



Robert E. Bush
Naval Hospital

Did you know?...

You have the right to express your concerns about patient safety and quality of care.

There are several avenues open to you:

- * Through the ICE website.
- * Through the Naval Hospital Customer Comment Cards.
- * The Hospital's Customer Relations Officer at 760-830-2475, or any of the Customer Relations representatives in the hospital's clinics.

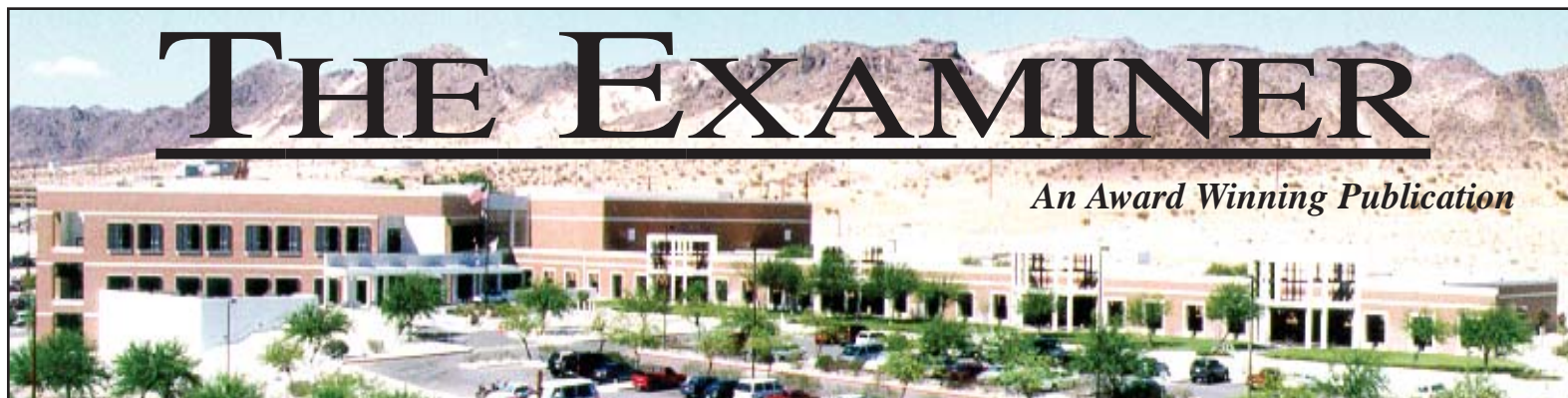
Or Directly to the Joint Commission via:

E-mail at
complaint@jointcomission.org

Fax:
Office of Quality Monitoring
630-792-5636

Mail:
Office of Quality Monitoring
The Joint Commission
Oak Renaissance Boulevard
Oakbrook Terrace, IL 60181

Commanding Officer
Naval Hospital Public Affairs Office
Box 788250 MAGTFC
Twentynine Palms, CA 92278-8250



<http://www.med.navy.mil/sites/nhttp/pages/default.aspx>

Introducing Captain Ann Bobeck, Commanding Officer

By Dan Barber, Public Affairs Officer
Robert E. Bush Naval Hospital

Captain Ann Bobeck, Medical Service Corps, United States Navy, recently took command of Naval Hospital Twentynine Palms as its 10th Commanding Officer.

Bobek was born in Sugar Notch, Pennsylvania the youngest of seven children.

Both of her parents served in the Army Medical Department during World War II, her father as a physician and her mother as a dietician. In addition, her two brothers were drafted in the Army where they also served during the Vietnam War.

According to Bobeck many of siblings and other family members are also involved in the medical field as nurses or doctors, "My family has a lot of medical background, so I knew that I wanted to do something in medicine, to have an occupation to serve others," Bobeck said. "When I went to college I thought about medical school but it kind of evolved more into a non-direct patient care role, I wound up getting my degree in healthcare administration," she added.

Following graduation from Penn State University, Bobeck worked in the healthcare insurance industry and in a private family practice. "I was starting to kind of mature my vision to do something in medicine... hospital administration... I always wanted to do that, but in a larger role... something bigger than me."

While attending a one-year class reunion, Bobeck ran into a couple of friends who were talking about trying the military. "It kind of resurrected a thought that I had as a young child, so before I knew it I was at the recruiter's office raising my hand joining the Navy," Bobeck said. "I thought that I would try it out for a couple of years to see how it worked out for me. After three years I was hooked."

Bobek received a direct appointment in 1983 and was sent to her

Hospital Seeks Patient Support during Increased Staff Deployment

By Dan Barber, Public Affairs Officer
Robert E. Bush Naval Hospital

This summer Naval Hospital Twentynine Palms will deploy more than 54 staff in support of Pacific Partnership 2010 aboard USNS MERCY and around the world in support of the Global War on Terrorism, to include: U.S. Military Hospital in Kuwait, Iraq, Horn of Africa, and Afghanistan.

The typical rotation schedule for doctors at Naval Hospital Twentynine Palms occurs during the summer months and the hospital leadership plans for those moves accordingly. This year, however, due to unforeseen events such as early orders for several providers and unexpected additional deployments in support of Operation Enduring

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first assignment at Naval Medical Command, North West Region, Oakland, California where she served as the Assistant to the Associate Director of Plans and Operations, as well as the Flag Aide to the Commander, Navy Medical Command North West Region.

"My recruiter offered me my first duty station of Oakland, California... as a kid from Pennsylvania being offered Oakland, California sold me on the Navy... that's how it evolved twenty-seven years ago... I thought I'd do three years, quite frankly, because I didn't think that it (military service) would be suited for me, but here I

Continued on page 3

Clinic Appointment Stats...

Patient's seen in May -- 9,097

Appointment No Shows in May -- 941

**If you need an appointment call -- 760-830-2752
To cancel an appointment call -- 760-830-2369**

What Just Bit Me?... Insect Sting Safety

By *Martha Hunt, MA, CAMF, Health Promotions*
Robert E. Bush Naval Hospital

Most bees and insects will not attack when left alone. However, if provoked, a bee will sting in defense of its nest or itself.

Thousands of people are stung by all sorts of stinging insects each year, and as many as 90-100 people in the United States die as a result of allergic reactions. This number may be underreported as deaths may be mistakenly diagnosed as heart attacks, sunstrokes or may even be attributed to other causes. Only a small percentage of people develop severe reactions to insect venom. Bees, wasps, hornets, yellow jackets and fire ants typically cause the most allergic reactions. Mosquitoes, ticks, biting flies and some spiders can also cause reactions, but these are generally milder.

To reducing the Risk of Being Stung

- * Wear light-colored, smooth-finished clothing.

- * Avoid perfumed soaps, shampoos, and deodorants.

- * Don't wear cologne or perfume and avoid bananas and banana-scented toiletries.

- * Wear clean clothing and bathe daily as sweat angers bees.

- * Cover the body as much as possible with clothing.

- * Avoid flowering plants.

- * If a single stinging insect is flying around, remain still or lie face down on the ground. The face is the most likely place for a bee or wasp to sting.

- * Swinging or swatting at an insect may cause it to sting.

If you are attacked by several stinging insects at the same time, run to get away from them. Bees release a chemical when they sting that alerts other bees to the intruder and more bees often follow.

Go indoors to get away from bees that are threatening you. If outdoors, a shaded area is better than an open area to get away from the insects. If a bee gets inside your vehicle, stop the car slowly and open all the windows.

Symptoms of an insect bite result from the injection of venom or other chemicals into your skin. The venom then triggers an allergic (immune) reaction. The severity of your reaction depends on your sensitivity to the insect venom or chemical.

Most reactions are mild, causing little more than an annoying itching or stinging sensation and mild swelling that disappears within a day or so. A delayed reaction may cause fever, painful joints, hives and swollen glands. You might experience both the immediate and delayed reactions from the same bite or sting.

What to do if a Person is Stung?

For mild reactions:

- * Move the victim to a safe area to avoid more stings.

- * Try to remove the stinger by scraping or brushing it off with a firm edge, such as a credit card. Never squeeze the stinger or use tweezers as it will cause more venom to go into the skin and injure the muscle.

- * Wash the site with soap and water.

- * Swab the site with disinfectant.

- * To reduce pain and swelling, apply ice or a cold pack.

- * Apply 0.5 % or 1 % hydrocortisone cream, calamine lotion or a baking soda paste to the bite or sting several times a day until the symptoms subside.

- * Take an antihistamine such as diphenhydramine (Benadryl, Tylenol Severe Allergy) or chlorpheniramine maleate

(Chlor-Trimeton, Teldrin).

- * Have someone stay with the victim to be sure that they do not have an allergic reaction.

- * Do not scratch the sting. This will cause the site to swell and itch more, and increase the chance of infection.

For severe reactions:

Severe reactions may progress rapidly. Dial 911 or call for emergency medical assistance if the victim experiences any of the following signs or symptoms:

- * Difficulty breathing or wheezing

- * Swelling of the lips, throat, face or neck

- * Faintness or dizziness

- * Confusion

- * Rapid heartbeat

- * Hives

- * Nausea, cramps or vomiting

- * A drop in blood pressure

While waiting for emergency transportation, have the person lie down. If unconscious and breathing, lay the person on their side to allow drainage from the mouth.

If there is no breathing, movement or response to touch, begin cardiopulmonary resuscitation (CPR) immediately.

Check to see if the person is carrying an allergy kit containing epinephrine and follow instructions on the kit.

Allergic reactions to bee stings can be deadly. People with known allergies to insect stings should always carry an insect sting allergy kit and wear a medical ID bracelet or necklace stating their allergy.

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The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

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School and Sports Physical Rodeo Day Set for Naval Hospital

Naval Hospital Twentynine Palms Pediatric Dept. will be holding a school and sports physical rodeo July 12 - 13.

These appointments are for school aged children (5 to 17 years of age) who need to have forms filled out to start school or participate in sports activities. The appointments are for screening purposes only, and may be with someone other than the child's primary care manager. Should an issue be identified that needs further evaluation, a follow up appointment can be scheduled at the time of the screening appointment.

If your child has had a well child visit or physical exam done in the past 9 months, an appointment is not necessary. Simply fill out the school forms and drop them off at the front desk of either Family Medicine or Pediatrics, depending on where the child normally gets their care. The medical chart will be reviewed and the forms signed and ready for pick up in 2-5 working days.

To make an appointment, please contact Central Appointments at 760-830-2752.

Please be sure to fill out the school forms and bring them to your appointment or you may need to be rescheduled. If unable to participate during the Rodeo day please schedule your physical at your earliest opportunity as appointments go quick.

Dietary Guidelines for Salt Intake Changing

By *Martha Hunt, MA, CAMF*
Health Promotions
Robert E. Bush Naval Hospital

Eating a bit less salt can save lives and so to promote this, the new proposed 2010 Dietary Guideline for Americans regarding sodium will drop to 1500 mg/day.

Over the years, Americans have become addicted to salt. In fact, most people have no idea how much salt they consume... on average, about 3,600 to 4,800 mg of sodium per person per day, according to the American Heart Association (AHA). That's twice the amount currently recommended by the government. Hence, the upcoming proposed changes to the US dietary guidelines. Simply put --

cutting salt saves lives.

Since World War II, Americans' salt consumption has risen 50 percent, mostly as a result of eating more processed foods and more food prepared in restaurants. Over time, we have adapted to crave more salt than we need to live. Some salt is needed for proper body functions since salt regulates blood pressure and assists with muscle and nerve function. However, too much salt can lead to high blood pressure, heart disease and stroke.

If Americans cut salt intake by half, as many as 150,000 premature deaths and 1.4 million cases of heart disease could be prevented each year according to the American Medical Association

The benefits would be greatest

for African Americans and women. As a group, African Americans tend to have higher blood pressure than the general population, and many studies suggest that they may be more sensitive to salt. Research found that a reduction of dietary salt would reduce heart attacks in the United States by 8 percent on average. Heart attacks among African Americans would drop 10 percent; women would drop 8 percent and 5 percent in men.

How can you cut the Salt in Your Diet?

Step 1 -- Hide the saltshaker. The first and most important step to reducing the sodium in your diet is to stop salting your food. Put the saltshaker in the cupboard and leave it there. This will immediately cut 10 to 15

percent of the salt in your diet. After a few weeks, you won't even notice any taste in your food.

Step 2 -- Watch what you put on your food. Many of the seasonings and condiments that we use on food are high in sodium. When selecting a condiment, try to use ones with low sodium. Also, remember to stick to the serving size. Very few people actually eat just two tablespoons of salsa or use only two tablespoons of dressing on their salad.

Step 3 -- Watch how you prepare your food. Food preparation, even if you're starting with low-sodium foods, can add a lot of sodium to the diet. The biggest offender, of course, is

salt. One teaspoon of salt supplies an entire day's allotment of sodium. Omit the salt when cooking, cut the amount of salt in half or use "lite salt" or Sea Salts that have a reduced amount of sodium. Avoid commercial seasonings such as garlic salt and Cajun spice. Don't use monosodium glutamate (MSG) as a flavor enhancer, it contains sodium.

Step 4 -- Read food labels. You can find out exactly how much sodium is in a serving of processed food by reading the Nutrition Facts label.

Your primary care provider has access to the National Heart Lung and Blood Institute Dietary Approaches to Stop Hypertension (DASH) diet. Copies of DASH can also either be picked up in the Health Promotion's office in the basement of the Naval Hospital, calling (760) 830-2814 or requested as a PDF file via email at martha.hunt@med.navy.mil.

The DASH Eating Plan offers a sample menu based on about 2,000 calories a day or less. The DASH eating plan is rich in fruits, vegetables, fat-free or low-fat milk and milk products, whole grains, fish, poultry, beans, seeds, and nuts. It also contains less salt and sodium; sweets, added sugars, and sugar-containing beverages; fats; and red meats than the typical American diet. Because fruits and vegetables are naturally lower in sodium than many other foods, DASH makes it easier to eat less sodium.

Captain Ann Bobeck, Commanding Officer...

Continued from page 1

am today," said Bobeck.

"I love the diversity of assignments, travelling around the world... and just being part of something bigger. I joined the Navy, probably because my brothers told me not to join the Army... I think they had a jaundiced view of the Army, having been drafted during the Vietnam War... I must admit that I liked the choices of the duty stations the Navy was giving me... the Army choices were in the middle of nowhere, the Air Force choices were also very similar... in the middle of nowhere. The Navy's choices always happened to be near a coast, I thought, how bad can it be?" Bobeck said.

As a student at Pennsylvania State University, Bobeck was the co-organizer of the Student Healthcare Organization and attended as many of her beloved Nittany Lions football games as possible. As a youngster in middle school she played basketball and in high school she ran track, worked on the staff of her high school Year Book, and was a member of the National Honors Society.

Bobeck's most memorable experience besides being selected for command was being at the deck plate of developing what is now the International SOS contract to take care of

active duty and active duty family members who serve in remote locations overseas...

"International SOS is an organization if you're travelling in Thailand and you become ill you can pick up the phone and call International SOS and they will find you a provider and its cashless -- claimless," said Bobeck. "I was lucky enough to be in the right place at the right time to work with an incredible contractor."

"I will be a leader who is visible... I will get out of my office and listen to the folks... I'm only here because of the people that I have always been surrounded by... the experts who taught me," said Bobeck. "I was smart enough to listen to them and to realize I didn't have all of the answers... I am the CO

today and things just don't just magically change with this pin (command pin) to give me all of the answers. Sometimes the youngest guy or gal in the group... the E-2 will be the one with the answers if you stop to listen to them and ask, how are things working in your shop?... if they are brave enough they will share it with the CO. I need to capitalize on that and I will need to develop that further," she added.

"When not busy with work I like to bike ride, I like to hike... I'm a big walker. There's not a day that I won't take a walk, even if I get home at 10 o'clock at night, I'll take the dog out for a walk with my husband if he's not travelling. I enjoy tennis and I hope to be enjoying golf soon. I haven't had time for

that (golf) in the past couple of years, but I'll be living next to a golf course over here in Ocotillo, so I want to get out there and play some golf," said Bobeck. "The Command Master Chief and the XO have committed to me that they're interested (in golf) as well." She also added that she enjoys spending time with her family and friends.

Captain Bobeck is married to a fellow Navy Medical Department Officer, Captain Scott Colburn, Dental Corps, United States Navy who will be joining her in August as a member of the 23rd Dental Company.

Super Stars...



Lieutenant Krystal Glaze, Laboratory, is surrounded by family at her recent promotion ceremony.



HM2 Sonny Lemerande, Physical Therapy, takes the oath at his reenlistment ceremony.



HM2 Julius Sagun, Pharmacy, is promoted to his current rank.



LT Sarah Bishop, Health Care Ops, receives a Navy and Marine Corps Commendation Medal.



HM3 James Abelar, Maternal Infant Nursing Dept. is promoted to his current rank.



LTJG Gregory Abernathy, Emergency Medicine Department, receives a Humanitarian Service Medal.



CS3 Renato Batallones, Combined Food Services is promoted to his current rank.



HA Kevin Brackens, Manpower, receives a Letter of Appreciation.



LT Timothy Brender, Pediatrics, receives a Navy and Marine Corps Achievement Medal.



LTJG Joseph Shannon, Anesthesia/PACU, takes the oath at his recent promotion ceremony.



HM3 Rabeline Brown, General Surgery/Orthopedic Clinic, receives a Humanitarian Service Medal.



HM3 Matthew Sandlin, Pharmacy, receives a Letter of Appreciation.



HM2 Seth Bryan, Command Career Counselor, receives a Navy and Marine Corps Achievement Medal and a Letter of Appreciation.



PS2 Felvin Bundalian, Manpower, receives a Good Conduct Medal.



HM2 Noemi Coler receives a Navy and Marine Corps Commendation Medal and a Letter of Appreciation.



CSC Gener Cunanan, Security, receives a Letter of Appreciation.



CS2 Ryan Davila, Combined Food Operations, is promoted to his current rank.



HMC Augustus Delarosa, Patient Administration, receives a Letter of Appreciation.



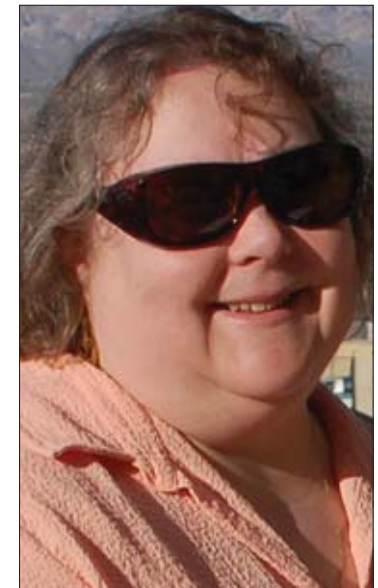
HM2 Nicole Gacayan, Public Health is promoted to her current rank.



HM3 Robert Hartwell, Patient Administration, receives a Letter of Appreciation.



Som Harz, Emergency Medicine Department receives a Federal Length of Service Award.



Martha Hunt, Health Promotions Coordinator, receives a Federal Length of Service Award.



HM3 Charles Idos, Pharmacy, receives a Good Conduct Medal.



HM2 Jon Kegley, Manpower, receives a Good Conduct Award.



HM1 Daniel Magee, Public Health receives a Navy and Marine Corps Commendation Medal and a Letter of Appreciation.



HM2 Arnel Mangosing, Laboratory, is promoted to his current rank.



Laura Medina, Pediatrics, receives a Federal Length of Service Award.

Stress on Your Schedule?

By Brian P. Smith
TriWest Healthcare Alliance

Military families can seem to eat, sleep and breathe stress. Some days, it can just feel like...oh, hold on a second...

Hello? Air conditioning's going to break at 10 p.m.? On a Saturday? That doesn't work for me at all. How about at 8 in the

morning on a Tuesday? Oh, hold on -- I have to take this other call.

Hello? Toddler with a fever and an ear infection? No, sorry. That won't work; I'm all booked up until next Thursday. Thanks for calling.

Challenges and conflicts don't check your calendar. Stress doesn't clock out at five, doesn't take a sick day and never asks

when you're free. You can't always clear time during daylight hours to focus on your struggles. Those times when you need to talk to someone -- day or night -- you might not even know where to start. TriWest Online Care gives you the support you need, available over the phone and online, when you need it.

Call, click or chat 24/7/365 Anytime of the day or night, when it's convenient to you,

contact TriWest Online Care over the phone (1-888-TRI-WEST), or online chat (triwest.com/onlinecare) for behavioral health information and crisis intervention.

TriWest Online Care also uses online videoconferencing for one-on-one counseling that is:

- * Non-reportable
- * Private
- * Free
- * Non-medical.

The phone and chat options are available to all TRICARE beneficiaries. The online video option is available in the U.S. for:

- * Active duty service members and spouses
- * TRICARE Reserve Select enrollees
- * Those eligible for the Transitional Assistance Management Program
- * Family members over the age of 18.

You won't need a referral or prior authorization to talk to someone, and you can use the service as many times as needed, from anywhere with an Internet connection and, for video, a webcam. If medical support or a higher level of care is needed, they can help you find the proper services.

Stress is a part of life. Whether you start to feel overwhelmed at 2 p.m. or 2 a.m., TriWest Online Care has resources available to connect you with the support you need.

A Gift For Military Families...



Pastor Norval Chilman, left with his wife Donna, third from left, present LTJG Mary Redden, second from left and LCDR William RouLaine, right, with leyyettes for parents to take home for their new borns. Blankets in the leyyettes were created by members of the Peace Lutheran Church at Palm Desert, Calif.

Save Time Pay Enrollment Fees Electronically

FALLS CHURCH, Va. -- TRICARE Prime beneficiaries can save time by paying their enrollment fees electronically.

Veterans and their families, including survivors and eligible former spouses, enrolled in TRICARE Prime pay an annual enrollment fee. TRICARE Prime beneficiaries can pay electronically two different ways -- direct withdrawal from their retirement pay allotment or by creating an electronic funds transfer (EFTs) linked to a bank account.

Beneficiaries can visit their regional health care contractor's website to download and fill out the required Enrollment Fee Allotment Authorization letter or EFT Payment Authorization form to get started.

Beneficiaries mail the completed form back to their regional health care contractor. The system does not allow electronic form submissions.

Once forms are received and authorized, TRICARE Prime enrollment fees are automatically deducted from the beneficiary's retirement pay or bank account monthly. In the South Region, a quarterly payment is required first, before establishing a monthly payment option. The beneficiary has to pay three months up front, before he or she can start making monthly payments. For convenience, beneficiaries are able to view online payment history and claims status at any time.

Both payment methods are safe and convenient options that free beneficiaries from the worry of missing a payment or defaulting on their coverage.

Of course, mail-in payments will always be accepted and pay-by-phone is offered in all three regions. Beneficiaries can check with their regional health care contractor's website for more information.

TriWest Healthcare Alliance (West Region)
www.triwest.com/epay

Patient Support...

Continued from page 1

Freedom, there will be fewer Primary Care Providers onboard through September.

“Our staff is aware of the challenge ahead and is prepared for and capable of adapting to the needs of our patients. I am confident in our medical team’s ability to ensure all patient needs are met,” said Executive Officer, Capt. Michael Moeller.

Naval Hospital Twentynine Palms is asking patients for their support during this temporary decrease in Family Medicine physicians.

“We are asking patients to be flexible if they are referred to the Emergency Department for care rather than their Primary Care Manager. We are asking for their patience in the waiting room and the pharmacy, while our staff work extended hours and augment other departments. Finally, we ask that patients call to cancel their appointments as early as possible if they are unable to make it, so we can use that time slot for someone else,” said Moeller.

The hospital currently has an eight to 16 percent ‘No Show’ rate, which equates to closing Primary Care one month per year from patients failing to come to their scheduled appointments.

Since January 2010 Naval Hospital Twentynine Palms has successfully filled the anticipated shortages due to increased operational requirements by contracting additional physicians, providers, nurses and support staff. In addition, Navy Reservists and hospitals in San Diego, Camp Pendleton and Bremerton were also used to fill in when needed.

To fully staff emergency care through the summer, military staff members from clinics throughout the hospital are working shifts in the Emergency Department to ensure full service to all eligible beneficiaries.

In September, civilian nursing and physician contracts are scheduled to be implemented in combination with an Emergency Department contract to improve access to care.

“We thank all of you (beneficiaries) for your patience and assistance during these temporary shortages in appointments and access to primary care. We are extremely proud of all of

our Active Duty, Reserve, Civilian, Contract, and volunteer staff who serve our beneficiaries 24 hours a day, 365 days a year, both overseas and here in Twentynine Palms,” said Moeller.

What does this shortage mean to you?

Over the next few months, with fewer providers in the Primary Care Clinics (Family Medicine, Internal Medicine, Pediatrics, Adult Medical Care Clinic - AMCC), there will be fewer appointments and likely longer wait times to speak with a clinic nurse or to make an appointment. Based on individual patient needs, medical staff at the Naval Hospital will assess and determine when patients should receive care from their Primary Care Manager (PCM) (i.e. such as chronic care) or when patients may need the services of the Emergency Department (i.e. acute care). As more patients seek care in the ED, this may mean longer wait times in the Emergency Department. The hospital staff appreciates beneficiaries’ flexibility and patience during this time.

What has the hospital done to increase the staff?

According to Cmdr. Sharon Kingsberry, Director for Medical Services, The Military Placement Officers, Navy Medicine West, and Navy Medicine Logistics Command have been working to get new staff onboard as quickly as possible. Recruitment procedures for hiring civilian physicians, nurses, and medical assistants were developed in early 2010 and she anticipates these new

staff members will be arriving in late summer or early fall.

Is this a long-term decrease in staff?

No, this situation is temporary. The staffing level is scheduled to return to normal by the end of September.

How can patients help?

Appointment Cancellations
Please cancel the appointment as soon as possible by calling 760-830-2369 or 760-830-2752 during normal work hours. Or, you can send an e-mail to NHTP.CAPC@med.navy.mil to cancel your appointment.

The hospital currently has an eight to 16 percent ‘No Show’ rate, which equates to closing Primary Care one month per year from patients failing to come to their scheduled appointments.

School and Sports Physicals:
The Pediatric Clinic will be offering this service July 12 - 13. Please call the Appointment Line at 830-2752 to schedule an appointment.

Treatment over the Phone --
If you think you are pregnant or have a urinary or gynecologic infection, please call the Appointment Line at 760-830-2752 and ask to leave a message for the nurse. A nurse will contact you regarding your issue. An appointment is not required and medications will be provided through the pharmacy.

Let Us Know -- If at any time the information that you receive does not meet your satisfaction or you are not satisfied with the service, please ask to speak with the Department Customer Relations Officer, Clinic Supervisor, Business Manager, or Nurse.

Add a little fiber to your diet with cucumbers

Cool cucumbers are a refreshing treat on a hot summer day. Not only are they crisp and delicious, but their high water content makes them excellent for replacing fluids lost through sweating. Eating foods with a high water content such as cucumbers is one way to protect against summertime dehydration and heat exhaustion.

The flesh of cucumbers is primarily composed of water but also contains ascorbic acid (vitamin C) and caffeic acid, both of which help soothe skin irritations and reduce swelling. Cucumbers’ hard skin is rich in fiber and contains a variety of beneficial minerals including silica, potassium and magnesium.

Cucumbers are also a good source of potassium and magnesium that help to control blood pressure.

Super Stars...

Continued from page 5



HM2 Adam Mora, Emergency Medicine Department is promoted to his current rank.



CS2 Emiliano Morfin, Combined Food Operations, receives a Navy and Marine Corps Achievement Medal.



HM3 Courtney Sharkey, is promoted to her current rank.



HM3 Derrick Roberts, Mental Health Department is promoted to his current rank.



CS3 Todd Stansberry, Combined Food Operations, is promoted to his current rank.



HM1 Adam Rosendahl, Adult Medical Care Clinic, receives a Letter of Appreciation.



HM3 Andrew, Taraski, Main Operating Room, is promoted to his current rank.



HM3 Khiem Truong, OB/GYN, is promoted to his current rank.



HM1 Gale Web, Laboratory, receives a Good Conduct Award.



HM1 Heath Wilhoit, Physical Therapy, is promoted to his current rank.