

BAMC

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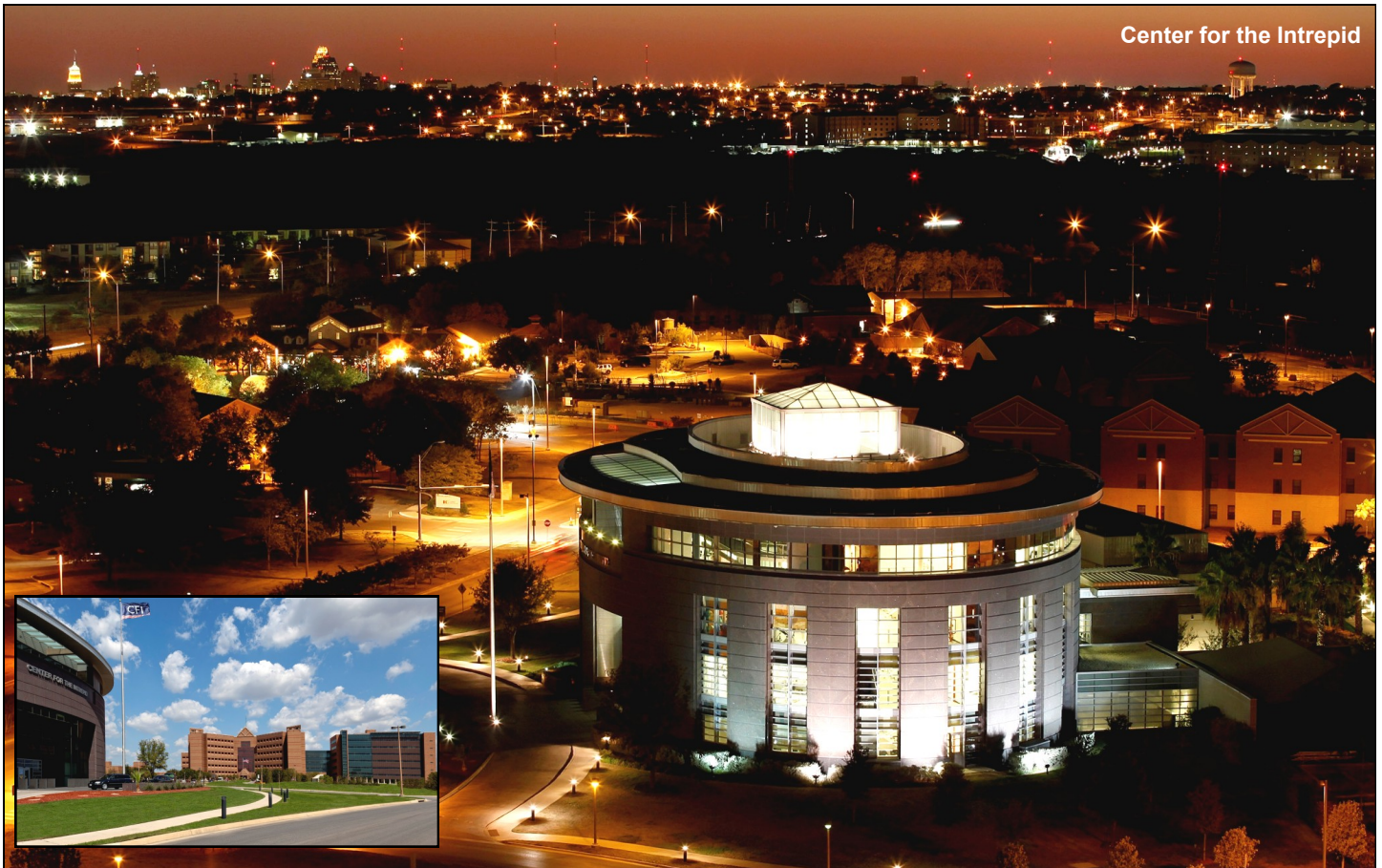
FOCUS

BROOKE ARMY MEDICAL CENTER: DEDICATION, DUTY, SERVICE



(From left) Outgoing Brooke Army Medical Center commander Maj. Gen. M. Ted Wong and incoming BAMC commander Col. Kyle D. Campbell render salutes during the playing of the national anthem at a change of command and responsibility at Joint Base San Antonio-Fort Sam Houston's MacArthur Parade Field Jan 24.





Center for the Intrepid

Photo by Dwayne Snader

Brooke Army Medical Center (BAMC) is comprised of San Antonio Military Medical Center (SAMMC) and the Center for the Intrepid, Fort Sam Houston Primary Care Clinic, McWethy Troop Medical Clinic, Taylor Burk Clinic at Camp Bullis, Schertz Medical Home and Corpus Christi Occupational Health Clinic. SAMMC is the largest inpatient medical facility in the Department of Defense, with 425 beds, the only Burn Center and the only Level I Trauma Center in the U.S.

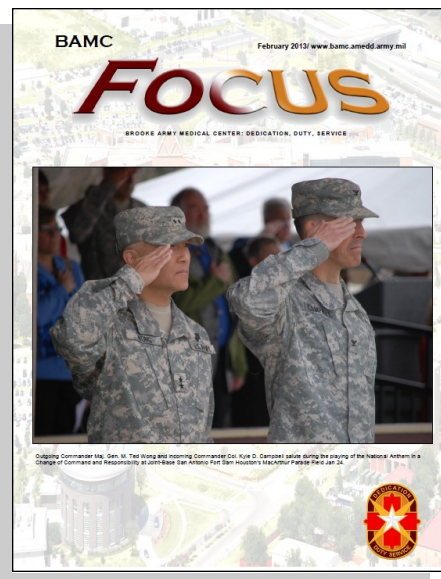


Photo by Robert Shields

(From left) Outgoing Brooke Army Medical Center commander Maj. Gen. M. Ted Wong and incoming BAMC commander Col. Kyle D. Campbell render salutes during the playing of the national anthem at a change of command and responsibility at Joint Base San Antonio-Fort Sam Houston's MacArthur Parade Field Jan 24.

(Go to page 10 for the full story and photos)



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Brooke Army Medical Center
February 2013

COL Kyle D. Campbell
Commander

CSM Mark K. Pumphrey
Command Sergeant Major

Dewey Mitchell
Chief, Communications Division

Maria Gallegos
Editor

BAMC Focus is an authorized publication for members of Brooke Army Medical Center and Southern Regional Medical Command, published under the authority of AR 360-1. Contents are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army, or Brooke Army Medical Center.

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Questions, comments or submissions for BAMC Focus should be directed to the editor at 210.916.5160, or by email; maria.e.gallegos6.civ@mail.mil

Deadline for submission is six business days before the 1st of the month. We reserve the right to edit submissions selected for the paper.



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Serving To Heal...Honored To Serve

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COMMANDER



COL Kyle D. Campbell
POC: Carolyn Putnam
(210) 916-4100

Mission

Promote health and provide quality, compassionate, patient-centered care while developing healthcare professionals and optimizing readiness

Vision

To be our patients' first choice in healthcare

COMMAND SERGEANT MAJOR



CSM Mark K. Pumphrey
POC: SGT Tyler Mills
(210) 916-5061

COMMAND SUITE LEADERS

Chief of Staff/Deputy Commander for Administration



COL Noel J. Cardenas
POC: Deborah Leas
(210) 916-5009

Deputy Commander for Clinical Services



Col Joseph P. Chozinski
POC: Jennifer Walker
(210) 916-0901

Deputy Commander for Nursing



COL Sheri A. Howell
POC: Deborah Rush
(210) 916-2260

Deputy Commander for Allied Health



COL Ronny Fryar
POC: Mary Aguilar
(210) 916-5590

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BAMC Team,

It is a true honor and privilege to join the BAMC team and serve on the flagship of Army medicine as we support the center of gravity for our Nation's defense – the service members and their Families.

As we emerge from the final phases of our BRAC transformation, we must look to the future.

Our military and civilian leaders have laid out a dynamic vision for our Military Health System and the changes are coming fast and furious as we strive to accomplish our critical missions in the midst of some unprecedented fiscal challenges.

We will rise to these challenges as we execute our Surgeon General's call to action. Specifically, we will create capacity as we capitalize on the full capabilities of the amazing staff and the tremendous facilities that our Nation has provided us.

We will provide our comprehensive and full spectrum of care to a greater number of patients. We will do this within BAMC's inpatient facility – the San Antonio Military Medical Center - and in our outlying clinics including McWethy Troop Medical Clinic, Taylor Burk Clinic, Corpus Christi Occupational Health Clinic, Fort Sam Houston Primary Care Clinic and Schertz Medical Home.

We will continue to improve in our core businesses of healthcare delivery, graduate medical education and total staff readiness. We will do this while working with our patients and staff to improve choices and behaviors in their Lifespace, which is when we make decisions and take action on our activity level, nutrition and sleep.

We will continue to support and provide cuttingedge research with our partners - The Center of Excellence for Battlefield Health and Trauma and the Institute for Surgical Research. Likewise, we will sustain the superb care and services provided in our Center for the Intrepid and Warrior Transition Battalion.

I look forward to working with each of you as we overcome these challenges and answer our Surgeon General's call to action by executing our mission of promoting health and providing quality, compassionate, patient-centered care while developing healthcare professionals and optimizing readiness.

Every single member of the BAMC team is critical to our success. Please continue to take care of each other and keep this winning team winning with all of its members safe.

I am humbled and deeply honored to join each of you in this storied organization. The accomplishments of the entire BAMC team are truly legendary. I thank you for all that you have done, all you are doing and all that you will do in the future as we continue to serve as our patients' first choice for healthcare.

May God bless the outstanding men and women of BAMC: the flagship of Army Medicine, where amazing is routine!

Leaders...
Serving To Heal...Honored To Serve!

KDC

KYLE D. CAMPBELL
Colonel, MS
Commanding



REMARKABLE VOLUNTEER



A retired Air Force colonel and a former fighter pilot, Norman Ess has demonstrated exemplary performance in providing professional and courteous service to all hospital patrons since June 2007.

As a caremobile driver, Ess' selfless devotion and continuous commitment to patients and staff is truly valued and appreciated as he returns to work day after day before daybreak to serve others at the medical center.

His life philosophy: Remember who you are and where you came from and be all you can be. Give life your best.

"I am blessed and I've had a good life, and I've been fortunate to be able to have all I've wanted to have," said Ess.

Norm's Secret to Success-

- Do what you want to do and do it the best way you can and always help others along the way.

If you know a Remarkable Staff or a Volunteer, please submit his/her name, duty location and accomplishments to maria.e.gallegos6.civ@mail.mil

Brooke Army Medical Center presents Patient Recognition Day!

"Patients– The Heart of Army Medicine"

DATE: February 21

LOCATION: SAMMC Medical Mall

TIME: 1-3 p.m.

The event will feature cake cutting, refreshments, mobile relaxation stations, and much more! All BAMC beneficiaries are welcome to attend!

FEBRUARY 2013

Army Medicine beneficiaries deserve the finest care and support the Army can provide. Our leaders recognize that paying attention to our beneficiary's unique needs is key to overall patient satisfaction. We will continue to enhance and improve medical support and service to those entrusted to our care. Army Medicine is: Serving to Heal...Honored to Serve!

Together, we will impact your Lifespace and improve your Health.

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BAMC UNVEILS GUEST WI-FI FOR PATIENTS, FAMILIES

By Elaine Sanchez
BAMC Public Affairs

Patients and their families are now able to text, email or just browse the Internet from their commercial, personally-owned wireless devices at San Antonio Military Medical Center, thanks to a new guest wireless pilot program that launched in late January.

Upon connection, SAMMC became the first military treatment facility in the Army to offer Wi-Fi capability to its beneficiaries, officials said.

“Many civilian health care facilities offer wireless capability, and if they can offer it, why not us?” said Army Maj. Anthony Bradway, chief technology officer for Brooke Army Medical Center’s Information Management Division.

“We don’t want the ability to communicate with loved ones hinder people from coming here or detract from their quality of care.”

The 180-day pilot program, which will run through mid-July, will enable beneficiaries to connect to Wi-Fi while in the hospital using their tablets, smart phones or any other web-capable wireless device, Bradway explained.

Throughout this time, BAMC Information Management Division will be tracking Wi-Fi use, connection speed and users’ experience to determine if this service is in demand and if there’s a reason to expand.

“We believe there will be a desire for this service,” he added.

If the pilot is deemed successful, AMEDD leaders may consider delivering this service to other Military Treatment Facilities in the Army, said Michele Krause, chief of the Medical Network Operations and Security Center Customer Support Division of U.S. Army Medical Information Technology Center.

The program’s goal, she explained, is to provide beneficiaries with the same Wi-Fi experience, whether at a hospital on Fort Sam Houston or a clinic on Fort Polk.



Courtesy Photo

Patti Steward, senior wireless engineer for Brooke Army Medical Center Information Management Division, discusses BAMC’s new wireless service for hospital patients with wireless engineers Saul Valdez, Phillip Forister and Rosendo B. Flores. SAMMC’s wireless internet service became available for patients in late January.

“Patients who have used this service in the public sector have said it improves their morale and happiness,” she said, noting the average American has 1.5 mobile devices.

“It gives family members something to do while waiting, and enables patients to check social media sites, make appointments, or send updates to loved ones. The intent is to improve patient satisfaction overall.”

USAMITC, which is the lead agency for the guest Wi-Fi, chose SAMMC for this pilot program based on the hospital’s proximity and size, Krause explained.

Both worked closely with Southern Regional Medical Command Information Assurance Office to ensure they could balance usability with the utmost security of personal health information -- a risk assessment that took over a year.

“When I look back, it’s amazing how far we’ve come,” said Chris Sellards, SRMC senior information assurance man-

ager. “It was truly a great teamwork effort.”

Word of this effort has spread, he added. He’s been fielding calls in recent months from agencies interested in a similar service from across the military and government, including the White House.

A successful Wi-Fi effort today could lead to additional benefits far into the future, Bradway noted. AMEDD is exploring the idea of a “Bring Your Own Device” program that would enable providers to bring their wireless device to work and still access secure clinical systems.

The road to these types of future technological advancements is starting at BAMC with the guest Wi-Fi, Krause said.

“BAMC is helping to shape the future of guest wireless for the AMEDD,” she said.

Injured dog trainer adopts teammate

By Steven Galvan
USAISR Public Affairs

Before Azza, a trained bomb detection dog, could warn her handler, Tech Sgt. Leonard Anderson, that they had walked up to some explosives, the improvised explosive device (IED) was remotely detonated.

Anderson was hurled through the air landing several feet from the explosion with massive wounds to his legs, abdomen, arms, and hands and requiring a helicopter medical evacuation to save his life.

That was the first time that the inseparable bomb detection team was separated from each other in months.

Five-and-a-half months after the explosion that separated Anderson and Azza, they are back together—this time for good.

On Jan. 15, Anderson met Azza, an 8-year-old Belgian Malinois, at the San Antonio International Airport to take her home.

“She is going to have run of the house,” he said. “She’s going to do everything and go everywhere with me. To my appointments, on boat trips, everywhere.”

Tech Sgt. Ryan Goodrich, Anderson’s co-worker and good friend, flew with Azza from Eielson Air Force Base in Alaska where they are members of the 354th Security Forces Squadron, known as the “Arctic Warriors.”

Anderson submitted the necessary paperwork to adopt Azza the minute that he found out that she had been deemed ready for retirement by the squadron commander.

“Working dogs are usually always adopted by their trainers,” he said.

Once Azza had been cleared to join



Photo by Steve Galvan

Tech Sgt. Leonard Anderson and Azza reunite at the San Antonio International Airport Jan. 15.

Anderson, he purchased plane tickets for Goodrich and Azza to fly from Alaska to Texas.

“It’s worth every penny,” Anderson said. “Azza is with me where she belongs and we’re both very happy.”

Road to Recovery

These days, Anderson spends a lot of time at the Rehabilitation Center of the U.S. Army Institute of Surgical Research Burn Center located at the San Antonio Military Medical Center, Fort Sam Houston, Texas, where he has been a patient since early August 2012.

Despite efforts to keep his hands intact, he lost two fingers and the thumb to

each hand.

“You don’t realize that everything you do is with your hands until you can’t use them,” he said.

Anderson’s physical therapy sessions are designed to strengthen the limited grip that he has on each hand. Soon he will start agility routines to build up his legs that he almost lost. His goal is to get back to the way he was before the explosion.

“I would like to stay active duty and finish my time,” he said. “But first and foremost, I want to be able to take care of my family.”

Anderson and his wife have two children, both under 3 years old. His hands limit how much he can assist his wife with changing diapers and their overall care. “I want to be able to change the kids’ diapers and help with the kids as much as I can. It’s all about being able to take care of my family.”

Taking care of his family, staying on active duty, getting back to the gym, and playing softball is what motivates Anderson to get his life back as close

to the way it used to be.

“I’m getting there,” he said. “Every little milestone is a big achievement.”

Anderson is willing to do whatever it takes to achieve his goals. He has opted to have his left hand amputated so that he can be fitted with a prosthetic and able to hold on to things.

“That’s the only way that I’ll be able to grip a bat,” he said. “If you can’t grip a bat, then you can’t play softball.”

When asked why he wants to stay active duty, Anderson said, “I love being in the military. I knew the dangers before I joined. I knew this could happen to me.

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BAMC FOCUS

SAMMC Welcomes First Baby of New Year

By Elaine Sanchez
BAMC Public Affairs

He was due on Christmas Eve, but held out for an equally festive occasion: New Year's Day.

A few hours after the ball dropped in Times Square, Anthony James Smithey, nicknamed AJ, joined the party at 3:50 a.m., marking San Antonio Military Medical Center's first delivery of 2013.

"I think he held out for New Year's so he'd have a bigger birthday party later on," joked his proud father, Juston Smithey.

AJ's mom, Dorene Smithey, had arrived at SAMMC's Labor, Delivery and Recovery ward early Dec. 31 for a scheduled induction of labor.

A day later, Air Force Capt. (Dr.) Neil Phippen and Army Capt. (Dr.) Lindsey Bannon delivered the 7-pound, 9.79-ounce baby via cesarean section.

"Although a cesarean section was not

the initial planned route of delivery for Mrs. Smithey, the Labor and Delivery and Pediatric teams were all very grateful to serve the Smithey family during their entire labor and delivery process to provide an excellent outcome for both the mother and baby in our first delivery of 2013," said Air Force Col. (Dr.) Mark Campbell.

Campbell was the attending physician in the operating room and also serves as program director for the Obstetrics and Gynecology Residency Program.

AJ's parents, both former Soldiers, will be returning to their San Antonio home soon with their first born for a belated New Year's celebration.

Both will look back fondly at their brief time at SAMMC, Juston said.

"I was very impressed with the quality of care and the professionalism we received here," he said. "I'm really thrilled with this hospital."



Photo by Robert Shields

Juston and Dorene Smithey pose for a family photo with their first born, AJ Smithey, in San Antonio Military Medical Center's Labor, Delivery and Recovery ward. AJ, who was SAMMC's first delivery of 2013, was born at 3:50 a.m. on New Year's Day.

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AZZA, continued from page 8

It happened, and now I'm dealing with it."

Day of the Explosion

Anderson said that he does not remember that day at all. He doesn't remember waking up, getting ready for the day, going out on the mission—nothing.

One thing for sure, Anderson and Azza were on an explosive-finding reconnaissance foot patrol mission that was captured on film.

A crew from the television channel *Animal Planet* joined the team that morning to videotape the mission for a documentary due to air in February.

When the IED was detonated, Craig Constant, a former Marine and Operation Iraqi Freedom veteran, was recording the foot patrol.

Constant's initial reaction was to pick up the video camera and continue filming the aftermath of the blast.

When he realized that Anderson had landed near him and the extent of his injuries, his military training kicked in and he applied tourniquets to the groin area of his legs.

"He saved my life," said Anderson.

"I could have bled to death because my legs were mangled and I was bleeding really bad."

Anderson and Constant, who lives in Dallas, now have a life-long relationship. "We are good friends and we talk on the phone all the time."

Azza and Anderson have a strong bond as well. While Constant was placing the tourniquets on his legs, Azza laid down next to him until he was medevaced.

The inseparable team wouldn't see each other for 3 months when Anderson was discharged from the Burn Center and was able to fly to Alaska.

"It was horrible for me to come back without her," he said. "I wanted to bring her back with me, but I always knew that someday I'd bring her home for good because we belong together."

BAMC FOCUS

BAMC WELCOMES NEW COMMANDER, COMMAND SERGEANT MAJOR

By Maria Gallegos
BAMC Public Affairs

After leading Brooke Army Medical Center through the greatest changes in its history, Maj. Gen. M. Ted Wong relinquished command Jan. 24 to Col. Kyle Campbell in ceremonies on Joint Base San Antonio-Fort Sam Houston.

BAMC Command Sgt. Maj. Marshall Huffman also passed the guidon to incoming Command Sgt. Maj. Mark K. Pumphrey during the event on MacArthur Parade Field.

Maj. Gen. Richard W. Thomas, commanding general of Western Regional Medical Command and the ceremony's host, praised Wong and Huffman for their continued support for Army medicine and their dedication and devotion in keeping patient care their top priority.

"With nearly 30 years of service to the nation, Ted Wong has made patient care his top priority," said Thomas, who spoke on behalf of Army Surgeon General Lt. Gen. Patricia D. Horoho, commanding general of the U.S. Army Medical Command.

"Our leader in clinical excellence here since June 2011 has been Maj. Gen. Ted Wong. Let me emphasize that the mission here — a Level I Trauma Center — may well be the most complex of all Army medical treatment facilities.

"My thanks go out to you and the BAMC team for the outstanding job you have done caring for the members of the Force and their Families, to include your superb contributions to Army Medicine," he added.

After taking command of BAMC and Southern Regional Medical Command in June 2011, Wong led BAMC through a series of tremendous changes, including opening new clinics and a new 750,000-square-foot Consolidated Tower, renaming the hospital San Antonio Military Medical Center, and integrating nearly 2,000 Air Force staff members.

The medical center now serves more than 225,000 beneficiaries throughout the



Photos by Robert Shields

Maj. Gen. Richard W. Thomas, commanding general of Western Regional Medical Command, Maj. Gen. M. Ted Wong, Col. Kyle D. Campbell and Command Sgt. Maj. Marshall Huffman during the Change of Command/Responsibility ceremony at the Joint Base San Antonio-Fort Sam Houston's MacArthur Parade Field Jan. 24.



Incoming Commander Col. Kyle D. Campbell takes the guidon from Maj. Gen. Richard Thomas during the ceremony as Maj. Gen. M. Ted Wong and incoming Command Sgt. Maj. Mark K. Pumphrey look on.

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U.S. Army Training and Doctrine Command Commanding General presents Purple Heart



Photo by Robert Shields

Gen. Robert W. Cone (right), commanding general of U.S. Army Training and Doctrine Command, congratulates Sgt. 1st Class Randy A. Hargis and his wife Holly, on receiving his second Purple Heart at the Warrior and Family Support Center Jan. 4 as Command Sgt Maj. Marshall Huffman (left), command sergeant major of Southern Regional Medical Command, looks on. Hargis, a combat engineer, was injured Oct. 19, 2012, by an improvised explosive device in Afghanistan.



BAMC celebrates Go Red Day!

Photo by Robert Shields

Mary Hightower, BAMC cardiologist nurse, applies a blood pressure monitor on Diane Thompson to check her blood pressure during BAMC's Go Red Day event held at San Antonio Military Medical Center Feb. 1. Go Red Day is a national campaign to raise awareness of heart disease in Women.

The event included a health risk screening, information desks, silent auctions, and live entertainment from the 323d Army Band "Fort Sam's Own."



It's Your Prescription, Get It Close To Home

San Antonio Military Health System pharmacies now provide prescription refills at 10 pick-up locations across San Antonio. Call the automated SAMHS Combined Refill

Call-in Number at **210-292-9995** to have your prescription refills ready for pick-up at one of the following locations:

Option	Pick-up Location
1	Lackland Satellite Pharmacy
2	Randolph Satellite Pharmacy
3	Call-in Refill Clinic Pharmacy
4	Lackland Commissary
5	BAMC Main Outpatient Pharmacy
6	Camp Bullis Pharmacy
7	FSH Community Pharmacy
8	FSH Primary Care Pharmacy
9	North Central Federal Clinic
10	Air Force Village

Unlike civilian pharmacies that have increased co-pays for prescriptions, DoD pharmacies do not charge a co-pay and have robust formularies that can meet most of your medical needs. Additionally, the government purchases drugs for these facilities at contract prices, which routinely results in a 40 percent savings!

San Antonio Military Health System pharmacies - the right answer for all your prescription needs!



BAMC Celebrates Martin Luther King Jr.

Photo by Maria Gallegos

BAMC public affairs intern Marsha Huffman sings "A Change is Gonna Come" during Brooke Army Medical Center's Dr. Martin Luther King Jr. observance at the San Antonio Military Medical Center medical mall Jan. 17. More than 100 staff, patients and their families participated in the event. Taj Matthews, executive director of Claude and ZerNona Black Developmental Leadership Foundation, was the guest speaker at the event. He spoke about the importance in youth mentoring and how everyone can make a difference. "Let the past influence the future," Matthews said. "Be a part of the future."

FEBRUARY IS NATIONAL HEART MONTH!

By Elaine Sanchez
BAMC Public Affairs

After a trip to see her grandsons, Gloria Magruder had trouble shaking back pain that came and went throughout the next day. She chalked it up to muscle pain from over-activity and decided to take a hot shower to ease the pain.

Her concern grew when her arm felt so heavy she couldn't lift it to wash her hair. She sought care, and while her X-ray was normal, her blood test showed she was having a heart attack.

"Heart attack symptoms can be subtle in women, which is why it's so important for women to stay in tune with their bodies," said Magruder, wife of retired Army Lt. Gen. Lawson Magruder.

"I'm just glad I listened to mine."

Many people may associate heart disease with men, but few may realize it's the No. 1 killer of women in the United States, according to the AHA. One in three women will die of heart disease.

For men and women, risk factors include high blood pressure, high levels of LDL cholesterol, diabetes, obesity, physical inactivity and smoking.

To combat risk, the AHA recommends people use their birthday as a reminder to schedule a health checkup every year.

Magruder is now undergoing cardiac

rehabilitation at San Antonio Military Medical Center, where she's learning how to reduce her risk of further heart problems through a healthy lifestyle.

The rehab staff teaches patients everything from nutrition and exercise to smoking cessation.

"Each patient has individual goals, whether it's walking around their home without a walker or aspiring to run a marathon," said Stacey Dramiga, director of BAMC's cardiac rehabilitation.

"We help them work toward these goals and consider it a success story when patients achieve them."

Patients also learn to detect the warning signs of a heart attack, which can include chest discomfort; discomfort in other areas of the upper body such as arms, back, neck, jaw or stomach; shortness of breath; and cold sweat, nausea or lightheadedness.

Most importantly, people should be in tune with their bodies and seek out emergency medical care whenever they suspect a problem, Dramiga said.

Magruder credits her presence today to a healthy dose of intuition.

"Finding out you have heart disease takes the wind out of your sails," she said.

"But I'm staying in tune with my body, which gives me confidence that I'll be able to detect issues in the future."

3

The top three risk factors for heart disease are high blood pressure, high LDL cholesterol, and smoking.

The CDC recommends the following prevention strategies to reduce your risk of heart disease:

- **Eat a healthy diet.** Eat foods low in fat, saturated fat, and cholesterol and high in fiber to help prevent high cholesterol. Limit salt or sodium. To help protect your heart, eat a diet rich in fresh fruits and vegetables.
- **Maintain a healthy weight.** Being overweight or obese can increase your risk for heart disease. To determine if your weight is in a healthy weight, you can see your provider to help you calculate your Body Mass Index (BMI).
- **Exercise regularly.** Physical activity can help maintain a healthy weight and lower cholesterol and blood pressure. The Surgeon General recommends that adults should engage in 30 minutes of moderate intensity exercise each day. This can be as simple as three brisk 10-minute walks each day.
- **Don't smoke.** Cigarette smoking greatly increases your risk for heart disease. A good website to aid in tobacco cessation is: www.ucanquit2.org.
- **Limit alcohol consumption.** If you choose to drink alcoholic beverages, it is best not to exceed 1 drink per day for women or 2 drinks per day for men.

Don't delay if a heart attack is suspected; call 9-1-1 immediately.

For more information on heart disease, please visit the CDC website: www.cdc.gov/heartdisease or call our Health Promotion department at 210-295-2538.



Photo by Robert Shields

Stacey Dramiga, director of BAMC's cardiac rehabilitation, monitors Gloria Magruder as she exercises as part of her cardiac rehab program.

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SECURE ONLINE MESSAGING ENSURES COMMUNICATION BETWEEN PATIENTS, HEALTHCARE PROVIDERS

By Marsha Huffman

BAMC Public Affairs Intern

Patients no longer will have to wait on hold to speak to a nurse or wait until their next appointment to address their health concern to their physician.

Brooke Army Medical Center patients will soon be able to communicate with their healthcare providers and their medical team through Army Medicine's Secure Messaging System, powered by RelayHealth.

RelayHealth gives patients unlimited access to safely connect with their health care providers and nurses regarding non-urgent health matters wherever and whenever.

Through the RelayHealth site, patients can connect with their primary care clinic to request appointments and referrals, request prescription refills, receive test and laboratory results, get guidance from medical team by email, and/or consult with their medical team regarding non-urgent health matters, 24/7.

"This system is symmetrical because patients will have an online consultation without the inconvenience of unnecessary phone calls or unnecessary office visits.

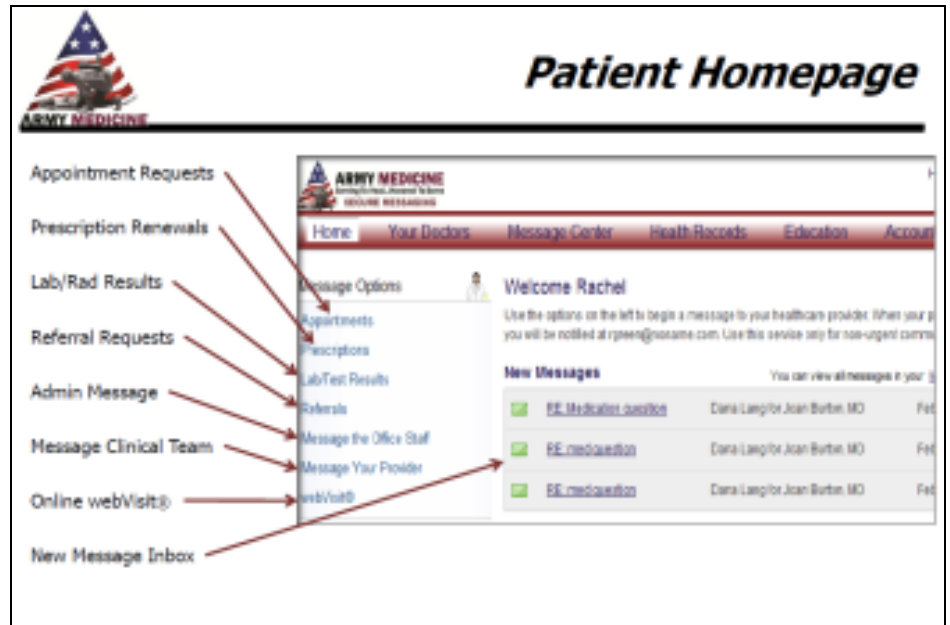
In return, the providers have the flexibility to respond and advise inquiries through secure email, which controls patient flow in the clinics, and keeps them updated on their patients' health," said Mary Uttermohlem, BAMC family nurse practitioner.

"One patient used this site to record his blood sugar levels on a chart, and only his provider had access to monitor the recordings.

The provider can advise the patient if the numbers reflect a drastic change or if there is a concern," she added.

The level of communication is constantly changing and this new site meets the criteria of advanced communication between military health provider and their patients.

"You wouldn't want to leave your



personal health information over an answering machine," said Marcela Espinoza, Fort Sam Houston Primary Care Clinic certified nursing assistant, "but with Secure Messaging your information remains confidential through the login system."

If necessary, physicians will allow access to the department nurse to check incoming messages, and respond or prioritize messages on their behalf.

Physicians have up to three days to respond to a message but as of today, most providers have responded back within minutes.

"All messages are sent to a group inbox to the appropriate provider and nurses will monitor the site to sort any messages that show great significance, although all concerns are highly important and answered," said Espinoza.

"But if you have an emergency such as problems breathing or you are seriously injured, definitely call 911," she said.

"Do not wait to call -- RelayHealth system is only for non-urgent matters."

"We understand patients have busy lives -- but it only takes 3 to 5 minutes to sign up," said Espinoza.

"To get started all you need is to provide your basic information and an email

address to a staff member from your primary care team, and they will send you a message with a link to the RelayHealth site where you will be prompted to sign up."

RelayHealth is already in place at several BAMC primary care clinics to include Fort Sam Houston Primary Care Clinic, Schertz Medical Home and Taylor Burke Clinic.

Within a few months, this service will be implemented and be available in most San Antonio Military Medical Center clinics.

For more information, talk to your health care team or your physician.

RelayHealth is a completely secure portal that is compliant with the Federal Health Insurance Portability and Accountability Act, or HIPAA.

Encryption technology and a stringent privacy policy protect patient personal information more securely than either the telephone or regular email. Patient information is only accessible by patients and their health care team.



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GOVERNOR PERRY VISITS WOUNDED WARRIORS



Photo by Robert Shields

Texas Gov. Rick Perry, shakes hands with Cpl. Nathan Knutson at San Antonio Military Medical Center, as his parents Karen and Dennis Knutson look on Jan. 24. Perry visited with several inpatient wounded warriors and their families and also presented a combat infantry badge to Cpl. Storm Aguliar during his visit to the medical center.

Happy 112th Birthday Army Nurse Corps!

Photo by Robert Shields

Col. Lawrence Marquez, Nursing Quality Management chief and 2nd Lt. Francie Gonzales cut the cake during the Army Nurse Corps 112th Birthday celebration at the San Antonio Military Medical Center Feb. 1. Marquez and Gonzales represented the most senior and most junior Army Nurses Corps staff.

Thank you Army Nurses for taking care of our patients!



BAMC FOCUS

If an effort to serve you better — SAMMC main dining facility and Grab-n-Go will undergo a complete renovation scheduled to start in April!

During the renovation The Rucksack and the Café Express on the first level of the new tower will remain open. Also, several temporary dining options will be available to accommodate our patrons.

Look for: “Market on the Green” which will be a temporary structure located outside the Garden entrance and two new Grab-n-Go kiosks — “The Renovation Station” located near Women's Health and “The Salad Stop” located between Pharmacy and Laboratory clinic.



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San Antonio region, offering the highest quality care for wounded warriors, service members, Family members, retirees and civilians.

Wong reflected on his tenure at BAMC, and noted the medical advancements and the technology that continue to cultivate at the medical center, as well as the positive collaboration that's resulted from the Air Force integration.

“Today we have an integrated team of Army and Air Force health professionals, creating their own history, establishing new precedents, like the San Antonio Military Health System,” he said.

“Looking to the future, we are setting the stage for developing the premier military health system, a system focused on promoting health and wellness, delivering effective and efficient healthcare services, ensuring readiness, and maintaining cutting-edge research and health education.

“My time here with BAMC has been amazing and I am truly excited to see the future of Army medicine and military medicines unfold here in San Antonio,” Wong continued.

“I know even greater accomplishments are in store for you in the future. Jeannie and I leave knowing we've been blessed with the opportunity to serve

with Brooke Army Medical Center and inspired by the patients and staff who work there.”

“My time here with BAMC has been amazing and I am truly excited to see the future of Army medicine and military medicines unfold here in San Antonio.”

Thomas also recognized BAMC's incoming commander for more than two decades of service to the nation. Campbell brings a positive outlook, perseverance, and attention to detail that will ensure BAMC's continued success, he said.

A lifetime member of the Dedicated Unhesitating Service to Our Fighting Forces, also known as the DUSTOFF Association, Campbell brings special experience to this job that could only be gained as a DUSTOFF unit commander, Thomas said.

“Our MEDEVAC components occupy an extraordinary place in the Army Medicine pantheon of heroes,” he said.

“We cannot translate the number of wounded service men and women that DUSTOFF has carried to safety and medical care directly to a count of saved lives, but the only possible conclusion we can

reach is that DUSTOFF saves more lives than any other unit — on or off the battlefield.

“Colonel Campbell brings that level of commitment and compassion to this command — and we are honored to have him here,” he concluded.

Campbell formerly served as SRMC's chief of staff since July 2010.

“I look forward to working with each of you -- answering our surgeon general's call to action by executing our mission of promoting health, providing quality, compassionate, patient-centered care while developing healthcare professionals and optimizing readiness,” he said.

Pumphrey formerly was the command sergeant major for BAMC Troop Command before taking his new position as the BAMC command sergeant major.

Wong will remain at SRMC until March, when he will pass command to Maj. Gen. Jimmie O. Keenan, who is commanding general of the U.S. Army Public Health Command at Aberdeen Proving Ground, Md.

Huffman will remain the SRMC command sergeant major.

TV TALKSHOW HOST PREPARES MEALS AT THE FISHER HOUSE



Photos by Robert Shields

TV talk show host Montel Williams helps serve lunch to Wounded Warrior Army Spc. Edwin Gonzales at Brooke Army Medical Center Fisher House Feb 5. Williams, Chef Claire Winslow, Chef Deb Darun, and volunteers prepared more than 250 meals and served lunch to wounded warriors, their families and staff. Williams is a Trustee of the Fisher House Foundation, Inc., and regularly visits Fisher Houses around the country to prepare meals for wounded warriors and their Families.



Montel Williams and Inge Godfrey, Fisher House manager, discuss the arrangement of the food line in the kitchen of Fisher House No. 4.

Williams, Chef Claire Winslow, Chef Deb Darun, and Fisher House volunteers prepared more than 250 meals and served lunch to wounded warriors, their families and staff.



CONGRATULATIONS

Military Awards for November and December 2012

Army Commendation Medal

Sgt. Philip Canafax
 Staff Sgt. Howard Kalick
 Staff Sgt. Anthony Neloms
 Sgt. Daniel Baeza
 1st Lt. Mark Doherty
 Sgt. William Korn
 Spc. Leon Hurst
 Spc. Nikita Anderson
 Sgt. Arnold Barrios
 Spc. Cody Black
 Capt. Anthony Carthon
 Sgt. Robert Castillo
 Spc. Melinda Garcia
 1st Lt. Emiri Katahara
 Spc. Jason Krywanczyk
 Staff Sgt. Gilberto Rodriguez
 Sgt. Brandon Tucker
 Sgt. Oyuki Wong
 1st Lt. Antonietta Iosue
 1st Lt. Venina Wicker
 Capt. Michael Fargellah
 Sgt. Savanna Duffy
 Sgt. Andrew Meyer
 Capt. Karla Shultz
 Spc. Roddricus Allen
 Spc. Fernando Orgas
 Spc. Angela Lewis-Williams
 Fernando Garcia
 Staff Sgt. David Hernandez
 1st Lt. Joshua Lawler
 Spc. Jessica Luna
 Staff Sgt. Stephan Pendarvis
 Staff Sgt. Michael Ramos
 Sgt. Lauren Griffin
 1st Lt. Megan Kuykendall
 1st Lt. Kristian Kidd
 Staff Sgt. Christopher Isbell
 Staff Sgt. Suri Morales
 Spc. Catherine McKinney
 Capt. Andrew Thompson
 Spc. Michael Reta
 Sgt. Reginald Moore

Army Achievement Medal

Capt. David J. Dziolek
 Sgt. Jason Horton
 Sgt. Ariel Foster
 Spc. Leon Hurst
 Sgt. 1st Class Joseph Michaels
 Capt. Adam Keller
 Capt. Tera Blackwelder
 Staff Sgt. Donald Hock
 Maj. Gregory Sugalski
 Spc. Travis Hogberg
 Spc. Michael Hernandez
 Staff Sgt. Brett Humphreys
 Capt. David Ives
 Sgt. Abraham Jarriel
 Sgt. Eric Serrano
 Cpt. Samuel Sama
 Cpt. Thomas Franzen
 Maj. Jamilla Adams-Henderson
 Maj. Lori Johnson
 1st Lt. Keith Hopkins
 Sgt. Christopher Olsen
 Staff Sgt. Phillip Hall
 1st Lt. Ernest Delacruz
 Pfc. Sebastian Aguilar
 Pfc. Tracy Backhaus
 Pfc. Jacob Barbera
 Pfc. Jacob Briner
 Pfc. Peter Rodriguez
 Sgt. 1st Class Sandy Louis
 Capt. Andre Chance
 Maj. Karen Lugg
 Capt. Matthew Nichols

Meritorious Service Medal

Sgt. 1st Class Manuel Cruz
 Maj. Kevin Harris
 Maj. Daniel Fisher
 Staff Sgt. Juan Rios
 Staff Sgt. Iris Autry
 Sgt. 1st Class Ginger Britton
 Sgt. 1st Class Jessica Kanterbury
 Lt. Col. Jennifer Hines
 Lt. Col. Robert Leathers
 Maj. Maximino Martell
 Capt. Eric Tomich
 Staff Sgt. Stephan Pendarvis
 Maj. Alfred Nader
 Lt. Col. H. Messinger
 Lt. Col. Fran Patterson
 Staff Sgt. Suri Morales
 Maj. Lisa Giese
 Lt. Col. Andrea Jackson

Military Outstanding Volunteer Service Medal

Spc. Phillip Hubbard

Driver Badge

Spc. Amy Quiroskanjanapatee

CONGRATULATIONS BAMC MILITARY PERSONNEL!

Military Promotions for January and February 2013 (Troop Command)

Lt. Col. William Amsink, A CO
 Cpt. Bradley Borgkvist, A CO
 Cpt. Javier Carrilloreyes, A CO
 Cpt. Richard Collins, A CO
 Col. Marsha Dorough, HHC
 Lt. Col. Roddex Barlow, A CO
 Maj. Christopher Henry, HHC
 Maj. John Berry, C CO
 Maj. Christopher Everett, HHC
 Maj. Michael Farjeliah, HHC
 Cpt. Michael Singer, C CO
 Cpt. Ernest Delacruz, B CO
 Cpt. Jessica Diehl, A CO
 Cpt. Jesus Garza, D CO
 Cpt. Kyle Heselpoth, A CO
 Cpt. Donna Horton, A CO
 Cpt. Thomas Kwolek, B CO
 Cpt. Sharon Weaver, HHC

1st Lt. Grant Young, A CO
 1st Lt. Dana Alexander, A CO
 1st Lt. Christa Angelotti, A CO
 1st Lt. David Beavers, A CO
 1st Lt. Laura Bradstreet, A CO
 1st Lt. Emily Buonforte, A CO
 1st Lt. Ashley Cason, A CO
 1st Lt. Stefanie Cocchimiglio, A CO
 1st Lt. Daniel Halvorson, A CO
 1st Lt. Tess Hiller, A CO
 1st Lt. Cidanthy Liggayu, A CO
 1st Lt. Whitney Mitten, A CO
 1st Lt. Juan Moralescotto, A CO
 1st Lt. Jason Muise, A CO
 1st Lt. Leopoldo Rivas, A CO
 1st Lt. Aaron Sanborn, A CO
 1st Lt. Leah Seimbrown, A CO
 1st Lt. Mario Vergara, A CO
 1st Lt. Andrea Vincent, A CO
 1st Lt. Laura Wiemar, A CO

Sgt. Sarah Kramer, HHC
 Staff Sgt. Marco Perreirajones, HHC
 Sgt. Jose Davila, B CO
 Sgt. Andrea Fillingane, B CO
 Sgt. Jeffery Frerichs, A CO
 Sgt. Juan Hernandez, A CO
 Sgt. Roy Honaker, B CO
 Sgt. Phillip Hubbard, C CO
 Sgt. Osvaldo Lara, B CO
 Spc. Meghann Artz, HHC
 Spc. Devon Richards, HHC
 Spc. Takela Thomas, HHC

Civilian Honorary Award for November and December 2012

Achievement Medal

Barbara Aaron—Camp Bullis
 Erica Henderson—Camp Bullis
 Sandra Montes—Camp Bullis
 Timothy Williamson—Camp Bullis
 Kimberly Winn—Camp Bullis
 Evone Dean—Camp Bullis
 Donna Kolton—Nursing
 Brenda Taylor—Nursing
 Kathleen Zodda—Nursing
 Tracy Ungar—Behavioral Medicine
 Rusty Cooper—IMD
 Orlando Cortes—IMD
 Linda Drzymalla—IMD
 Sonny Garcia—IMD
 Victor Garcia—IMD
 Christopher Kline—IMD
 GERALYN NATALINO—IMD

Commander's Award

Diana Dupree—UBO
 Anthony Hopkins—Troop Command
 Maria Rey—Troop Command
 Alice Inman—Behavioral Medicine
 Roy Monk—Behavioral Medicine

