



# The Journal

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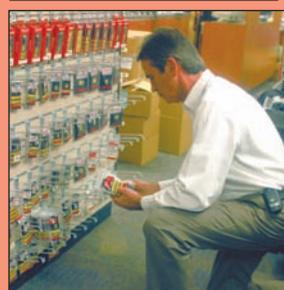
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## NM MPT&E Seeks the Next 'Biggest Loser' As Sailors Begin to Prep for Next Month's PFA Cycle

**Sarah Fortney**  
Journal staff writer

For those looking to shed a few extra pounds — and have fun in the process — Navy Medicine Manpower, Personnel, Training and Education (NM MPT&E) kicked off its “Biggest Loser” competition this week.

Teams, consisting of four people each, weighed in Tuesday and Wednesday, and will continue to weigh in every two weeks until the end of the competition, June 10. Upon registration, which closed Wednesday, participants contributed \$20 to help raise funds for the command.

Like the popular television show, the competition will be based on total percentage of weight loss per team. The top male and female “losers” will also be awarded at the end, said Hospital Corpsman 2nd Class Natalie Parra, who works for NM MPT&E and is a competition organizer.

“It’s a group effort to lose the weight,” she said. “It’s close to summer time and a lot of people want to start losing the winter weight and this is a good fun healthy way to do it.”

As an added incentive to lose weight, NM MPT&E normally holds its competition just before summer, or

shortly after the New Year, said Hospital Corpsman 2nd Class Anthony Waite, an assistant command fitness leader. He added that this is the first year they are incorporating teams into the competition.

“The PRT (physical readiness test) is also coming up, and people are trying to make weight,” he added.

NM MPT&E’s PRT cycle begins May 3. The National Naval Medical Center’s (NNMC) PRT cycle begins April 18.

At NNMC, scheduling for the 2011 cycle I Physical Fitness Assessments (PFA) begins Monday. The PFA includes Physical Readiness Testing (PRT) and Body Composition Assessment (BCA).

According to OPNAV instruction 6110.1H, Sailors have the option of completing a 1.5-mile run, or a 500-yard swim. Sailors must also do a set number of push-ups and sit-ups, depending on their age and gender. Those who opt to take the bike test must use a more vigorous calorie conversion equation, equating the activity to a 1.5-mile run, according to NAVADMIN 256/10.

Helping Sailors gear up for the

See **FITNESS** page 9



(photo by Sarah Fortney)

**Hospital Corpsman 3rd Class Kenneth Jones, of NM MPT&E, weighs in Wednesday.**

## New System at NNMC Reviews, Approves Cancer Research

**By Mass Communication Specialist 3rd Class Alexandra Snow**  
Journal staff writer

The United States Military Cancer Institute (USMCI) held its inaugural meeting Feb. 24 for its new review board to examine and approve oncology research protocols for medical treatment facilities in the National Capital Area.

To better serve the military community, the USMCI Internal Review Board (IRB) system provides a new process for investigators who wish to conduct cancer research at several Department of Defense (DoD) medical treatment facilities, including non-

DoD partners, said Marianne Elliott, chair of the USMCI IRB and senior human subject protection scientist at Fort Detrick. She added that the USMCI IRB panel meets monthly to review research protocols, ensuring the rights, welfare, and safety of research subjects.

“The structure addresses a long-recognized need to bring the results of cancer research to our patients by streamlining the IRB review process and making it easier for investigators at multiple institutions to rely on one central IRB,” said Elliott.

Participating in cancer research is invaluable to health care providers and supports the oncology graduate medical education programs in mili-

tary teaching hospitals, Elliott said, adding, “Our IRB members bring experience and expertise in cancer research and other related areas, such as pharmacology and neurosurgery.”

At the National Naval Medical Center (NNMC), all new research for the USMCI IRB must first be submitted through the existing IRB, Elliott said. Upon approval, protocols will be sent to the USMCI for consideration.

Although the USMCI IRB is similar to the web-based IRB network currently in place at NNMC, the two systems differ in scope and purpose.

“NNMC IRB is for all research protocols being conducted at NNMC or by

See **IRB** page 9



# Former NNMCM Commander Encourages Women to 'Be All They Can Be'

By Cat DeBinder  
Journal staff writer

Ralph Waldo Emerson once said, "Do not follow where the path may lead – go, instead, where there is no path and leave a trail."

One who embodies this notion is Retired Rear Adm. Bonnie Potter, former commander of the National Naval Medical Center (NNMC), who says she was honored to do just that in the Navy.

Growing up near Oakland, Calif., Potter dreamed of becoming a veterinarian – little did she know she would become the first female Medical Corps flag officer in the military.

Starting her medical career as a Navy lieutenant in 1975, Potter graduated from the University of California Davis with a Bachelor of Science in Animal Science and later received her doctor of medicine degree from St. Louis University School of Medicine.

Before advancing to the rank of captain, Potter spent her first 20 years in the Navy as a clinician and teacher of internal medicine. In 1997, she transitioned to executive medicine and was promoted to rear admiral, lower half, becoming the first female physician in the military to be selected for flag rank. That same year, she became NNMC's first female commander and remained in command until 1999.

"I believed it was most important to be the best physician I could be to my patients, and later I focused on my teaching and leadership skills," said Potter. "I was taught to live by the 'Golden Rule' and demonstrate the Navy's core values of honor, courage and commitment."

Though she says she doesn't have a secret to

her success, Potter believes strongly in upholding her values. She never waited for things to happen; instead, she looked for the opportunities that were out there and made the most out of them.

"I was willing to take chances and test my abilities, even if it meant I might fail," she said.

Potter attributes her achievements to her supportive parents, whom she said were her role models, instilling confidence and encouraging her along the way. Of note, a time when she felt challenged was while on deployment on the *USNS Comfort* during Desert Storm, when most others onboard had never been deployed aboard a ship.

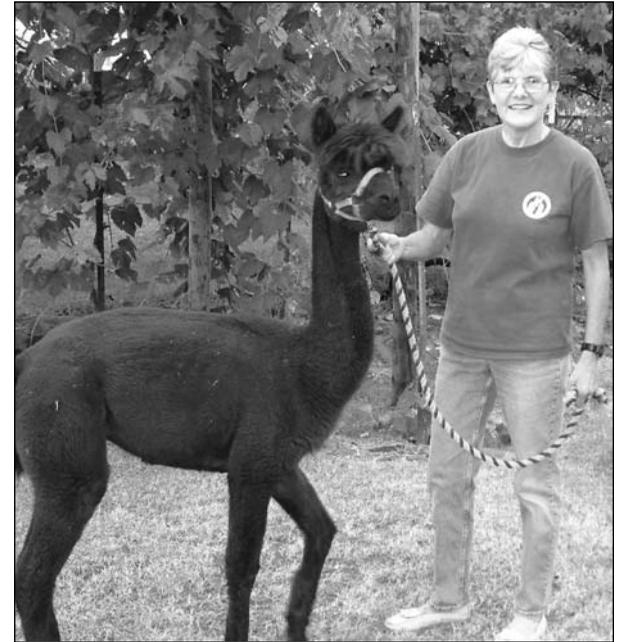
"We had very little time to build a 1,000-bed hospital from scratch – but because of teamwork, we did what had to be done in record time," she said.

Retired Lt. Cmdr. Mark Friend said one of the best tours he had in his 23 years of naval service was during his time spent serving as Potter's executive assistant.

"Rear Adm. Potter was not only the Chief of the Medical Corps and Commander of NNMC, but the Lead Agent of Tricare Region 1. She [was] an outstanding leader, able to clearly distinguish and separate her roles and responsibilities for each of these significant leadership positions," said Friend. "She undertook her responsibilities seriously, but never lost perspective and maintained a sense of humor along the way."

After retiring from the naval service in 2003, Potter continues to be successful. She and her husband are currently raising more than 50 alpacas in Northern California; she is also active involved in several alpaca associations.

"I'm serving as president of the California



(courtesy photo)

**Retired Rear Adm. Bonnie Potter, former NNMC commander, who now runs an alpaca farm, poses with one of her many alpacas, Freedom.**

Alpaca Breeders Association and currently on the Board of the Alpaca Registry, Inc.," she said.

Today, she reflects on her 30 years of service in the Navy, stating that she saw tremendous progress for women. She encourages young women to "be all they can be."

"Try to do your best, live your life with honesty and integrity, look for opportunities and make the most out of them," she said.

## Eat Right With Color: Go Green

As part of National Nutrition Month the Nutrition Services Department at the National Naval Medical Center (NNMC) is promoting the importance of making informed food choices. This article is written by Amy J. Baker, Registered Dietitian, Nutrition Services Department, NNMC. Ms. Baker currently works in the critical care unit and on the surgical/trauma ward and also has a passion for writing and teaching about the power of healthy eating and disease-fighting foods.

Have you ever looked down at your plate and realized it looked blah and boring? Maybe it had a plain chicken breast, a baked potato and cauliflower. Yes, it may be a nutritious meal, but where is the color?

March is National Nutrition Month and this year's theme is "Eat right with color." This week's article will focus on the color green. I think this is quite fitting as St. Patrick's Day is approaching.

Green fruits and vegetables contain loads of antioxidants, which may lessen cancer risk and promote healthy vision. Many contain a substance called lutein, which emerging science suggests can significantly reduce the risk of eye disease such as age-related macular degeneration and cataracts. Dark leafy greens such as kale, spinach and collards are especially high in lutein.

In addition, broccoli, cabbage and brussel sprouts are known as cruciferous vegetables, which are rich in sulfur-containing compounds and likely reduce the risk of many cancers. They are also high in dietary fiber, vitamins and min-

erals such as folate, vitamin C, potassium and selenium.

Artichokes are currently a hot topic, with multiple studies showing their potential for lowering cholesterol, aiding digestion due to their high fiber content, and playing a role in liver health. In addition, they may contain some of the highest levels of antioxidants compared with other foods.

Let's not forget the fruits – green choices include apples, grapes, honeydew melons, limes and avocados. I would like to elaborate on a favorite, the kiwi, which contains almost twice the amount of vitamin C as an orange. The kiwifruit is actually a berry, the Chinese gooseberry. All berries have exceptional nutrient profiles, thus the kiwifruit is a good source of fiber, potassium, other minerals and even vitamin E.

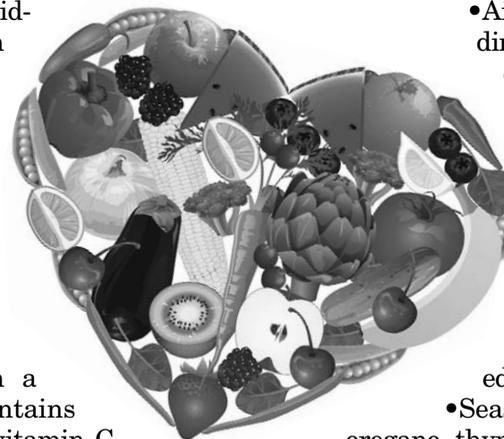
Also, don't underestimate the power of herbs and spices. They are plants, too, and have immense health benefits. Oregano has been studied extensively and has proved to be one of the herbs highest in antioxidants. For those of you who want a "green" beverage recommendation ... green tea of course! It contains considerable amounts of antioxidant properties and chemicals called polyphenols, including catechins, which are

associated with heart disease and cancer prevention.

Here are some tips to easily include more green in your diet:

- Aim to have a salad at lunch or dinner a few days a week; try to choose darker lettuces and greens for more nutritional punch such as a spinach or romaine instead of iceberg lettuce.
- Snack on fresh veggies, especially finger foods like sugar snap peas, fresh green beans, celery sticks and edamame.
- Season foods with herbs such as oregano, thyme, basil, rosemary and sage instead of excess salt and fat.
- Keep canned artichoke hearts on hand for a quick gourmet side. Add a splash of extra virgin olive oil, a pinch of parmesan cheese and broil.
- Go to the Farmer's Market often this spring/summer and pick up some fresh asparagus. Make it simple and delicious by drizzling with olive oil, fresh garlic and a touch of sea salt and pepper and then roast for about 10 minutes in a hot oven. Yum!

In summary, do your diet a favor and eat green – in addition to those other colors. It will surely bring you good luck. Happy National Nutrition Month!



# Movers & Shakers

**By Cat DeBinder**  
Journal staff writer

*This is an installment in a series of articles spotlighting some of the hardworking and dedicated individuals who are making a huge and positive difference at the Naval Support Activity Bethesda. There are so many components involved in the smooth operation of a community this large and many individuals who come together to meet these needs. These "Movers and Shakers" have been working within their communities, many behind the scenes and out of the lime light, ensuring the foundation of our success.*

In this week's column, we spotlight Cmdr. Mark Fleming, director of Orthopedic Trauma at the National Naval Medical Center (NNMC), and his team of dedicated clinicians. Fleming and his staff work diligently to meet the needs of patients and to educate others in the field of orthopedic trauma surgery. Army Lt. Col. Romney Andersen, NNMC's chief of orthopedic surgery, who oversees the entire department, said he couldn't do his job without the skill and professionalism of the entire team.

From the moment a service member arrives at the hospital with an amputation or seriously compromised limb, the Orthopedic Trauma Surgery team is actively involved in their care. While managing all required surgical amputations and repair of damaged limbs, these dedicated professionals are often found in operating rooms around the clock. They also spend a great amount of time with the patient evaluating and discussing care options with them and remain involved throughout the acute recovery period, providing follow up care.

Their hard work and heartfelt commitment to their patients has also earned them recognition both collectively and individually. Trauma team staff and residents have received the Founders Award, Kirk Award, and House Awards. Army and Navy staff and residents have won the annual Navy Wide Research Competition several times over the last five years. Additionally, Andersen received the 2010 Army Surgeon General's Award for Lieutenant Colonels.

Not only are these attending surgeons focused on their surgical cases, they also make sure to pass on their wealth of knowledge, leaving



(photo illustration by Sarah Fortney)

**Pictured above is the Orthopedic Trauma Surgery team. In the front row, from left to right: Physician Assistant-Certified (PA-C) Merri-Beth Cully, Lt. Cmdr. Melissa Alexander, PA-C Peggy Millican, Lt. Cmdr. Christine Coetlee, and Army Lt. Col Romney Andersen (Chief, Orthopedic Surgery). In the back row, from left to right: Army Maj. Leon Nesti, Cmdr. Mark Fleming, Army Maj. Jean-Claude D'Alleyrand, Cmdr. Michael Newman.**

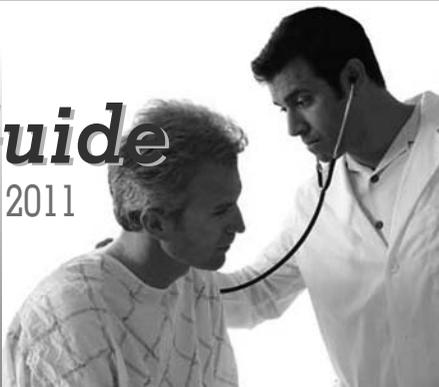
an academic mark on other clinicians in the field. Producing nearly 50 peer-reviewed papers, many of which are award-winning, the team has developed a reputation for excel-

lence, which has earned them over one million dollars in research grants to study combat trauma. At

See **TEAM** page 9

## Health and Wellness Guide

Publishing May 12 & 13, 2011



This guide will feature hospitals, emergency care centers, cosmetic surgeons, and many more medical specialties military families need when they move to a new area. This section will be divided by regions (MD, DC and VA) to help people find facilities near them. Distributed to over 125,000 military and civilian personnel within 11 military newspapers in MD/DC/VA.

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# Stay Alive!

# Don't Drink & Drive!

# Spring Into Safety



Daylight savings time begins Sunday, March 13 at 2 a.m. Naval Support Activity Bethesda

(NSAB) Emergency Management is reminding everyone to refresh their emergency supplies and change their smoke alarm batter-

ies when resetting their clocks with its "Get Ready: Set Your Clocks, Check Your Stocks" campaign.

"Make sure you have all of the necessary emergency supplies in your kits, and check radio and flashlight batteries as well as the expiration dates on food and water," said NSAB's Emergency Manager Ron Kunz. "If you haven't put together a family preparedness kit or a 'Go Bag' of emergency supplies needed when you evacuate, do so now. The time to start planning for an emergency

is not in the middle of one."

Be sure to have at least a three-day supply of bottled water, non-perishable foods and essential medications set aside for each member of your family.

Remember your pets are part of the family too, so include some emergency supplies for them. As always, don't forget to check the batteries in your smoke alarms.

Smoke alarms increase your chances of surviving a home fire by 50 percent, so be sure these devices are working. Never borrow smoke alarm batteries for other

devices around the house, such as toys or clocks, as people often forget to replace them.

If you don't have a family escape plan, now is a good time to sit down and develop one with your family. If you already have one in place, review and practice it. If you have a fire extinguisher in your home, this is also a good time to check it and replace it if necessary.

As we prepare for the arrival of spring, make sure you and your loved ones are prepared for emergencies.

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## Celebrating Women in Navy History



### Did You Know?

•When did the Navy begin assigning women to ships?

The Department of the Navy announced in October 1978 that it would begin assigning women to duty onboard non-combatant ships. During fiscal year 1979, 55 women officers and 375 enlisted women were assigned to 21 ships in both the Atlantic and Pacific fleets.

Today, women in the U.S. Navy serve in nearly every capacity on ships, in the air and at command facilities and bases. Their contribution to the Navy is no longer an oddity, but a necessity for the Navy to conduct business in defense of the nation.

•Who was the first female selected as a command service chief in the Navy?

HTCS (SW) Tanya Del Priore was the first female selected as a command service chief in 2006.

•Who was the first female command master chief of the U.S. Naval Academy?

CMDCM Evelyn Banks, an African American, became the first female command master chief of the U.S. Naval Academy in 2007.

•Who was the first African American female force master chief of the Bureau of Medicine and Surgery?

In 2007, CMDCM Laura Martinez became the first African American female force master chief of the Bureau of Medicine and Surgery.

*(Information provided by the Naval*

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# Uniform Center Relocates, to Follow

Story and photos by Mass Communication Specialist 3rd Class Alexandra Snow  
Journal staff writer

Located mere feet from its former site, the Navy Exchange (NEX) Uniform Center at the National Naval Medical Center (NNMC) opened Monday and is settling into its new location.

The Uniform Center continues to feature a large variety of Navy and Marine uniforms, and will soon introduce an array of items from other services.

"The other services are up and coming, and more items from branches outside the Navy and Marine Corps will be available in the near future," said Nakeesha Tucker, acting NEX Uniform Center manager. "This new location is going to offer customers a larger variety of merchandise."

The shop, which moved from Main Street in Building 2 to Building 1, room 1600, offers military uniform items, literature and souvenirs.

"We offer anything pertaining to the Navy uniform. We also offer Marine uniform items for our Wounded Warriors," said Tucker, adding, "We also sell reading materials to promote further education and advancement."

Additionally, the Tailor, Embroidery and Engraving shop has

relocated to room 1603, Building 1, across the hall from the new store.

"We are offering more of a variety of custom tailoring and embroidery at the new location," said Tucker. "We are available for civilian tailoring and embroidery, as well as military."

"It's always exciting to have a change, and I think this store will better serve our hospital," said Marietta Garrino, NEX Uniform Center sales associate.

Hospitalman Apprentice Leroy Abey, of NNMC's Cardiac Telemetry, agreed.

"This is a nicer location, and the customer service here is amazing. They helped me find what I needed right away," he said.

Customer service is something the Uniform Center prides itself on, said Tucker.

"Our customers always have access to an associate," she said. "We also have a red phone at the back of the store that connects directly to the uniform service center. It is available to customers at any time."

The phone is in place to assist customers with questions they have about various NEX products; a hotline is also available to order merchandise not carried in the store.

Also on the move, the temporary NEX will open March 18, at its new location near the Navy Lodge.

"The [temporary store] will have the same offering of products, but not the same variety," said Teresa Oyler, NEX general manager at Naval Support Activity Bethesda (NSAB). "We may feature the top two brands or models of merchandise, but because of space constraints, we won't have as wide of a variety."

The 11,000 sq. foot interim shop is less than one-third of the size of the recently closed location; however, when construction for the future NEX is complete, which is slated to be for the 2012 holiday season, the store will feature over 150,000 sq. feet of merchandise.

"The new store will feature two stories, a two-level parking garage, food court, Navy Federal branch and several types of merchandise not currently carried, such as sporting goods and children's clothing," said Oyler.

Oyler added that all consumable goods such as toothpaste and hygiene products have been relocated to the NEX gas station; customers may also shop online 24/7 at [www.myNavyExchange.com](http://www.myNavyExchange.com).

"We're trying to meet the command needs," she added. "The main goal is to serve our customers more on a daily basis for the entire family. We want everyone to have a very pleasant shopping experience."



Buddy Anderson, of a uniform vending company, organizes a display Monday in the newly opened Uniform Center at NNMC.



Yangla Wangkang, a tailor at the Uniform Center Tailor, Embroidery and Engraving shop at the National Naval Medical Center, sews a patch on a Navy uniform for a customer Monday.



Denise Roach, wife of Hospital Corpsman 1st Class Christopher Roach, an NNMC respiratory therapist, purchases items Tuesday to send her husband who is currently deployed to the Kandahar region of Afghanistan.



Angela Garrett, Uniform Center sales associate, rings up a purchase Tuesday for Lt. Shane Beavers, nuclear stockpile manager at Fort Belvoir, Va.

# Town Hall Meeting Updates Staff on Integration

By Mass Communication  
Specialist 3rd Class  
Alexandra Snow  
Journal staff writer

Three town hall meetings at the National Naval Medical Center (NNMC) on Thursday gave staff members an opportunity to learn about the resources available at the new, one-of-a-kind Fort Belvoir Community Hospital (FBCH).

During the meetings, held in NNMC's Laurel Clark Memorial Auditorium, subject matter experts explained FBCH is slated to be operational Aug. 13 and will replace the current Dewitt Army Community Hospital (DACH).

"This project is really a long way from Dewitt Hospital in capabilities and sheer size – it is literally four times the size of the current center," said Director of Integration for Fort Belvoir Rick Repetta.

The new facility will also offer a cancer center, breast center, laser eye surgery, pain management, vascular care and a cardiac catheterization lab, Repetta added.

"We will be increasing to a total of 55 outpatient primary and specialty care services. Our operating rooms will increase from three to 10 and we will be adding six endoscopy and three interventional radiology suites," Repetta continued. "This will afford us the ability to perform an increased number of medical and surgical procedures,

such as advanced orthopedics surgeries, virtual colonoscopies and diagnostic cardiac catheterizations."

Furthermore, FBCH will feature open spaces, large courtyard gardens and patient seating areas. To promote family involvement in patient care, all patient rooms have seating and sleeping areas as well as being divided into three sections for patients, their families and staff. Encouraging hand hygiene, staff areas feature large sinks with eye-catching mosaic tiles.

Using evidence-based design, the hospital features patient flow areas, and places for staff to rest, said Repetta, adding, "If we take care of our staff, our staff is going to take good care of our patients."

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GARAGE?

Garages are making a comeback. Once the ugly step child of a home, today a garage can look like a normal two-four car garage, but a lot of home owners are taking them to the next level. Whether you hire someone to do it for you, or you feel like getting your hands dirty, there are ways to make garage space more appealing to a potential buyer.

First, finish it out and this means finishing the walls, and then painting them. This gives the room a fresh, clean look.

Next, re-decorate by staining the floor, or even lay down durable tiles. This can make the room feel like a true extension of the home. Finally, get organized. A professional organizer can come in and recommend, then install cabinets, shelves and even add on closets to hide anything from tools to your garden hose.

When you're done, any Realtor showing your home will be saying "And let me show you the great garage!" instead of "Oh, that's just the garage."



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## TEAM:

### From Page 4

the most recent Orthopedic Trauma Associations Annual Meeting, the team's Military Extremity Trauma Amputation vs. Limb Salvage (METALS) paper was selected as one of the top ten papers. The Virginia Orthopedic Society and Clinical Orthopedics Society have awarded the team Best Clinical Paper. They have also won first place for a basic science paper by the Maryland

Orthopedic Association.

Fleming, who has been assigned to NNMC for the past four years, said the opportunity to care for our nation's heroes has been both professionally and personally rewarding.

"There is no greater honor than to be entrusted with caring for our women and men in uniform who are prepared to pay the ultimate sacrifice to ensure our freedom," said Fleming. "I think I can speak for each member of our department as well as our team who feel our sacrifices pale in comparison to the sacrifices made by our wounded warriors."

## FITNESS:

### From Page 1

assessment, the "Biggest Loser" has nearly 30 NM MPT&E staff members signed up for the challenge. As they push one another and work together to lose the most weight, said Waite, "It builds camaraderie within the command."

Lt. Gina Morosky, NM MPT&E's command fitness leader, shared the same sentiment, adding that it helps promotes exercise, overall fitness and health.

"It gets people motivated. They're doing it as a team," she said.

Throughout the competition, open to all NM MPT&E staff, participants are encouraged to consult the command fitness leaders, nutritionists and their primary care provider for diet and exercise advice.

Although each individual has different weight loss goals, Waite encourages everyone to avoid crash diets. The best way to lose weight is through a balanced diet and regular exercise, he said, not by starvation or cutting out food groups. Certified in nutrition and personal training, Waite will be available throughout the competition to help personalize diets and coordinate exercise routines.

As part of team "Destined to Win," Christine Sadler, of NM MPT&E, said her group will remained focused throughout the competition.

"Our team mantra is intensity, power and focus, and we're going to use our intensity to get the most out of our work outs," she said.

The competition is designed to help participants develop a healthier lifestyle, said Waite, adding, "We hope they keep it going after [the competition]. Hopefully, we'll push people to make the change and keep going."

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## IRB:

### From Page 1

NNMC investigators. The USMCI IRB will be a central IRB for all oncology research conducted in two or more institutions where at least one is a DoD (Department of Defense) institution," said Luis Calvo, program analyst in the Responsible Conduct Research Service (RCRS) office at NNMC.

IRB review time will vary for each research protocol, Elliott said, depending on the nature of the research and the individual institution's approval system.

For more information on the USMCI IRB, e-mail Elliott at [Marianne.m.elliott.ctr@us.army.mil](mailto:Marianne.m.elliott.ctr@us.army.mil). For NNMC's IRB, contact Calvo at 301-295-2269.

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