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MEDNEWS-01-17

NAVY AND MARINE CORPS NEWS (MEDNEWS) IS A WEEKLY COMPENDIUM OF NEWS AND INFORMATION CONTRIBUTED BY COMMANDS THROUGHOUT THE NAVY MEDICAL DEPARTMENT. INFORMATION CONTAINED IN MEDNEWS STORIES IS NOT NECESSARILY ENDORSED BY THE NAVY BUREAU OF MEDICINE AND SURGERY (BUMED) NOR SHOULD BE BE CONSIDERED OFFICIAL NAVY POLICY.

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STORIES:

MN011701. MILLENNIUM COHORT STUDY TO WATCH MILITARY HEALTH
SAN DIEGO - ARE MILITARY PEOPLE HEALTHIER THAN THEIR CIVILIAN COUNTERPARTS? OR ARE THEY AT GREATER RISK FOR ILLNESSES DUE TO THEIR MILITARY SERVICE? THOSE QUESTIONS AND MORE MAY BE ANSWERED BY A NEW STUDY HEADED BY CAPT GREG GRAY, MC, OF THE NAVAL HEALTH RESEARCH CENTER (NHRC) IN SAN DIEGO.

ACCORDING TO GRAY, THE 21-YEAR MILLENNIUM COHORT STUDY WILL BE THE MOST AMBITIOUS STUDY OF MILITARY PERSONNEL EVER UNDERTAKEN. THE STUDY INVESTIGATORS WILL SURVEY 100,000 MILITARY PEOPLE WITH HEALTH QUESTIONNAIRES MAILED EVERY THREE YEARS. OF THE 100,000 INDIVIDUALS, 70,000 WILL BE VETERANS AND ACTIVE DUTY MEMBERS WHO HAVE NOT SERVED IN SOUTHWEST ASIA, BOSNIA OR KOSOVO SINCE 1997. THE OTHER 30,000 WILL BE MILITARY PEOPLE WHO SERVED IN THESE AREAS AFTER JAN. 1, 1998.

COHORT STUDIES COMPARE A GROUP OF INDIVIDUALS WHO SHARE A COMMON CHARACTERISTIC; IN THIS CASE, IT'S MILITARY SERVICE.

"THE PRINCIPAL FOCUS OF THIS STUDY IS TO DETERMINE IF MILITARY SERVICE, ESPECIALLY DEPLOYMENTS, PUT MILITARY MEMBERS AT RISK FOR DISEASE," SAID GRAY. "WE'RE TAKING A CLOSE LOOK AT CHRONIC DISEASES SUCH AS CANCER, HEART DISEASE, AND DIABETES, AND WE HAVE NUMEROUS OTHER HEALTH OUTCOMES TO EVALUATE."

GRAY SAID THAT THE STUDY WILL "OVER SAMPLE" RESERVISTS AND FEMALE SERVICE MEMBERS TO GET ADDITIONAL INFORMATION ON THEIR HEALTH RISKS AS INCREASING NUMBERS OF THEM COMPRISE DEPLOYED

MILITARY FORCES.

SOME DATA WILL BE AVAILABLE AS EARLY AS 2004 WHEN THE SECOND SET OF QUESTIONNAIRES IS RETURNED. IN OCTOBER 2004, 20,000 NEW MILITARY PERSONNEL WILL BE ADDED TO THE STUDY, AND THREE YEARS LATER, IN OCTOBER 2007, 20,000 MORE FOR A TOTAL OF 140,000. PARTICIPANTS' HEALTH WILL BE FOLLOWED UNTIL 2022.

THE TEAM OF 15 RESEARCHERS WHO DESIGNED THE STUDY DEVELOPED INNOVATIVE DATA COLLECTION METHODS, INCLUDING ALLOWING PARTICIPANTS TO RESPOND VIA THE INTERNET.

THE STUDY IS SPONSORED BY THE OFFICE OF SECRETARY OF DEFENSE'S DIRECTOR OF BIOSYSTEMS.

WHEN GRAY RETIRES LATER THIS YEAR HE WILL CONTINUE WORKING ON THE STUDY, BUT LCDR MARGARET A. K. RYAN, MC, WHO IS ALSO ASSIGNED TO NHRC, WILL BECOME THE PRINCIPAL INVESTIGATOR.

GRAY AND RYAN'S FELLOW RESEARCHERS ON THE STUDY ARE FROM THE OFFICE OF THE ASSISTANT SECRETARY OF DEFENSE FOR HEALTH AFFAIRS, UNIFORMED SERVICES UNIVERSITY OF THE HEALTH SCIENCES, U.S. ARMY RESEARCH INSTITUTE OF ENVIRONMENTAL MEDICINE, AND THE DEPARTMENT OF VETERANS AFFAIRS.

BY JAN DAVIS, BUREAU OF MEDICINE AND SURGERY

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MN011702. NAVY MEDICS HELP COMBAT DISEASE IN EAST TIMOR

DILI, EAST TIMOR (NWS) - AFTER SEVERAL YEARS OF FIGHTING FOR THEIR INDEPENDENCE, THE PEOPLE OF EAST TIMOR NOW FACE ANOTHER FIGHT: THE WAR AGAINST DISEASE AND ILLNESS.

AS PART OF THE MEDICAL AND DENTAL CIVIC ACTION PROGRAM, NAVY MEDICAL PERSONNEL FROM THE USS BOXER (LHD 4) AMPHIBIOUS READINESS GROUP (ARG) AND 11TH MARINE EXPEDITIONARY UNIT (MEU) RECENTLY USED THE POWERFUL WEAPON OF EDUCATION TO HELP THEIR EAST TIMORESE COUNTERPARTS WIN THIS BATTLE.

THE ARG, CONSISTING OF USS BOXER, USS CLEVELAND (LPD 7), USS HARPERS FERRY (LSD 49), THE COMMANDER AMPHIBIOUS SQUADRON SEVEN STAFF AND THE MEU SPENT THREE DAYS IN EAST TIMOR ASSISTING U.S. SUPPORT GROUP EAST TIMOR (USSGET) WITH HUMANITARIAN AND CIVIC ASSISTANCE. THE MEDICAL AND DENTAL CIVIC ACTION PROGRAM WAS THE MOST EXTENSIVE, CONSISTING OF FOUR SEPARATE SITES THROUGHOUT EAST TIMOR.

"EDUCATION IS THE GREATEST CONTRIBUTION WE CAN GIVE TO THE EAST TIMOR HEALTHCARE PROVIDERS," SAID USSGET MEDICAL PLANNER AIR FORCE LT. COL. SUSAN KONCZAL. "ONE OF THE NUMEROUS TRAGEDIES RESULTING FROM THEIR FREEDOM STRUGGLE WAS THE DEATH OF MANY RESIDENT HEALTH PROFESSIONALS."

KONCZAL SAID FOOD AND WATER ARE NOT THE BIGGEST PROBLEMS, BUT POOR HYGIENE PRACTICES AND SANITATION, WORSENERED BY INFRASTRUCTURE DESTRUCTION, POSE THE GREATEST THREAT.

DESPITE THE LANGUAGE BARRIER, EAST TIMORESE HEALTHCARE PROVIDERS RECEIVED EDUCATION AND TRAINING FROM NAVY MEDICAL PERSONNEL THROUGH HANDS-ON ASSISTANCE, TEXTBOOK INSTRUCTION, AND BY OBSERVING WESTERN MEDICAL PRACTICES AND TECHNIQUES.

LT JEANA KANNE, NC, FROM FLEET SURGICAL TEAM 9 OF SAN DIEGO, INSTRUCTED TEN NURSING STUDENTS.

"THEY DIDN'T UNDERSTAND THE BASIC DISEASE PROCESS, ESPECIALLY FOR MALARIA AND PNEUMONIA," KANNE SAID.

USING PICTURES FROM HER NURSING BOOKS, KANNE WAS ABLE TO OVERCOME SOME LANGUAGE BARRIERS.

"THEY GET SO EXCITED THAT THEY'RE GOING TO LEARN," SHE SAID. "THEY WANT TO LEARN IT ALL."

SHE ALSO FOUND THE EXPERIENCE REWARDING.

"I COULD SHARE MY PASSION FOR NURSING," SHE SAID. "THEY WERE JUST STARVING FOR EDUCATION."

LT HA TANG, MC, THE SUPPORT GROUP'S MEDICAL OFFICER, ALSO CONDUCTED TRAINING FOR TWO MEDICAL STUDENTS WHILE TREATING PATIENTS. THE FIRST-YEAR STUDENTS, WHO HAD PREVIOUSLY STUDIED IN INDONESIA, ALSO HELPED AS INTERPRETERS.

"THE EXPERIENCE WAS IMMENSELY GRATIFYING," SAID TANG. HE ADDED IT REMINDED HIM OF WHY HE GOT INTO MEDICINE IN THE FIRST PLACE.

"I'M GRATEFUL TO THE NAVY FOR MAKING THIS POSSIBLE."

KONCZAL ADDED THAT THE PEOPLE OF EAST TIMOR WERE HAPPY TO HAVE THE NAVY PEOPLE THERE.

"THEY KNOW THE AMERICAN UNIFORM," SHE SAID. "THERE IS A LOT OF FAITH AND TRUST."

BY LTJG NANCY TALBOT, AMPHIBIOUS SQUADRON 7

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MN011703. PROVIDE HOPE MED INSPECTIONS WRAP IN TBILISI

LONDON - ON-SITE INSPECTIONS OF EIGHT MEDICAL HOSPITALS AND CLINICS WRAPPED UP IN TBILISI, GEORGIA THIS WEEK, AS PHASE I OF OPERATION PROVIDE HOPE 2001 DREW TO A CLOSE.

THE GOAL OF THIS THREE-PHASE EXERCISE IS TO PROVIDE MEDICAL SUPPLIES AND EQUIPMENT TO FACILITIES IN THE CAPITAL CITY.

PHASE II INSPECTION TEAM MEMBERS HAVE NOW JOINED THEIR PHASE I COUNTERPARTS CONDUCTING INVENTORY AND ASSESSMENT OF AVAILABLE EQUIPMENT IN PIRMASENS, GERMANY. TOGETHER, THEY WILL DETERMINE WHAT IS NEEDED AT EACH FACILITY.

OPERATION PROVIDE HOPE IS AN ONGOING JOINT MILITARY AND DEPARTMENT OF STATE OPERATION THAT DEMONSTRATES AMERICA'S SUPPORT AND COMMITMENT TO THE NEW REPUBLICS OF THE FORMER SOVIET UNION AS THEY TRANSITION TO DEMOCRATIC AND FREE MARKET STATES.

"THEY NEED EVERYTHING," SAID HMC (FMF) PATTI SPENCER, PART OF THE TEAM IN TBILISI. "WHATEVER WE HAVE TO OFFER, THEY CAN USE, SO WE'LL BE ABLE TO DO A LOT FOR THEM."

MORE THAN \$8 MILLION WORTH OF SUPPLIES WILL BE ASSEMBLED FOR SHIPMENT IN JULY. EIGHT HOSPITALS ARE EXPECTED TO RECEIVE ITEMS IN VARYING DEGREES. IN THE INTERIM, TEAMS WILL BE GETTING THE EQUIPMENT READY.

"NOW WE NEED TO DO THINGS SUCH AS ORDER MISSING PARTS, ADAPT THE EQUIPMENT FOR LOCAL ELECTRICAL STANDARDS AND PUT PACKAGES OF SUPPLIES TOGETHER FOR THE SPECIAL NEEDS OF EACH HOSPITAL," SPENCER SAID.

DENTAL CHAIRS, PHYSICAL THERAPY EQUIPMENT, X-RAY MACHINES AND PROCESSORS, DEFIBRILLATORS, BANDAGES, NEEDLES AND CENTRIFUGES ARE AMONG THE ITEMS BEING PREPARED TO SHIP.

PHASE III WILL BE THE ACTUAL SHIPMENT AND INSTALLATION OF THE SUPPLIES AND EQUIPMENT, AND TRAINING GEORGIAN MEDICAL PERSONNEL AND TECHNICIANS TO USE THE MUCH-NEEDED ITEMS. SHIPPING IS EXPECTED TO BEGIN IN JULY AND TRAINING WILL CONTINUE INTO OCTOBER.

NAVAL PERSONNEL INVOLVED IN THE MISSION COME FROM CNE FLEET MEDICAL, LONDON; U.S. NAVAL HOSPITAL NAPLES; U.S. NAVAL HOSPITAL OKINAWA; NAVAL HOSPITAL CAMP LEJEUNE; NAVAL MEDICAL CENTER PORTSMOUTH; NAVAL HOSPITAL TWENTYNINE PALMS AND NAVAL HOSPITAL PENSACOLA.

BY LTJG COLEEN MURPHY, U. S. NAVAL FORCES EUROPE

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MN011704. "NAVY MEDICINE AT NORMANDY" PREMIERES MAY 21

WASHINGTON, DC - "NAVY MEDICINE AT NORMANDY," A 60-MINUTE DOCUMENTARY SPONSORED BY THE NAVAL SCHOOL OF HEALTH SCIENCES AND THE BUREAU OF MEDICINE AND SURGERY, WILL PREMIERE MONDAY, MAY 21 AT 7 P.M. AT THE NAVY MEMORIAL IN WASHINGTON, D.C.

ONE OF THE SPECIAL GUESTS ATTENDING THE PREMIERE WILL BE DR. LEE PARKER, A NAVY CORPSMAN WITH THE MARINES WHO STORMED NORMANDY BEACH ON D-DAY.

IN ADDITION TO TELLING THE STORY OF DOCTORS AND CORPSMEN WHO WERE ON THE BEACH THAT DAY, THE DOCUMENTARY INCLUDES STORIES OF THE MEN AND WOMEN ABOARD TRANSPORT SHIPS OFFSHORE AND IN MEDICAL FACILITIES IN ENGLAND WHO CARED FOR THE WOUNDED AND DYING.

THE DOCUMENTARY IS THE SECOND OF A SEVEN PART SERIES, "NAVY MEDICINE AT WAR." VIDEOTAPES ARE AVAILABLE THROUGH THE NAVAL SCHOOL OF HEALTH SCIENCES IN BETHESDA, MD. E-MAIL THE SCHOOL AT JMLEWIN@NSH10.MED.NAVY.MIL FOR A FREE COPY OF THE RELEASED VIDEOS.

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MN011705. DT ON ROAD TO ACADEMY

ABOARD USS GEORGE WASHINGTON (CVN73) - DT3(AW) DAVID BLAS' TWO UNCLAS ADVISED HIM TO JOIN THE NAVY TO GET AN EDUCATION. HE TOOK THEIR ADVICE, AND JULY 13 HE REPORTS TO THE NAVAL ACADEMY PREPARATORY SCHOOL FOR A YEAR BEFORE, HOPEFULLY, HEADING TO THE ACADEMY.

BLAS SPENT A YEAR IN COLLEGE, BUT WASN'T ABLE TO FOOT THE TUITION-PLUS-EXPENSES BILL FOR THE NEXT THREE YEARS. HIS UNCLAS, ONE A MARINE AND THE OTHER A SAILOR, SUGGESTED HE JOIN THE NAVY AND PURSUE OFFICER PROGRAMS.

HE TOOK THEIR ADVICE, AND IN SEPTEMBER 1999, JOINED UP. AFTER BOOT CAMP, HE ATTENDED DENTAL "A" SCHOOL, GRADUATING AT THE TOP OF HIS CLASS. THERE, HIS INSTRUCTORS TOLD HIM ABOUT MANY DIFFERENT OFFICER PROGRAMS - INCLUDING THE NAVAL ACADEMY.

AS SOON AS BLAS CAME ABOARD GEORGE WASHINGTON IN APRIL 2000, HE BEGAN TALKING ABOUT GOING TO THE ACADEMY.

"I TALKED WITH DTC ((SW/AW) DEBRA) CHAMBLISS, WHO IS THE DEPARTMENTAL CAREER COUNSELOR," SAID BLAS. "SHE TOLD ME SHE NEEDED TO EVALUATE ME BEFORE GIVING ME THE GO-AHEAD TO APPLY."

BY THE END OF THE CRUISE, CHAMBLISS, IMPRESSED WITH BLAS' WORK AND Demeanor, RECOMMENDED HE SUBMIT HIS PACKAGE. HE DID.

AND THEN HE WAITED. FINALLY, A LETTER FROM THE NAVAL ACADEMY CAME, TELLING HIM THAT SAID SINCE HE HAD BEEN OUT OF SCHOOL FOR MORE THAN A YEAR HE WOULD NOT BE ELIGIBLE TO ENROLL DIRECTLY INTO THE ACADEMY. BUT, IF HE CHOSE, HE COULD ATTEND THE YEAR LONG NAVAL ACADEMY PREPARATORY SCHOOL (NAPS) IN NEWPORT, R. I. IF HE WAS SUCCESSFUL THERE, HE WOULD BE RECOMMENDED FOR THE ACADEMY.

BLAS REPORTS TO NAPS JULY 13. HE'S CONFIDENT OF HIS SUCCESS,

BUT STILL HAS ONE MORE HURTTLE: HE NEEDS THE RECOMMENDATION OF HIS CONGRESSMAN. AMID THE SCORES OF APPLICANTS, ONLY ONE RESIDENT OF GUAM, BLAS' HOME, IS RECOMMENDED FOR APPOINTMENT EACH YEAR. STILL, HE ISN'T DISCOURAGED.

"I'VE BEEN IN CONTACT WITH MY CONGRESSMAN SINCE LEARNING ABOUT MY ACCEPTANCE TO NAPS," HE SAID. "AND I FEEL LIKE MY EXPERIENCE AS A BLUEJACKET HAS GIVEN ME AN ADVANTAGE OVER SOME OF THE OTHER CANDIDATES."

BY JO3(SW) PAUL S. NEWELL, USS GEORGE WASHINGTON

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MN011706. ACADEMY CLINIC OPENS DUAL HEALTH SITES

ANNAPOLIS, MD. - NAVAL ACADEMY MIDSHIPMEN AND STAFF NOW HAVE THEIR CHOICE WHEN IT COMES TO LEARNING ABOUT GETTING AND STAYING HEALTHY. THEY CAN VISIT THE NEW BRICK-AND-MORTAR HEALTH PROMOTION OFFICE LOCATED IN THE BANCROFT HALL DORMITORY, OR ELECTRONICALLY VISIT THE RECENTLY OPENED NAVAL MEDICAL CLINIC (NMC) ANNAPOLIS HEALTH PROMOTION WEBSITE, DEDICATED TO THE BRIGADE OF MIDSHIPMEN.

LT RHONDA GABEL, NC, AND A. SUSAN HENNESSEY, BOTH MEMBERS OF THE CLINIC'S HEALTH PROMOTION DEPARTMENT, DESIGNED THE WEBSITE, LOCATED AT ANNAPOLIS-HP.MED.NAVY.MIL. IT OFFERS SPECIFIC HEALTH INFORMATION FOR ACTIVE COLLEGE-AGED ADULTS. THE SITE ALSO HAS LINKS TO HEALTH INFORMATION FOR ACTIVE DUTY, FAMILIES AND RETIREES.

"IT PROVIDES THE ANSWERS TO MANY OF THE QUESTIONS I'M COMMONLY ASKED, SUCH AS, 'CAN I EXERCISE WITH A COLD? IS CREATINE SAFE?'" SAID CAPT JOHN WILCKENS, MC, A PHYSICIAN AT THE CLINIC.

"MIDSHIPMEN WILL FIND THIS A VALUABLE RESOURCE DURING THEIR ACADEMY TENURES AND THROUGHOUT THEIR NAVAL AND MARINE CORPS CAREERS."

THE ATTRACTIVE AND COLORFUL NEW WEBSITE MAKES HEALTH INFORMATION EASIER TO FIND BY CONSOLIDATING INFORMATION AND OFFERING LINKS TO NUMEROUS RELATED SITES. THE SITE POSTS THE LATEST NEWS ON IMPORTANT HEALTH TOPICS, SUCH AS THE DANGERS OF ECSTASY.

THE BRICK-AND-MORTAR HEALTH PROMOTION OFFICE IS STAFFED PART TIME BY A NURSE AND OFFERS INFORMATION AND PERSONAL ONE-ON-ONE COUNSELING ON ESTABLISHING AND MAINTAINING A HEALTHY LIFESTYLE. FROM THE NMC ANNAPOLIS PUBLIC AFFAIRS OFFICE

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MN011707. BRADEEN RECEIVES COVETED SHEA-ARENTZEN AWARD

PEARL HARBOR, HI - LT RALPH V. BRADEEN, NC, OF NAVAL MEDICAL CLINIC (NMC) PEARL HARBOR IS THE 2001 RECIPIENT OF THE NAVY-WIDE SHEA-ARENTZEN CLINICAL NURSING EXCELLENCE AWARD.

THE AWARD, FIRST PRESENTED IN 1997, IS PRESENTED ANNUALLY TO THE NAVY NURSE, CIVILIAN OR ACTIVE DUTY, THAT DEMONSTRATES EXCEPTIONAL COMMITMENT TO THE PROFESSION OF NURSING, OUTSTANDING INDIVIDUAL ACHIEVEMENT AND DEDICATION TO MILITARY HEALTH CARE.

BRADEEN WAS CITED FOR HIS INNOVATIVE COST-CUTTING INITIATIVES, MANAGERIAL AND TRAINING SKILLS, EXPERTISE IN JCAHO COMPLIANCE, AND VOLUNTEERISM.

THE SHEA-ARENTZEN AWARD IS DEDICATED TO THE FIRST "MILITARY NURSE," CLARA BARTON, THE "ANGEL OF THE BATTLEFIELD."

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MN011708. "ANY DAY IN THE NAVY" PHOTOS WANTED

WASHINGTON, DC (NWS) - GOT A CAMERA? TAKE A PICTURE OF NAVY MEDICINE AT WORK OR PLAY, SEND IT TO "ALL HANDS" MAGAZINE, AND IT COULD BE FEATURED IN THE "ANY DAY IN THE NAVY" ISSUE LATER THIS YEAR.

EACH YEAR, THE NAVY SOLICITS PHOTOS FROM AROUND THE WORLD FOR THEIR SPECIAL ISSUE CONTAINING THE MOST COMPELLING PHOTOS SUBMITTED OF SAILORS, MARINES, NAVY CIVILIAN EMPLOYEES, NAVAL RESERVISTS, AND THEIR FAMILY MEMBERS AT WORK AND AT PLAY.

PHOTOS SHOULD ILLUSTRATE HOW SAILORS AND MARINES "WORK, LIVE AND FIGHT," HIGHLIGHTING THOSE DAILY TASKS THAT CONTRIBUTE TO MISSION ACCOMPLISHMENT, QUALITY OF LIFE, AND THE RICHNESS AND VARIETY OF NAVY PEOPLE'S LIVES.

LAST YEAR, "ALL HANDS" RECEIVED MORE THAN 1,300 PHOTOGRAPHS, AND 80 OF THE BEST APPEARED IN THE OCTOBER 2000 ISSUE OF THE MAGAZINE. THIS YEAR'S PHOTO SHOOT IS BEING EXPANDED TO INCLUDE THE ENTIRE MONTH OF MAY SO THAT THE BROADEST VARIETY OF PHOTOGRAPHS CAN BE RECEIVED.

SELECTED PHOTOGRAPHS WILL BE PUBLISHED IN THE OCTOBER 2001 ISSUE OF "ALL HANDS" MAGAZINE.

THE BEST SHOTS TEND TO BE CANDID AND UNREHEARSED, DISPLAYING THE IMAGINATION AND CREATIVITY OF THE PHOTOGRAPHER. PHOTOS DEPICTING QUALITY OF LIFE, QUALITY OF SERVICE, RETENTION AND READINESS THEMES WILL RECEIVE SPECIAL CONSIDERATION. PHOTOS THAT CONTAIN SAFETY OR UNIFORM REGULATION VIOLATIONS WILL NOT BE USED.

PHOTOS MUST BE RECEIVED AT "ALL HANDS" BY JUNE 15, 2001. SUBMIT PROCESSED AND MOUNTED COLOR SLIDES OR QUALITY COLOR PRINTS, EITHER 5X7 OR 8X10 INCHES. DIGITAL IMAGES WILL ALSO BE ACCEPTED WITH A MINIMUM PIXEL SIZE OF 2000X1200 (APPROXIMATELY 5X7 AT 300 DPI). DIGITAL IMAGES CAN BE SUBMITTED ON A CD OR 100 MB ZIP DISK WITH CUTLINES AND PHOTO CREDITS EMBEDDED.

NO SUBMISSIONS WILL BE RETURNED.

DIGITAL IMAGES CAN ALSO BE SENT AS .JPG FILES TO THE CHIEF OF INFORMATION'S NAVY VISUAL NEWS SERVICE AT MAILTO:NAVYNEWSPHOTO@HQ.NAVY.MIL. THE SUBJECT LINE FOR ALL SUCH SUBMISSIONS SHOULD READ: "ANY DAY SUBMISSIONS."

THE FOLLOWING CAPTION INFORMATION IS REQUIRED: PHOTOGRAPHER'S NAME, RANK AND DUTY STATION (INCLUDE MAILING ADDRESS AND PHONE NUMBER). PHOTOGRAPH INFORMATION SHOULD INCLUDE WHERE THE PHOTO WAS TAKEN (SHIP NAME, HULL NUMBER, CITY, STATE, COUNTRY, ETC.), A DESCRIPTION OF WHAT IS HAPPENING IN THE PHOTO, AND INFORMATION ABOUT THE PERSONS PICTURED, INCLUDING FIRST AND LAST NAMES, RANKS/RATES, WARFARE DESIGNATIONS AND HOMETOWNS. CAPTIONS MUST BE ATTACHED INDIVIDUALLY TO EACH PHOTO OR SLIDE.

MAIL SUBMISSIONS TO: "ALL HANDS" MAGAZINE - ATTN: PHOTO EDITOR, NAVAL MEDIA CENTER, 2713 MITSCHER RD. SW, ANACOSTIA ANNEX, DC, 20373-5819. MARK ALL PACKAGES: "ANY DAY SUBMISSIONS."

QUESTIONS REGARDING THE ANY DAY IN THE NAVY PHOTO SHOOT SHOULD BE DIRECTED TO THE "ALL HANDS" MANAGING EDITOR, JOCS(AW) DAVE DESILETS. SEND E-MAIL TO MAILTO:DESILETS@MEDIACEN.NAVY.MIL, OR CALL DSN 288-2637, OR (202) 433-2637.

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MN011709. OLD PHILLY NAVAL HOSPITAL BECOMES A PARKING LOT

PHILADELPHIA - NAVAL HOSPITAL PHILADELPHIA, CLOSED SINCE 1995, WILL BE IMPLoded MAY 12 TO MAKE WAY FOR A 1,500-CAR PARKING LOT FOR NEW STADIUMS FOR THE PHILADELPHIA EAGLES AND PHILLIES SPORTS TEAMS.

THE IMPLOSION IS SCHEDULED FOR 7 A.M. AND WILL TAKE THE 15-STORY, ART DECO BUILDING TO THE GROUND. CONVERTING THE LAND TO A PARKING LOT IS EXPECTED TO BE COMPLETED BY FALL, IN TIME FOR THE EAGLES' SEASON.

THE HOSPITAL OPENED IN 1935, AND SAW CONTINUOUS SERVICE UNTIL 1991, WHEN ALL BUT A CLINIC WAS CLOSED. IT HAS REMAINED VACANT SINCE 1995.

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MN011710. HEALTHWATCH: FUN AND SUN: A DANGEROUS MIX?

SPRINGTIME IS HERE AND SUMMERTIME IS SNEAKING AROUND THE CORNER. BUT BEFORE YOU BREAK OUT THE BEVERAGE COOLER AND RACE OFF TO HAVE SOME FUN IN THE SUN, IT PAYS TO REMEMBER THAT THERE ARE A NUMBER OF DANGERS TO BEWARE OF DURING THE SUNNY MONTHS.

SUNBURN IS A POTENTIAL RISK FOR PEOPLE DURING THE SPRING AND SUMMER SEASONS. IT'S NOT UNCOMMON TO SEE SUN-WORSHIPPERS SEVERELY BURNED OR "LOBSTERIZED" BY THE SUN'S HAZARDOUS RAYS.

OVEREXPOSURE TO THE SUN'S RAYS CAN BE EXTREMELY DANGEROUS. POTENTIAL THREATS INCLUDE PREMATURE AGING OF THE SKIN, IMMUNE-CELL DISRUPTION, CATARACTS AND OTHER EYE PROBLEMS. CONTINUOUS OVEREXPOSURE TO THE SUN CAN LEAD TO SKIN CANCER.

JUST LIKE THE EFFECTS OF RADIATION, SUNBURN IS A DELAYED REACTION. IT BECOMES NOTICEABLE HOURS AFTER EXPOSURE TO THE SUN.

THE POTENTIAL RISKS OF EXPOSURE TO THE SUN MAY PROMPT THE QUESTION, "WHY BOTHER GOING OUTSIDE AT ALL IF I'M ONLY GOING TO END UP DOING HARM TO MYSELF?" DON'T GET TOO DISCOURAGED -- THERE ARE A NUMBER OF STEPS YOU CAN TAKE TO MINIMIZE YOUR CHANCES OF BEING BITTEN BY THE SUN'S ULTRAVIOLET RAYS.

1. AVOID SUN EXPOSURE WHEN IT IS AT ITS PEAK -- BETWEEN 10 A.M. AND 3 P.M.

2. MAKE SUNSCREEN YOUR BEST FRIEND DURING THE SPRING AND SUMMER. THE SKIN PROTECTION FACTOR (SPF) SHOULD BE AT LEAST 15. SUNSCREEN SHOULD BE APPLIED BEFORE GOING OUTSIDE TO ALLOW MAXIMUM ABSORPTION INTO THE SKIN. IT SHOULD BE REAPPLIED REGULARLY - APPROXIMATELY EVERY 90 MINUTES - ESPECIALLY AFTER SWIMMING OR SWEATING HEAVILY. THE SUN'S REFLECTIVE RAYS CAN AFFECT AREAS OF THE BODY THAT MIGHT NOT BE PROTECTED, SUCH AS UNDER THE CHIN, SO DON'T NEGLECT THOSE AREAS.

3. APPLY ZINC OXIDE CREAM TO NOSE AND LIPS.

4. BE SURE TO WEAR SUNGLASSES THAT BLOCK ULTRAVIOLET RAYS, ESPECIALLY WHILE SUNBATHING OR USING TANNING BOOTHS.

5. WEAR PROTECTIVE CLOTHING AND A HAT ON SUNNY AND CLOUDY/BRIGHT DAYS.

IF YOU DO GET A MILD SUNBURN, THERE ARE WAYS TO TREAT IT. ONE OF THE BEST METHODS IS BY TAKING A COOL BATH OR SHOWER, USING COOL COMPRESSES AND APPLICATIONS OF CALAMINE LOTION. BE SURE TO AVOID SUN EXPOSURE UNTIL THE SUNBURN HAS COMPLETELY FADED, OTHERWISE, THERE IS A HIGH RISK THAT IT WILL WORSEN.

ANESTHETIC SPRAYS CONTAINING BENZOCAINE CAN HELP RELIEVE THE PAIN THAT COMES WITH SUNBURN. YOU CAN ALSO TAKE ASPIRIN OR ACETAMINOPHEN TO REDUCE PAIN AND INFLAMMATION. AVOID WEARING

CLOTHING THAT RUBS THE BURNED AREA.

IF A CASE OF SEVERE SUNBURN RESULTS IN BLISTERED SKIN, DO NOT APPLY ANY TOPICAL MEDICINE TO THE BURN UNLESS A DOCTOR TELLS YOU TO DO SO. IT IS ALSO A GOOD IDEA TO NOT BREAK THE BLISTERS SINCE THAT COULD LEAD TO INFECTION. IF THE BLISTERS BREAK ON THEIR OWN, BANDAGE THEM LIGHTLY.

WHEN SUFFERING FROM ANY TYPE OF SUNBURN, BE SURE TO DRINK PLENTY OF FLUIDS TO KEEP HYDRATED AND IMMERSE THE AFFECTED AREAS IN COOL WATER FOR 10 MINUTES AT A TIME. IF THE PROBLEM PERSISTS, OR IF A HEADACHE, NAUSEA OR A HIGH TEMPERATURE IS PRESENT, CONTACT A DOCTOR IMMEDIATELY.

ARMED WITH THESE TIPS, AND A HEALTHY SUNSCREEN, THE SUMMER MONTHS CAN PROVIDE HOURS OF OUTDOOR ENJOYMENT WITHOUT GETTING BURNED.

BY JO2 DUKE RICHARDSON, NAVAL MEDICAL CENTER PORTSMOUTH

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FEEDBACK ON THIS ISSUE, INPUTS FOR THE NEXT ISSUE, QUESTIONS ABOUT DISTRIBUTION, AND SUGGESTIONS FOR IMPROVING NAVY AND MARINE CORPS MEDICAL NEWS ARE INVITED. CONTACT MEDNEWS EDITOR BY E-MAIL, MEDNEWS@US.MED.NAVY.MIL, BY FAX TO (202) 762-3224 OR DSN 762-3224 OR BY CALLING US AT DSN 762-3223 OR COM (202) 762-3223.