

**Issue 17**  
**Aug. 29, 2008**

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### Item of Interest:

**Lyme Disease.** Lyme disease is a bacterial infection that is spread by ticks. You may develop Lyme disease if you are bitten by an infected tick. If the tick remains attached to the skin for 36 to 48 hours, you are at greater risk for developing the disease. Symptoms include development of a circular rash and flu-like symptoms, such as body aches, fatigue, and mild fever. Lyme disease can be cured by antibiotics, as long as the disease is diagnosed and treated at an early stage. To prevent Lyme disease, wear clothing that covers the majority of your body. When outdoors for an extended period of time, check body and clothing for ticks. Remove ticks promptly and contact your physician for medical assistance. For more information, visit <http://www.nlm.nih.gov>

# Navy and Marine Corps Medical News

*A Public Affairs Publication of the Bureau of Medicine and Surgery*

## USNS Mercy Team Treats Over 25K in Papua New Guinea

**By Mass Communication Specialist 3rd Class Michael C. Barton, Pacific Partnership Public Affairs**

**PORT MORESBY, Papua New Guinea** - U.S. Naval Hospital Ship USNS Mercy (T-AH 19) completed its two-week humanitarian and civic assistance mission in Papua New Guinea Aug. 17.

In addition to Papua New Guinea, the Mercy has traveled to the Republic of the Philippines, Vietnam and Timor-Leste to provide humanitarian assistance as part of Pacific Partnership 2008 since leaving San Diego on May 1. While in these countries the Mercy provided medical, dental, engineering, and

veterinarian assistance.

Pacific Partnership medical teams provided a variety of services in Papua New Guinea, treating 25,179 patients and performing 346 medical procedures for the people of the region.

The mission lasted 14 days. According to the Honorable Powes Parkop, Governor of the National District, the Pacific Partnership team accomplished "miracles."

"I never thought I would witness such quality service in my life time, even though I know it is possible in Papua New Guinea," said Parkop.

Sailors from Naval Mobile Con-

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**PORT MORESBY, Papua New Guinea** - Operation Smile volunteers Dr. Robert Russell, a plastic surgeon from Springfield, Ill., and his assistant Maria Velasquez, perform reconstructive surgery on 21-year-old Solomon Maitava aboard the Military Sealift Command hospital ship USNS Mercy (T-AH 19) Aug. 11. The operation, performed during Pacific Partnership 2008, is the first for Operation Smile in Papua New Guinea. *U.S. Navy photo by Mass Communication Specialist 3rd Class Joshua*

## Joint-Military Medical Personnel Work to Give Brighter Smiles

By **Mass Communication Specialist 3rd Class David Danals, USS Kearsarge Public Affairs**

### **PUERTO CABEZAS, Nicaragua**

- Joint-military and interagency medical personnel set up a mobile dental unit Aug. 16 at Juan Comenius High School in Puerto Cabezas, Nicaragua, to provide basic dental needs and education to local residents.

Dentists and dental technicians currently embarked aboard USS Kearsarge (LHD 3) for Continuing Promise (CP) 2008 perform basic cleanings and tooth extractions, as well as teach preventive measures with fluoride and oral hygiene instruction to prevent future complications.

"Many of the people need extractions. They have a lot of diseased teeth, and they need to be taken out, that is the most urgent treatment required," said Col. Dan Dupont, officer-in-charge of the mobile dental unit.

Before the patients can make it to a chair, there is a process they must go through. Paperwork must be completed for each patient, followed by a cleaning from a hygienist, and finally, a dentist evaluates their teeth to see what work needs to be done.

Although some were nervous

and a little scared, most patients went in with their mouths wide open, braving drills and needles, for a chance to walk out with a brighter smile and healthier teeth.

"I think even though we can't speak their language, a smile goes a long way," said Army Master Sgt. Melanie Armstead-Williams, one of the volunteer dental assistants.

CP is a collaborative effort between the U.S. and partner militaries, non-governmental organizations, and partner-nation support organizations that can be called upon in the event of a regional situation requiring cooperative solutions.

After Nicaragua, Kearsarge will visit Colombia, Panama, the Dominican Republic, Trinidad, Tobago, and Guyana.

Kearsarge's mission exemplifies the U.S. maritime strategy which emphasizes deploying forces to build confidence and trust among nations through collective maritime security efforts that focus on common threats and mutual interest.

CP 2008 Caribbean Phase is the second of two humanitarian and civic assistance deployments to the Southern Command area of focus for 2008. The first CP deployment was conducted by USS Boxer (LHD 4) in the Pacific.



**PUERTO CABEZAS, Nicaragua** - Capt. Daris Yourichi, assigned to the U.S. Public Health Service embarked aboard the amphibious assault ship USS Kearsarge (LHD 3), pulls a Nicaraguan woman's tooth during a Continuing Promise 2008 Aug. 13. U.S. Navy photo by Mass Communication Specialist First Class David G. Crawford

## Mobile Dental Unit Leading the Fight Against Cavities

By **Lance Cpl. Zachary J. Nola, Marine Corps Air Ground Task Force Training Center 29 Palms**

### **MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS, Calif.**

— As the sun rose on the morning of Aug. 13, Marines and Sailors at the Combat Center's Camp Wilson began forming a line outside the Combat Center's Mobile Dental Unit (MDU) with their dental records in hand.

While none of the Marines looked anxious to be told to take a seat in the dental chair, the MDU was there to ensure the Marines got the dental treatment they needed as quick and as easy as possible.

"The MDU is a \$250,000 mobile

dental clinic designed to bring healthcare support to the active duty unit that has limited access to the main branch dental clinic," said Cmdr. Kurt J. Brockman, 23rd Dental Company Commander. "It is manned by one dental officer and a hospital corpsman (HM) to deliver dental service as required for optimum operational readiness."

In addition to servicing the Marines and sailors of the Combat Center, the MDUs are often used for humanitarian and civil service operations.

Brockman said 23rd Dental Company, which is part of 1st Dental Battalion, Camp Pendleton, Calif., operates the MDU for the Combat Center. MDU's have been

part of the Dental Corps for 16 years.

HM Mark Arceneaux said the Combat Center's MDU is an all-around dental office on wheels.

The objective of the MDU is to bring the dental clinic to the Combat Center's Marines and Sailors in an attempt to keep the main dental clinic from becoming too congested, added Arceneaux, a native of Houston.

The unit provides dental technicians with the ability to perform dental examinations, x-rays, cleanings and even operative work in a clean and safe environment which

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## First Navy Humanitarian Relief Aircraft Arrives in Georgia

By Lt. Cmdr. Corey Barker, U.S. European Command Public Affairs

**TBILISI, Georgia** - A U.S. Navy C-9 jet carrying humanitarian assistance arrived Tbilisi Aug. 18 marking the Navy's first humanitarian assistance mission to the region.

This flight is part of ongoing large-scale humanitarian relief operations to assist the estimated 118,000 displaced persons as a result of armed conflicts between Georgian and Russian forces last week.

Logistical support for humanitarian efforts is coordinated with the U.S. Department of State, U.S. Agency for International Development (USAID) and U.S. European Command.

According to Navy officials, the Navy stands ready to assist, as required, to save lives and alleviate human suffering during this humanitarian crisis.

"This is the beginning of an ongoing Navy airlift that will initially deliver approximately seven tons of humanitarian aid," said Lt. Pat Foughty.

The cargo included 2,256 personal hygiene kits, supplied by USAID, to be provided to displaced persons in Georgia following the armed conflict last week.

Each hygiene kit includes five disposable razors, five



**TBILISI, Georgia** - While en route to Tbilisi, Georgia, from Ramstein Air Base, Germany, a small group of U.S. Army, Navy and Air Force officers discuss details of the joint humanitarian assistance delivery Aug. 13. The delivery consisted of \$1 million in U.S.-donated medical supplies, blankets, sleeping bags and bed sheets for the people of the Republic of Georgia. U.S. Air Force photo by Master Sgt. Scott Wagers

toothbrushes, five toothpaste tubes, one comb, one bar of hand soap, two bars of deodorant soap, two tissue paper packs and two sanitary napkins.

## Mercy continued...

(Continued from page 1)

struction Battalion 133, of Gulfport, Miss.; and Naval Amphibious Construction Battalion One, San Diego, Calif.; completed nine repair and construction projects at Popondetta and Port Moresby. The U.S. Pacific Fleet band also performed concerts during the visit.

For Chief Equipment Operator (SCW) James Brock,

there's a sure way to tell the difference the project has made, thanks to the combined efforts of the multinational team and host nation participants.

"Just come and look at the kids' faces when they're able to receive healthcare treatment at their newly restored clinic," he said.

## Medical Care Offered to Remote Regions in Nicaragua

By Mass Communication Specialist  
2nd Class Gina Wollman, Continuing  
Promise Public Affairs

**YULU, Nicaragua** - Joint-military service members set up a four-day medical clinic in Yulu, Nicaragua Aug. 19-23 to provide remote medical care and education to the locals as part of Continuing Promise 2008.

"The medical needs here are the same as ours in America, but they are also different," said Lt. Cmdr. Nathan Uebelhoer, a medical officer currently embarked aboard USS Kearsarge (LHD 3). "Patients in America can be treated for small problems right away through self-medication, but here they don't have that option."

The lack of common pharmaceuticals in the rural community is the root cause and potential cure for many of the chronic illnesses in places like Yulu.

"I have seen a lot of patients with Impetigo," said Uebelhoer. "A simple antibiotic mixed with a proper diet would cure it within days normally, but because of the lack of treatment and nutrition it will take them much longer to heal."

This brought volunteers to the next stage of empowering citizens of Yulu to live healthier lives, education about nutrition, diet and exercise.

Proper nutrition is very important when you want to stay healthy.

The immune system will take much longer to fight off an illness if a person is malnourished or does not have proper hygiene.

When Kearsarge departs from Nicaragua they will move forward with the Continuing Promise mission to Panama, Colombia, Dominican Republic, Trinidad and Tobago, and Guyana.

Kearsarge's mission exemplifies the United States maritime strategy which emphasizes deploying forces to build confidence and trust among nations through collective maritime security efforts that focus on common threats and mutual interest.

Kearsarge is currently under the operational control of U.S. 4th Fleet.

## Gillingham Takes Command of Naval Hospital Jacksonville

By Loren Barnes, Naval Hospital Jacksonville Public Affairs Office

**NAVAL HOSPITAL JACKSONVILLE, Fla.** - Capt. Bruce Gillingham assumed command of Naval Hospital Jacksonville, Fla. on Aug. 14, relieving Capt. Raquel Bono in a morning ceremony at Naval Air Station (NAS) Jacksonville's Chapel. The guest speaker at the ceremony was the Navy's Deputy Surgeon General Rear Adm. Thomas R. Cullison. Gillingham reports aboard from Naval Medical Center (NMC) Portsmouth, Va., where he was the Deputy Commander. There, he was responsible for the coordinated delivery of primary and tertiary health care to a patient population in excess of 400,000.

After receiving his command pin from his wife Jeanette, the new Skipper said in his remarks, "This is a thrill I can't put in words." He attributed his being where he is today to some "superb mentors."

An orthopaedic surgeon, Gilling-

ham has a depth of experience. During his tenure at NMC Portsmouth, he introduced the Team STEPPS Patient Safety program and established new benchmarks for deployment readiness and evidence-based quality of care.

Cullison said of Gillingham in his remarks, "There are some people who are just made for the job. He comes to the command when it is on the upswing. He is the perfect person to follow Capt. Bono."

Gillingham's experience covers the spectrum of home front and battlefield medicine. He served as the Director for Surgical Services at NMC San Diego where he was responsible for more than 1,000 personnel. The directorate received the first 2004 DoD Patient Safety Award for establishing the MEDTEAMS program.

While assigned to NMC San Diego, he deployed to Taqaddum, Iraq during Operation Iraqi Free-

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**JACKSONVILLE, Fla.** - Naval Hospital Jacksonville', Fla.'s new Commanding Officer Capt. Bruce Gillingham is pinned with his command pin by his wife Jeannette as the former Commanding Officer Capt. Raquel Bono looks on. Gillingham, an orthopaedic surgeon, assumed command of the military treatment facility on Aug. 14, reporting aboard from Naval Medical Center Portsmouth, Va. where he was the Deputy Commander. Bono will report to the TRI-CARE Management Activity in Washington, DC, which provides oversight DoD-wide for network healthcare services. *U.S. Navy photo by Hospital Corpsman Jermaine Derrick*

## MDU continued...

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mirrors a traditional dental office.

The unit often supports 3rd Battalion, 11th Marine Regiment; 3rd Battalion, 4th Marine Regiment; and often makes trips to Camp Wilson to service the Marines and sailors participating in Exercise Mojave Viper, a pre-deployment training evolution.

The MDU allows units to be more time efficient while also allowing them to get the proper medical care they need, added Arceneaux.

"The key is to get the Marines back to their training as quickly as possible," said Arceneaux.

Sgt. Dennis Bailey, chief cook, Camp Wilson Mess Hall, said the best way to describe the MDU is convenient.

Bailey said he arrived at work on the morning of Aug. 13 and was told he had a dental appointment. The MDU arrived at Camp Wilson, shortly after, helped him fill out the necessary paperwork, examined him and had him on his way in very little time.

Brockman added the 23rd Dental Company has always had one MDU, but has recently added another that will be fully operational as soon as dental technicians and vehicle operators becomes readily available.



**PUERTO CABEZAS, Nicaragua** - Cmdr. Brian Alexander, an optometrist based at Portsmouth Naval Hospital, and Hospital Corpsman 3rd Class Richard Utley perform surgery aboard the amphibious assault ship USS Kearsarge (LHD 3) to remove an abnormal growth over the cornea of an elderly Nicaraguan woman Aug. 16. Kearsarge is the primary platform for the Caribbean phase of Continuing Promise, an equal-partnership mission involving the United States, Canada, the Netherlands, Brazil, Nicaragua, Panama, Colombia, Dominican Republic, Trinidad and Tobago and Guyana. *U.S. Navy photo by Mass Communication Specialist 2nd Class Erik C. Barker*

## Preventive Medicine Takes on Mosquitoes in Southeast Asia

By Mass Communication Specialist 2nd Class (AW) Greg Mitchell, Pacific Partnership Public Affairs

**PORT MORESBY, Papua New Guinea** - The USNS Mercy (T-AH 19) preventive medicine (PrevMed) team serving in support of Pacific Partnership 2008 has spent their time in Southeast Asia and Oceania ensuring civic-action sites remain safe from mosquitoes.

USNS Mercy departed San Diego May 1 in support of Pacific Partnership, a four-month humanitarian mission to Southeast Asia and Oceania.

Mosquitoes infested with diseases such as malaria and dengue fever are found throughout the Southeastern Asian region, the main mission sites for Pacific Partnership. For personnel to support the mission in infested areas, the PrevMed Pesticide crew has been ready to challenge the pests that may hamper the mission.

"What we try to do is arrive on scene ahead of the MEDCAP crews and assess the area for potential insect build up," said Hospital Corpsman 2nd Class Brian Walker, a preventive medicine technician from Jacksonville, Fla. "We will then spray down the area of the MEDCAP hopefully before they arrive so it won't be of any inconvenience to them."

Spraying pesticides is just one of the functions performed by PrevMed; they also capture and test mosquitoes for diseases, by using light traps with catch nets attached to them. Once captured, the mosquitoes are taken back to the ship and tested as potential carriers of malaria parasites. Mosquitoes can be annoying and trou-

blesome, but there are a few ways that one can protect itself from these creatures.

"The first step for anyone participating pier side at any of the MEDCAP or ENCAP sites is the spraying of your clothes," said Lt. Cmdr. Brian Prendergast, PrevMed department head and entomologist aboard Mercy. "We use an insect repellent to spray on service members' clothing while also recommending they keep their sleeves rolled down. Once you treat the uniform with spray, you are pretty much set for the cruise."

"I was one of the first guys of my unit to have my uniforms sprayed," said Construction Electrician 1st Class Franklin Zelch, assistant officer in charge for the 30th Naval Construction Regiment currently underway for Pacific Partnership. "I would have to honestly say that it has greatly reduced my chances of being bit, but I still get a couple here and there."

PrevMed duties also include heat stress tests in areas such as the galley and laundry areas and water-quality analysis, when they check for proper chlorine levels and bacterial and parasitic organisms that are potentially harmful to humans.

The Pacific Partnership PrevMed team is on their way to the final mission site in the Federated States of Micronesia. PrevMed, along with medical and engineering personnel aboard the Mercy, will visit Chuuk, Pohnpei and Yap for the final mission site of Pacific Partnership 2008.

## Jacksonville continued...

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dom as the Chief of Professional Services (Forward) for the 1st Force Service Support Group and Officer in Charge of the Surgical Shock Trauma Platoon (SSTP).

Based near Fallujah, Gillingham was there during the height of enemy engagements and treated many casualties. Upon his return,

he was instrumental in establishing the Comprehensive Combat Casualty Care Center (C-5) in order to optimize the coordination of care for those wounded in the Global War on Terrorism.

Gillingham has published more than 30 scientific articles and book chapters and is a frequent presenter at national professional orthopaedic meetings. His military awards include the Legion of Merit, the Meritorious Service Medal, the Navy Commendation Medal (two awards), the Navy Achievement Medal, the Iraq Campaign Medal with the Eagle Globe and Anchor device and the Humanitarian Service Medal.

He follows a class act at Naval Hospital Jacksonville. Bono completed three challenging years of change and progress at the facility. Her mantra during her tour was

"Treat every patient, exactly as you would like to be treated."

Cullison credited her skills as a "great communicator" for keeping the focus on delivering high-quality family-centered health care while improving customer service.

Bono will assume duties at the TRICARE Management Activity in Washington, DC., where she looks forward to being able to help shape military healthcare. As she departed she was awarded the Legion of Merit Medal and was presented the Duval County Medical Society's first Distinguished Service Award for her work with the Jacksonville medical community.

After thanking her family for their support Bono, said to Naval Hospital Jacksonville staff, "It has been a privilege to work with such an outstanding team of professionals."



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