Conserving one of your most valuable senses

By Army Col. Christopher Harrington, Defense Health Services Systems

According to the Occupational Safety and Health Administration (OSHA), every year nearly 30 million people in the United States are exposed to hazardous noise in the workplace.

"Fortunately, the incidence of noise-induced hearing loss can be reduced or eliminated through successful application of engineering controls and hearing conservation programs," states OSHA reports.

To support personal hearing readiness and help prevent hearing loss through early detection for all active duty, reserve, guard and civilian staff, the Military Health System uses the Defense Occupational and Environmental Health Readiness System–Hearing Conservation (DOEHRS-HC).

DOEHRS-HC collects, maintains, compares and reports hearing readiness, deployment and hearing conservation program data for Department of Defense personnel.

It incorporates Tri-Service business practices and its features include conducting automated baseline, annual, pre- and post-deployment hearing tests; performing objective hearing test calculations; and interpreting hearing test results for individual readiness and management.

All military personnel are required to have a hearing test when they join the military, annually, pre- and post-deployment, and when they leave the service. Because a hearing test is only one element of a comprehensive program, the data reported in DOEHRS-HC is vital to helping conserve the hearing of service members.

Single ear testing will soon be added to DOEHRS-HC, which meets an OSHA regulation requiring the ability to track changes in hearing for each ear independently.

This new capability distinguishes changes in hearing and hearing test dates for each ear individually when re-establishing baseline hearing tests.

This new functionality will help better detect changes in hearing and identify actions to be taken to prevent further changes.

For additional information about DOEHRS-HC and the Defense Health Services Systems Program Executive Office, visit http://health.mil/dhss.

While using proper hearing protection, Hiroshi Ishikawa, of JRMC-SRF Calibration Laboratory, caibrates equipment Aug. 2. The unitization of proper hearing protection is important because every year, nearly 30 million people in the United States are exposed to hazardous noise in the workplace, according to OSHA.

Photo by Mark Elrod

Relay For Life Yokosuka helps with fight against cancer

From Relay For Life Yokosuka

Mark October 8 on your calendar as the day to join American Cancer Society Relay For Life Yokosuka.

The event is scheduled to be held at Commander Fleet Activities Yokosuka Ikego Housing Detachment starting from 11 a.m. and lasting for 24 hours, so people who want to participate might want to bring a tent.

If you are not familiar with Relay For Life, it is more than just a fundraiser. It is a powerful community event and a life-changing experience.

At Relay, every person in the community has a chance to celebrate those who are fighting cancer, remember loved ones lost, and fight back against this dreaded disease. Every person who participates joins others around the globe as part of this worldwide movement to end cancer.

The basic premise behind Relay For Life is that members of teams (typically 8 -12 people per team) take turns walking or running around a track for 24 hours, because cancer never sleeps.

Each team is asked to have a representative on the track at all times during the event.

However, there is more to it than just walking around a track. When you are not walking, you can join the other participants in various entertainment and community activities.

Relay starts with an opening ceremony and a Survivors' Lap – an inspirational time when survivors are invited to circle the track together and help everyone celebrate the victories we've achieved over cancer.

The Survivors Lap is an emotional example of how Relay participants are ensuring that more lives are saved each year.

After dark, we honor people who have been touched by cancer and remember loved ones lost to the disease during the Luminaria Ceremony.

Durig the ceremony, candles are lit inside bags filled with sand, each one bearing the name of a person touched by cancer, and participants often walk a lap in silence. As people take time to remember, those who have walked alongside others battling cancer can grieve and find healing.

This is a time that truly highlights the importance of defeating this disease.

In conclusion, there is a Fight Back Ceremony, where we make a personal commitment to save lives by taking up the fight against cancer.

That personal commitment may be to do something as simple as getting a screening test, quitting smoking, or talking to elected officials about cancer. By taking action, people are personally taking steps to save lives and fight back against a disease that takes too much.

There are many ways to get involved in Relay For Life Yokosuka. You can start a team, join a team, sign up as a cancer survivor, volunteer, or donate to the cause.

At our Relay, you will find healing, comfort, and support from others who have faced cancer or who have lost a loved one to the disease.

You will have a chance to meet people in the community who are equally as passionate about finding an end to cancer in our lifetime.

Also, you can gather together with friends, family, and colleagues to laugh, cry, and create lasting memories.

No matter why you take part in Relay, however, one thing is clear: with every step you take, you are helping the American Cancer Society save lives.

With your help, we aren't just fighting one type of cancer – we're fighting for every birthday threatened by every cancer in every community. Each person who shares the Relay experience can take pride in knowing that they are working to create a world where this disease will no longer threaten the lives of our loved ones or claim another year of anyone's life.

To learn more about Relay For Life visit www.relayforlife/payokosuka, or send an email to RelayYokosuka@gmail.com.