

**NAVAL BRANCH HEALTH CLINIC BAHRAIN, BLDG 265**

PSC 451 BOX 340  
 FPO AE 09834-2800  
 DSN: 318-439-4260  
 COMM: 011-573-1785-4260  
**EMERGENCIES**  
 ON BASE: 1785-6226 / 439-6226  
 OFF BASE: 999

**Command Suite:**  
 Officer in Charge:  
 CAPT Rachel Haltner

Senior Enlisted Leader:  
 HMCM Rory Miller

**Clinic Departments:**

- Primary Care
- Occupational Health
- Mental Health
- Administration
- Dental

**Inside this issue:**

Assumption of Charge	1
Offered Training	1
Transferring Refills	1
Industrial Hygiene	1
Town Hall Meeting	2
Staff Spotlight	2
Mammograms	2
Nurse Advice Line	2
TRICARE Tid-bits	2
Doctor's Corner	2

**HOURS OF OPERATION**

URGENT CARE 24/7

SUN, MON, WED, THUR:  
 0800-1530

TUE: 0800-1130

**TOLL FREE TRICARE NURSE  
 ADVICE LINE:**

8000-0453  
 FROM CELL OR LAND LINE

**CUSTOMER SERVICE REP**

1785-4866 / 439-4866  
 E-MAIL:  
 BHC-CUST-SERV@MED.NAVY.MIL

# The Clinic Chatter



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## NBHC Bahrain Assumption of Charge

Captain Rachel Haltner assumed her position as Officer in Charge (OIC) of Naval Branch Health Clinic (NBHC) Bahrain at a ceremony held March 11 at the NSA Bahrain Chapel. CDR Lewis, who had assumed Interim OIC duties prior to CAPT Haltner's arrival, gave opening remarks and thanked the clinic staff for their hard work during her time as OIC. CAPT Feller, Naval Hospital's Commanding Officer introduced RDML Kiser as the guest speaker, where he spoke of the importance of ceremonies as they highlight significant events. CAPT Haltner then read her orders and assumed her duty as OIC. During her speech, she stated the clinic will continue to meet and exceed the expectations of our beneficiaries to deliver the finest and safest health care. Separately, she addressed the staff with a promise to support them, to get to know them and their families, and to ensure they enjoy each day at their job. Most recently Captain Haltner served on the Board of Directors, first as Director of the seven BHC's in mainland Japan, British Indian Ocean Territory Diego Garcia and the Republic of Korea, and then as Interim Executive Officer. Prior to reporting to NBHC Bahrain, Captain Haltner was a student at the U.S. Naval War College in Newport where she studied National Security and Strategic Studies. CAPT Haltner is a Medical Service Corps Officer, wife, and mother of two wonderful children. We welcome her aboard!



Photo by HM1 Mel Ilustrismo

### Looking for Medical Training?

by HM3 Katie Booher

The Naval Branch Health Clinic's Staff Education and Training Office is offering members of NSA Bahrain a chance to expand their knowledge base and become an AHA Certified Heart Saver-AED or BLS Provider for their command. These courses will teach the basics of CPR, how to properly attach and use an AED to save someone's life and where various AEDs are on base in the event of an emergency. Contact HM1 Trovato or HM3 Booher at 439-3160.

### Pharmacy Refills

by Mrs. Maria Ajlan

The pharmacy will transfer remaining refills of your prescription if all of the following apply:

- It is from a Military Treatment Facility
- It is within a year of it's originally written/filled date,
- The label is available when you check-in to the pharmacy
- Medication is available at our Pharmacy

Prescriptions that have been previously transferred should then be referred to a medical provider. The following prescriptions are not transferrable: Non-formulary, restricted, narcotic, and controlled drugs. Please stop by if you have questions.

### Industrial Hygiene at Your Service!

by Mr. Prasanth Dharmaraj

Industrial Hygiene (IH) is the science of anticipating, recognizing, evaluating, and controlling workplace hazards that may cause worker injury or illness. The clinic's IH division is comprised of one Industrial Hygiene Officer and one technician to assist with workplace monitoring and sampling. They perform periodic surveys of worksites, both ashore and float, to ensure

workers are adequately protected from health hazards and commands are complying with Occupational Safety and Health regulations. In conjunction with Safety and Occupational Health Professionals, Industrial Hygiene will also conduct health hazard investigations to address health concerns of individuals in the workplace. Contact 439-4260 for further questions.



Search 'Naval Branch Health Clinic - Bahrain' on Facebook to become a fan!



RDML Kiser thanked everyone who made the second Town Hall meeting a success. He stated it is pretty evident that the Clinic is having a very positive impact in the community.

Photo by MC2(AW) Jason Poplin

## Were You at the Medical Town Hall Meeting?

RDML William R. Kiser, Commander, Navy Medicine East visited Bahrain to host a second Medical Town Hall meeting. Interim OIC, CDR Lewis, welcomed attendees and handed it off to USNH Sigonella's Commanding Officer, CAPT Feller. She highlighted the achievements, changes, and new additions of the clinic during the past two months as we strive towards quality and family centered care. Some of the highlights included the addition of three more phone lines, facility renovations, and partnerships, including host nation hospital tours. RDML Kiser summed up the evening by noting that most of the previous issues were addressed and resolved. He also reaffirmed the quality of care, passion to provide care, focus of our providers, and integrity to commitment have remained a constant.

## Staff Spotlight

You're most likely to find HM3 Craig Katzaman at the front desk of Dental checking you into your appointment. Hailing from Maryland, he was recruited into the Navy in 2006 as a Hospital Corpsman Dental Technician (DT). He and his wife Sarah are expecting their first child, a baby girl they will name Madelyn. HM3 enjoys scuba diving and intends to take classes towards his Bachelors of Science degree. HM3 Katzaman has enjoyed his dental technician experience so much, he ultimately wants to become a dentist. Also noteworthy, Sarah Katzaman is the clinic's Ombudsman.



**"People don't care how much you know until they know how much you care".**

**-Theodore Roosevelt**

## A Guide to Mammogram Referral Services

If you think you need a mammogram, the first step should be scheduling an appointment with a medical provider, mammograms are usually ordered during a yearly physical. The referral process is handled through the HBA office. They will submit and process the request within 72 hours. It may take up to one week to obtain an appointment, but once you have one it is important for you to attend the appointment. If

you need to change or cancel the appointment, you should notify the HBA office immediately. The HBA office will also provide you with all information pertaining to your appointment, including directions to the hospital. Results may take up to 72 hours to get forwarded to the HBA office. Contact the HBA office to check on results, then schedule an appointment with your medical doctor to discuss them. It's that simple!

## Nurse Advice Line

The TRICARE Nurse Advice Line gives you around-the-clock access to medical information and advice with an audio health library with easy-to-understand information on hundreds of topics. It provides registered nurses who can answer questions, provide self-care advice and help you decide if you need to seek immediate care. For Bahrain, the toll free number is 8000-0453, which can be accessed via cell phones and landlines from the base.

## TRICARE Tid-Bits

by Mr. Rolando R. Reyes



The TRICARE Dental Program (TDP) provides low-cost, comprehensive dental insurance for Active Duty military family members. For most dental care received overseas, the program covers 100 percent of the cost with (the) some exceptions. The enrollment form is available at the clinic or online at: [www.TRICAREdentalprogram.com](http://www.TRICAREdentalprogram.com). With your enrollment application, send a check or money order (or credit card for online or fax) for the amount equal to one month's premium to UCCI. Sponsors must en-

roll for a minimum of 12 months and should initiate monthly dental premium allotments with the personnel office. If your application is received by the UCCI by the 20th day of the month, coverage begins on the first day of the next month, otherwise, it will not become effective until the first day of the second month. Before receiving dental care from any UCCI provider, contact UCCI at 888-418-0466 to verify enrollment. Contact the HBA office at 1785-8159 for further assistance.

## Doctor's Orders

by Dr. Emily Crossman



What ARE you putting in your body? With the growing number of dieters there has also been a rapid rise in the use of unregulated supplements. It is important to realize that dietary supplements do NOT need approval from the Food and Drug Administration (FDA) before they are marketed. Only after safety concerns arise can the FDA investigate. One such supplement is hydroxycut. In May 2009, the FDA issued a consumer warning after numerous case of liver toxicity, liver failure, and even death were linked to the use of hydroxycut. Please be wary of what you are putting in your body. For more info, go to [www.fda.gov](http://www.fda.gov) and search dietary supplements or schedule an appointment with a doctor.

