

*Rounds*   
Eisenhower Army Medical Center

FEBRUARY 2019

Is there an  
**Ironman**  
in the house?



**Feb. 2**

Troop Command quarterly training day, first floor auditorium, 7 a.m. to 3 p.m.

**Feb. 5**

2nd quarter DMHRSi timecard approver/timekeeper training, first floor auditorium, 10:30 a.m. to noon

**Feb. 6**

Resilience Training, first floor auditorium, 8-10 a.m.

68D Operating Room Specialist Graduation, EAMC hospital chapel, 1:30-2:30 p.m.

**Feb. 7**

Fort Gordon National Prayer Breakfast. Gordon Club, main ballroom, 7-8:30 a.m.

Grand Rounds, first floor auditorium, 8-9 a.m., Topic: TBA

SHARP Soldier/Civilian annual training, first floor auditorium, 9:30 a.m. to 12:30 p.m.

**Feb. 9**

Dr. Seuss on the Loose — 5K, 10K and 1-mile stroller walk, Chamberlain Avenue, at U.S. Army Signal Corps Museum, 9 a.m. to noon

**Feb. 11**

Comprehensive Soldier and Family Fitness Resilience Training, Good Shepherd Chapel, 8 a.m. to 5 p.m.

**Feb. 13**

Leadership Development Program, first floor auditorium, 4-5 p.m.

**Feb. 14**

HEAT Instructor-Operator Training, TADSS Bldg. 81100, 8 a.m. to 2 p.m.

Grand Rounds, first floor auditorium, 8-9 a.m., Topic: TBA

Range Safety Certification, Range 6 AAR, Bldg. 484, 8:45 a.m. to 12:30 p.m.

SHARP Soldier/Civilian Annual Training, first floor auditorium, 9:30 a.m. to 12:30 p.m.

**Feb. 15**

PALS (HESD), Bldg. 39716, 8 a.m. to 4 p.m.

African American/Black History Month event, first floor auditorium, noon to 1 p.m.

**Feb. 20**

Resilience Training, first floor auditorium, 8-10 a.m.

**Feb. 21**

Grand Rounds, first floor auditorium, 8-9 a.m., Topic: TBA

SHARP Soldier/Civilian Annual Training, first floor auditorium, 9:30 a.m. to 12:30 p.m.

Range Safety Certification, TADSS Bldg. 81100, 8:45 a.m. to 12:30 p.m.

**Feb. 27**

Leadership Development Program, first floor auditorium, 6-7 a.m.

Resilience Training, first floor auditorium, 8-10 a.m.

**Feb. 28**

EST 2000 Instructor Operator Training, TADSS Bldg. 81100, 8 a.m. to 2 p.m.

HEAT Instructor-Operator Training, TADSS Bldg. 81100, 8 a.m. to 2 p.m.

Grand Rounds, first floor auditorium, 8-9 a.m., Topic: TBA

Range Safety Certification, Range 6 AAR, Bldg. 484, 8:45 a.m. to 12:30 p.m.

SHARP Soldier/Civilian Annual Training, first floor auditorium, 9:30 a.m. to 12:30 p.m.

## Focus on heart-healthy diet is perfect fit for February

**1st Lt. Jennifer T. West, MS, RD, LD**  
Clinical Dietetics Chief  
Eisenhower Army Medical Center

February is the month of love, so they say. For many, it's time to turn that love inward, toward your heart. Not the spiritual, emotional heart, but the blood-pumping, life-giving one.

With the typical American diet and lifestyle, many people put themselves at risk for developing various heart diseases. Diets that are low in vegetables and fruits, and high in processed grains, added sugars, saturated fats and sodium are some risk factors for developing heart diseases such as unhealthy levels of fat in the blood (hyperlipidemia), high blood pressure (hypertension) and fatty deposits in the blood vessels that supply blood to the heart (coronary artery disease).

The Centers for Disease and Control reports that coronary artery disease is the most common of all heart diseases. Coronary artery disease can reduce or stop blood flow to the heart, causing a heart attack, or if developed over a long period of time, leading to heart failure.

The good news is that you can take action to reduce your risk of developing CAD and other heart diseases. Lifestyle changes, including increased physical activity and changing your eating habits, can go a long

### Changing your eating habits doesn't have to be drastic to be effective.

way in reducing your risk.

The CDC recommends a minimum of 150 minutes of moderate-intensity physical activity per week. Choosing an activity that gets your heart pumping is the goal. Walking, active yoga and general yard work are examples of moderate-intensity activity. Alternatively, 75 minutes per week of vigorous-intensity activity supports substantial health benefits, too. Running, jumping rope, hiking uphill or with a heavy backpack are some examples of vigorous-intensity activity.

Changing your eating habits doesn't have to be drastic to be effective. When registered dietitians and other health professional talk about a "heart-healthy" diet, it generally means to increase the amount of fiber in

one's diet, reduce saturated fats and reduce salt. Each of these tasks can have a direct impact on your heart health.

For example, fiber can help reduce cholesterol levels. The type of fiber your body needs to do this is called soluble fiber. Think of this non-calorie nutrient as a magnet for cholesterol. Foods high in this type of fiber include whole grains (like oats), beans, whole fruits and nuts. The Institute of Medicine recommends that men eat 30-35 grams of fiber per day and women should eat 20-25 grams of fiber per day. Unfortunately, most Americans fall short of this goal, eating on average about 15 grams of fiber daily.

Reducing saturated fats in one's diet can also help the heart. Saturated fats are typically found in tropical oils (coconut) and animal products (dairy and meats). Heart-healthy fats are unsaturated fats found in foods such as olive oil, nuts, seeds and fish. To remember which ones are healthier just think of this: Saturated fats are solid at room temperature (and in your heart) and unsaturated fats are liquid at room temperature. Keep in mind though that all fats are very high in calories and a little goes a long way.

Choose low-fat or non-fat dairy and

see **DIET** on page 11



# Progress marches toward transformation of AMEDD

**Col. David E. Ristedt**

Commander

Eisenhower Army Medical Center

Winter in Georgia is definitely upon us as we deal with chilly temperatures and lots of rain. It is simply a reminder that Valentine's Day and spring are just around the corner. Let's make sure we share our appreciation for those close to us and prepare for an exceptional start to 2019.

Command Sgt. Maj. William Allen and I want to thank all of you who attended our most recent town halls. The questions and insight from the staff certainly helped us shape our understanding of what is on your minds as well as emphasizing the strategic priorities for Eisenhower Army Medical Center. Information from the ARAP (Safety) and EO/Command Climate surveys highlight progress toward our

... [W]e should see more

**progress in the transformation of the AMEDD...**

goals of gaining our AHSMS Star and being a High-Reliability Organization.

For those who could not attend, go to IkeNET to view a copy of our presentation.

This month, we should see more progress in the transformation of the AMEDD with many of our existing military staff being reassigned to combat units with duty here at EAMC.

We will continue to assess the impact of these moves on EAMC priorities while managing resources and risk.

I ask for your candid feedback to your leadership or via IkeNet's "What's On Your Mind" to ensure we fully understand how these adjustments are influencing our mission of 5-Star care.

As always, thank you for remaining steadfast in your trust in EAMC to deliver outstanding care, employment and mission support. Our beneficiaries continue to provide exceptional feedback on their 5-Star patient experience.

As always, I am proud of you.

## Discover gray literature and much more with PsycEXTRA

**Mary E. Gaudette**

Librarian

Eisenhower Army Medical Center

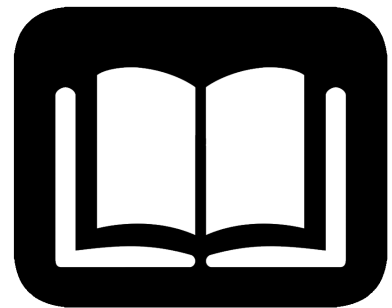
PsycEXTRA is an American Psychological Association database that specializes in the indexing behavioral and social sciences gray literature (see editor's note below) and other psychology-related fields. Users can search PsycEXTRA for information regarding current and cutting-edge psychological research not referenced or published in

peer-reviewed, scholarly journals.

The database is an especially helpful resource for locating conference papers, posters, slideshows and programs. Also indexed are fact sheets, pamphlets, patient brochures, monographs, reports, newsletters, standards, guidelines, videos and podcasts. Updated every other week, none of PsycEXTRA's current 300,000-plus records overlap with the content of APA's flagship database, PsycINFO, and more than 70 percent of its records link to full text.

Searches can be conducted by keyword or by using one or more of its 29 indexing options, such as: population, participants, tests and measures, grant/sponsorship, intended audience, to name a few. Alternatively, content can be searched for via the incorporated latest edition of the APA's Thesaurus of Psychological Index Terms.

Workplace access to PsycEXTRA is



available via its EAMC IP-authenticated link located in the Database column of the Health Sciences Library's IKEnet page. Non-workplace access is also available to staff who have an EZproxy account.

For assistance with obtaining non-full-text-linked resources cited in PsycEXTRA, or for training and assistance with the database itself, contact the librarian at 787-4446 or send an email to mary.e.gaudette.civ@mail.mil.

*Rounds*  
Eisenhower Army Medical Center

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Rounds is an official monthly publication of Eisenhower Army Medical Center at Fort Gordon, Georgia, produced by the EAMC Public Affairs Office for and about the staff of the hospital and the military members, family members and beneficiaries who choose EAMC for their Five-Star Health Care.

Editorial content is under the direction of and serves the mission of the EAMC commanding officer. Email: usarmy.gordon.medcom-eamc.mbx.pao@mail.mil.

**EDITOR'S NOTE:** Gray literature is the general name for non-formally published scholarly or substantive information (often found on the internet and in specialized resources; often not formally peer-reviewed; especially important in all kinds of sciences) such as: theses and dissertations, technical reports, and working papers.

*Army Nurse Corps birthday*

## Nurse Corps fought to include male nurses as officers

**2nd Lt. Elizabeth Carleton, RN**  
9MSP  
Eisenhower Army Medical Center

As the Army Nurse Corps approaches its 118th year this month, it is important to reflect on the changes and advances this corps has made through the years. One of the major changes has been the inclusion of male soldiers commissioned as nurses.

Learning about ANC history and the leaders who helped mold this branch of the Army into what it is today is important in continuing to progress in the right direction to foster the mission of the ANC.

In 1901 the ANC was created by and initially comprised of only females. This was the only branch of service in which women could serve. Although men took part in various jobs throughout the medical field, the Army did not recognize them as nurses.

Prior to the start of the Civil War and decades before the creation of the ANC,

legislation was passed that authorized enlistment of male hospital stewards, or assistive medical personnel, for care of the sick and wounded. Their duties included making beds, tending to patients' personal cleanliness — including the eradication of bedbugs and body lice — and ensuring patients changed their underclothes at least once a week.

Moving forward, the male nurse actively sought service in World War I. They upheld the same standards and training as their female counterparts, however were classed as orderlies and paid about one half the salary of the female nurses.

With the civilian sector accepting the idea of male nurses into the American Nurses' Association in 1940, the efforts to introduce male nurses into the military escalated. For several years after World War II, discussions between the Army Nurse Corps, government officials,

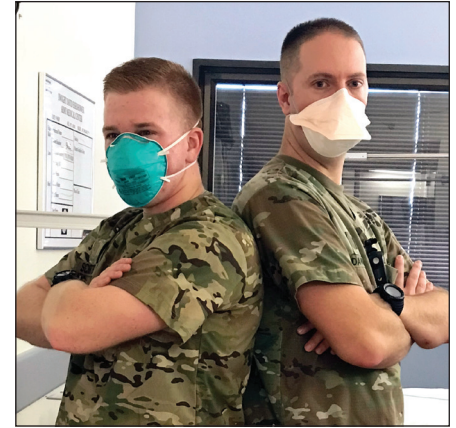
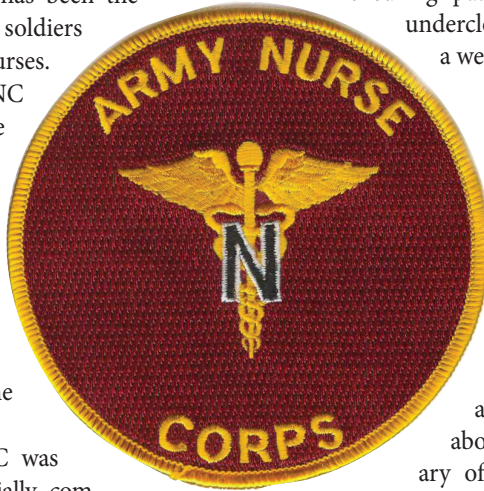


Photo by 1st Lt. Chelsey Freland

**2nd Lt. Jacob Schurter, RN, right, and 1st Lt. Joshua Davis, RN, both on Eisenhower Army Medical Center's 9MSP, are either trying to preserve their anonymity or avoid catching a cold Jan. 16.**

and male nurses persisted.

On Aug. 9, 1955, Congress passed a law authorizing commissions for male nurses in the U.S. Army Reserve for assignment to the Army Nurse Corps Branch. Sept. 30, 1966 Congress furthered the progression by passing a law authorizing commissions in the Regular Army for male nurses. Ever since, the Army Nurse Corps has been greatly enhanced by the inclusion of male nurses in completing the mission of the corps.



**Although men took part in various jobs throughout the medical field, the Army did not recognize them as nurses.**



Photo by 1st Lt. Chelsey Freland

**Spc. Joseph Parmenter, LPN, left; 1st Lt. Joshua Davis, RN; and 2nd Lt. Jacob Schurter, RN; all serving on Eisenhower Army Medical Center's 9MSP floor, take the time to pose for a group photo Jan. 16.**



# There is an Ironman in the house

David M. White  
Public Affairs Office  
Eisenhower Army Medical Center

Patients in Eisenhower Army Medical Center's Intensive Care Unit can rest assured that their care is in the good, secure hands of an Ironman. No, not the cartoon Iron Man.

Lt. Col. Samuel E. Burkett is a board-certified Pulmonary and Critical Care Physician, and, in his age class, 40-44, ranked sixth in the world among Ironman Triathletes.

An Ironman Triathlon is comprised of a 2.4-mile swim, a 112-mile bicycle ride and a marathon 26.22-mile run, in that order and without any rest or downtime. It's considered the toughest athletic event in the world, according to those who have tried it and those who have sense enough not to.

At age 12 Burkett participated in an IronKids event in a distance run and swim competition. And was sold on the sport.

"I ran in college at the University of Northern Iowa," said Burkett. "Cross country and track." But the running fell by the wayside in medical school. He was reintroduced to triathlon through the Dare 2 Tri race held on Fort Gordon in March.

He's been at EAMC for eight years and participated in four half-Ironman events last year, which are held regularly all over the globe. Last September, he participated in the SuperFrog competition in San Diego, Calif. An Ironman Triathlon-sanctioned event, the SuperFrog historically has been conducted under the planning, guidance and execution of the Navy SEALs.

According to the official history of the event, the [goal of the initial SuperFrog] was to "prepare Navy SEALs to do the Ironman Triathlon. The second was to promote the sport of triathlon in the SEAL Teams where physical training was multi-faceted and competitive spirit is high ... All [SuperFrog events are] carefully monitored and supported by UDT-SEAL Association members and volunteers and officers and men of the Basic Underwater Demolition/SEAL Training department from the Navy

Special Warfare Command."

Burkett finished September's SuperFrog fifth overall and first in his age group. He is qualified for the main event: The Hawaii Ironman Triathlon held by qualification only in October. The Hawaii Ironman is the original race and only the best of the best compete.

Burkett trains 12-18 hours per week and recuperation time after a race is a week or two.

While the racers participate in packs, the sports are generally individual by nature. Racers compete with their bodies against their minds, the clock as well as against their fellow racers.

Burkett finds peace and calm ... almost a meditative state ... as he runs, bikes and swims. The father of two, an 11 year old and a three year old, uses the training time to release the stress of the day.

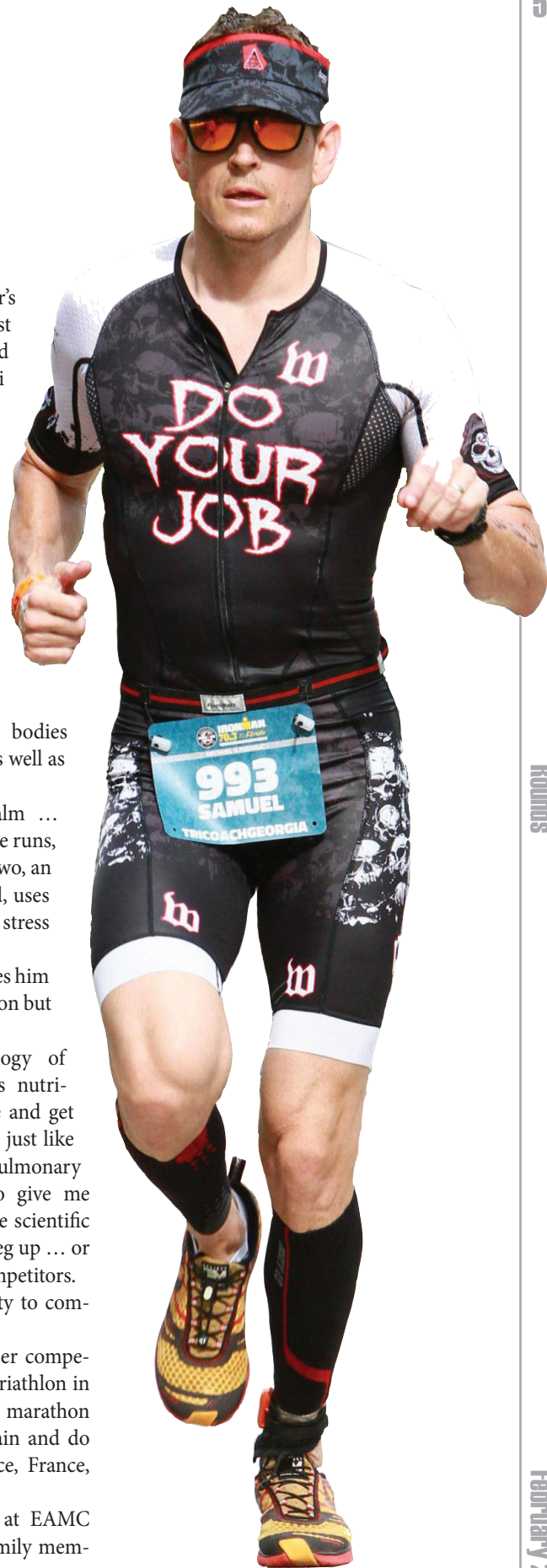
Perhaps being a physician gives him a bit of an edge on the competition but he's not sure of that.

"I understand the physiology of endurance training and sports nutrition, but it easy to overanalyze and get lost in the details," he said. "So, just like physicians consult me for my pulmonary expertise, I found a coach to give me advice." But he doesn't think the scientific approach gives him much of a leg up ... or a step ahead ... of his fellow competitors.

"I'm grateful I have the ability to compete," he said, "and train."

Between now and the October competition at the original Ironman Triathlon in Hawaii ... the Daytona 500 of marathon competition ... Burkett will train and do a tune-up half-triathlon in Nice, France, in September.

In the meantime, he's here at EAMC caring for soldiers and their family members. If you need care fast, he's your guy. He's an Ironman.



# 6 Use cabin fever-inducing cold to schedule health check-ups

**Kristina D. Transue RN, MSN**  
Family Medicine Clinic  
Eisenhower Army Medical Center

It's winter. It's February. Cabin Fever is nobody's friend. That make this a good time to make decisions and take actions that help us live our best lives. This year consider scheduling your preventative screening tests with your primary care provider. Some of the most common ones are:

## Well woman exams

A pap smear is helpful in detecting cervical cancer in its earliest stages.

All women between

the ages of

21 and 65

should be

screened

regularly,

although the

highest rate of

cervical cancer

diagnosis occurs

between the ages

of 35-44. Routine

screening is conducted

every three years.

Beginning at age 30, a

pap test may be combined with a test for the Human Papilloma Virus. This is called co-testing and, if both PAP and HPV are negative, repeat testing will be done in five years.

Early routine pap smears detect cancer

cells while they are still confined to the cervix. This early detection can yield a five year survival rate of up to 93 percent. Undetected cervical cancer which grows and spreads decreases that survival rate of about 16 percent for the most invasive cancers. Early detection and treatment is the key. (Source: cancer.org/cancer/cervical-cancer.)

## Colorectal screening

Patients aged 50-75 should undergo routine colorectal cancer screening. Traditionally, a colonoscopy is the procedure of choice.

During the procedure the

gastroenterol-

ogist will

look

at the

colon

and

remove any

polyps that

are seen before

they develop

into cancer. In

this way the test is

both a screening and

a preventative pro-

cedure. A colonoscopy

is good for 10 years.

Another colorectal screening is an at-home

colon cancer screening test that is prescribed

by a physician. If you decide to proceed with

this test, a kit will be sent to your home.

You produce the specimen in a specially

designed container, follow some simple instructions provided, and then commercial delivery service will come pick it up and send it back to the company for analysis. The company looks for DNA within your stool that would indicate the presence of cancer. It is valid for three years. If your test does come back suspicious for the presence of cancer, it would then be recommended that you have a colonoscopy.

Your primary care provider can discuss which option is best for you based on your current health status. As with all cancers, early detection is the key to optimal survival rates.

## Mammogram

Female patients should undergo routine breast cancer screenings. As with all cancers, early detection is the key. Women aged 40 and above should discuss their risk with their provider and consider routine annual screenings. At age 50 and beyond, yearly mammograms are encouraged. This test can be ordered by your provider or a member of the nursing staff, and will be scheduled with Radiology by calling 706-787-2171.

If you are not due for any of the above tests, but realize it has been a while since you have had a checkup, call Central Appointments at 706-787-7300 and get an appointment scheduled on that rapidly filling calendar to come discuss your current health status with your provider.



ogist will look at the colon and remove any polyps that are seen before they develop into cancer. In this way the test is both a screening and a preventative procedure. A colonoscopy

is good for 10 years.

Another colorectal screening is an at-home colon cancer screening test that is prescribed by a physician. If you decide to proceed with this test, a kit will be sent to your home. You produce the specimen in a specially

# Emergency vs urgent care: What's the difference?

## TRICARE

You feel lousy and know you need medical care. But you aren't sure if your symptoms require urgent or emergency care. Sometimes it's difficult to know what level of care you need. Especially when you're hurt or sick. Learn the difference between emergency and urgent care, and the rules for your TRICARE plan now. That way, you'll be able to make informed decisions should the need arise.

## What is emergency care?

An emergency threatens life, limb, or eyesight. Examples include severe bleeding, spinal cord or back injury, chest pain, broken bones, or difficulty breathing. Other types of emergencies include maternity and

psychiatric. If you have an emergency, go to the nearest emergency room.

The hospital department that provides emergency services to patients who need immediate medical attention, or call 911. If overseas, call the emergency medical service for your area. You want to get in touch with your primary care manager or

regional contractor within 24 hours or the next business day after you receive care.

## What is urgent care?

Urgent care is care you need within 24 hours for a non-emergency illness or injury that requires treatment. Examples include

see **DIFFERENCE** on page 10





# Understanding TRICARE prescription drug types helps save money

## TRICARE

The TRICARE Pharmacy Program provides you the same prescription drug coverage with most TRICARE health plans. If you use the US Family Health Plan, you have a separate pharmacy coverage. As always, active duty service members pay nothing out of pocket for their covered prescription drugs.

Prescription drugs fall into four tiers: generic formulary drugs, brand-name formulary drugs, non-formulary drugs.



A drug in a therapeutic class that isn't as clinically or cost-effective as other drugs in the same class. You pay a higher cost share for these drugs and non-covered drugs.

These tiers follow industry standards. They depend on the medical effectiveness and cost effectiveness of a drug compared to other similar drugs.

Your costs will vary depending on your drug category.

### Generic formulary drugs

- Widely available
- Lowest out-of-pocket costs

### Brand-name formulary drugs

- Generally available
- Higher out-of-pocket costs

### Non-formulary drugs

- May be less available
- Highest out-of-pocket costs

### Non-covered drugs

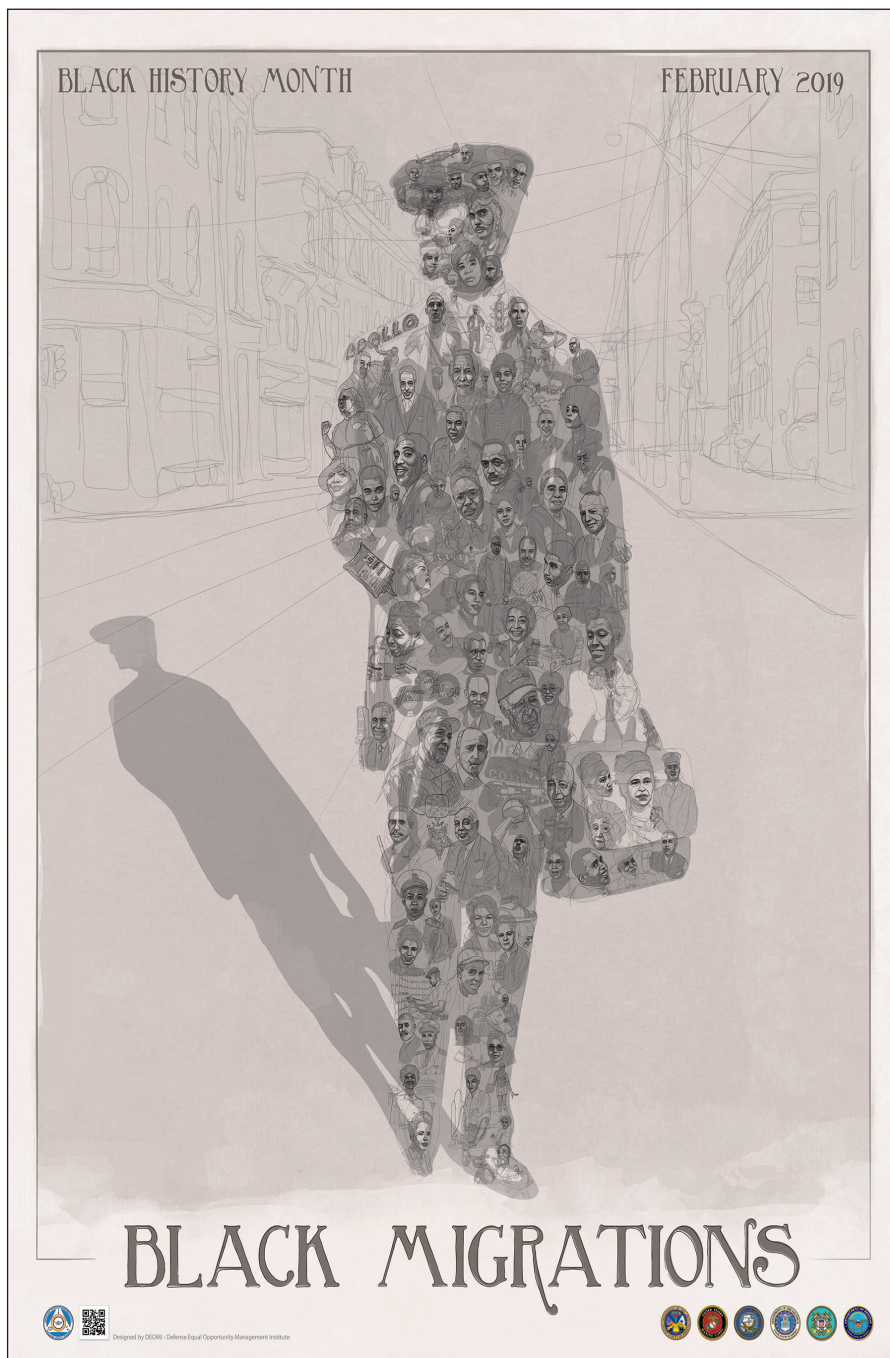
- Excluded from TRICARE coverage
- You pay the full cost of the drug

If your drug falls into the non-covered category, you'll have to pay the full cost of the drug. Some reasons TRICARE may not cover a drug include its effectiveness, safety, or cost.

Express Scripts, the TRICARE Pharmacy Program contractor, can help you with your pharmacy needs. Visit the Express Scripts website ([www.express-scripts.com/TRICARE](http://www.express-scripts.com/TRICARE)) to:

- Find nearby pharmacies.
- Register to have your prescription drugs mailed to you.
- Check your prescription drugs on the TRICARE Formulary.
- Get prior authorization for your prescriptions when necessary.

To learn about your pharmacy benefit, visit the TRICARE Pharmacy. Or download the TRICARE Pharmacy Program Handbook and TRICARE Pharmacy Program Overview there. To view your pharmacy costs, visit Costs on the TRICARE website.



**EDITOR'S NOTE:** To access the resources listed in the article above, including downloading the free mobile app, visit the TRICARE pharmacy website at: [tricare.mil/CoveredServices/Pharmacy](http://tricare.mil/CoveredServices/Pharmacy).

# Valentine's Day love more than box of chocolates

**Capt. Hyoseok Kim**

Chaplain Clinician

Eisenhower Army Medical Center

Legend says that Valentine's Day originated from third century Rome where the Catholic church outlawed marriage for young men. Saint Valentine, a priest, thought this was unjust and continued to look over marriages in secret. But once this was discovered, he was killed, and thus, Valentine's Day was born to dedicate a day for love.

Love is such an important part of our lives. Psychology tells us that it is. Biology tells us that it is. Religion tells us that it is. And we can see it for ourselves how impactful it is. How great is it when we come home from work to see our kids and our significant others? Or maybe getting flowers and chocolates from your loved one?

The memories that are associated with love from our past and the present is enough to give us this warm cozy feeling. There's so many different types of love, too, such as family love, friendship love, marriage love and so on. However, the strongest type of love is God's love, the agape type that is unconditional love.

**We crave love, but we also have to be able to give love back to others.**

God shows us this love constantly: he is always by our sides even as we sin daily and when we may not be faithful to him all the time.

John 4:9-10 NIV writes, "This is how God showed his love among us: He sent one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins." Furthermore, God wants us to spread the love to others.

As humans, we crave love, but we also have to be able to give love back to others.

John 15:12-13 NIV writes, "My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one's life for one's friends."

Love requires a lot of sacrifice and patience, but at the end, the effort is worth it all, and Christ wants us to share it with everyone.

In the hospital, we are surrounded by patients who need to be cared for, whether it be from psychological disorders to long-term illnesses. As a part of the hospital team, we need to provide for them and create an atmosphere that makes them feel welcomed.

Some may feel empty and depressed, and it is our duty to show the love of Christ so a patient's void may be filled. Just as we have received an endless amount of agape love, we are obliged to offer the same back to others so they might realize the powerful and comprehensive love of Christ.

Even though Valentine's Day is just one out of the 365 days dedicated to love, we should remind ourselves that each and everyday should be devoted to love.

Live, love, laugh and be happy. Oh, and don't forget to smile.

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www.nhtsa.gov



# Heart Health Month awareness events

**Sgt. 1st Class Jeremy Trapier**  
NCOIC, Cardiology Services  
Eisenhower Army Medical Center

February is Heart Health Month and Eisenhower Army Medical Center's Cardiology Services department encourages all to participate in some — or all — of the events that take place in the hospital and around the greater Augusta community throughout the month.

- Friday, Feb. 1: Go Red for Women Day. Staff are encouraged to wear red to

support this initiative.

The American Heart Association's signature women's initiative, Go Red for Women, is a comprehensive platform designed to increase women's heart health awareness and serve as a catalyst for change to improve the lives of women globally.

The fact is cardiovascular disease is the No. 1 killer of women, causing 1 in 3 deaths each year. That's approximately one woman every minute. But it doesn't affect all women alike, and the warning signs for

women aren't the same in men.

There are several misconceptions about heart disease in women, and they could be putting you at risk. The American Heart Association's Go Red For Women movement advocates for more research and swifter action for women's heart health for this very reason.

- Friday, Feb. 8: Red Run for Heart Health Brigade run. Final team sign ups.

see **HEART HEALTH** on page 11

## '5-Star Night' was 5-Star delight

**Maj. Maria-Christina Caruso, RN**  
Adult-Gerontology Clinical Nurse Specialist  
Eisenhower Army Medical Center

Eisenhower Army Medical Center held a Hollywood-themed Holiday Ball at the Columbia County Exhibition Center, Dec. 14. The slogan for the night was "A Five-Star Night Out." The event provided Soldiers and staff an opportunity to socialize outside of the workplace and experience the tradition of a military ball.

The night began with a cocktail hour with appetizers and drinks. Guests had the opportunity to pose for a formal portrait with the professional photographer and take more candid photos with the props in the photo booth. Guests then filed through the receiving line, shaking hands with hospital Commander Col. David Ristedt and his wife, Command Sgt. Maj. William Allen and his wife, and the guest speaker Benjamin Patton.

The formal portion of the event included toasts to the United States, the U.S. Army, and families and friends. The final toast was given in honor of our fallen comrades. Many of EAMC's military and civilian colleagues were awarded the Order of Military Medical Merit that night for their distinguished service to the Army Medical Department.

Immediately prior to supper, the Evans High School Knights Drill Team performed a precision routine, never missing a beat or dropping a rifle. This team is well-deserving of the State Champion status they achieved last spring.

Following a buffet dinner and a table piled high with desserts, the hospital commander introduced the guest speaker. Patton is

the youngest grandson of Gen. George S. Patton. The younger Patton spoke on the history and link Gen. Patton and Gen. Dwight D. Eisenhower shared throughout their military and political careers.

Patton also shared his own work as a filmmaker where he helps veterans cope with post-traumatic stress disorder and reintegrate into their families and communities

through his "I Was There" film workshops.

The remainder of the night was filled with various festivities to include door prizes — which ranged from gift cards to the latest in electronics to a brand new television — to dancing with the DJ. Special thanks to the members of the Holiday Ball Committee who volunteered countless hours to ensure this event was a success.



# 'Tis the season for carbon monoxide poisoning

**Melissa Hendrix**  
Safety Specialist

Eisenhower Army Medical Center

With the weather changing from warm to cold so far this year, it is hard to think of carbon monoxide poisoning. But, colder weather is in the horizon for us in Georgia.

Recent studies have shown that the highest fatalities were men and senior citizens. Men because they are engaged in more high-risk behaviors such as working with fuel-burning tools or appliances. Senior citizens because they are likely to mistake the symptoms of CO poisoning (headaches, nausea, dizziness or confusion) for the flu or fatigue.

With possible colder temperatures coming our way there are things we should remember to check:

- Have your heating system, water heater and any other gas or oil appliance



## DIFFERENCE from page 6

a rising fever or sprained ankle. You should get urgent care before your condition becomes an emergency. Most TRICARE beneficiaries can visit an urgent care center whenever needed, but you should check the urgent care rules for your plan. When possible, visit a TRICARE network provider or a TRICARE-authorized (network or non-network) urgent care center to avoid additional out-of-pocket costs. If you're a family member or retiree and get urgent care from a non-network provider outside of a TRICARE-authorized urgent care center, you'll have to pay point-of-service cost-shares.

Find TRICARE-authorized urgent care centers by searching your region's provider directory. Active duty enrolled in TRICARE Prime or TRICARE Overseas Program Prime must continue to visit military hospitals and clinics for urgent care. A referral would be required for civilian urgent care.

inspected and serviced by a qualified technician every year.

- Install battery-operated CO detectors on every level of your home.
- Don't use a generator, charcoal grill, camp stove or other gasoline or charcoal-burning device inside the home, basement or garage or outside the home near a window.
- Don't burn anything in an unvented stove or fireplace.

- Don't let a vehicle idle inside a garage attached to a house, even if the garage door is left open.

- Don't heat the house with a gas oven.

If a CO detector sounds, leave your home immediately and call 911 from outside. Seek prompt medical attention if you suspect CO poisoning and if you or someone in your household is feeling dizzy, light-headed or nauseated. Also, remember to check on neighbors who may need help.

## SAFETY RECOGNITION



Photo by David M. White

Lt. Hung V. Hoang, RN, center, is recognized by Eisenhower Army Medical Center Commander Col. David Ristedt, left, and Command Sgt. Maj. William Allen in the commander's office Jan. 2 for Hoang's role in helping address an active fire on 11 West.

On the afternoon of Dec. 5, Spc. Bill Torres, LPN, saw flames coming from ceiling tiles on 11 West. Reacting quickly, Torres called for help and warned others while instructing 11 West's MSA to call the Fort Gordon fire department, since the fire alarm was not working. Hoang immediately responded to the scene with a fire extinguisher. He was able to quickly put out the fire, using the training given by the hospital's Safety Department.

Within seconds the SDNCO alerted the hospital to the danger. Security and Maintenance arrived to assess the situation. A few minutes later, the fire department arrived to ensure the safety of the unit and that the threat was contained.

Torres and Hoang's quick thinking and actions resulted in the fire being quickly extinguished, saving countless dollars in damage to EAMC as well as potentially saving staff and patients from imminent danger and physical harm. They worked together perfectly, using their safety training and set an excellent example for others to follow in similar circumstances. Torres was not available at the time of the recognition. He will be recognized at a later date.



**HEART HEALTH** from page 9

The Brigade run is that morning, and the Heart Walk team sign-ups need to be completed by COB that day.

- Other Heart Month events include information booths covering heart

healthy nutrition, risks of cardiovascular disease, heart walk team information.

- Fridays, Feb. 1, 8 and 22, from 9 a.m. to 3 p.m., in the Pharmacy waiting area
- Mondays, Feb 4, 11 and 25 from 11 a.m. to 1 p.m., in Ike’s Café Classroom
- Saturday, March 9: CSRA heart walk.

Contact Sgt. Victoria Belbusti, 706-787-7431, if you are interested in having your section participate in the heart walk, a 5K/3.1 mile non-competitive walk. There is no cost. March 9, check-In at 8 a.m.; the walk starts at 9 a.m. at The Greenway, 101 Riverview Park Dr., North Augusta, S.C.

**DIET** from page 2

lean cuts of meats to reduce saturated fats from those sources. And please don’t swap your heart healthy olive oil for coconut oil. Coconut oil is higher in saturated fat than butter. Keep the coconut oil to a minimum, or just use it on your skin and hair for a heart-healthy alternative.

When it comes to salt and heart health, less is definitely more. Most Americans eat around 4,000 mg of salt (or sodium) daily. Health experts recommend reducing this

to 1,500-2,500 mg daily for health benefits, such as lower blood pressure. Foods that are typically high in salt are those that are prepackaged and highly processed.

Think of frozen meals, convenience foods, bagged snack foods such a chips and cookies, even condiments. Intentionally choosing foods with a low-sodium label, or preparing foods at home can help reduce excessive amounts of sodium in your diet. A food with “low-sodium” on the packaging indicates that the food will have 140mg

or less of sodium per serving.

Easy-to-find, low-sodium foods include breads, canned beans and soy sauce. If you are cooking at home you can use a variety of spices and herbs to create flavorful dishes without added salt.

Sign up for a heart-healthy nutrition class offered at Eisenhower Army Medical Center. Call the Nutrition Clinic at 706-787-2243 and ask to book an appointment for the heart-healthy class. We can help you meet your heart-healthy goals for 2019.

You are Cordially Invited to the

**118<sup>th</sup> Army Nurse Corps Anniversary Celebration**

Saturday, Feb. 2  
10 a.m. to 1 p.m.

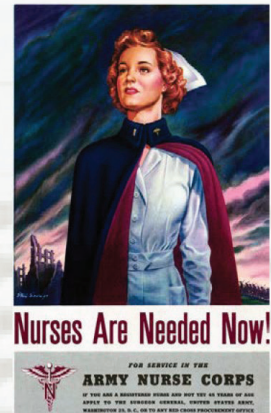
**DoubleTree by Hilton Hotel Augusta**  
2651 Perimeter Parkway  
Augusta, GA

Brunch will be served at 10:45 a.m.  
Active Duty: Class A Uniform  
Civilians: Business Casual

Please contact 1<sup>st</sup> Lt. Abigail Tiongco  
for ticket information:  
[Abigail.g.tiongco.mil@mail.mil](mailto:Abigail.g.tiongco.mil@mail.mil)  
(571) 421-7189

Kindly R.S.V.P. by:  
Monday, Jan. 14

**“Faces of the Army Nurse Corps”**







Eisenhower  
Army Medical Center



**We are Eisenhower**  
WE KEEP OUR NATION READY



Vilma Ramos Osorio, Supervisory PEBLO, EAMC team member at Rodreguez Army Health Clinic for 19 years, DA Civilian for 23 years



Curtis McCall, cable installer/maintainer, IMD, at EAMC for three months, retired from the Army in August 2017



Sgt. Maj. Jorge Luis Oquendo, chief clinical sergeant major, Command Suite, at EAMC for five months, in the Army for 22 years



Maj. Shay Rogers, OIC, Physical Therapy, at EAMC since July 2017, in the Army since April 2008

