

Naval Health Research Center Quarterly Update

First Quarter

Winter 2009- 2010



Graphic Novel for Expeditionary Corpsman—
Story on page 2



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Stress Mitigation Tools Developed at NHRC

While there is a high level of concern among political and military leaders for the well-being of all military personnel, this concern and commitment is heightened even further when service members are deployed to combat. Combat deployment involves unique risks and stressors, and places burdens on families that extend beyond the typical problems associated with geographical separation.

Moreover, combat deployment is a significant risk factor for psychological distress. Yet many service members may not be willing to seek professional help. Others may need some guidance but not necessarily clinical assistance.

To increase the types of resources available to combat veterans, two stress mitigation tools—the Post-Deployment User Guide and the Graphic Novel for Expeditionary Corpsman are being developed by the

Naval Health Research Center under a program sponsored by Congresswoman Susan Davis.



Post-deployment User Guide: A Transition Workbook for Veterans

Dr. Valerie Stander and her colleagues developed the Post-deployment User's Guide (PUG) to assist returning combat veterans with their homefront transition. The PUG offers simple activities and practical information in 12 areas including

goal setting, personal growth, personal thoughts, personal relationships, mental health, grief and guilt, recreation and relaxation, physical health, substance use, finances, career, and legal affairs.

(Continued on page 4 – PUG)

Stress Mitigation Tool — Graphic Novel for Expeditionary Corpsman

As part of the stress mitigation tools to increase the types of resources available to combat veterans, the Naval Health Research Center developed the Graphic Novel for Expeditionary Corpsman under a program sponsored by Congresswoman Susan Davis.

Results from NHRC's in-theater surveys of expeditionary Sailors indicate that Hospital Corpsmen (HMs) experience greater psychological strain than almost any other group of Sailors deployed to combat zones. Closer examination of the survey data indicates that Corpsman in war zones experience a unique combination of stressors including:

- Exposure to direct combat (and sometimes must serve as riflemen) while accompanying Marine Corps teams on a variety of missions
- Caregiver stress and burnout as a result of treating the wounded and the dying.

This combination of direct combat exposure and caregiver stress places a unique burden on Corpsman. To help prepare HMs for the many challenges awaiting them during deployments, NHRC created a graphic novel telling the stories of four Corpsman on a deployment to Iraq at the height of Operation Iraqi Freedom.

The four protagonists grapple with:

- having to kill enemy combatants,
- being unable to save the life of a dying Marine,
- Home front issues such as injuries to their children,
- and other issues that test their resilience.

(Continued on page 3 – Graphic Novel)



Reference: Graphic Novel

(Continued from page 2— Graphic Novel)

The novel is intended to both psychologically prepare HMs by realistically portraying common concerns faced in war zones, and to serve as a discussion tool for lessening the stigma associated with combat stress. In addition to the printed novel, the story is being animated for viewing on iPods and other portable electronic devices.

Graphic novels and animation are highly appealing to the target audience and age range for this program, therefore it is anticipated that Corpsman who might be disinterested in combat stress information delivered through conventional training programs will nevertheless be attracted to these new media. The illustrations and animation are being performed under a contract with the Research Triangle Institute.

Study Finds Morphine Reduces the Risk of PTSD

An important article titled *'Morphine Use After Combat Injury in Iraq and Post-Traumatic Stress Disorder'* was published in the January 14th, 2010 edition of the New England Journal of Medicine. The data is the first to describe the use of morphine after injury with a reduced risk of PTSD in injured military personnel.

The research team led by Dr. Troy Holbrook and co-authors Michael Galarneau, Judy Dye, Kimberly Quinn and Amber Dougherty in the Department of Medical Modeling and Simulation has been interviewed by numerous media agencies including The Washington Post, Associated Press, New York Times, Los Angeles Times, Reuters Health, & Bloomberg News. To date, there are over 200 news citations of this publication.

The objective of the study was to determine if morphine use during initial post-injury trauma resuscitation would protect against Post Traumatic Stress Disorder (PTSD) onset in injured military personnel. The study found that patients, who received morphine directly after injury, during resuscitation and early trauma care, were half as likely to develop PTSD when compared to patients who did not receive morphine.

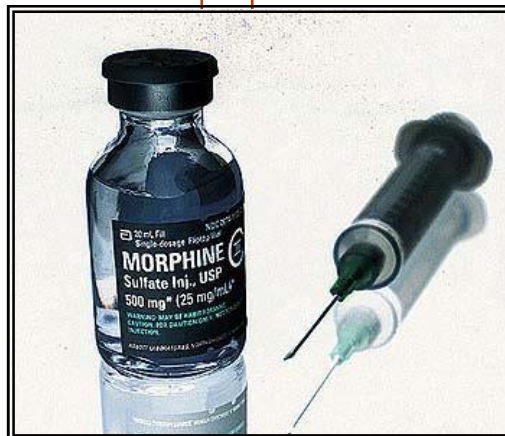
Data from the Combat Trauma

Registry Expeditionary Medical Encounter Database (CTR EMED), a large comprehensive clinical data set designed to include clinical records for U.S. service members sick or injured during deployment, was used to investigate the relation between morphine use after injury and subsequent development of PTSD among injured U.S. military personnel.

Participants in this current study included a total of 696 injured U.S. service members without serious traumatic brain injury and with complete medication data identified

from the CTR EMED. Injured military personnel (some of whom later developed PTSD and some of whom did not) were identified from military personnel presenting to forward medical treatment facilities (MTFs) for acute injuries during the major combat and support phases of Operation Iraqi Freedom, defined here as the 36-month period from January 2004 to December 2006.

PTSD diagnosis was obtained by review of casualty medical records. Funding for the investigation was provided by the U.S. Navy Bureau of Medicine and Surgery under the Wounded, Ill, and Injured/Psychological Health, Traumatic Brain Injury Program.



New Epidemiology Directorate Established

NHRC established a new directorate in epidemiology to provide greater support and coordination across multiple departments engaged in deployment and career-span health research on military personnel. The directorate will be headed by Dr. Richard Shaffer, and will include the Behavioral Health and Epidemiology, Deployment Health Research, and DoD HIV/AIDS Prevention Program (DHAPP) departments. A steering committee will also include members of the Medical Modeling and Simulation Department's Expeditionary Medical Encounter Database project, who examine the association of health outcomes with trauma and care at the farthest-forward medical treatment facilities.

NHRC will also re-constitute an HIV/AIDS and sexually transmitted diseases (STD) research division within the DHAPP program. "NHRC studied Navy and Marine Corps HIV and STD infection rates for years, resulting in our selection to spearhead the DHAPP initiative. So it makes sense that new joint initiatives would look to us to take on that tasking," said Dr. Shaffer. The goals of the reorganization are to promote greater collaboration, sharing of resources, and expanding creative dialog across the laboratory in the area of epidemiology.

(Continued from page 1 – PUG)

The organizing theme of the PUG is goal-setting including worksheets and tools to help returning veterans to prioritize their lives, set new short-term goals, and work to achieve them.

The PUG includes information regarding how to seek professional assistance as well as several assessments to help veterans in gauging whether professional help might be best for them in specific aspects of their lives. Nevertheless, the PUG primarily includes information and interventions helpful in facing common challenges that all veterans might deal with during post-deployment adjustment. Although, there are a number of professional and online resources available for returning veterans experiencing difficulty adjusting, this project was conceptualized from a positive psychology perspective as a hands-on guide to personal growth upon returning from deployment.

The PUG takes into account the fact that multiple aspects of both personal and professional life influence psychological resilience. While exposure to combat is a profound experience, the trajectory of post-combat life can take many directions depending on the strength of one's relationships, one's mental perspective on war experiences, and many other factors addressed in the workbook.

The Marine Corps plans to distribute NHRC's post-deployment workbook as part of their Warrior Transition Programs. Dr. Tom Gaskin, the Director of Combat and Operational Stress Control for the Marine Corps, requested 100,000 copies of the workbook for distribution to Marines.



DoD photo: (www.defenselink.mil/multimedia)

Navy Influenza Experts Consult During World Health Organization Meeting



Since the novel influenza A/H1N1 (A/H1N1n) virus was first isolated and characterized in respiratory samples from a 10 year-old US Navy dependent in San Diego in April 2009, the 21st century's first influenza pandemic has afflicted human populations across the globe. Six months into the pandemic, human cases of A/H1N1n infection have been recorded in 199 countries and territories resulting in more than 6000 deaths (WHO Pandemic (H1N1) 2009 update 73).

While the majority of illnesses have been self-limited, mild-to-moderate uncomplicated disease, severe complications and fatalities have stricken a surprising large number of previously healthy young adults, raising fears that A/H1N1n could disproportionately hamper men and women in uniform. In response to rising world concerns, the World Health Organization (WHO) convened a meeting of 125 top people in public health, laboratory science and clinical care at their headquarters in Geneva, Switzerland in November 2009. The goal of the *WHO Public Health Research Agenda for Influenza* meeting was to strengthen public health guidance and research and clinical actions essential for limiting the impact of pandemic, zoonotic and seasonal influenza.

Organizers aimed to facilitate discussion, coordination and interaction among researchers, donors/funding agencies and public health professionals worldwide by focusing participants on five vital streams directed at countering the impact of seasonal and pandemic influenza.

CDR Matthew Lim, a Navy infectious disease and internal medicine clinician seconded to the WHO, and CDR Patrick Blair, a virologist who directs the Department of Respiratory Diseases at the Naval Health Research Center participated. Drs. Lim and Blair worked with a small group to define the research and clinical objectives that the WHO will endorse over the next 1-5 years to optimize influenza disease recognition and treatments.

While no one can predict whether the current pandemic will worsen in the coming months, what is clear is that the threat will be met through the formation of global public health, clinical and laboratory partnerships.

Towards that end, the Department of Defense laboratories and military treatment facilities will serve an important role.



CDRs Patrick Blair and Matthew Lim

Millennium Cohort Study Update



Launched in the summer of 2001, prior to the terrorist attacks of September 11th, the Millennium Cohort Study began enrolling a population-based sample of US military personnel from all services, including both active-duty and Reserve/National Guard members. The study will collect follow-up data from consenting participants during and after their time in service, for up to 21 years.

- Currently, the Cohort includes over 151,000 participants, and is expected to enroll one additional panel in 2010 that will consist of an estimated 50,000.

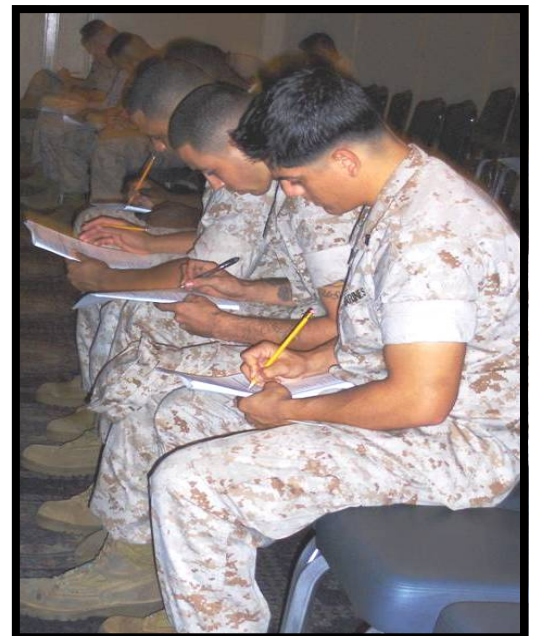
- In addition to assessing the long-term health impact of military service in the Millennium Cohort, the impact of military service on family members will be evaluated through a spousal assessment component in the 2010-11 survey cycle. The overarching goal of the Millennium Cohort Family Study is to assess the impact of military service and deployment on family health.
- This study will be the first of its kind to use a large cohort to assess the impact of military service and deployment on the health of service members, their spouses and co-resident children, and to evaluate the quality of these relationships.
- Within the last year, the Millennium Cohort Study team produced many peer-reviewed publications in top medical and scientific journals, shared more than 50 presentations at scientific conferences, and received multiple research awards.
- Recently published papers have answered questions regarding newly-reported alcohol drinking (Jacobson 2008); cigarette smoking initiation and recidivism (Smith 2008); posttraumatic stress disorder (PTSD) (Riddle 2007, Smith 2008, Smith 2008, LeardMann 2009, Smith 2009); depression (Riddle 2007, Wells 2009); functional health (Smith 2007, LeardMann 2009); disordered eating and weight change (Jacobson 2009); complementary and alternative medicine use (Jacobson 2009); hypertension (Granado 2009); and newly-reported respiratory symptoms and conditions (Smith 2009).
- The research consistently highlights that combat exposures, rather than deployment itself, significantly increases the risk of post-deployment cigarette smoking and problem alcohol drinking along with mental health outcomes, including PTSD and depression.
- Current areas of research include investigations differentiated by deployment focusing on diabetes, weight change, hearing loss, migraine headaches, unit cohesion, complementary and alternative medicine and health care use, physical activity and PTSD symptoms, professional care provider occupations and PTSD and depressive symptoms, chronic multi-symptom illnesses and associated comorbidities, motor vehicle accidents among deployers, and cause-specific mortality including suicide.

Marine Corp Survey Program Identifies Factors Associated with PTSD

The Behavioral Sciences and Epidemiology Department at NHRC under Dr. Stephanie Booth-Kewley, conducted a study to identify factors associated with possible Posttraumatic Stress Disorder (PTSD) in Marines who deployed to combat zones in Iraq and Afghanistan.

Of all the variables, deployment-related stressors had a stronger association with PTSD than any other variable—including combat exposure.

- The study population consisted of 1,569 enlisted and officer Marines who had completed at least one war-zone deployment.
- Participants completed a questionnaire called the Warfighter Status Survey which assessed combat exposure, deployment-related stressors, and PTSD symptoms, as well as demographic and military information about participants.
- In the study, PTSD was measured using a widely used scale called the Posttraumatic Stress Disorder Checklist (PCL). Using a PCL cutoff score of 44, 17.1% of the sample screened positive for possible PTSD.
- Of all the variables, deployment-related stressors had a stronger association with PTSD than any other variable including combat exposure. Deployment-related stressors are stressors associated with the military deployment itself but not directly related to combat.
- Stressors include concerns or problems back home, difficulties in communicating with home, problems with leadership, long deployments, and lack of time off.
- The results regarding deployment-related stressors are important because they are potentially modifiable: the military may be able to address them in a variety of ways, such as by shortening deployments, improving access for communication with home, and improving support to families back home.
- Additional research should aim to clarify the nature and impact of deployment-related stressors, especially those related to leadership issues and family concerns.
- Programs and steps to modify and lessen the impact of deployment-related stressors should be continued, since this could have a crucial impact on the mental health of deployed military personnel.



Marines taking the WSS survey

NHRC Lab Highlights

FORCE HEALTH PROTECTION FLEET COLLABORATIVE TEAM—October 2009

Jim Herbst and Paula Konoske attended the US Fleet Forces /US Pacific Fleet's Fleet Health Domain Board of Directors (BOD) meeting in Pearl Harbor, Hawaii. RDML Stocks approved the effort to go forward on the establishment of the Force Health Protection (FHP) Fleet Collaborative Team (FCT).

SAN DIEGO DAY OF TRAUMA CONFERENCE— October 2009

Members from the Medical Modeling, Simulation & Mission Support Department, Judy Dye, Kim Quinn, Troy Holbrook, Peggy Han, Kevin Heltemes, Jonathan Mayo, Marty Lebedda, and Darlene Hoff, attended the 2009 San Diego Day of Trauma presented by Scripps Mercy Hospital. The conference focused on human factor issues in trauma center care using lessons learned about critical incident reporting and real life case based presentations.

100,000 COPIES OF POST-DEPLOYMENT WORKBOOK REQUESTED—November 2009

Dr. Tom Gaskin, Director of Combat and Operational Stress Control for the Marine Corps, requested 100,000 copies of a post-deployment workbook recently developed by Dr. Valerie Stander and her colleagues at NHRC. The workbook provides practical advice and self-improvement exercises in a number of areas where combat veterans may face challenges upon return from deployment. Topics include reconnecting with one's family, sleep, substance abuse, and mental health. The Marine Corps intends to distribute the workbook as part of their Warrior Transition Programs.

SPOKEN ESSAY ON NATIONAL PUBLIC RADIO— November 2009

Dr. Heidi Kraft, Department of Behavioral Science and Epidemiology, provided a spoken essay for the National Public Radio called "For All That We Are, We Are Not Nidal Hasan." It aired on Tues, November 10, 2009.

BASIC AND BSL-3 TRAINING GIVEN TO THE MEXICAN MINISTRY OF HEALTH—November 2009

Through a grant from the US Department of State Bio-security engagement Program (BEP), NHRC provided basic and BSL-3 laboratory training to Dr. Jose Armando Martinez and Dra. Amalia Barquet Fuentes from the Mexican Ministry of Health. NHRC and collaborators at the US Centers for Disease Control and Prevention maintain a study with Mexico to conduct respiratory diseases surveillance at sites on the US/Mexico border. In the work funded by the State Department, collaborators from both sides of the border are provided laboratory training opportunities.

8 POSTERS PRESENTED AT AMSUS CONFERENCE— November 2009

CDR Sander, LT Bartlett and LT Andrews attended the annual Association of Military Surgeons United States (AMSUS) conference in St Louis. They represented 8 abstracts from the Warfighter Performance Department at the MSC poster section judged by RADM Mittleman.

PEPFAR CONFERENCE—November 2009

The Department of Defense HIV/AIDS Prevention Program (DHAPP) participated at the Presidents Emergency Plan for AIDS Relief (PEPFAR) review of country programs conference in Washington DC at the Office of the Global AIDS Coordinator (OGAC). Ms. Lynn Pahland from Health Affairs

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and Dr. Richard Shaffer and Dr. Kim Coleman from DHAPP represented DoD. Seventeen country operational plans were presented, which totaled over \$85 million to AMB Goosby for approval by OGAC. Upon approval of these plans, they will be submitted to congress for final approval.

NGIC REVIEW MEETING— November 2009

Mike Galarneau, Bill Hancock, and Sherri Winchester attended the National Ground intelligence Center's (NGIC) casualty review meeting held in Charlottesville, VA. The NGIC meeting has key Joint Trauma Analysis and Prevention of Injury in Combat (JTAPIC) partners reviewing operational events, material analysis of the events, and killed and wounded personnel medical analysis.

UNIVERSITY OF BOTSWANA CONFERENCE— December 2009

The University of Botswana in partnership with the US Navy Medicine and the Uniformed Services University (USA) organized an educational conference held at the University of Botswana. The theme of the conference was "Retrieving the Human face of Science: Understanding Ethics and Integrity in Healthcare, Medicine and Research". Drs. Shaffer and Thomas participated in the educational conference held at the University of Botswana.

SIQ SEA TRIAL MEETING— December 2009

Jim Herbst participated in the Shipboard Isolation and Quarantine (SIQ) Sea Trial meeting with U.S. Fleet Forces Command and Naval Sea Systems Command. The Joint Combat Developer for Chemical, Biological, Radiological and Nuclear (CBRN) Defense Experimentation will be conducting a Limited Objective Experiment (LOE) on the Shipboard Isolation & Quarantine (SIQ) concept. The Joint Combat Developer for CBRN Defense has seen this need after the Navy recently noted the vulnerability of military personnel to the transmission of infectious disease and biological agents given the confined quarters on ships. To mitigate the spread of contamination hazards to Sailors and Marines, the Navy requires the ability to establish shipboard isolation and quarantine areas.

US PACOM HOSTED PANDEMIC INFLUENZA WORKSHOP— December 2009

US PACOM in concert with the Royal New Zealand Navy and the Australian Defense Force hosted a workshop for Pandemic Influenza Planning for the North and South Pacific in Brisbane. During the workshop, CDR Patrick Blair presented a presentation on respiratory surveillance conducted by the Department of Defense, both INCONUS and OCONUS. Dr. Blair also led small group discussions with representatives from the other nations as they developed their own national pandemic response plans.

SURVEY ON MENTAL HEALTH LOSSES AMONG SUBMARINE CREWS— December 2009

Dr. Jerry Larson participated in discussions with the SUBPAC and SUBFOR force surgeons regarding a planned survey of operational stress issues impacting mental health losses among submarine crews. IRB, OPNAV, and COMSUBFOR approval has been obtained for the survey, which is scheduled to begin in January 2010.

EFFORT TO REDUCE DUI INCIDENTS—December 2009

Dr. Jerry Larson participated in discussions with the Force Medical Officer, Naval Air Forces Atlantic (CAPT John J. Lee) regarding a Vice Chief of Naval Operations (VCNO) initiated effort to reduce DUI incidents in the Navy by developing and validating a screening questionnaire to identify and mentor Sailors at-risk for DUI's. Dr. Larson is currently analyzing data with the goal of developing a DUI risk assessment tool that can be used by line leaders.

NHRC in the News



- Respiratory Conditions Investigated for the Deployed - Kansas City infoZine, 11 Feb 2010
- Reminders for flu prevention, staying healthy - StandardNet - Antonio Leonardi, 04 Feb 2010
- Deployment takes toll on army wives—News 8 and CBS8.com, 13 Jan 2010
- Iraq/Afghanistan deployment tied to respiratory woes - The Gazette (Montreal), 03 Dec 2009
- Triple-Combo Drug Shows Promise Against Antiviral-Resistant Swine Flu – Infection Control Today, 27 Oct 2009

Morphine Study gets press time:

- Battlefield Morphine Treatment Shown to Prevent PTSD - NVF News, 20 Jan 2010
- Morphine May Head Off PTSD— -Citizens Report, 24 Jan 2010
- Morphine May Help Traumatic Stress—NYTimes, 14 Jan 2010
- Morphine found to help stave off PTSD in wounded troops— Washington Post, 14 Jan 2010
- Morphine Cuts Both Pain and PTSD – PublicHealthPolicy, 13 Jan 2010

Additional links on the morphine study:

- <http://www.citizensreport.org/2010/01/24/morphine-may-head-off-ptsd/>
- http://www.npr.org/blogs/health/2010/01/morphine_ptsd.html
- http://www.msnbc.msn.com/id/34848093/ns/health-mental_health/
- <http://www.washingtonpost.com/wpdyn/content/article/2010/01/13/AR2010011303721.html>
- <http://www.medscape.com/viewarticle/715162>
- <http://www.foxnews.com/story/0,2933,582984,00.html>
- http://www.navytimes.com/news/2010/01/ap_morphine_ptsd_011310/
- <http://www.medpagetoday.com/PublicHealthPolicy/MilitaryMedicine/17938>
- <http://psychiatry.iwatch.org/cgi/content/full/2010/113/1>
- http://www.theworldlink.com/articles/2010/01/18/science_health/doc4b54997ce7311931689956.txt
- <http://www.chinapost.com.tw/health/mentalhealth/2010/01/21/241725/p1/Morphine-treatment.htm>
- <http://www.healthnews.com/family-health/mental-health/quick-morphine-treatment-may-help-prevent-ptsd-4034.html>
- http://www.militarytimes.com/news/2010/01/ap_morphine_ptsd_011310/
- <http://abcnews.go.com/Health/wireStory?id=9554295>

NHRC Recent Publications

Holbrook TL, Galarneau MR, Dye JL, Quinn K, Dougherty AL. [Morphine use after combat injury in Iraq and post-traumatic stress disorder.](#) N Engl J Med. 2010 Jan 14;362(2):110-7.

Momen N. [The effects of alternative input devices and repeated exposures on the Test of Basic Aviation Skills \(TBAS\) performance.](#) Mil Med. 2009 Dec;174(12):1282-

Metzgar D, Gibbins C, Hudson NR, Jones MS. [Evaluation of Multiplex Type-Specific Real-Time PCR Assays Using the LightCycler and J.B.A.I.D.S. for Detection and Quantitation of Adult Human Respiratory Adenoviruses.](#) J Clin Microbiol. 2010 Jan 6.

MacGregor AJ, Shaffer RA, Dougherty AL, Galarneau MR, Raman R, Baker DG, Lindsay SP, Golomb BA, Corson KS. [Prevalence and psychological correlates of traumatic brain injury in operation iraqi freedom.](#) J Head Trauma Rehabil. 2010 Jan-Feb;25(1):1-8.

Chun HM, Fieberg AM, Hullsiek KH, Lifson AR, Crum-Cianflone NF, Weintrob AC, Ganesan A, Barthel RV, Bradley WP, Agan BK, Landrum ML. [Epidemiology of Hepatitis B virus infection in a US cohort of HIV-infected individuals during the past 20 years.](#) Clin Infect Dis. 2010 Feb 1;50(3):426-36.

Broderick MP, Hansen CJ, Irvine M, Metzgar D, Campbell K, Baker C, Russell KL. [Adenovirus 36 seropositivity is strongly associated with race and gender, but not obesity, among US military personnel.](#) Int J Obes (Lond). 2009 Nov 10.

Smith B, Wong CA, Smith TC, Boyko EJ, Gackstetter GD; Margaret A. K. Ryan for the Millennium Cohort Study Team. [Newly reported respiratory symptoms and conditions among military personnel deployed to Iraq and Afghanistan: a prospective population-based study.](#) Am J Epidemiol. 2009 Dec 1;170(11):1433-42.

Smith TC; Millennium Cohort Study Team. [The US Department of Defense Millennium Cohort Study: career span and beyond longitudinal follow-up.](#) J Occup Environ Med. 2009 Oct;51(10):1193-201.

Granado NS, Smith TC, Swanson GM, Harris RB, Shahar E, Smith B, Boyko EJ, Wells TS, Ryan MA; Millennium Cohort Study Team. [Newly reported hypertension after military combat deployment in a large population-based study.](#) Hypertension. 2009 Nov;54(5):966-73. Epub 2009 Sep 14.

Gorham ED, Barrett-Connor E, Highfill-McRoy RM, Mohr SB, Garland CF, Garland FC, Ricordi C. [Incidence of insulin-requiring diabetes in the US military.](#) Diabetologia. 2009 Oct;52(10):2087-91.

Welcome Aboard

CAPT Lanny Boswell
CAPT Braden Hale
LCDR Katharine Shobe
LT Jacob Norris
CDR Deborah White
DCCS Eric Duckworth
Melissa Bagnell
Shiloh Beckerley
Ashley Bolton
Jenna Bush
Cosmoe Cala
Tina Colantonio
William Conquest
Amanda Cowhick

Kathryn Curd
Ryan Darby
Francis DeJesus
Connie DeSciociolo, PhD
Yloida Dungca
Trevor Elkins
Melanie Guiang
David Hampton, Jr.
Dennis Hernando
Douglas Johnson, PhD
Manolom Khounborin
Elizabeth Lavelle
Diana Lee
Julie Onton, PhD

James Pethers
Cathleen Pham
Amanda Pietrucha
Teresa Powell
Brian Rettman
Shawn Richeson
Lawrence Robinson
Charisse Santiago
Margo Sloan
Reuben Smith
Hayden Souriyo
Nathaniel Thom, PhD
Cynthia Thomsen, PhD
Kenneth Zeng



Spotlight— CAPT Lanny Boswell, PT PhD OCS

Captain Lanny L Boswell recently reported aboard Naval Health Research Center as the Head of the Warfighter Performance Research Program. A native of San Antonio, Texas, he graduated from Southwest Texas State University in 1986. He received a Master of Science in Physical Therapy from the Baylor University Academy of Health Sciences in 1989 and was awarded a PhD in Sports Medicine, with an emphasis in Exercise Physiology, from the University of Virginia in 2002.

In 1994, Captain Boswell designed mobile neuromuscular clinics, which provided care to Navy ships entering the Adriatic theater. This led to his assignment as the first musculoskeletal provider aboard the USS Enterprise in 1995 and a subsequent pilot study that culminated in the assignment of musculoskeletal providers aboard all Naval aircraft carriers. Captain Boswell served as the Naval Service Training Command Director of Strategic Analysis (N5) from 2002 to 2005. He was a contributing researcher to the National Academies of Science, 'Youth Population and Military Physical and Medical Standards', and presented at several university level athletic forums on the topic of the health and physical effects of nutritional supplements and ergogenic aids.

He is a licensed physical therapist, holds a board certified specialty in orthopedics, and is a credentialed electromyographer and neuro-musculoskeletal primary care provider. His personal awards include two Meritorious Service Medals, five Navy and Marine Corps Commendation Medals, two Navy and Marine Corps Achievement Medals, and an Air Force Commendation Medal.

In his free time, he surfs, sails, and paddle boards. "I obviously like the water", he states. He also enjoys live music, espresso, good food—his favorite restaurant is *Mister A's* because of the view—and traveling. He currently lives in Point Loma.



CAPT Lanny Boswell

NHRC Annual Chili Cook-off and Halloween Costume Contest

The much-anticipated Annual NHRC Chili Cook-off, Brownie Bake and Halloween Costume contests were held at the Flagpole on 30 Oct 2009. There were a plethora of entries in each category and special guests included witches, warlocks, fairies, Rock Stars, Spock and the Statue of Liberty.



Pumpkin carvers— left to right: Teresa Powell, Kelly Jones, Melissa Bagnell and Amanda Pietrucha



Chili judging is serious business

The Chili judges - CAPT Gregory Utz, Amanda Pietrucha, and Paul Smith (DAPS) - bravely sampled the many and varied entries - sometimes twice - to determine the Chili Champion for 2009.

After much deliberation, the Chili Contest winners were:

- 1st Place:** FIRE IN THE HOLE - Spicy Chipotle Chili
Melanie Adams;
- 2nd Place:** PANDEMIC - Spicy Meat Chili
CDR Patrick Blair;
- 3rd Place:** ORGANIC PUMPKIN—ALE CHILI
Becki Grass.

The hungry masses then quickly consumed their favorite chili and cornbread.

Dr. Van Orden, LCDR Garcia and Alina Burgi had the extremely difficult job of sampling brownies to determine who would hold the title of Brownie Champion. The winners were:



Chili Contest Winners

- 1st Place:** Walnut Brownies: Deborah Devore from DAPS;
- 2nd Place:** Dianne Hulse.

CAPT Utz also oversaw the Costume Contest. With help from the crowd, the winners for the Best Halloween Costumes were:

- 1st Place:** Zombie - Larivhie DelaCruz
- 2nd Place:** Spock -Jerry Blanco
- 3rd Place:** Glamour Witch - Dina Montenegro.

(Continued on page 14 – CONTESTS)

(Continued from page 13 – CONTESTS)

CAPT Utz presented all of the winners with a trophy for First Place, a medal for Second Place and a certificate for Third Place respectively.



The winners of the day with their awards

NHRC Holiday Luncheon

The Annual NHRC Holiday Luncheon was held at the Island Palms Resort and Marina on Shelter Island. The buffet included something for every one with beef, chicken and fish entries.

CAPT Utz emceed the event. In keeping with the annual NHRC tradition, CAPT Thompson called upon all new employees to sing Frosty the Snowman. They did a fine job singing the first verse. Several holiday games were played throughout the lunch. Ryan Baker-Branstetter, Sarah Vu, Jomelynne Fontecha, Carrie Sitz, Eileen



“Do You Have?” Game Winners from Table 15



Singing Frosty the Snowman

Cristobal, Julianne Nielsen, Jessica Anunwah, and Khanh Pham from Department 166 showed they were the most prepared by having nearly all of the requested items during the “Do You Have?” game. CAPT Utz stated Table 15 was the table to be at in the event of an emergency. The grand prize raffle—a suite at the Island Palms—was won by Dr. Van Orden. Each attendee received a Santa Windsock or Holiday door bell to take home.

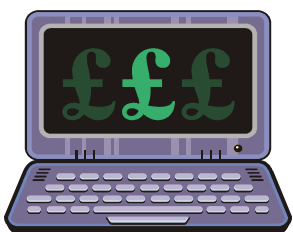
Commanding Officer's Corner

What are your New Year's Resolutions?



CAPT Kerry Thompson
Commanding Officer

We all think about them this time of the year, but by March or April most of us are back to business as usual. The NHRC Board of Directors has discussed our areas of focus for 2010 and fortunately, the staff and scientists at NHRC are extremely talented, productive and deliver invaluable products to our DoD customers.



We are as healthy as I have witnessed in my past 5 years at the command from a financial and science standpoint and are moving along smartly to stay on the cutting edge of science and the delivery of militarily relevant research products and information. With that said, we need to continue pressing on with the great scientific work being pursued by the staff while focusing on optimizing the administrative aspects of how we do our business.

For 2010, I would like to focus on moving more into electronic management and information sharing of administrative and scientific functions at the command. I don't like the phrase "going paperless", but I do embrace the concept of having documents

linked electronically and using the intra- and internet to its fullest extent for information sharing. Administratively, we are often in "reaction/crisis mode", and by managing more of what we do electronically, I would predict that we will save valuable time as well as reduce overall stress? I'm all about stress reduction as I suspect a reduction will also help reduce my waistline (an idea from some scientific endeavor looking at stress and weight gain).

We have success stories this past year at both NHRC and its' subordinate laboratories of how electronic management can significantly improve the overall performance of many critical functions. While we can't dive head first into the age of Facebook, Twitter or even YouTube from our government computers, WE ARE collectively a talented team capable of defining and developing our own solutions and programs.

I challenge you, the NHRC team, to start now to evaluate and then to act on being in the forefront of electronic management and information sharing.

- CAPT K Thompson

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