



AMEDDC&S Newsletter

The AMEDD Center & School...Army Medicine Starts Here!

AMEDDC&S welcomes its two top leaders

Volume 2, Issue 5

September 2013

Upcoming events:

Oct. 16, National Boss' Day.

Oct. 18, 1st Annual AMEDD NCO Academy Golf Tournament, see page 17 for more information.

Oct. 19, Retiree Appreciation Day, Blesse Auditorium, Willis Hall, Bldg. 2841.

Oct. 24, Fall-Winter Safety Stand Down day.

Dec. 13, AMEDDC&S Holiday Formal Hilton Airport. Call 221-2486 or 221-9946 for more information.



*AMEDDC&S Change of Command
and
Change of Responsibility
Ceremony
September 19, 2013*

From left, Command Sgts. Maj. Gerald Ecker, Christopher Walls, Maj. Gen. Steve Jones, Maj. Gen. Brian Lein, and Col. Randall Anderson, render honors to the flag prior to the start of the U.S. Army Medical Department Center and School Change of Command and change of Responsibility on Sept. 19.

By Esther Garcia
AMEDDC&S Communications Office

Standing at attention in a semi-circle on the grounds of the Medal of Honor Walk at the Army Medical Department Museum, 32nd Medical Brigade senior leaders became the backdrop when the Army Medical Department Center and School officially welcomed its two top leaders to the command on Sept. 19 in a dual ceremony hosted by Maj. Gen. Brian Lein, Army Deputy Surgeon General and Deputy Commanding General

(Operations), U.S. Army Medical Command.

Maj. Gen. Steve Jones assumed the duties of the commanding general from interim commander, Col. Randall Anderson, during the change of command ceremony.

Immediately following the change of command ceremony Command Sgt. Maj. Gerald Ecker assumed the responsibilities of the Center and School from outgoing Command Sgt. Maj. Christopher Walls.

Lein said, "We have no better leader in Army medicine than our incoming commander, Maj. Gen. Steve Jones. He comes with an impeccable resume of accomplishments in command and leadership roles for the Army and Army Medicine. His leadership will surely be needed as we move this organization forward."

Lein recognized the outgoing interim commander.

See AMEDDC&S, P2

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AMEDDC&S, from P1.



Incoming Commanding General, Maj. Gen. Steve Jones, U.S. Army Medical Department Center and School, (right) smiles as he officially accepts the duties of the AMEDDC&S from left, Maj. Gen. Brian Lein, Army Deputy Surgeon General and Deputy Commanding General (Operations), U.S. Army Medical Command, at the Change of Command Ceremony held Sept. 19 at the Army Medical Department Museum. Brian officiated as host and keynote speaker for a dual ceremony that also welcomed the new Command Sergeant Major for the Center and School.



Sgt. 1st Class Ronnie Reynolds, U.S. Army Medical Command Noncommissioned Officer of the Year, presents a dozen yellow roses to Colonel Kristen Raines, wife of Maj. Gen. Steve Jones, as a welcome to the AMEDDC&S family.

Lein said, "Colonel Randy Anderson is stepping down today from an outstanding performance as an interim commander. Who would have thought when he took command we would have an active shooter, furlough, we'd have the responses to SHARP and all of the other challenges that have fallen on his lap and on his shoulders that he has borne with the true professional leader that he is and has demonstrated."

Anderson said, "The opportunity to command this organization, even for one day, is one of the greatest honors a leader can have. The great military and civilian employees of the AMEDDC&S have an essential mission, ultimately leading to the saving of lives on the battlefield and in our treatment facilities. They do this mission expertly

each and every day, no matter the challenges we throw at them."

Anderson serves as the Chief of Staff for the AMEDDC&S.

Lein thanked Walls for stepping up to the plate as the Command Sergeant Major. Walls said it was an honor and privilege to serve. He currently serves as the Commandant for the Noncommissioned Officers Academy.

Lein welcomed Ecker and said, "Your reputation precedes you. Completing your responsibilities at Public Health Command, your leadership of Soldiers is well known throughout the Army. You bring your right skills, attributes and values to this organization. Mold the Soldiers and leaders to your likeness and we will be much better

off as an Army and as an AMEDD."

Lein said, "On this post and through the doors of this school passed generations of Soldiers, noncommissioned officers, officers and civilians who for generations have revolutionized the delivery of healthcare. Over the past decade, medics, doctors, nurses and the staff of our medical facilities both deployable and in garrison, have provided the best care anywhere. Unparallel survivability on the battlefield, advances in combat casualty care, rehabilitation, post traumatic stress, traumatic brain injury and disease prevention, are directly related to the training provided on this campus."

Jones was born at Fort McPherson, Ga. He graduated from Vanderbilt University in 1974
See AMEDDC&S, P3

AMEDDC&S, from P3



Incoming Command Sgt. Maj. Gerald Ecker accepts the Noncommissioned Officer sword from (center) Maj. Gen. Steve Jones, commanding general, U.S. Army Medical Department Center and School, accepting the responsibilities of the Center and School. The Change of Responsibility ceremony was held Sept. 19 at the Army Medical Department Museum Medal of Honor Walk Amphitheater. Standing to the right is outgoing Command Sgt. Maj. Christopher Walls. Walls serves as the Commandant for the Noncommissioned Officers Academy.



Left, Staff Sgt. Adam Sahlberg, president of the Sgt. Maj. of the Army Leon Van Autreve Chapter of the Sgt. Audie Murphy Club presents a dozen yellow roses to Linda Ecker as a welcome to the AMEDDC&S Family.

and Vanderbilt University School of Medicine in 1978. He completed his training in Internal Medicine and Cardiology at Walter Reed Army Medical Center. He earned a master's of science degree in National Security Studies from the National War College. He is a Fellow of the American College of

Cardiology and American College of Physicians.

He most recently served as Commander, Joint Task Force National Capital Region Medical.

Jones recognized and thanked the many distinguished guests, flag officers, fellow commanders, senior enlisted leaders, staff and

friends of the AMEDDC&S who attended the ceremony.

Jones said, "It's truly humbling to be a part of an organization that's responsible for saving so many lives on the battlefield. That's a result of the work of many individuals I just recognized, along with other great Americans."

"Their efforts during difficult times – similar to those we now face - brought casualty survival rates up to 92%. Even more impressive was the fact that they accomplished this while the severity of injuries was increasing," continued Jones.

Jones acknowledged Anderson for the leadership of the command and his contributions to Army Medicine.

He said, "You made this a very easy transition for me."

He recognized Walls for his exceptional leadership of the NCO Academy, and while serving as the interim Command Sergeant Major of the Center and School.

Ecker is not new to Fort Sam Houston or the AMEDDC&S. Twenty seven years ago he trained as a combat medic and years later returned and served in the AMEDD Lessons Learned Office at the Center and School.

Ecker is a native of Minneapolis, Mn. and entered the service in October 1987. Ecker holds a Bachelor of Science degree with honors from Excelsior College, Albany, N.Y.

He most recently served as the Command Sergeant Major for the US Army Public Health Command, Aberdeen Proving Ground, Md.

He said, "The AMEDDC&S is a unique and special place. This institution is an effective force generator, a generating force that produces competent medical operators of various medical arts, develops tactical medical See AMEDDC&S, P4

AMEDDC&S, from page 3

units, sound doctrine and equipment that provides the medical service platforms or people, concepts and things, with the task and purpose of securing the well-being and saving the precious lives of our country's sons and daughters."

Ecker said, "I am glad to be back here. I understand that the effectiveness of this great institution does not happen by accident, it happens through a collective stewardship, ownership and by being well led. I understand my role in this equation as your Command Sergeant Major and I will Soldier more than my share of the task wherever I may be, 100%, and then some."

The AMEDDC&S trains all of the Army's medical personnel. A military and civilian faculty supports 362 academic programs with annual enrollment of more than 67,000 students. The Graduate School offers six-master's degree and seven doctoral degrees, many of which are nationally ranked as among the best in the nation. The school also hosts an international student program with enrollments from 40 participating countries.

Left photo, Col. Jonathan Fristoe, commander, 32nd Medical Brigade, is the Commander of Troops for the AMEDDC&S Change of Command and Responsibility. The 32nd Medical Brigade is the largest training brigade in the world for Officers, Noncommissioned Officers and Enlisted personnel attending the Army Medical Department Center and School.



Above and right photos, Maj. Gen. Steve Jones and Command Sgt. Maj. Gerald Ecker meet members of the military and civilian community during the AMEDDC&S Change of Command and Change of Responsibility ceremony.



STAND-TO! Edition: Wednesday, October 9, 2013

TODAY'S FOCUS: Information Assurance/Cybersecurity Awareness

What is it?

Army's Information Assurance (IA)/Cybersecurity Awareness is an opportunity to heighten ...

Read More:

http://www.army.mil/standto/archive_2013-10-09/?s_cid=standto

View the STAND-TO! Archive: <http://www.army.mil/standto/archive>

"Matilda" finds a home at the AMEDD Museum



Phillip Reidinger
AMEDDC&S Communications/Public Affairs Office

The most recent addition to the Maj. Gen. Spurgeon Neel pergola at the Army Medical Department museum is a H-19 helicopter affectionately named "Matilda". John D. and Michael R. McWilliam restored and donated the helicopter in honor of their father Col. Robert McWilliam, a solo pilot and a 30-year veteran aviator.

The dedication ceremony is October 15 at 9:30 a.m. in the Neel Pergola, the Army Medical Department Museum.

McWilliam began his career as a solo pilot in 1955 at Landstuhl, Germany, flying the H-13. He transitioned to the H-19 which he also flew at Fort Sam Houston. McWilliam transitioned to the UH-1 "Huey" which he flew during two tours in Vietnam. The first tour, 1962-1963, was with the original DUSTOFF unit, the 57th Medical Detachment in Nha Trang. During his second tour he served as commanding officer of the 54th Medical detachment in Chu Lai from 1967 to 1968.

"Matilda" arrived in pieces from

Keller, Texas, and was assembled on September 21 at the museum. Developed by Sikorsky as the model S-55, the versatile aircraft was known by Army and Air Force aviators as the H-19. To the Navy and the Coast Guard, it was the HO4S and to the Marine Corps it was known as the HRS. A true utility helicopter, it was an early workhorse used for troop transport, medical evacuation, Air Sea rescue, and cargo within its lift capability. If the cargo was too bulky to fit inside the cargo compartment, it could be moved externally by using the cargo hook located externally under the fuselage and in line with the main rotor shaft.

According to an article by retired Army Col. Robert Driscoll, Medical Command historian, his article titled "U.S. Army Medical Helicopters in the Korean War", the H-19 was routinely used to transport cargo and also contributed to medical evacua-

tion during the last two months of the conflict.

Originally, the helicopter was used to transport patients between hospitals in rear areas.

Much larger than the H-13 helicopter, the H-19 could carry six litter patients internally versus the two external litters on the H-13.

Driscoll notes that the helicopter, employed by the 6th and 13th Transportation Companies, was the primary transport of former prisoners of war during Operation Little Switch and Operation Big Switch, transporting a total of 5,674 former prisoners during 1,173 sorties.

Below photos, it takes three men to move one end of the propeller. The H-19 helicopter, affectionately named "Matilda", arrived in pieces from Keller, Texas, and was assembled on Sept. 21 at the Army Medical Department Museum. A dedication ceremony will be held Oct. 15 at 9:30 a.m. in the Neel Pergola at the museum.



Best of the best chosen as 2013 MEDCOM Career Counselor of the Year



Brig. Gen. John Poppe, deputy chief of staff for support, U.S. Army Medical Command, and chief, U.S. Army Veterinary Corps, presents the Meritorious Service Medal to Sgt. 1st class Celeste Spencer at an awards ceremony at Woods Auditorium on Sept. 16. Spencer is the 2013 MEDCOM Career Counselor of the Year.

By Esther Garcia
AMEDDC&S Communications/Public Affairs
Office

Five Soldiers representing five regional medical commands competed in the 2013 U.S. Army Medical Command (MEDCOM) Career Counselor of the Year held Sept. 16 at Joint Base San Antonio-Fort Sam Houston, Texas. The term "Career Counselor" describes the unit commander's principal asset responsible for advising Soldiers on the Army's retention program and the various careers and the various options offered by an Army career, whether in the Regular Army or the Reserve Components. Sgt. 1st Class Celeste

Spencer, representing Southern Regional Medical Command, was named the winner and will represent the MEDCOM at the Department of the Army level. Sgt. 1st Class Richard McFadden, Pacific Regional Medical Command, was named the first runner-up.

Spencer received the Meritorious Service Medal and a trophy with the career counselor creed engraved on it at an awards ceremony at Woods Auditorium hosted by Brig. Gen. John Poppe, deputy chief of staff for support, and chief, U.S. Army Veterinary Corps, MEDCOM.

The other candidates included Sgt. 1st Class Kristin Barnes, European Regional Medical Command,

Sgt. 1st Class Brandon O'Malley, Western Regional Medical Command, and Staff Sgt. Duane Padilla, U.S. Army Medical Research and Materiel Command.

"Each and every one of you exceeds excellence. It was a very tough competition," said MEDCOM Command Sgt. Maj. Donna Brock, addressing the competitors at the awards ceremony.

"This is just a small sampling of the culture of excellence that we have across the Army Medical Department."

Day one of the competition began with a physical fitness test at the MacArthur Johnson Track and included sit-ups, push-ups and a 2-mile run followed by a 50 question written exam that covered subjects from the Army Regulation 601-280, The Army Retention Program. The competition ended with an oral board which consisted of a five-member panel of senior noncommissioned officer leaders from Joint Base San Antonio-Fort Sam Houston (JBSA-FSH). Each board member asked three questions and tested the competitor's knowledge about current events, retention procedures, retention operations and policy, policy management, and the reserve component.

"It was a really good competition," said Spencer. "The written exam tested our knowledge of the retention program. I was a little nervous going before the board, but I just got in there and realized that 'I know what I know' and to be confident in my abilities to the best I can, and hope to represent my command well." Spencer is from New York and has
See Counselor, P7

Counselor, from P6

been a career counselor for nine years. Spencer is a Warrior Transition Counselor at Winn Army Community Hospital at Fort Stewart, Ga.

First runner-up McFadden from Illinois said, "It was a tough competition and we had some good competitors."

McFadden has been a career counselor for more than 7 years and is assigned to a Warrior Transition Battalion.

"My main purpose being in the WTB is making sure those Soldiers have enough time to properly heal and transition back into civilian life or go back into the Army by returning to duty or releasing from active duty to their reserve components, National Guard and Reserve," said McFadden. "It is a really challenging assignment for Career Counselors. It is rewarding getting help to those Soldiers that come from deployments and giving them the time necessary to recover."

"We are a force multiplier, enhancing the forces through the retention of America's sons and daughters," said Master Sgt. Mark Cuatt, career counselor with the European Regional Medical Command, who sponsored Barnes in the competition. "On a daily basis we are assisting Soldiers to meet their goals along with the alignment of the goals of the Army. We are not recruiters, we do not bring people in - we try to bring to light the benefits of staying in to the Soldiers."



The candidates competing in the 2013 MEDCOM Career Counselor of the Year are from left, Staff Sgt. Duane Padilla, U.S. Army Medical Research and Materiel Command; first runner-up, Sgt. 1st Class Richard McFadden, Pacific Regional Medical Command; winner, Sgt. 1st Class Celeste Spencer, Southern Regional Medical Command; Sgt. 1st Class Kristin Barnes, European Regional Medical Command; and Sgt. 1st Class Brandon O'Malley, Western Regional Medical Command.

Right, Command Sgt. Maj. Donna Brock presents 1st Sgt. Class Celeste Spencer a plaque with the creed of the Career Counselor creed engraved on it at an awards ceremony at Woods Auditorium, MEDCOM on Sept. 16.



Sgt. Maj. Timothy Brock presents the 2nd Place Trophy to Sgt. 1st Class Richard McFadden, Pacific Regional Medical Command at an awards ceremony at Woods Auditorium, MEDCOM, on Sept. 16.

It's that Time: Get your Flu Vaccine

Each year, flu season affects millions of men, women and children. Flu season usually begins in October, so now is a great time to protect yourself and your family from the flu by getting vaccinated. The flu shot is easy to get and inexpensive – often free – for TRICARE beneficiaries and this year the flu vaccine offers even more protection.

Until now, seasonal flu vaccines have only protected against three strains of flu - two strains of influenza A, which usually causes more cases and more severe illness, and one of influenza B, which is less common but also circulates in multiple forms. The new vaccines include protection against a second strain of influenza B, which experts expect will prevent the vast majority of type B infections.

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. People suffering from the flu often have a fever, cough, sore throat, stuffy nose, body aches, headaches and fatigue. According to the Centers for

Disease Control and Prevention (CDC), the flu virus spreads from person to person and can be more serious for young children, older adults, pregnant women and people with medical conditions. It can cause mild to severe illness, and at times can lead to death.

TRICARE covers both the flu shot and flu mist. Beneficiaries may be able get their flu vaccine, at no cost, from a military treatment facility, hospital or from a pharmacist at one of the 45,000 network pharmacies that administer vaccines to TRICARE beneficiaries. Find a participating pharmacy at www.express-scripts.com/tricare/pharmacy, or by calling Express Scripts at 1-877-363-1303.

CDC offers additional steps people can take on their own to prevent the spread of germs which can lead to the flu:

- Avoid close contact with people who are sick
- Stay at home when sick
- Cover mouth and nose when coughing or sneezing
- Wash hands often with soap and water
- Avoid touching eyes, nose or mouth
- Get plenty of sleep, be physically active, manage stress, drink plenty of fluids and eat nutritious food

The single best way to prevent seasonal flu is to get vaccinated each year. To learn more about flu basics, treatment and prevention visit www.cdc.gov/flu. Get more information on TRICARE coverage and where to get shots go to www.tricare.mil/flu.
Source: Benefit Information & Outreach Branch, TRICARE Management Activity Office.

FLU VACCINATION SCHEDULE

9 a.m. to 4 p.m., Army Community Service, 18 years and older on the following dates:

16, 18, 23, 25 and 30 October, 1, 6, 13 and 15 Nov 2013

Building 2797 Stanley Road, Joint Base San Antonio-Fort Sam Houston

AMEDDC&S military and DoD civilians can receive the flu vaccine in

Blesse Auditorium on Friday, Oct. 18 from 7 to 11:30 a.m.

All military should receive the vaccine before 16 Dec.



RETIREE APPRECIATION DAY: Saturday, October 19, 8 .am. to Noon, Bldg. 2841, Willis Hall, U.S Army Medical Department Center and School.

AMEDDC&S kicks off Combined Federal Campaign



Above, left, Maj. Gen. Steve Jones, commanding general, U.S. Army Medical Department Center and School, and Command Sgt. Maj. Gerald Ecker, fill out their Combined Federal Campaign forms as they prepare to make their donation to CFC. On Sept. 19 at Blesse Auditorium, Jones hosted the AMEDDC&S Key Leaders Kick-Off. Representatives from USO San Antonio; the Warrior and Family Support Center; Boys and Girls Club of San Antonio; the Fort Sam Houston Youth Services; the San Antonio Food Bank; the San Antonio Lighthouse for the Blind; and the Fisher House at Brooke Army Medical Center were on hand to talk about their charitable organizations.



Above, Judith Markelz, program director for the Warrior and Family Support Center, located on Joint Base San Antonio-Fort Sam Houston, and Evelyn Jackson, display literature about the center. Several organizations were on hand at the AMEDDC&S Key Leaders CFC Kick-Off to provide information about their organization. The WFSC supports wounded warriors and their families.

National Physician Assistant Week upcoming events

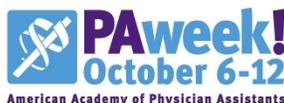
Held every year from Oct. 6-12, National Physician Assistant Week is a celebration of the PA profession. PAs across the country use National PA Week to increase awareness of both the PA profession and the importance of a healthy lifestyle.

Joint Base San Antonio Physician Assistants have scheduled several events throughout the week to celebrate as well. Join them in promoting health and camaraderie and show your support why "America Needs PAs."



PRACTICING MEDICINE IN THE CHANGING WORLD OF HEALTHCARE IS A BIG JOB. AMERICA'S PAs SHOULD KNOW. THEY DO IT EVERY DAY.

Visit aapa.org/PAWEEK
and learn more!



Schedule of events

Oct. 6, at 7 p.m., past, present, future, families and friends are invited to attend the Physician Assistant No Host Special Kick-Off at Stonewerks Big Rock Grille, Lincoln Heights, Broadway at Basse Road in San Antonio. For information call (210) 386-0076.

Oct. 7, 9 a.m. to 1 p.m., local Army Medical Recruiters will be available at the Department of Combat Medic Training, Bldg. 1374, 1st Floor, for Soldiers interested in becoming physician assistants or as other medical providers. Call 221-4261 for information.

Oct. 8, 7 a.m., a breakfast at Rocco Dining Facility, Bldg. 2745, Schofield Road, to meet physician assistants and students. Cost is \$2.50 for breakfast. Call 221-5468 for information.

Oct. 9, Noon to 1 pm., Physician Assistant Observance Gathering, Wood Auditorium, 2nd Floor, USA Medical Command headquarters. Call 221-7878 for information.

Oct 10, 1 to 4 p.m., PA Day, Salado Creek Park, opportunity to meet IPAP teachers, faculty and students, dunk tank, football tournament, lunch, face painting, snow cones, plus more. Cost is \$1 for certain items.

Oct. 11, Noon to 6 pm. Joint Base San Antonio-Fort Sam Houston Post Exchange, meet physician assistants and students while you learn about a healthy lifestyle. Call 221-9541 for information.

Oct. 12, 9 a.m., close out National PA Week with a 5k run, Travis Country Expo Center, 7311 Farm to Market Road 3177, in Austin. Call (910) 922-0068 for more information about this event.

October is Breast Cancer Awareness Month “Don’t wait—early detection pays off”



Breast cancer is the second most common cancer (behind skin cancer) in females in the United States and the second most common cause of cancer death in women (behind lung cancer).

Breast cancer is more likely to be cured if it is caught early—if all women adhered to guidelines for obtaining mammograms, the survivability rate from breast cancer would increase significantly—early detection is the key.

Encourage the women in your life to get mammograms.

Be proactive in your Life-space—take charge of your own breast health by understanding recommended screening methods, regular visits to your healthcare provider, and mammograms.

If you are age 40 or older, join the millions of women who get mammograms on a regular basis.

The key to mammography screening is that it be done routinely—once is not enough.

Men are generally at low risk for developing breast cancer, however, approximately 2,000 men are diagnosed with breast cancer each year.

A healthy nutritious diet, along with regular exercise, both part of the Army’s Performance Triad, have been associated with a decreased risk of breast cancer.

Background:

National Breast Cancer Awareness Month (NBCAM) began on a national level more than 25 years ago to promote mammography as the most effective weapon in the fight against breast cancer.

The third week in October was established as “Male Breast Cancer Awareness Week” by several male breast cancer advocacy groups.

According to the American Cancer Society (ACS), an estimated 232,340 new cases of breast cancer are expected to be diagnosed among women in the United States this year; about 2,240 new cases are expected in men.

An estimated 39,620 women are expected to die from the disease in 2013.

Today, there are about 2.5 million breast cancer survivors living in the United States.

Overall, white women are slightly more likely to develop breast cancer than African-American women, but African-American women are more likely to die of this cancer. However, in women under 45 years of age, breast cancer is more common in African-American women.

Death rates for breast cancer have steadily declined for women in the past 20 years likely due to progress in earlier detection, improved treatment of breast cancer, and possibly from the declining use of combination hormone replacement therapy.

The NBCAM organization is comprised of several national public service organizations, professional medical associations, and government agencies working together to increase breast cancer awareness, share information and provide access to screening services.

Links/Resources:

<http://www.cancer.org>
<http://www.nbcam.org>
<http://www.cancer.gov/cancertopics/types/breast>
<http://www.nlm.nih.gov/medlineplus/breastcancer>

See Detection, P12

Early Detection pays off, from P11

Questions and Answers:

Q. What are some of the risk factors for breast cancer?

A. Risk factors include:

- Increasing age – as women age, their risk increases
- Female gender – breast cancer occurs 100 times more frequently in women than men
- Family history – especially with a sister, mother or daughter with the disease
- Genetics – about 5-10% of breast cancers are thought to be hereditary and associated with the specific genes, BRCA1 and BRCA2.
- Starting menstruation at an early age (before age 12)
- Menopause at an older age (after age 55)
- Not having children
- Dense breast tissue
- Certain benign breast conditions – atypical hyperplasia
- Obesity
- Heavy drinking – more than 2 drinks daily increases risk 1.5 times
- Combined hormone replacement therapy after menopause

Q. Can physical activity reduce the risk of breast cancer?

A. Evidence is growing that exercise reduces breast cancer risk. With as little as two hours of brisk walking per week, a woman can begin to lower her risk of breast cancer.

Q. Can a healthy diet help prevent breast cancer?

A. A nutritious, low-fat diet with plenty of fruits and vegetables can help reduce the risk of developing breast cancer. A high-fat diet increases the risk because fat triggers estrogen production that can fuel tumor growth.

Q. Does smoking cause breast cancer?

A. Recent studies strongly suggest a link between smoking and breast cancer. However, due to the number of health risks associated with smoking, quitting can significantly increase survival rates.

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Q. Is there a link between oral contraceptives and breast cancer?

A. There seems to be a slightly increased risk of breast cancer for women who have used oral contraceptives (birth control pills). The risk appears to go back to normal once the pills are stopped.

Q. What can I do to lower my risk of breast cancer?

A. The risk of breast cancer can be lowered by maintaining a healthy weight, exercising, eating healthy food, and by not smoking. These make the healthiest lifestyle possible, helping to ensure the risk of breast cancer is as low as possible. See Detection, P13

Early detection, from P12

Q. When should breast cancer screening begin?

A. The American Cancer Society and the American Congress of Obstetricians and Gynecologists recommend yearly mammograms starting at age 40 and continuing for as long as a woman is in good health.

Q. Are mammograms painful?

A. Mammography does compress the breasts and can sometimes cause slight discomfort for a very brief period of time. Patients who are sensitive should schedule their mammograms a week after their menstrual cycle so that the breasts are less tender.

Q. How does menstrual and reproductive history affect breast cancer risks?

A. Women who began their menstrual cycles before age 12, have no children, or had their first child at 30 or older, or began menopause after 55 are at a higher risk.

Q. What kind of impact does stress have on breast cancer?

A. Although some studies have shown that factors such as traumatic events and losses can alter immune system functions, these studies have not provided any evidence of a direct cause-and-effect relationship between stress and breast cancer. An area currently being studied is whether or not stress reduction can improve immune response and slow progression in women diagnosed with breast cancer.

Q. Can men get breast cancer?

A. Yes, however, it's not as common as in women. Each year, about 2,000 cases of breast cancer are expected to occur among men, accounting for about 1% of all breast cancers. In addition, approximately 400 men die from breast cancer annually.



Korean Army nurse completes newly enhanced nursing course

Capt. Yujung Huh, a South Korean Army Nurse, attended the newly enhanced U.S. Army Critical Care and Emergency Trauma Nursing Course. The course consists of 18 weeks of study encompassing over 700 hours of class room and clinical study. Huh successfully completed eight major multiple choice exams and two oral presentation exams. She fully participated in clinical, medical, cardiology, surgical, trauma, neurology, burns and pediatric intensive care units. She participated in all class/student activities to include physical fitness. Huh will return to South Korea and

possibly become an Instructor in her Army's critical care nursing course. Pictured from left is Lt. Col. Cory M. Williams, Director of the Critical Care & Emergency Trauma, Capt. Yujung Huh, South Korea Army Nurse, and Lt. Col. Leroy Marklund, Section Chief for Critical Care at San Antonio Military Medical Center.

Source: International Military Student Office.

Officer uses color schemes for therapeutic effects



Lt. Col. Vincent Hack demonstrates moulaging technique for an article titled "Simulated Wounds: Moulages Horrify Observers," in the March 18, 1965 edition of the San Antonio Light.



This stained glass located next to the Stimson Library in Abel Hall is one of the many artworks by Col. Vincent Hack and his staff.

the exhibits at the AMEDD Museum.

One of Hack's enduring legacies was his role in the development of standard color schemes for Army medical facilities.

Tasked directly by the Surgeon General in 1959, Hack used his background in Color Psychology to establish color schemes with known therapeutic effects for operating, treatment, and recovery rooms as well as colors for classrooms, dining areas, corridors, and waiting rooms which were chosen to draw in light and promote learning. He even addressed housekeeping issues for high traffic areas by recommending two-toned dirt-repellent paints and surfaces for stair risers and mop boards. The "misty green" also described as "minty green" color that dominated hospital walls and equipment for so many years can be attributed to Hack's color studies.

Hack also conducted some of the Army's earliest studies on body languages and extrasensory perception but little remains of his original research.

Hack retired in San Antonio and continued lecturing on the psychology of color for many years until his death in 2001.

While his name, research, and branch may have slipped into obscurity over the years, AMEDD staff, students, patients, and visitors continue to enjoy artwork he produced more than fifty years ago – the colorful stain glass windows in Abel Hall and those in the foyer of BAMC are attributed to Hack and his Medical Training Aids Branch.

Source: AMEDDC&S Historian Office

Described in newspaper articles as "the big, cigar-smoking Medical Training Aids Branch Chief at the Brookes Army Medical Center," Vincent Hack was and still stands today as the only Army Medical Department Officer with not only a bachelors and masters of fine art but a doctorate of philosophy in the psychology of color.

Maj. Hack arrived at Fort Sam Houston in 1951 and stayed until his retirement as a colonel in 1969. During that time, he served as the Medical Training Aids Branch Chief, Officer-in-Charge of the AMEDD Museum, and BAMC's Chief Information Officer.

Throughout his career, Hack engaged the imaginations and interest of the AMEDD and general public alike with his innovative studies on the effects of color on everything from healing, safety, subliminal messaging, alleviating eye fatigue during surgery to improving one's golf swing.

While his studies were not widely published, he made on average 30 to 40 local and national

presentations a year and his research on color found its way into popular media outlets such as *Ladies Home Journal*, *Popular Science* and *Sports Illustrated*.

His artistic imprint, through the work of his staff, could be found on nearly every product of the Medical Field Service School during his tenure as Chief of the Medical Training Aids Branch.

His branch, composed of graphic artists, camera operators, carpenters, electricians, dress designers, administration specialists, statisticians, and nurses, not only assisted him with his research but produced anything "art-related" from building signs, instructional manuals, posters, to the sculpting of medical instructional models to moulaging casualties for field training exercises. The branch's most popular works were their award winning Fiesta floats, Stock and Rodeo Show exhibits, installations in the downtown department store windows during Armed Forces Week and

Local organization honors women role models



Photo by Esther Garcia

During Hispanic Heritage Month, Image de San Antonio, a local organization that annually honors outstanding Hispanic women role models for their contributions to the community, recognized 11 women, including military members, at a luncheon held at the Doubletree Hotel downtown on Sept. 28. From left Elizabeth Ruiz, Mistress of Ceremony and news anchor for KTSA Radio; recipients Sgt. 1st Class Lisa Palacio, 32nd Medical Brigade; Petty Officer Gina Martinez, Navy Medicine Training Support Center; Staff Adam Sahlberg, President, Sgt. Maj. of the Army Leon Van Autreve Chapter of the Sgt. Audie Murphy Club accepting on behalf of Maj. Isaritza Rosello, U.S. Army Medical Department Center and School, and, Emma Chapa, President, Image de San Antonio. Each recipient received a plaque from the members of the Image de San Antonio association, the State of Texas Yellow Rose Certificate signed by the Governor of Texas, and a yellow rose.



Domestic violence is physical, mental, sexual or emotional abuse in an intimate relationship. It occurs when one person uses deliberate pattern of abusive tactics to gain power and control over a partner or former partner. Domestic violence is not a private matter or a fight. It is not a momentary loss of temper or the abuse of drugs and alcohol. Violence is a choice the abuser makes. Domestic violence does not discriminate; it crosses all races, social and economic backgrounds, culture, religions and relationship types.

Community Resources

| | |
|-------------------------------------|---------------------------|
| Family Violence Prevention Services | 733-8810 |
| San Antonio Police Department | 207-7273 |
| Bexar Co. Sheriff's Office | 335-6000 |
| Bexar Co. Family Justice | 631-0100 |
| Victim Information and Notification | 800-816-0491/877-894-8463 |

AMEDDC&S and the local community



Bush Middle School remembers 9-11 and welcomes military families

Lt. Col. Neil Nelson, commander, 264th Medical Battalion, 32nd Medical Brigade, speaks to military families at the annual Bush Middle School's Military Appreciation Breakfast on Sept. 11. The breakfast is for Bush students and their parents who are serving or have served in the military. A moment of silence was held before the ceremony began in remembrance of the victims who lost their lives on Sept. 11, 2001 when terrorists attacked the World Trade Center in New York, the Pentagon in Washington DC and Shanksville, Penn. Nelson, keynote speaker, said, "It is important to start this day by remembering the 2,977 patriots who sacrificed so much on this day, 12 years ago. At that moment in time, the Nation called upon its people to rally and defend our American way of life." Nelson then spoke about his experiences when in school in his early years. He gave advice to the students in attendance saying, "Listen to your teachers, listen to your parents, they have your best interest at heart every day." The breakfast is an opportunity for military families to know that the school, the Parent Teacher Association and other students care about them and are offering their support.

Photos by Esther Garcia



Left, Lt. Col. Neil Nelson, commander, 264th Medical Battalion, poses with Bush Middle School Parent Teacher Association, Lisa Ulestad; Maj. Robert Case, Meredith Roberts, her father Lt. Col. Kirt Roberts, and Bush Middle School Principal, Gary Comalander.



Photos by Phillip Reidinger, AMEDDC&S Communications Office

AMEDDC&S participates in NOMAR awards banquet

On Sept. 4, the 2012 National Organization of Mexican Rights held an awards banquet at the Omni SA at the Colonnade hotel to recognize military members and Department of Defense Civilian employees who serve as role models in their communities, provide outstanding support to the mission of their organization, and are advocates for the advancement of Hispanic Americans. Photo, top left, Maj. Gina Esparza, National Guard Advisor, with her daughter, Ale, Senator Leticia Van de Putte, guest speaker, and her son Diego. Esparza served as Mistress of Ceremonies. Center photo, Chaplain Charles Rizer, Training Manager, AMEDDC&S, delivered the invocation and photo bottom left, members of the AMEDDC&S Color Guard presented the U.S. Flag. NOMAR, a non-profit all-volunteer organization, promotes educational and employment opportunities for Hispanic Americans, provides leadership training to Federal employees, and development training to high school students from the San Antonio Metro area. Department of Defense and the Army partner with NOMAR as part of their outreach program.



Soldiers join community for the 108th Kendall County Parade



Joint Base San Antonio-Fort Sam Houston Soldiers took time off from a three day holiday weekend and joined the community of Boerne, Texas, to celebrate and lead the annual 108th Kendall County Parade on Aug. 31.

Soldiers from Charlie Company, 187th Medical Battalion, led the parade with a color guard. Carrying the U.S. flag and the Army flag are Pvt. Shadee Dwight Ferguson, Spc. Heather Ellwein, Pvt. Chris Molina and Pfc. Angel Marquez.

The 323rd Army Band, "Ft. Sam's Own", followed closely



behind with Staff Sgt. Luke Jefferson as the Drum Major.

Marching in step behind the band were the Soldiers from C Company, 187th Medical Battalion, led by 1st Sgt. Martyn Pauwels and Capt. Steven McGourley with his children, Abigail and Fenway dressed in military clothing.

Brig. Gen. John Poppe, deputy chief of staff for support, U.S. Army Medical Command, and chief, U.S. Army Veterinary Corps, and his wife, Denise, waved to the crowd from inside a World War I ambulance pulled by a pickup. Drivers of the pickup are Staff Sgt. Timothy Bolden and Sgt. 1st Class Chad Baker.



32nd Medical Brigade Highlights

Bravo Company, 187th Medical Battalion

Friends, Family and co-workers were on hand to witness Staff Sgt. Michael Smith reenlist in the Army on Sept. 25. Smith has been assigned to B Company, 187th Medical Battalion, for approximately three years as an instructor/writer in the 68S Preventive Medicine Program. He has served in the U.S. Army for over 10 years and will continue his career in Florida. His reenlistment oath was administered by Lt. Col. Kent Broussard at the Medical Education and Training Campus. Congratulations to Staff Sgt. Michael Smith in his future endeavors with the U.S. Army.



Delta Company, 187th Medical Battalion

Delta Company highlights 30 members from the Inter-service Physician Assistance Student Society (IPASS). The Soldiers participated in a charitable cleanup event at Church Under the Bridge on Sept. 7. The group spent four hours cleaning in support of the church opening its new building. This organization provides food, clothing, and personal hygiene items to the less fortunate and homeless people of San Antonio.



Foxtrot Company, 232nd Medical Battalion

Forty-one Soldier medics from Foxtrot Company, 232nd Medical Battalion, march on to the basketball court with "Old Glory" prior to the start of the Women's National Basketball Association game, hosted by the San Antonio Silver Stars, at the AT&T Center on Sept. 7. The crowd stood to their feet in appreciation and applauded as the Soldier medics spread "Old Glory" in preparation for the playing of the Nation Anthem. These Soldier medics were chosen based upon their performance of successfully passing the Army Fitness Proficiency Test, and the Emergency Medical Technician exam. The Soldier medics had to also be in good standing with no disciplinary actions or derogatory marks against them. The Soldier medics who participated in this event experienced a once in a life time opportunity. As a reward for their success and service to our nation, they were invited to stay and watch the game and they also were honored on the AT&T "Big Screen." Events like these continue to show the support of our community, the discipline and fortitude of our Soldier medics and continues to build a solid relationship with the partners of the San Antonio city community.



Recognitions



Lt. Col. Shaffer takes the oath of office

Col. Nikki Butler, chief, Army Medical Specialist Corps, administers the Oath of Office to Lt. Col. Scott Shaffer on Sept. 19 as the Assistant Chief Army Medical Specialist Corps and Chief, Physical Therapist Section. Numerous friends, co-workers and Family witnessed the ceremony held at the Army Medical Department Museum.

Since World War I, Occupational Therapists and Physical Therapists (formerly known as reconstruction aides) and Dietitians have served the Army in a civilian capacity. On April 16, 1947 the Women's Army Specialist Corps, comprised of officers from those three professions, was established by Public Law 80-36. The law was amended in 1955 to allow commissioning of males and the corps was renamed the Army Medical Specialist Corps (AMSC). In 1992, Physician Assistants were converted from warrant to commissioned officers and added to the corps' skill inventory. By providing direct medical care as independent practitioners and physician extenders, AMSC officers play a key role in ensuring military medical readiness both on and off the battlefield. AMSC officers have served in every major conflict and humanitarian mission since the corps inception. The AMSC operates nationally recognized education and training programs as well as innovative programs that focus on unit-level health and fitness promotion, disease and injury prevention and outcomes research. Around the world, when duty calls AMSC officers continue to provide first class health care to soldiers and families. For more information about AMSC, see <http://www.amsc.amedd.army.mil/>



Congratulations Lt. Col. Story

Newly promoted Lt. Col. Kerry Story watches as her mother, Ginny Davidson, finishes pinning on her new rank during a promotion ceremony at the Army Medical Department Museum on Oct. 1. Story is assigned to the U.S. Military-Baylor University Graduate Program in Nutrition faculty, U.S. Army Medical Department Center and School. Standing to the left is her husband, Maj. Michael Story, Corps Specific Branch Proponent Office, U.S. Army Dental Corps. Lieutenant Colonel Story is a recognized sports nutrition dietician. Far right is her father Peale Davidson.

Army News Service: Healthy dose of preventive care may be best medicine <http://www.army.mil/article/111326/Healthy_dose_of_preventive_care_may_be_best_medicine/> The Performance Triad is an exciting initiative that could go far in improving the health of the force, said Col. John O'Brien, a medical doctor, and chief of Operational Medicine and Deployment Health at Madigan Army Medical Center here. The Performance Triad targets better performance through improvements in sleep, activity and nutrition. The first pilot course for Performance Triad started here, Sept. 9, with squad leaders and Soldiers from 3rd Squadron, 38th Cavalry Regiment, 7th Infantry Division, participating in two weeks of training led by health and medical professionals from the Office of the Army Surgeon General. Analysis: Reporting details the Performance Triad and two weeks of training led by the OTSG. Coverage notes how the squad leaders receiving training "will be responsible for imparting their knowledge and mentoring their Soldiers over the course of 24 weeks."

Awards and recognitions



Gregg Stevens, deputy to the Commanding General, U.S. Army Medical Department Center and School, and Chief, AMEDD Civilian Corps, presents Achievement Medals for Civilian Service to (left) Elizabeth Barnes for her selection as the Civilian Employee of the Quarter (Category I) 2nd Quarter, and to Pete Altman for his selection as the Civilian Employee of the Quarter (Category II) for 2nd Quarter, Calendar Year 2013 during a town hall meeting.



Left, Michelle Ramirez, G1, receives the commander's coin from Gregg Stevens. Ramirez coordinated the AMEDDC&S Food and Supply Exchange Extravaganza as a way to offer assistance to employees who may have needed a little extra help during furlough days. Thank you Michelle for thinking of your fellow man.

Congratulations to the following individuals for their outstanding support of the U.S. Army Medical Department Center and School, a group of dedicated professionals working to accomplish the AMEDDC&S vision and mission.

Commanders Award-Kimberly Williams,
 Commanders Award-Catherine Munoz
 Achievement Medal-Sandra Delozier
 Achievement Medal-Herman Buendicho
 Achievement Medal-Elizabeth Mendez
 Achievement Medal-Gilbert Rodriguez
 Achievement Medal-Mauricio Holguinflores
 Achievement Medal-Sтивен Carter
 Achievement Medal-Edward Oswald
 Achievement Medal-Mark Bundy
 Achievement Medal-Michael Todd

Achievement Medal-Monte Nesmejanow
 Achievement Medal-Robert Mitchell
 Achievement Medal-Gayle Ellis
 Achievement Medal-Donald Bailey
 Achievement Medal-John Kearney
 Achievement Medal-Donald Pena
 Achievement Medal-James Stewart
 Achievement Medal-William Clark
 Commanders Award-Hilda Castillo
 Commanders Award-Audie Clark
 30-Year Medallion-Hilda Castillo



HHD, 228th Combat Support Hospital welcomes new First Sergeant

Soldiers of Headquarters, Headquarters, 228th Combat Support Hospital, welcome incoming 1st Sgt. Shane Hartwig and say farewell to outgoing 1st Sgt. Michael Talamantes, at the First Sergeant Change of Responsibilities ceremony Sept. 15 held at Rudder Center. The HHD, 228th, CSH, provides communications, logistics and human resources support for hospital operations.

Affordable Care Act update

Affordable Care Act (ACA) information is now posted on the ABC-C website in the following areas:

1. Under BENEFITS TOPICS - Health Benefits
2. Under What's Hot! - Affordable Care Act (ACA) Information
3. Under HR PROFESSIONALS - CPAC/HR Representative Information

The ABC-C website is located at <https://www.abc.army.mil/index.html>

FOR PUBLICATION IN THE NEXT AMEDDC&S Newsletter:

All newsletter submissions should be sent NLT the 3rd of each month for posting.

Please send your submissions to Phillip Reidinger and Esther Garcia.

(We reserve the right to edit submissions)

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