

February 17, 2012

“ONE TEAM”

# Script

## February is American Heart Month

# Take steps to prevent heart disease

By Patricia Deal  
CRDAMC Public Affairs

The statistics from the American Heart Association and other agencies are shocking: cardiovascular disease is the No. 1 killer of both men and women in the United States with about one person dying from cardiovascular diseases every 38 seconds; cardiovascular diseases claim more lives each year than cancer, chronic lower respiratory diseases and accidents combined; every year, approximately 785,000 Americans have their first heart attack; approximately 17 percent of Soldiers have reported having high blood pressure since they entered the Army.

Statistics alone are usually not enough to spur patients to take action, so Carl R. Darnall Army Medical Center professionals have stepped up their efforts during American Heart Month this February to encourage beneficiaries to take small steps to help protect their heart health.

“Heart disease is not reversible but it is treatable. So it’s better to prevent it in the first place. An ounce of prevention is really worth 1000 pounds of cure in this case,” said Maj. (Dr.) Manju Goyal, CRDAMC cardiologist.

Everyone should be aware of the risks of heart disease, added Goyal, which include high cholesterol levels and blood pressure, obesity, physical inactivity, tobacco use, and diets high in saturated fats and sodium.

“High blood pressure, high cholesterol, and smoking are three of the five most preventable and treatable risk factors for heart disease,” she added.

CRDAMC Army Public Health Nurse 1st Lt. Jennifer Istre, encourages patients to “just get moving” to help reduce their risk.

“Inactivity leads to obesity, which is a major risk factor,” Istre said. “It is astounding when you consider how many Americans aren’t active, despite

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Gail Grant, certified nursing assistant at CRDAMC’s Family Medical Residency Clinic, takes Capt. Summer Brownnellis’ blood pressure. Both Grant and Brownnellis know the importance of monitoring blood pressure to help maintain a healthy heart. African-American women are 35 percent more likely to die of heart disease than Caucasian women, according to statistics from the American Heart Association.

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# Manage Your Health, Start with your Heart

By Kristin Shives

TRICARE Management Activity

Heart disease is the number one killer in the United States, causing nearly 25 percent of all deaths in 2008. February is American Heart month, and it can be a reminder for TRICARE beneficiaries to improve their heart-healthy habits to reduce their risk of developing heart disease.

The Centers for Disease Control and Prevention (CDC) say coronary artery disease (CAD) is the most common type of heart disease in the United States. CAD is caused when plaque builds up in the arteries that supply blood to the heart. Plaque is made of

cholesterol deposits that can accumulate in the arteries causing them to narrow. The most common symptom of CAD is chest pain or chest discomfort. This pain is caused by the lack of oxygen-rich blood getting to the heart muscle through the narrowed arteries. For some people, the first sign of CAD is a heart attack – plaque has completely blocked off an artery that carries blood to the heart.



People often assume heart attacks are sudden and intense, but many start out with mild pain or discomfort. It's important to know the symptoms and signs of a heart attack and vital to call 9-1-1 immediately if someone is having a heart attack. Chances of survival are increased if emergency treatment is provided as soon as possible.

The CDC lists five major symptoms of a heart attack:

- Pain or discomfort in the jaw, neck or back
- Feeling weak, light-headed or faint
- Chest pain or discomfort
- Pain or discomfort in arms or shoulder
- Shortness of breath

The National Institutes of Health recommend six key steps to reduce the risk of heart attack; quit smoking, lower blood pressure, cut high cholesterol, manage diabetes, aim for a healthy weight and be physically active every day. The CDC also recommends eating a healthy diet and limiting alcohol use.

TRICARE covers clinical preventive screenings for beneficiaries concerned with their cholesterol levels and blood pressure. Quitting smoking can be a challenge, but TRICARE provides the necessary assistance to be successful. Beneficiaries can find tools to quit smoking, educational materials, online training courses and chat one-on-one with smoking cessation coaches at [www.ucasquit2.org](http://www.ucasquit2.org).

Eating healthy is a good way to improve heart health. Meal planning should begin with portion control, limiting salt, cutting back on alcohol and decreasing foods high in saturated fat and cholesterol. Beneficiaries can talk with their primary care manager about exercise programs and nutrition plans to ensure success towards adopting a healthier lifestyle. More information on healthy living can be found at [www.tricare.mil/healthyliving](http://www.tricare.mil/healthyliving).

Prevention is the first step towards a healthy lifestyle. Early discovery and treatment of heart disease can lead to better health. To learn how to take advantage of TRICARE's covered preventive health services, go to [www.tricare.mil/preventiveservices](http://www.tricare.mil/preventiveservices).

**Make every month  
American Heart Month  
for a healthier life**



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## HEART | CONTINUED

knowing the many benefits from regular exercise.”

The American Heart Association recommends exercising for 30 minutes most days of the week for the best heart health benefit. Yet 36 percent of adults and nearly 50 percent of teens and young adults reported they do not exercise or engage in vigorous physical activity on a regular basis, according to the 2011 Heart Disease and Stroke Statistical Update.

“If you can’t find the time for 30 minutes continuous exercise, try doing 10 or 15 minute bursts. Look at simple ways to incorporate activity to your life such as parking further away and taking the stairs versus taking an elevator,” said Istre. “Don’t get caught up in the specifics or worry about what you can or cannot do. No matter how slow you go, you are still lapping everyone on the couch.”

While even moderate bits of activity are beneficial, Brian Lehmann, dietitian at the Army Wellness Center located at the Comprehensive Soldier Fitness Training Center campus suggests patients exercise with more intensity.

“We directly measure patients’ V02max to help them determine their personal 70-85 percent maximum heart rate, the recommended range for exercising to get the best heart healthy outcomes,” he explained. “In our Weigh to Live program, we teach patients to aim for at least 10,000 steps per day from all activities. More is always better, as 12,000-14,000 daily steps are recommended for weight loss.”

Quitting smoking is another way to reduce risk of heart disease. Despite shocking

statistics that show cigarette smoking accounts for approximately one of every five deaths in the United States each year, 21.5 percent of adult men and 17.3 percent of adult women continue to smoke cigarettes. Almost 20 percent of high school students reported current tobacco use.

“Many people link cigarette smoking just to lung cancer, but it also is a big risk factor for heart disease. The nicotine constricts blood vessels and the increased carbon monoxide impact the body’s efficiency to process oxygen. When you smoke, your heart has to work so much harder,” said Mary Jackson, community health nurse. “We know that’s it not the easiest thing to quit. But is probably the single best thing you can do to improve your health.”

While the benefits of quitting smoking are proven, unfortunately, many smokers mistakenly think of smoking as a way to reduce stress for them.

“There are definitely more healthy ways to reduce stress. When stress is overwhelming, or poorly managed, it can negatively affect your health by raising blood pressure, heart rate, and levels of the stress hormone cortisol,” said Donna Vajgrt, director, Army Wellness Center, located at the Comprehensive Soldier Fitness Training Center campus. “These days, people are less and less capable of leaving stress at the office because everyone is connected 24/7. Try turning off your phone, tablet, or computer for at least 15 minutes. Put on some relaxing music, close your office door for 10 minutes, and listen and breathe.”

Vajgrt added that the Army Wellness Center also helps patients reduce stress through its free massage chairs and upcoming Stress Management/Bio feedback classes.

In addition to taking steps to get more active, quit smoking and reduce your stress, you need to make a conscious effort to eat a heart healthy diet, according to Barbara Hughart, clinical dietitian, at CRDAMC’s Nutrition Care Division.



Illustration of atherosclerosis, also called hardening of the arteries, which is typically caused by fat, cholesterol, and other substances building up in the walls of arteries. Blockages or plaque in the arteries starve surrounding tissue of blood and oxygen, and are common causes of heart attack and stroke.

High sodium intake contributes to increased rates of high blood pressure, heart attack, and stroke. The Institute of Medicine recommends 1500 mg of sodium per day as the adequate intake level for most Americans and advises everyone to limit sodium intake to less than 2300 mg per day. Yet the average daily sodium intake for Americans age two years and older is 3,436 mg.

“Many people just don’t realize how much sodium they consume in a day. We’ve become so accustomed to adding salt to season foods. It appears in so many of the foods we buy and eat,” Hughart said. “Just one teaspoon of regular salt a day wipes out the 2,300 mgs of sodium for a low salt diet without using any of the processed higher sodium foods.”

People hesitate to give up their salt, so Hughart recommends making small changes over time.

“I often tell patients to slowly reduce the amount of salt they use. If they can tolerate onions, garlic, peppers, and other strong flavored vegetables, they can add those to their cooking instead of salt to help improve flavor without the added salt. It is possible for a person’s taste buds to change back to like those of a baby who accepts foods with no added salt,” she said. “Remember to always chose food closer to fresh or frozen and also to check sodium content and serving sizes, to ensure you’re staying within acceptable amounts of sodium.”



# Dental professionals promote proper oral hygiene to students

By Patricia Deal  
CRDAMC Public Affairs

As part of Children's Dental Health Month, dental professionals from the U.S. Army Dental Activity here plan to educate almost 4,000 elementary school students about the importance of proper oral hygiene.

According to the Centers for Disease Control and Prevention, tooth decay affects more than 25 percent of U.S. children aged 2–5 years and 50 percent of those aged 12–15 years.

"The absolute best way for children to avoid cavities and gum disease is by daily brushing and flossing, along with a healthy diet," said Staff Sgt. April Scales, DEN-TAC practice manager. "Developing good habits at an early age and scheduling regular dental visits help children get a good start on a lifetime of healthy teeth and gums. By making it fun for the children to learn, we hope to drive the point home."

The dental staff scheduled visits through-



Patricia Deal, CRDAMC Public Affairs

Fort Hood Dental Activity technicians, Spc. Julie Green (tooth) and Spc. Angela Russell (tube of toothpaste), show third-graders at Meadows Elementary School how brushing is important to remove all the 'sugar bugs' between teeth.

out February to six Fort Hood elementary schools to educate the children about good nutrition, proper brushing techniques and why brushing their teeth twice a day and flossing is important for good dental hygiene. The presentations were modified as age-appropriate for grades kindergarten through third.

A cartoon video from the American Dental Association featuring "Dudley the Dinosaur" showed the children importance of seeing a dentist twice a year and that good oral health happens through good habits.

At one of their first stops, Meadows Elementary School, Capt. (Dr.) Brandon Gage, dentist, talked to the children about the importance of proper nutrition and the effects of certain "bad" foods on teeth.

"This is about prevention and getting good habits started early. I treat adults and see firsthand how practicing good oral hygiene early on can make a difference in one's dental health later in life," he said.

Specialists Julie Green and Angela Russell, who dressed as a tooth and tube of toothpaste respectively, engaged the children in learning about flossing. "It was just a fun way to help them remember that brushing alone won't be enough to remove all the 'sugar bugs' between your teeth," said Green. "By making learning fun, your message gets



Patricia Deal, CRDAMC Public Affairs

Sergeant Loudivie Enguillado uses a wide-mouthed horse puppet and oversized toothbrush to show Meadows Elementary school students the proper up and down, side-to-side technique for brushing.

across to them—all these guys will remember how the 'C' method when flossing is the best for removing those 'sugar bugs.'"

Sergeant Loudivie Enguillado agreed that the fun approach to learning is the best way to reach such a young audience. She used a wide-mouthed horse puppet and over-sized toothbrush to show the proper up and down, side-to-side technique for brushing.

"This is good way to get the kids thinking about taking care of their teeth. Parents need to get actively involved to encourage their children to brush and floss regularly," she said. "They need to set a good example and usually children will follow their parents' example."

Kathy Woolard, school nurse for Meadows Elementary, said she appreciates the dental staff coming each year to the school.

"It's one thing to have your parent harp on you about brushing your teeth, and quite another to have the 'Sparkle Toothbrush Man' tell you how important it is to take care of your teeth," she said. "This is good for the students, because many of them don't see a dentist as regularly as they should. This is just one way for them to meet and become familiar with dental people. It reinforces good advice and maybe takes away some of their initial fear of going to the dentist."

Although not preferred, fear is one way

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## Visit CRDAMC's Health Library for Consumer Health Information

*"I Googled information about my hernia, but I got over 37 million search results! How do I know what's junk and what's for real?"*

It's estimated that 80 percent of internet users--more than 100 million Americans--use the internet to find health information.

For the best quality health information though, there's no better source than your doctor, advised the professionals at CRDAMC's Medical Library.

But until you can get an appointment to see your doctor, there are resources to help fill the information gap. CRDAMC provides patients access to the Health Library, an EBSCOhost® database. The Health Library is an evidence-based resource that provides comprehensive coverage of health, wellness and other medical-related topics in easy-to-understand language. All of the content of the Health Library is written by medical writers and independently reviewed by medically-credentialed experts.

The Health Library features hundreds of videos and animations that cover conditions, procedures and wellness topics. Other features include interactive anatomy and condition navigators and self-assessment tools such as an activity calculator, ovulation calculator and risk assessors for depression, diabetes and more. All Health Library content is available in both English and Spanish.



The CRDAMC Health Library is available 24 hours a day, seven days a week at [www.tinyurl.com/CRDAMC-Health-Library](http://www.tinyurl.com/CRDAMC-Health-Library).

Doctors depend on the National Library of Medicine's Medline® database as a premier resource for information, and the public can also access the National Institutes of Health's MedlinePlus web site for the latest medical information.

The National Library of Medicine is the world's largest medical library. Its MedlinePlus database draws on the wealth of data produced by the National Institutes of Health as well as other authoritative

sources to bring you English and Spanish information on 900 diseases and conditions, prescription and over-the-counter drug information, animations and tutorials on procedures and conditions, a medical dictionary and encyclopedia written in easy to understand terminology.

Access the MedlinePlus web site at [www.nlm.nih.gov/medlineplus](http://www.nlm.nih.gov/medlineplus).

(Both the EBSCO Health Library and Medline Plus comply with the Health On the Net Foundation's HONcode ethical standard for healthcare information. HONcode certification mark is an indicator of health information you can trust.)

## DENTAL | CONTINUED

to instill preventative habits. Many of the kindergartners and second graders at Meadows said they were afraid that if they didn't brush every day, "their teeth would fall out."

"If you don't take care of your teeth, your mouth can get nasty and then the kids will be asking, 'what's that smell?'" explained

six-year old Lademi Aromolaran. "I brush my teeth every night before bed. Sometimes I do it myself, but mostly my mom or dad helps with flossing."

Many of the children, quite a few toothless, admitted to the staff that they brush "all the time" and said they only lost their teeth because they were getting new ones, and they could give the baby ones to the tooth fairy.

"Some may have the attitude that you don't need to care of baby teeth. But if they are not taken care of and cleaned properly, cavities can form and spread to the adult tooth buds still developing underneath the gums," Gage said.

After the presentation, each student was given a "goodie" bag containing a toothbrush, floss, and toothpaste.



## Customer Service Spotlight

Customer Service Spotlight features staff members who have received positive comments (via ICE/Strive for Five comment cards/APLSS) for going above and beyond to provide excellent care and concern.

**Robertson Blood Center**  
Jan 6: I came in for donating blood platelets. Ms. Ruth attended to me and was very kind and informative. She made sure I was comfortable and made me feel welcomed and appreciated. The staff and environment is great.

**Thomas Moore Health Clinic**  
Jan 4: My family absolutely loves Dr. Ortaliz!! He's an awesome pediatrician. He doesn't get frustrated when my little one screams. He's helped me get thru all her illnesses in one piece, especially while my spouse was deployed.

**Resilience & Restoration (R&R) Center**  
Jan 6 : I wanted to express just how much I am impressed with the quality of service I receive from the R&R Center. The care I receive from Dr. (Timothy) Ingram as some of the best I have had in the Army.

**Pharmacy (36000 Darnall Loop)**  
Jan 4: Although the patients were overflowing into the hallway of the pharmacy at 10:45 a.m., the wait for my medications was only 53 minutes. That could only happen because of the professionalism and commitment to the patients of the pharmacy staff and its leadership. I wish to thank the pharmacy staff and hope that this note will bring recognition for their efforts. Have received medications at this facility off and on since 1973 and the service provided has never been better.

**Troop Medical Clinic 12 (Bldg. 7015 Murphy Loop, Hood Army Airfield)**  
Jan 6: Ms. Green does a great job dealing with customers!

**Physical Therapy**  
Jan 12 : I want to thank Ms. Altamika Keeling for the over and beyond support of aiding me to get proper medical care. I had received conflicting scheduling appointment information and she saw fit to escort me to the proper area to get clerks to process my consult in system. This was so pleasing to me because I had been waiting on the referral system process to work as published. Outstanding!

**Physical Medicine Service (Bldg. 36000)**  
Jan 9: I want to thank Ms. Mattie Lucas for the outstanding support rendered to me in getting a medical referral corrected. After looking at a system glitch, she took it on herself to ensure that my proper Medical Representative at TMHC was aware of situation. I presently have the correct consult action and awaiting my proper medical treatment. This is really outstanding support to me as a patient in need of medical treatment. Thanks for being here supporting with pride!

**Resilience and Restoration Behavioral Health 3BCT**  
Jan 10: Ms. Olga Battle was incredibly helpful and went out of her way to ensure I received prompt and comprehensive assistance in acquiring medication. When other facilities and people gave me the "run-around", Ms. Battle and the Behavioral Health Annex 3BCT (EBH) was very friendly, knowledgeable, and pointed me in the right direction for success towards my treatment, and getting a refill of my important medication.

**3 South (Medical/Surgical Ward)**  
Jan 10: I stayed for 3 days and the staff were very friendly and did everything to make me comfortable and get me home for the holidays. My doctors were Maj. Kelly, Capt. Paymaster and Capt. Samar and my nurses were Lt. Horsly (Day) and Lt. Han (night). The doctors both checked on me daily and made my treatment a team approach and the nurses did everything to make me comfortable and responded to my nurse calls quickly. Maj. Kelly saw me when I was admitted and when I left to make sure that I understood everything.

**General Surgery/Urology Clinic (Building 36000)**  
Jan 10: I would like to commend 2nd Lt. Amber Johnson from General Surgery. The motto "Compassionate, World Class Health Care-One Patient At A Time" is just a small fraction of words to describe her. My daughter was a patient for several days and we were truly blessed to have her in charge of my daughter's care. She was the most hardworking person from all the staff that attended her. She was aware of everything that she needed and did not hesitate to provide the best care possible. Not only did she care for my daughter but she showed concern for my well being also. She is one of the most outstanding people in the United States Army. Please give her the recognition she deserves. I would like to say that the rest of the care my daughter received was good. 2nd Lt. Amber Johnson went beyond her call of duty as a competent, professional, and caring human being.

**Radiology**  
Jan 10: I would like to commend Ms. Stacy Sooter. She provided excellent service for my daughter. We had to wait for a while for the next X-Ray needed, but she made sure that not only my daughter was comfortable but also was concerned for me. She talked to us and made pleasant conversation which helped my daughter not concentrate on the pain and discomfort. She represents "Compassionate, World Healthcare-One Patient at a Time." Thank you Ms. Sooter.