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Heimall Becomes WRNMMC'S Director; Lane To Lead NCR-MD

By **BERNARD S. LITTLE**
WRNMMC Public Affairs staff writer

Army Col. Michael S. Heimall became director of Walter Reed National Military Medical Center (WRNMMC) May 26, assuming responsibilities from Navy Rear Adm. (Dr.) David A. Lane, who will become director of the National Capital Region Medical Directorate (NCR-MD).

During the change of authority ceremony in front of the historic Tower on Naval Support Activity Bethesda, home to WRNMMC, Heimall said he's excited for the opportunity to lead "the President's Hospital," although he's not new to commanding a military treatment facility.

"After 29 years, I've had the privilege of commanding three hospitals including two medical centers, serve as the interim [WRNMMC] director, and now, the privilege of leading our nation's flagship medical center," Heimall said. "I cannot tell you how humbled and honored I am," he added.

Heimall, who came to WRNMMC last August after serving as commander of William Beaumont Army Medical Center at Fort Bliss, Texas, was interim director of WRNMMC from November to January prior to Lane becoming director. Heimall commanded U.S. Army Medical Department Activity and Irwin Army Community Hospital at Fort Riley, Kan., and he was the medical company commander of the 93rd Evacuation Hospital and the detachment commander, U.S. Army Dental Activity at Fort Leonard Wood, Mo. The colonel was also deputy commander for administration at U.S. Army Medical Department Activity and Blanchfield Army Community Hospital at Fort Campbell, Ky. He has deployed as the Medical Operations Officer for the Combined Forces Special Operations Command Central.

Saluting Lane for his leadership,

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PHOTO BY BERNARD S. LITTLE

Army Col. Michael S. Heimall assumes the directorship of Walter Reed National Military Medical Center (WRNMMC) during a change of authority ceremony May 26. He accepts the WRNMMC flag from Navy Vice Adm. (Dr.) Raquel C. Bono, director of the Defense Health Agency.



PHOTO BY MCSN WILLIAM PHILLIPS

A group of motorcyclists rode from Naval Support Activity Bethesda to Washington, D.C. May 29 to participate in Rolling Thunder. More photos on page 4.

Veterans, Riders Roll Into Rolling Thunder

By **MCSN WILLIAM PHILLIPS**
NSAB Public Affairs staff writer

The streets of Washington, D.C. are overflowing with tens of thousands of motorcycles, the air is filled with the smell of exhaust and cigar smoke and the sides of the streets are jam-packed right up to the curb with spectators trying to catch a glimpse of the motorcyclists returning a salute to the Marine in his dress blues that is holding a salute to all the motorcyclist for hours on end who pass in the procession. This was the scene as Rolling Thunder rolled through the nation's capital May 29.

Operation Rolling Thunder was the U.S. military code name for

the long-term bombing of North Vietnamese targets in the mid-1960s, and is now the the name for a United States advocacy group that seeks to bring full accountability for prisoners of war (POWs) and missing in action (MIA) service members of all U.S. wars. The group's first gathering was in 1988.

Some of the motorcyclists who participated in this year's Rolling Thunder event are former patients at Walter Reed National Military Medical Center (WRNMMC).

"I was a patient at Walter Reed [WRNMMC]," said retired Army

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NSAB Construction Update #3 — Parking Garage

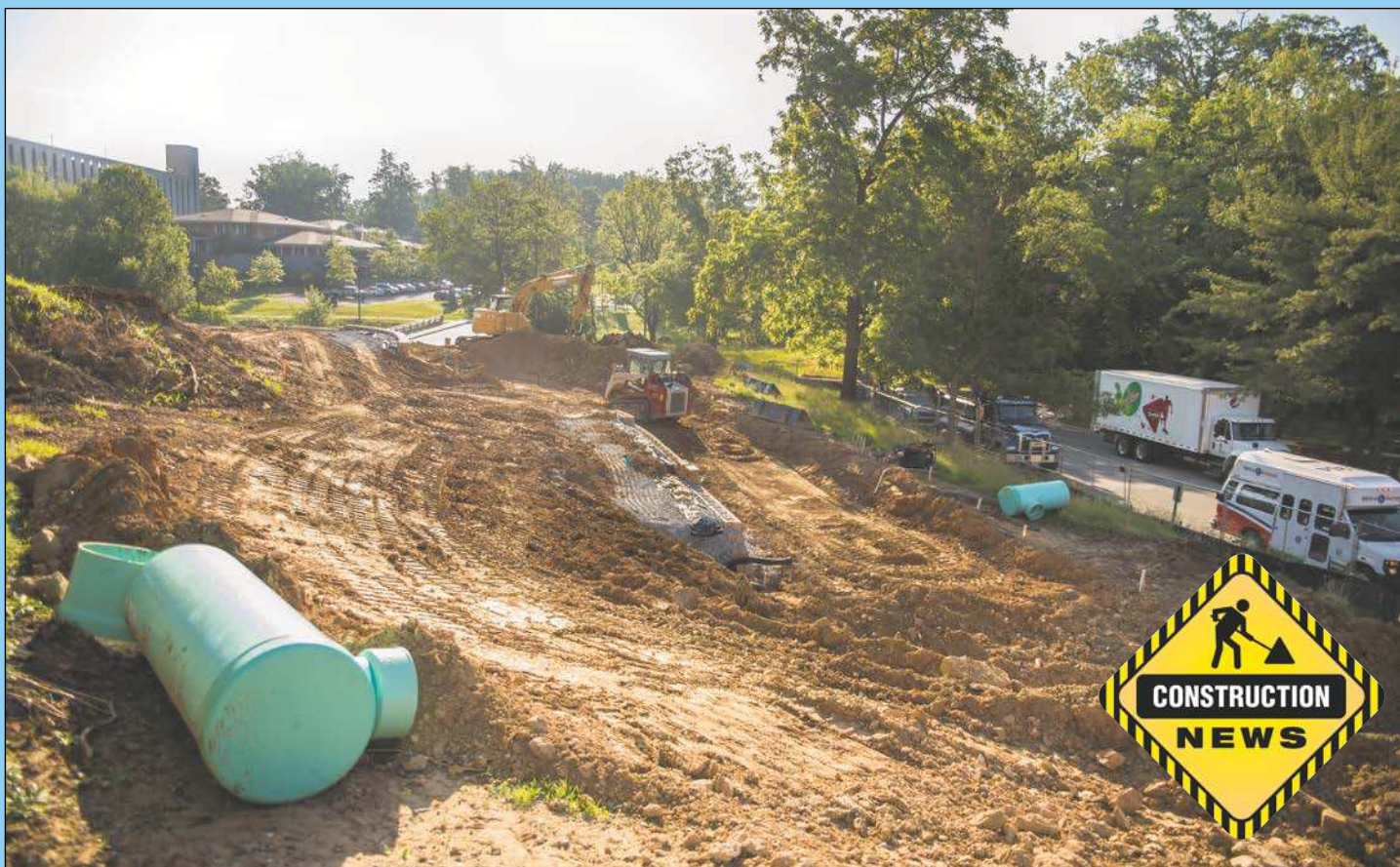


PHOTO BY AIRMAN MATTHEW HOBSON

Construction is underway on the P116 parking garage.

Construction has begun on a multi-level, 650-space parking garage on Naval Support Activity Bethesda, scheduled to be completed in March 2017. The garage is being built on Stokes Road between the Child Development Center (CDC) and the Navy Lodge.

The new facility, currently known as the P-116 project, will feature smart parking which will indicate space availability via red or green lights, wider spaces (nine feet) and easier vehicle access by design.

NSAB leadership wants parents who have children attending the CDC to be aware of necessary vehicle detours that will be put in place for

the duration of the construction. Most importantly, traffic will be one-way only in front of the CDC. Parents dropping off their children must proceed through the construction site after doing so, being sure to follow the posted signs. After exiting the CDC parking lot, drivers will continue to the Navy Lodge parking lot, following it behind the Navy Lodge, turning left and continuing to proceed through to the end of the detour zone through the Navy Lodge parking lot. Again, signs will be posted to guide drivers along the proper route. After proceeding through the zone, drivers will then either proceed left onto Grier Road, or right onto Grier to the Navy Lodge

Gate (Gate 4) to exit the installation. This closure is expected to last for several months.

The P-116 project is one of several construction projects that are being built to support the Medical Center Addition and Alteration (MCAA) – a major upgrade to Walter Reed National Military Medical Center (WRNMMC) that will join Bldgs. 9 and 10 with the rest of the medical center, significantly improving accessibility to clinics and mobility for patients and staff. It is scheduled to be completed in 2022.

Construction Updates are published in The Journal in the first issue of each month. Be sure to check back here next month for the next Update.

Bethesda Notebook

Navy Hospital

Corpsman, Medic Ball

The 118th Hospital Corpsman and Medic Birthday Ball is scheduled for June 18 from 6 p.m. to midnight at the Bethesda North Marriott Hotel and Conference Center. For more information, contact Joelle Meyindjou at joelle.a.meyindjou.mil@mail.mil or Sylvia McBee at sylvia.a.mcbee.mil@mail.mil.

Pre-retirement Seminar

A pre-retirement seminar is scheduled for June 21-22 at Walter Reed National Military Medical Center (WRNMMC). The seminar is open to WRNMMC GS employees planning to retire within the next five years. Space will be limited. Registration must be done in advance. For more information, call 301-319-8510.

Morning Prayer

Chaplain (Army Lt. Col.) Joseph Ko leads a morning prayer every weekday morning from 6:30 to 6:50 a.m. (except holidays) in the hospital chapel (Liberty Building 8, first floor). Everyone is invited to attend. The service is also shown on the medical center's closed circuit "Flag Channel" (Channel 14) in most patient rooms.

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Mentors Help Service Members Make Future Plans

By **ANDREW DAMSTEDT**
NSAB Public Affairs staff writer

Right now, Army Pfc. Tyler McGibbon has his eyes set on recovering from injuries he sustained when his Humvee rolled over in Kuwait in December 2014, which put him in a coma.

McGibbon, who woke up from the coma three months after his accident, still has a long road of recovery ahead of him as he goes to several different therapies every day at Walter Reed National Military Medical Center (WRNMMC). He's had to re-learn how to walk, how to talk and how to eat. But McGibbon also has his eyes set on making future plans thanks to connections he's made through the Wounded Warrior Mentor Program.

One of McGibbon's mentors has a traumatic brain injury like he does, so the mentor has been able to guide McGibbon on things he should be doing. His father and non-medical attendant George McGibbon said they came into this situation blind, not knowing anything they should be doing, but said the mentors have been "phenomenal" in helping them out.

"People say that (mentors) can shed some light," Tyler McGibbon said. "They were the light."

There are about 175 mentors who work with the wounded, ill, and injured at WRNMMC and Fort Belvoir. All of them have had some form of military experience and they bring that experience to help those wounded, ill and injured service members plan for the next phase in their lives.

The Wounded Warrior Mentor Program was started in 2004 by four members of the West Point Class of 1958, spearheaded by Lee Miller and included Pete Brintnall, John Herren and Bob Tredway.

"We saw a gap, and the gap was that everyone was doing everything for Wounded Warriors – taking them to ball games, taking them out for golf, ski trips and scuba diving trips, but nobody was looking after them as far as 'What are you going to do for the rest of your life?'" Miller said. "They have to get a new profession."

Many times, a wounded, ill or injured service member doesn't know what they want to do next, he said.

"Sometimes, but not all of the time when we meet people in the hall out here," Miller said of how they assist service members in Building 62 on Wednesdays, "We'll ask them, 'What do you want to do for the rest of your life?' They'll respond, 'I don't have a clue sir.' That's where we start."

He said they strongly encourage service members to take advantage of education opportunities and the program has contacts to help set them up with internships in several government agencies. The mentors will help create and review resumes and can put them in touch with several different subject matter experts, depending on the service member's interests.

"We provide them with a whole bunch of opportunities because we're tied into all these organizations, then we steer them and let them pick what they want to do," Miller said.

Army Sgt. 1st Class Tonia Chestnut first got involved with the program when she was at Fort Belvoir and continued with her mentor when she came to receive treatment at WRNMMC.



PHOTO BY AIRMAN MATTHEW HOBSON

John Herren mentors Army Sgt. 1st Class Charles Cole in the Warrior Cafe June 1. Herren is one of 175 mentors who work with the wounded, ill and injured as part of the Wounded Warrior Mentor Program.

Her 15-year Army career is about to end as she is going through the medical board process. Her mentor has helped her with her resumé and encouraged her to pursue her education. She's taking online courses, wants to pursue an MBA and is looking to complete an internship.

She said the mentorship program has helped her a lot.

"As long as you're open with them and you tell them what's going on and what's your story, they have a lot of very good information that helps you," Chestnut said.

Miller and other mentors are available in the Bldg. 62 hallway outside the Warrior Café every Wednesday, and more information on the program is available online at wwmp.us. Mentors are matched up with service members after an initial form is filled out to find out similar interests.

"We will match them up with their interests and try to get some commonality – maybe the units they served in – or something they can have as an icebreaker when they meet for the first time," Miller said.

Army Maj. Anne Barlieb came to WRNMMC with multiple medical conditions and found the Wounded Warrior Mentor Program after meeting Miller in Bldg. 62, where he explained the purpose of the program to her.

She became interested in the entrepreneurship aspect as she is thinking about becoming a beekeeper. Her medical conditions limit her job prospects as she said she can't work full-time and she found beekeeping to not be labor-intensive.

"They put me in touch with a beekeeper to learn and have been encouraging me to learn about pursuing personal interest and hobbies

and life beyond the military," Barlieb said.

Her mentors have also helped walk her through the medical board process. She said they know what information to collect and have helped explain her rights.

"It's a very overwhelming process ... it's just good to have another set of eyes and another set of ears to bounce ideas off of," Barlieb said.

The mentorship program connected retired Army Capt. Jay Strojnowski to a graduate degree program in new media photojournalism. He said he came to WRNMMC in 2013 due to a "physical and mental collapse," and he connected to the Wounded Warrior Mentor Program a year later.

"Once I got myself stabilized and in a position where I was no longer hyper-vigilant and depressed, I was able to refocus to some degree," he said. "I wanted to leverage the GI Bill and vocational rehabilitation program to let me attend school. School isn't particularly stressful – nothing like 28 trips to Iraq and Afghanistan. It's something that I sought out."

Through his master's program, Strojnowski made a documentary about "the earth's healing power on a combat veteran," as well as made film vignettes for the mentorship program where service members explain how the program has helped them.

Strojnowski said what's impressed him about the mentors is their willingness to give back and donate their time and effort to help service members like himself.

McGibbon, who isn't expected to get out of the Army until next year, also expressed his gratitude for the mentors.

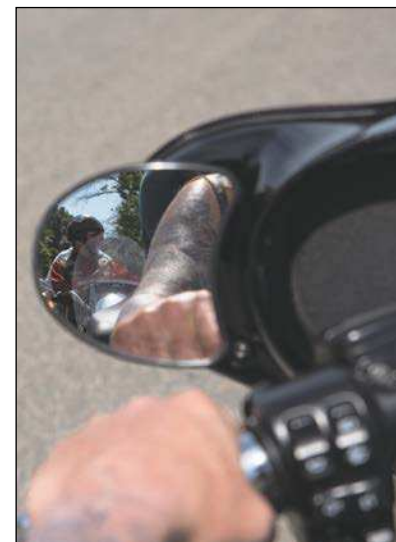
"I'm very, very, very, very beyond – I'm very thankful that they spend their time here," McGibbon said.

Handlebars and Heroes: Rolling Thunder 2016

PHOTOS BY MCSN WILLIAM PHILLIPS

A group of motorcyclists rode from Naval Support Activity Bethesda to Washington, D.C. May 29 to participate in Rolling Thunder.

Rolling Thunder strives to affect national policy in a way that will assist POW/MIA's.



Stages of Healing Offers Respite With Talent

By **JOE NIEVES**

WRNMMC Public Affairs staff writer

As you travel through the halls of Walter Reed National Military Medical Center (WRNMMC) or wait for an appointment, you may find yourself listening to live music from one of dozens of musicians from WRNMMC's Stages of Healing program.

U.S. Public Health Services Lt. Cmdr. (Dr.) Micah Sickel, deputy service chief for Child and Adolescent Psychiatry Service, started Stages of Healing in April 2011. "When we started the series a lot of the focus was on the war effort, there were various plays out there about bringing people home and their transitions," Sickel explained.

"We have expanded tremendously since that time," Sickel said. "Now we have workshops for dance, music and theater, improv, expressive movement and even workshops on how to use humor in personal and professional life," he added. "We also currently host about 20 hours of music each week."

"The idea behind Stages of Healing is to provide another level of care to our patients, providing an atmosphere that promotes healing," Sickel continued. "The purpose is to bring people together around a shared experience, a shared performing arts experience, so you feel more of a brotherhood or sisterhood amongst the diverse people here," he said.

Army Sgt. Michael Ware, assistant noncommissioned officer-in-charge of the psychiatric ward, agreed Stages of Healing can benefit patients and staff.

"When you enter the America Building (Bldg. 19), you can see some of the many performers that often times request to play that venue. The music carries throughout the entire area, bringing patients and their families



PHOTO BY JOE NIEVES

Stages of Healing at Walter Reed National Military Medical Center (WRNMMC) brings various musicians and other artists to perform for patients and staff.

together to enjoy the atmosphere.

"There was a little girl one time that for an hour, she just wanted to dance and so that is what she did," Ware said. "You get people from everywhere just joining in and smiling and laughing and the atmosphere just transforms."

"Our goal is to bring all people together around something that's an enjoyable experience and to

transform their experience in the hospital, whether it's work, which can sometimes be stressful or whether it's being a patient, which can also be pretty stressful at times," said Sickel. "That's what we're trying to do; we're trying to change the dynamic in the hospital to make this a rich experience for them."

For more information about Stages of Healing, call 301-295-2492.

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Asian American, Pacific Islander Heritage Month Celebrated

By **BERNARD S. LITTLE**

WRNMMC Public Affairs staff writer

Born on the island of Guam, Navy Lt. Cylyne James said Dec. 10, 1898 is a date she “holds dear to her heart.”

“It was on this day under the Treaty of Paris, Spain ceded Guam to the United States after the Spanish-American War. This meant that Guam was then a U.S. territory, [and] natives to the island then and later born, were automatically considered United States citizens,” said James, a pediatric nurse practitioner at Walter Reed National Military Medical Center (WRNMMC).

James was the guest speaker at the Asian American and Pacific Islander Heritage Month celebration at WRNMMC May 26. The celebration also featured traditional Asian American and Pacific Islander dancers and foods.

Prior to earning her commission, James served six years enlisted in the Navy. “When I enlisted [after high school in May of 2000], I had absolutely no idea about the struggles and the strides toward equality that had been fought and overcome before my time.

“Back in 1898, the door of great promise and opportunity had been opened to me. A welcoming mat was rolled out as I was automatically born into this beautiful country as an equal and natural-born citizen,” James continued.

The Navy lieutenant said there is still more that needs to be done for equality and opportunity, and she encouraged others to “continue paving the way” for future generations. “Positive change comes from ordinary people doing extraordinary things, and what you do really matters,” she added.

The U.S. Department of Labor defined Asian-Pacific Islander as “A person with origins in any of the original peoples of the Far East, Southeast Asia, South Asia or the Pacific Islands. This area includes, for example, China, Japan, Korea, the Philippines and Samoa; and in South Asia, includes India, Pakistan, Bangladesh, Sri Lanka, Nepal and Bhutan.”

“Asian Americans and Pacific Islanders (AAPIs) are the fastest growing racial group in our country, growing over four times as rapidly as the population of the United States,” stated President Barack Obama in his 2016 proclamation for Asian American and Pacific Islander Heritage Month. In 2013, there were an estimated 19.4 million Asian Americans and 1.4 million Pacific Islanders living in the United States, according to the U.S. Department of Labor and U.S. Census Bureau.

“As one of the most culturally and linguistically diverse groups in America, the AAPI community reminds us that though we all have distinct backgrounds and origins, we are bound in common purpose by our shared hopes and dreams for ourselves and our children. Our Nation’s story would be incomplete without the voices of countless Asian Americans, Native Hawaiians and Pacific Islanders who have called the land we all love home,” Obama’s proclamation states.

He added the AAPI community has a “long and deeply-rooted legacy in the United States” of successes and challenges. “Confronted with grueling and perilous working conditions, thousands of Chinese laborers on the transcontinental railroad pushed the wheels of progress forward in the West. Japanese American troops fought for freedom from tyranny abroad in World War II while their families here at home were interned simply on the basis of their origin. And many South Asian



PHOTOS BY BERNARD S. LITTLE

Members of the University of Maryland College Park Filipino Cultural Association perform the tinikling, a traditional Philippine dance which originated in Leyte, during the Asian American and Pacific Islander Heritage Month celebration on May 26.

Americans in particular face discrimination, harassment, and senseless violence often in the communities in which they live and work.

“Today, AAPIs lend their rich heritage to enhancing our communities and our culture,” the president continued. “As artists and activists, educators and elected officials, service men and women and business owners, AAPIs help drive our country forward. Yet despite hard-won achievements, AAPIs continue to face obstacles to realizing their full potential. One in three AAPIs does not speak

English fluently, and certain subgroups experience low levels of educational attainment and high levels of unemployment. AAPIs also often experience heightened health risks, and millions of AAPI men, women, and children in the United States live in poverty.”

Obama urged people to commit themselves to “creating more opportunities for AAPI youth as they grow up and embrace the hard work of active citizenship, adding their unique voices and experiences to our Nation’s narrative.”

The Multicultural Committee at WRNMMC sponsored the celebration at WRNMMC, which included dance performances by the Filipino American Association of Bethesda and the University of Maryland College Park Filipino Cultural Association.



The Filipino American Association of Bethesda, which includes service members from Walter Reed National Military Medical Center, performs a traditional Filipino candle dance.



Walter Reed National Military Medical Center Command Master Chief Tyrone Willis and Navy Lt. Cmdr. Catherine Soteris show their talents in the tinikling dancing.

Summit Highlights Ongoing Research Efforts

By **BERNARD S. LITTLE**
WRNMMC Public Affairs staff writer

The Department of Research Programs (DRP) at Walter Reed National Military Medical Center (WRNMMC) concluded its month-long observance of Research and Innovation Month May 25 with a summit highlighting ongoing projects and programs in the National Capital Region.

Efforts discussed during the day-long summit included those being put forth by WRNMMC, the John P. Murtha Cancer Center of Excellence, the Defense and Veterans Center for Integrative Pain Management, the Uniformed Services University of the Health Sciences, Naval Research Laboratory, Immunization Healthcare Branch of the Defense Health Agency, Joint Pathology Center, Society of Military Orthopaedic Surgeons, Henry M. Jackson Foundation for the Advancement of Military Medicine, Center for Neuroscience and Regenerative Medicine and Infectious Disease Clinical Research Program.

The summit's theme, "Collaborate & Connect," focused on partnerships in research among the various organizations.

"We have quality researchers [and] partnerships," said Army Col. (Dr.) Peter J. Weina, DRP chief at WRNMMC. "It's really not a right to be able to do research here at Walter Reed with our nation's heroes, it's a privilege," he added.

Army Col. (Dr.) Craig Shriver, the director of the Murtha Cancer Center, and Maj. (Dr.) Christina

Brzezniak and Mary Kwok, explained the center's research trials in bio banking and other areas. The Murtha Cancer Center, located at WRNMMC, is the Department of Defense's only cancer center of excellence in the Military Health System and offers beneficiaries cutting-edge cancer diagnostic and treatment technologies made possible by world-class research. The center's biobank includes thousands of biospecimens and data, making it one of the nation's foremost repositories for research, according to Shriver.

Retired Army Col. (Dr.) Chester "Trip" Buckenmaier III, of the Defense and Veterans Center of Integrative Pain Management, discussed research into the pain rating scale. He said there is a challenge with pain in the United States, particularly with prescription opioids. "It's interesting that this country is 5 percent of the world's population, yet we consume 80 percent of the world's production of opioids," he said. "There is something going on that we need to deal with not just as a military but as a society."

Buckenmaier explained his task force went around the country and asked providers their thoughts on how pain is assessed using the standard 0 to 10 scale. "We were often told it was inconsistently administered. There are a lot of researchers out there who said, 'We need a better way.'"

"Everything we do is directed toward the

primary care community," Buckenmaier added. "[Pain management] is a problem at the base. It's the [service member] wearing 40 pounds of body armor and training all day. It's the [parent or caregiver] carrying a child around with back pain and turning to opioids that starts them on a pathway [which may be difficult to manage]. These are huge challenges."

Dr. Limone Collins, of DHA's Immunization Healthcare Branch (IHB), explained monitoring safety and effectiveness of vaccines is the foundation of her section's efforts. According to Collins, the IHB conducts studies to understand immune responses to vaccines, and the impact on efficacy and safety for improving the quality of care and reducing the rate and severity of adverse events following immunization. Through these projects, Collins said IHB is also hoping to improve the quality of life for those who are adversely impacted by immunizations, reduce health-care costs and disease rates through increased vaccination rates and increase the acceptability of vaccine programs.

Other topics discussed during the summit included research funding, military orthopaedics tracking injuries and outcomes and research opportunities in the infectious disease clinical research program.

For more information concerning WRNMMC's Department of Research Programs, contact Lisa Thompson at 301-295-8231.

Symposia Puts Spotlight on Advance Patient Care Research

By **BERNARD S. LITTLE**
WRNMMC Public Affairs staff writer

Research to advance patient care was highlighted during the two-day 2016 Research Symposia hosted by the Department of Research Programs (DRP) at Walter Reed National Military Medical Center (WRNMMC) May 18-19.

The symposia, held during Research and Innovation Month, honored award-winning work conducted by interns, residents, fellows and staff from WRNMMC, National Intrepid Center of Excellence (NICoE) and Uniformed Services University of the Health Sciences (USU).

Army Col. (Dr.) Brain Belson, director of Education, Training and Research at WRNMMC, said although research and innovation are highlighted in May, the initiatives are year-round focuses at the nation's flagship medical center. "Research is one of the key pillars in Walter Reed's Strategic Plan. Our goals are to foster an academic health campus, so the importance of research conducted here cannot be understated."

Army Col. Michael Heimall, WRNMMC's chief of staff, said advancing the practice of medicine is "a hallmark" of the medical center, and this is done through research, whether it is through basic bench science,

applied research at the bedside or health services research.

"Never lose sight that while the research is critically important to advancing our profession, the art of medicine, at the end of the day, is where the human-to-human interface comes together," Heimall added. He then presented awards to those researchers who earned this year's honors in various investigative categories related to health-care delivery.

Army Capt. (Dr.) Jennifer Windsor won the Case Report Intern and Resident award for her work investigating "Radiofrequency Ablation of Amputation Related Neuromas." Joshua Bernstein, Ph.D., earned the Case Report Fellow and Staff award for his research regarding "Optimizing the Frequency Map for a Cochlear-Implant Patient with Normal-Hearing in the Other Ear."

Navy Cmdr. (Dr.) Darren J. Couture earned the Evidence-Based Practice Award for his project "Measuring Competency in the Provision of Ultrasound Guided Regional Anesthesia."

In the category Quality Improvement, registered nurse Taci Carter took top honors her project titled "Written Insulin Pump Backup Plans for Pediatric Patients with Type 1 Diabetes

Are Associated with Decreased Admissions for Diabetic Ketoacidosis."

Awards were also presented in the Robert A. Phillips (RAP) and Bailey K. Ashford (BKA) categories.

The RAP award is named in honor of Navy Capt. Robert A. Phillips (1906-1976), who established evidence-based rehydration methods for treating cholera in the late 1960s. The methods are now part of everyday medical practice and credited with saving numerous lives annually.

The BKA award is named in honor of Army Col. Bailey K. Ashford (1873-1934), an American physician and Soldier whose research work during the early 1900s helped solve the problem of hookworm-induced anemia in Puerto Rico.

Navy Lt. (Dr.) Daniel Griffin won the RAP Resident Laboratory Award for his work "Genetic Markers Correlating with Reoperation for Combat Blast-Related Heterotopic Ossification." In the RAP Resident Clinical category, Army Capt. (Dr.) Sarah B. Placek's research titled "Outcomes of Fundamentals of Laparoscopic Surgery Mastery Training Standards Applied to an Ergonomically Different, Lower-Cost Platform," earned top honors. Charles Xavier, Ph.D., earned the

RAP Fellow and Staff Laboratory award for his project "Identification of the ERGi-USU, A Novel Inhibitor for the ERG Oncogene Positive Cancers." Benjamin M. Sheffield's research "Evaluating the Operational Impact of Hearing Impairment on Dismounted Combat Using the Home Station Instrumentation Training System," won the RAP Fellow and Staff Clinical category.

In the BKA Laboratory category, Navy Lt. Cmdr. (Dr.) Gabe Santiago took top honors for his project "Establishing Cephalometric Landmarks for the Translational Study of Le Fort-Based Facial Transplantation in Swine: Enhanced Applications Using Computer-Assisted Surgery and Custom Cutting Guides." Navy Lt. (Dr.) Scott Wagner won the BKA Clinical category for his research titled "Distal Ulnar Hounsfield Units Accurately Predict Forearm Bone Mineral Density and Future Fragility Fracture Risk."

In describing the symposia, Navy Capt. (Dr.) Walter Greenhalgh, National Intrepid Center of Excellence director, said, "The place where the passion for learning intersects with discovery is right here at Walter Reed National Military Medical Center – America's academic health campus."

Navy Celebrates 2016 LGBT Pride Month

By CHIEF OF NAVAL PERSONNEL PUBLIC AFFAIRS

The Navy joins the nation in recognizing Lesbian, Gay, Bisexual, and Transgender Pride month during the month of June.

Established by Presidential Proclamation in 2000, LGBT Pride Month is held annually and recognizes the importance of diversity within our society as well as the many achievements of LGBT individuals. This year's theme is celebration, and calls Americans to eliminate prejudice and celebrate our diversity.

"Americans have always worked to fulfill that exceptional promise made at our founding," said Secretary of the Navy Ray Mabus. "We have continually broken down artificial barriers to equal opportunity ... Our military forces have followed that same history and made themselves stronger and better and more effective because of it."

This June, the Navy recognizes LGBT service members and civilians for their dedicated service to our country.

"Diversity is a source of strength for the Navy, and is [a] key component to maintaining our highest state of readiness," said a Navy spokesperson. "Diversity encompasses more than race and gender — we seek to include diversity of thought, background, language, culture and skills as well. Our force comes from a diverse populous, and we are simply better at what we do when we are more diverse. We want individuals to serve who are right for the job regardless of race, gender, sexual orientation, and creed. Our goal is to ensure that the mission is carried out by the best-qualified and



MC3 CHRISTOPHER VELOICAZA

Sailors and Marines attend a lesbian, gay, bisexual and transgender pride month celebration on the mess decks of the Wasp-class amphibious assault ship USS Essex (LHD 2).

the most capable service members."

For service members, repeal of Don't Ask, Don't Tell in 2011 allowed gay, lesbian and bisexuals to serve openly in the United States Armed Forces.

Currently, the Department of Defense is reviewing its transgender policy for the armed forces.

For more information about LGBT Pride

Month, visit: <http://www.deomi.org/contribute/SpecialObservance/Pride.cfm/>.

For more information, visit <http://www.navy.mil/>, <http://www.facebook.com/usnavy/>, or <http://www.twitter.com/usnavy/>.

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Gluten-free: Is It the Right Choice for You?

By **ROBERT B. GOLDBERG**
WRNMMC Registered Dietitian

Consumer demands for gluten-free foods have flourished over the past 10 years. Sales of gluten-free food and drink have increased from \$5.4 billion to \$8.8 billion over the past two years, according to a global market research firm. Certified gluten-free foods are typically three to four times more expensive than foods that are not certified.

Why are gluten-free foods receiving all of this attention? Some people feel that eating gluten-free foods will help them lose weight faster and give them more energy (amongst many other claims). This is partially why the demand for gluten-free foods has skyrocketed in the past decade.

Gluten is a general name for the proteins that are found in wheat (examples include durum, emmer, spelt, einkorn), rye, triticale, and barley. Oats will generally contain gluten from cross contamination unless they are certified gluten-free oats. Gluten is “the glue” that holds starchy foods (bread, cereal, pasta, cookies, etc.) together to help them maintain their shape and structure.

Despite the claims, eating a gluten-free diet will not help you lose weight.



It is not the miracle diet that many have touted it to be. The only groups of individuals who will absolutely benefit from eating a gluten-free diet are those affected with celiac disease or gluten sensitivity. Celiac disease is an autoimmune disorder — it is not a food allergy. When an individual with celiac disease consumes gluten, it leads to damage in the small intestines which can prevent absorption of nutrients from foods that are consumed.

Common symptoms include weight loss, diarrhea, constipation, abdominal pain, bloating and skin rashes. When someone with gluten sensitivity consumes gluten, they can get many of the same gastrointestinal symptoms as those with celiac disease, but there is no damage to the small intestine.

Roughly one percent of the U.S. population has celiac disease (either diagnosed or undiagnosed) yet in 2013, a market research company

found that 29 percent of Americans were cutting back or avoiding gluten altogether.

So why are individuals who do not suffer from celiac disease or gluten sensitivity trying to eat gluten-free? Misinformation or hype may be the cause.

Celebrities are touting the benefits of eating a gluten-free diet and people see as well as read news stories claiming that eating gluten-free will cure various conditions, help them lose weight, increase energy and improve health. But the scientific literature does not show that eating a gluten-free diet will benefit anyone with the exception of those affected with celiac disease and gluten sensitivity. There is some research showing that eating gluten-free may possibly benefit some with Autism Spectrum Disorder (ASD) and schizophrenia, but more research is needed in this area. Eligible WRNMMC beneficiaries who feel they would benefit from Medical Nutrition Therapy for any health-related condition can call Outpatient Clinical Nutrition Services to schedule a one-on-one appointment with a registered dietitian at 301-295-4065.

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Member: Jay Rodriguez
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DIRECTOR

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Heimall said the admiral, in 115 days as the WRNMMC director, “placed a keen focus on improving staff engagement as key to ensuring an extraordinary patient experience for every patient, every time. I am committed to continuing that focus and look forward to learning and working with you as we go forward and continuing what you started, in the months ahead.”

Heimall added the Military Health System is at a crossroads. “Our patients, our parent services and Congress are demanding we live up to the commitment our nation has made to those who have sacrificed so much for our freedoms. They are demanding a health care system that is responsive to the needs of our patients, and a system that increases the readiness of our force, and sustains and improves upon the trauma and critical care skills we have developed over 14 years of war,” he explained.

“Here at the flagship of military medicine, we have the opportunity to define that narrative that will dominate this debate,” the colonel continued. “We are leading the change, proving that we can expand access, improve readiness and operate efficiently while supporting the readiness requirements of the Army, Navy, Air Force and Marine Corps.”

In order to do this, WRNMMC must not think of itself as one hospital with 41,000 patients to care for, Heimall continued. “We must think of our role within the National Capital Region health system as one of 13 practice locations caring for more than 270,000 lives while ensuring a ready medical

force of nearly 11,000 Sailors, Airmen and Soldiers,” he concluded.

Lane, as NCR-MD director, explained his sphere of responsibility will increase in overseeing those 13 medical facilities, and he will remain focused on people, staff and beneficiaries and providing the best services. Lane added during his brief tenure as WRNMMC director, he was able to learn there are “7,000 smart, passionate health-care professionals working at [WRNMMC] who either care for patients every day, or care for people who care for patients. Nearly every one of our staff is truly dedicated and committed to ensuring that every patient has an extraordinary experience of care every time. You can feel that as you walk through the hospital.”

Navy Vice Adm. (Dr.) Raquel C. Bono, director of the Defense Health Agency, who officiated the change of authority agreed. “It’s not easy leading during a time when there is a significant amount of change. I think the measure of your success is really evident in the patients who have had the benefit of the care and support you’ve given them every day,” she said.

She added the change of authority is “an important aspect of what we do at WRNMMC. It’s not something that needs to be taken lightly. There’s a very profound responsibility each and every one of you holds in taking care of our patients. Part of this change of authority is going to allow the WRNMMC staff to collectively concentrate on what’s best for our patients.

“You’ve already done great tremendous work,” Bono said to the WRNMMC staff. “We need to build on that,” she added. “In order to do that and do it well, we need the continued leadership that we have in Colonel Heimall and Admiral Lane.”

RIDERS

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Sgt. Shaun O’Brien, a former patient at WRNMMC. “I actually just retired and left Walter Reed back in August. This is my fourth year riding from NSAB to D.C.

“While I was a patient Ted Nettles and the Patriot Guard were incredible and really helped me get back on my bike,” said O’Brien.

The event helps recognize the fallen service members, veterans and the ones still serving.

“Rolling Thunder honors the [service members] that have paid the ultimate price and veterans,” said O’Brien.

For some people the event is a way to show their support for the military.

“This is the first year that I have done this ride from NSAB, but I have participated in Rolling Thunder four

times now,” said Chuck Wheelock, a printer at the Bureau of Engraving and Printing. “I was never in the military so this is a way to give back to the veterans, I support them and appreciate everything they do and have done for our country.”

Participating in events like this can help bring joy to those that need it.

“I’m here today to support the veterans and hopefully bring joy to somebody and show them that we care about what they do for us,” said Wheelock.

O’Brien explained that the motorcycle community can help bring people together.

“I think the whole motorcycle community gives veterans the camaraderie that they had while they were in the military,” said O’Brien. “It’s hard to find that brotherhood outside of the military. It doesn’t matter what kind of motorcycle you have — when you see another motorcycle you have an instant connection.”



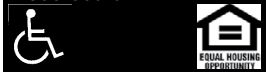
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