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SUBJ/PUBLIC AFFAIRS-NAVAL SERVICE MEDICAL NEWS (NSMN) (95-26)//
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RMKS/1. THIS SERVICE IS FOR GENERAL DISTRIBUTION OF INFORMATION AND NEWS OF INTEREST TO NAVY AND MARINE CORPS MEMBERS, CIVILIAN EMPLOYEES, FAMILY MEMBERS AND RETIRED BENEFICIARIES OF NAVY MEDICINE. MAXIMUM AND TIMELY REDISTRIBUTION OR FURTHER REPRODUCTION AND USE BY ACTION ADDRESSEES IS ENCOURAGED. THIS MESSAGE HAS BEEN COORDINATED WITH THE COMMANDANT OF THE MARINE CORPS (CMC). THE COMMANDANT HAS AUTHORIZED TRANSMISSION TO MARINE CORPS ACTIVITIES.

2. HEADLINES AND GENERAL INTEREST STORIES THIS WEEK:
(950204)-AMSUS Announces The Donald F. Hagen Award
(950205)-Fisher House Celebrates Three Years of Service
(950206)-Patient Admin at Bremerton Achieves First
(950207)-182-Year Old Flagship Memento Presentation
(950208)-Ribbon Cutting at Branch Medical Clinic St. Mawgan
(950209)-Vitamin E Reduces Coronary Artery Lesion Progression
(950210)-HEALTHWATCH: Fluids, Electrolytes and Exercise
(950211)-Navy's 32nd Surgeon General Takes the Helm (para 3)
(950212)-U.S. Naval Hospital Yokosuka Welcomes New CO (para 3)
(950213)-Naval Hospital Camp Pendleton Changes Command (para 3)
(950214)-Contreras Relieves Walter as NMRI CO (para 3)
(950215)-NAVHOSP Jacksonville Change of Command (para 3)
(950216)-Naval Medical Clinic Changes Hands (para 3)
(950217)-New CO at Naval Dental Center (para 3)

HEADLINE: AMSUS Announces The Donald F. Hagen Award
AMSUS Bethesda, MD (NSMN) -- The Association of Military Surgeons of the United States recently announced their newest award -- The Donald F. Hagen Award, to be presented annually to young physicians (AMSUS physicians under age 35) in recognition of leadership, excellence and significant contributions to the nation or international community in practice, in operational or preventive medicine, or in research. Emphasis would be given to accomplishments in humanitarian or peacekeeping operations, disaster relief and other related activities.

During VADM Hagen's four years as Navy surgeon general, 1991-1995, the Navy Medical Department participated in numerous humanitarian and peacekeeping operations both at home and overseas. Navy medicine provided assistance in Florida and Missouri in the wake of Hurricane Andrew and flooding in the

Midwest; supported our troops in Somalia; cared for Haitian and Cuban migrants in Cuba, Haiti and Panama; and staffed the U.N. Hospital in Zagreb, Croatia, for a full year, providing top-quality care for thousands of U.N. peacekeepers from over two dozen countries. Young physicians were key to our success in these and other missions around the world. The Donald F. Hagen Award will recognize their efforts. The award also recognizes Hagen's professional accomplishments, distinguished career and the outstanding leadership and support he provided AMSUS during his 1994 presidency of the association.

Awardees will receive an honorarium of \$1,000 and a plaque. The award, to be sponsored by Glaxo Inc. of Research Triangle Park, NC, is the first AMSUS award to specifically recognize the accomplishments of young physicians.

Story by Liz Lavallee, Bureau of Medicine and Surgery

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HEADLINE: Fisher House Celebrates Three Years of Service

NMC San Diego (NSMN) -- Three years ago, a light switch was thrown and power flowed into the rooms of a vacant house at the north end of Naval Medical Center San Diego, turning the dwelling into a living hospice for the out-of-town families of critically ill loved ones here.

On 29 June, the medical center commemorated the third anniversary of the establishment of the Zachary and Elizabeth Fisher House.

The Fishers, perhaps best known for purchasing the World War II aircraft carrier USS Intrepid and turning it into a floating naval museum in New York City, are long-time friends of the U.S. Navy and perhaps its greatest individual benefactors. The Fisher House here is one of 21 they have donated to various military installations.

The 6,000-square-foot San Diego Fisher House includes nine bedrooms and has been a home away from home for 716 families since it was opened here in June 1992.

-USN-

HEADLINE: Patient Admin at Bremerton Achieves First

NAVHOSP Bremerton, WA (NSMN) -- The Patient Administration Department at Naval Hospital Bremerton has been awarded the Certified Pipeline Mover award for the fifth consecutive year. This year is special, however, because it is the second year in a row the department has won with a perfect score -- a first in Navy medicine history, said LT Chris Mino, MSC, head of the department.

The award signifies extraordinary efficiency in processing medical boards, management of limited duty personnel and prompt disposition or the return of active duty members to their units. These management guidelines are developed and provided by the Transient Monitoring Unit, an agent for the chief of Naval Personnel. On-site audits by the TMU are conducted annually. To receive the "Certified Pipeline Mover" certificate, a facility must accomplish at least 90 percent of the job correctly 100 percent of the time.

Additionally, the Naval Council of Personnel Boards selected Naval Hospital Bremerton as the Physical Evaluations Board Medical Facility of 1995 and awarded a commemorative plaque to the Patient Administration Department.

Mino attributes the department's receipt of the award in large part to the excellence displayed by two of his staff -- Darrell Hatt and Norman Sanders, disability counselors.

-USN-

HEADLINE: 182-Year Old Flagship Memento Presentation

NMCL Philadelphia (NSMN) -- On 9 July 1995, CAPT Faye T. Scott, NC, commanding officer of Naval Medical Clinic Philadelphia, will present a piece of the original wood from Oliver Hazard Perry's flagship, U.S. Brig Niagara, to the curator of the Niagara Museum in Erie, PA.

The U.S. Brig Niagara and her sister ship, U.S. Brig Lawrence, were 480-ton brigs constructed from oak and chestnut timbers from the forests in the Lake Erie region. Ship construction began in the early spring of 1813, as the United States government began its wartime preparations to wrest the Lake Erie region from British control.

The rival fleets met on 10 September 1813, and the flagship Lawrence was destroyed. Perry had to abandon ship and take command of the Niagara before defeating the British fleet and attaining U.S. supremacy.

The original piece of wood from Niagara was presented to Naval Hospital Philadelphia on 18 March 1936 by Paul A. Gocht, a retired Navy chief quartermaster. It is only fitting that this historical memento is given a "proper and fitting place of honor" by Scott, who is one of Erie's own daughters.
Story by CDR Joan Pate, NC

-USN-

HEADLINE: Ribbon Cutting at Branch Medical Clinic St. Mawgan
BMC St. Mawgan, England (NSMN) -- On 12 June 1995, the Branch Medical Clinic St. Mawgan celebrated its opening with a ribbon-cutting ceremony.

The newly constructed clinic will provide a wide range of primary care and family practice services to eligible beneficiaries. BMC St. Mawgan is comprised of a seasoned staff of health care professionals headed up by Officer in Charge CDR Tom Kersch, MC. Other staff members include LCDR M.A. Morro, NC; Independent Duty Corpsmen HMC R. Burwell and HM1 P. French; HM1 J. Sanders; HM3 J. Hollihan; HM3 J. Hiers; and HM3 L. Pastore.

The commanding officer of Naval Medical Clinics Command, United Kingdom, CDR E. Barron Jr., MSC, hosted the ribbon-cutting ceremony. Tours of the new clinic were provided to attendees after the ceremony, which included presenting Burwell a Navy/Marine Corps Achievement Medal in recognition of his outstanding contributions as the on-site liaison for the MilCon project. Burwell spearheaded issues pertaining to the construction, equipping and installation of all items involved in the ramp up.

The clinic supports the growing Joint Maritime Facility at

St. Mawgan, located in Cornwall, England.

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HEADLINE: Vitamin E Reduces Coronary Artery Lesion Progression

AMA Chicago (NSMN) -- Vitamin E supplements may lower the incidence of coronary heart disease (CHD) because of the vitamin's ability to reduce coronary artery lesion progression, according to an article in last week's issue of The Journal of the American Medical Association.

Howard N. Hodis, MD, Atherosclerosis Research Unit, University of Southern California School of Medicine, Los Angeles, and colleagues analyzed data to investigate the association of supplementary and dietary vitamin E and C intake with the progression of coronary artery disease.

The researchers found: "In the Cholesterol Lowering Atherosclerosis Study (CLAS) cohort of drug-treated and placebo-treated subjects, men who had a supplementary vitamin E intake of 100 international units (IU) per day or more demonstrated significantly less coronary artery lesion progression than did men with a supplementary vitamin E intake less than 100 IU per day.

"The inverse correlation of vitamin E intake and progression of coronary artery disease is consistent with epidemiological studies that have demonstrated that higher vitamin E intake is associated with decreased incidence of CHD events in both men and women."

The study included 156 men aged 40 to 59 years with previous coronary artery bypass graft surgery. The main outcome measure was the change in the percentage of vessel diameter obstructed because of stenosis (narrowing of a blood vessel) determined by quantitative coronary angiography after two years of randomized therapy on all lesions.

In the study, no benefit was found in the use of supplementary vitamin C to reduce the progression of coronary artery disease.

SUBHEAD: Study Should be Carefully Interpreted

The researchers write: "Although the high and low antioxidant vitamin intake groups were equal across most coronary risk parameters, this study must be cautiously interpreted, since it may be biased by self-selection and self-reporting of antioxidant vitamin intake."

The authors conclude: "Since progression of coronary artery disease is intimately linked with clinical coronary events, CLAS results present a plausible explanation for the reduced CHD events seen with supplementary vitamin E intake in epidemiological studies.

"Our data indicate a beneficial association of supplementary antioxidant vitamin intake on the reduction of coronary artery lesion progression, which awaits verification from carefully designed, randomized, double-blind, placebo-controlled, serial arterial imaging end point trials."

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HEADLINE: HEALTHWATCH: Fluids, Electrolytes and Exercise

NMC Oakland, CA (NSMN) -- The benefits of exercise have been well documented. It is an important part of weight management and stress reduction. Exercise develops muscle, which requires fuel for contraction and relaxation. Food serves as fuel in the form of carbohydrates; fat and protein provide energy for building muscle. Water and electrolytes (sodium, chloride, magnesium and potassium) do not offer energy; however, the needs for these nutrients are critical before, during and after exercise.

Water transports the nutrients and waste products throughout the body. Heat produced by the body during exercise is controlled by sweating and your body temperature is regulated by the amount of water in your system. Water is lost through perspiration and breathing. When no exercise is involved, 16 to 23 ounces per day of sweat is produced. Exercise in humid weather may create a sweat loss of 32 to 50 ounces a day. A great loss of fluid from the body may threaten cardiovascular function, cause gastrointestinal cramping and reduce physical endurance.

Don't rely on your thirst mechanism to let you know when to drink. Exercise will dull the sensation for thirst. A more accurate measurement for fluid need is body weight. Weigh yourself before and after exercise. A pound will equal 16 ounces of water. Absorption of fluids are enhanced when very small amounts of sodium and sugar are added to the water, as in commercial sports drinks. A cooler temperature of the water also increases the absorption.

Athletes are often concerned with the loss of electrolytes from sweat. Those electrolytes include sodium, chloride, magnesium and potassium. These losses are minimal. Salt (sodium and chloride) is replaced by eating salty foods; salt tablets and excessive salt intake are rarely needed. Magnesium and potassium sweat losses are very low and are should not cause concern as long as intake of fruits and vegetables is adequate.

Endurance can be enhanced by eating a well-balanced diet and consuming appropriate amounts of fluids. If you have any questions, call your local military medical treatment facility and ask to speak with a registered dietitian.

Story by LT Barbara L. Ragan, MSC, a registered dietician at Naval Medical Center Oakland; reprinted from Red Rover, 9 June 95

-USN-

3. Changes of Command: Information on new assignments of Navy Medical Department leaders.

HEADLINE: Navy's 32nd Surgeon General Takes the Helm

BUMED Washington (NSMN) -- VADM Donald F. Hagen, MC, the 31st Surgeon General of the Navy retired yesterday after 31 years of service, turning over the helm of Navy Medicine to VADM Harold M. Koenig, MC, who assumed command as Navy Surgeon General and Chief, Bureau of Medicine and Surgery, Washington, D.C. The Change of Command and Retirement Ceremony was held at the National Naval Medical Center Bethesda, Md., on Thursday,

29 June 1995.

Despite the cloudy weather, more than 800 people attended the outdoor ceremony. The official party included the top military commanders of both the Navy and the Marine Corps -- ADM Mike Boorda, Chief of Naval Operations and Gen Carl E. Mundy Jr., Commandant of the Marine Corps, and included many distinguished guests, among them former CNO ADM Frank Kelso.

In his invocation, Chief of Chaplains RADM Donald K. Muchow, CHC, noted how a Change of Command and Retirement ceremony provides us with "a somber moment, a thoughtful moment, a reflective moment, and a blessed moment."

Boorda, the guest speaker, built on the theme in his remarks, citing that "joy and sadness are associated with a Change of Command and Retirement."

Boorda spoke of Hagen's early tours in Vietnam, where he served as a battalion surgeon with the Marines, as a general medical officer aboard the hospital ship USS Repose, and later as a staff surgeon with the Navy's Riverine Assault Forces, Mekong Delta. During his years as Surgeon General, noted Boorda, Hagen led Navy Medicine through many deployments where the skill, dedication and professionalism of Navy medicine was in evidence.

Boorda remarked that Hagen exhibited Total Quality Leadership by encouraging the men and women of Navy medicine to be all they can be, do all they can do. "That's real leadership and that's Don Hagen and I'm proud of you," he said.

"We didn't just get the right doctor when we got Donald Hagen we got the right family," continued Boorda, commending Karen Hagen, a former Navy nurse, on her work with the Navy Wifeline Association. The Hagens have three daughters, Dana, Lisa and Amanda.

Hagen received the Distinguished Service Medal for his service as the Surgeon General of the Navy from June 1991 to June 1995. Among his many accomplishments was advancing the use of telemedicine at sea and at remote locations, which increased the level of care available, thus reducing the need for medical evacuations -- a double benefit of lowered cost and increased quality of care, allowing a patient to safely recuperate in familiar surroundings.

Hagen will return to his roots in the midwest, where he has accepted a position as the Executive Vice Chancellor of the University of Kansas Medical Center.

Koenig was welcomed aboard as the 32nd Surgeon General by the Commandant of the Marine Corps and RADM Richard I. Ridenour, MC, commander, NNMC. Ridenour said the torch has been passed between two inspired and gifted leaders. "We look forward to serving for you and with you," said Ridenour, "standing together with the Navy and Marine Corps."

Mundy expressed his gratitude to both Hagen and Koenig for the special relationship shared between the Marines and Navy medicine. Many Marines have been saved by Navy hospital Corpsmen, he said, noting that the Marine Corps Battle Streamers fly from the Navy's flag at the Bureau of Medicine and Surgery.

Koenig did not have to go far to step into the Surgeon General position -- he has served as the Navy's Deputy Surgeon

General for the past year. Prior to that, he was the Deputy Assistant Secretary of Defense (Health Affairs) for Health Services Operations. In his remarks, he noted the continuing focus on national health care reform and the many advances Navy medicine had made already. "Change is upon us," he said, "don't look to the past and miss the opportunities the future holds."

Koenig and his wife, Deena, have three sons, all in the Navy: Steven, a lieutenant; Scott, an ensign; and Grant, a midshipman at the Naval Academy.

Story by Ann Kirby

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HEADLINE: U.S. Naval Hospital Yokosuka Welcomes New CO
USNH Yokosuka, Japan (NSMN) -- CAPT Gerard V. Meskill, MSC, became the 25th commanding officer of U.S. Naval Hospital Yokosuka when he relieved CAPT Alberto Diaz Jr., MC, in a ceremony held 16 June 1995 at the Benny Decker Theater in Yokosuka.

At the change of command, RADM Byron E. Tobin Jr., commander, U.S. Naval Forces, Japan, spoke on the importance of teamwork. He noted that everyone, including patients, is on the health care team.

Tobin, responsible line commander of USNH Yokosuka, presented the Legion of Merit to Diaz, whose next tour will be as fleet surgeon for commander in chief, Pacific Fleet.

Meskill's previous tour was as USNH Yokosuka's executive officer. In his remarks, he acknowledged the service of the corpsmen, nurses, physicians, administrators and support personnel: "To the staff of the Navy's finest hospital, I offer my thanks for the loyalty, support and professionalism you have demonstrated to me as your executive officer for the past two years. I have the good fortune of already knowing how conscientious, capable and caring you are.

"I would like to say a special word of thanks and appreciation to those who work directly with our patients. Your interaction with our beneficiaries establishes and perpetuates our reputation. You are the friendly face and the helping hands of U.S. Naval Hospital Yokosuka."

Meskill vowed to continue providing the best possible support to the fleet, to Marines and to families served by the hospital and its Branch Medical Clinics in Atsugi, Iwakuni, Sasebo, Chinhae (Korea), Negishi, and Misawa (MRS).

"To our customers, I pledge our commitment to maintain the medical readiness and good health of our active duty force," he said. "Understanding the 'Support to the Fleet' also means support to their family members, my staff and I pledge continued emphasis on family health care and a total commitment to continuous improvement."

Condensed from a story by Bill Doughty

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HEADLINE: Naval Hospital Camp Pendleton Changes Command
NAVHOSP Camp Pendleton, CA (NSMN) -- In a 16 June ceremony, CAPT James L. Staiger, MC, stepped down as commanding officer of

Naval Hospital Camp Pendleton, turning over command to CAPT Bonnie B. Potter, MC.

Prior to relinquishing command, Staiger paid special recognition to three civilian employees, presenting them with Meritorious Civilian Service Awards. Wanda Barboza of the Command Evaluation Department, Murray Smith from the Financial Management Department and Lewis Pearce, Operating Management, each received this prestigious award in recognition and appreciation of meritorious service that has been of high value and benefit to the Navy.

In his farewell presentation, Staiger thanked the staff, saying that they had gained a reputation in Navy medicine and that every day he continued to be awed by their initiative and accomplishments.

MajGen Claude Reinke, USMC, commanding general of Marine Corps Base Camp Pendleton, praised Staiger, citing that in addition to the staff of Naval Hospital Camp Pendleton, credit should go to the man at the helm for the superb reputation the hospital enjoys. For his tour, Staiger was awarded the Legion of Merit.

Staiger reports to the Bureau of Medicine and Surgery on 30 June as Deputy Inspector General, Office of the Medical Inspector General.

Potter comes to Camp Pendleton from Naval Medical Center Portsmouth, VA, where she was the deputy commander.

Condensed from a story by Anne Severy

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HEADLINE: Contreras Relieves Walter as NMRI CO

NMRI Bethesda, MD (NSMN) -- The Naval Medical Research Institute (NMRI) held a change of command ceremony 9 June. CAPT Thomas J. Contreras, MSC, relieved CAPT Robert G. Walter, DC, as the NMRI Commanding officer.

Contreras comes to Bethesda from the Naval Health Research Center in San Diego, where he was the executive officer. Walter is transferring to the Naval Submarine Medical Research Laboratory, Groton, CT.

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HEADLINE: NAVHOSP Jacksonville Change of Command

NAVHOSP Jacksonville, FL (NSMN) -- In a 5 June ceremony, CAPT Milton J. Benson, MSC, assumed command of Naval Hospital Jacksonville from CAPT Vertrees Hollingsworth, MC.

Benson reports from duty as head, Medical Department Officer Distribution Branch, Bureau of Naval Personnel, Washington, DC. Hollingsworth has been assigned as officer-in-charge, Healthcare Support Office San Diego.

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HEADLINE: Naval Medical Clinic Changes Hands

NMCL New Orleans (NSMN) -- CAPT Jerry B. Adkison, MSC, assumed command of Naval Medical Clinic New Orleans from CAPT Len S. Watts, MSC. Adkison previously served as the clinic's executive officer.

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HEADLINE: New CO at Naval Dental Center

NDC San Francisco (NSMN) -- CAPT Louis W. Klemme, DC, assumed command of Naval Dental Center San Francisco from CAPT George H. Graf, DC, in a 3 April ceremony.

Graf's next duty is with the Bureau of Medicine and Surgery, Dental Division. Klemme's previous assignment was as the director of Branch Dental Clinic Treasure Island, CA.

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4. Events, observations and anniversaries, 1-16 July 1995:
JULY

Hemochromatosis Screening Awareness Month (518/489-0972)

National Purposeful Parenting Month

National Tennis Month

National Recreation & Parks Month

National Ice Cream Month (23 July 1903 the ice cream cone was invented)

3 July 1945: U.S. Army entered Berlin

4 July: Independence Day

4 July 1895: "America the Beautiful" published (written by Katherine Bates, 22 July 1893)

6 July 1885: French scientist Louis Pasteur successfully tests an anti-rabies vaccine

8 July 1835: Liberty Bell cracked

11 July: Morning (0600-0800) and Night (until 2200) Detailing (Washington, DC, time)

9-15 July: National Therapeutic Recreation Week (703/578-5548)

16 July 1790: Washington, DC, established

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