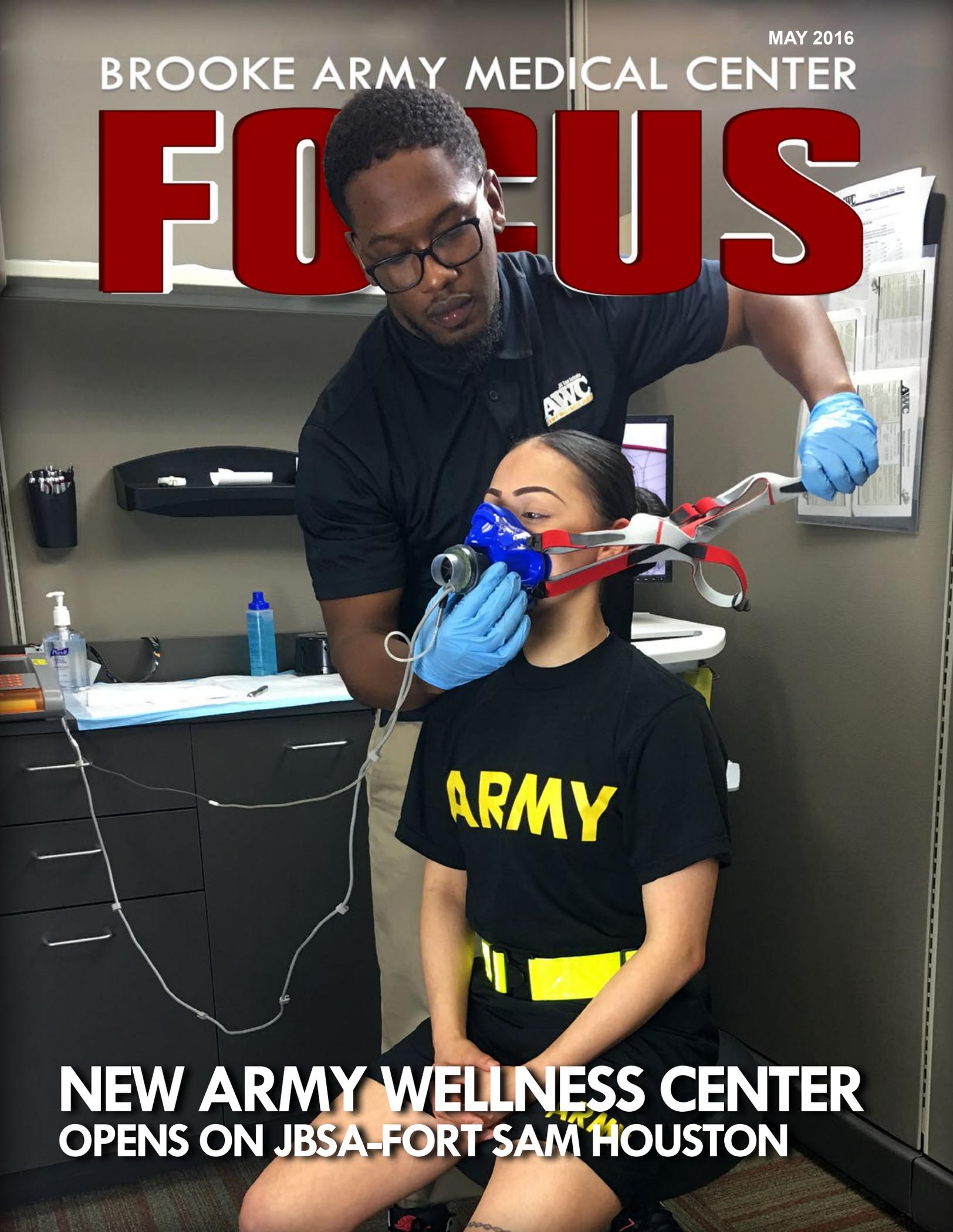


MAY 2016

BROOKE ARMY MEDICAL CENTER

FOCUS



**NEW ARMY WELLNESS CENTER
OPENS ON JBSA-FORT SAM HOUSTON**

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BAMC FOCUS

MAY 2016

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Team -

Memorial Day is among the most revered of holidays in our military. We remember those who have served before us, and during this era of persistent conflict, honor the memory of those now absent from our formations. Thank you for your continued service, which ensures their sacrifices, will never be forgotten.

Memorial Day also marks the beginning of the summer season and time for outdoor fun, travel and family vacations, among other activities. The long holiday weekend will be the first opportunity for many of our personnel to enjoy the warm weather and time with one another, so it's especially important we work together to keep everyone safe.

Leaders must engage with your team members on their holiday plans. Please look out for one another and speak up when your buddy takes unnecessary risks. Speeding in a privately owned vehicle or on a motorcycle, neglecting to wear seat belts or personal protective equipment and drinking while driving or boating are all too common and very real hazards for every member of our family.

Leaders will conduct routine safety briefings with their personnel and ensure risk management principles are understood by all team members. While engaged leadership is a key to our safety program and everyone is responsible for safety; vigilance, attention to detail, and a willingness to speak up when hazards are recognized are crucial.

Eliminate Sexual Assault: "Know your Part, Do Your Part." Also, keep in mind Homeland Security; everyone plays a critical role in protecting our nation -- "If you see something, say something and report it to the local authorities."

Thank you again for all you do every day for our patients and our nation. We may be beginning the critical days of summer, but remember that risk doesn't keep a calendar -- every day is critical in our fight against preventable accidents. Enjoy your summer and always play it safe!

JEFFREY J. JOHNSON
Colonel, MC
Commanding



Sexual assault survivor shares her story to bring awareness

By Lori Newman

BAMC Public Affairs

Brooke Army Medical Center invited sexual assault survivor Monika Korra to speak during a Sexual Assault Awareness and Prevention Month event here April 15 in the San Antonio Military Medical Center auditorium.

“As you hear Ms. Korra’s story and you listen to what happened please think about family, friends, acquaintances, people you know that may have had this happen to them,” said Army Col. Jennifer Bedick, chief nursing officer. “What Ms. Korra went through was something that shouldn’t happen to anyone.”

The 5-foot-2 girl with blonde hair, blue eyes stood in front of the auditorium to share her story of horror and triumph.

“I always like to start off by saying I am a happy, healthy girl today,” she said.

Growing up in Norway, Korra’s life was centered around sports, and she was an avid runner. She jumped at the chance to come to the United States when she was offered a track scholarship to Southern Methodist University in Dallas, Texas.

She said, at first, it was hard being away from home, but by her Freshman year she had made friends with another student from Norway, she had a boyfriend, and things were looking up.

“Life was just good,” she said. “No worries, no concerns.”

“I remember one evening my boyfriend tried to talk to me about the sexual assault of a fellow student and athlete on campus, she said.

“I didn’t want to think about it or talk about it,” Korra said. “I didn’t want to realize that could happen there in that perfect little world we lived in -- in that college bubble.”

Instead, she joked about the fact that she was a runner. “I told him you don’t have to worry about me I would just run. You know that I’m a runner, right?”

Her boyfriend followed her home that night to make sure she got home safely. Two weeks later after



Army Col. Jennifer Bedick, Brooke Army Medical Center chief nursing officer, and BAMC Command Sgt. Maj. Albert Crews present Monika Korra (center) a token of appreciation for speaking at the Sexual Assault Awareness and Prevention Month event April 15 in the auditorium. (Photo by Lori Newman)

leaving a party with her friend, she was kidnapped at gunpoint and repeatedly raped by three men.

“I wish when I share my story I could say I was the only rape victim in the United States that night, but if that night was like any other average night, I was only one of 1,871 rape victims in the United States alone,” she said. “And, we know that this happens in every city, in every country in the world.”

The men were caught quickly, but the event still haunted her thoughts and dreams.

“Even though I felt safe again. I knew I would have to go through a healing process,” she said.

“At first I didn’t want help. I wanted to be strong; I’m an athlete,” Korra said. “It didn’t take me many days to realize that it’s ok to ask for help.”

The college provided counseling for her, but the hardest thing she had to do was tell her parents what happened to her. She called her parents and they were very supportive.

Her mother told her, “Monika, I can hear strength in your voice. No matter how long it will take, no matter how much effort it will take, we are in this together.”

That was the first time she realized she could do it, and she wasn’t alone. She needed her teammates and friends more than ever.

“No matter what we experience it’s ok to lean on each other. We all need that at times,” she said.

Korra said there were five elements that helped her get through – openness, hope, closure, passion and forgiveness.

People asked her why she wanted to testify at the trials.

“I knew that I had to do it, I had to do it for myself and for everyone else,” she said. “I was there and I heard the words that I needed to hear and I saw what I needed to see,” she explained. That did so much for me in my healing process.”

Two of the three men were convicted of aggravated sexual assault and sentenced to life in prison. The third took a plea agree-

ment and was sentenced to a 25-year prison term.

She turned to her passion for running.

“After this happened it became even more important to me,” she said. “It was about reminding myself of who I really am. I believe we all are defined by our passion.”

She said she felt anger and hate, but she realized that wasn't who she was.

“I had so many questions and I just didn't understand how they could do this to me,” she said. “I realized that I had to understand to be able to let go.”

She signed up for victim/offender mediation and met with one of the men who had raped her.

“At first he just looked down, he couldn't look at me. He was crying and crying, not able to look at me,” she said.

He began by reading her an apology letter then she asked him questions about his past and what he had been through.

“I learned so much that day,” she said. “I knew walking out that day I could let it go. This belonged to my past.”

Korra finished by saying, “It is possible to heal, it is possible to take back what is yours. So I want to stand here today as a symbol that it is possible to heal. I am happy and I am a healthy girl again.”

Bedick and BAMC Command Sgt. Maj. Albert Crews thanked Korra for sharing her story.

“We all need to know our part and do our part to stop sexual assault and harassment,” Bedick said.

If you or someone you know has been sexually assaulted, call the Joint Base San Antonio Sexual Assault Hotline at 808-SARC (7272) or the DOD Safe Helpline at 877-995-5247.

New commander holds town hall meetings for staff

By Lori Newman
BAMC Public Affairs

The new Brooke Army Medical Center commander Col. Jeffrey Johnson held a series of town hall meetings for staff April 26 in the San Antonio Military Medical Center auditorium.

“What I am trying to do today, as well as for the first couple of weeks, is to give you an understanding of who I am,” Johnson said.

“I want to let you know how I'm approaching this command at Brooke Army Medical Center,” he said.

“We have a pretty cool mission here and I appreciate you letting me join the team,” the commander said.

Johnson said a few things have stood out to him since arriving at BAMC. One was the amount of collaboration between the Army and the Air Force, as well as between military, civilians and contractors on a daily basis.

“To me the decisive advantage at BAMC is the

people who are here,” he added.

The new commander shared some personal information about himself, and explained four areas he wants to focus on during his time in command -- readiness, quality, empowerment and leader development.



New Brooke Army Medical Center Commander Col. Jeffrey Johnson holds a series of town hall meetings for staff April 26 in the auditorium. (Photo by Robert Shields)

ASIAN AMERICAN PACIFIC ISLANDER HERITAGE MONTH



Asian American Pacific Islander Heritage Month Observance

An event hosted by Warrior Transition Battalion's C Company will be held May 24 from noon to 1 p.m. in the San Antonio Military Medical Center Medical Mall. There will be a guest speaker, cultural performance and food. All are welcome to attend.



Kim Waller, JBSA-Fort Sam Houston Army Wellness Center director, and Brooke Army Medical Center Commander Col. Jeffrey Johnson cut the ribbon to officially open Army Wellness Center April 29 on Joint Base San Antonio-Fort Sam Houston. (Photo by Lori Newman)

Army Wellness Center opens for business on JBSA-Fort Sam Houston

By Lori Newman
BAMC Public Affairs

The new Army Wellness Center officially opened on Joint Base San Antonio-Fort Sam Houston with a ribbon cutting ceremony April 29.

“Army Wellness Centers empower participants to set their own health goals and achieve them,” said Kim Waller, director of the new facility.

“We address lifestyle change in areas that affect both short-term and long-term health. We reach outside of clinic walls and engage people in their “lifespace”- the places in which they live, work, relax, and rest,” she said.

The Army Wellness Center approach is holis-

tic, incorporating body and mind as well as multiple disciplines such as fitness, nutrition, stress management, wellness and self-care.

Services include exercise testing and exercise prescription, weight management and metabolic testing, stress management education and bio-feedback, body composition analysis, sleep education and tobacco education.

All services are free for service members, military retirees, family members and Department of Defense civilians. If these services were purchased from a private source, testing could cost about \$3,000.

“Army Wellness Centers are a U.S. Army Medical Command initiative completely nested with the Army’s readiness strategy,” said Col. Jeffrey Johnson, Brooke Army Medical Center

commander.

“Army Wellness Centers perfectly align with the Army’s concept of readiness,” Johnson said. “As the U.S. Army Medical Department functions as a system of health, Army Wellness Centers provide the support for integrated wellness services as part of our medical provider’s tool kit to provide comprehensive wellness to patients.”

When a client visits the Army Wellness Center, their encounter is documented in their electronic health record. Their medical provider is integrated into their wellness plan, has the ability to give direction and oversight to the wellness center, and is able to follow their patients’ progress.

Army Wellness Centers also help improve



Col Mark Lee, vice commander, Joint Base San Antonio, tries out the Bod Pod or Air Displacement Plethysmography, as Jacob Broner, health educator, explains how it works April 29 at the new Army Wellness Center on Joint Base San Antonio-Fort Sam Houston. (Photo by Lori Newman)



Capt. Camille Betito tests her back strength with the help of Angel Flores, health educator, April 29 at the new Army Wellness Center on Joint Base San Antonio-Fort Sam Houston. (Photo by Lori Newman)

personal and unit readiness. They support physical fitness and overall performance of service members to better meet mission.

Army Wellness Centers empower individuals to build, sustain and maintain their own good health. They offer programs and services that help their clients achieve lifestyle change and prevent or mitigate chronic diseases like diabetes, heart disease and stroke.

“This building is our temporary home while renovations are made down the road for the Vogel Resiliency Center, but you will find that our current operation is nothing short of impressive,” Waller said.

The Army Wellness Center is located in Building 147, 2407 North New Braunfels Ave. To schedule an appointment, call 539-1254.



Jonathan Barbosa, health educator, shows Capt. Camille Betito how to properly fit an oxygen mask April 29 at the new Army Wellness Center on Joint Base San Antonio-Fort Sam Houston. (Photo by Lori Newman)

'New BAMC' marks 20th anniversary

By Lori Newman
BAMC Public Affairs

Brooke Army Medical Center celebrated the 20th anniversary of the opening of "New BAMC" April 13 with a ceremony in the San Antonio Military Medical Center Medical Mall.

BAMC's history dates back to 1879 when the first post hospital opened as a small medical dispensary located in a single story wooden building on Fort Sam Houston.

Following years of planning and construction, on July 18, 1995, the new seven story medical center built on the eastern edge of Fort Sam Houston was turned over to the BAMC commander and on March 16, 1996, the new facility was officially dedicated. Then on April 13, 1996, 20 years ago, the "New BAMC" officially opened with the transfer of all inpatients from "Old BAMC" to the new campus.

Guests were treated to a slide show of photographs from the past and a walk down memory lane from guest speaker Dr. Gregg Anders who was the chief of pulmonary and critical care 20 years ago when patients were moved from main post to the new facility.

"The conga line of convoys left the old main hospital and the Beach Pavilion at the corner of Stanley and Allen roads and the ambulances wound their way down the hill to this facility," Anders said. They moved about 40 patients that day.

"It went off almost like clockwork, but one of the ambulances got separated and pulled up to the wrong entrance," he said. "That caused quite a bit of radio chatter."

Anders said he was one of the last people to leave the old building. "I knew something historic had occurred," he said.

The doctor said many changes have occurred since then.

The 2005 Base Realignment and Closure Act called for consolidation of medical resources within the San Antonio area. These actions included a



Master Sgt. John Beall, Carolyn Putnam, Dr. Gregg Anders and Col. Mark Swofford, deputy commanding officer, cut the cake to celebrate the 20th anniversary of the "New BAMC" building April 13 in the San Antonio Military Medical Center Medical Mall. Putnam has worked at Brooke Army Medical Center for more than 55 years. Anders was the chief of pulmonary and critical care 20 years ago when patients were moved from main post to the new facility. (Photo by Robert Shields)

plan to significantly expand the capacity at BAMC and transfer all inpatient care and trauma services from Wilford Hall Medical Center to BAMC.

The expansion included the new addition of the consolidated tower which opened in September 2011, and the hospital was renamed San Antonio Military Medical Center.

"Since 9/11 the focus of this building has forever been changed," Anders said. "We have sustained combat operations and the subsequent casualties that have occurred since that time. That has changed how we work here."

Today, the 425-bed Joint Commission-accredited facility remains the only Level I Trauma and burn center within the Department of Defense. BAMC is a proud partner of the San Antonio Military Health System, designed to optimize clinical care, educational training, and business oper-

ations for all military treatment facilities within the San Antonio area.

This was the first of several celebrations to come. In October of this year will be the fifth anniversary of the consolidated tower and in February 2017 the 10th anniversary of the Center for the Intrepid.

"These are all organizations that are on our campus and are part of the overall command," said Army Col. Mark Swofford, deputy commanding officer of BAMC. "It is important to highlight all of these steps in our history and the evolution of the facility and honor these who serve here."

"We have always viewed this as a special place; I have and I know you have too," Anders said. "It's important that we see each other and recognize each other for the commitments we have made to this place and these people who are not just customers, they are our patients."

BAMC hosts ceremony to remember the Holocaust

By Elaine Sanchez
BAMC Public Affairs

Brooke Army Medical Center hosted a Remembrance Day Observance on May 2 to honor the 6 million Jews killed in the Holocaust.

“Today we gather to mourn the loss of so many lives, honor those who survived and celebrate those who saved them,” said BAMC Commander Col. Jeffrey Johnson during opening remarks.

A candle-lighting ceremony was held to honor the Jews killed in the genocide. The final candle was dedicated to the next generation, who are left to “carry the flames of remembrance.”

Dr. Steven Rosenblatt, guest speaker and the son of a Holocaust survivor, talked of Hitler’s rise to power and his mother’s bravery during that time.

His mother, Mathilide, was 15 years old and living in Vienna when German troops invaded Austria in March 1938, he explained. The Austrian people did not resist, and Hitler quickly folded Austria into the German Reich.

Nazism was thrust upon his mother and her family. In November of that year a riot fostered by Nazis spread across the Reich. Jews were pulled in the streets and beaten, their business and stores looted, synagogues destroyed and Holy books burned. This riot was later known as Kristallnacht, or Night of Broken Glass.

Mathilide and her family moved to Warsaw to stay with a family member, but were soon pushed into a Nazi ghetto to live in squalor. The American Consulate in Vienna, spurred by her sister, sent a message that if she could make it back to Vienna she would be given papers to travel to the United States. Her father, a jeweler by trade, pounded gold into thin sheets and sewed it into the lining of her coat.

At 16 years old, she said goodbye to her family and began the more than 420 mile trek alone. She got past one guard after an-



Dr. Steven Rosenblatt speaks at the Holocaust Remembrance Day Observance at San Antonio Military Medical Center, May 2. Rosenblatt’s mother, Mathilide, was a Holocaust survivor who traveled across Europe on her own as a teenager to reach safe passage to the United States. (Photo by Robert Shields)

other and snuck across borders, watching fellow travelers get shot, before arriving in Vienna.

Mathilide’s childhood home had been homesteaded by another family, so she snuck in the basement and reported to the SS for her papers. On Feb. 3, 1940, she was granted permission to travel to the U.S., and about a week later, she was on a boat departing from Rotterdam, Holland.

His mother died two years ago, he said. “It was only after she died that I began to look really critically at what happened. I gained just new respect for her courage and for what she was able to do.”

Rosenblatt also showed photos of concentration camps and the many Jews who died there. In Auschwitz, he explained, Jews were placed in two lines. Doctors decided who could handle slave labor – the young and frail went to the left and the others to the right. The ones on the left were killed in the gas chamber.

The prisoners worked in fields and workshops and died daily from malnutrition and disease, Rosenblatt noted. Others, including children, were used by doctors for human experimentation.

A total of 11 million people – 6 million Jews and 5 million others – systematically died at the hands of the Nazis before the camps were liberated by Allied soldiers in the mid-1940s. The victims included 1.5 million children and represented about two-thirds of the 9 million Jews who had lived in Europe.

“The Holocaust was a horrific blight on the history of humanity ... but also showed the sheer strength, determination and resiliency of those who lived through this appalling time of our history and those who helped liberate the concentration camps,” Johnson said. “People risked their lives and the lives of their families to save their fellow human beings.

“Many people chose to forget, others even dare to say it never happened; but we remember, because it is an unthinkable scar on humanity of which we can’t repeat,” he continued. “We need to understand what human beings are capable of and continue to constantly be on the lookout to stop these atrocities from happening in the future.”

Other Happenings

at Brooke Army Medical Center



CASAs learn about military medicine

Brooke Army Medical Center Commander Col. Jeffrey Johnson welcomes 80 civilian aides to the Secretary of the Army April 5 in the San Antonio Military Medical Center auditorium. The group, hosted by Lt. Gen. Perry L. Wiggins, commanding general, U.S. Army North and senior commander, Joint Base San Antonio-Fort Sam Houston, received briefings about military medicine and toured the Center for the Intrepid. *(Photo by Robert Shields)*



Thank you for your service

After 18 years of service at Brooke Army Medical Center as volunteers Nancy and Douglas Pond were honored April 28 by Col. Mark Swofford, deputy commander for operations, for their service. Nancy will be remembered for her work as an Information Desk greeter, while Douglas pulled his duty as Clinic Visitation volunteer for the Department of Ministry and Pastoral Care. They are moving to a new home in East Texas to be closer to their children. *(Photo by Dewey Mitchell)*



Special Honor

Capt. Kelly Elmlinger, 2016 Invictus Games athlete, medical surgical nurse and Warrior Transition Battalion Soldier, had dinner at the White House April 5 with the President Barack Obama, Michelle Obama and other guests. *(Courtesy Photo)*

CFI visit

Stuart Campbell shows George P. Bush, commissioner of the Texas General Land Office, the gait lab at the Center for the Intrepid April 21. This was his first visit to the CFI. Bush is the son of former Florida Governor Jeb Bush. *(Photo by Robert Shields)*



Award Winners

Fellow Research Podium Presentations

1ST PLACE: Air Force Capt. Alicia Prescott – Neonatal Intensive Care

“Umbilical Cord Blood Use for Admission Blood Tests of VLBW Preterm Neonates: Interim Data Analysis from a Multi-Center Randomized Clinical Trial”

2ND PLACE: Air Force Lt. Col. Dale Capener – Sleep Medicine

“Sleep Disorders in Active Duty Females”

3RD PLACE: Air Force Maj. Christopher Monnikendam – Neonatal Intensive Care

“Early Hypernatremia is Associated with Increased Mortality in Extremely Low Birth Weight (ELBW) Infants”

Resident Research Podium Presentations

1ST PLACE: Army Maj. Jason Foerter – Radiology

“Intraductal Papillomas Diagnosed on Core Needle Biopsy: Is Excision the Decision?”

2ND PLACE: Air Force Capt. John Carroll – Orthopedic Surgery

“Upper Extremity Injuries and Correlates with Amputation Outcome following Combat Trauma”

3RD PLACE: Air Force Capt. Daniel Ramsey – Radiology

“Mild Asymptomatic Intrahepatic Biliary Dilation after Cholecystectomy, Likely a Normal Postoperative Finding”

Resident Research Posters

1ST PLACE: Air Force Maj. Jeremy Bernot – Radiology

“Subcortical White Matter Hyperintensity Burden in Astronauts”

2ND PLACE: Army Capt. Lucas Groves – Ophthalmology

“The Effects of Porous Silicone Implant Onlays on the Bone of the New Zealand White Rabbit Mandible”

3RD PLACE: Air Force Capt. Erin Hanlin – Emergency Medicine

“Airway Ultrasound for the Confirmation of Endotracheal Tube Placement in Military Flight Medic Trainees”

Clinical Vignette Posters

1ST PLACE: Air Force Capt. Jared Cohen – Internal Medicine

“Human Herpesvirus 6 Encephalitis after Hematopoietic Stem Cell Transplant”

2ND PLACE: Army Capt. Cyrus Askin – Internal Medicine

“Spontaneously Improving Secondary Hemophagocytic Lymphohistiocytosis in an Adult due to T Cell Histiocyte Rich Large B Cell Lymphoma”

3RD PLACE: Army Capt. Matthew Timlin – Pediatrics
“Development of Pulmonary Hypertension in Three Infants Taking Diazoxide”

5th Annual SAUSHEC Research Day

Graduate Medical Education and Allied Health programs held their 5th Annual San Antonio Uniformed Services Health Education Consortium Research Day April 28 at Brooke Army Medical Center. The event included poster presentations and podium presentations. There were 82 abstract submissions and a review panel selected 34 finalists.



Brooke Army Medical Center Commander Army Col. Jeffrey Johnson, Air Force Capt. Alicia Prescott, 1st place winner for the Fellow Research Podium Presentation, Air Force Col. Dale Selby, 959th Medical Wing and Dr. Scott Jones, SAUSHEC dean, pose for a photo April 28 as part of the 5th Annual Research Day at BAMC. (Photo by Robert Shields)

Brooke Army Medical Center Commander Army Col. Jeffrey Johnson, Army Maj. Jason Foerter, 1st place winner for the Resident Research Podium Presentation, Air Force Col. Dale Selby, 959th Medical Wing and Dr. Scott Jones, SAUSHEC dean, pose for a photo April 28 as part of the 5th Annual Research Day at BAMC. (Photo by Robert Shields)



Army Maj. Brittany Ritchie accepts the award for 1st place winner Air Force Capt. Jeremy Bernot for the Resident Research Poster April 28 as part of the 5th Annual Research Day at Brooke Army Medical Center. Also pictured are BAMC Commander Army Col. Jeffrey Johnson; Air Force Col. Dale Selby, 959th Medical Wing and Dr. Scott Jones, SAUSHEC dean. (Photo by Robert Shields)

Air Force Capt. David Lindholm accepts the award for 1st place winner Air Force Capt. Jared Cohen for the Clinical Vignette Poster April 28 as part of the 5th Annual Research Day at Brooke Army Medical Center. Also pictured are BAMC Commander Army Col. Jeffrey Johnson; Air Force Col. Dale Selby, 959th Medical Wing and Dr. Scott Jones, SAUSHEC dean. (Photo by Robert Shields)



SAN ANTONIO AREA MAP



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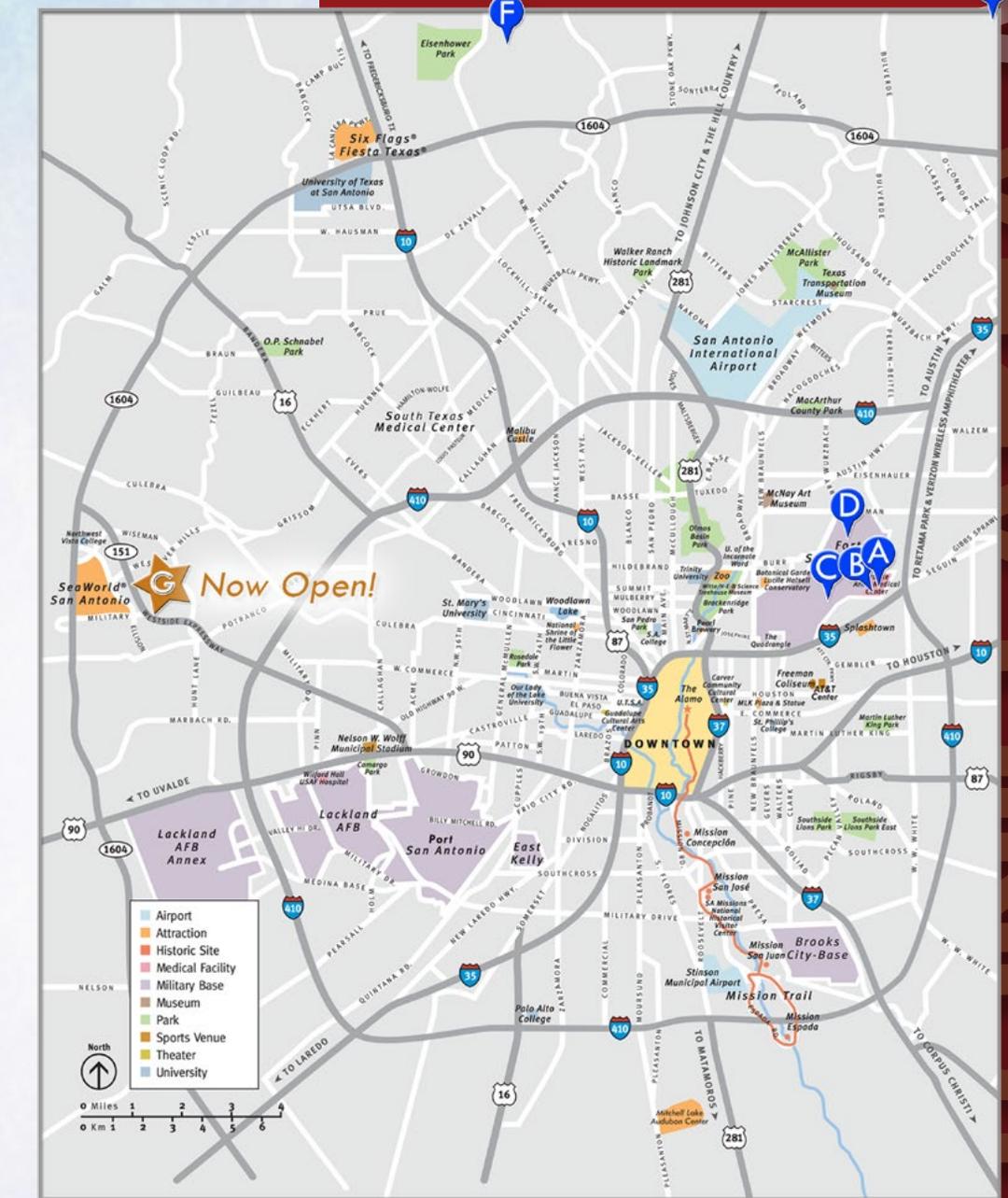
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 Bldg 3634
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Moreno Clinic
 Bldg 1179
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 (210) 916-4141



McWethy Troop Medical Clinic
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Schertz Medical Home
 Horizon Center
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Taylor Burk Clinic
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Westover Medical Home
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