

11th hour DAY of the month of the Veterans Day facts

2 Georgia officers' association donates to Fisher House

Retired Col. Donald G. Stephens and retired Maj. Cecil Coke Geddings, representing the Georgia Military Officers Association of America, stopped by the Eisenhower Army Medical Center's Fisher House Oct. 17 to present a \$500 check on behalf of the GAMOAA members to support the Fort Gordon Fisher House. Fisher House Manager Francisco Cruz, center, gratefully received the donation.



Courtesy photo

Ketogenic Diet: useful or not?

Danielle Dunnagan, MS, RD, CSSD, LD
Nutrition Care Division

Eisenhower Army Medical Center

It's no secret the ketogenic diet has gained public popularity over recent years and is a hot topic of conversation among military personnel. A quick "keto" internet search produces numerous health claims ranging from the final solution for weight loss to a possible therapy for several chronic diseases including diabetes, dementia and cancer.

Even the Navy SEALs have been associated with studies to determine if the high fat, very low carbohydrate diet may decrease risk for seizures during underwater missions. Given all the media rage, is keto everything it's advertised to be?

What is keto?

Surprisingly, the classical ketogenic diet is not a new discovery to the medical community. According to the Academy of Nutrition and Dietetics, ketogenic diets have been used to help control seizures in children with epilepsy since the 1920s. A typical ketogenic diet is 80-90 percent fat, 6-15 percent protein, and carbohydrate intake that is restricted to less than 5-10 percent of total calories. In practical terms, an example of breakfast is mostly eggs, cream, butter, and cheese with a very small portion of fruit and vegetables. This high fat diet forces the body and brain to use ketones (a byproduct of fat breakdown) for fuel instead of glucose which is referred to as ketosis.

Is it easy to follow?

The diet seems simple enough; however adherence is difficult and one must con-

sistently monitor blood or urinary ketone levels to ensure ketosis is maintained. Eating too many grams of carbohydrates or protein and you are back to using carbohydrates (glucose) for energy. Many dietitians will agree that the popularized version of keto is not as comparable to the classical ketogenic diet used when attempting to control seizures.

Various commercialized keto recipes emphasize protein and vegetables and primarily limit carbohydrates. This more closely aligns with a modified Atkins Diet which may or may not result in ketosis. Regardless of the degree of restriction, staying consistent is imperative and can be difficult long term. Occasions such as holidays, social events or deployments are common reasons the diet is discontinued.

What does research say?

Current research is limited to support using the ketogenic diet for treatment of chronic illnesses such as obesity, diabetes and dementia. The Academy of Nutrition and Dietetics discourages individuals from following a ketogenic diet if pancreatic, liver, thyroid or gallbladder problems exist or if any history of an eating disorder is present. Further research is needed to determine short- and long-term effects of adhering to the diet. Nausea, dizziness, headache, and fatigue (known as "keto flu"), changes in bowel regularity, and difficulty sleeping are frequent complaints when beginning the diet. Long-term health risks include kidney stones, liver disease, and vitamin and mineral deficiencies.

Should the military use it?

Areas of interest for implementing the ketogenic diet among military personnel are also ongoing. A recent study published in Military Medicine concluded that "U.S. military personnel demonstrated high adherence to a ketogenic diet and showed remarkable weight loss ... without compromising physical performance adaptations to exercise training."

Keto has also been a hot topic within U.S. Special Operations due to the diet's potential impact on increasing time Navy SEALs may be able to remain underwater and avoid seizures. Overall practicality of implementing the diet is still out for debate and not enough evidence exists to support using the ketogenic diet over current sports nutrition guidelines.

In conclusion, the ketogenic diet remains a method of treatment for epilepsy but more research is needed before applying the diet in other clinical and performance nutrition settings. Medical guidance is highly encouraged if you are interested in pursuing a ketogenic diet to ensure nutritional needs are met and ketosis is safely maintained.

Sources:

- Dennett, Carrie. "The Ketogenic Diet for Weight Loss – Today's Dietitian Magazine." Today's Dietitian, Jan. 2019, www.todaysdietitian.com/newarchives/0119p26.shtml.
- Gordon, Barbara. "What Is the Ketogenic Diet." EatRight, 15 May 2019, www.eat-right.org/health/weight-loss/fad-diets/what-is-the-ketogenic-diet.
- "Keto Diet Considered for Navy SEALs." News, The President and Fellows of



Season for thanks for families, coworkers, deployed service members

Col. Carlene A.S Blanding

Commander

Eisenhower Army Medical Center

Happy Thanksgiving. This month as we celebrate Thanksgiving with our family and friends, let us pause to give thanks for our Eisenhower teammates who we work with each and every day. Let us give thanks for those members of our team who are currently deployed and will miss spending the Thanksgiving Holiday with their families.

I want to take this opportunity to thank each of you for the great work that you do each and every day. As I walk around Eisenhower, I am amazed at the level of commitment and professionalism displayed, and the thoughtful ways you engage our customers. Almost daily we receive reports from satisfied patients highlighting the great attributes of the E-team. Keep up the great work.

Eisenhower is a learning, growing,

**I am amazed at the
level of commitment
and professionalism
... and the thoughtful
ways you engage
our customers.**

changing organization, and it will require us — people of consequence — to leverage all our skills to make it a great organization. “None of us is as smart as all of us.”

Thank you for what you do each and every day.

Have a happy and safe Thanksgiving.

We are Eisenhower.

—Eisenhower 6

Mission

Provide high quality, complex, patient-centered health care services, and deliver military readiness through sustained medical education and multidisciplinary care.

Vision

Deliver Readiness while providing a 5-Star patient experience

Priorities

- Readiness
- Cultivate an organization-wide quality and safety culture
- Sustain medical education activities
- Deliver 5-Star patient experience
- DHA transition

Ike 7 says

Thoughts from the command sergeant major

Command Sgt. Maj. William Allen

Eisenhower Army Medical Center

Eisenhower family, as our organization heads into November, I am reminded of Thanksgiving. One of my favorite holidays, I truly enjoy that most of us take time to reflect on what we have to be thankful for.

I am most thankful for family. Not only

see **IKE 7** on page 11

Rounds ★★★★★
Eisenhower Army Medical Center

November 2019 • Vol. 5, No. 2

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.



Courtesy photo

Eisenhower Army Medical Center's Command Sergeant Major William Allen shares a laugh with his twin granddaughters, Marina and Melanie, 3, Aug. 8 at Fort Campbell, Ky.



Photo by Ruth Rosario

Rodriguez Army Health Clinic's team members who are recognized are, from left, Ismael Rivera, Eduardo Vidot, Yaviel Luna, Vilma Ramos Osorio, Lt. Col. Rachel Wienke, Dr. Rebecca Rodriguez Rodriguez, Mildred Morales Delgado, Dr. Myrta Sifonte and Lt. Col. Dennis Moon.



Photo by Vilma Ramos

Rodriguez Army Health Clinic's team members who are recognized are, from left, Francisco Olivencia, Carmen Delgado, Daphne Narvaez, Dr. Rebecca Rodriguez Rodriguez, Lt. Col. Rachel Wienke, Ruth Rosario, Dr. Sonia Hernandez, Lilliana Ramirez, Noelia Baez and David Rodriguez.

Rodriguez AHC treats folks right

Lt. Col. Rachel J. Wienke
Commander
Rodriguez Army Health Clinic

On Sept. 26, the Rodriguez Army Health Clinic Commander Lt. Col. Rachel Wienke, recognized several team members with RAHC Coins of Excellence for their out-

standing contributions. Each had gone above and beyond to make the team successful in supporting readiness and providing 5-Star care to all of RAHC's beneficiaries.

Oct. 10, Wienke presented thank-you cards to team members who had received positive customer feedback. The primary

theme of the comments was the patients' deep appreciation for the way RAHC staff members genuinely care about them and treat them like family.

The efforts of these exceptional people are demonstrated through RAHC's JOES scores, which are consistently 100 percent.

A resource for assisting patients and caregivers

Mary E. Gaudette
Librarian
Eisenhower Army Medical Center

Patient Education Reference Center is a one-stop solution for providing evidence-based patient education materials at point of care. Handouts are available for more than 1,200 diseases and conditions, 750 procedures and lab tests, 1,600 discharge planning and home care topics, and 1,300 unique drugs encompassing more than 3,700 brand and generic names.

Written at third- to seventh-grade reading levels, all materials are available in both English and Spanish.

The contents of each handout are detailed

and specific to the disease, condition, procedure, lab test, drug and discharge plan being addressed. For example, drug-related handouts address why the medicine is being prescribed, how it is to be used, special precautions and dietary instructions, side effects, storage and disposal, missing a dose, overdose, and other pertinent information.

Equally detailed are the discharge-planning handouts, which are organized into sections addressing home care, physical activity, medications, lifestyle changes, follow-up and situations requiring a call to the doctor.

When applicable, PERC handouts include helpful illustrations of conditions and procedures. Related diet sheets, research



summaries and news articles can also be printed out for the patient or caregiver. In addition to the provided content, at the time

see **LIBRARY** on page 11

Staff Reports

No one ever wants to find themselves or their loved ones in the unfortunate situation where they have been the victim of sexual violence. For Tricare beneficiaries on Fort Gordon and the surrounding areas, Eisenhower Army Medical Center, maintains its standards of excellence by providing 5-Star forensic health care services to patients in need.

EAMC has a fully functioning Sexual Assault Medical Management Office and a team of professionals providing patient-centered, trauma-specific care to patients who have been victims of sexual trauma, sexual assault, abuse or rape. These services are provided 24/7, 365 days a year.

Just recently, the program has expanded to capture the most vulnerable of patients: pediatrics. Currently, the SAMMO can provide care to patients of all ages.

"Pediatric services have been needed for quite some time," said Dr. Victoria Franz, a family nurse practitioner and board certified forensic nurse and the sexual assault medical director. "I am proud of the team and excited to say we have capable and competent staff to provide the same high-level care to pediatric patients that we have been providing to adults and adolescents for years ... care that exceeds what they might expect in many instances in the community.

"We have met or exceeded training standards, and follow all guidelines set forth by the Department of Justice, The International Association of Forensic Nurses and the National Advocacy Centers standards for accreditation," she said.

IAFN is celebrating Forensic Nurses Nov. 11-15. Meanwhile, across the DOD, more than Registered Nurses are provided specialty forensic training. The AMEDD Center and School trains MDs, PAs, NPs and RNs to the highest standards as Sexual Assault Medical Forensic Examiners.

Above and beyond their respective medical training, the SAMFEs are trained in compassionate specialty medical care, the neurobiology of trauma, forensic photography, forensic sample collection, strangulation, chain of custody, and many aspects of the legal system. The forensically trained medical professionals serving Fort

to seek medical care, The SAMFEs are there for patients who have been assaulted if they choose to make a report to police or not.

Many victims never report to law enforcement, but they still need care.

There are some consequences of sexual assault that can be mitigated if treated prophylactically (before they occur). For example, patients are offered emergency contraceptives, HIV and STI prophylaxis — medications to prevent the Human Immunodeficiency Virus or other sexually transmitted infections. However, some of these medications can only be administered within a certain period of time.

The SAMFEs can also offer the patient the opportunity to have samples collected that may have evidentiary value, even if they do not wish to file a police report, to preserve any biological substances before degradation can occur. Patients can be connected with other resources, such as advocates, to assist in the healing process as well. Time is of the essence following an assault — both medically and forensically. Patients who have competent, compassionate, supportive medical care and advocacy services have fewer long-term complications and are more likely to participate with law enforcement.

Forensic health care team members are medical professionals who work closely with SHARP professionals, Family Advocacy professionals, CID, OSI, NCIS, local law enforcement, JAG, local judiciary systems, the VA, local agencies such as Augusta rape crisis, and the child enrichment child advocacy centers. As the expertise of the team continues to expand, so do the services they offer. Recently, they have been called upon to assist with domestic violence forensic exams and child abuse examinations due to their ability to medically assess and document injury, photograph and provide courtroom testimony when necessary.

**Patients who
have competent,
compassionate,
supportive medical
care and advocacy
services have
fewer long-term
complications ...**

Gordon encompass five RNs, a PA, an MD, a NP and two dedicated LCSWs as well as a sea of other medical specialists who assist in many capacities to provide full scope care to all patients.

"They are some of the best trained professionals in their field in the area," said Franz. "Members of the EAMC team are often called upon as subject matter experts to assist in training across the DOD."

It important for victims of sexual trauma



6 Physical Therapy adds clinic at TMC4

Maj. Shay M. Lopez
Chief of Physical Therapy Services
Eisenhower Army Medical Center

October was National Physical Therapy Month and Eisenhower Army Medical Center opened a new clinic at TMC 4, 22nd and Barnes Avenue. Permanent party service members may walk in daily from 7:30-9 a.m. Sign in at the front desk. No consult is needed. Scheduled appointments are available during the duty day from 9 a.m. to 3:30 p.m.

Connelly Clinic, on Chamberlain Avenue, serves trainees and students from 7-9 a.m. daily and 1-2 p.m. Tuesdays and Wednesdays. Sign in will be at the front desk. No consult is needed.

Scheduled appointments also are available during the duty day from 9 a.m. to 3:30 p.m.

On the first floor at Eisenhower Army Medical Center serves patients from 7:45 a.m. to 4 p.m. daily for scheduled appointments. Typically the hospital PT clinic provides direct post-operative care for active duty patients. There is a specialist in pelvic floor therapy.

Centralized booking handles initial bookings for all consults other than post-operative patients.



Courtesy photo

Chau Truong, Physical Therapy Assistant at Connelly Physical Therapy Clinic, serves the Training and Doctrine students and trainees.

Rounds

BUZZED. BUSTED.

BROKE.

GET CAUGHT BUZZED DRIVING AND IT COULD COST YOU \$10,000.

Ad Council **NHTSA**
www.nhtsa.gov

NOVEMBER 2019

Don't be a 'squid' about it, ride responsibly

7

1st Lt. Claudiu Ene, RN
9MSP

Eisenhower Army Medical Center

Squid: Motorcycle slang for irresponsible riders who lack common sense, suffer from over-confidence while lacking any relevant skill. Also known for being dangerous to themselves, others on the road, and your insurance premium. The root cause of bad reputations for motorcyclists and associated fears toward riding.

The reason "squids" are being discussed is directly in response to the "squiddly" comments I hear from Soldiers when they give me their tired and lame excuses for not doing the right thing and riding without being part of the motorcycle mentorship program.

The latest one... "The Army makes riding impossibly difficult!" Hmmm.... Let's analyze this claim.

Squid Myth No. 1

Squid: I need to wear all this stupid and hot gear to ride on post.

Fact: long-sleeved shirt, long pants, over-the-ankle sturdy footwear, full-length gloves and a DOT helmet are required. Bright colors are highly encouraged, reflective material is required after sunset.

Bottom line: Unless you ride in shorts, tank top and flip flops, this shouldn't affect you. It's squids who defy logic by believing that their white "T" will protect them better than any armored jacket could.

Come on ... what are you being asked to wear that you shouldn't already have on?

Squid Myth No. 2

Squid: I have to take all these classes!

Fact: Must take the Motorcycle Safety Foundation Course before riding on post which covers you for the first 12 months. Must take Experienced Rider Course or Sportbike Rider Course (after 12 months and again every five years after).

Bottom Line: These courses not only teach you proper riding techniques and skills to keep you from being a "Squid," but also save you some serious dough on your insurance premium. You're out riding instead of being at work, all while your commander applauds you for doing the right thing. Did I say you get time off to take these classes?

Squid Myth No. 3

Squid: There are so many things I have to do!

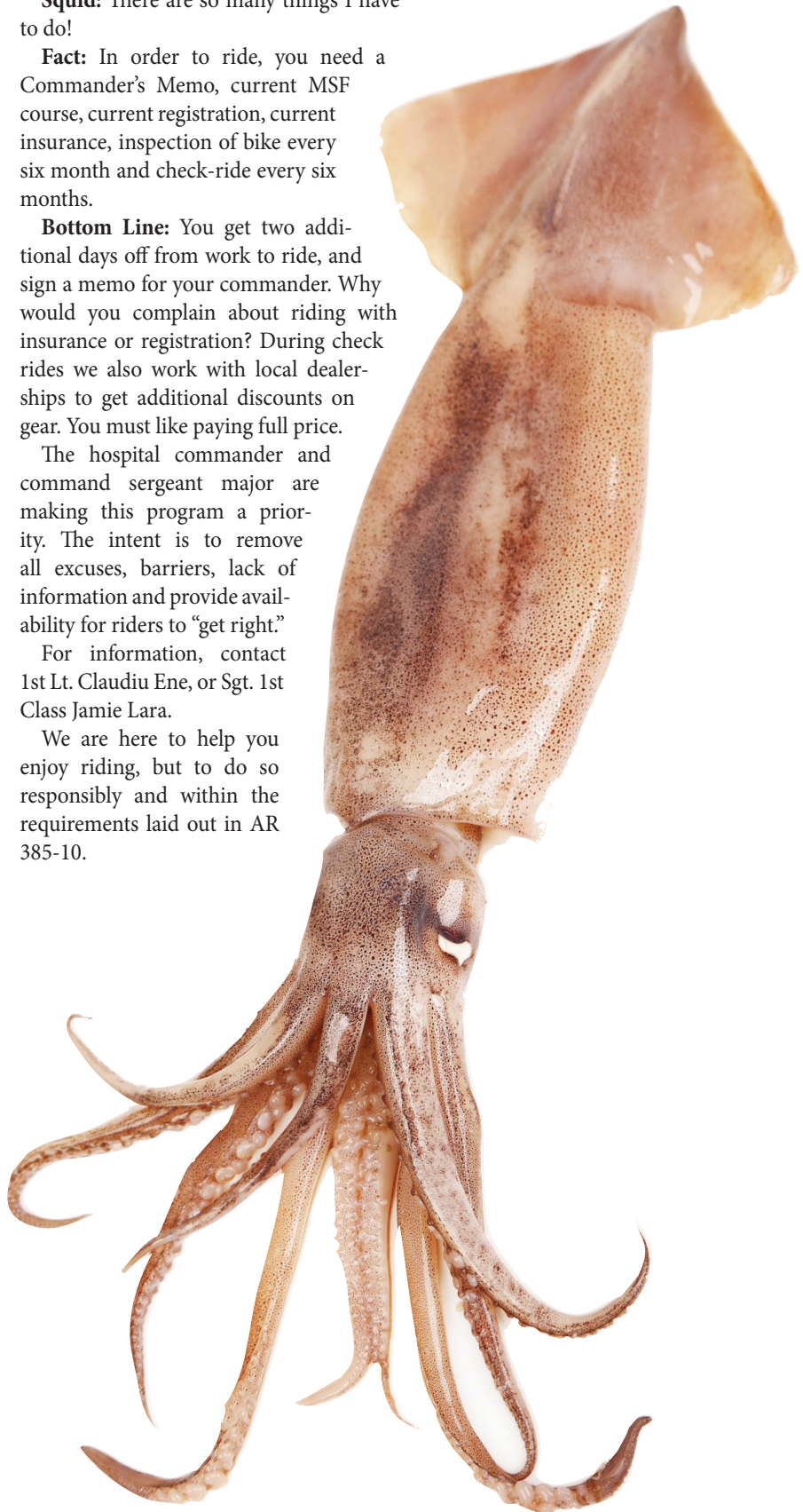
Fact: In order to ride, you need a Commander's Memo, current MSF course, current registration, current insurance, inspection of bike every six month and check-ride every six months.

Bottom Line: You get two additional days off from work to ride, and sign a memo for your commander. Why would you complain about riding with insurance or registration? During check rides we also work with local dealerships to get additional discounts on gear. You must like paying full price.

The hospital commander and command sergeant major are making this program a priority. The intent is to remove all excuses, barriers, lack of information and provide availability for riders to "get right."

For information, contact 1st Lt. Claudiu Ene, or Sgt. 1st Class Jamie Lara.

We are here to help you enjoy riding, but to do so responsibly and within the requirements laid out in AR 385-10.



Centering, sharing and seizing the blessings

Lt. Col. Kyle L. Welch, chaplain

Chief, Department of Ministry and Pastoral Care
Eisenhower Army Medical Center

"A heart at peace gives life to the body, but envy rots the bones." Proverbs 14:30

How many of us are encumbered by a load of care?

We all have things that burden us right now, whether fear or anxiety. If not intentional, we are likely to find ourselves far removed from that which centers us ... that place of peace.

Life's chaos has a way of disrupting balance. Sometimes we are fooled into thinking the glamor of world will bring remedy.

But moving back to center brings contentment and restoration.

What are we waiting for? Let us today make the journey back or to the place of peace. Thanksgiving provides a season for reflection on the priorities of life that evoke

gratitude. Sometimes in the hustle and bustle, we lose focus. But there is much to be thankful for in this season of Thanksgiving. Let us share together in the bounty of Thanksgiving.

"A generous man will himself be blessed, for he shares his food with the poor." Proverbs 22:9

We, as part of the Eisenhower community, are truly fortunate and have much to be thankful for. Think for minute.

Are we left wanting? Is there really anything we need not available in abundance? The point is that resources abound.

We stand as beneficiaries of the opportunities available to us and abundance this wealth affords.

This land of opportunity has provided surplus. The true blessing is not in what we gain but in what we give. And the Thanksgiving season upon us provides pathways to live inside out.

Will we share of our resources, our home, our table?

We'll be blessed when we do.

"A sluggard does not plow in season, so at harvest time he looks but finds nothing." Proverbs 20:4

The attitude of arrogance should be sterilized considering the profession of ours. At times it strikes as rather depressing.

One-day life is great; we seem invincible. The next day life plows up for us a life-altering or ending prognosis.

Due to the exposure of the extremes, we ought to seize on life's blessings in season... hold, grasp and rejoice, giving thanks while we can in the harvest times of life.

Harvest time is upon us ... reap and ravish in the blessings. It's Thanksgiving, let us open our eyes to see the blessings, our faith, our family, our food.

Fort Buchanan's Ten-Miler Team makes improvement over last year

Staff Reports

Fort Buchanan's six member Active Duty Mixed Team participated in the 35th Annual Army Ten-Miler held in Washington, D.C., Oct. 13.

With 25,185 entries to this year's race, runners from all over the United States, its territories and internationally converged on the Pentagon after submitting themselves to months of grueling training and tryouts.

Team Buchanan members and times were: Team Captain Lt. Col. Rachel J. Wienke, commander, Rodriguez Army Health Clinic, 1 hour, 23 minutes, 56 seconds; Staff Sgt. Javier Torres Rolón, Medic Noncommissioned Officer-In-Charge, 225 Military Police Battalion, Puerto Rico Army National Guard, 59:38; Staff Sgt. Aníbal Soto Soto, Recruiting and Retention NCO, Recruiting and Retention Bn., PRARNG, 1:07:50; Sgt. 1st Class Julio A Ramirez, Recruiter, Recruiting and Retention Bn., PRARNG, 1:10:15; Petty Officer Third Class Christine Garcia Sánchez, Gunner's Mate, Navy Operational Support Center PR, 1:22:05; and 2nd Lt. Juan M. Vázquez Díaz, Training Officer, 1st

Bn. 296 Inf., PRARNG, 1:11:09.

During Ten-Miler tryouts, Vázquez Díaz held the rank of sergeant, but has since commissioned as an officer.

The times for Team Buchanan's top three males and top female were 59:38, 1:07:50, 1:10:15, and 1:22:05, for a total team time of 4:39:48. The overall team time was 29:22 faster this year than last year, which was 5:09:10.

Individual team members were prepped and trained by Sports Specialist, Juan R.

Sanfeliz Jr.; Supervisory Sports Specialist, Roberto Fernández and other members of Fort Buchanan's FMWR.

"I'm so proud of all of them for doing a great job. My thanks go out to Juan Sanfeliz and all the FMWR team for such great support," said Wienke. "We are all very honored to represent Fort Buchanan and Puerto Rico."

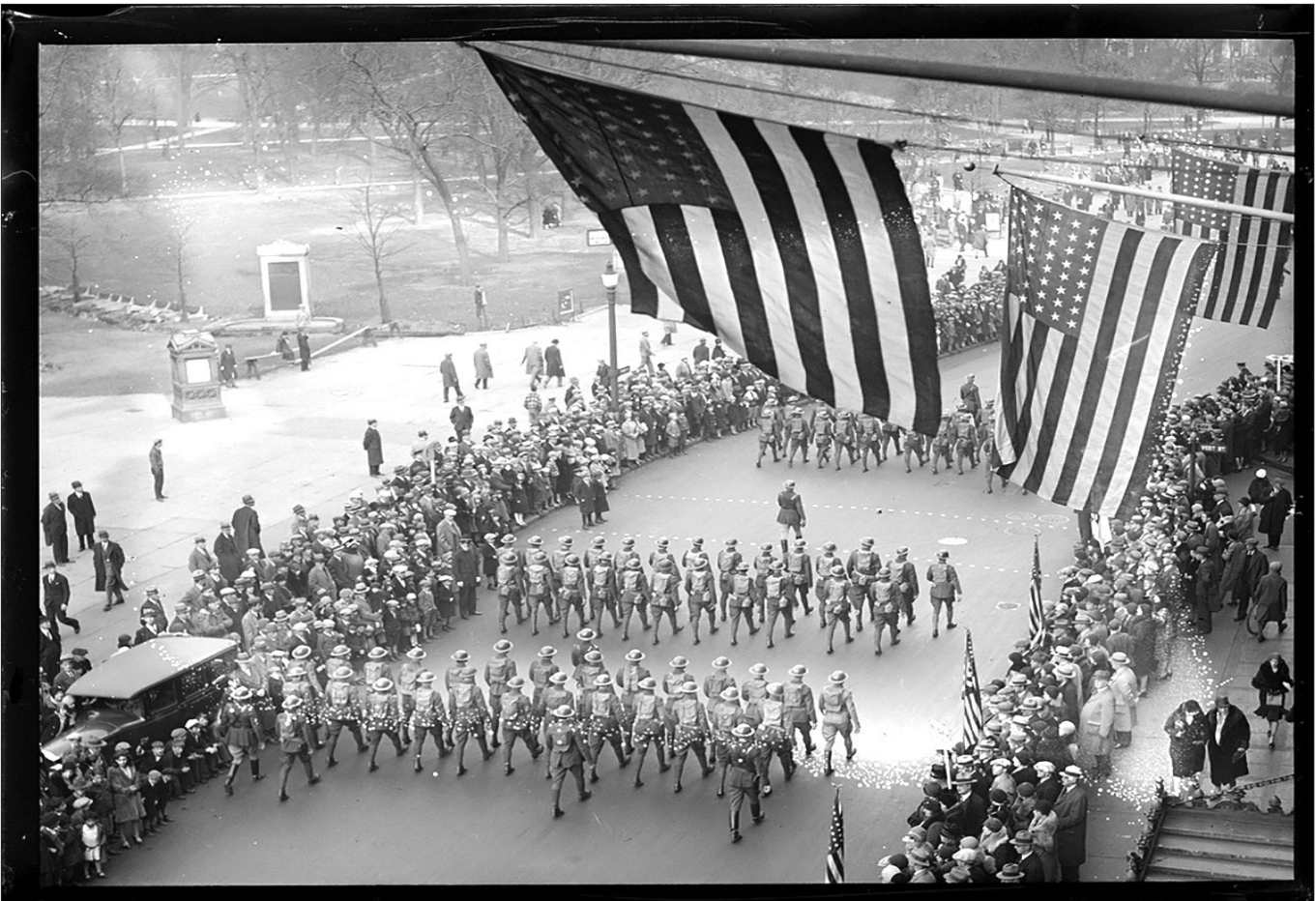
"First Army Ten-Miler in the books!" said

see **TEN-MILER** on page 11



Photo by Yaizmara Bonet

Team Buchanan members are, from left, Petty Officer Third Class Christine Garcia Sánchez, Sgt. 1st Class Julio A. Ramirez, 2nd Lt. Juan M. Vázquez Díaz, Staff Sgt. Aníbal Soto Soto, Staff Sgt. Javier Torres Rolón and team captain Lt. Col. Rachel J. Wienke, in Washington, D.C., Oct. 13.



Courtesy of the Boston Public Library

Armistice Day parade on Tremont Street in Boston, 1929.

Five facts to know about Veterans Day

Katie Lange
Department of Defense

Veterans Day is a well-known American holiday, but there are also a few misconceptions about it — like how it's spelled or whom exactly it celebrates. To clear some of that up, here are the important facts you should know.

Veterans Day does not have an apostrophe

A lot of people think it's "Veteran's Day" or "Veterans' Day," but they're wrong. The holiday is not a day that "belongs" to one veteran or multiple veterans, which is what an apostrophe implies. It's a day for honoring all veterans — so no apostrophe needed.

Veterans Day is not the same as Memorial Day

A lot of Americans get this confused, and we'll be honest — it can be a little annoying to all of the living veterans out there.

Veterans Day honors all of those who have served the country in war or peace...

Memorial Day is a time to remember those who gave their lives for our country, particularly in battle or from wounds they suffered in battle. Veterans Day honors all of those who have served the country in war or peace — dead or alive — although it's largely intended to thank living veterans for their sacrifices.

It was originally called Armistice Day, commemorating the end of World War I

World War I officially ended when the Treaty of Versailles was signed on June 28, 1919. However, the fighting ended about seven months before that when the Allies

and Germany put into effect an armistice on the eleventh hour of the eleventh day of the eleventh month.

For that reason, Nov. 11, 1918, was largely considered the end of "the war to end all wars" and dubbed Armistice Day. In 1926, Congress officially recognized it as the end of the war, and in 1938, it became an official holiday, primarily a day set aside to honor veterans of World War II.

But then World War II and the Korean War happened, so on June 1, 1954, at the urging of veterans service organizations, Congress amended the commemoration yet again by changing the word "armistice" to "veterans" so the day would honor American veterans of all wars.

Veterans Day's date was changed, too, and it confused everybody

Congress signed the Uniform Holiday Bill in 1968 to ensure that a few federal holidays

see **VETERANS DAY** on page 10

October**Safety Employee of the Month**

Photo by David M. White

Ozella Gates, assistant librarian, left, is recognized by Col. Carlene Blanding, commander, Eisenhower Army Medical Center Oct. 9 for her efforts to maintain a physically safe space in EAMC's library.

Safety Division

Ozella Gates is recognized by Col. Carlene Blanding, commander, Eisenhower Army Medical Center Oct. 9 for her efforts to maintain a physically safe space in a most dynamic environment: EAMC's library.

According to her nomination, Gates never fails to "move chairs that library users have left blocking aisles back to their applicable tables or desks. She moves chairs dozens of times a day on behalf of those people who have forgotten their manners and left chairs strewn all over the library.

She gently reminds users whose laptop electrical cords are running across the library's carpet to a wall outlet that their cords cause a safety hazard and that they will have to move and sit at one of the computer tables where their laptops can be directly plugged into an appropriate surge-protected outlet.

She routinely checks the public access computer stations to make sure that the plethora of associated wires and cables are safely tucked away where they cannot create a potential tripping hazard.

When necessary, she reorganizes the storage areas in the stacks so that items are safely stored and do not cause fire or falling hazards.

She regularly checks the paper-cutter to make sure that it is locked when not in use, and she makes sure that the pens and scissors at the printer station are placed points-down in their receptacles.

All in all, she is faithfully consistent in her efforts to keep the library a safe place for all those who use it.

VETERANS DAY from page 9

— Veterans Day included — would be celebrated on a Monday. Officials hoped it would spur travel and other family activities over a long week-end, which would stimulate the economy.

For some inexplicable reason, the bill set Veterans Day commemorations for the fourth Monday of every October

On Oct. 25, 1971, the first Veterans Day under this new bill was held. We're not sure why it took three years to implement, but not surprisingly, there was a lot of confusion about the change, and many states were unhappy, choosing to continue to recognize the day as they previously had — in November.

Within a few years, it became pretty apparent that most U.S. citizens wanted to celebrate Veterans Day on Nov. 11, since it was a matter of historic and patriotic significance. So on Sept. 20, 1975, President Gerald Ford signed another law (Public Law 94-97), which returned the annual observance to its original date starting in 1978. Other countries celebrate it, too, in their own ways.



IKE 7 from page 3

family like my two beautiful granddaughters, but my Eisenhower family. I've been blessed to work alongside some of the most selfless and professional human beings on this Earth.

Day in and day out, you get up and come to this grand institution, only to take care of others. I applaud your strength and dedication and am proud to be a part of this Eisenhower family.

During this holiday season, take the time to get to know your Eisenhower family, say hello, go to lunch together and be thankful for one another. We are Eisenhower.

TEN-MILER from page 8

Fort Buchanan Garrison Commander Col. Joseph B. Corcoran III, who ran with his daughter, Mackenzie, for the first time. "Thanks for always pushing me," Corcoran said to her.

His time was 1:17:04 and Mackenzie's was 1:17:02. This race is the second largest 10-miler held in the U.S. and is conducted by the U.S. Army Military District of Washington. The Army Ten-Miler promotes the Army, supports fitness goals and fosters esprit de corps. In support of All-Army Sports, the proceeds from the race benefit FMWR programs.

LIBRARY from page 4

of printing, handouts can be customized to include patient-specific care notes.

EAMC clinicians and nurses can access the handouts directly from the PERC database itself or while using the EAMC library's subscription to Nursing Reference Center Plus. Creating or using their established personal EBSCOhost accounts enables staff to set up folders for saving the text of frequently used handouts.

PERC can be accessed via the "Databases" and "Evidence-Based Medicine" sections of the Health Sciences Library's IKEnet page.

For assistance and training with PERC, contact the Librarian at 787-4446, or send an email to mary.e.gaudette.civ@mail.mil. To view a tutorial on how to search PERC, visit https://connect.ebsco.com/s/article/Patient-Education-Reference-Center-Tutorial?language=en_US.

KETO from page 2

Harvard College, 19 June 2019, www.hsph.harvard.edu/news/hsph-in-the-news/keto-diet-navy-seals/.

- "Ketogenic Diet and Performance Enhancement." HPRC, www.hprc-online.org/nutrition/performance-nutrition/ketogenic-diet-and-performance-enhancement.
- "Ketogenic Diet." Epilepsy Foundation, www.epilepsy.com/learn/treating-seizures-and-epilepsy/dietary-therapies/ketogenic.
- Roehl, Kelly, and Sarika L. Sewak. "Practice Paper of the Academy of Nutrition and Dietetics: Classic and Modified Ketogenic Diets for Treatment of Epilepsy." *Journal of the Academy of Nutrition and Dietetics*, vol. 117, no. 8, 2017, pp. 1279–1292., doi:10.1016/j.jand.2017.06.006.
- Volek, Jeff S, et al. "Extended Ketogenic Diet and Physical Training Intervention in Military Personnel." *Military Medicine*, 2019, doi:10.1093/milmed/usz184.

October**Patient Safety Employee of the Month**

Photo by David M. White

LaShonda Lane, RN, right, is recognized by Col. Carlene A.S. Blanding, Eisenhower Army Medical Center commander, Oct. 3 on 13E, as the Patient Safety Employee of the Month for October.

Patient Safety Division

On Sept. 1 at approximately 11 p.m., LaShonda Lane, RN, received a call at the nurses' station on 13E at Eisenhower Army Medical Center.

The caller stated that her son was recently discharged from 13E and she had been receiving text messages from him that evening that he was going to kill himself to prevent the devil from possessing his body. The mother was unable to get in touch with anyone in his chain of command to help and she didn't know what to do.

Lane proceeded to make multiple phone calls to both his chain of command and the Fort Gordon MPs. The soldier was located after an extensive search by the unit and MPs, and brought to EAMC via EMS for evaluation.

The soldier was re-admitted to 13E for treatment within two hours of the initial phone call.

Without Lane's efforts, there likely would have been a very bad outcome for this soldier and his family. Her efforts are consistent with providing the highest level of 5-Star Care and were instrumental in this soldier receiving immediate treatment.

A resident of Hephzibah, Ga., started as a certified nurse assistant and has worked her way up to registered nurse. After three-and-a-half years on 13E, she will be starting school in January to earn a bachelor of science in nursing.



Eisenhower
Army Medical Center

We are Eisenhower
WE KEEP OUR NATION READY



Command Sgt. Maj. Omar Mascarenas, command sergeant major, Troop Command, in the Army 27 years, at EAMC two years



Dr. Marc S. Husid, supervisory physician (Neurology), Neuroscience & Rehab Center, Traumatic Brain Injury Clinic, at EAMC for 11 years



2nd Lt. Samuel Bellmore, RN, Tele Nurse, on 11W, in the Army 15 years, at EAMC since November 2018



Capt. Marie A. McKenzie, Charlie Company commander, Troop Command, in the Army for 17 years, at EAMC for three months

