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MEDCOM NOW



Office of the Army Surgeon General and Army Medical Command

Helping Nepal

Maj. Paul Chung examines a child in Nepal during a relief mission by 17 Soldiers from the U.S. Army Pacific surgeon's office and Tripler Army Medical Center. The Soldiers spent a week helping the Nepalese army respond to flooding that left 50,000 people homeless in the Himalayan Mountains country.

The team trained Nepalese soldiers, and helped set up joint medical centers that treated 4,296 patients. [Click here for more information.](#)



Life saver

Col. James Snyder congratulates Pfc. Dustin Hayes, an Army Reserve medic with the 332nd Medical Brigade, after Hayes received the Army Commendation Medal. It was awarded for using the Heimlich Maneuver to save the life of 6-year-old Jayden Stine, who was choking on chewing gum. [Click here for more information.](#)

Football star fights mental-health stigma

by Julia Yubeta

“There’s no shame in admitting you have a problem — I did!”

With those words, Hershel Walker, the legendary 1982 Heisman Trophy winner, pro football star and Olympian, revealed he had suffered from a form of mental illness called dissociative identity disorder — DID. He shared his personal experiences during presentations at William Beaumont Army Medical Center and the Fort Bliss, Texas, Warrior Transition Battalion.

Ten years ago, Walker learned he suffered from DID, formerly called multiple personality disorder.

“I had to come to terms with my diagnosis. I knew I wasn’t happy;



Herschel Walker signs autographs for Soldiers of the Fort Bliss Warrior Transition Battalion.

I was sad, I was angry, and my life was out of control,” he said.

After getting treatment for his diagnosis, Walker said he feels stronger than ever.

“People need to admit they have a problem in order to stop suffering needlessly,” Walker said.

[Click for more information.](#)

Doctor returns to service after 38 years

by SGT Whitney Houston

Young men and women frequently follow the footsteps of their parents and grandparents by joining the military. Maj. Robert Sexton reversed that role when he followed his two sons into the military after a 38-year-break from his previous service.

Sexton enlisted in the Army in 1968 and served two years in Vietnam. He moved to Guatemala and completed medical school there, then returned to the United States.

When two of his sons joined the Marine Corps, he began to feel the tug of inspiration.

“My two sons inspired me,” he said. “Then, two years later, after reading what the Army had done over there, I got more and more inspired with everything I read.”

Sexton now is serving as a physician with the 425th Civil Affairs Battalion, attached to the 4th Infantry Division in Baghdad, Iraq.

“I figured we have less than 1 percent of the American people in the service, and some of those people are going to need a break sometime — and that’s what I aim to do. I’m still physically fit. I thought I could make a contribution,” Sexton said.



Maj. Robert Sexton

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Troops teach trauma

Medics with the 3rd Brigade combat team of the 1st Infantry Division are teaching crucial life-saving techniques to Afghan National Army soldiers at Bagram Airfield.

“We taught them combat casualty care — what you might refer to as the medic’s bible,” said Sgt. Troy Galvan.

Click here for more information



Sgt. Troy Galvan shows an Afghan soldier how to care for a trauma patient's breathing during a 30-day course on emergency first aid.



Child's play

Sgt. Gabriel Del Fierro, a student at Walter Reed Army Medical Center, has painted bright portraits of familiar cartoon characters on the ceiling of the pediatric sedation unit. While deployed to Iraq, Del Fierro painted an eight-foot-tall, 28-foot wide mural featuring an American Eagle and flag blending into an Iraqi sunset, with a symbol in the middle to represent the last Soldier's march. **Click here for more information.**



Finding a vein

Sgt. Tammy Ellis (center) of the 27th Brigade Support Battalion, supervises as a Romanian soldier of the 241 Whitesharks Battalion starts an intravenous infusion during combat lifesaver training at Contingency Operating Base Adder in Iraq.

“We learned a lot of new skills and would like to return for further training,” said Romanian Cpl. Papadie Cristian.

Click here for more information.

MRAP ambulances improve safety

So medics can go where the warfighters go, Mine-Resistant, Ambush-Protected (MRAP) ambulances are being used in Iraq and Afghanistan.

MRAPS were designed to increase protection for their passengers. Heavy armor and a “v-shaped” profile deflect blasts from below the vehicle.

MRAPs have saved many lives in Iraq. A smaller, lighter version is being deployed to Afghanistan, where roads and bridges often cannot support the larger MRAPs.

“Unlike the M997 Humvee ambulance, these ambulances are almost rolling emergency rooms — complete with oxygen concentrators, oxygen tank and a vital-sign monitor,” said Sgt. 1st Class Jennifer A. Zavala of the force modernization training branch at the AMEDD Center and School.

“They also include combat casualty treatment bags with rapid



trauma treatment supplies; en route care bag with breathing, airway, bleeding, intravenous and splinting supplies to maintain care of the patient; and a trauma panel with more breathing, airway and splinting supplies, but also oxygen and hypothermia supplies. It has a resupply chest for long missions, as well,” she added.

Fielding to the combat theater began in January 2008. The heavier

design is the RG33L, which can carry three litter patients, and the lighter version is the MaxxPro Plus, which carries two litter patients.

Troops usually receive a week of training when they receive MRAPs, and the Center and School is planning home-station training.

Click here for more information.



Ear exam

Capt. Ramona Toussaint of the 27th Brigade Support Battalion inspects an Iraqi child's ear at Contingency Base Adder in Iraq. About 15 schoolchildren from al-Amal School for the Deaf received their first hearing exams to identify candidates for hearing aids. **Click here for more information.**