



# The Journal

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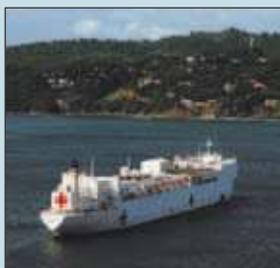
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## Integration: The Countdown to Excellence

By **Katie Bradley**  
Journal staff writer

With roughly 70 days to complete the integration with Walter Reed Army Medical Center (WRAMC), officials say the transition process is moving along smoothly and, though there's been much progress, staff can still expect to see additional changes leading up to September.

"We're certainly on the last lap of the race," said David Oliveria, Base Realignment and Closure (BRAC) Program Manager and Deputy Chief for Facilities for Navy Medicine National Capital Area. "During this time, we're making sure we've paid attention to crossing the 'T's' and dotting

the 'T's' so that when you cross the finish line, there's a quality product of which we all can be proud," said Oliveria.

Throughout the BRAC journey, transition leaders from WRAMC and the National Naval Medical Center (NNMC) have been working to ensure staff and clinics are fully prepared for integration. At this point, most clinical areas are ready, though some administrative areas are awaiting completion.

"Some parts of integration simply can't happen until you are all together. We will cross that milestone in the coming months [which] will provide the segway for putting the fin-

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(file photo)

Like many departments at Bethesda, Pastoral Care staff from the National Naval Medical Center and Walter Reed Army Medical Center have been meeting to discuss joint operations.

## Operational Readiness to Service Members: "Pre-deployment Packages Are Serious Business"

By **Mass Communication Specialist Seaman Dion Dawson**  
Journal staff writer

As natural disasters are just as unpredictable as they are dangerous, the Operational Readiness department at the National Naval Medical Center (NNMC) ensures all service members are ready to meet mission, reminding all to stay on top of their deployment packages.

"In today's world, you will never know what tomorrow will bring," said John Werner, head of Plans, Operations and Medical Intelligence (POMI) & Operational Readiness departments. "It's very important to be ready because sometimes we receive information stating that a Sailor could be leaving for a deployment as early as 48 hours from now. That was evident with the deployment of the *USNS Comfort T-AH-20* to Haiti. We had very little time for people to get prepared."

If a person is scheduled for a normal Individual Augmentee (IA) or temporary assigned duty (TAD), Werner said, Sailors have a minimum of 60 days to prepare for departure; however, in response to a natural disaster, it's only a matter of days.

"We receive the billets for the deploy-

ments and we task people from the hospital to fill those positions," said Hospitalman Allen Conrad, deployment manager for the Operational Readiness department. "When those service members [who] are chosen to deploy come here, they receive a deployment package and [are] granted 60 days to complete it. During the 60 days, the service member has to complete the administrative and medical portions, as well as Navy Knowledge Online (NKO) training prior to their departure. To ensure mission readiness, the package must be completed on time."

When a Sailor is called to duty, they can start the process immediately by updating their service record information, and physical health assessment, said Werner. When it comes to completing a deployment package and gearing up for deployment, Operational Readiness is available to help guide Sailors, Werner said, adding that the ultimate goal is to make sure they have nothing to worry about and the process runs smoothly.

Conrad noted that there are consequences that come along with failure to complete the pre-deployment package on time. Usually, the deploying service member takes leave before their deployment, but if that service member's package is not complete, their leave will not be approved, he said.

"The pre-deployment phase is just as important as the deployment," said Conrad. "It is up to that person to take personal responsibility and honor the importance of deploying on behalf of their respective service. We give the service member a plan of action that is broken down into four weeks."

"The service member follows the plan of action and completes the checklist week by week," Conrad continued. "While the service member is given 60 days to complete the package, they are encouraged to complete the package in a timely matter."

Werner said, "In the military, you hear the phrase 'keep your sea bag packed.' It's true. We need to be ready for anything and the first step is planning ahead. When a person is notified that they have been selected for a mission, the first step is to sit down with a representative from the Operational Readiness department and go over the pre-deployment package.

Although it takes weeks to complete, it is an in depth process that covers every aspect of deployment. The package includes administrative, medical and dental portions.

For more information, contact the Operational Readiness department at 301-295-2880.

## Commander's Column

Tuesday marked the first official day of summer and, for many, this means getting outside and enjoying the sun, but with forecasters calling for hotter-than-average temperatures this season, this is also the perfect time to remember to keep cool and avoid heat-related injuries.

Also, within a couple weeks we will celebrate Independence Day. The fourth of July is a time we as a nation come together to honor those who fought for our independence against tyranny. It is also a time that we celebrate our forefather's tireless efforts to ensure democracy for our country. As we celebrate those who have come before us and sacrificed for our country's freedom keep in mind those brave men and women who serve and sacrifice today for this great country's freedoms.

Fireworks are another way we celebrate Independence Day, but in 2008 an estimated 7,000 people were treated in emergency rooms for injuries associated with fireworks. If fireworks are a way you celebrate this great holiday, I urge you to follow the directions, don't mix fireworks with alcohol, and always supervise children.

So as you participate in the festivities that surround this event, I urge you to do so with caution. Safety should always be the top priority. The Naval Safety Center's summer campaign, "Live to Play, Play to Live," provides positive ways Sailors and their families can



stay safe, yet still have fun. Preparedness is key — before you embark upon your summer vacation, even if it's a staycation, plan ahead.

According to an analysis of crash data compiled by AAA, seven of the top 10 deadliest days of the year occur between the Memorial Day and Labor Day holidays. If you plan to travel the highways, please ensure you have included enough time for rest stops and if you plan to drink please ensure you have a designated driver.

As always, please enjoy your well deserved time with your family and friends, but do so cautiously.

Commander sends,  
Rear Adm. Matthew L. Nathan,  
Medical Corps,  
United States Navy

## Bethesda Notebook

### Parking Spaces in G Lot Restored

Roughly 50 parking spaces in the G lot, along Palmer Road North, have been restored. These spaces were being used in connection with construction at the North Gate. For more information, please contact Naval Support Activity Bethesda's (NSAB) Transportation Program Coordinator at [ryan.emery@med.navy.mil](mailto:ryan.emery@med.navy.mil).

### MWR Announces uB Fresh Produce

Are you looking for a variety of fresh, biodynamically-raised fruits and vegetables? The Morale, Welfare and Recreation (MWR) office has announced the opportunity to sign up for the uB Fresh Community Supported Agriculture (CSA) program. Bringing locally grown produce to its customers, supporting local farmers, CSA is certified organic and does not use chemicals, GMOs or artificial fertilizers. For added convenience, a drop-off/delivery point is now on base during normal working hours for added convenience. Register online by June 27 by visiting <http://csa.farmigo.com/join/freshandlocalcsa/2011>. For more information, call Katie Kirkpatrick at 301-295-4454, or Beth Moylan at 301-319-3784.

### Your Donation Helps Save Lives

The Armed Services Blood Program (ASBP) is hosting a blood drive July 8 from 8 a.m. to 4 p.m. in the National Naval Medical Center's Building 9, across from the Gastroenterology Clinic. Your donation helps save the lives of military service members. One day of special liberty will be granted for all military personnel who donate, and 59 minutes will be granted to all government staff who donate. For more information, call 301-295-2106.

### FFSC Offers Car Buying Workshop

The Fleet and Family Support Center (FFSC) is offering a car buying workshop July 14 from 10 to 11 a.m. in Building 11, room 204. During the workshop, open to all active duty military members, spouses, contactors and DoD civilians, a financial specialist will provide helpful tips. For more information, call the FFSC at 301-319-4087.

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# INTEGRATION

Continued from 1

ishing touches on our integration process and effort," said Capt. David Bitonti, Chief of Staff for Integration and Transition. "We have made, are making, and continue to make good progress with the integration of our staff and clinics."

Bitonti added that chiefs have been appointed for each department and clinic to oversee their respective areas, allowing a cohesive workforce, better serving our wounded, ill and injured service members, their families, and all eligible beneficiaries.

The process of integrating departments began with the development of a program for design, providing the foundation of the Concept of Operations (CONOPS) for each department or service. These CONOPS outlined how integration leaders envisioned their particular department or service functioning in the new facility as a single entity, Bitonti explained.

"They are taking the best processes and practices from each facility and merging them," he said.

To accommodate the influx of patients, visitors and staff expected after integration, the hospital has undergone major transformation. Doubling the size of the current facility, about 1 million sq.ft. has been added, most of which is in medical treatment areas, said Oliveria.

Although 200,000 sq.ft. is still under renovation, Oliveria said, "We're well positioned to handle the additional patient load as a medical center."

"We're not only building a hospital [within] a hospital, while we continue to operate the hospital, but we're doing it in a wartime environment," said Oliveria. Transition leaders

agree this has been one of the key challenges of integration.

To ensure a successful execution of this transition, staff cooperation has played a vital role.

Bitonti noted, "Our staff has been nothing short of superb. Their level of professionalism, dedication, and caring is unparalleled. They have done this while working around new construction, renovation, road closures and rerouting, temporary and permanent moves, swing space, and everything else associated with a project of this magnitude. Through it all, they have maintained an excellent attitude and 'can do' spirit, and their commitment and dedication to wounded warrior care has skyrocketed, during some of the highest patient census period."

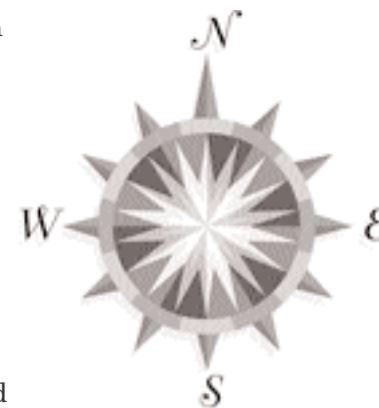
As transition draws near, the pace of several projects will be ramping up.

Bitonti added, "Over the next few weeks, people can expect to see increased activity in preparation for moves, completion of construction and renovation and continued department or service orientation and training."

"We've probably taken on [one of] the largest construction projects in military medicine and we've done it in an incredibly condensed timeline. Trying to blend two cultures is very significant, and trying to put them under one roof to operate to provide health care is significant. We will be unique in that when we get done we will be the hub for wounded warrior care, for traumatic brain injury and for amputee care. This will be the place to come," Oliveria said. He added, "It's amazing the amount of talent that's being brought together in this one facility to provide health care for our beneficiaries."

## The Patient Navigator

We are continuously interested in your feedback as our goal is to make your experience at NNMC extraordinary. Below is a common question we have received and answered so you know that your concerns are heard and very much valued.



**Q: What are the hours of operation for clinics located in the America Building?**

A: To better accommodate the needs of patients in the America Building, several clinics are open as early as 6:30 a.m. and many are open as late as 6 p.m. Pharmacy and lab services are available from 7 a.m. to 6 p.m.

If you would like to provide specific feedback on your experience, e-mail [patient.navigator@med.navy.mil](mailto:patient.navigator@med.navy.mil). We welcome your stories of exceptional experiences so that we can understand what made it so special and explore duplicating it throughout our entire medical center environment. You may also visit the Customer Service Office in Building 9, first floor, near the Information Booth, to speak with a patient advocate.

# Lean Six Sigma, Cutting the 'Fat'

By Mass Communication Specialist 2nd Class John K. Hamilton  
Journal staff writer

Aimed at training personnel at the hospital to eliminate waste and achieving a level of patient satisfaction near perfection, the National Naval Medical Center (NNMC) recently held its eighth Lean Six Sigma black belt course.

"Lean Six Sigma is a collection of tools and a methodology to improve processes to result in better outcomes, such as patient satisfaction, more desirable results from treatments, and is highly focused on saving money," said Dan Chauncey, director of deployment services for NOVACES.

For nearly 30 years, large manufacturing companies, service industries, and banks have been implementing the Lean Six Sigma

business management system. As a result, these companies have experienced increased annual savings, an elimination of wasteful products, and services that rarely fail to meet customer satisfaction. Over the past few years, the medical field is beginning to implement these strategies and is starting to see the benefits. As of March 2011, a total of 186 regional personnel from the National Capital region have completed Lean Six Sigma training at NNMC, and 34 projects have been completed recording an accumulated savings of \$11.3 million.

"Health care shares the same types of needs — to have reliable, repeatable and error free processes, because if you have one error you have a patient event," said Brian McCormack, chief per-

formance improvement officer for the national capital region. He added, "We have been doing several projects in support of the wounded warriors to make their care easier."

One major project in particular has been in support of integration between Walter Reed Medical Center and NNMC. We have implemented the Lean Six Sigma methodology to ensure the new Walter Reed National Military Medical Center Bethesda provides world class care to new patients while ensuring that the healing process is complete and effective for all patients, said McCormack.

"I think that's a big leap in health care, both in the military as well as the civilian world," said Chauncey.

The amount of money a black

belt, or higher, can save a company can be astronomical, as they gather a team of subject matter experts that do the job everyday and know how to make it better. Employment opportunities in the civilian sector, for Lean Six Sigma certified individual are plentiful.

You are not required to be a mathematician in order to sign up for the class. In fact your eligibility requirements include a recommendation from your commanding officer and completion of the Lean Six Sigma "white belt" introductory course and the introduction to statistics found online at Navy Knowledge Online (NKO). For more information about the Lean Six Sigma program offered at NNMC, contact Dan Chauncey at 210-861-5456.

# Cross Fitness: Check Your Form

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

For the past several decades the belief among fitness professionals was that repetitive exercises produced the best results; however, in recent years, a wave of new "cross fitness training" classes and videos have turned that notion on its proverbial head.

Cross-fitness training, a workout regimen that is rapidly growing in popularity across military populations, promotes the theory of taking multiple, functional movements and increasing the repetitions to shorten the workout, gain strength and muscle endurance and increase the body's ability to move your body in the way it was designed, said Judd Borakove, owner of two local cross fitness training facilities in Bethesda and Rockville. "By shortening the workout time, you're minimizing the amount of stress your body experiences," Borakove explained. "Instead of focusing on a muscle and working it so frequently that it takes it a week to recover, you're using multi-joint movements to work a muscle for a shorter period of time, and then com-

ing back to it, giving each muscle additional time to recover between exercises."

"The cross-fitness movement promotes athleticism and athletic synchrony," said Dr. Bill Morgan, director of the Chiropractic Department at the National Naval Medical Center (NNMC). "By keeping the body psychologically confused, one never fully adapts to a routine and will continually improve in fitness and athleticism."

In addition, cross-fitness uses compound exercises such as pull-ups, agility drills, calisthenics, gymnastic training medicine ball drills and even tractor tire flipping to train muscles to work in composite, synchronized motor patterns, Morgan continued, adding that "compound exercises are designed to create coordinated athletic patterns of strength, agility and stamina."

Morgan is quick to add that although the methodology involved in cross-fitness training has merit, performing such workouts improperly can result in injury and other complications.

"When I observe cross-fitness devotees, I frequently see improper form being used," said Morgan. "Even

See **FITNESS** page 9

## Happy Birthday, Navy Hospital Corpsmen



(photo illustration by Sarah Fortney)

**Capt. David Bitonti, chief of staff for integration and transition at the National Naval Medical Center (NNMC), following tradition, cuts a cake during a ceremony June 17 to celebrate the Hospital Corpsman rating's 113th birthday.**

# Cultural Integration is in Full Swing!

**By Mary-Claire Burick  
Careerstone Group**

With less than 100 days until the historic merger that will provide integrated military health care to our region, a lot of effort, progress and success stories are emerging on the cultural integration front at all three medical facilities.

The Family Medicine Residency has put tremendous

effort towards successful integration and becoming DoD's premier Family Medicine Residency. They have been a joint Army-Air Force residency for several years, and this past fall they added the first Navy staff person, Cmdr. Ellzy. The first group of Navy residents started in June of this year.

As Chief of the Department of Family Medicine, Cmdr. El-

lzy's top tips for successful integration include flexibility and good communication.

"The department has dealt with a myriad of logistics to get to this point, but we've stayed flexible and picked our way through it." As the services integrated, Ellzy says they discovered many differences in culture and how each service operates. But this was not a deterrent. "While there are different uniforms and different protocols, when it comes to running the

clinic, there are a lot of commonalities among the services."

He adds that educating yourself and being aware of what the other services do allows you to make your best decisions. His second communication tip centers on active listening. "You need to not only listen to what they are telling you, but also what they are not telling you. Then you can ask good questions and have a healthy open dialog. The integration has taken almost three years, so being patient and flexible is really important, this doesn't

happen overnight."

Everybody has an important role in shaping the new joint culture, so get engaged and stay informed! There are ongoing town halls, change management and resiliency training and support services available for you and your team.

For more information and a full schedule of cultural integration activities and events at your medical center, visit [www.capmed.mil](http://www.capmed.mil). You can also subscribe to the MTF newsletters and social media sites to stay up to date on Cultural Integration support

**Connect with  
the Military  
Community  
in Your  
Local Area**

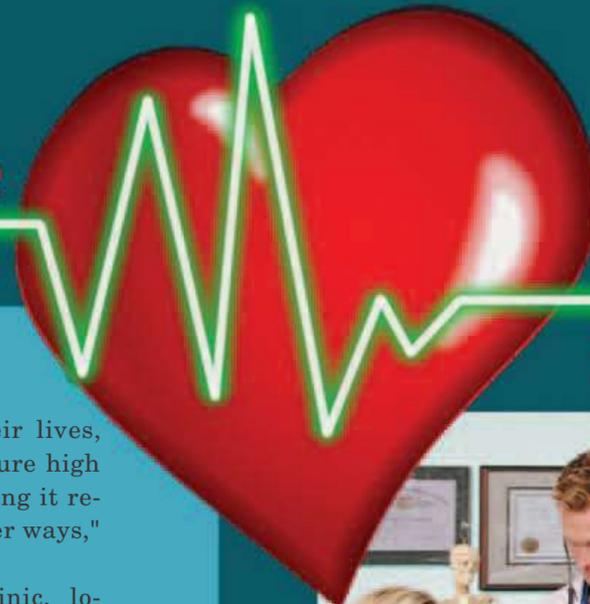
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**Where Military connect  
in the  
Washington, DC,  
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and Virginia region**



# High Blood Pressure



## Under Control

**By Mass Communication Specialist John K. Hamilton**  
*Journal staff writer*

Often referred to as the silent killer, hypertension, currently affects more than 74.5 million people in the United States ages 20 and older, and rarely exhibits any signs or symptoms in its initial stages.

"High blood pressure is an elevation in the force of blood against the artery walls, above what we would consider normal values," said Capt. Gerald D. Denton, Uniformed Services University of the Health Sciences (USUHS). "It's associated with damage to the heart, causing heart attack or congestive heart failure, damage to the brain resulting in a stroke, or damage to the kidneys ending up in dialysis, so while it's silent in most people and comes off as just a number, the consequences of untreated high blood pressure can be potentially life threatening." Denton went on to state, "High blood pressure is the most common chronic medical condition in the United States today."

Your blood pressure can be unhealthy even if it stays only slightly above the normal level of less than 120 systolic pressure (when the heart beats) and 80 diastolic pressure (when the heart rests) (120/80), said Denton. He also added, pre-hypertension is

diagnosed at levels of 120-139/80-89 and hypertension is diagnosed when readings exceed 140/90. The higher your blood pressure rises above normal, the more likely you are to increase your risk of having a heart attack, a stroke, or end stage kidney disease.

"Controlling blood pressure can be difficult for a lot of people, as it requires you to exercise more regularly, eat less and stop smoking. Avoiding fast food restaurants and processed foods, which use a lot of sodium, and even some canned foods is one way to begin controlling your blood pressure," said Margot Buda, registered nurse for Internal Medicine Clinic at the National Naval Medical Center (NNMC).

"Stress is a part of everyday life, but too much stress can lead to emotional, psychological, and even physical problems including heart disease and high blood pressure," said Buda.

Denton added that there are lifestyle modifications that can help reduce your risk, such as losing weight, reducing salt intake, exercising regularly and quitting smoking. When making these changes aren't enough, there are medications available for people who still have high blood pressure.

"While I'm not opposed to stress management for people

who have stress in their lives, that is not the way to cure high blood pressure, controlling it requires treatment in other ways," said Denton.

The hypertension clinic, located inside NNMC's Internal Medicine Medical Home, treats patients with hard-to-control high blood pressure that requires three or more medications to control it. At the clinic many patients are outfitted with a 24 hour cuff, designed to deliver ambulatory blood pressure readings that are recorded by a micro computer connected to the cuff. These readings can help physicians figure out how well controlled a patient's blood pressure is and whether you need more or less medications.

If you sense your blood pressure is elevated, doctor's at NNMC suggest making an appointment with your physician. If you do have hypertension they also suggest you take steps to lose weight, maintain an ideal body weight, stay on a low sodium diet and exercise regularly under the supervision of a qualified physician. In addition, the wellness center, located on the fifth floor of Building 7, has information about as well as weight loss and appropriate exercise for people depending on their age and abilities.



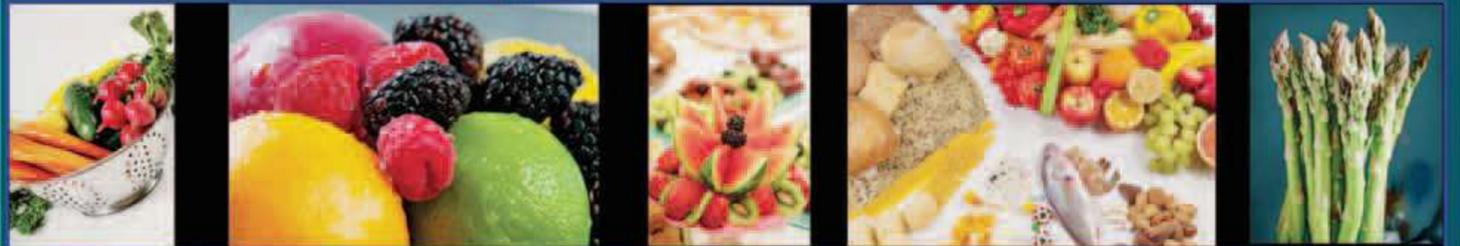
*Left: If you are diagnosed with hypertension or pre-hypertension it is a good idea to check your blood pressure regularly.*



*Top: Spending 30 minutes a day doing cardiovascular exercises such as bicycling is a great step towards controlling your blood pressure*

### Foods to Enjoy...

*Foods that are high in calcium, potassium, and magnesium can help to control blood pressure.*



### Foods to Avoid...

*Processed foods like frozen dinners and canned goods can be packed with sodium well above the recommended daily amount of 2,300 milligrams...in just one meal. Foods high in sugar should also be limited.*



# Chaplains Corner



(courtesy photo)

**While deployed onboard USNS Comfort (TA-H 20) in support of Operation Continuing Promise 2011, Lt. Laura Modaffari, MSC, is pictured with Colombian students in Tamaco, Colombia.**

As Continuing Promise 2011 sails on, we will build relationships through medicine and science, and also sharing life and laughter as we truly reach out for those values common to all of us — family and faith, for a better world.

Recently, Religious Program Specialist First Class William Green from Naval Medical Center Portsmouth and I visited with Father Juan Carlos Garcia Portilla, Chaplain of BAFLIM 70, an Infantry Battalion of the Colombian Armada. Several members of his unit were killed in an attack a few years ago. We talked about ministry in combat, combat stress, arduous deployments apart from family, and all those things that Chaplains and counselors talk about everywhere. The challenges are universal, as are the reasons for the challenges: hope for a better future for us and our children. The struggle for stores to be open and safe, to earn a living, go to a movie and expect it not to be bombed; hope for safe drinking water, and that a random bullet would not find an innocent person.

I was pleased to see about a dozen young high-school boys show up to

help us paint a school a few days ago. Our young sailors were taking pictures with them, laughing, trading music files, as well as painting. We were really building a community.

The boys were proud and worked hard right alongside us the whole day in the hot sun. I told them I was so honored to work with them, to see the smiles on their faces, to know a bit of their hearts. Also, to see how they cared about their community, and their country, because they are the ones who will determine the future of Colombia. I told them God brought us together for these few days to help us understand each other, to talk about the common and important things of life — family, faith, and values. I told them Colombia has a bright future if they make good choices, stay in school, reject violence and drugs, and work for a better future for their families. The principal of the school gave us all big hugs when we left, but we were also changed by knowing them.

Cmdr. Raymond Houk,  
Command Chaplain,  
CONTINUING PROMISE 2011

# Keeping Cool as Temps Rise

## WBGT as a Guide in Regulating Intensity of Physical Exertion in Hot Weather

Flag Color	WBGT Index (F)	Intensity of Physical Exercise
	<= 81.9	No flag condition.
	82 - 84.9	Discretion required in planning heavy exercise for unseasoned personnel. This is a marginal heat stress limit for all personnel.
	85 - 87.9	Strenuous exercise and activity (e.g. close order drill) should be curtailed for new and unacclimated personnel during the first 3 weeks of heat exposure.
	88 - 89.9	Strenuous exercise curtailed for all personnel with less than 12 weeks training in hot weather.
	90 and Above	Physical training and strenuous exercise suspended for all personnel (excluding operational commitment not for training purposes).

**By Sarah Fortney**  
*Journal staff writer*

Summer is officially here and, as temperatures climb, the National Naval Medical Center (NNMC) urges everyone to know the health hazards caused by heat and humidity.

In the heat, your body sweats to keep cool, but when it's extremely hot and humid, there is more moisture in the air; therefore, the body sweats less and does so less effectively,

said Hospital Corpsman 1st Class Lawrence Coomer, leading petty officer of Preventive Medicine at NNMC. In that case, he added, "Your body's not able to cool itself and [that] can lead to heat injuries."

While there are many types of heat illnesses and injuries, one of the most common is heat cramps, typically experienced during strenuous activity, said Coomer. Sweating depletes the body's salt

and moisture, thus creating what feels like a muscle spasm or pain, usually in the stomach, arms or legs.

"When you're running and you get a stitch in your side, that's usually heat related," he said. It's important to stay hydrated, drink plenty of water, and stay in a cool place, avoiding strenuous activity until the cramps subside.

Heat and humidity

See **COOL** page 9



# COOL

## Continued from 8

can also lead to more severe illnesses, such as heat exhaustion, Coomer said. Usually caused by overexposure to the heat, symptoms of heat exhaustion include dizziness, confusion, nausea, pale or flushed skin, and fast, shallow breathing.

With heat stroke, the most serious heat-related disorder, body temperatures can rise to 106 degrees or higher within 10 to 15 minutes, according to the Centers for Disease Control and Prevention (CDC).

"At that point, your body has lost all ability to regulate its own temperature. You can die from it," Coomer said. He added, "Once [you have had] a case of heat stroke, you're much more at risk for getting heat stroke again."

Suffering from a heat stroke, which can cause hallucinations, chills, slurred speech, hot, dry skin and profuse sweating, can also lead to permanent disability if not treated immediately. When someone's experiencing a heat stroke, call 911 and help cool the individual by soaking their clothes with water, moving them to a cool, shaded area and fanning their body.

Just as it's key to recognize the symptoms, the defense against heat-related conditions is prevention. If you must be outside, limit your activity to the early morning and evening hours and wear lightweight, light-colored clothing.

According to the CDC, those who are at a greater risk of heat-related injuries and illnesses include those who

are 65 years or older, are overweight, have high blood pressure or heart disease, or take medications affected by extreme heat.

When it comes to helping everyone keep cool and safe, NNMC's Preventive Medicine uses the wet bulb globe temperature (WBGT) index to help regulate physical exertion in the heat, Coomer said.

Taking into account the temperature conditions, relative humidity and radiant heat, the WBGT is divided into flags - green, yellow, red and black. Temperatures in the lower 80s are "green," and OK to work outside, but while temperatures are above 90, the "black" flag indicates all physical training and strenuous exercise is suspended for all personnel.

Measured on base, just outside Building 11, the WBGT reading is updated daily and posted on the intranet. Already a few times in the last few weeks, the black flag has been "raised," said Hospital Corpsman 2nd Class Anthony Alas, an assistant command fitness leader who works in NNMC's Physical Fitness Assessment (PFA) office.

Alas said the PFA office consistently checks the WBGT and consults with Preventive Medicine Technicians (PMTs) - especially this time of year - to make sure it's safe to take Sailors outside to work out, since humidity is such a key factor.

"It's injury prevention," said Alas. "It's a safety hazard. We want the [service member] to complete their workout, their physical readiness test, but not at the cost of their life."

For more information on the WBGT, visit NNMC's intranet, or call Preventive Medicine at 301-312-4326.

# FITNESS

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when someone does understand the fundamentals of proper form, it often degrades with exercise induced fatigue, which ups the chances that a participant will be injured."

Seaman Matthew Brady, an Airman aboard the USS Harry S. Truman in Norfolk, Va., has participated in cross-fitness training exercises and echoed Morgan's sentiments.

"Personally, cross-fitness training works for me, but I feel like some people overdo it because they underestimate the physical exertion that the exercises require," said Brady.

Although significantly more rare than the soft tissue injuries commonly seen in participants of cross fitness routines, rhabdomyolysis - the rapid breakdown of skeletal muscle resulting in the release of protein into plasma — is a serious adverse effect incurred while performing cross-fitness exercises with too much vigor or without adequate training, said Morgan.

"The protein is filtered by the kidneys, resulting in renal damage and in some cases, death, and happens when someone who isn't trained properly or is not used to the type of

workout they're participating in overexerts themselves physically," he said.

Participants of any workout regimen should consult their physician before beginning an exercise program, said Morgan, adding that they should also work up their stamina and endurance before attempting a demanding cross fitness training class.

Borakove added, "You should always get proper training before starting a fitness regimen. If you're training at a cross fitness facility, called a box, and an instructor does not check your form, teach you form, scale a workout to your ability, adjust a movement based on ability or do anything other than yell to keep going and move faster, you should look for somewhere else to train. When done properly, cross fitness should never cause an injury. It's hard, but that's what keeps it interesting. That's what makes it work."

Although cross fitness training is not offered on Naval Support Activity Bethesda (NSAB) due to space constraints, anyone looking for more information on exercise regimens can contact the Morale, Welfare and Recreation fitness center on Naval Support Activity Bethesda at 301-295-2450.