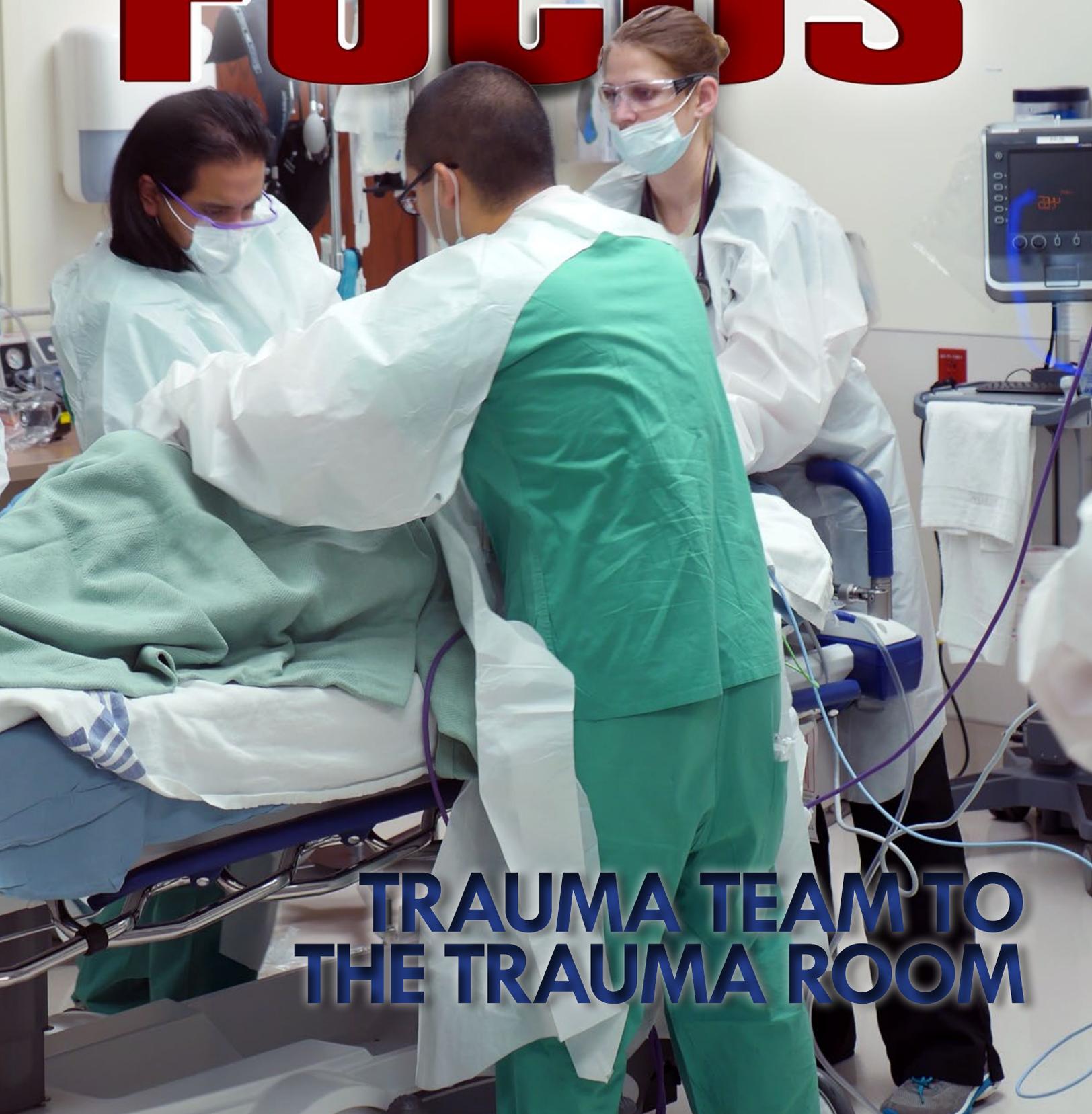


MARCH 2016

BROOKE ARMY MEDICAL CENTER

FOCUS



**TRAUMA TEAM TO
THE TRAUMA ROOM**

INSIDE THIS ISSUE ...

4 Tobacco-Free

BAMC now tobacco-free medical campus

4 Access to Care

BAMC community-based medical homes extend hours, services to meet patients' needs

5 Medical Readiness

SAMMC's trauma mission benefits San Antonio, medical readiness

6 Helping Babies

National safe sleep hospital certification program recognizes SAMMC

7 New Look

Ward facelift reflects changing times

8 Past Accomplishment

Former BAMC commander first to use heart-lung machine in Army

10 National Nutrition Month

BAMC's new dining room has expanded healthier menu

13 Hallowed Grounds

BAMC hosts JBSA-Fort Sam Houston Black History Month event

14 Other Happenings

See photos from other events happening throughout BAMC

BAMC FOCUS

MARCH 2016

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BAMC Focus is an authorized publication for members of Brooke Army Medical Center and Southern Regional Medical Command, published under the authority of AR 360-1. Contents are not necessarily official views of, or endorsed by the U.S. Government, Department of Defense, Department of the Army, or Brooke Army Medical Center.

BAMC Focus is published monthly by the Communications Division, 3551 Roger Brooke Drive, JBSA-Fort Sam Houston, TX 78234.

Questions, comments or submissions for BAMC Focus should be directed to the editor at 210-916-5166 or by email to lori.a.newman.civ@mail.mil.

Deadline for submission is six business days before the first of the month. We reserve the right to edit submissions selected for publication.


San Antonio Military Health System
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OUR COMMITMENT



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Team -

Twenty years ago this month, the staff at Brooke Army Medical Center celebrated the ribbon cutting of what was then known as 'new BAMC.' Since that time, we have witnessed undeniable growth and success throughout our organization on this campus. It has been an enormous honor and privilege to serve as the Commander of this incredible organization. During the past two years, we have worked together to build a stronger, more agile, and more efficient organization as we worked together to meet our objectives. Foremost among our priorities has been to ensure Safe, Quality Care for our patients. You have worked diligently to optimize our resources and done so 24/7/365. You have implemented Scholarship in Action which has made a lasting impact.

It would be impossible to list even a small fraction of the many achievements and accomplishments attributed to this organization in the past year alone, but I will highlight several as examples of your commitment to excellence. Because of your individual professionalism and collective commitment, you have met or exceeded the standards measured as part of multiple national accreditation reviews and inspections. Our organization earned high marks in all areas as part of our 2015 Joint Commission (TJC) review. You worked together to earn national reverification as Level I Trauma Center, the only one within the entire Department of Defense. You earned accreditation from the American College of Surgeons (ACS), College of American Pathologists (CAP), Nuclear Regulatory Commission (NRC), Centers for Disease Control (CDC), and the Food and Drug Administration (FDA).

As we prepare for the upcoming change of command on April 1st, please know that I can never thank you all enough for sharing your individual gifts and talents with this organization. Whether you work in SAMMC, or at one of the outlying clinics, you can rest assured that your efforts make a difference each and every day throughout our entire organization as we work together to ensure the highest quality care possible for nearly 250,000 beneficiaries who use our services.

Thank you and Godspeed.

EVAN M. RENZ, M.D.
Colonel, MC
Commanding



BAMC now tobacco-free medical campus

By Elaine Sanchez
BAMC Public Affairs

Brooke Army Medical Center became a tobacco-free medical campus Feb. 1, joining an effort that's sweeping medical facilities across the city, state and nation.

Patients, staff members and visitors to BAMC can no longer light up, chew or use any other tobacco product on the facility's campus. The building and the grounds, to include the parking lot, are tobacco-free, meaning all tobacco products -- cigarettes, smokeless tobacco, cigars and pipes -- are prohibited.

"The harmful effects of tobacco are the leading cause of preventable death and chronic illness in the United States today, and there is no risk-free level of exposure to second-hand smoke," said Dr. Jackie

Hayes, pulmonologist and physician champion for BAMC's tobacco cessation program. "The tobacco-free campus initiative will allow us to provide a location that is safe from these known hazards for our beneficiaries, visitors and staff."

The medical campus includes all property owned, operated, maintained or leased by BAMC, to include the hospital and outlying facilities on Fort Sam Houston. Parking lots are considered part of the medical campus, and tobacco use is not permitted in private vehicles on the medical campus property.

In accordance with Army Regulation 600-63 and Air Force Instruction 40-102, all forms of tobacco are prohibited, includ-



ing cigarettes, electronic cigarettes, all vaping devices, cigars, pipes and smokeless tobacco.

"We are proud to be tobacco free and promote a healthy environment for our patients, staff and visitors," said BAMC Commander Col. Evan Renz. "As a system for health, becoming tobacco free is the right thing to do and demonstrates our commitment to health and wellness."

To help staff comply with this policy, BAMC has expanded its tobacco cessation support and services to beneficiaries and BAMC's civil service staff members. To register for tobacco cessation services, contact BAMC Health Promotion by calling 916-7646/7543.

BAMC community-based medical homes extend hours, services to meet patients' needs

By Lori Newman
BAMC Public Affairs

Brooke Army Medical Center has implemented several changes recently to make it easier for TRICARE beneficiaries to access care during times and at locations more convenient to them.

These changes include extended appointment hours, outpatient physical therapy services and a new drive-thru pharmacy.

"We are working hard to make primary care easier to access for our patients to include expanded hours, integration with physical therapy, and making pharmacy services more available," said Army Col. Kevin Moore, chief, Department of Family and Community Medicine. "It's important that we move military medicine into the places where our patients live in a way that offers convenience."

Schertz Medical Home, CPT Jennifer M.

Moreno Primary Care Clinic and Westover Medical Home are now offering extended appointment hours, Monday through Thursday 7:30 a.m. to 7:30 p.m. Friday hours will remain 7:30 a.m. to 4:30 p.m.

Extended outpatient physical therapy hours within the CPT Jennifer M. Moreno Clinic began Feb. 1. Two physical therapists and two physical therapy assistants are available by appointment Monday through Thursday from 4:30 p.m. to 7:30 p.m. mirroring the expanded primary care clinic hours. Outpatient physical therapy services also began at Schertz Medical Home on Feb. 18.

The Westover Medical Home will gain a 5,000-square-foot physical therapy clinic with an estimated opening date in Summer 2016.

"We are opening a Westover Physical Therapy Clinic to bring physical therapy services closer to our beneficiaries and

make access easier," said Army Col. David Duplessis, chief, Department of Rehabilitation Medicine. "Our goal is to make accessing physical therapy as convenient as possible for all of our patients."

For added convenience, the Westover Medical Home drive-thru pharmacy is now open Monday through Thursday 8 a.m. to 7 p.m. and Friday 8 a.m. to 4 p.m. allowing TRICARE beneficiaries to pick up their prescriptions without leaving their vehicle.

"We understand that demanding schedules of service members, their families and retirees sometimes prevent them from seeing their primary care provider during standard clinic hours," said Army Capt. Camille Betito, operations officer, Department of Family and Community Medicine.

"Extended clinic hours provide our patients the opportunity to have better access and convenience to the health care they need and deserve."

SAMMC's trauma mission benefits San Antonio, medical readiness

By Lori Newman

BAMC Public Affairs

"Trauma team to the trauma room" often rings through the halls of San Antonio Military Medical Center throughout the day and the night. SAMMC is one of two Level I Trauma Centers in the city of San Antonio, which leads to many unique traumas coming through the emergency department each day.

"SAMMC's emergency department is one of the largest [and busiest] emergency departments in south Texas," said Army Col. Michael Hilliard, chief of the Department of Emergency Medicine at SAMMC.

"Our annual volume approaches 85,000 patients a year, of which about 4,000 of those patients are trauma patients," Hilliard said. "Our trauma volume has continued to grow over the past three years from 3,000 to now over 4,000 patients per year."

SAMMC works closely with the Southwest Texas Regional Advisory Council and University Hospital, San Antonio's other Level I Trauma Center here, to provide trauma care to citizens of the city and other rural areas of southwest Texas. STRAC's mission is to develop, implement and maintain the regional trauma and emergency health care system for 22 counties encompassing over 26,000 square miles in southwest Texas to the Mexico border.

Common trauma cases range from shootings, stabbings, car wrecks and severe burns.

"We have been involved with trauma in the community of San Antonio since 1975 officially and probably even before then," said Army Col. Kurt Edwards, chief of trauma and surgical critical care at SAMMC.

"As we provide excellent care to the people [of southwest Texas], we understand that the experiences we have in deployed or combat situations allow us to provide even better care here," he said. "And it allows us



San Antonio Military Medical Center personnel provide care to a trauma patient in the Emergency Department. SAMMC is one of two Level I Trauma Centers in the city of San Antonio. (Photo by Robert Whetstone)

to also provide better care to military members who are injured."

Hilliard agrees. "The types of cases we see here absolutely help prepare us for downrange. It may not be the same as an IED but gunshots, stabbings, multiple car accidents those types of injuries and the way the body responds to them is very similar to how it is when we are downrange and in war.

"Our staff is completely devoted to the trauma mission," Hilliard said. "This is where we train our physicians, nurses and medics to be prepared to take care of all our service members downrange in conflict who are protecting our country."

Some trauma cases are more unusual; in 2012, Sherri Ellis was brought to SAMMC with severe injuries caused from being trampled by the cow on her rural farm.

The cow had recently given birth and was protecting her calf. When Ellis was trying to feed the cattle, the cow knocked her down and trampled her.

She was flown to SAMMC for treatment. Her injuries were severe and her recovery long, but she and her husband were grateful

for the care she received at SAMMC.

"The ER nurses were phenomenal," Larry Ellis said. "They were as big a part of saving her life as the doctors."

"I owe my life to this hospital. If it weren't for them I wouldn't be here," Ellis said. "I'm eternally grateful to the doctors and the staff [at SAMMC]."

Army Lt. Col. Debra Chappel, chief nurse for the Department of Emergency Nursing, said she loves working at SAMMC and contributing to the trauma mission for San Antonio.

"The magnitude of nurses that I have working here with me is outstanding," Chappel said.

City and state leaders have praised SAMMC's contributions to the health and well-being of the people of southwest Texas.

"I'm so incredibly proud of this facility, in typical Texas fashion, I think it's the very best in the entire nation and in the entire world," said Texas Governor Greg Abbott. "The role that it plays for both our military as well as our civilians is absolutely essential."

National safe sleep hospital certification program recognizes SAMMC

By Robert A. Whetstone
BAMC Public Affairs

San Antonio Military Medical Center was recently recognized by the National Safe Sleep Hospital Certification Program as a “Silver Certified Sleep Leader,” for its commitment to best practices and education on infant safe sleep. SAMMC is the first hospital in Texas to receive this recognition.

“While the title of first hospital in Texas to receive certification is exciting, we just hope it symbolizes the role San Antonio Military Medical Center and our joint pediatric clinics in San Antonio play as a leader in reducing sudden unexpected infant deaths,” said Air Force Maj. Nicholas Carr, staff neonatologist at SAMMC. “Our patients deserve to know that our providers and nurses are doing everything they can to improve the safety of our future service members and providing safe home sleeping environments for all infants.”

According to the Texas Department of Family Protective services, every two days a baby dies in the state, increasing annually since 2013. In Bexar County there has been a 40 percent increase in SUID since 2012, mostly attributed to bed-sharing and unsafe sleeping home environments.

“Overall, our community has been very receptive to our interventions and our mission,” said Carr. “Unfortunately, SIDS and SUIDs has touched too many families in both the medical and Bexar County community. We frequently hear stories from people who volunteer and champion our message that have either lost or know someone who has experienced an unexpected loss.

“In addition, we want to thank the Wilford Hall Auxiliary for their generous support and funding to help provide Halo sleep sacks for every infant discharged from SAMMC newborn and NICU service.

This gift provides both education and a lasting message to our families well after they go home.”

The National Safe Sleep Hospital Certification Program was created by Cribs for Kids®, a Pittsburgh-based organization dedicated to preventing infant sleep-related deaths due to accidental suffocation. In addition to being Cribs for Kids® partners, SAMMC was recognized for following the safe sleep guidelines recommended by the American Academy of Pediatrics (AAP) and providing training programs for parents, staff and the community. Community outreach includes supporting local fundraisers for SIDS nonprofit organizations, donations of safe sleeping materials to underserved families, and a large scale media campaign to bring awareness to Bexar County and Texas about infant losses.

SAMMC is one of six large medical centers in San Antonio that comprise the Bexar County SUID Coalition. The coalition includes leaders and programs from Baptist Health System, Children’s Hospital of San Antonio, Methodist Children’s Hospital, Southwest General Hospital, and University Health System.

“The Coalition, along with the Bexar County Child Fatality Review Team, has been instrumental in providing changes to hospital and clinic practices, improving public awareness through media campaigns, and fundraising to improve care and provide safe sleep resources for less fortunate families,” explained Carr.

“Sleep-Related Death results in the loss of more than 3,500 infants every year in the U.S.,” said Michael H. Goodstein, M.D.,



Air Force Maj. Nicholas Carr and Air Force Capt. John Laskoski discuss future community involvement opportunities for SAMMC’s program. San Antonio Military Medical Center was recently recognized by the National Safe Sleep Hospital Certification Program as a “Silver Certified Sleep Leader,” for their commitment to best practices and education on infant safe sleep. SAMMC is the first hospital in Texas to receive this recognition. (Photo by Robert Whetstone)

neonatologist and medical director of research at Cribs for Kids®. “We know that consistent education can have a profound effect on infant mortality, and this program is designed to encourage safe sleep education and to recognize those hospitals that are taking an active role in reducing these preventable deaths.”

This program is well-aligned with the Maternal Child Health Bureau’s vision of reducing infant mortality through the promotion of infant sleep safety as outlined in Infant Mortality CoIIN Initiative. Thirty-six states have designated SIDS/SUID/SRD as their emphasis to reduce infant mortality.

Hospitals can earn one of three National Safe Sleep Certifications based on their levels of commitment; Bronze, Silver or Gold. According to Carr, SAMMC would love to

attain Gold certification. They are currently meeting all other requirements to attain Gold and are striving to provide the top level care consistent with all other Safe Sleep Champions at that level.

The National Safe Sleep Hospital Certification Program was created in partnership with leading infant health and safety organizations such as All Baby & Child, The National Center for the Review & Prevention of Child Deaths, Association of SIDS and Infant Mortality Programs, Kids In Danger, Children's Safety Network, American SIDS Institute, Charlie's Kids, CJ Foundation for SIDS, and numerous state American Academy of Pediatric chapters and health departments.

According to Judith A. Bannon, executive director and founder for Cribs for Kids®, "The program kicked off in June of 2015 in Pittsburgh, Pennsylvania, home of the Cribs for Kids® national headquarters. Sixteen states and Quebec, Canada, are represented among the 38 certified hospitals which have achieved the 'Gold Champion' status, or are working their way toward it. This will have a profound effect on the number of babies' lives that will be saved."

For more information on the Cribs for Kids® National Safe Sleep Hospital Certification program, visit <http://www.cribsforkids.org/safesleephospitalcertification/>

The recent renovation of 4 West involved the removal of excess signage, repair and repainting of walls, and the installation of an 84-inch digital screen across from the nurses' station. The state-of-the-art screen displays everything from safety tips and new services to process improvement projects results.

(Photo by Corey Toye)



Ward facelift reflects changing times

By Elaine Sanchez
BAMC Public Affairs

The renovation of a 20-year-old inpatient ward is getting stellar reviews from both patients and staff at San Antonio Military Medical Center.

"The modernized facelift has made a dramatic visual impact on the ward and reflects the high quality care the nursing staff provides to our patients every day," said Tech. Sgt. Steven Conrad, Air Force noncommissioned officer in charge, surgical orthopedics.

The recently completed makeover of 4 West involved the removal of excess signage, repair and repainting of walls, and the installation of an 84-inch digital screen across from the nurses' station. The state-of-the-art screen displays everything from safety tips and new services to process improvement project results.

"As a hospital on a high reliability organization journey, we strive for transparency, for open communication about successes and challenges," said Lt. Col. Nancy Johnson, 4W clinical nurse officer in charge. "This sharing of information, such as patient safety metrics and prevention techniques, builds interest and involvement from our patients and visitors along with trust and empowerment of our staff.

"We've received nothing but positive feedback on our unit's beautification project so far," she added.

The renovation is a demonstration of leadership's commitment to safe, quality care, noted Kevin Nikodym, facility manager.

"The 4W renovation supports our goal of providing a clean, professional, world-class facility," he said. "Family members can feel confident that their loved ones are being treated in a premier hospital while staff will enjoy working in a place they can be proud of."

The ward renovation also marks another step in Brooke Army Medical Center's high reliability journey, noted BAMC Commander Col. Evan Renz. This journey is a commitment to continuous improvement and compliance with a goal of zero preventable harm.

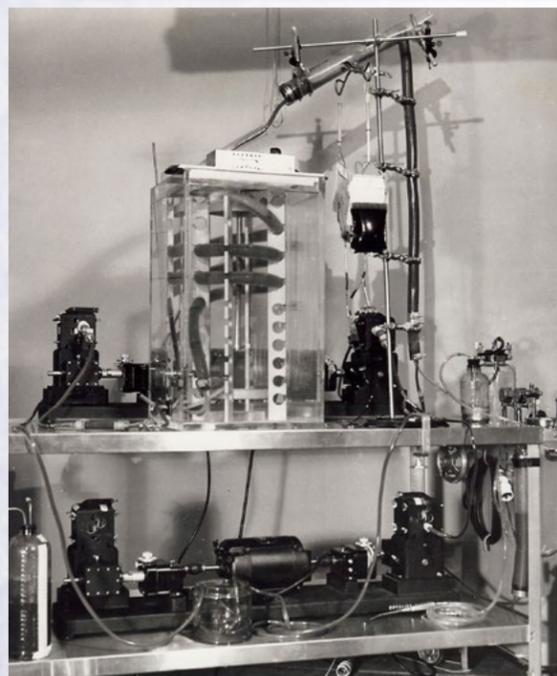
"Efforts such as this one exemplify our ongoing commitment to achieve high reliability and a safe work environment," the colonel said. "We continually strive to improve on our patients' experience on each encounter."

With the 4W project wrapped up, leaders now are setting their sights on other inpatient wards throughout SAMMC's bed tower, which marks its 20th year of patient care in April. The aim is to have the older wards more closely echo the newer, more modern units in SAMMC's consolidated tower, which opened in 2011.

"I would like to see the standard set on 4W matched on all our patient wards," Nikodym said. "Every ward deserves the same high standard."



(Above) Capt. Floyd Baker (center), first-year surgical resident, using the pump-oxygenator to close an atrial septal defect during a surgery at Fitzsimons Army Hospital, Colorado, in 1956. (U.S. Army photo courtesy of retired Maj. Gen. Floyd Baker)



(Above) A photograph of the pump-oxygenator machine used to perform a heart-lung bypass in 1956. (U.S. Army photo courtesy of retired Maj. Gen. Floyd Baker)

(Right) A photograph of the current heart-lung machine being using today. (U.S. Army Photo courtesy of BAMC Public Affairs)



Former BAMC commander first to use heart-lung machine in Army

By Lori Newman
BAMC Public Affairs

Almost 60 years ago, a young surgical resident at Fitzsimons Army Hospital, Colorado, was assigned a daunting task. He was given three months to learn how to set up and operate a new piece of equipment that would save many lives in the years to come.

Similar equipment was being used at a few medical facilities throughout the U.S., but not at an Army hospital.

Now in his late-80s, former Brooke Army Medical Center commander retired Maj. Gen. Floyd Baker recalls the event as if it happened yesterday. He even has pieces of the original machine and a collection of photographs to document his achievement.

“In 1956, I was the first to set up and run a pump oxygenator in the Army,” Baker said. “We were doing some open heart surgery at Fitzsimons using hypothermia to cool the body down so we could close an atrial septal defect, but we only had four or five minutes to do it.”

An atrial septal defect is a hole in the wall that separates the top two chambers of the heart.

A select few surgeons at the University of Minnesota, Mayo Clinic, Cleveland Clinic and a few other places were beginning to do open heart surgery using a pump-oxygenator machine, the general said.

A pump-oxygenator is a machine

through which the blood is temporarily diverted, especially during heart surgery, to oxygenate it and pump it throughout the body. It is also called a heart-lung machine.

“So our boss decided that we needed to do it,” Baker said. “For some reason or another they picked me. I was a first-year surgical resident.”

Baker visited the University of Minnesota and the Mayo Clinic to see what they were doing before spending months in the lab learning how to run the new machine.

“We did the first case on July 27, 1956. Regrettably the patient died, but then the next two lived,” Baker said. “In the beginning, the cardiologists were only giving us patients who were near death, so unfortunately out of the first 15 cases we lost nine of them.”

After the first few cases, Baker realized running the venous blood through the pump didn’t make sense and was causing extra damage to the patient’s blood. They tested the machine again in the lab, doing away with the venous pump and letting the blood run out by gravity.

“Unfortunately we never wrote that up, but that became the standard,” he said.

Baker worked with the machine shop at Fitzsimons to design parts for the pump-oxygenator to make it run more efficiently. He even used his wife’s sewing machine to make a modified filter because the original filter was too harsh

on the blood.

“The utilization of cardiopulmonary bypass using a pump-oxygenator machine has expanded dramatically since the early days of cardiac surgery described by Dr. Baker,” said Army Col. (Dr.) Jeffrey McNeil, chief of cardiothoracic surgery at San Antonio Military Medical Center.

In 2013, more than 500,000 cardiac operations were performed with the assistance of cardiopulmonary bypass and more than 100 were performed at SAM-MC.

“Like many areas of surgery, the technology has improved dramatically leading to better outcomes. Compared to the high mortality rates in the early days, with modern equipment and techniques, the risk of death with most types of heart surgery is less than 3 percent,” McNeil said.

“Today surgeons are able to perform much more complex operations than was ever envisioned when surgeons began operating on the heart.”

“Military medicine is much better because of pioneers like General Baker,” said Army Col. Evan Renz, BAMC commander. “If brave leaders didn’t take chances we would not have the technologies we have today.”

“All of the capability we have today is possible because of the early heroic work performed by General Baker and others who were pioneers in the development of cardiac surgery,” McNeil added.



Retired Maj. Gen. Floyd Baker

Baker received the Army Commendation Medal because of the work he did with the pump-oxygenator.

“Back then junior officers never got awards, and residents never ever got awards -- it was unheard of,” he said. “I am more proud of that Army Commendation Medal than any other award including the Distinguished Service Medal I received when I retired.”

Baker’s career as a general surgeon in the Army spanned more than 30 years. He was Brooke Army Medical Center commander from 1974 to 1978 and commanding general of U.S. Army Health Services Command at Fort Sam Houston from 1983 to 1986.

“I think I did something that really contributed [to Army medicine],” Baker said proudly.

March 2016 National NUTRITION MONTH[®]

nationalnutritionmonth.org

SOLDIER STAMPED!

BAMC's new dining room has expanded, healthier menu

The Culinary and Hospitality Branch of the Department of Nutritional Medicine will open the newly renovated, state-of-the-art dining facility, named The Dining Room at the San Antonio Military Medical Center at 11 a.m. March 24.

"A new menu has been developed by registered dietitians using Defense Department menu standards and Go For Green Program criteria as guides," said Lt. Col. Sarah Flash, chief of the Department of Nutritional Medicine.

The Go For Green program assists patrons with food choices by rating each food product, enabling them to make better choices.

"SAMMC's Department of Nutritional Medicine wants to help patrons make informed meal choices by providing them with simple tools to do so," Flash said.

Special symbols were developed by SAMMC dietitians to assist patrons in making dietary choices based on their needs or preferences. "Vegetarian," "Heart Healthy," and "Soldier Stamped" menu items are identified with a leaf, heart, and boot stamp, respectively.

Vegetarian items are meatless, but may contain milk, eggs, or cheese. Heart Healthy items contain less than 10 percent of total calories from saturated fat and less than 100 milligrams of cholesterol per



Concept stations featuring both previously popular items and new, healthy options. Flame, for example, offers customary grill items like hamburgers, cheeseburgers and French fries as well as healthier choices such as veggie burgers, chargrilled chicken breasts, chargrilled salmon fillets, and fish burgers. (Photo by Robert Shields)

serving, and Soldier Stamped items indicate high performance foods that are heart healthy, minimally processed and contain at least 2.5 grams of fiber per serving.

While most of the menu items can be classified as "Heart Healthy" or "Soldier Stamped" criteria, there are still options available for customers to have the oppor-

tunity to enjoy the less healthy "fun foods."

Nutrition education will play a huge role in allowing customers the opportunity to make informed choices. Educational pieces about foods at each concept station will be advertised at the serving line and on the menu boards, in addition to the menu board at the entrance dedicated to displaying

nutrition tips. Nutrition facts of all menu items will be available on the BAMC Intranet for easy access for staff, as well as posted on the BAMC Facebook page for visitors.

In the near future, all of the nutrition information for menu items served at The Dining Room will be available using a phone application and on the internet accessible using a QR-code.

“We want patrons to have every opportunity possible to obtain the nutrition information to help them make better informed meal decisions,” Flash said.

Serving lines and food displays are structured to encourage the healthier choices. The expansive salad bar is the first concept station encountered in the servery, encouraging patrons to increase their intake of vegetables and fruits. The salad bar is structured for quick restocking to ensure all products are convenient and available for patrons.

The other concept stations follow similar trends, featuring both previously popular items and new, healthy options. Flame, for example, offers customary grill items like hamburgers, cheeseburgers and French fries as well as healthier choices such as veggie burgers, chargrilled chicken breasts, chargrilled salmon fillets, and fish burgers.

There will be a new Vegetarian concept station open during lunch. “We have received a lot of requests to have more vegetarian foods,” Flash said. “Now there will be station to meet those needs. This new concept station takes healthy eating to the next level, allowing both vegetarians and carnivores the chance to enjoy tasty meatless options rich in protein.”

The new kitchen was designed to incorporate state-of-the-art equipment that has been chosen to help maintain the flavor of foods without the addition of unnecessary fat. Deep-fat fryers have no place in this kitchen, replaced instead with combination ovens and specially selected menu items. The exclusion of fryers improved the nutrition profile of the menu as well as reduces pollution, eliminates septic and sewer system backups from accidental dump of oil into the drainage system, and prevents the potential for grease fire.

Existing recipe improvements remain consistent in the new menu, such as the use of 100 percent whole grain rice, pastas and wheat flour.

(Source: Department of Nutrition Medicine)

How are artificial sweeteners affecting you?

By 2nd Lt. Kira Heartwick
BAMC Dietetic Intern

The scientific community has debated the effect of artificial sweeteners on human biology, behavior, and brain activity with mixed results. Although study results remain divided, the United States market for artificial sweeteners has continued to grow and earns approximately 40 billion dollars annually.

Familiar brands containing aspartame, sucralose and saccharine can be found in coffee shops, grocery stores and in consumer homes. However, there has been recent speculation that artificial sweeteners may be contributing to the obesity epidemic.

Some studies suggest that artificial sweeteners promote weight gain. This may seem counterintuitive since artificial sweeteners have zero or very few calories.

However, artificial sweeteners are believed to change the type of bacteria that exists in our digestive tracts. This type of bacteria is more effective at breaking down food thus making more calories available for absorption which can promote weight gain.

Despite this finding, experts say artificial sweeteners can be beneficial for weight loss

if individuals pay attention to the foods they eat.

Smart use of artificial sweeteners can help reduce the number of added sugars in the diet and therefore lower the number of calories consumed. Mindful eating is especially important considering several reports indicate that artificial sweeteners affect the way the brain responds to sweet taste.

Artificial sweeteners are hundreds to thousands of times sweeter than regular sugar. The extra sweet taste is thought to activate a craving for more sweet tasting foods. As a result, people who eat artificial sweeteners end up hungrier and crave even more sugar and starchy carbs.

Paying close attention to hunger cues and feelings of fullness can help prevent extra food intake.

Ultimately, the positives and negatives associated with intake of artificial sweeteners can be better understood if more studies are done on what their effects are in the human body.



The Dining Hall is OPENING!! No, we're not kidding this time, we ARE opening!!

Dining Room Grand Opening
Lunch 24 March 2016 at 1100
Ribbon cutting ceremony at 1045 in front of the entrance to the new Dining Room by the Chapel

The last meal served at the Market on the Green will be a Continental Breakfast from 0630 to 0930 on 24 March 2016.

BAMC celebrates Patient Appreciation Month with health fair



Deborah Bray, pulmonary clinical nurse specialist, talks with patients about pulmonary diseases such as asthma Feb. 19 at the Brooke Army Medical Center Patient Appreciation Health Fair in the San Antonio Military Medical Center Medical Mall. (Photo by Corey Toye)

Brooke Army Medical Center celebrated Patient Appreciation Month Feb. 19 by holding a health fair in the San Antonio Military Medical Center Medical Mall.

More than 800 patients and staff visited 50 booths set-up to provide health education and screenings, enrollment information and healthy snacks.

People learned about the dangers of tobacco use, respiratory illnesses, nutrition and injury prevention and much more.

San Antonio Rampage cheerleaders signed autographs and their mascot, T-Bone, also made an appearance. The USO provided water and healthy snacks as well as give-away items.



(above) Army Maj. Trisha Stavinoha, chief of Outpatient and Community Nutrition Services, talks to patrons about the benefits of healthy eating habits Feb. 19 at the Brooke Army Medical Center Patient Appreciation Health Fair in the San Antonio Military Medical Center Medical Mall.



(Left) Tammee Trawick, registered nurse, speaks to a visitor about Neurology Services Feb. 19 at the Brooke Army Medical Center Patient Appreciation Health Fair in the San Antonio Military Medical Center Medical Mall. This booth had information about Parkinson's Disease, migraine headaches and other neurological illnesses. (Photos by Corey Toye)

BAMC hosts JBSA-Fort Sam Houston Black History Month event

By Lori Newman

BAMC Public Affairs

Brooke Army Medical Center hosted the Joint Base San Antonio-Fort Sam Houston Black History Month commemoration Feb. 10 at the Fort Sam Houston Theater.

This year's theme was, "Hollowed Grounds: Sites of African American Memories."

Two Cole Middle School students, Raquelle Bennett and Samuel Swofford, were chosen to read their essays about people who made significant contributions to the history of African Americans. Coincidentally, Samuel's father Army Col. Mark Swofford, BAMC deputy commanding officer, provided the opening remarks for the ceremony.

Swofford said it was a "proud parent moment," as he opened the ceremony pointing out that during these observances we should not only look to the past, but to the future.

"That's what this theme is about," he said. "We should honor the sites and the



Bexar County Commissioner Tommy Calvert speaks during the Joint Base San Antonio-Fort Sam Houston Black History Month commemoration Feb. 10 at the Fort Sam Houston Theater. Calvert is the youngest and first African-American county commissioner in Bexar County. (Photo by Lori Newman)

achievements of these prominent individuals from our history, then build on that for the future of this nation.

"All of us are citizens of this nation regardless of our ethnicity, creed, gender or any other term that we would like to pull up," Swofford said. "Ultimately, we succeed when we are together. Our strength is when we are together instead of divided."

Swofford introduced the guest speaker, Bexar County Commissioner Tommy Calvert, the youngest and first African-American county commissioner in Bexar County. Calvert grew up on the east side of San Antonio and was raised among the

constituents he serves today.

"I never dreamed that I would have a life that would help others achieve their freedom and their goals," Calvert said. "Now as commissioner I get to help revitalize some of the areas where I grew up and I take it personally what happens in our neighborhood."

The commissioner said he is working to get new housing and development around the installation, especially at the Walters Street entrance. He also praised the military for their contributions to the community.

"This year's theme calls for people to examine the history of African Americans and the historic grounds from which they have come," Calvert said. He cited examples such as Crispus Attucks, the first casualty of the Boston Massacre, who is considered the first casualty in the American Revolution, and the Buffalo Soldiers who originally were members of the U.S. 10th Cavalry Regiment of the U.S. Army.

"God uses ordinary people and ordinary places to make extraordinary experiences, extraordinary advances and extraordinary statements," Calvert said.

"You couldn't choose what race you would be. You couldn't choose what gender you would be. You couldn't choose who your parents would be, but the one thing that you can choose is what to do in your life," the commissioner concluded. "But, you can choose to continue to be a positive person giving back to society, knocking down barriers, making sure that we have a world of freedom, equality and justice for all."

Members of the Omega Psi Phi Chapter, Antonio Alpha Delta Lambda from the University of Texas San Antonio also performed and there was a food sampling after the ceremony.



Samuel Swofford and Raquelle Bennett read their essays during the Joint Base San Antonio-Fort Sam Houston Black History Month commemoration Feb. 10 at the Fort Sam Houston Theater. (Photo by Lori Newman)

Other Happenings

at Brooke Army Medical Center



Army Nurse Corps Celebrates 115 Years

Col. Wendy Sawyer and 2nd Lt. Kristin Monahan cut a cake to mark the Army Nurse Corps' anniversary during a ceremony at San Antonio Military Medical Center Feb. 3. Congratulations to the Army Nurse Corps on 115 years of faithful service to the U.S. Army. (Photo by Robert Shields)



129th AMEDD Enlisted Corps Anniversary Celebration

Brooke Army Medical Center Command Sgt. Maj. Albert Crews (middle) cuts the 129th AMEDD Enlisted Corps Anniversary Cake along with guest speaker retired Command Sgt. Maj. James M. Aplin (left) and Pvt. Taijai Prosser (right) during a ceremony in the San Antonio Military Medical Center Medical Mall March 1. (Photo by Robert Shields)



Lent

March 20
March 24
March 25
March 27

Holy Week Schedule

March 20 Palm Sunday regular chapel schedule
March 24 Holy Thursday 11:05 a.m. Catholic special liturgy
March 25 Good Friday 11:05 a.m. Catholic special liturgy
Good Friday 12:15 p.m. Protestant
March 27 Easter Sunday regular chapel schedule

*BAMC Chapel located on the Lower level
Call, for more information 916-1105*

Are you getting enough sleep?

By Army Maj. Shannon Foster
Family Medicine, Sleep Fellow,
San Antonio Military Health System

Sleep is an essential and important part of a healthy lifestyle.

The National Sleep Foundation recommends seven to nine hours of sleep a night for adults. Many adults do not get the recommended amount of sleep, with 30 percent of employed U.S. adults reporting less than six hours of sleep a night.

Soldiers report even higher rates of short sleep duration, with more than 70 percent of Soldiers obtaining less than six hours in some studies.

Factors that affect sleep include shift work, 24-hour duty, failure to plan for sleep, illnesses, staying up late on weekends and environmental noise.

Shift workers and people in certain industries, such as health care, manufacturing, military and transportation, are at a higher risk for short sleep duration.

Not obtaining enough sleep has many important long-term health implications.

Short sleep duration is linked with obesity as well as type II diabetes. The cause is not fully understood, but not obtaining enough sleep changes levels of the hormones that control appetite.

Short sleep duration is also associated with fatigue, lack of energy and reduced physical activity. Individuals who have short sleep duration are more likely to have high blood pressure, and even a single night of poor sleep can increase your blood pressure.

Breast, colorectal, and prostate cancers are all associated with shorter sleep times. Adults with short sleep duration have an increased long-term risk of death compared to those sleeping the recommended amount.

In the short term, not obtaining enough sleep has significant effects on concentra-

Effective Sleep Habits



Create a quiet, dark environment
Cover windows
Minimize disturbing noises

tion, memory and motor skills.

In fact, studies show that sleep deprivation causes impairments similar to those seen with alcohol consumption. Twenty-four hours without sleep results in impairment similar to legal intoxication.

Further, not getting enough sleep can affect both your work and home life. People who sleep less than seven hours per night miss more days from work due to illnesses than those who sleep at least seven hours. There is even some evidence showing that people with short sleep duration are at increased risk of work disability.

Make sleep a priority! Think about it, where else do you get the chance to do something you enjoy that improves your health and optimizes your performance.

There are a few things you can do to help maximize your sleep. One of the most important is sticking to a regular, consistent sleep schedule, with the same bedtime and wake time seven days a week.

Avoid all electronics at least one hour before bedtime, including smartphones, tablets, television and video games.

Be cautious of sodas, teas, energy drinks and other foods that may contain caffeine up to six hours before bedtime.

If you are sleepy during the day or have other concerns about your sleep, make an appointment with your primary care provider to talk about how you can improve your sleep.

SAN ANTONIO AREA MAP



San Antonio Military Medical Center
 JBSA Fort Sam Houston, TX 78234
 (210) 916-4141



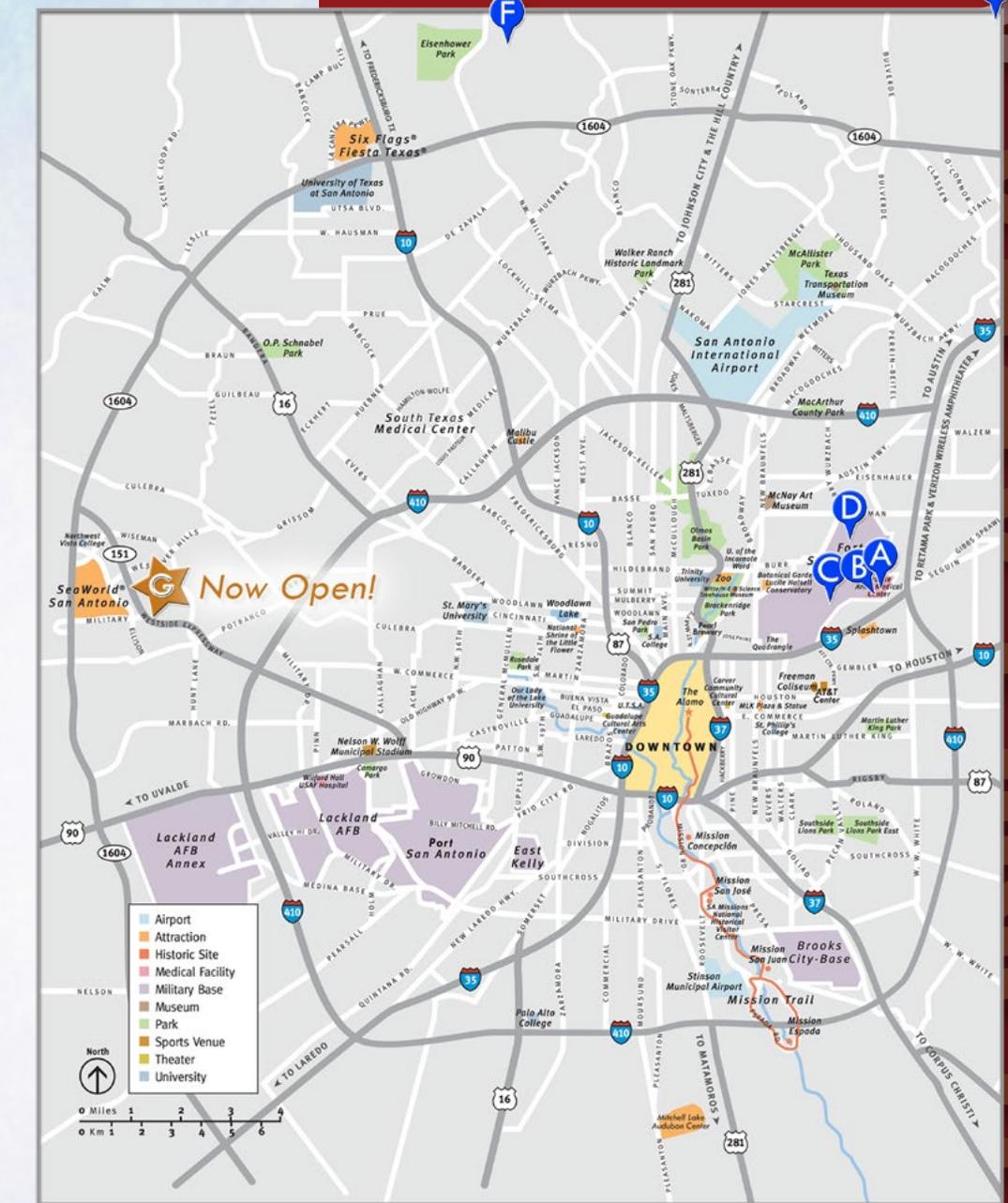
Center for the Intrepid
 Bldg 3634
 JBSA Fort Sam Houston, TX 78234
 (210) 916-6100



Moreno Clinic
 Bldg 1179
 JBSA Fort Sam Houston, TX 78234
 (210) 916-4141



McWethy Troop Medical Clinic
 3051 Garden Ave, Bldg 1279
 JBSA Fort Sam Houston, TX 78234
 (210) 916-4141 or (210) 916-4141



Schertz Medical Home
 Horizon Center
 6051 FM 3009, Suite 210
 Schertz, TX 78154
 (210) 916-0055



Taylor Burk Clinic
 Bldg 5026
 Camp Bullis, TX 78257
 (210) 916-3000



Westover Medical Home
 10010 Rogers Crossing
 San Antonio, TX 78251
 (210) 539-0916