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SECNAV Urges "One Nation, One Moment of Remembrance"

WASHINGTON, DC - The following is the text of a message from Secretary of the Navy Gordon England:

The White House Commission on the National Moment of Remembrance, established by Congress, honors those who died for our country. The commission's purpose is to sustain the American spirit through acts of remembrance.

The yearlong activities include a special moment of remembrance on Memorial Day. At 3:00 p.m. local on May 27, Americans are invited to pause for one minute of silence as an act of national unity to remember those who died in service to our country.

As members of the Navy/Marine Corps team, I strongly encourage commands to partake in the National Moment of Remembrance. I ask that you include the National Moment of Remembrance into your scheduled traditional Memorial Day tribute. If your tribute takes place before 3:00 p.m. local, remind your audience of this event.

I encourage your participation and invite you to use the ideas and media downloads available on the White House Commission on the National Moment of Remembrance Web site, [www.remember.gov](http://www.remember.gov).

- Gordon R. England, Secretary of the Navy.

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Navy And Marine Corps Health Promotion Award Winners Announced

PORTSMOUTH, Va. - CAPT David M. Sack, MC, Commanding Officer, Navy Environmental Health Center, announces the recipients of the Navy and Marine Corps Command Excellence in Health Promotion Award for 2002.

Commands compete for the award based on criteria on three achievement levels, Gold Star (highest level), Silver Eagle (medium level), and Bronze Anchor (lowest level). Each level is distinguished by such particulars as resources, staffing, and stage of development of each component of the program.

Recipients of the gold Star award are: Branch Medical Clinic Everett,

Wash.; Branch Medical Clinic Washington (DC) Navy Yard; Bureau of Medicine and Surgery; Marine Corps Air Station Cherry Point, N.C.; Semper Fit Center Marine Corps Base Quantico, Va.; Naval Training Center Great Lakes, Ill.; Naval Hospital Bremerton, Wash.; Naval Hospital Pensacola, Fla.; Naval Medical Clinic Pearl Harbor, Hawaii; Shore Intermediate Maintenance Activity Mayport, Fla.; U.S. Naval Hospital Roosevelt Roads, P.R.; U.S. Naval Hospital Rota, Spain; Naval Hospital Jacksonville, Fla.; National Naval Medical Center Bethesda, Md., U.S. Naval Hospital Yokosuka, Japan; Naval Dental Center Mid-Atlantic, Norfolk, Va.; Naval Ambulatory Care Center Newport, R. I.; Naval Ambulatory Care Center Groton, Conn.; U.S. Naval Hospital Okinawa, Japan; USS Boxer (LHD-4); USS Cleveland (LPD-7); USS Comstock (LSD-45); USS Enterprise (CVN-63); USS Essex (LHD-2); USS George Washington (CVN-65); and USS John F. Kennedy (CV-67).

Silver Eagle award recipients are: Branch Medical Clinic NAS Brunswick, Maine; U.S. Naval Hospital Sigonella, Sicily; Naval Hospital Charleston, S.C.; Naval Hospital Oak Harbor, Wash.; and U.S. Naval Medical Clinics United Kingdom, London, G.B.

Recipients of the bronze anchor award include: Branch Medical Clinic Sasebo, Japan; USS Lasalle (AGF-3); and USS STUMP (DD-978).

The award was established in 1995 to recognize Navy and Marine Corps commands that have implemented successful health promotion programs for their specific populations. Program managers collect and study data on physical readiness, nutrition, alcohol and drug abuse, tobacco use, stress and anger management, suicide prevention, injury prevention, high blood pressure and cholesterol, and environmental and occupational health.

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Everett's David R. Ray Health Center Opens Doors May 30

By Judith Robertson, Naval Hospital Bremerton, Wash.

BREMERTON, Wash. - The new David R. Ray Health Center, home to dental and medical care for beneficiaries in the Naval Station Everett area, will hold its ribbon-cutting May 30, and will open for patients June 3.

The new two-story \$6 million, 23,000 square foot, state-of-the-art center replaces 14 portable joined buildings that have provided medical and dental services on Naval Station Everett since 1994. Construction took almost three years.

In contrast to the temporary portable facility, the new medical/dental health center is designed specifically for patient care. It will house Naval Hospital Bremerton's Branch Medical Clinic; the Naval Dental Center, Northwest's Branch Dental Clinic; and the Everett TRICARE Center, which is currently located in downtown Everett.

The clinic is named for HM2 David R. Ray. While serving with the Marines in Vietnam in 1969, Ray was wounded more than four times during a battle, but still managed to save at least seven others. Refusing medical aid, he threw himself on a wounded Marine to protect him from a hand grenade blast, losing his life in the process. Ray was posthumously awarded the Medal of Honor.

USS David R. Ray (DD 971) was decommissioned Feb. 28, 2002. The Chief of Naval Operations authorized naming the new center for the Medal of Honor recipient to continue recognition of the courageous corpsman.

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Pearl Harbor's Yurong Named Hawaii's Top EMS Instructor

PEARL HARBOR, Hawaii - Helen Yurong, an emergency medical services (EMS) instructor at Naval Medical Clinic Pearl Harbor, was awarded Hawaii's outstanding EMS Instructor for 2002.

Yurong is the first federal or military EMS Instructor to ever receive

the annual award. It was first awarded in 1994.

Hawaii Governor Ben Cayatano presented the award to Yurong. He said her dedication has helped her students save lives.

CAPT J. L. Moore, MC, clinic commanding officer, praised Yurong, stating her nurturing of students, paramedics, and other EMT instructors has helped develop dedicated professionals.

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Navy Medicine Flag Moves: Hart, VanLandingham, Lescavage

WASHINGTON, DC - Chief of Naval Operations ADM Vern Clark announces the following assignments:

RADM Steven E. Hart, MC, is being assigned as medical inspector general, Bureau of Medicine. Hart is currently assigned as assistant chief for operational medicine and fleet support, Med-02, Bureau of Medicine and Surgery.

RADM Joseph P. VanLandingham, MSC, is being assigned as director for homeland security, Bureau of Medicine and Surgery and director of the Medical Service Corps. VanLandingham is currently assigned as medical inspector general, Bureau of Medicine and Surgery, director of the Medical Service Corps, and assistant chief for plans, analysis and evaluation, Med-08, Bureau of Medicine and Surgery.

RADM (selectee) Nancy J. Lescavage, NC, is being assigned as commander, Navy Medicine Institute for Learning Excellence and director of the Nurse Corps. Lescavage is currently assigned as assistant chief for healthcare operations, Med-03B, Bureau of Medicine and director of the Nurse Corps.

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Actor Tested for "Right Stuff" at NOMI Detachment Central

By CDR Donnie Plombon, MSC, Naval Operational Medicine Institute, Detachment Central

PENSACOLA, Fla. - Actor David Keith, known for such Navy roles as an aviation candidate in "An Officer and A Gentleman" and a Captain in "Men of Honor," recently found out if he had the real "right stuff" at the Naval Operational Medicine Institute's two-day aviation survival training.

Keith was vacationing nearby with his family and requested to get qualified in aircrew water survival with the hopes of "riding" in an F/A-18 in the future.

Keith is an avid supporter of the Navy, visiting USS Carl Vinson (CVN 70) the day after Thanksgiving to screen his movie, "Behind Enemy Lines."

"I liked it so much and I liked talking to everybody so much and felt like I helped boost the morale, so I didn't want to leave," Keith said of his visit to the Vinson. "I asked the Navy if I could stay for a week and go to some other vessels."

Keith stayed for a total of eight days, visiting several ships and troops in Bahrain.

Early this month, Secretary of the Navy Gordon England wrote Keith a letter to show his appreciation for his support. Keith responded with an offer to return to visit Navy units in the region. Since that might mean a hop on an F/A-18, which requires survival qualifications, the Navy offered to train him at Naval Operational Medicine Institute, Detachment Central, in Pensacola.

"Anytime you go into something like this at my age, you wonder how you're going to measure up," said the 48-year-old Keith. "And I made it through. I just hope none of us (who were in the training) ever have to do this for real."

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### McLeod Clansmen Gather Aboard USS Belleau Wood

By JO3 Jeffrey A. Fretland, USS Belleau Wood (LHA 3)

ABOARD USS BELLEAU WOOD (LHA 3) - CAPT Timothy McLeod, MC, and LT Jonathan McLeod, JAG, father and son, found themselves at the same place of employment recently, if only for two weeks.

CAPT McLeod, a Naval Reservist with Fleet Hospital 23 in Minneapolis recently trained aboard USS Belleau Wood during the ship's two participation in Special Operations Capable Exercise. LT McLeod, assigned to Trial West Defense Service, embarked on Belleau Wood with Commander, Amphibious Squadron Five, and will remain on board for its upcoming deployment.

"It's fantastic to be able to be assigned to the same ship as Jon and serve my country at the same time," said CAPT McLeod, who during his civilian days is an orthopedic surgeon in Minnesota.

Their time together is particularly exceptional for the two due to LT McLeod's upcoming deployment.

"I worry about Jon's and the crew's safety going out into harm's way," said CAPT McLeod. "But I'm also excited for the experiences he will have. Maybe he'll even get the chance to be the family's first shellback," he added, referencing the time-honored ritual of crossing the equator.

CAPT McLeod speaks from experience. He served on active duty during Desert Storm.

"This has been great for us and I cherish the time we are spending together," LT McLeod said. "It's something I will remember for the rest of my life."

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### Naval Hospital Jacksonville Sailors 'Paint The Town'

By HM3 Christina Helms, Naval Hospital Jacksonville

JACKSONVILLE, Fla. - Naval Hospital Jacksonville continued its tradition of community support by lending a hand to Jacksonville's Housing Partnership for its annual 'Paint The Town' project.

Sailors and civilians from the hospital turned out to scrape, patch and paint houses for individuals that would be unable to perform the repairs themselves.

Paint the Town was first developed nine years ago by the Jacksonville Housing Partnership to assist underprivileged individuals. The majority of the labor and supplies are donated. This year, some 2,000 volunteers helped paint 40 homes in the greater Jacksonville area.

"The Navy is great," said Ed Sutton of the Jacksonville Housing Partnership. "The military in Jacksonville makes up a huge portion of our volunteer base."

"I get a real sense of pride when I can help someone less fortunate than myself," said HM2 Adolph Herera, a hospital volunteer.

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### Navy Newsstand Stands Up Navy Medicine Website

CYBERSPACE - The Navy's Newsstand website is now featuring an exclusive Navy Medicine page that provides the most recent top news stories about the community.

The Navy Medicine website is at [www.news.navy.mil/local/mednews/](http://www.news.navy.mil/local/mednews/).

"Navy and Marine Corps Medical News, which has the most up-to-date Navy Medicine news, will still be sent out via e-mail and naval message, and will be available on the BUMED (Bureau of Medicine and Surgery) intranet and Navy Medicine internet pages," said CAPT Ryland Dodge, BUMED's special assistant for public affairs.

"The new site supplements what's already being done."

The new site also has a bulletin board feature that will allow commands

that have Navy Medicine-specific announcements, such as educational courses or seminars or special guest speakers, to post the information. Forward announcements to JaKDavis@us.med.navy.mil for posting.

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## HealthWatch: Top 10 Questions Patients Ask Their Dentists

By Doris Ryan, Bureau of Medicine and Surgery

With a nod to David Letterman, CDR Kim E. Diefenderfer, DC, the Navy's specialty leader for preventive dentistry and a dental researcher at Naval Dental Research Center, Great Lakes, Ill., brings you the answers to the top ten most frequently asked questions patients ask their dentists:

1. How often should I have my teeth professionally cleaned?

Once or twice a year. Research shows regular professional cleaning may reduce the risk of cavities and gum diseases. Some dental conditions require more frequent cleaning and monitoring. Talk to your dentist about your personal dental needs.

2. What type of dental floss should I use?

Research comparing waxed and unwaxed floss shows it doesn't matter which is used - it's not the floss, it's the technique that's important. Flossing is important because it removes plaque and food particles from areas not reached by a toothbrush. Flossers tend to floss on the backside of a tooth better than the front, front teeth better than back, and near the chewing surface of the tooth than at the gum line. The secret to good flossing is being meticulous, use sound technique, and do it at least once a day.

3. How often should I brush my teeth? What kind of toothbrush should I use?

Dentists recommend brushing with fluoride toothpaste after every meal and before bedtime because carbohydrates in food and drink feed acid producing bacteria that can promote cavities. On the flip side, brushing more than five or six times a day may increase the risk of damage to the tooth enamel.

Be sure to use a toothbrush with round, soft nylon bristles; harder bristles can be hard on tooth enamel. Research suggests that no configuration of bristles is best. The \$1 toothbrush can do the job as well as the \$4 one.

4. Are electric toothbrushes better than manual brushes?

Recent studies show electric and sonic toothbrushes, if used properly, can clean better than manual toothbrushes. The key is to use the toothbrush that best meets your needs. For example, people with arthritis or limited dexterity, or with orthodontic braces, may find electric toothbrushes helpful.

5. What's the best toothpaste?

Check the label. If the toothpaste has the American Dental Association (ADA) Seal of Acceptance, it means the manufacturer provided scientific evidence that the product does what it claims to do.

Whatever toothpaste you used, it should contain fluoride. More than 95 percent of toothpastes sold in the U.S. contain an ADA-accepted fluoride formulation.

Despite its gritty texture, baking soda is a mild abrasive, kind to teeth that also has anti-bacterial properties. Toothpastes that advertise improved stain removal ("smokers' toothpaste") usually contain harsher abrasives and if overused can damage the tooth enamel.

Whitening toothpastes work by removing surface stains. They contain special abrasives, detergents or enzymes. As for their claim for improved whitening properties, there hasn't been much independent research published yet. They shouldn't be confused with bleaching agents that work by breaking down pigment to remove color from teeth.

6. Do bleaching products work?

Yes, but consult your dentist before you use them - the procedure isn't always simple. Not all teeth respond equally to bleaching. In general, bleaching is more successful on lighter discoloration. Also, bleaching won't lighten dental restorations, such as tooth-colored fillings and bonding. Your dentist can determine if you are a good candidate for bleaching.

7. I live on base. Can I count on there being fluoride in the water?

DoD doesn't require fluoridation of base water supplies and most military bases in the U.S. depend on the local community's water supply. Check with the Public Works Department or the local municipal water commission to see if the water has fluoride to levels the ADA recommends.

8. Does bottled water contain fluoride?

Fluoride content in bottled water and beverages vary, depending upon the water used by the manufacturer. The FDA limits fluoride content of bottled waters; however, since the FDA has not defined a nutrient content claim for fluoride, bottled water manufacturers are not required to list fluoride content on the label. Some dentists are concerned that heavy drinking of bottled water that doesn't contain fluoride may increase the chance of cavities.

9. Does my home water filter remove fluoride from the water?

Some studies indicate that the more heavy duty the filter, the more likely fluoride will be removed. One study compared five filters and there was no noticeable change in water fluoride levels. Another study showed that a water softener and water conditioner did not change fluoride levels, but the particular water filter studied reduced fluoride content by 90 percent.

10. My son wants to pierce his tongue. Should I be concerned?

There are several risks associated with oral piercing.

The tongue has many veins and arteries, and bleeds when cut, so there is a risk of hemorrhage. There is also a risk of nerve damage, swelling, localized infection, and more serious infections, such as tetanus, hepatitis and HIV.

After piercing, removing and cleaning the appliance at least once a day to prevent bad breath, swelling and infection from bacteria and fungi is essential. It must be reinserted immediately after cleaning since the opening will start to heal and close in a matter of hours.

Most importantly, there is a substantial risk of cracked and broken teeth, gum recession, impaired speech and the possibility that he could swallow or aspirate the appliance.

If all this fails to discourage him, remind him that the piercing will probably be done without anesthesia.