



Robert E. Bush
Naval Hospital

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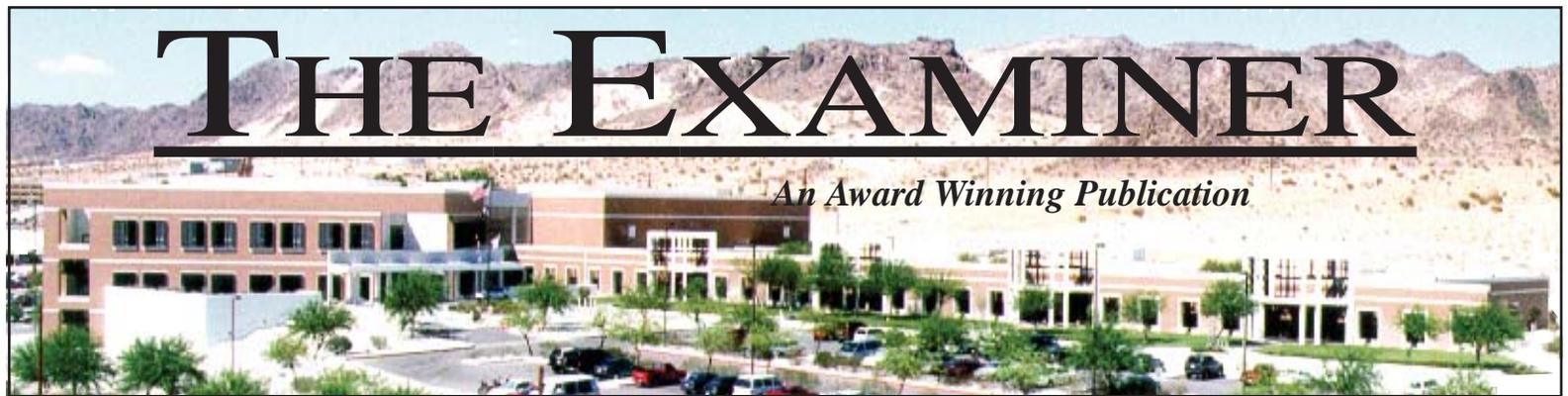
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NHTP Welcomes New Command Master Chief

By Dave Marks, NHTP Public Affairs Officer

Naval Hospital Twentynine Palms has a new Command Master Chief. Command Master Chief (SW/AW/FMF) Jerry A. Ramey says it feels like coming home. It's more than a feeling--he is coming home.

Ramey has owned a home in Twentynine Palms since 2005. He first reported for duty with the 1st Marine Division, Marine Air Ground Combat Center, in March 2000. He was born in Pasadena and raised in Altadena, Calif. "I had never heard of Twentynine Palms before I got here," Ramey said. After spending one tour on the Green side, he said he fell in love with the area. "I loved the environment and everything about it," he said.

Following a deployment to Iraq as Senior Medical Department Representative for the 1st Battalion, 7th Marines, he

returned to Twentynine Palms to serve as Senior Enlisted Leader for the NHTP Directorate for Clinical Services and as Lead Chief Petty Officer for the Emergency Medicine Department from Nov. 2003 to Sept. 2006.

"I've been to a lot of great places," he said. "But family is where the heart is and I just didn't get the same feeling, the same love for those places, as I do here," he said.

His wife, Antoinette, and daughter,

Ashley, have been maintaining the family home in Twentynine Palms while Ramey was assigned to positions at U.S. Naval Hospital Guam, on the USS Carl Vinson (CVN 70) and at Navy Medicine Training Support Center, Fort Sam Houston.

"When I left in 2009, we made a family decision that they would stay here because my wife is an instructional aide for special education kids for the Morongo School District," Ramey said.

Ashely, who was in junior high school in 2009, will graduate

School in June. She plans to follow in her father's footsteps and become a U.S. Navy Hospital Corpsman.

"I'm taking her to MEPS (San Diego) this Thursday [May 26]" Ramey noted.

Command Master Chief Ramey has been in the Navy for 28 years, the last 14 years as a Chief Petty Officer. He hopes the Sailors in his command will view him as a resource for career and personal guidance. "I'm down to earth and I hope everyone sees me as having a lot of experience and that they will want to tap into that experience," Ramey said. "I can tell them a lot of things about how to be successful."

"It's like a family here," the Command Master Chief said. "A lot of the same civilians are still here and some of the active-duty are now civilians. It's that warm feeling you have when you come home."



Command Master Chief Hospital Corpsman (SW/AW/FMF) Jerry Ramey

from Twentynine Palms High

Chief of Naval Operations Conducts Admiral's Call at Base Theater

Adm. John M. Richardson, Chief of Naval Operations, visited the Marine Corps Air Ground Combat Center May 25-26. He held an Admiral's Call at the Base theater for Green Side Corpsmen and their Robert E. Bush Naval Hospital counterparts (Blue Side), allowing an opportunity to ask questions.

Hospital Corpsman Second Class Serrita Coleman, LPO for Multi-Service Ward, asked Adm. Richardson about removing the word "man" from military nomenclature now that women have been designated as eligible for all military positions; and Hospital Corpsman Third Class



Chief of Naval Operations, Adm. John M. Richardson (left) reenlists three hospital Corpsmen during a ceremony at the Base Theater May 25. (Story and photo by Dave Marks)

Christopher San Miguel, NHTP Manpower, asked about the cost of living allowance in relation to rising seasonal energy bills. Adm. Richardson deferred the

COLA query to Naval Hospital Commanding Officer, Capt. John Lamberton. Adm. Richardson honored two Corpsmen, HM2 Nicholas

Otazo and HM3 Ryan Spencer-Smith, as presiding officer at their pinning ceremony. And he was the presiding officer for three Corpsmen who reenlisted. HM3 Adrian Monroy, HM2 William Leins and HMC Kevin Keosbounheuang were all honored by the Admiral's presence as well as with having their orders signed by the Chief of Naval Operations. The following day, Capt. Lamberton accompanied Adm. Richardson and the 37th Commandant of the Marine Corps, Gen. Robert B. Neller, to MCAGCC ranges 400 and 220 to observe Integrated Training Exercise 3-16.

Staff is Recognized For Nurse Corps 108th Birthday Celebration

By Lt. j.g. Qianning Zhang

Naval Hospital Twentynine Palms celebrated the 108th Birthday of Navy Nurse Corps on May 12. During the welcoming statement, Lt. Laura Beth Brogdon gave a brief historical overview of Navy Nurse Corps. Capt. John Lamberton talked about the significant role of Navy nurses both in Navy Medicine and in civilian practice. Capt. Lamberton concluded his remarks by reminding audience members that while the Navy "stretches the celebration to one week, the recognition runs 365 days."

Congratulations from Bureau of Medicine Service Chiefs addressed to Rear Adm. Rebecca J. McCormick-Boyle, Director, Navy Nurse Corps, were read by Lt. Carolyn Hine, Cmdr. Susan Antle, Cmdr. Roger Bunch, Cmdr. Suzette Inzerillo, and Lt. Stephanie Roadarmel.

During the Nurse Corps birthday celebration, six recipients of the 2016 Annual Nurse Excellence Awards were recognized for NHTP. Mrs. Brianna Guthrie, Certified Lactation Consultant, was recognized in the Junior Contract Licensed Vocational Nurse category. Ms. Danielle Vasquez, Immunizations Clinic, was recognized in

the Junior GS Licensed Vocational Nurse category. Ms. Cheryl Viau, Emergency Medicine Department, was recognized in the Senior Contract Registered Nurse category. Ms. Lori McGee, Health Promotions/Nurse Educator, Branch Health Clinic China Lake, was recognized in the Senior GS Registered Nurse category. Lt. Karen Sanchez, OB/GYN Department, was recognized in the Junior Military Nurse category. Lt. Cmdr. Mardi Rahn, Family Medicine Blue Team, was recognized in the Senior Military Nurse category. Lt. Cmdr. Rahn summarized her 15 years as a Navy Medicine nurse with one word: Honor.

Registered nurse, Ms. Moriah Thompson, invited Lt. j.g. Tanya Starker, RN, Ms. Linda Deutsch, RN, and Cmdr. Suzette Inzerillo, RN, to cut the birthday cake.

Executive Officer Capt. Jeffrey Bitterman, Medical Corps, concluded the birthday celebration noting that Navy nurses are the forefront of healthcare delivery and contribute to our culture of safety and high reliability without compromising care and compassion. It is our great fortune to have them as caregivers, Capt. Bitterman said.



L-R: Lt. j.g. Tanya Starker, RN, Ms. Linda Deutsch, RN, and Cmdr. Suzette Inzerillo, RN, cut the birthday cake celebrating the Navy Nurse Corps' 108th birthday. Ms. Deanna Daly, RN, and Case Manager baked and decorated the "black and white cake," vanilla and chocolate cake with buttercream frosting.

FCPOA Offers to Replace Worn Stars and Stripes

By HM1 Joshua Lukacovic

Naval Hospital Twentynine Palms First Class Petty Officer Association (FCPOA) is retiring a worn American flag that was flown over a local resident apartment complex in Twentynine Palms. A new local outreach program, initiated by our very own NHTP FCPOA, will retire and replace any worn or torn American flags that are being displayed by local residents and businesses. A new flag, donated by the FCPOA, will be provided at no cost to the owner. The worn and retired flags will be ceremoniously folded, while honors are being rendered, and will be transported to a drop off location in Yucca Valley for proper disposal by the Local VFW. If you would like to notify the FCPOA of a worn or torn flag that is being flown, please contact HM1 Lukacovic or HM1 Gonzalez at (760) 830-2020.



HM1 David Whittington lowers a worn flag to be replaced while HM1 Saul Vasquez and HM1 Daniel Gonzalez pay respect.

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Executive Officer

Capt. Jeffrey W. Bitterman, MC, USN

Command Master Chief

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

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Preventive Medicine Corner

Submit Questions/Concerns and Tanya Will Provide Answers



Tanya Stuckey

Dear Tanya,
My husband has been complaining about pain after pt, but refuses to go to see his doctor. Is there a way to convince him to go? Should I call someone in his command or talk to the doctor myself about the things he has been complaining of? I am frustrated and don't understand

why this is such a problem for him.

Signed, Perplexed

Dear Perplexed,

Complaints about pain can be alarming after strenuous activity. With limited information, there are many variables to consider. First is determining the difference between pain and discomfort. Physical training exercises are often rigorous and may cause temporary discomfort. If your husband is experiencing elevated pain that may be a result of an injury obtained during training, it is important that he seek medical attention. If he is not in urgent need, he may call his provider and make an appointment to be evaluated. If his condition changes and his pain is severe, the emergency department may be an appropriate

route.

Preventive measures such as hydration, proper nutrition, supplement safety and scheduling (and showing up for) regular health screenings at recommended times is a great start to making healthy choices. Physical activity is also important in creating a healthy lifestyle. All fitness coaches will advise you to seek medical clearance before participating in strenuous activity. If rest, hydration and general self-care is not working and he is unsure what is causing pain or discomfort, encourage him to make an appointment to talk with a medical provider. Together, they can determine what course of action is best. Having choices and being able to make decisions about our own healthcare makes us more likely to consider recommendations for services.



Lt. Felicia Mendez (right), staff nurse in the Emergency Department, accepts a ceremonial paddle from Lt. Cmdr. Gary Closas upon her PCS move to Camp Pendleton. Lt. Mendez has been at NHTP for three years. A mustang officer, she started out as an electronic warfare technician and now looks forward to completing her "twilight tour" at Naval Hospital Camp Pendleton.

Sex and Gender: How Being Male or Female Can Affect Your Health

Are you male or female? The answer to this seemingly simple question can have a major impact on your health. While both sexes are similar in many ways, researchers have found that sex and social factors can make a difference when it comes to your risk for disease, how well you respond to medications, and how often you seek medical care. That's why scientists are taking a closer look at the links between sex, gender, and health.

Sex and gender play a role in how health and disease affect individuals. There was a time

when we studied men and applied those findings to women, but we've learned that there are distinct biological differences between women and men," explains Dr. Janine Austin Clayton, who heads research on women's health at NIH. "Women and men have different hormones, different organs, and different cultural influences--all of which can lead to differences in health."

For instance, women and men can have different symptoms during a heart attack. For both men and women, the most common heart attack symptom is

chest pain or discomfort. But women are more likely than men to have shortness of breath, nausea and vomiting, fatigue, and pain in the back, shoulders, and jaw. Knowing about such differences can lead to better diagnoses and outcomes.

Men and women also tend to have different responses to pain. NIH-funded researchers recently learned that different cells in male and female mice drive pain processing.

"Without studying both sexes, we wouldn't know if we're taking steps in the right direction

toward appropriate clinical treatment for men and women," Clayton says. "Our differences also affect how we respond to medications, as well as which diseases and conditions we may be prone to and how those diseases progress in our bodies." For example, women metabolize nicotine faster than men, so nicotine replacement therapies can be less effective in women.

Scientists are finding that addiction to nicotine and other drugs is influenced by sex as well. "When it comes to addiction, differences in sex and gender can be found across the board,"

says Dr. Sherry McKee, lead researcher at an NIH-funded center at Yale University that studies treatments for tobacco dependence. "There are different reasons men and women pick up a drug and keep using a drug, and in how they respond to treatment and experience relapse. Sex also influences disease risk in addiction. For example, women who smoke are more susceptible to lung and heart disease than men who smoke."

Continued on Page 7. Please see Gender Differences.

Awardees...



Lt. Temitope Ayeni is awarded a Navy and Marine Corps Commendation Medal.



Hospital Corpsman Third Class Andres Baena is presented with an NHTP Patient Safety Award.



Mr. Stephen Crowder is presented with a Letter of Appreciation upon his selection as Junior Civilian of the Quarter (Jan. 1, 2016 to Mar. 31, 2016).



Ms. Deana Daly is presented with a Letter of Appreciation upon her selection as Senior Contractor of the Quarter (Jan. 1 to Mar. 31, 2016).



Hospital Corpsman Second Class Ashleigh O'Connell accepts the Best of the Best Award on behalf of the Multi-Service Ward. This award recognizes exceptional customer service.



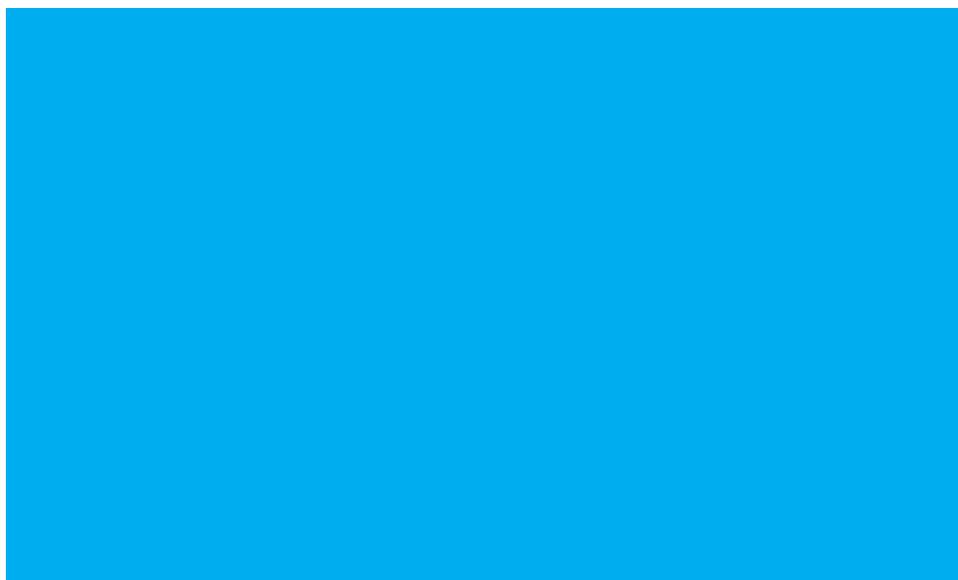
Mr. Philip Breault accepts the Best of the Best Award on behalf of the Information Management Department. This award recognizes exceptional customer service.



Hospital Corpsman Second Class Marc Reyes is awarded the Navy and Marine Corps Achievement Medal.



Lt. j.g. Christopher Skirvin is presented with a Letter of Appreciation upon his selection as Officer of the Quarter (Jan. 1 to Mar. 31, 2016).





Ms. Linda Deutsch is presented with a Letter of Appreciation upon her selection as Senior Civilian of the Quarter (Jan. 1 to Mar. 31, 2016).



Cmdr. Charles Dickerson is awarded the Navy and Marine Corps Commendation Medal.



Hospitalman Rome Lake is presented with a Patient Safety Award.



Mr. Larry Richelli is presented with a Patient Safety Award.



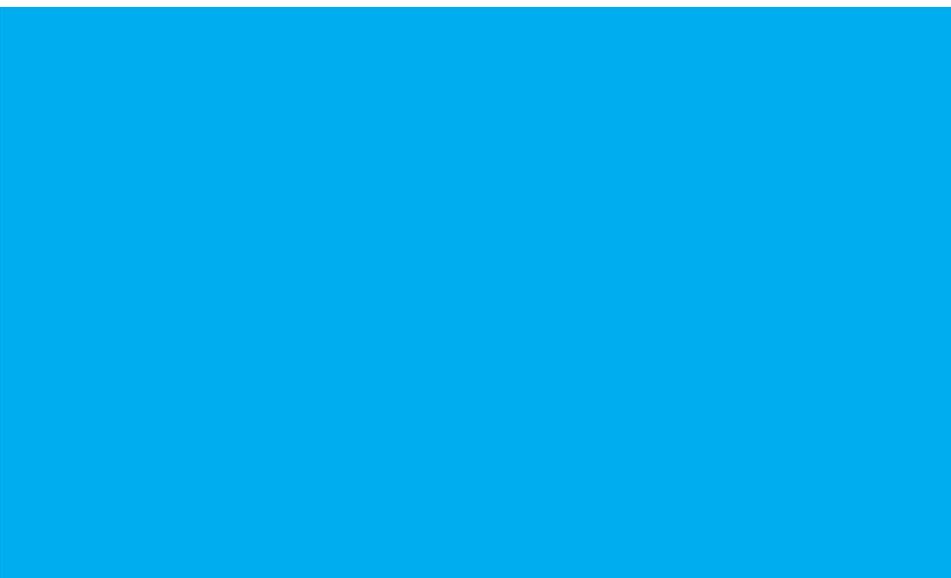
Hospital Corpsman Third Class Domingo Sosa is awarded the Navy and Marine Corps Achievement Medal.



Ms. Brittany Tyndall is presented with a Letter of Appreciation upon her selection as Junior Contractor of the Quarter (Jan. 1 to Mar. 31, 2016).



HMI (FMF) Joshua Lossius was piped ashore and into retirement May 27 after 20 years of active-duty service. HMI Lossius was raised in Placerville, Calif. He attended Psychiatric Technician School and met his wife, Jeniffer while both were on assignment. HMI Lossius plans to be a stay-at-home dad before returning to school for a degree in information technology. Fair Winds and Following Seas, HMI Lossius!

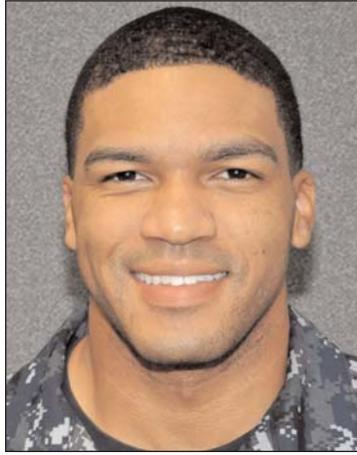


Introducing New Staff -- Welcome Aboard!



Mr. Albert Williams

Mr. Albert Williams is NHTP's new Information Technology Specialist for Customer Service. He arrived from Charlotte, N.C., where he worked for an international food distribution company on the customer service help desk. He has a Bachelor's degree in technical management from DeVry University and a Master's degree in Information Systems Management from the Kellor Graduate School of Management. He's certified as a systems security practitioner. Mr. Williams spent six years in the Air Force as a heavy-equipment operator at Andrews Air Force Base and Hurlbut Field, on the Elgin Air Force Base, Florida. His wife, Shanna, and three children, two boys, ages nine and 17 and a daughter, 14, will remain in North Carolina until he gets settled which also allows them to finish the school year. Hobbies include fishing and watching sports. He says he used to enjoy hunting but hasn't had the opportunity for a number of years.



HM2 Michael Spencer

HM2 Michael Spencer is a surgical technician and arrived from Camp Pendleton's 1st Dental Battalion where he spent the past three years. "They have an oral surgery component, so that's how I got squeezed in there," Spencer noted. He started out in oral surgery but then became clinic Lead Petty Officer and went on to become Directorate LPO for the northern clinics. "I learned a lot there," he said. "Unaccompanied, single, no children," is how he describes himself. HM2 Spencer grew up in Upper Darby, Pa. The California high desert is a new experience and while he describes the scenery as "pretty" he says it's "scary quiet." Spencer earned his Associate's degree from Keystone College, Scranton, Pa., and has completed all of the pre-requisites for both medical and dental school, completing the work on weekends at Southern California University. He plans to live as close to base as possible. Hobbies include bowling and lifting weights.



Lt. Danny Eason

Lt. Danny Eason recently arrived from Naval Medical Center Portsmouth where he was a staff nurse anesthetist for the previous two years. He enjoys earning a patient's trust before he or she undergoes a procedure. He's the newest member of NHTP's Surgical Services Department. Originally from Lake Charles, La., Lt. Eason earned his Bachelor of Nursing degree from the University of Missouri. He earned his Master's degree in Anesthesiology from the Uniformed Services University of the Health Sciences, performing the didactic portion in Bethesda and the clinical portion in San Diego. Lt. Eason's wife, Jennifer, is a dance instructor. They are expecting their first child in just a few months in San Diego, Jennifer's hometown. They've found a home in Joshua Tree. Hobbies include golf, bicycling; "Obviously I'll get into hiking and maybe I'll dust off the climbing gear and do some of that too," Eason said.



HM3 Domingo Sosa

When officials at the Recruit Training Command, Great Lakes, Illinois, saw, then, Recruit Domingo Sosa's 6'5" frame and natural military bearing, he was selected for the Naval Ceremonial Guard. For the next two years he impressed Washington D.C. visitors at funerals, wreath-laying ceremonies and formal visiting dignitary visits. He's been in the Navy 5 1/2 years. Hometown is Fort Lauderdale, Fla. HM3 Sosa is NHTP's newest preventive medicine technician. He arrived from Branch Health Clinic, Naval Air Station Key West, Fla., where he was a general-duty corpsman. "It was great," HM3 Sosa said. He said the small clinic required staff to diversify; so he worked in the lab, in pharmacy, in the dental clinic and assisted in the Radiology Dept. HM3 Sosa's immediate goal is to make rank. Longer term, he wants to become an Environmental Health Officer. Hobbies include boating, fishing, spear fishing, scuba diving and jet skiing.



PSSA Rachel Dietz

Personnel Specialist Seaman Apprentice Rachel Dietz has only been in the Navy five months and she likes what she's experienced. "I was excited to get orders for Twentynine Palms because it's California," she said. "And then I started Googling and I saw it's in the middle of the desert; but that's good! One of the reasons I joined the Navy was to see different places." She arrived from the 22-day "A" School for Personnel Specialists at the Naval Technical Training Center, Meridian, Miss. Assigned to NHTP's Human Resources Dept., she said "I love customer service and helping people," in reference to choosing the Personnel Specialist rating. Her dad had been a Navy disbursing clerk and she wanted to follow in his footsteps. Hometown is Dagsboro, Del. Dietz plans on making the Navy her career and earn her Master's degree. After 20 years she wants to become a math teacher. Hobbies include painting and reading.



The Robert E. Bush Naval Hospital Color Guard, led by Hospital Corpsman Second Class Serrita Coleman (second from left), marched in the 66th annual Yucca Valley Grubstake Days Parade May 28. Hospitalman Michael Deleon (far left), HM3 Donald Williams and HN Richard Cracium (far right) represented the Naval Hospital as they spent Saturday morning marching from Kickapoo Ave. to Sage Ave. Parade watchers shouted "Go Navy!" and stood at attention as the nation's colors passed by.

Health Differences in Gender Continued from Page 3

Finding better ways to help men and women quit smoking is important for everyone's health. More than 16 million Americans have diseases caused by smoking. It's the leading cause of preventable death in the U.S.

Scientists have found sex influences autoimmune disorders as well. About 80 percent of those affected are women. But autoimmune conditions in men are often more severe. For instance, more women than men get multiple sclerosis (MS), a disease in which the body's immune system attacks the brain and spinal cord. But men seem more likely to get a progressive form of MS that gradually worsens and is more challenging to treat.

"Not only are women more susceptible to MS, but women also have many more considerations in the management of the disease, especially since it often begins during child-bearing years," says Dr. Ellen Mowry, a specialist who studies MS at Johns Hopkins University.

Reprinted from NIH News in Health, May 2016, and edited to fit the available space.



Cmdr. Wendy Stone demonstrates a water purification device at NHTP's Safety Stand-Down May 26. The Safety Stand-Down reminded Sailors and staff to observe safe practices during the 101 days of summer, the period between Memorial Day and Labor Day. Table displays included Health Promotion and Wellness, Clean Hands, Motorcycle Safety, Auto Skills, Mental Health, Natural Resources and Environmental Affairs (NREA), Sexual Assault Prevention and Response, MCCS "That Guy" (Substance abuse counseling), and the Chaplain's Care Giver Stress Relief Table.



The Robert E. Bush Naval Hospital celebrated Asian American Pacific Islander Heritage Month May 26. Guest Speaker was Lt. Col. Frank Marilao (center), Assistant Chief of Staff for Community Services aboard the Marine Air Ground Combat Center. Lt. Col. Marilao is a U.S. Marine Air Ground Task Force Intelligence officer. He regaled audience members with stories about his Filipino father, his career as a U.S. Marine intelligence officer, and his interactions with fellow Filipinos throughout his career. Following his remarks, a Thai dance and Filipino tinkling dances were performed. The fierce Maori Haka dance was demonstrated via a video featuring professional dancers. Traditional foods were featured following the dance performances and the benediction. The Chief's Mess, the First Class Petty Officer Association and various individuals contributed to the cost of the Lechon, the traditional Filipino roast pig.

