only and healthy snacks.
- Adger now eats from 10-inch plates instead of 12-inch plates.
A success story from Army Wellness Center-Fort Carson comes from Melinda Perez, an Army spouse who lost 23 pounds in four months! Her change in body fat (-6.5%) is outstanding!

“My weight was so out of control that I was scared. Then four months later the wellness center helped me overcome my weight. I love all the help that they gave me. I will keep coming back as long as they will let me,” said Perez.

Perez says she decided to go to the Army Wellness Center because she wanted to get control of her life and lose weight for herself and her small children.

“The change in behaviors is what we do,” said Todd Hoover, program manager, Army Wellness Center Operations, U.S. Army Public Health Command. “As we continue our comprehensive program evaluation, stories like AWC-Fort Carson resonate because they put a face and personal journey to the data.”

Perez’ advice for others is to “hang in there and keep going.”

As part of the Army’s Ready and Resilient Campaign efforts, Army Medicine is advocating a culture shift by encouraging every Professional Soldier to develop a mindset that drives them to optimize their own health in order to improve their performance and resiliency. There must be an effective way to change mindsets, not just dictate behaviors. As Army Medicine continues to open the aperture, we must look at where health is truly influenced.


The Army National Guard (ARNG) Health Promotion Campaign, Guard Your Health, will encourage healthy behaviors and lifestyle choices by sharing tips and resources on a range of holistic health and wellness topics, such as fitness and exercise, diet and nutrition, spirituality, sleep, dental health, stress, and injury and illness prevention. Find us at http://www.guardyourhealth.com/, and on Twitter @ARNGHealth.
Master Sgt. Loredo is the noncommissioned officer in charge of strategy, policy and training for the Army's Comprehensive Soldier and Family Fitness program. She has a short video log now available on her blog. In this video, she shows us how she uses a healthy lifestyle to lead by example, both as a mother and as a Soldier.

Access the video at: go.usa.gov/WntH

She is also a Gold Star wife. Share how you are following her lead in the workplace and at home. Email your fitness comments and questions to Master Sgt. Loredo and stay tuned to the Health.mil blog for future blogs and videos from her.

TRICARE beneficiaries may continue to receive select over-the-counter medications at no cost to them until Nov. 30, 2016. The Department of Defense has extended the Over-the-Counter Medication Demonstration Project (OTC Demo) to allow more time to determine its effectiveness. The OTC Demo began in 2009 and was scheduled to end November 2014.

The OTC Demo allows TRICARE beneficiaries to get OTC medications from retail network pharmacies and TRICARE Pharmacy Home Delivery at no cost. Beneficiaries must get a prescription from their doctor for most of the medications covered under the OTC Demo. Covered drugs include allergy medications Cetirizine and Loratadine (brand names Zyrtec© and Claritin©) and heartburn medication Omeprazole (Prilosec OTC©).

The OTC Demo now includes the Plan-B One-Step Emergency Contraceptive (levonorgestrel). Plan-B will be available at no cost and without a prescription to all active duty service women and female beneficiaries who can bear children, without any age restriction. The U.S. Food and Drug Administration approved Plan-B for use without a prescription in June 2013. All military pharmacies already carry Plan-B and dispense it without a prescription at no cost. Plan-B is not available through TRICARE Pharmacy Home Delivery, because it must be taken within three days.

For more information about the OTC Demo, go to www.tricare.mil/otcdemo. The online formulary search tool, www.tricare.mil/otcdemo, allows TRICARE beneficiaries to see which prescription medications TRICARE covers and determine the applicable cost.

Health is one of our most important possessions and is largely determined by daily lifestyle. Good health and vitality are based on a foundation of proper nutrition, physical activity, sleep, avoidance of risky behaviors, and emotional well-being. DoD wants to make healthy living the easier choice and social norm for you and those around you. We have compiled a set of tools and resources that can be tailored to each individual, based on their particular needs and preferences.

The Operation Live Well team is here to guide, hopefully motivate, and encourage you with your healthy lifestyle.


So don’t overstuff yourself this holiday season! Fall and winter cooking don’t have to be calorie-packed thanks to the latest Operation Live Well e-book.

The Department of Defense’s wellness initiative just published its fifth e-book, featuring some of the Operation Live Well team’s favorite fall and holiday recipes.

Army to Close Retiree, Family Member AKO Accounts
By Mark Overberg, Deputy Chief, Army Retirement Services

On Sept. 20, the Army published its plan to modernize Army Knowledge Online (AKO). The plan transitions business users to a suite of more secure Department of Defense (DOD) services. The improved security requires users to have Common Access Cards (CAC) embedded with users’ personal digital certificates.

The Army will close all accounts for military and Civilian Retirees and Family members, who do not have CACs.

The Army plans to close inactive Retiree and Family member AKO accounts on Dec. 31, 2013. These are accounts that have not had a password change in over 90 days and are not set to automatically forward email to another government account. The Army will also remove email storage for active Retiree and Family member accounts on this date.

On Mar. 31, 2014, the Army will close all remaining Retiree and Family member AKO accounts. To ease the transition, the Army G-6 recently approved a policy that allows Retirees and Family members to automatically forward their AKO email to a Civilian email address until Dec. 31, 2014. However, retirees must set this up in their AKO account profiles before Dec. 31, 2013. For email forwarding instructions: eis.army.mil/news/ako-forwarding-email

To avoid disruptions to personal email and communications, Retirees need to take the following steps soon:

• Obtain a personal email address from a civilian provider.
• Replace AKO email addresses in all personal accounts—especially myPay accounts at the Defense Finance and Accounting Service: mypay.dfas.mil/mypay.aspx
• Obtain a premium DS Logon account. This account allows access to personal benefits records and claims on DOD and Department of Veterans Affairs websites. For DS account information: army.mil/article/105067/
• Download important emails and files to a personal computer.

The Army’s official benefits website is MyArmyBenefits: myarmybenefits.us.army.mil

AKO transition Frequently Asked Questions (FAQ): eis.army.mil/ako/faq

Key AKO transition dates
Dec. 31, 2013
• Inactive AKO accounts closed
• Email storage removed from active accounts
• Retirees complete set up of auto forwarding of AKO email to commercial email Mar. 31, 2014
• All remaining Retiree and Family member AKO accounts closed Dec. 31, 2014
• Auto forwarding of AKO email to commercial email ends

Access full article at: veteranstoday.com/2013/10/30/army-plans-to-close-retiree-ako-accounts-by-mar-31-2014/

MHS for Service Members, Retirees, & Families

Active duty Service Members, Retirees, and their Families benefit every day from the Military Health System’s commitment to care. From online mental health resources to research initiatives that determine health risks to the communication efforts that inform on the most up-to-date medical news, the MHS is an organization dedicated to keeping every current and retired service member healthy and strong.

Visit the site at: http://health.mil/MHSFor/ServiceMembersandFamilies.aspx

2013 Federal Benefits Open Season

The 2013 Federal Benefits Open Season is held from Monday, Nov. 11, 2013, to Monday, Dec. 9, 2013. During the Open Season, eligible employees may enroll, change enrollment or cancel enrollment in Federal Employees Dental and Vision Program (FEDVIP), and Federal Employees Health Benefits (FEHB) Program and can enroll in Federal Flexible Spending Account Program (FSAFEDS). The 2013 Federal Benefits Open Season information can be found at: Army Benefits Center-Civilian: https://abc.army.mil/health/2013benefitsopenseason.html
Office of Personnel Management: http://www.opm.gov/healthcare-insurance/open-season/
Beware of Emotional Eating

By Capt. Candice Hebert, Psychologist, U.S. Army Public Health Command

“I have a deadline to meet; I am working long hours and feel overwhelmed. I usually eat something sweet to cope with the stress.”

“My wife and I are having problems in our marriage … I stay up late and eat—usually pizza—it helps me cope with the anxious feelings.”

“I’ve been feeling lonely lately, so I sit in front of the TV with potato chips or some other type of junk food to help with the sadness.”

“When I am feeling depressed I am constantly hungry.”

At one time or another, most of us have turned to food to cure our emotional troubles or make ourselves feel better. In essence, we are feeding our emotions. However, problems arise when eating becomes the only approach we use to manage emotions—especially if the foods we choose to eat are unhealthy or the amounts are excessive. If you are experiencing persistent depressed mood for more than two weeks, see a healthcare provider.

The connection between serotonin and food

What is the connection between food and mood? A neurotransmitter, a mood hormone, called serotonin. When serotonin levels are low, we feel sad and when elevated, we feel happy. Serotonin is known to be in many antidepressants such as Prozac and Zoloft. However, what most people don’t know is that the majority of our serotonin cells are in our digestive systems, not our brains. Thus, diet plays a big role in our serotonin levels!

Carbohydrate-rich foods have a big effect on our serotonin levels. When we are sad or upset (low serotonin levels), we crave foods high in carbohydrate to feel better. It makes sense then, why people who are feeling down eat more junk food. In addition, the connection between serotonin and food is noticeable in the depressive feelings experienced after several weeks of a high protein, low carbohydrate diet. The effect of dieting and low carbohydrate intake decreases our serotonin levels and causes us to feel down. This in turn may lead dieters to crave carbohydrate-rich foods to improve their mood, which usually results in overeating and contributes to Regaining weight.

The behavior connection

When you form the habit of feeding an emotion, you put off learning skills to manage your emotions. Here are some tips to help break the habit of feeding your emotions:

• Identify your triggers for emotional eating.
• Take notice of when you feel stressed, overwhelmed, lonely, sad or anxious.
• Instead of searching for something to eat, do an enjoyable non-food related activity. Go outside, take a walk, or talk to a friend, family member, or coworker.
• If you find that your emotional eating is out of control, enlist the help of a qualified professional such as a registered dietitian and/or a behavioral health specialist (such as a social worker, therapist or psychologist).

Keep in mind that it is OK to eat the foods you enjoy in moderation. Be sure to read labels to be aware of calories and other ingredients. (U.S. Army photo by Patricia Deal, CRDAMC Public Affairs)
Lt. Gen. Patricia Horoho, the Army surgeon general and commanding general of U.S. Army Medical Command, has made the health of our Army Family a focal point for the way forward in our national defense. The health of the Army is so important that she has called it “an essential element of national security.”

The Army and the nation are facing a health crisis says Horoho. She reports that Army Families, including our Retirees, are battling the same health threats as the nation—obesity, diabetes, and chronic diseases such as heart disease and stroke. We cannot continue to let health issues affect the readiness of the Army Family.

To improve health and readiness, Army Medicine is transitioning from a system focused on administering healthcare to a System for Health that combines healthcare and health promotion. The System for Health provides a framework that encourages Soldiers, Families, Retirees, and our medical professionals to promote individual responsibility for healthy behaviors. This transition will require a culture change and a strong commitment from all members of the Army Family says the surgeon general.

An important foundation for the System for Health is the Performance Triad. The three pillars of the Triad are sleep, activity, and nutrition. The Performance Triad aims to influence Soldiers and Families to improve their sleep and nutrition habits and change their approach to daily activity. These three components directly impact both behavioral health and physical performance. As a result, they have a direct impact on overall health.

The transition from a healthcare system to a System for Health is not a program; it is an integration of a number of programs and initiatives...

The Performance Triad program asks one to consider whether they meet these personal health and fitness goals. Do you take at least 10,000 steps per day and get 150 minutes or more of moderately intense aerobic activity each week? Are you eating eight or more fruits and vegetables per day?

What about your sleep habits? Many researchers believe sleep is the most important component of the Performance Triad. You should set a goal to get eight hours of sleep every night and have regular bedtime routines. Poor sleep habits are increasingly linked to a range of behavioral health issues, and adequate sleep time is considered to be one of the most important keys to brain health.

Together, good sleep habits, physical activity, and proper nutrition are critical components of both mental and physical fitness. It is important that you and your Family partner with Army Medicine to achieve your personal health and fitness goals. We need all our Soldiers and Families to be more proactive in developing healthy behaviors that will last a lifetime.

Some tools exist to help you. A number of activity counters are available that will monitor sleep habits, record steps, and report calories burned, helping you to keep an eye on your performance in meeting the goals of the Triad.

The transition from a healthcare system to a System for Health is not a program; it is an integration of a number of programs and initiatives aimed at changing the culture that is embedded deep in the Army's DNA. This change will take time.

The System for Health will promote wellness, ensure readiness, and provide opportunities to manage health costs better. The components of the Performance Triad will help us to be mentally and physically fit.

Together these two components will help to ensure we are fit and ready at home, on the battlefield, or in the garrison. We are creating an Army community that places emphasis on disease prevention and changing behaviors to promote wellness and healthy living. The health of the Army Family is a matter of national security, and the defense of our nation has never been more important than it is now.

Horoho has stated that everyone in Army Medicine has a role in how we influence health. What Army Medicine does will be our legacy—the transformation of healthcare not just in the Army but across the nation.
ISR, UTSA Gather for First ISR/UTSA Day
By Steven Galvan, USAISR Public Affairs Officer
Staff members from the U.S. Army Institute of Surgical Research (USAISR) along with faculty and students from the University of Texas at San Antonio (UTSA) held the first USAISR/UTSA Day recently. The event hosted at the USAISR was designed to promote an exchange of information between investigators from both organizations and to encourage further collaboration in regenerative and biomedicine research.

“This type of event is important because it creates synergy in research and prevents duplicative research efforts,” said Lt. Col. (Dr.) Michael R. Davis, USAISR deputy commander and reconstructive surgeon at the San Antonio Military Medical Center at Joint Base San Antonio-Fort Sam Houston, Texas. “It also enables joint efforts in seeking research funding in an environment that is more and more competitive.” Read the full article at: usaisr.amedd.army.mil/news/news_stories/NOV/ISR_UTSA_Gather_for_First_ISR_UTSA_Day.html

Silver Caduceus Society Supports Honolulu Habitat for Humanity
By Lt. Col. Tanya A. Peacock, president, Silver Caduceus Society (Aloha Chapter) and Suzanne D. Martin, PRMC Regional Telehealth director
Honolulu Habitat for Humanity broke ground on six homes in the Waimanalo district, Kumuhau Subdivision in June 2103 on land provided by the Department of Hawaiian Homelands to support six native Hawaiian Families; the largest build project to date for the organization. Members, spouses and friends of the Silver Caduceus Society set aside a day in October to work on several Habitat for Humanity houses, clearing debris, priming decks, pouring concrete, bracing framework, and staking property lines. According to the surgeon general of the Army, “Lifespace” is the portion of a person's life, outside of a health care provider's office, where decisions are made regarding health. Choices are made at work, at home, or within the community which influence health outcomes.

UFC Guest Fighters Pair up with Soldiers at Fort Campbell’s TBI Center
By Stacy Rzepka, Public Affairs Specialist
Fort Campbell’s Warrior Resiliency and Recovery Center and National Intrepid Center of Excellence satellite, Intrepid Spirit, director Dr. Bret Logan welcomed four guest Ultimate Fighting Championship fighters Nov. 4 to his traumatic brain injury treatment center. The UFC guest fighters visited Fort Campbell before the “Fight for the Troops” event held later that week. The Warrior Resiliency and Recovery Center is transitioning to the National Intrepid Center of Excellence satellite site, known as the Intrepid Spirit, once construction is complete in 2014. The center is being funded by donations from the American people. As Logan greeted UFC fighters Chuck Liddell, Forrest Griffin, Jim Miller and Fredson Paixao Monday, he said, “We have the responsibility for the treatment of all concessions in this 30,000 plus Soldier-based population.” Read the full article: http://clarksvillenow.com/local/ufc-guest-fighters-pair-up-with-soldiers-at-ft-campbells-tbi-center/
Instilling fitness and resilience in our Soldiers, Families, and Army Civilians is as important today as it was during the long winter at Valley Forge. These qualities are critical as the Army continues to fight our nation’s longest war with an all-volunteer force. The Ready and Resilient Campaign seeks to institute a cultural change in the Army by directly linking personal resilience to readiness, and emphasizing the responsibility of each individual to build and maintain resilience. Taking a deliberate approach to strengthening physical, psychological, and emotional resilience will increase unit readiness and the ability of Soldiers, Families and Civilians to deal with the significant challenges of the Army Profession.

The Army Medical Department’s Performance Triad supports the Ready and Resilient Campaign and is a key component of our transition from a healthcare system to a System for Health. Patients spend an average of 100 minutes each year in our healthcare system. Their decisions during the other 525,500 minutes of the year, the Lifespace, have a great impact on their health and their lives. Sound decisions concerning the basics of Sleep, Activity, and Nutrition are key to optimizing health, performance and resilience. The Performance Triad will lead to sound decisions, more healthy behaviors, and more optimal performance.

We know that individual resilience can be built, maintained, and strengthened with an appropriate training regimen. By taking a systematic approach we can better include activities into our schedule, follow a healthy diet that supports our training, and ensure we get the rest we need. A thoughtful plan will make our training more effective, help prevent injuries and over-training. Start by setting challenging but realistic goals. Include both short- and long-term goals that are specific and measurable. Pick a physical activity that you enjoy and make it a regular part of your daily schedule. There’s no single best way to train, the best activity for you is one you will consistently stick with. Remember that it is just as important to train your mind and include mind-body activities as well. Meditation not only reduces stress but can also increase your ability to concentrate. Yoga increases flexibility while reducing stress. Other mental training activities can improve your cognitive function.

Diet has a major influence on overall physical and psychological fitness. Quality nutrition means eating the right foods in the right quantities to improve performance and maintain a healthy weight. Plan your meals in advance and follow your plan. Sleep, the first element of the Performance Triad, is as important as the other two. Training overloads the body and a recovery period allows the adaptation which increases physical and psychological fitness. Proper recovery includes cooling down, refueling, rehydrating, and sleep. And once again, make a point to include adequate time in your schedule.

Soldier athletes following a more advanced training program can achieve even greater goals. Their training plan should incorporate a strategy to improve endurance, speed, strength, power, flexibility, and the technical/mental skills required in their job. They should specifically tailor their training to accomplish their goals, and incorporate advanced techniques including training cycles and periodization. Rest may include active recovery activities such as walking, light biking, or swimming. With more intense and higher volume training, it’s even more important to follow a careful plan to avoid over-training and overuse injuries. Finally, keep a training log—it helps you stay motivated, track your progress, and accomplish your goals.
Performance Triad Based in Sound Science

By Lyn Kukral, U.S. Army Public Health Command

As Army Medicine brings the resiliency-building Performance Triad to Soldiers and Retirees, their Families and Army Civilians, one thing is certain. To be healthy, safe and successful, the Triad’s components must be based in science.

No less a person than the Triad’s creator, Army Surgeon General Lt. Gen. Patricia D. Horoho, agrees.

Horoho sanctioned a special October issue of “AMEDD Journal,” Army Medical Command’s leading professional publication, focused on the Performance Triad. It presents the work of Army and DOD experts at the forefront of scientific research related to the Triad’s components—sleep, activity, and nutrition.

“The scientific articles in this issue will help us build an evidence-based foundation for developing the tools that will make it easier for Army beneficiaries to choose good health,” Horoho said in her introduction to the publication.

Bradley C. Nindl, U.S. Army Public Health Command’s science advisor, managed the issue development, reaching out to authors, reviewing content and making the decisions about article acceptance. Nindl also co-authored an article on optimizing physical readiness, supporting the “activity” component of the Triad.

“The Performance Triad issue supports TSG’s goal of transforming Army Medicine to a System for Health,” he explained. “It reinforces and scientifically validates her vision for the Triad.”

Nindl was instrumental in engaging medical, academic and scientific experts in the September 2012 surgeon general-sponsored Performance Triad kickoff at Aberdeen Proving Ground, Md. The attendees, including some of the nation’s leading experts in sports medicine, exercise physiology, nutrition, clinical medicine and medical research, brainstormed recommendations for ensuring that the Triad’s health education and behavior-change efforts are scientifically valid.

Their recommendations continue to bear fruit within the DOD science and research community.

“The scientific underpinnings of the Performance Triad are DOD research, although we continue to rely on external experts to guide our decisions and ensure they are based in sound science,” Nindl said.

Other issue authors also are committed to putting the best science behind the Triad.

“Evidence-based educational and health promotion programs are essential to optimize the safety, efficiency, and effectiveness of strategies that Soldiers use to enhance their performance,” said Dianna L. Purvis, director of Strategic Operations & Special Projects at the Consortium for Health and Military Performance, Uniformed Services University of the Health Sciences, in Bethesda, Md.

“But most importantly, our war fighters are the military’s most valuable asset. We must seek to help them protect their health and well-being while optimizing their performance,” added Purvis, who co-authored articles on nutrition and sleep.

“For an initiative like the Performance Triad to be successful, it must be based on sound, scientific evidence,” Patricia A. Deuster, CHAMP director at USUHS, affirmed. “Health initiatives based on mass media claims or exaggerated or unfounded claims would be at best limited in effecting positive changes.”

Both DOD and external experts ensured the Triad issue’s articles met high scientific standards.

“Each article underwent rigorous peer review by at least two and sometimes three subject-matter experts from DOD, government and academia,” Nindl said.

The Triad issue’s content targets DOD’s clinical and scientific experts and others whose interests would include the science behind the Triad’s efforts to change mindset and behavior. These are the individuals who will help carry the Performance Triad’s guidon to Army leaders.

For leaders, experience will be the best teacher of the Performance Triad’s value.

“Leaders need to experience the benefits themselves to understand and be able to promote the beneficial outcomes in terms of physical and mental performance,” said Deuster, who co-authored articles on fitness and on physical readiness.

“Once they are clear in themselves of the value, they will endorse and adhere to the messages being conveyed by the Performance Triad. When leaders buy in to the benefits, they will be the best role models and actively demonstrate the importance of Performance Triad messages,” she added.

Dental Student Placed 1st for Army in Armed Forces in Marine Corps Marathon

Second Lieutenant Jacob Buhler, a 4th year dental student and Health Professional Scholarship Program recipient, placed first for the Army, third overall for the Armed Forces in the Marine Corps Marathon, and his Army-represented team earned the top place for team championship, beating out Air Force by one-point! Buhler is a dental student at the University of Oklahoma, Health Science Center, College of Dentistry.

Behavioral Health Data Portal IT Team Win Excellence in Enterprise Information Award

U.S. Army Medical Command’s Behavioral Health Data Portal (BHDP) team was selected as the government-category winners of the Excellence in Enterprise Information Award from the Association For Enterprise Information (AFEI).

“Kudos to the BH IT team!!!,” wrote Dave Orman, M.D., chief, Behavioral Health Service Line Integration Office, “Well deserved by all concerned for tremendous efforts in design, fielding and training implementation of the Behavioral Health Data Portal (BHDP) under Lt. Col. Mill Brown”!

In 2012, as part of a multi-year effort to build the structures and best practices needed to create a Behavioral Health System of Care, the BHDP team, under Brown’s leadership, was organized by the Army Medical Command’s (MEDCOMs) Behavioral Health Division to build a user-friendly, web-based Behavioral Health (BH) data application named the Behavioral Health Data Portal. The intent of the BHDP is to standardize BH clinical data collection during the initial patient intake and at every follow-up appointment. It is the first fielded system of its kind in the Department of Defense.

The Association For Enterprise Information (AFEI) is an affiliate of the National Defense Industrial Association (NDIA), a leading Defense Industry association. The Excellence in Enterprise Information awards are made to programs exhibiting best practices in information management along with the application of technology to create information environments that make a difference in organizational performance and mission execution.
It’s all still very “surreal” to Sgt. Sarah Deckert. On Nov 13, Lt.Gen. Patricia Horoho’s chef and all-around assistant was named Enlisted Aide of the Year for the entire Department of Defense.

Accolades are not new to Sgt. Deckert. Prior to her assignment on the surgeon general’s staff, she had won numerous awards for her culinary skills, both Civilian and military. She will compete again next year with the U.S. Culinary Arts Team for the 2014 World Culinary Cup in Germany.

Competition runs concurrent with her regular duties at Lt.Gen. Horoho’s quarters. As the sole member of the household staff in a 5,000 square-foot historical home in Northern Virginia, Sgt. Deckert’s duties expand beyond cooking.

But it is in applying her culinary skills where she partners with her boss in enacting the Nutrition element of the Performance Triad. She prepares such fare for the surgeon general as “green smoothies” for breakfast, i.e. kale, spinach and other leafy green vegetables blended with fruit and nuts; salads for lunch; and a dinner featuring grains, fish, chicken or some other protein source.

Sgt. Deckert and her boss are on the same mission: “With General Horoho we’re trying to change how we eat in the military. That, for me, is a newfound motivator and a new passion.” She is motivated enough to seek a master’s degree in nutrition and dietetics in order to be commissioned as a dietician. And, she’s passionate about “making healthy food taste great.”

“I think there is a stigma about healthy eating and that it has to have no flavor, which is far from the truth!”

Sgt. Deckert enlisted in the Army in 2010, after completing a bachelor’s degree in food management and working as a chef in a variety of locations. Since then, while it’s been a “humbling experience … I’ve been fortunate to have been given new opportunities in the Army … it’s great to be able to appreciate food service on a whole different level in the Army.”

As far as her latest award goes, “this was a great accomplishment but it’s done, what’s next? I’m already focused on the next thing.” The list includes E-6 promotion board in January,” her graduate studies, and the next round of both the military and Civilian Chef of the Year competitions.

Sarah Deckert, 2013 DOD Enlisted Aide of the Year
Barnett Receives Coveted Tomb Badge, 2nd Army Medic Honored in 14 Years
By Valecia L. Dunbar, D.M., Army Medicine Public Affairs

Samuel Barnett has made Army Medical Department (AMEDD) history by becoming the second 68W (Combat Medic) to receive The Guard, Tomb of the Unknown Soldier Identification Badge, and the first junior enlisted AMEDD Soldier to earn this honor. Barnett was pinned by his mother at a badge ceremony inside the Memorial Amphitheater Chapel in Arlington National Cemetery, Va., on Oct. 24.

The Guard, Tomb of the Unknown Soldier Identification Badge is the second-least awarded badge in the U.S. Army, after the Astronaut Badge. The Tomb of the Unknowns holds the unidentified remains of Soldiers from World War I, World War II and the Korean War. Tomb Sentinels guard the TUS 24 hours a day, 365 days a year despite any weather condition at Arlington National Cemetery, Va. The precision of this elite platoon is witnessed by more than three million visitors a year who come to watch the changing of the guard at the TUS.

Barnett, Tomb Sentinel, Tomb of the Unknowns, 3d U.S. Infantry Regiment (Old Guard), was formerly assigned to the Old Guard’s 529th Regimental Support Company. He reported to his current position as Tomb guard in March. After months of intense training, he became the 620th Soldier to receive the badge since it was first issued in 1958.

“He’s overcome a lot of trials and tribulation and is now a success. It’s good to see Soldiers who are willing to tough it out and do whatever it takes to achieve their goals,” said Welch.

Barnett, who is currently on personal leave, was unavailable for comment. However, his character, says Welch, is reflective of why Soldiers choose the guard.

“It’s a hard award to get,” said Welch. “This is something hard and prestigious, but it isn’t about personal gratification. These Soldiers are doing their duty to render honor for the Soldiers who went before them.”

The 3d U.S. Infantry Regiment (The Old Guard) conducts memorial affairs to honor our fallen comrades, and ceremonies and special events to represent the Army, communicating its story to our Nation’s citizens and the world. On order, the regiment conducts defense support of civil authorities in the National Capitol Region.

“His first day of training was in March. After training, he became the 620th Soldier to receive the badge since it was first issued in 1958. “It’s a significant achievement for Army Medicine and reflects greatly on the Old Guard medical platoon and the Army Medical Department,” said Sgt. 1st Class Dustin Parchey, regimental senior medic and native of Lewistown, Pa. “It’s definitely a tremendous honor, Spc. Barnett has set a standard for his peers.”

A Soldier seeking the honor of serving as a sentinel at the Tomb must possess exemplary qualities, to include American citizenship, a spotless record, and impeccable military bearing. In order to earn the right to be called a Tomb Sentinel, candidates must pass a series of five tests which can take up to nine months. These tests consist of outside performances, uniform inspection, and the history of the Army, Arlington National Cemetery, and The Tomb.

“When he first came he had his eye on achieving something and there was a certain point when we were uncertain he was going to pass,” said Sgt. 1st Class Tanner Welch, sergeant of the Guard. “He’s 6’6 and about 150 pounds, and for him to be able to master the movements down to a fraction of an inch was challenging. We weren’t sure he was going to be able to do it.”

Welch oversaw Barnett’s progression from his first day of training to now becoming a part of the history of the Old Guard and AMEDD.

From left: Staff Sgt. Robbie Petry, Spc. John Arriaga and Spc. Samuel Barnett, of the 3d U.S. Infantry Regiment (The Old Guard), receive the Tomb of the Unknown Soldier Identification Badge during a badge ceremony inside the Memorial Amphitheater Chapel in Arlington National Cemetery, Va., Oct. 24, 2013. Petry received badge #618, Arriaga badge #619 and Barnett badge #620. It is the second-least awarded badge in the U.S. Army, after the Astronaut Badge. Sentinels guard the Tomb of the Unknown Soldier 24 hours a day, 365 days a year despite any weather condition. (U.S. Army photo by Spc. Klinton Smith)
Convertino Awarded Outstanding Distinguished Graduate Alumni Award

By Steven Galvan, USAISR Public Affairs

A physiologist/researcher from the U.S. Army Institute of Surgical Research (USAISR) at Joint Base San Antonio—Fort Sam Houston received the “Outstanding Distinguished Graduate Alumni Award” of the University of California, Davis (UCD) College of Biological Sciences. Victor A. Convertino, Ph.D., the tactical combat casualty care research task area program manager at the USAISR, accepted the award from Dr. James E. K. Hildreth, Dean of the College of Biological Sciences, during a ceremony at Davis, Calif. in October.

“I am very humbled and honored to have received a career award from an institution that holds national rankings in the top 10 for public universities and in the top 50 in life sciences and medicine research,” said Convertino. “But I’m most deeply touched by the respect that I’ve received by my colleagues. I hold a deep appreciation that no individual recognition accurately reflects a lifetime of support from Family, friends, teachers, and colleagues who’ve made every accomplishment possible. This ‘lifetime team’ includes the support and contributions of past and present members of the tactical combat casualty care research task area here at the USAISR.”

Nomination letters written by Convertino’s colleagues to support this award stated that he was instrumental in the development of exercise countermeasures for astronauts and high-performance aircraft pilots with translational application to the care of special populations such as patients who are bed-ridden or wheelchair-restricted and that he was also involved in research that supported the development of advanced technologies for application in military medicine which are designed to “optimize combat casualty care” by providing early diagnosis and treatment of life-threatening low-tissue perfusion during out-of-hospital care.

During his opening remarks, Hildreth read an excerpt from a nomination letter written by former Director of NASA Life Sciences, Dr. Joan Vernikos, about Dr. Convertino’s suitability for the recognition. Those who know Vic also know that ‘lazy’ is not a word in his vocabulary, said Vernikos. “I write here in the present rather than the past tense because Vic is not done discovering and we are the better for it. He is conscientious, hard working and fair to his support team and co-workers who all get generous credit and recognition for their work which he makes sure gets published promptly. His teams work hard, work well, have fun and in the process make exciting discoveries. That is what science is about and Dr. Convertino is such a scientist.”

Among the several combat casualty care research projects that Convertino has participated in since joining the USAISR in 1998 are the impedance threshold device (ITD) and compensatory reserve index (CRI) algorithm. The ITD increases low blood pressure in spontaneously breathing patients and the CRI algorithm utilizes the information obtained from a standard pulse oximeter and gauges whether a patient requires resuscitation or immediate medical attention.

In his acceptance speech, Convertino read an excerpt from an email that he received from the chief of emergency medicine deployed at the 228th Combat Support Hospital in Baghdad, Iraq in June 2007. The note stated that a Soldier with a gunshot wound to the pelvis was brought to the emergency room. The patient was in shock with low blood pressure and the medical staff was having problems finding a vein to start an IV. After an injection with a medication to raise the blood pressure failed, the medical staff placed a breathing valve (ITD) which raised the blood pressure allowing an IV to get started. The patient was stabilized and sent to the operating room for surgery.

“I couldn’t think of anything that better defines the value of an education from the College of Biological Sciences at the University of California at Davis,” he said. “And the opportunity to serve our Nation’s military who defend the freedoms that we enjoy. I’m deeply grateful for such opportunities.”

Convertino first attended UCD in 1972 and earned a Master of Arts degree in Physical Education in 1974 with an emphasis in exercise physiology. He earned a Doctor of Philosophy in Physiology with a minor in biochemistry in 1981.
Duran-Stanton Among World’s Most Influential Filipinas

Maj. Amelia M. Duran-Stanton an orthopedic physician assistant and current deputy chief of inspections, Office of the Inspector General at U.S. Army Medical Command headquarters in San Antonio, Texas has been recognized by the Filipina Women’s Network (FWN) as one of the Global100 Most Influential Filipina Women.

Duran-Stanton was recognized among “Innovators and Thought Leaders” who have broken new ground in the marketplace, have delivered new and unique applications of emerging technology transforming the way people think in the fields of sports, literature, the arts and pop culture, or have improved the lives of others by helping to develop a product or service in the fields of science, engineering, technology, or medicine.

“It is truly an honor to be one of the recipients of the Global100 Most Influential Filipina Women award from the Filipina Women’s Network,” said Duran-Stanton. “This award is a reflection of all the mentors and leaders I’ve had over the years, especially strong women who have guided me to succeed in my chosen profession. It is also a testimony of the support I always receive from my chain of command that allows me to continue to do the best I can in whatever position I am in,” said Duran-Stanton.

The award was presented during the 10th Annual FWN Leadership Summit held in San Francisco, Calif. Duran-Stanton was also a panelist in the STEM (Science, Technology, Engineering, Mathematics) forum which discussed how FWN members can continue to mentor and influence young women and girls to enter these fields. She also discussed the Army values and the Performance Triad during interviews. The summit provides panels and presentations on leadership, political activism, networking, and mentorship.

Filipina Women’s Network (FWN) is the nonprofit professional association for women of Philippine ancestry based in the United States.

Congratulations to Army Medicine’s Newest PCMHs

The following clinics have been recognized at Level 3 effective 11/2/13:

- Robinson Clinic - Ft. Bragg
- Womach AMC - Ft. Bragg
- Pope Health Clinic - Ft. Bragg
- Clark Clinic - Ft. Bragg
- Fayetteville Medical Home - Ft. Bragg
- Hope Mills Medical Home - Ft. Bragg
- Joel Health Clinic - Ft. Bragg
CPT MORENO, Jennifer M.

Madigan Army Medical Center, Joint Base Lewis-McChord, Washington
San Diego, California
6-Oct-2013

1SG STAPLEY, Tracy L.

308th Medical Logistics Company, 139th Medical Support BDE, Independence, MO
Clearfield, UT
3-Jul-2013

SPC TOWSE, Cody J.

3rd Battalion, 41st Infantry Regiment,
1st BCT, 1st Armored Division,
Fort Bliss, TX
Elk Ridge, UT
14-May-2013