



Robert E. Bush  
Naval Hospital

### Did you know?...

You have the right to express your concerns about patient safety and quality of care.

There are several avenues open to you:

- \* Through the ICE website.
- \* Through the Naval Hospital Customer Comment Cards.

\* The Hospital's Customer Relations Officer at 760-830-2475, or any of the Customer Relations representatives in the hospital's clinics.

Or Directly to the Joint Commission via:

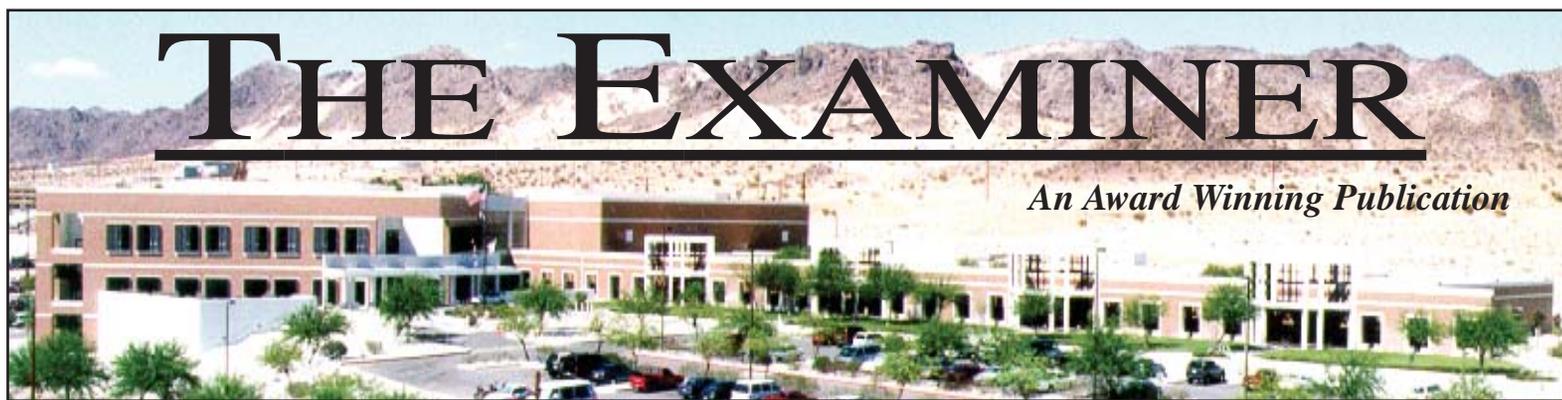
E-mail at  
complaint@jointcomission.org

Fax:  
Office of Quality Monitoring  
630-792-5636

Mail:  
Office of Quality Monitoring  
The Joint Commission  
Oak Renaissance Boulevard  
Oakbrook Terrace, IL 60181

Presort Standard  
U.S. POSTAGE  
PAID  
YUCCA VALLEY  
CA 92284  
PERMIT NO. 40

Commanding Officer  
Naval Hospital Public Affairs Office  
Box 788250 MAGTFTC  
Twentynine Palms, CA 92278-8250



An Award Winning Publication

<http://www.med.navy.mil/sites/nhttp/pages/default.aspx>

## Program Connects Deployed Marines, Sailors with Families

Over the years, telecommunications technology has been able to bring military families closer together, even when they are half a world apart.

However, the cost of that technology can create a financial hardship on families if they have to pay for it themselves.

One group that strives to support deployed Marines and Sailors is the "Freedom Calls Foundation." They provide 1.5 million telephone minutes per month on the Freedom Calls Satellite network to military families. Also, among other things they offer is Video Teleconferences to military families so they can share family milestones like the birth of a new baby... all at no cost to the

military family.

Recently, LCpl. Francisco Vazquez, of 3rd LAR was able to see his new son who was born April 1, via a Video Teleconference at the Robert E. Bush Naval Hospital. Vazquez was also able to visit with his wife Giselle and daughter Angelina via teleconference.

The Naval Hospital is happy to help family members share the joyous moment of a new family member with a new father who may be on deployment any where a teleconference can be arranged.

For more information about Freedom Calls Foundation contact the Naval Hospital's Desert Beginnings at 830-2258 or email [jharlow@freedomcalls.org](mailto:jharlow@freedomcalls.org)



*New Mom, Giselle Vazquez and big sister Angelina along with the new addition to the family, Alexander, visit with proud father LCpl Francisco Vazquez, who is looking on from the video screen, thanks to Freedom Calls Foundation. Photo by SK1 Kimberley Blain-Sweet*

## Mammography Van Makes Encore Appearance at Combat Center



Last month the Naval Hospital scheduled the Elizabeth Center for Cancer Detection Mammography Van at the hospital for the convenience of patients.

During this first successful visit, more than 30 patients were able to take advantage of the services offered.

One patient stated, "It was so easy...one stop shop. I didn't have to take off from work to get this done. The staff were very friendly. Everything went smoothly. This was the best mammogram I've ever had...the staff were very caring and professional. It was nice to have the nurse practitioner to do the breast exam first prior to the mammogram."

Once again the Mammography Van has been scheduled to visit the Combat Center, however to further the convenience for eligible beneficiaries, this time the Mammography Van will be available at the Naval Hospital from 8 a.m. to 4 p.m., Friday, May 8, and on Saturday May 30, the van will be at the Commissary Parking Lot. Appointments are strongly encouraged, but walk ins will be seen on a first come first served basis. For more information or to make your appointment, please call Becky Hale at 830-2501.

*In the photo, Mei-Che Chambers, with her husband Philip looking, on is the first customer to register and take advantage of the Mammography Van visit.*

# World No Tobacco Day set for May 31, 2009

## *Combat Readiness And Tobacco Do Not Mix!*

*By Martha Hunt, MA  
Health Promotion Coordinator  
Robert E. Bush Naval Hospital*

For every dollar earned in tobacco sales on base, the health care side of the base loses eight dollars due to excess health care attributed directly to tobacco use.

The most likely causes of early medical discharge from all branches of the military are directly related to tobacco use - such as cancer, heart disease, and lung disease. In fact, tobacco use is associated with excess training costs to the DoD of an additional \$130 million every year. Not to mention, each tobacco user costs the DoD over \$5,200 in lost wages due to tobacco breaks.

Because of tobacco use by active duty military, the DoD spends almost \$1.6 billion every year due to premature death and disability costs. This amount does not include the amount spent on non-debilitating health costs such as increased colds or asthma, costs from lost work days, or health care for dependents, veterans or retirees.

Seventy percent of all Marines and over half of all Navy personnel use some form of tobacco. On a base the size of ours,

this translates to thousands of active duty smoking, dipping or using both forms of tobacco. The Air Force has determined that if all active duty in the Air Force stopped using tobacco, they could man an average sized base with the savings from health care costs and man-hours lost to smoking breaks.

Tobacco is one of the most addictive substances on earth and affects every part of your body. With regards to combat readiness, tobacco use affects how well your heart pumps and how well you breathe and get oxygen to your body. Tobacco use damages your lungs by cutting down on your air flow and limiting the amount of oxygen that is available to your muscles in times of stress.

Some of the other effects of tobacco that impede combat readiness include the fact that tobacco dehydrates you. If you are fighting in a desert environment, you will need even more water to stay hydrated than a non-tobacco user. When you are dehydrated, especially when under the stress of combat, you are at even greater risk of overheating and heat injury.

Tobacco also puts you at increased risk of injury, prolonged healing and increased risk of infection. Tobacco leaches the calcium from your body and leads to increased bone

breaking and fractures. Tobacco use also decreases your stamina so that when you are under the stress of deployment, you become run down more easily.

Tobacco use decreases your mental acuity and increases your stress. Yes, everyone thinks that tobacco helps with stress, but what it really does is give you a dose of the pleasure chemicals in your brain so you feel happy for a few minutes. The long term effects of tobacco are decreased mental acuity and increased stress.

Regarding the mental health impact of tobacco on readiness, we know that those individuals

who are exposed to trauma such as combat or an assault are twice as likely to develop post traumatic stress disorder (PTSD) if they also use tobacco. Long term tobacco use also can lead to increased anxiety and depression.

Tobacco use also makes you an easier target in battle. A lit cigarette butt can be seen at two miles and a puddle of spit tobacco in the sand holds a heat signature for 15 minutes. Smoking also increases your core body temperature making you stand out more on night vision.

Finally, tobacco damages your night vision. Whether standing

guard or driving at night, tobacco damages how well you see in the dark and puts you at increased risk of accidents or missing important information you need to know.

If you are interested in quitting tobacco, the medications are no longer locked to the formal class. Contact your health care provider for the meds and contact health promotion and wellness at 830-2814 for the education materials. Remember that knowledge is power and the more information you have regarding giving up tobacco, the more likely you will be to succeed.

Published by Hi-Desert Publishing, a private firm in no way connected with the Department of Defense, the United States Marine Corps, United States Navy or Naval Hospital, Twentynine Palms under exclusive written contract with the Marine Air Ground Task Force Training Command. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the United States Marine Corps, the United States Navy or Hi-Desert Publishing of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected. Editorial content is prepared by the Public Affairs Office, Naval Hospital, Twentynine Palms, Calif.

#### **Commanding Officer**

Captain Don Cenon B. Albia, MSC, USN

#### **Executive Officer**

Captain Bruce Laverty, MC, USN

#### **Command Master Chief**

HMCM (FMF) Kevin Hughes, USN

#### **Public Affairs Officer/Editor**

Dan Barber

#### **Public Affairs Assistant**

SK1 Kimberly Blain-Sweet

#### **Command Ombudsman**

Lacy Richey

Care Line 830-2716

Cell Phone (760) 910-2050

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.

#### **How to reach us...**

Commanding Officer Naval Hospital  
Public Affairs Office  
Box 788250 MAGTFC  
Twentynine Palms, CA 92278-8250  
Com: (760) 830-2362  
DSN: 230-2362  
FAX: (760) 830-2385  
E-mail: d.barber@nhtp.med.navy.mil  
Hi-Desert Publishing Company  
56445 Twentynine Palms Highway  
Yucca Valley, CA 92284  
Com: (760) 365-3315  
FAX: (760) 365-8686



## Snake Safety!

## With the Approach of Warm Weather Comes the season of the Snake

*By Martha Hunt, MA  
Health Promotion Coordinator  
Robert E. Bush Naval Hospital*

Snakes can be scary! You may have come to the desert for the first time and think they are lurking in every crack and crevice waiting to attack! Not all snakes are harmful to humans and in the end, snakes are a part of the beautiful desert we live in. Here is some helpful information to help you avoid a dangerous encounter with a snake and what to do if you do encounter one.

Snakes love to hide and burrow where it is quiet, dark and cool. There are 45,000 snake bites per year in the US, approximately 8,000 are venomous snake bites reported annually in the United States leading to less than 20 fatalities per year. Approximately 3000 of these bites are classed as "illegitimate," meaning these bites occurred while the victim was handling or molesting the snake. Don't tease snakes!

*Continued on page 7*

## Ombudsman Corner

Summer, Oh  
Summer...  
How we missed you!

**W**ith your 120 degree days and your 'feels like a hair dryer' winds, we look forward to the challenges you have for us this year!

Summertime in the desert can be somewhat of a culture shock for new comers. Seriously, some days can get up to 120 or higher in the dead of summer, but there are ways to deal with it.

Remembering the following suggestions can help you get through summertime in the desert:

~ Change your filters and service your air conditioner if needed. Change the pads on your swamp cooler and run water through the lines, especially before starting it up for the first time, and each time after that.

~ Get outside while it is still pleasant enough to do so. Clean your yard of weeds. Use the hula hoe and get those little stickers out of the way before they dry up and become a painful stick in your foot. If you own your home, keep shrubs watered (in the morning for best results), or get rid of them all together if they are already dried up. Keeps you prepared for fire season.

~ Put a shade structure out for your outdoor pets. You don't like to stand in the sun all day, and neither does your dog. Make sure they have plenty of water for the day and that they are up on all their shots. If you have a big shaggy dog, you might want to get it a good hair cut.

~ Keep water with you at all times. You need to drink more water in the desert and in the summer -- probably more than you ever did before. When you start to notice how dry your hands are and how your back itches from the dry skin, you will realize how much more water you need to drink!



~ Sunscreen, Sunscreen, Sunscreen!!! Make it a part of your morning routine... Brush teeth, comb hair, put on sunscreen. Even if you work inside for most of the day, you will be surprised how much sun you get just driving back and forth to work and in the little bit of time you spend outside walking to and from your vehicle, from one building to another, to lunch and back.

~ With the warming of the weather comes more activity from wildlife, critters and insects. The desert is home to lots of things you need to be aware of -- NOT afraid of, just aware of. (See the Snake Safety article on page 2 of this issue). Keep in mind that, just like you, other living things want to find cool, shady spots to hang out. So, be careful when moving stuff around in your garage or the back yard. You might find a snake, scorpion, or spider has moved in over night.

By being aware of your surroundings and keeping up on proper desert living, you can have a happy, enjoyable desert summer!

## Curb Alcohol Abuse with Help from TRICARE

By Kristen Ward  
TriWest Healthcare Alliance

**I**t only takes one... A single drink can have multiple effects on an individual. Depending on the person, these could include difficulty walking, blurred vision, slurred speech, slowed reaction times or impaired memory.

Those are just a few of the short-term effects. Heavy drinking over a long period of time can lead to anxiety, depression, blackouts or liver disease, not to mention the cumulative impact on spouses and children.

Despite these dangers, the Department of Defense (DoD) estimates that nearly a quarter of active duty service members (ADSM) consider themselves regular heavy drinkers... defined as having five or more drinks at least once a week. This habit can also negatively affect military careers and relationships.

Fortunately, the DoD offers resources to encourage responsible drinking or eliminate drinking entirely as part of its TRICARE entitlement.

### TRICARE Offers Behavioral Health Support

If there is a pattern of heavy drinking or changes in personality, help is available.

TRICARE covers certain treatments for abuse of alcohol and other substances. To use TRICARE benefits, ADSMs must get a referral through their primary care manager (PCM).

Active duty family members may call 1-888-TRI-WEST (874-9378) to see what services are available in their area.

Any applicable co-pays or deductibles and cost-shares (based on the sponsor's status and TRICARE program) will apply. Use network providers to save money. Specific coverage and limitations are found at [www.tricare.mil/mybenefit](http://www.tricare.mil/mybenefit)>Mental Health and Behavior>Types of Treatment>Treatment for Substance Use Disorders.

### Steps to Curb Excessive Drinking

Drinking can have less of an impact if a person

seeks help. For anyone trying to cut back on their drinking, there are several steps to take:

\* Write it down. Keep track of how much alcohol is consumed on a calendar or in a journal. By taking note of each drink, a person becomes aware.

\* Know the numbers. Be aware of standard drink sizes--12 ounces of regular beer, five ounces of wine, and 1.5 ounces of 80-proof spirits

\* Set limits. Decide when and how much to drink. The National Institute for Alcohol Abuse and Alcoholism recommends that men limit themselves to a maximum of two drinks per day and women no more than one drink per day.

\* Use the buddy system. Just like on the battlefield, ensure that a buddy is protected from danger. Confront that person if his or her drinking is spiraling out of control.

### Resources Available

Other support groups and therapy treatments are also available. Check out these resources:

\* [www.aa.org](http://www.aa.org): Find an Alcoholics Anonymous meeting near you.

\* [www.triwest.com](http://www.triwest.com): Visit TriWest's Behavioral Health portal under "Beneficiary Services" to watch streaming video of "Help From Home," which offers advice from behavioral health experts who are also combat veterans and military families that have coped with effects of combat stress.

\* [www.thatguy.com](http://www.thatguy.com): Learn about "That Guy" and the pitfalls of binge drinking through humor, testimonials and video.

\* [www.militaryonesource.com](http://www.militaryonesource.com): Click on the "mind" tab on the left-hand menu, then click "alcohol" for many resources available to active duty service members and their families.

\* [www.afterdeployment.org](http://www.afterdeployment.org): Read and watch testimonials from other service members describing how they overcame their post-deployment challenges.

Atlas  
2X3

Builders Supply  
2X3

# Super Stars...



*HMI Douglas Ayala, Command Career Counselor, receives his fourth Good Conduct Award.*



*Lt. Tawanna Birdsong-Blanche, Patient Administration Officer, receives a Navy and Marine Corps Achievement Medal.*



*Lt. Cmdr. Mark Anderson, Main Operating Room, receives a Letter of Commendation for being named Officer of the Quarter for the period January 1 through March 31.*



*Scott Hanson, Information Management Department receives a Federal Length of Service Award for 25 years.*



*Maggie Samaniego, Fiscal Department, receives her Federal Length of Service Award for 30 years.*



*Cmdr. John Crabill, Physician in the Family Medicine Clinic, receives a Bronze Star Medal.*



*YN3 Brandon Dobbs, Manpower, receives a Navy and Marine Corps Achievement Medal.*



*HN Steven Foley, Emergency Medicine Department, is selected as the Blue Jacket of the Quarter for the period October 1 through December 31, 2008.*



*HM3 Jerad Jurgensmier, Adult Medical Care Clinic, takes the oath during his recent reenlistment ceremony.*



*HM3 Mariaglen Cubero, Laboratory Department, receives her second Good Conduct Award.*



*Luanne Etimani, Internal Medicine Clinic, is the winner of the hospital's Infection Control Competition.*



*SKSN James Nicholson, receives a Letter of Appreciation.*



*HM3 Sheena Hayes, Main Operating Room receives her second Good Conduct Award.*



*HM2 Jose Mata, Multi-Service Award, receives a Letter of Commendation for being selected as Junior Sailor of the Quarter for the first Quarter.*



**HN Megan Moore, Maternal Infant Nursing Department, receives a Letter of Commendation.**



**HM3 Sarilyn Ogumoro, Main Operating Room, receives a Letter of Commendation for her selection of Junior Sailor of the Quarter for the last Quarter of 2008.**



**SKSN James Nicholson, has been selected as the Blue Jacket of the Quarter for the first period of 2009.**



**HM2 Ashley Groke, receives a Navy and Marine Corps Achievement Medal.**



**HM3 Hong Patterson, Preventive Medicine Department, receives a Flag Letter of Commendation.**



**HM2 Christopher Valentin, Radiology Department, receives his third Good Conduct Award.**



**CS3 Juan Neito, Food Services, receives a gold star in lieu of a second award of a Navy and Marine Corps Achievement Medal.**



**Antonette Serviss, Pediatrics Clinic, has been selected as the Junior Civilian of the Quarter for the first Quarter of 2009.**



**CS3 Gao Xiong, Food Services Department, receives a gold star in lieu of a Second Navy and Marine Corps Achievement Medal.**

**NAVY** ENLISTED TO OFFICER  
You decide your future...

**WANTED**

- Leadership
- Integrity
- Management
- Experience
- Education

Medical Service Corps In-Service Procurement Program (MSCIPP)  
 Medical Enlisted Commissioning Program (MECP)  
 Enlisted Commissioning program (ECP)  
 Chief Warrant Officer (CWO)  
 Limited Duty Officer (LDO)  
 Seaman to Admiral (STA-21)  
 U.S. Naval Academy (USNA)  
 Officer Candidate School (OCS)

For more information about programs of your interest visit [www.navycollege.navy.mil](http://www.navycollege.navy.mil)  
 Contact The Command Career Counselor at 830-2383

# TRICARE Helps Families Face Autism

Brian P. Smith  
TriWest Healthcare Alliance

Autism delays the development of important life skills.

Most people may take these social and communication skills for granted, but autism-related delays and problem behaviors usually start in infancy and can last a lifetime. Life is challenging not only for the diagnosed child, but for parents and sib-

lings, too.

Talk to your child's primary care manager if you have concerns about your child's development. Developmental delays may have a number of root causes, but treatment is most effective with early intervention.

For an autism diagnosis, Applied Behavior Analysis (ABA) may help reduce problem behaviors and teach new skills, according to the National Institute of Child Health and

Human Development. TRICARE's Enhanced Access to Autism Services

Demonstration allows eligible active duty military families access to certain ABA services.

The demonstration benefit is growing to help families get the care they need. In the past three months, the number of Autism Services Demonstration supervisors has doubled in the TRICARE west region. TRICARE recently increased the annual benefit reimbursement limit for certain Extended Care Health Option (ECHO) services, including the Autism Services Demonstration, by 20 percent.

\* certain transportation  
\* services under the Autism Services Demonstration

Children eligible for the Autism Services Demonstration must have an active duty sponsor, be living in the United States, be age 18 months or older, and be enrolled in the ECHO program through their regional TRICARE contractor. A TriWest Healthcare Alliance ECHO case manager helps eligible families in TRICARE's 21-state west region to enroll into the ECHO program and the demonstration, find providers and get the required authoriza-

***TriWest's ECHO case manager can help explain the program, the benefits and the costs. A case manager directory is available online at [www.triwest.com/beneficiary/echo](http://www.triwest.com/beneficiary/echo). You may also call 1-888-TRIWEST (874-9378) for assistance.***

TRICARE implemented a fiscal year (Oct. 1 to Sept. 30) ECHO reimbursement limit of \$36,000. Certain ECHO services remain subject to a \$2,500 monthly cap and count towards the fiscal year limit, with the exception of the following services that have no monthly cap but also accrue to the fiscal year limit:

- \* training
- \* rehabilitation
- \* special education
- \* assistive technology devices
- \* institutional care

tions. TriWest also offers an interactive state-by-state directory of contracted EIA supervisors in the TRICARE West Region online at [www.triwest.com/autism](http://www.triwest.com/autism).

Registered users can also track reimbursements throughout the year by logging on to a secure [www.triwest.com](http://www.triwest.com) account to view past and current explanations of benefits. Beneficiaries who use ECHO are also responsible for monthly cost-shares based on the sponsor's pay grade. Cost information is available at [www.tricare.mil/costs](http://www.tricare.mil/costs).

Cleaning  
by George  
2X3  
96627

MBTA  
2X8

## TRICARE Covers Vaccine to Prevent Cervical Cancer

By Diane R. Mayer  
TriWest Healthcare Alliance

**A** vaccine can save the lives of more than 11,000 women this year.

That equals about 30 women a day in the United States, according to the American Cancer Society.

These women are diagnosed with cervical cancer; almost 4,000 will die from this frequently preventable disease.

Human papillomavirus (HPV) has been found to be the number one cause of cervical cancer. However, there is an HPV vaccine.

This TRICARE-covered benefit is available to protect against certain types of HPV viruses that have been linked to cervical cancer.

The risk of developing cervical cancer can be greatly reduced by taking the following steps:

1. Get Regular Pap Tests  
Why get tested? Sixty percent of the cervical cancers currently diagnosed in the United States are in women who have never received a Pap test or who have not been tested in the past five years. Start testing within three years of becoming sexually active or at age 18, whichever comes first.

2. Obtain the Human Papillomavirus (HPV) Vaccine  
The HPV vaccine can be given at the same time as other vaccines. The Centers for Disease Control and Prevention (CDC) recommends the vaccine be administered to females ages 11 to 26 years old, although girls as young as 9 may receive it.

The vaccine does not protect against every type of HPV infection and cannot prevent all cervical cancers. It is still important to continue getting regular exams and Pap tests.

Women interested in getting the HPV vaccine should contact their physician.

For more information call 888-TRIWEST (874-9378).

## New Online Videos Help Military Families Understand Health Benefits

PHOENIX -- Grab the popcorn-- military families throughout TRICARE's west region now have a new, easy way to learn about their healthcare benefits through one of America's favorite past-times...the movies.

TriWest Healthcare Alliance -- the Department of Defense contractor that administers TRICARE, the military's healthcare entitlement, in 21 western states -- is expanding its beneficiary education program to include streaming videos designed to help service members and their families understand their healthcare benefits.

"TRICARE 2 You" video topics, which run an average of three minutes in a prime-time news format, include explanations of TRICARE plan options, how to access specialty care, behavioral health resources, pharmacy options and newborn enrollment, among others.

"We wanted to do whatever it takes to help our beneficiaries maximize use of their TRICARE benefit and avoid out-of-pocket costs," said David J. McIntyre, president and CEO of TriWest Healthcare Alliance. "This is especially useful for service members, particularly those in the National Guard and Reserve who live or work in rural areas without convenient access to military base resources."

Produced by TriWest, in partnership with TRICARE Regional Office-West, the videos are housed in the company's new "TRICARE 2 You Online Library" at [www.triwest.com/T2U](http://www.triwest.com/T2U). The portal also includes eNewsletters and published articles that answer frequently asked questions about TRICARE topics, as well as links to related resources, enabling families throughout the west region to find answers to common healthcare questions anytime, from anywhere with an Internet connection.

TriWest is also making the videos available upon request to military treatment facilities (MTFs) across the west region that are equipped with DVD capabilities so patients waiting for appointments or prescriptions may view TRICARE 2 You videos while they wait.

For more information about TRICARE benefits or TriWest Healthcare Alliance, visit [www.triwest.com](http://www.triwest.com) or call 1-888-TRI-WEST (874-9378).

### About TriWest

TriWest Healthcare Alliance partners with the Department of Defense to do "Whatever It Takes" to support the healthcare needs of 2.7 million members of America's military family. A Phoenix-based corporation, TriWest provides access to cost-effective, high-quality health care in the 21-state TRICARE West Region. Visit [www.triwest.com](http://www.triwest.com) for more information.

Loan Lady  
2X3

## Snake Safety...

*Continued from page 2*

They bite to defend themselves and the snake usually ends up paying for your teasing with its life.

Who is most likely to be bitten? The most common picture of someone bit by a snake is a young male who has been recently drinking. Of those bites that are not provoked by people, most are below the knee and half are dry (meaning that no venom was injected). Squeezing the venom glands to inject is a voluntary act on the snakes' part meaning that strikes against humans are generally defensive actions. Therefore, it is estimated that no venom is purposely injected in about half of all bites. This holds true with all pit vipers such as rattlesnakes. The stabbing strike of a pit viper can be recognized by one or two definite puncture wounds on the skin, and if venom is injected there will be intense, burning pain and swelling around the holes.

All poisonous snake bites are medical emergencies! Snake bites can cause severe local tissue damage and often require follow-up care. Here are helpful tips if you are ever bitten by a snake:

- \* Try to safely and quickly identify the species of snake if practical and safe and move the victim to safety. Have one person take charge of the situation very early to improve life saving situation. If you stay calm, the person bitten will stay calmer and will have a better change of survival.
- \* Remove any jewelry or tight fitting clothing and quickly tie a light, restricting band both above and below the bite area a few inches away from the puncture/bite marks. Never tie a tight band around the bite area as this can cause the limb to be amputated later.
- \* Keep the bitten limb below heart level as this will help keep the venom from circulating too quickly. If the area of the bite begins to swell and change color, the snake was probably poisonous.
- \* Do not suck the venom from the wound. This has been shown in the long run to be ineffective in saving lives and it also puts you at risk of blood

born diseases like hepatitis or HIV.

\* Rapidly apply antiseptic cleanser to the entire area and place a cold compress as closely as possible. Do not pack the area in ice or make the area too cold as this can lead to amputation of the bitten limb.

\* Check constriction bands periodically as swelling may occur and loosen as needed.

\* Monitor the victim for symptoms of shock and be prepared to administer appropriate treatment such as CPR.

\* Do not administer alcohol or cause additional stress to the victim. Also, avoid food or liquid intake.

\* Keep the victim warm and immobilized as practical. Movement to a proper treatment facility is more crucial than maintaining immobile status.

\* As soon as safely possible, transport the victim to a competent medical facility. Ideally, all of the above steps can be performed at the same time as the victim is being transported. Keep the victim as comfortable as possible and reassure them that survival is not in question.

\* Identify the snake as best as possible as it usually takes several hours for snake venom to kill and the right antivenom can save the victim's life. Do not try to kill the snake as it may bite you, leaving two people in need of medical help instead of one!

The primary purpose of this first aid is to slow down or reduce the spread of the venom and to protect the victim from further trauma. After you have gotten medical help for the bite victim, stand by for back up assistance or side task assignments like contacting relatives, protecting scene materials, providing useful information of incident facts, describe first aid administered, etc.. Finally, be confident that you did everything possible to assure as successful an outcome as possible for the bite victim.

Remember, don't tease snakes and they will leave you alone whenever possible. Snakes are more afraid of you than you are of them and you both loose when you tangle with a snake.

Avalon  
3X4

## National Women's Health Week: "It's Your Time!"

**N**ational Women's Health Week begins on Mother's Day, as it does every year. It will be celebrated May 10-16, 2009. This is a nationwide effort, coordinated by the U.S. Department of Health and Human Services' Office on Women's Health. This year's theme is "It's Your Time! Pamper Your Mind, Body, and Spirit." This is an important message for women to take to heart. As the primary caretakers of most of the world's people, women often focus on the needs of others and forget to keep as close an eye on their own health and well-being.

It is important for women to get regular checkups because: Screening tests, such as mammograms and Pap tests, can find diseases early, when they are easier to treat. Some women need certain screening tests earlier, or more often, than others. Screenings and routine care can help women lower their risks of many health conditions, including heart disease. Women should discuss with their health care provider which of the tests are right for them, when they should have them, and how often.

At Naval Hospital Twentynine Palms, we will be kicking off National Women's Health Week by having the mobile mammography van here again on May 8 to offer screening mammograms on a walk in first come, first serve basis or by appt. during our normal clinic hours. We will also be offering Pap tests in our OB/GYN clinic on this date. The mobile mammography van will also be at the commissary on May 30 from 7:30 a.m. to 4 p.m. Patients, who would like to schedule an appt. or have any questions, can contact Becky Hale at 830-2501. Patients, who would like to schedule an appt. with their provider, may do so by calling central appts. at 830-2752.

VIP  
3X5  
96409  
Full Color

## Hospital's Laboratory Celebrates Laboratory Week



*Laboratory staff celebrating National Laboratory Week last month from April 20 through the 24th, are from left to right, HM1 Cabanlit, Lt. Gaskin, Donna Landry, Rebecca Kyle, HM3 Mangosing, HMC Malaguít, HM3 Dollete, HM1 Escobal, Audrey Waters, Lt. Angelo, HM3 Cubero.*

### Life's Lesson...

You know you are getting old when --

- \* In a hostage situation you are likely to be released first
- \* Your joints are more accurate than the National Weather Service
- \* Things you buy now won't wear out
- \* Your secrets are safe with your friends because they can't remember them

House  
2X5  
Full Color