

### Did you know?...

ou have the right to express your concerns about patient safety and quality of care.

There are several avenues open to you:

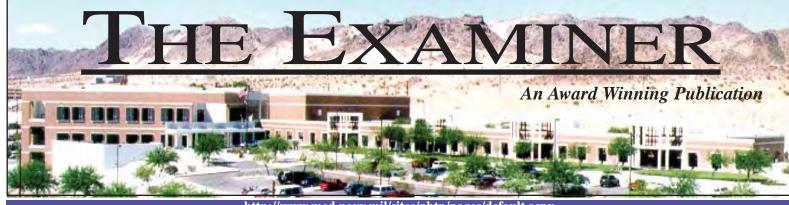
- Through the ICE website.
- \* The Hospital Customer Relations Officer at 760-830-2475, or any of the Customer Relations representatives in the Hospital clinics, or directly to the Joint Commission via: E-mail at complaint@jointcommission.org Fax: 630-792-5636

The Joint Commission Oak Renaissance Boulevard Oakbrook Terrace, IL 60181

o report Fraud, Waste and Abuse contact one of the below offices by calling:

Naval Hospital: 760-830-2344 Combat Center: 760-830-7749 NavMedWest: 1-877-479-3832 Medical IG: 1-800-637-6175 DoD IG: 1-800-424-9098

Commanding Officer Naval Hospital Public Affairs Office Box 788250 MAGTFTC Twentynine Palms, CA 92278-8250



http://www.med.navy.mil/sites/nhtp/pages/default.aspx

## Vaccines Protect Everyone

Susan Page Occupational Health Nurse NHTP Preventive Medicine

The question I want to address in this article and one that I have been asked by parents, patients and organizations for almost 30 years is: "Do we really need this shot?" The "shots" are technically called immunizations. I am a registered nurse currently employed in the Occupational Health Department at NHTP. My professional experience includes, Emergency Medicine, Family Practice and Occupational Health. I have experience with the immunization process because I have given thousands of immunizations, received many myself and have chosen to have my children immunized when doctors recommended it. The purpose of this article is to provide information and resources related to the use, purpose and importance of immunizations so the reader can make an informed decision.

According to the World Health Organization (WHO), "A lack of

knowledge about vaccination (immunizations) is a key reason why some adults consciously choose not to get vaccinated themselves or to vaccinate their children." (2014).

What are immunizations?

"Immunization is the process whereby a person is made immune or resistant to an infectious disease, typically by the administration of a vaccine (usually an injection or shot). Vaccines stimulate the body's own immune system to protect the person against subsequent infection or disease." (World Health Organization, 2014).

Vaccines can be made of live viruses, synthetic materials, or killed bacteria or viruses. The duration of immunity after one receives an immunization varies for each vaccine and person. (Miller-Keane Encyclopedia and Dictionary of Medicine, 2013) (CDC, 2014).

Why are immunization given?

Please see Vaccines, page 2

### Patients seen in January -- 12,952

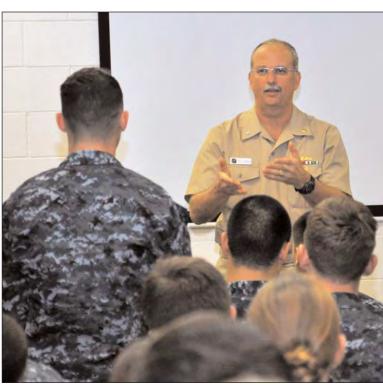
**Appointment No Shows in January -- 892** 

In January we had a 6.4 percent no show rate. We need to keep trending downward by keeping the appointments we make, or by canceling in enough time for someone else to use the slot...

To help patients obtain appointments, the Naval Hospital now shows the number of open appointment slots each day on the hospital Facebook site, check it out. On Facebook, search: Naval Hospital Twentynine Palms.

To make an appointment call -- 760-830-2752 To cancel an appointment call -- 760-830-2369

## Admiral's Call



Rear Adm. Bruce Gillingham, Navy Medicine West, answers a question during Admiral's call Feb. 26. "I wish my sailors at Balboa were this vocal," the Admiral said of our NHTP audience. Rear Adm. Gillingham, an orthopedic surgeon, spoke extensively about "high reliability organizations and behavior," recounting how everyone, regardless of rank, should speak out if they perceive a problem. The Admiral recounted an incident in Iraq where it was a challenge keeping patients stable during air transport. An HM3 suggested using modified body bags--which became the winning solution. The Admiral strongly endorses TeamSTEPPS, a process that fosters mutual respect and team accountability, providing a safety net for the team and patient through a process that instills cross monitoring accountability for all team members. The Admiral toured the entire hospital, stopping frequently to chat with staff and learn their concerns.

#### TRICARE!

Want to learn more about all the benefits TRICARE offers or just get ready for the TRICARE Service Center closure March 31? Go to http://www.tricare.mil/Welcome.aspx to learn how you

can enroll, order prescription refills, check the status of a referral or schedule an appointment.

#### 2 -- The Examiner -- March 2014

#### From Page 1, Vaccines

The goal of giving immunizations is to eliminate disease and save lives worldwide. "Immunization is a proven tool for controlling and eliminating life-threatening infectious diseases and is estimated to avert between 2 and 3 million deaths each year. It is one of the most cost-effective health investments" (World Health Organization, 2014).

Immunization programs eliminated Polio in the United States in 1979 and Small Pox worldwide in 1980. (The History of Vaccines, 2014).

What happens when immunizations are not given or refused? Individuals who are not vaccinated for diseases are at risk of getting and spreading diseases to others. Two current diseases that are an issue in California and a result of unimmunized or under-immunized populations are measles and whooping cough. "Measles has spread through clusters of unvaccinated children in California, even when population-level coverage seemed adequate. Imported measles cases have spread the disease among un-vaccinated persons, including infants too young to be vaccinated. (Buttenheim & Jones, 2012).

"Fifteen cases of measles have been confirmed in California since January 2014." (United Press International, 2014).

Whooping cough is also on the rise in California. The California Department of Public Health has seen 2,372 cases in 2013 (132 of those were hospitalized, 85 of the cases were infants < 4 months old--one of whom died at 2 months of age. People with whooping cough spread the disease by coughing or sneezing while in close contact with others, who then breathe in the bacteria that cause the disease. Many babies who get whooping cough are infected by parents, older siblings, or other caregivers who might not even know they have the disease. (California Department of Public Health, 2014).

Do immunizations have adverse reactions? "Most vaccine adverse events are minor and temporary, such as a sore arm or mild fever. The fact is that a child (or adult) is far more likely to be seriously injured by one of the diseases they are getting vaccinated against than by any vaccine. While any serious injury or death caused by vaccines is too many, it is also clear that the benefits of vaccination greatly outweigh the slight risk, and that many, many more injuries and deaths would occur without vaccinations." (CDC, 2014).

Where can you get accurate up-to-date information on immunizations? The Center for Disease Control (www.cdc.gov), The World Health Organization (www.who.int), and the California Department of Public Health (www.cdph.ca.gov) are all user friendly non-profit web sites that provide evidencebased information on immunizations and the diseases they prevent. Your medical provider should also be able to give you a fact sheet for any immunization you are to receive called a "Vaccine Information Statements (VIS)," available on the CDC webpage (http://www.cdc.gov/vaccines/hc p/vis/index.html). For vaccine and immunization information via phone, please call ((800) 232-4636 (800) CDC-INFO).

Do we really need this shot?

The choice is yours. If you say yes to immunizations, make sure you ask your provider what immunization you are getting and why. If you are not sure if you want the immunization, research it on the referenced sites throughout this article. Read the "Vaccine Information Statements (VIS)" or share your concerns with your provider. He or she may be able to alleviate your concern.

If you say no to immunizations, remember diseases are out there, you can get them and/or give them to innocent people--usually babies. "An un-vaccinated child or adult faces lifelong differences that could potentially put him or her at risk. Every time you call 911, ride in an ambulance, go to the doctor or visit the hospital emergency room, you must alert medical personnel of your child's (or your own) vaccination status so he or she receives distinctive treatment. Because un-vaccinated people can require treatment that is out of the ordinary, medical staff may be less familiar, and less experienced with the procedures required to appropriately treat you or your child.

Women who are pregnant but not vaccinated can be vulnerable to diseases that may complicate their pregnancy. A pregnant woman who contracts rubella in the first trimester may have a baby with congenital rubella syndrome (CRS), which can cause heart defects, developmental delays and deafness.

People who choose not to vaccinate their children also put others at risk if their child isn't vaccinated and becomes ill.

Special groups of people cannot be vaccinated, including those with compromised immune systems (e.g., those with leukemia or other cancers). These people rely on the general public being vaccinated so their risk of exposure is reduced." (Department of Health: Information for a Healthy New York, 2014).

For a complete list of references, please contact Susan Page, (760) 830-2003.



Jose Busto (right) is photobombed by NHTP Deputy Comptroller Harry Sherman at his retirement luncheon Jan 30. Busto has worked for NHTP since 1988 when it was still a Clinic in the building we call the Village Center. "When we came to this building, it was enormous," Busto said. "I kept getting lost." This is Busto' second retirement at Twentynine Palms. In 1984 he retired from the USMC as a Gunnery Sergeant. Although he'll still be working 1-hour per week, he looks forward to traveling and visiting his sons and grandchildren with his wife, Delores.

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The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

#### How to reach us...

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HMC Joven B. Caguioa is granted permission to go ashore and is piped into retirement Feb 7. HMC Caguioa is accompanied by his wife, Yoshi (left) and daughter, Nicole. Caguioa entered Naval service in March of 1994. In addition to serving with the Combat Service Support Detachment 12 from 2003 to 2006, during which time he deployed to Fallujah, Iraq, his shore duty assignments include BMC Camp Pendleton, U.S. Naval Hospital Yokosuka, Japan, and MCAGCC Advisor, Instructor, and Medical Lead for deploying personnel to Afghanistan. (Photo: HN Ronel Dalisay, NHTP).



HM2 Roman R. Olivera takes the oath of re-enlistment 14 Feb. Olivera is re-enlisting for 2 more years having already served 11 years. He's the Leading Petty Officer in the Orthopedics and General Surgery Departments. He and his wife, Dinah (an LVN at NHTP working in Obstetrics), have three children: two daughters, 14 and 4; and a son, 9.



CSC Joseph E. Beerhalter reenlists for 4 more years Feb. 13 during a ceremony on NHTP's third deck. Beerhalter has been in the Navy 20 years and has been on six deployments. He originally hails from Pittsburg, Pa. At NHTP, Beerhalter is the Senior Enlisted Leader for the Directorate of Surgical Services.---





Lt. j.g. Patricia Opoku (left) demonstrates a Gambian dance during NHTP's African American / Black History Month Celebration, held Feb. 27 in Classrooms 4&5. Capt. Edward Q. Hicks (Retired), USMC (right), recounts his experience as a Montfort Point Marine. He joined the Marines in 1948 after graduating high school. He hadn't realized basic training was segregated. But like all good Marines, he adapted, improvised and overcame. Mr. Larry E. Johnson, a retired Marine Staff Sergeant (service dates: 1972 -1996), was the second guest speaker. Approximately 20,000 African-American recruits received training at Montfort Point during World War II.



Lt. Phyllis Dykes and NHTP Commanding Officer, Capt. Jay Sourbeer, address beneficiary concerns and answer questions during the NHTP Town Hall Meeting Feb. 7

2X3 Smith's Family Properties

# Super Stars...



HM3 Stephen D. Hampshire receives a Letter of Appreciation for "exemplary and highly professional manner" assisting nine surgeons, one anesthesiologist, two nurse anesthetists and 12 military and civilian staff in rendering medical care to 516 post-operative patients with zero discrepancies. "Your tireless work efforts contributed to the ability of the department to provide uninterrupted surgical services for Active Duty Sailors, Marines and DoD beneficiaries within the vicinity of Marine Air Ground Combat Center, Twentynine Palms."



Ms. Audrey Waters receives a Federal Length of Service Award "in grateful recognition and appreciation of your 10 years of faithful service to the Federal Government." Ms. Waters is a phlebotomist in the NHTP laboratory.



HN Colton B. Ribera receives a Letter of Commendation signed by Rear Adm B. Gillingham, Navy Medicine West, for "outstanding performance of duties while assisting in the delivery of superior medical care fro 2,850 beneficiaries. He meticulously updated demographic data for patients enrolled to Family Medicine, increasing demographic information availability by 67 percent. "While serving as a Corpsman in the Maternal Infant Nursing Department, he provided inpatient medical care to 38 mothers and 45 newborn infants."



Ms. Therese Weseman receives a Federal Length of Service Award "in grateful recognition and appreciation of your 10 years of faithful service to the Federal Government. Ms. Weseman is a Case Manager in Healthcare Operations.



HN Justin A Harrison receives a Navy and Marine Corps Achievement Medal for "Professional achievement in the superior performance of his duties while serving as Staff Corpsman, Maternal Infant Nursing Dept., NHTP, on 7 Aug. 2013. HN Harrison's due diligence and attention to detail directly resulted in early detection of a significant internal hemorrage in a post-partum patient. He recognized abnormal vital signs then immediately reported his findings, preventing further internal bleeding. HN Harrison's personal initiative, perseverance and unswerving devotion to duty reflect great credit upon himself and are in keeping with the highest traditions of the United States Naval Service."



HN Samantha P. Shaw receives a Department of the Navy Good Conduct Award in recognition of faithful, zealous and obedient naval service. First Award. For service completed on 12 December 2013.



HN Jeffrey Santos receives a Department of the Navy Good Conduct Award in recognition of faithful, zealous and obedient naval service. Second Award. Awarded for service completed on 2 December 2013.



HN Abdou Lalene receives a Navy and Marine Corps Achievement Medal. "From March 2012 to Feb. 2014, HN Lalene assisted six medical providers in the completion of 3,901 patient encounters and 251 medical procedures. As Equipment Petty Officer, he maintained accountability of medical equipment for Family Medicine valued at \$287,000. He coached 33 youth in the Twentynine Palms soccer community which created positive command image. HN Lalene's personal initiative, perseverance and unswerving devotion to duty reflect great credit upon himself and are in keeping with the highest traditions of the United States Naval Service.



HM3 John M. Buckley receives a Navy and Marine Corps Achievement Medal "For Professional Achievement in the superior performance of his duties while serving as Hospital Corpsman in the Adult Medical Care Clinic, NHTP. On Sept. 24, 2013, while attached to the Royal Marines 40th Commando Unit, Petty Officer Buckley responded to a lifethreatening injury to a Royal Marine during a live-fire exercise. He assessed, packed and secured the commando's wounds while reporting the nine-line, which expedited the medevac. His decisive actions saved the Commando's life and limb. These actions solidified our international partnership with the Royal Marines. Petty Officer Buckley's personal initiative, perseverance and unswerving devotion to duty reflect great credit upon himself and are in keeping with the highest traditions of the United States Naval Service."



Mr. Beven Webb receives a Federal Length of Service Award for 5 years of faithful service to the United States Government. Mr. Webb, Information Receptionist, makes sure NHTP visitors receive a friendly greeting, are properly credentialed and are headed in the right direction.



HM3 Tam M. Chu receives the Navy and Marine Corps Achievement Medal for professional achievement while serving as Squadron Corpsman, 1st Marine Aircraft Wing, 3rd Marine Expeditionary Force, from Nov. 2010 to Nov. 2013. In addition to HM3 Chu's accomplishments supporting the unit's medical readiness, during Operations Tomodachi, Chu provided medical support to 180 Marines and assisted in providing disaster relief efforts at Tohoku, Japan. Chu also provided medical support during Cobra Gold 2012 and other exercises in Okinawa. HM3 Chu's initiative, perseverance and total dedication to duty reflect great credit upon himself and are in keeping with the highest traditions of the United States Naval Service.



Ms. Leslie Rosson, NHTP Civilian Human Resource Officer, receives a Federal Length of Service Award in grateful recognition and appreciation of her 10 years of faithful service to the Federal Government.



CS2 Damien L. Cantrell receives the Navy and Marine Corps Achievement Medal (Gold Star in lieu of third award) for professional achievement and superior performance while serving as bachelor enlisted housing Leading Petty Officer and Diet Clerk Supervisor, Combined Food Service Department, NHTP, from Feb. 2011 to Feb. 2014. CS2 Cantrell led four personnel in the management of 64 room upgrades valued at \$175,000, saving the Navy \$10,000 in labor cost and improving barracks quality of life. Cantrell provided 350 quality meals per month to inpatient customers with 97 percent customer satisfaction. CS2 Cantrell's personal initiative, perseverance and unswerving devotion to duty reflect great credit upon himself and are in keeping with the highest traditions of the United States Naval Service.



Ms. Ilona Parker, Professional Affairs Coordinator in the Quality Management Dept., receives a Federal Length of Service Award in grateful recognition and appreciation of her 15 years of faithful service to the Federal Government.



HM2 Marvin Galapin receives the Navy and Marine Corps Achievement Medal for superior performance as Leading Petty Officer, Patient Administration Department, NHTP, from Oct. 2012 to Sept. 2013, culminating in his selection as Junior Sailor of the Year for FY 2013. HM2 Galapin achieved this distinction by demonstrating exceptional leadership, initiative, and dedication to duty. This prestigious recognition sets him apart as a true professional and personifies the enlisted community's reputation of high standards of performance and conduct. HM2 Galapin's personal initiative, perseverance and unswerving devotion to duty reflect great credit upon himself and are in keeping with the highest traditions of the United States Naval Service.



HM1 Andrea N. Turner receives the Navy and Marine Corps Achievement Medal (Gold Star in lieu of Fifth Award) for professional achievement in the superior performance of her duties while serving as Leading Petty Officer, Directorate of Medical Services, NHTP, from Oct. 2012 to Sept. 2013 which culminated in her selection as Senior Sailor of the Year for FY 2013. HM1 Turner achieved this distinction by demonstrating exceptional leadership, initiative, and dedication to duty. This prestigious recognition sets her apart as a true professional and personifies the enlisted community's reputation of high standards of performance and conduct. HM1 Turner's personal initiative, perseverance and unswerving devotion to duty reflect great credit upon herself and are in keeping with the highest traditions of the United States Naval Service.



HM2 Abner G. Ocampo receives the Navy and Marine Corps Achievement Medal (Gold Star in lieu of Second Award) for professional achievement in the superior performance of his duties while serving as Leading Petty Officer, Pharmacy Dept., NHTP, from Apr. 2009 to Mar, 2014. HM2 Ocampo led 10 pharmacy technicians to support 24/7 coverage for 17,000 beneficiaries. He was responsible for training and maintenance management of 34 pieces of equipment valued at \$714,000. As a senior advocate for the Coalition of Sailors **Against Destructive Decisions** and a member of the Diversity Committee, HM2 Ocampo dedicated significant personal time toward the planning and execution of Command and community projects. HM2 Ocampo's personal initiative, perseverance and unswerving devotion to duty reflect great credit upon himself and are in keeping with the highest traditions of the United States Naval Service.



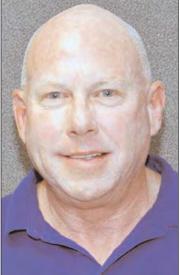
Lt. Dennis R. O'Connor receives the Navy and Marine Corps Achievement Medal for professional achievement as an Emergency Medicine Physician with the 3rd Medical Bn, 3rd Marine Logistics Group, III Marine Expeditionary Force, from July 2011 to July 2013. Lt. O'Connor cared for 3,928 patients resulting in \$1.7 million worth of services rendered. He provided first-rate medical care at Naval Hospital Okinawa to six U.S. Pacific Command exercises. He expertly provided 500 contact hours of trauma medicine to members of 26 nations. His seasoned knowledge and experience provided the foundation for the simulated trauma and advanced curriculum that trained 100 corpsmen, nurses and providers in Level II health services support. Lt. O'Connor's initiative, perseverance and total devotion to duty reflect great credit upon himself and were in keeping with the highest traditions of the United States Naval Service.

# Introducing New Staff -- Welcome Aboard!



HM3 Jardine P. Barry

HM3 Jardine Barry arrives at NHTP from Naval Hospital Portsmouth where she spent the previous 3 years working in various wards and clinics as needed. She's married and finally reunited with husband, HM3 Andrew Barry, who works on the MCAGCC Green Side. HM3 Jardine Barry originally hails from the San Fernando Valley. The Barrys have a 7-month-old daughter. Barry wants to eventually earn a Registered Nursing degree, but for the time being, with a new job, fairly new baby, new home, and newly reunited with her husband, she's fully occupied. During rare moments of down time, HM3 Barry enjoys reading.



Mr. Tim Moore, LCSW

Mr. Tim Moore, Licensed Clinical Social Worker, is new to the Command and to the Navy. He arrives at NHTP from Palm Springs where he worked for Gentiva Health Services and Jewish Family Services. His new position is at NHTP's Mental Health Clinic where he'll focus on PTSD. Moore says he will keep his residence in Palm Springs and will take up the commuter lifestyle. "It wasn't bad," he said of the drive. "I've been driving in my other job, so the drive up here was really pretty benign," he said. con "I'm looking forward to providing a good service for our men and women who are serving our country," Moore said. He's been in the field of clinical social work for 23 years. He earned his degree from the University of California, Berkeley. Moore is single and enjoys body building during his free time.



Ms. Tanya Stuckey

Ms. Tanya Stuckey is Preventive Medicine's new Health Systems Specialist. She arrives at NHTP from MCAGCC Family Advocacy where she worked as a Prevention Specialist for the Domestic Violence and Child-Abuse Prevention Services. Stuckey has worked 6 years as a prevention specialist and before that, 9 years as a victim advocate working with crime victims. She's a licensed marriage and family therapist. Originally from North Carolina, Stuckey, a former active-duty Marine is married to another former active-duty Marine, George, who works on Base at the Exercise Support Division. The Stuckeys have lived in Twentynine Palms since 1996. They have two girls, 10 and 16-years old.



Katarzyna (Kate) Jones

Kate Jones was a financial analyst at McDill Air Force Base prior to arriving at NHTP. She held that position for 4 years before deciding to join her fiance, a MCAGCC Marine commanding officer, but has been working in governmental positions for 13 years. At NHTP, Jones has been hired into a CLR clerk position where she'll be reconciling medical records between external and military providers. Jones enjoys dancing, horseback riding and swimming. She's here with her 6-year-old daughter. Jones is new to this part of the country and is excited to be here. "It's different from Tampa," she laughs. "It looks like I'll need all types of clothes all at once," she said in reference to the rapidly changing weather.



Chris Murphy

Chris Murphy arrives on board NHTP to work in Patient Administration assisting the Physical Evaluation Board Liaison Officer (PEBLO). Murphy arrives from MCAGCC's 3rd Bn, 7th Marines, where he was a Staff Sergeant. This Marine has served 16 years and shouldered seven deployments. He's originally from Midland, Mich., but has been living in Twentynine Palms for the past year with wife, Megan, his 2-year-old son and 5-year-old daughter. "I don't really have a lot of hobbies right now," Murphy says of his off-time activities, "because I'm living in the middle of the desert." But he does enjoy hanging out with his family.

# **Colon Cancer Screening: Five Reasons To Do It**

Martha Hunt NHTP Preventive Medicine

Colorectal cancer (CRC) (cancer of the colon and rectum) is the second leading cancer killer in the United States according to the Centers for Disease Control and Prevention (CDC) for cancers affecting both men and women. The CDC offers five reasons to get your cancer screening performed.

- 1. The top reason is simple. This single 20-minute test can save your life. It helps to identify those at risk of developing cancer. Waiting until you develop signs or symptoms may be too late.
- 2. Talk to your doctor about your concerns because there are a lot of ways of preparing for and doing the same procedure and they can tailor the procedure to each patient's needs.
- 3. You probably won't remember it. Patients usually are given sedative medication that makes them feel relaxed and sleepy. Most people wake up afterwards asking when the procedure will start.
- 4. Having a colonoscopy at the recommended time helps keep the odds in your favor. During the procedure, your doctor may discover and remove precancerous polyps, which can keep cancer from developing. If the test finds cancer, treatment can begin right away. The sooner cancer is caught, the better chance you have beating it.
- 5. A colonoscopy doesn't just affect you; it gives your family valuable information about their own risk of cancer.

How often you should be screened depends on the test and your risk for colon cancer. If you're at average risk and choose colonoscopy, you should have the procedure every 10 years, starting at age 50.

Colonoscopy may be performed earlier and more often in people at increased risk, including those with a personal or family history of polyps or colorectal cancer, inflammatory bowel disease, or a hereditary syndrome. What are the risk factors for colorectal cancer? Approximately 90 percent of people with CRC are 50 years of age or older. Personal history of colon cancer is also a risk factor. The risk of getting CRC is higher among people who have parents, siblings, or children who have had CRC.

A high-fat diet can increase the risk of CRC. It's important to include foods rich in fiber such as fruits, vegetables, and whole grains in a well-balanced diet. Talk to your doctor or nutritionist about the foods that work well for you. In addition to increasing the risk for developing many conditions, such as high blood pressure and diabetes, being substantially overweight increases the risk of developing CRC. A sedentary lifestyle can contribute to increased CRC risk. Even moderate exercise may help lower the risk.

Tobacco use increases the risk of colon polyps, colon cancer and rectal cancer. For more information on how to stop tobacco, talk to your primary care provider or call Health Promotions at (760) 830-2814. The formal tobacco cessation class is no longer mandatory in order to access the medications.

The Navel Hospital has a registered dietitian on staff to help you make better food choices. Call 830-2774 to schedule an appointment to see the Dietician. Diets that are high in red or processed meats increase your risk of colorectal cancer.

For help becoming more active, contact the West gym: 830-6451; or East gym: 830-6640. If you are over 50, make sure your doctor clears you to join an exercise program. Other resources include the heated pool at the Yucca Valley Senior Center or local walking groups. An excellent resource is the Go4Life<sup>TM</sup> program at www.nia.nih.gov/Go4Life. You can order exercise booklets and DVDs that will show you how to exercise safely.

# NHTP Promotes Patient Safety Awareness

In an effort to raise awareness and encourage the engagement of patients, families, health care providers, and the public, Naval Hospital Twentytnine Palms announced its participation in the 2014 Patient Safety Awareness Week campaign, Navigate Your Health Safely.

Patient Safety Awareness Week, March 2-8, is an annual education and awareness campaign for health-care safety led by the National Patient Safety Foundation (NPSF). Each year health-care organizations around the world take part creating awareness in their community and among their staff.

This year's theme, *Navigate Your Health Safely* highlights the need for health-care providers to ensure that patients and consumers are more engaged in the health care process, whether for a routine exam or entering the hospital for surgery.

"Health care today is extremely complex," says NPSF President Tejal K. Gandhi, MD, MPH, CPPS. "All of us will be patients at some point in life, and we should approach that experience the way we would approach any important journey--with careful planning and communication. Navigate Your Health Safely reminds us that providing safe patient care can best be achieved when patients are a key part of the team and take an active role in their care."

This year's campaign is also stressing greater awareness of diagnostic errors, an area that has not been widely studied in the medical literature. A diagnostic error can be defined as a wrong, delayed, or missed diagnosis. While not all diagnostic errors result in patient harm, they represent the leading cause of malpractice cases for many organizations.

Naval Hospital Twentynine Palms will engage staff, patients, and the community through educational and awareness-building activities specific to patient safety science and practice. 2X8

**MBTA** 

For additional information on Patient Safety Awareness Week, please visit www.npsf.org.

The National Patient Safety Foundation has been pursuing one mission since its founding in 1997: To improve the safety of care provided to patients. As a central voice for patient safety, NPSF is committed to a collaborative, inclusive, multistakeholder approach in all that it does. NPSF is an independent, not-for-profit 501(c)(3) organization.

#### HAND WASHING IS YOUR FIRST DEFENSE!



### More Super Stars...



HMC Casey M. Wheeler receives the Navy and Marine Corps Commendation Medal (Gold Star in lieu of Second Award) for meritorious service while serving as Senior Enlisted Leader, Directorate of Nursing Services and Leading Chief Petty Officer, Human Resources Dept., NHTP, from Oct. 2010 to Jan. 2014. "Chief Wheeler effectively led a Directorate of 38 sailors in providing quality inpatient care to 28,290 beneficiaries. While deployed in support of Pacific Partnership 2013, his experience in planning expeditionary medical missions immensely contributed to 28,700 vital medical, dental, and optometry exams at seven partner nations and fostered a sense of goodwill. Chief Wheeler's distinctive accomplishments, unrelenting perseverance, and steadfast devotion to duty reflect great credit upon himself and were in keeping with the highest traditions of the United States Naval Service." HMC Wheeler also received the Military Outstanding Volunteer Service Medal.



HMC Victor Isarraraz, Jr., receives the Navy and Marine Corps Commendation Medal (Gold Star in lieu of Second Award) "for meritorious service while serving as Senior Enlisted Leader, Directorate for Surgical Services, Medical Services, and Healthcare Business, NHTP, from Feb. 2011 to Jan. 2014. Chief Isarraraz led and managed 353 Sailors, 34 civilians, and provided mentorship to 49 officers. He revised the urinalysis instruction enabling the Command to effectively enforce the Navy's zero tolerance policy. As vice president of the Morale and Recreation Committee, he was instrumental in a marked increase in morale for 630 staff members. Chief Isarraraz's distinctive accomplishments, unrelenting perseverance, and steadfast devotion to duty reflect great credit upon himself and were in keeping with the highest traditions of the United States Naval Service. HMC Isarraraz also received the Military Outstanding Volunteer Service Medal.



HN Justin M. Burton received the Navy and Marine Corps Achievement Medal for "professional achievement in the superior performance of his duties while serving as General Duty Corpsman, Pediatric Clinic, NHTP, on 29 May 2013. HN Burton displayed professionalism and commitment, earning praise for his immediate response to a patient in distress. On the morning of May 29, 2013, he came to the aid of a mother in labor outside of Naval Hospital Twentynine Palms. Taking charge of the chaotic scene, he took the appropriate neonatal resuscitative actions to ensure the infant was in good health until assistance arrived. HN Burton's personal initiative, perseverance and unswerving devotion to duty reflect great credit upon himself and were in keeping with the highest traditions of the United States Naval Service.



Mr. Eugene M. Dearstine received a Naval Hospital Twentynine Palms Letter of Commendation for his selection as Junior Civilian of the Quarter for the period July 1, 2013 to Sept. 30, 2013. As Purchasing Agent, you have consistently provided outstanding service to the Command. You are the subject-matter expert in all aspects of purchasing requirements/contract submissions. Your technical expertise led many departments to specifically request your assistance on various projects throughout the Command. Your guidance and training to Supply Petty Officers on equipment procurement request packages directly resulted in many packages meeting deadlines. Your support to Navy Medicine Training Center Fort Sam Houston with a complex IT purchase of computer equipment enabled the Command to meet its mission during a period of restructuring. Your exemplary professionalism and outstanding performance to duty reflect great credit upon yourself and were in keeping with the highest traditions of the United States Naval Service.



Mr. Leon Garner receives a Naval Hospital Twentynine Palms Letter of Commendation for being selected Senior Civilian of the Quarter for the period July 1, 2013 to Sept. 30, 2013. "During the second quarter of what was widely considered the most challenging year in federal government finance memory, you provided the command superb budgetary analyses, planning and execution, as well as financial systems and year-end close-out expertise. Your efforts directly resulted in the command achievement of the Bureau of Medicine's 99.9 percent obligation goal for FY 2013. Most importantly, your continuous analysis of spending and management of realtime budgetary uncertainty enabled the command to achieve the most efficient possible use of its reduced FY 2013 budget. Your profound commitment to excellence in all aspects of your work went well beyond your position description. Your exemplary professionalism and outstanding performance of duty reflected great credit upon yourself and were in keeping with the highest tradition of the United States Naval Service."