

PACIFIC PULSE

Holiday Edition 2014

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Holiday Health
and Safety Tips



Pacific Pulse

Pacific Pulse
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Pacific Pulse is a professional publication of U.S. Naval Hospital Guam. Its purpose is to educate readers on hospital missions and programs. This publication will also draw upon the medical departments rich historical legacy to instill a sense of pride and professionalism among the Navy Medical Department community and to enhance reader awareness of the increasing relevance of Navy Medicine in and for our nation's defense.

The opinions and assertions herein are the personal views of the authors and do not necessarily reflect the official views of the U.S. Government, Department of Defense, or the Department of the Navy.

Guidelines for Submissions:

This publication is electronically published monthly. Please contact Jennifer Zingalie at jennifer.zingalie@med.navy.mil for deadline of present issue.

Submission requirements:

Articles should be between 300 to 1000 words and present the active voice.

Photos should be a minimum of 300 dpi (action shots preferred)
NO BADGES

Subjects considered:

Feature articles (shipmates and civilians)
Quality of Care
R&D/Innovations
Missions/Significant Events
Community Outreach

On the cover:

Happy Holidays from U.S. Naval Hospital Guam!

Did you know? Christmas Day is a celebrated on December 25. Christmas is a Christian holiday marking the birth of the Christ Child. Decorating houses and yards with lights, putting up Christmas trees, giving gifts, and sending greeting cards have become holiday traditions even for many non-Christian Americans.

New Year's Day is January 1. The celebration of this holiday begins the night before, when Americans gather to wish each other a happy and prosperous coming year. Many Americans make New Year's resolutions.

Information from: USA.gov

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On the Web:

Thank you for taking the time to rate and provide us with your comments and suggestions.

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Commanding Officer Capt. Jeannie Comlish

Readiness

Hafa Adai Naval Hospital Guam Team! This is our last issue of the Pacific Pulse before we enter the New Year 2015! As we look back on 2014, each and every one of you should be very proud of the numerous accomplishments achieved. This time last year you were preparing for the huge move to this beautiful new facility. And what a move that was! With only 45 days to train on this potentially high risk evolution, 23 patients were safely moved on Easter Sunday. Most hospitals train for up to six months or more for such a move. In addition, our team was recognized for many more achievements this past year, to include: Receipt of the Meritorious Unit Commendation, Joint Commission Accreditation, National Committee for Quality Assurance Level III for all Patient Centered Medical Homes, and the Department of Defense Quality and Patient Safety Award. We were also named the large overseas command winner for the Campaign Drug Free Flagship Award, competing against all Navy commands and

installations.

We learned that 4 DX was not a new gaming device like Xbox One or PS-4, but instead another outstanding approach in our command's Process Improvement toolbox. Armed with a better understanding of how to best implement 4DX, our teams focused "wildly" on the new goal of Leading Navy Medicine in Quality Patient Centered Care. Patient appointment no-show rates were decreased in the Occupation Health, Oral-Maxillofacial Surgery, and General Surgery Departments, among others. The Family Practice Clinics implemented a process in which patient appointments are triaged for the most efficient match to provider skill set. These efforts are making headway in our goal of improving access to care. As mentioned in the last issue of Pacific Pulse, we are leading Navy Medicine in quality as demonstrated by our HEDIS composite score for population health measures. Our Process Improvement Fair highlighted over 18 departmental initiatives to propel

us forward on our path to becoming a High Reliability Organization. All in all, it has been a year highlighted by success.

In the new year, we will continue to focus on those initiatives which ensure safe quality patient care; ensure the readiness of our fighting forces, families, and our own skills; actively engage and work jointly with our sister services and community partners; and remain diligent in identifying efficiencies and cost saving ventures. We have some challenges ahead as we prepare for audit readiness, cyber security inspection and further all hazard/disaster preparedness. I am very confident this team is the best in Navy Medicine and can accomplish any goal set before it.

We must all remember those stationed around the globe, far from family and friends during this holiday period. We pray they remain safe and that perhaps we will witness an outbreak of PEACE in the new year. My son Andrew and I would like to wish everyone a warm:

Felis Nabidat yan Magof na Anu Nuebu

Frohe Weihnachten und glückliches neues Jahr

Maligayang Pasko Manigong Bagong Taon

Feliz Navidad y feliz año Nuevo

Buon Natale e felice anno

JOYEUX NOËL ET BONNE

Merry Christmas và chúc mừng

Merry Christmas and Happy New Year from where America's day begins, and where we get to celebrate the holidays first! As always, it is an honor to serve with you!



Executive Officer **Capt. Mike McGinnis** *Value*

Season's greetings Shipmates! I hope that this holiday season finds you well and energized with the goodwill and traditions associated with this time of year. I know that we in the command suite enjoyed the Christmas caroling from our talented civilian staff – they even had the DFA dancing!

By now all of you should have participated in one of our command holiday safety stand downs. Thank you for your collective attention to the topics discussed. The CO highlighted the importance of instilling a culture of safety and that you all are empowered and expected to step up and call attention to any action (or inaction) that negatively impacts patient safety. You should feel free to discuss concerns with your immediate healthcare team and your leadership. If not, please take it up the chain of command!

We are invested in making our command a high reliability organization. In order to do so, we need engaged leadership, a dominant culture of safety, and ongoing robust process improvement. We have the necessary ingredients starting with the finest staff in Navy Medicine and an incredible facility. This goal requires all hands on deck. Thanks for your engagement with making our command safer for patient care by improving our processes and environment.

In future issues we'll highlight our affiliated nonfederal entities that support the command and our Sailors. Examples of these include the Guam Oakleaf Association, the Latte Stone Nurses Association, CPOA, FCPOA, CSADD and so on. These organizations contribute greatly to our environment and our staff, we're fortunate to have such active groups give us support.

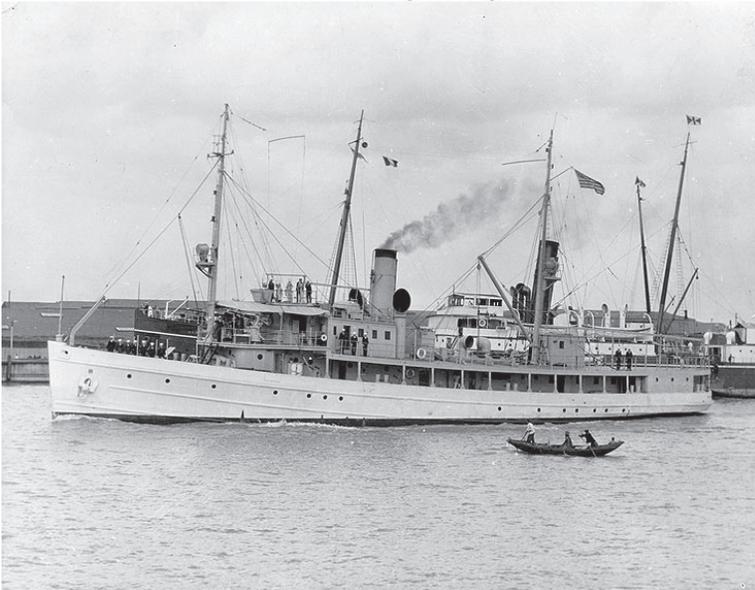
Where did this year go? From my perspective as XO, it's been an incredibly fast but deeply rewarding 2014. We safely moved into a fully operational new hospital on Easter Sunday and didn't miss a beat. A widely attended ribbon cutting ceremony, Joint Commission and change of command followed in rapid succession along with our usual stream of distinguished visitor events. We've been fortunate to host the CNO, the Surgeon General, and Pacific Fleet over this past year. Reflecting a moment, it's amazing all that we have accomplished and we all have much to be proud of. I am fortunate to serve as your Executive Officer, I truly feel blessed. Thanks for all of your hard work and your dedication. My wish is that you all have a special and safe holiday season and a prosperous and healthy new year! I'm looking forward to working with you in 2015 and building on our successes!



Command Master Chief Robert Burton

Jointness

Photo # NH 50755 USS Penguin at Shanghai, China



Jersey. She was commissioned on 21 November, 1918. Decommissioned in 1922, the Navy would re-commission her a year later and then send her the Asiatic fleet. She would stand patrol duty on the Yangtze river out of Shanghai until the end of the 1920s. She then traveled to Guam via Cavite Philippines, main base of the Asiatic Fleet.

The USS Penguin was on patrol duty the night of 7 December. She would return the next morning due to a boiler leak and with her radio inoperable. Arriving shortly before 8 AM on the 8th, 1/3 of her complement of 78 went home. A note from Governor McMillian arrived for her Commanding Officer, LT Haviland, directing him to put to sea immediately. The ship slipped her moorings and went to sea to face the enemy.

A mile off Agat, three Japanese planes from Saipan attacked the USS Penguin. They scored not bomb hits, but strafed the ship, killing one and wounding many. The USS Penguin crew managed to shoot down one aircraft, but the Japanese attack seriously damaged the old ship. A mile off Orote point, LT Haviland with part of his blown off, ordered the ship scuttled in deep water and the crew went ashore in life rafts or by swimming.

This story is not as familiar as the story of LT Tweed, who survived the occupation of Guam in a cave. However, we should remember the brave crew of the USS Penguin, who went out to face the enemy in an old ship against some of the best aircraft in the Pacific.

December is always remembered

by the Navy for that fateful day of Sunday, December 7th 1941, when our nation was thrust into WWII. As in 1941, the 7th falls on a Sunday in 2014. However, in Guam the date of the attack was Monday the 8th.

The attacks in Hawaii started shortly before 8 AM, or just before 3 AM, Monday morning in Guam. Word of the attack would arrive via telegram from U.S. Navy Asiatic Fleet HQ in Manila to Governor McMillian of Guam. Naval Forces in Guam were part of the Asiatic Fleet. The biggest Navy ship in Guam was a minesweeper, USS Penguin (AM-33).

The USS Penguin was laid down on 17 November 1917 at the New Jersey Dry Dock and Transportation Co. of Elizabethport, New

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holiday
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Spotlight:

IT2 Sterling

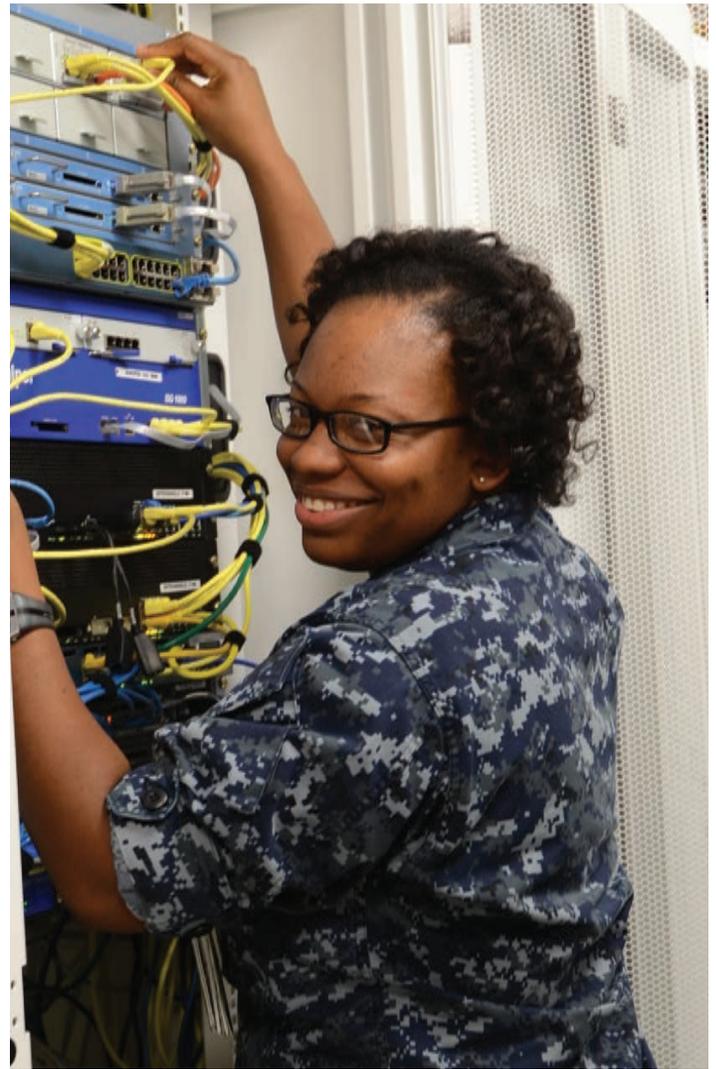
Although she currently works at a hospital and entered the U.S. Navy with hopes of becoming a Corpsman, Information Systems Technician 2nd Class Anquanette Sterling presently helps patients in a different way. In many instances Information Technology (IT) has changed the face of healthcare putting more power into a patient's hands and providing more ways for providers to help patients. The work done by Sterling and her peers affects the technology-based programs that providers at U.S. Naval Hospital Guam rely on, whether to place medical notes, read an x-ray or order medications to name a few.

Currently, Sterling is the lead technician for IT-related trouble tickets. When a ticket comes in, Sterling prioritizes the tickets and assigns it to one of five technicians or to civilians with certain IT specialties when necessary. She is also the lead technician who cares for IT-related issues that concern the Branch Medical Clinic (BMC) and Branch Dental Clinic (BDC) located on Naval Base Guam.

Even though Sterling said she loves what she does, working at a hospital has confirmed two things for her. The first, to pursue her Graduate Degree in Healthcare Informatics, the second, to apply to the Navy's Medical Enlisted Commissioning Program (MECP) to fulfill her dream of becoming a nurse.

"I have wanted to be a nurse since I was 14. Looking back at an old yearbook I had annotated my goals to go to college and get a degree in nursing. It is just amazing how long I have been pursuing this goal," she said.

Sterling believes everything happens for a reason. After high school she did attend college and received an undergraduate in Biology in May of 2009. She married that same year and applied to several nursing schools but did not get picked up. "By that time, I knew I needed to pursue a career and that is what led me to the Navy," she said. After entering the Navy Sterling worked at a couple of operational commands where the majority of her work was



more military related.

Finally, she received orders to Guam where her IT-related functions are similar to that of civilian IT. Although she had tried once before to apply for MCEP, Sterling knew that working at a hospital would help strengthen her application package. Because the package requires some hands-on experience, her current goal is to complete more than 200 hours of on-the-job training before she submits her package next December. Currently, she has completed more than 50.

"I get excited about nursing. I love the interaction with the patients, the joy I get from it is hard to explain—even little things—I currently volunteer with the blood bank, so even just doing vital signs excites me, it is fun!" She said.

According to her Division Officer, Lt. J.g. Michael Conejo, "Even though IT2 is working on putting in her officer package, that hasn't

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It's that time of the year when the partying and celebrations get into high gear. For some of us, it's also that time of the year when we may drink more than we had planned, which can cause unanticipated and negative consequences. The Navy and Marine Corp Public Health Center offers the following tips and resources to prevent this from occurring:

- *Keep track of how much you drink*
- *Write a list of reasons why you want to cut back*
- *Count and measure your drinks accurately*
- *Set limits as to how many times per day or days per week you will drink*
- *Get support from friends and family to help you reduce drinking*
- *Talk to a professional if you have difficulty cutting back or quitting alcohol*
- *Pace yourself and sip slowly; ensure you drink no more than one standard drink per hour*
- *Eat food while drinking so the alcohol is absorbed into your body at a slower rate*
- *Find alternatives to drinking: healthy activities, hobbies or socializing with non- drinkers*
- *Identify and avoid triggers such as people, places or things that contribute to your alcohol use*
- *Develop a plan to deal with urges; talk to someone that is encouraging and motivating*
- *Never give up, keep trying and you are likely to succeed with addressing your alcohol use*



Some of us should not drink at all, depending on our circumstances. Some of those circumstances include:

- *People driving or engaging in activities that require skills and alertness*
- *Persons taking medications that may interfere with and contradict alcohol use*
- *Women who are pregnant or trying to become pregnant*
- *Individuals on duty or at work*
- *Anyone under the legal age to drink*

We can keep our drinking behavior under control. By doing so, we prevent our drinking from controlling us. Having such control over our drinking keeps us free to enjoy the really important stuff in life. So keep in control....to enjoy the holidays!

Resources

NMCPHC Wounded, Ill, and Injured Program: http://www.nmcphc.med.navy.mil/WII/wii_substance_abuse.aspx

NMCPHC Alcohol and Drug Abuse Prevention: http://www.nmcphc.med.navy.mil/Healthy_Living/

National Institute on Alcohol Abuse and Alcoholism: <http://www.niaaa.nih.gov/Pages/default.aspx>

Military Pathways Screening: <http://www.military-mentalhealth.org/screening/default.aspx>

THAT GUY Campaign: www.thatguy.com

Holiday Health and Safety Tips

1 Wash your hands often.

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water for at least 20 seconds. If soap and clean water are not available, use an alcohol-based product.



2 Stay warm.

Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers of loose-fitting, tightly woven clothing. Check on children, the elderly and pets.



3 Manage stress.

The holidays don't need to take a toll on your health. Keep a check on over-commitment and over-spending. Balance work, home, and play. Get support from family and friends. Keep a relaxed and positive outlook. Get enough sleep.



4 Travel safely.

Whether you're traveling across town or around the world, help ensure your trip is safe. Don't drink and drive, and don't let someone else drink and drive. Wear a seat belt every time you drive or ride in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt according to his/her height, weight, and age. Get vaccinations if traveling out of the country.



The holidays are a time to celebrate, give thanks, and reflect. They are also a time to pay special attention to your health. Give the gift of health and safety to yourself and others by following these holiday tips.



Talise: Prevention is Key to Women's Health

There is something about caring for women,” said Lt. Paul Talise, an Obstetrician and Gynecologist (OB/GYN) at U.S. Naval Hospital Guam. When Talise entered medical school he wasn't certain what type of doctor he would like to be, but after finishing several different clerkships in various specialties, he was convinced that OB was where he wanted to be. “I wanted to be able to practice primary care and surgical management of patients and this specialty affords me that,” he said.

He also said the complexities of women's health intrigued him. “Every stage of life, a woman has something unique going on, from puberty to menopause, as well as during pregnancy” said Talise. “Women also seem to be very engaged patients.”

Some may wonder if it is hard for a man to work in a heavily dominated female field but being a man in a “woman's world” doesn't bother Talise or his patients he said. “When a patient walks through the door and they know you are genuinely there to help them, at that point it doesn't matter if you are male or female they just appreciate what you are trying to do for them,” he said. Talise strives to be professional but also to put his patients at ease and

Continued on next page



provide them, as he put it, “a chill environment” which can help them feel more comfortable sharing information or asking questions.

What his patients won't need to ask is what he believes about health, personally and as a doctor, Talise strongly emphasizes that health is a lifestyle, which happens through prevention. “Early prevention is important. It is always better if we can prevent something versus having to treat something,” he explained. According to him, a good example of prevention is cervical screenings and follow ups. Currently, as the Cervical Cancer Screening Champion, Talise and the OB/GYN Department are working hard to educate and vaccinate their patients with Gardasil, the only human papillomavirus (HPV) vaccine that helps protect against 4 types of HPV some which may lead to cervical cancer.

“This is one of the very few cancer preventing vaccines you can get,” said Talise. “Something as simple as this vaccine, through education, allows us to help our patients make a big change early on whether they are 9 years old or 26.”

He also said the OB/GYN Department has started a contraception class. This allows the doctors the ability to have a frank discussion about this subject and address things that can help prevent Sexually Transmitted Infections (STI). “Sometimes when we are young we have to go through experiences to learn, but it is nice to have someone with knowledge help educate you so you can make better informed decisions,” he said. “Often, as doctors, we find when we have to treat someone; many times it was due to a lack of knowledge on their part. In these cases although it may be too late to prevent something we can still provide help and health to those patients.”

One of Talise' favorite aspects of working as an OB/GYN is helping patients get healthy while planning their pregnancy. “This is also where prevention is so great because, for example, we can help prevent gestational diabetes. 50% of women who get diabetes during pregnancy will get it again at some other point in their life. If we can prevent or control a situation for the patient

going into pregnancy, it will have much better outcomes for the patient and the baby later on,” he said.

Talise is encouraging his patients to go into the New Year as healthy as possible. One way they can do this he said, is to stop by the Immunizations Department and get vaccinated against HPV to help minimize their risks for cancer. He is also encouraging his patients to ensure they are showing up for their follow up appointments and getting a checkup every year. Although a Pap smear may not be needed, he said an examination should be done annually. He also encourages patients to write down any questions they may have and bring it with them to their appointment.

“Most importantly, eat healthy and exercise. Just those two things can help prevent you from getting high blood pressure and getting diabetes,” said Talise. “What I have learned with patients is, many times, they don't need a prescription for what is wrong as much as they need to be educated on the benefits of being healthier, eating healthier, or to quit smoking.”

Talise also knows there is lot of information out there on the internet. “You can find anything on the internet but it is a matter of the source of that information and whether it has been proven or tested to be accurate,” he said. “In military medicine we practice through evidence based information, it is always changing. We want to be sure we are treating our patients with what has been proven to work. We do provide articles to our patients based off our patient's questions or concerns.”

Finally, he also encourages his patients to use Relay Health, a secure messaging system that allows him to talk back and forth with them whenever they have questions. “As long as they are plugged into this clinic through their Medical Home Port Team, I am always available to answer questions,” he said. “I love what I do. I love that this specialty is all about helping and educating patients.”

10 holiday tips

Give Gifts From the Heart

Do you need gift ideas? Don't feel pressure to spend a lot of money. The best gifts show the person that you know them well and like them a lot. Visit this cool Gift Giving Guide for a list of low-cost ways to give great gifts.



Track Santa

With Santa Tracker you can follow Santa on his Christmas Eve journey in Google Maps or Google Earth. Explore YouTube videos and photos from each place Santa visits and track his route to watch him fly around the world.

Choose Tradition Over Material Things

Make this holiday season more about your family and less about material things. Instead of creating a wish list of gifts you would like, try to help your family understand the spirit of giving by focusing on family traditions.



Learn the Mysteries of Winter Weather

Holiday weather can be the most fun part of the season. Whether it's snowing, raining, or sleeting, you can have fun while you learn about winter weather. Discover the combination of ingredients that's necessary for a winter storm to develop.

Eat and Stay Healthy During the Holidays

During the holidays, yummy food and tasty treats are everywhere. It would be easy to let healthy eating habits slide, but holidays can still be healthy. Visit Kids.gov for some tips to help you and your family stay on track with good eating habits. And don't forget to wash your hands with soap and water for 20 seconds. This will help you from spreading germs.



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By HM1(SCW/FMF) Anthony Mounts, Preventive Medicine Department

It's that time of year again. The holiday season. And with it brings gatherings, copious amounts of holiday parties and a smorgasbord of delectable treats to be enjoyed with family, friends, neighbors and coworkers. A time where we all give thanks for the things in life that bring us joy and happiness and reflect on the past year with fondness and new lessons-learned. However, with the holiday feast there are many facts that we tend to forget in the frantic race to buy the perfect gifts and prepare those perfect meals. It is food safety.

Illnesses related to food borne bacteria have been described as the second-leading cause of sickness in the U.S. behind the common cold. Handling foods safely during the holiday rush is the key to enjoying a tasty and healthy holiday. Last year, the National Capital Poison Center and Maryland Poison Center, handled more than 8000 combined calls during the mid-November to New Year's holiday period. A lack of proper sanitation or poor preparation, including food handlers not washing their hands thoroughly, can introduce pathogens to foods. According to Doctor Jean Martin with The University of Texas Health Science Center at Houston (UT Health) School of

Public Health, "Food is often not prepared, transported, stored or served properly during big gatherings of people." Food poisoning happens when bacteria, viruses, parasites or toxins contaminate food. Harmful bacteria cause most outbreaks. Given the right conditions—an unwashed cutting board or serving dish left out too long—these bacteria may grow and multiply in your food, and make you sick to your stomach.

U.S. Naval Hospital Guam Preventive Medicine Department wants everyone to enjoy their holiday season, illness-free. We have compiled a list of some usual suspects when it comes to foodborne illnesses, and these may be the biggest offenders around the holiday season. Mishandling of food includes: improper defrosting, not cooking to the proper temperatures, leaving leftovers out too long, not cooling leftovers properly and the improper re-heating of leftovers.

We are all guilty of nibbling while cooking and one of the most irresistible pre-cooked treats is cookie dough. Many of us love to snack on this sweet treat while preparing holiday cookies.

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Cookie dough is not “ready-to-eat”; it is ready-to-bake. In a recent issue of [Clinical Infectious Diseases](#), researchers looked at the 2009 outbreak of E. coli infection that sickened 77 people in 30 states, 35 of which were admitted to hospitals. Further investigation determined that 33 out of the 35 hospitalized patients ate raw cookie dough. Cookie dough contains raw eggs. Eggs are typically known to carry a type of bacterium known as Salmonella. Salmonella can be on both the outside and inside of eggs that appear to be normal, and if the eggs are eaten raw or lightly cooked, the bacterium can cause illness. So you may ask, “Well, how can I have my cookie and eat it too?” try this recipe:



Edible Egg-less Chocolate Chip Cookie Dough

Prep Time: 5 min

Cook Time: N/A

Total Time: 5 min

INGREDIENTS

- 1 stick unsalted butter, softened
- 3/4 cups packed brown sugar
- 2 teaspoons vanilla (based upon feedback, you may want to reduce this amount. I like a prominent vanilla flavor but feel free to adjust)

- 1/2 teaspoon salt
- 1 cup all-purpose flour
- 2 tablespoons milk
- 1/2 cup mini chocolate chips
- 1/2 cup milk chocolate chips ([Ghirardelli is my fave](#))

DIRECTIONS

1. With your mixer, cream together butter and brown sugar. Add in vanilla and salt, mix.
2. Add in flour. The mixture is going to be crumbly at this point.
3. Add in 2 tablespoons of milk and mix. Now the dough will look like the cookie dough you’re used to seeing.
4. Fold in 1/2 cup mini chocolate chips and 1/2 cup milk chocolate chips.
5. Store leftovers in the refrigerator. Freeze for up to three months.

UPDATE: It was brought to my attention that there is a small risk you can still get sick from eating raw flour. Please consume at your own risk.

By replacing or omitting certain ingredients, you can not only make equally delicious cookies; you can also serve as is. Making this a safe sweet treat for all to enjoy, this holiday season.

No one loves turkey more than me, but, did you know that the majority of home thawing and preparation is done improperly? According to the United States Department of Agriculture (USDA), turkeys must be kept at a safe temperature during “the big thaw.” While frozen, a turkey is safe indefinitely. However, as soon as it begins to thaw, any bacteria that may have been present before freezing can begin to grow again. A package of frozen meat or poultry left thawing on the counter will quickly enter the “danger zone”; the temperature zone where foodborne bacteria multiply rapidly. Even though the center of the package may still be frozen, the outer layer of the



Have More Fun Making Dinner

Dinner with your family during the holidays is always fun, but helping get everything ready for the big meal can be a lot of fun too. You can help plan the menu, set the table, and lend a hand in the kitchen. Get more ideas on how you can help make your holiday dinner even more special at Kids.gov.

Go Green and Help Save Our Planet

The holidays are a time of celebration but that doesn't mean we have to be wasteful. Green can be your holiday color and you can help save our planet. Visit the Green Holidays Program to get smart ideas on how you and your family can go green this season.



Be a Smart Shopper

During the holiday season there are lots of great sales, but just because you see it doesn't mean you have to buy it. Following the crowd can be expensive. Instead, invent your own style. You don't have to always own the same things as everybody else. There are ways of getting what you want without paying a lot for it. Find out what kind of spender you are and get more tips on how to shop smart.

Help Others by Donating to a Charity

The holidays are a time of giving and receiving. Talk to your parents or teachers about giving a donation to a charity. Yes, you can give money but there are lots of ways you can help others. By giving your time and energy, you could help raise money or become a volunteer. No matter what you are interested in, there's probably a charity that helps support something you think is important. For more ideas on how you can get involved, visit Kids.gov.



Keep Your Pets Safe During the Holidays

There are lots of fun things going on during the holiday season. You may have decorations, plants, and foods that usually are not around the rest of the year. Some of these holiday items can be harmful to your pets. Visit Kids.gov for advice on how you can protect your pets.

Find this online at: www.kids.gov/holidays

food is in the “Danger Zone” between 40°F and 140°F.

There are many ways to properly thaw a turkey. The Preventive Medicine Department recommends thawing a turkey, or any frozen meat for that matter, in the refrigerator. This ensures that the turkey is never in the danger zone. Below are a few rules of thumb:

- Plan ahead: allow approximately 24 hours for each 4 to 5 pounds, in a refrigerator set at 40 °F or below.
- Place the turkey on a bottom shelf and in a container to prevent the juices from dripping on other foods.

Depending on the size of the turkey will dictate your thawing times... Whole turkey:

- 4 to 12 pounds — 1 to 3 days
- 12 to 16 pounds — 3 to 4 days
- 16 to 20 pounds — 4 to 5 days
- 20 to 24 pounds —5 to 6 days

A thawed turkey can remain in the refrigerator for up to 1 or 2 days before cooking. Foods thawed in the refrigerator can be refrozen without cooking but there may be some loss of quality. Thawing a turkey properly will allow the proper cooking of the turkey. This will also reduce the chances of foodborne illness. All too often, the turkey is not cooked thoroughly, or is even still frozen in the middle when it looks cooked from the outside. A food thermometer is imperative when cooking meats to ensure that it is cooked throughout and that the bacteria has been eliminated.

“What about the stuffing?” Glad you asked. Stuffing is a tricky bugger, with the big question being: “Do I cook it inside or outside the turkey?” For safety purposes, it is recommended that you refrain from cooking your stuffing inside the turkey as it can often be undercooked. Once the stuffing mixes with the turkey juices, you must treat it like a poultry dish. For optimal safety and uniform doneness, cook the stuffing outside the

Did you Know?

- *Clostridium perfringens* is the second most common bacterial cause of food poisoning
- Outbreaks occur most often in November and December.
- Meat and poultry accounted for 92% of outbreaks with an identified single food source.
- Refrigerate leftovers at 40°F or below as soon as possible and within two hours of preparation to prevent food poisoning.

turkey in a casserole dish. However, if you place stuffing inside the turkey, do so just before cooking, and use a food thermometer. Make sure the center of the stuffing reaches a safe minimum internal temperature of 165°F; the temperature at which all poultry should be cooked. Bacteria can survive in stuffing that has not reached 165°F, possibly resulting in foodborne illness.

Lastly and most importantly is the issue of cooling and reheating all that leftover food. When I was a young lad, I would continue to eat well after the meal concluded. I had no regard to what could be growing on my food as it sat out after the first round of our family feeding. Hours would pass, and I would continue to indulge on the food left out on the table. Looking back on this, I now know that we got lucky in that we did not get foodborne illnesses from this dangerous “tradition.” As a Preventive Medicine Technician, I utilize the correct processes that I have learned to keep my family safe from the improper storage and handling of leftovers. The safest way to deal with leftovers includes:

- The safe storage of leftover food begins with the refrigerator. First, it must be cold enough,

Continued on next page

Protect Yourself from Listeria: Food Poisoning

Each year, millions of people in the United States get sick from contaminated food.

Symptoms of food poisoning include upset stomach, abdominal cramps, nausea and vomiting, diarrhea, fever, and dehydration. Symptoms may range from mild to severe.

About 1,600 people in the US get sick from Listeria germs each year.

Listeria is the 3rd leading cause of death from food poisoning.

At least 90% of people who get Listeria infections are either pregnant women and their newborns, people 65 or older, or people with weakened immune systems.

set at slightly less than 40 degrees Fahrenheit. Remember: the danger zone for bacterial growth is from 40 to 140 degrees Fahrenheit, so remember to set your refrigerator lower than this.

- Hot items not being continually held at 140°F or above, should be discarded after four hours or placed in a refrigerator to minimize bacterial growth.
- Store foods in shallow containers that are two inches deep or less. Food stored in a deeper container takes longer to cool off and therefore invites bacteria to grow. Divide food into smaller portions to store, and freeze whatever you do not think you will within three days.
- Most leftover foods should be consumed within three to four days. Gravies and sauces should be eaten no more than two days after they were first prepared. If you store uncooked meat in your refrigerator, use it within two days of having been thawed or purchased.
- When reheating leftovers, they must reach an internal temperature of 165°F.
- A simple rule to remember is that if you have any doubt whether your leftover food is still good, throw it out. Do not taste food you are unsure of because even a small amount of bacteria can make you sick. When dealing with leftover foods, it is always better to be safe than sorry.

By following these tips you can rest a little easier this holiday season knowing that you are doing your very best to keep your food safe for your family and friends. The little bit of extra time it takes to follow these steps is nothing compared to the time it takes to get over a foodborne illness. The Preventive Medicine Department hopes that everyone has a safe and happy holiday season. Additionally, Food Safety classes are available for free from the Naval Hospital Guam Preventive Medicine Department. Please contact us for more information at 344-9787.

Take Control of Your Healthcare

TRICARE Online

What is TOL? Why would I access TOL?
TOL is the Department of Defense's online patient-focused portal providing you access to online health care information and services including appointments, Blue Button personal health data, and prescription refill.

Who is eligible to access TOL?
If you are a TRICARE patient, at least 18 years old, and receiving care at a military hospital or clinic, you are eligible to access TOL.

What types of credentials can I use to access TOL?

- Premium DoD Self-Service Logon (DS Logon)
- DoD Common Access Card (CAC)
- Defense Finance and Accounting Services (DFAS) myPay

What health care information and services does TOL provide?

- Appointments – Make, change and cancel military hospital or clinic PCM and select self-referral appointments. View future and past appointments. Set up email and text message reminders. Set earlier appointment notifications. Act on behalf of yourself and your family members.
- Blue Button – Securely view, download, print or share your lab results, radiology results, medication profile, allergy profile, encounters, problem lists, immunizations, and vital signs.
- Prescription (Rx) Refill – Refill your prescriptions for military hospital or clinic pick up.

Check your prescription status. Access the TRICARE Mail Order Pharmacy. Act on behalf of yourself and your family members.

- Profile** - Manage your appointment notification and appointment reminder settings. Change your military hospital or clinic location.
- Resources** - Access TOL educational materials and links to other health care information and service websites like TRICARE.mil and Secure Messaging.

How do I transfer my military hospital or clinic in TOL?

You can transfer your military hospital or clinic by clicking “My Profile” in the top navigation bar of the TOL home page. See step-by-step directions on the back page of this brochure.

Why would I transfer my military hospital or clinic?

You must update your military hospital or clinic every time you relocate. TOL Appointments uses your military hospital or clinic information to search for available appointments. Your military hospital or clinic location and primary care manager (PCM) location must match.

Please review the location of your military hospital or clinic. Confirm it is the same as the location of the military hospital or clinic where you currently receive care from your PCM.

Please note transferring your MTF in TOL does not transfer your TRICARE

Continued from page 18

enrollment in the Defense Enrollment Eligibility Reporting System (DEERS). Please access the Beneficiary Web Enrollment website, located in the TOL Resource Center, to complete the DEERS enrollment transfer process.

How do I know what military hospital or clinic I am assigned in TOL?

Look in the “Welcome” banner at the top of your TOL home page and note the name of your military hospital or clinic following the “Your Military Treatment Facility is” text. This military hospital or clinic needs to match the location of your PCM. For example, if the military hospital or clinic displayed is “Andrews AFB” but your PCM is located at Kimbrough, you will need to transfer your military hospital or clinic to Kimbrough.

Can I transfer my family member’s military hospital or clinic?

Yes, if granted privileges, you can also transfer your family member’s military hospital or clinic in TOL. Select the check box next to the name of the person you wish to change MTF for. Select your “New TRICARE Region” and “New MTF” from the drop down lists. Click “Update” at bottom of page to save changes.

Sign up: <http://www.tricare.mil/>

Sterling: cont’d from page 7

been her primary focus. She has done well in balancing her day-to-day work along with school, her role as a Sailor and a leader, as well as completing the package requirements.”

According to Sterling, who is also a mother of a young daughter, staying in balance can be challenging. “I am not even going to lie. I handle it with a lot of prayer and time management,” she explained. “I come to work, do my best to focus on work as well as my Sailor duties and collaterals or duty. When I get off work I focus on family and school. I have given up a lot of things from time with my husband and friends—I literally have to plan things out—I have worked on homework assignments really late—many times I have had to look at my time and prioritize what to get done.”

Sterling knows that even with a strong package there is a possibility she will not

get picked up, but it doesn’t deter her from trying. She is also working hard to establish herself for that possibility. When she reflects back over her life, Sterling said there are many times she was told no or faced other obstacles but she said those provided her the drive and motivation to keep her going. She also believes it was those setbacks that provided her with the opportunities she has had. “I would absolutely encourage people to continue on and never give up no matter how long the process may be. Nothing is handed to you,” she said.

“If I were to get picked up for MCEP I can’t even describe the feeling. I actually had a dream I was so busy working one day, our career counselor called me and asked me if I knew I was chosen. In that dream I can remember the emotions and feelings. I am betting that is how it will happen when it really happens—but I will have to wait to find out next year,” she said.



Secure Messaging

Sign up:

<https://app.relayhealth.com/>

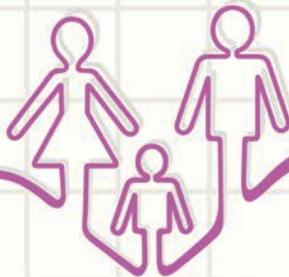
Communicate with your Primary Care Provider (PCM) from home!

- Request, Cancel, or Reschedule an Appointment
- Request more refills for a prescription medication
- Request lab or test results
- Request a referral
- Or just send a note to the office staff

Did you know?

- Active Duty members and their spouses need to sign up for separate accounts
- Dependant children should be under one parent account
- You must verify your PCM in Relay Health

Sexual Health



By: HM1(SCW/FMF) Mounts, Anthony, Department: Preventive Medicine

This month we take a look at sexual health and how it relates to our overall health and welfare. The World Health Organization (WHO) defines it as a state of complete well-being. Sexual health is not limited to the absence of disease or infirmity, reproductive health, or sexual health/hygiene. Sexual health addresses a plethora of processes, functions and systems at all stages of life. Understanding sexual health and how it specifically relates to you is important because it helps to better identify physical, emotional, mental and social needs in everyday life. Furthermore, by better understanding how to incorporate healthy sexual practices into a well-rounded lifestyle may also aid you in helping others lead a more healthful life.

U.S. Naval Hospital (USNH) Guam has a multitude of services that can assist beneficiaries in living a healthy sexual life. One main source is the Preventive Medicine Department. We provide free information, free contraception and teach Sexual Health and Responsibility Program classes. An additional service that we provide is Wellness Counseling. Wellness Counseling consists of counseling patients who have contracted Sexually Transmitted Infections (STI). We provide information on the STI they have contracted, go over their medications, and provide the proper tools and information to

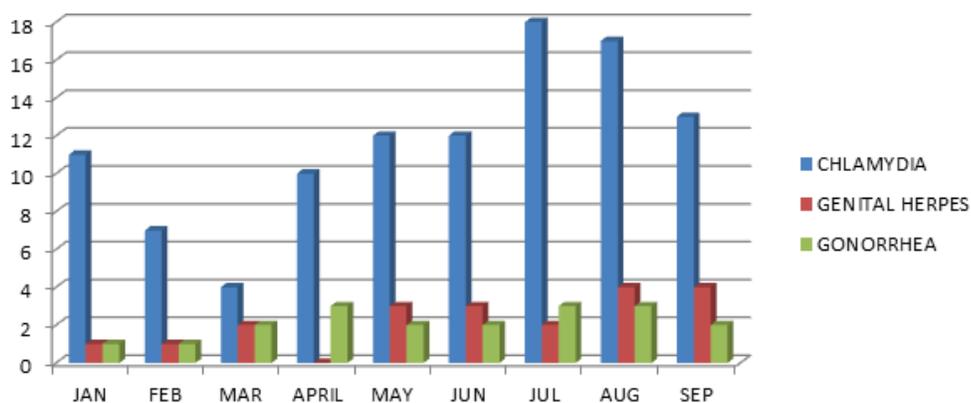
enable them to prevent further infections and answer any questions that they may have. Figure 1 is a breakdown of the types of STIs we have seen each month so far this year.

As you can see, military and beneficiary personnel are not

exempt in the contraction of STIs. With Guam being a major “hot spot” for tourism, the risk can be quite high. Statistically, in the U.S., nearly 20 million cases of new sexually transmitted infections are reported

Continued on next page

FIGURE 1. TOP 3 STIs PER MONTH USNH GUAM 2014



Continued from page 20

each year. Most go unnoticed until symptoms appear which can take anywhere from a week to a couple of months. Take Chlamydia for example; most cases reported in females go unreported until they are test-

at any given time. Fifty percent of new infections occur in young people from ages 15-24 and gonorrhea is the most commonly reported STI in that age group. Gonorrhea is the second most commonly reported STI in the United States. The most commonly reported in-

symptoms, the number could be far higher than the 1.4 million in 2012, a rate of 457 cases per 100,000 people. New cases of STIs cost nearly \$16 billion a year in direct medical costs, according to the CDC.

The numbers of people contracting STIs are staggering and continue to climb each year. The fact is: STIs are almost 100% preventable. The Preventive Medicine Department works hard to provide no-cost education, guidance and prophylactics to prevent, or minimize the risk of our shipmates contracting STIs. We encourage people to take advantage of everything we have to offer. Preventive Medicine is our name and prevention is our game.

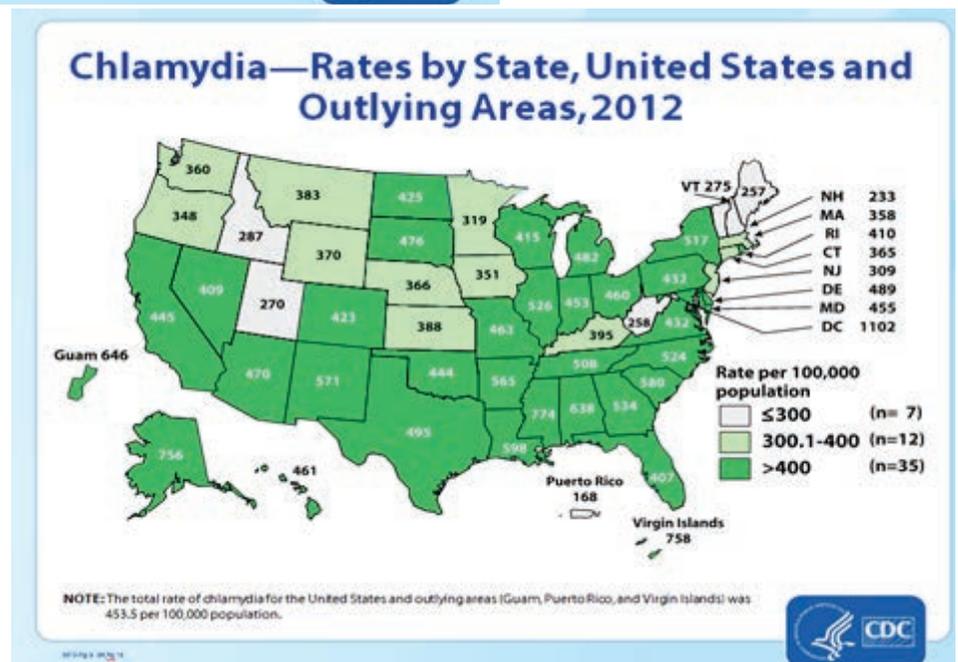
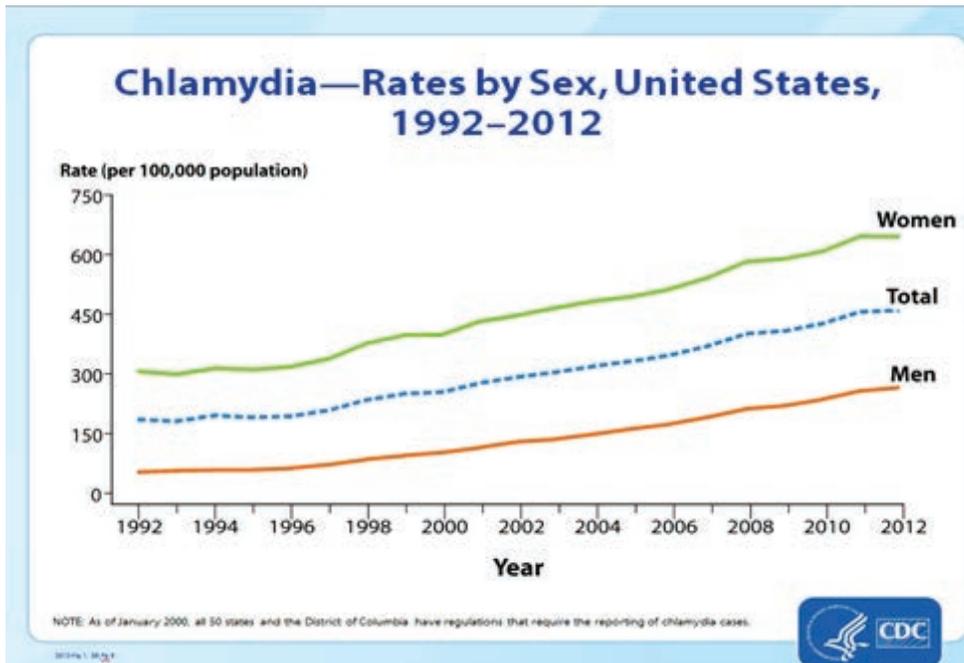
For more information concerning these and other services Preventive Medicine of-

ed at their annual Well-Woman Exam. What is unnerving is that some people carry STIs but are asymptomatic, which means they do not show any signs or symptoms and can unknowingly spread the disease from partner to partner.

According to the Centers for Disease Control and Prevention, the eight most common sexually transmitted diseases are: chlamydia, gonorrhea, hepatitis B virus (HBV), genital herpes, HIV, human papillomavirus (HPV), syphilis and trichomoniasis. About 50.5 million current infections are in men while 59.5 million are in women, for a total of 110 million Americans with STIs

fection is chlamydia, which is consistent with the data from USNH Guam. But since many who are infected don't show

fers, please contact our office at one of our two locations: USNH Guam: 671-344-9787 BMC Guam: 339-1105/1107



Get started accomplishing goals throughout the year by using the New Year as your launching pad. Set realistic goals and realistic completion dates as well as periodic progress assessments to ensure you are on track and that your goals have remained realistic. Remember that goal setting is not about depriving yourself but about setting out to complete something that is going to enhance your life. Because of this it is important to choose between one to three things at a time.

It is also recommended to write a personal manifesto, which is a published declaration of your intentions, motives and views (see bottom photos), basically what is important to you, and read it daily.

When setting goals, be sure to set specific goals as well as tactics, for example, instead of saying *“I want to lose 30 pounds”* say *“I will lose 1 pound every week, I will do this by 30 minutes of daily exercise, increase of water intake, and at least half of my daily food intake will be whole foods versus processed foods.”* Identify barriers and ways you may require help or assistance and tools you have identified to help you (for example, personal trainer, calendar reminders etc...).

Finally it is important to identify what you will gain by accomplishing your goal. For example, *“If I get out of debt I can save \$200 a month,”* or *“If I lose 10*



pounds I will reduce my need for my diabetes medicine.” You may even want to write a way to reward yourself when you have accomplished your goal, a new outfit, a massage, a weekend get away. Once you have achieved your goal, be sure to choose another one and start the process over. You can slowly build a new you this year one goal at a time.

NEW YEAR'S RESOLUTIONS	
More	Less
LISTENING	TALKING
SMILING	FROWNING
TRUST	SUSPICION
PEACE	WAR
WALKING	SITTING
CONFIDENCE	INSECURITY
UNDERSTANDING	ARGUING
SUCCESS	FAILURES
LOVE	HATE
GRATITUDE	INGRATITUDE
DOING	PLANNING
WATER	SODAS
HAPPINESS	SADNESS
SALADS	JUNK FOOD
ENCOURAGING	COMPLAINING
HOPING	WORRYING
BELIEVING	DOUBTING
WORKING OUT	LAZINESS

THIS IS YOUR LIFE.
 DO WHAT YOU LOVE, AND DO IT OFTEN.
 IF YOU DON'T LIKE SOMETHING, CHANGE IT.
 IF YOU DON'T LIKE YOUR JOB, QUIT.
 IF YOU DON'T HAVE ENOUGH TIME, STOP WATCHING TV.
 IF YOU ARE LOOKING FOR THE LOVE OF YOUR LIFE, STOP;
 THEY WILL BE WAITING FOR YOU WHEN YOU
START DOING THINGS YOU LOVE.
 STOP OVER ANALYZING, ALL EMOTIONS ARE BEAUTIFUL.
LIFE IS SIMPLE. WHEN YOU EAT, APPRECIATE EVERY LAST BITE.
 OPEN YOUR MIND, ARMS, AND HEART TO NEW THINGS
 AND PEOPLE, WE ARE UNITED IN OUR DIFFERENCES.
 ASK THE NEXT PERSON YOU SEE WHAT THEIR PASSION IS,
 AND SHARE YOUR INSPIRING DREAM WITH THEM.
TRAVEL OFTEN; GETTING LOST WILL HELP YOU FIND YOURSELF.
 SOME OPPORTUNITIES ONLY COME ONCE, SEIZE THEM.
 LIFE IS ABOUT THE PEOPLE YOU MEET, AND
 THE THINGS YOU CREATE WITH THEM
 SO GO OUT AND START CREATING.



How to stick to your resolutions
45% of Americans usually make New Year resolutions but only 8% achieve them. 25% of people can not maintain their resolutions for the first week of the new year.

Take small steps. Work on one goal at a time. Plan out smaller more attainable goals to help make gradual changes. Share your goals. Talk to family and friends about your resolutions which can help you stick to them.

Be precise. It isn't enough to say you want to get more organized. Set concrete goals such as spending 15 minutes a day cleaning a closet.
Reward yourself. Find something small or exciting to help motivate you to meet your goals. (Tip: if your goal is weight loss do not make a food related reward).
Don't try to be perfect. You are only human which means you may slip up here and there. Don't dwell on mistakes just work on getting back on track.

Write a personal manifesto

It is important to remember a manifesto is not your goals but rather the reason for achieving your goals. A manifesto can be written for each area of concentration such as "how I'll treat my body" or "how I'll spend my time" or it can be written for your life in its entirety such as "my approach to life" (see bottom page 24)

Start by asking yourself:

- What do I stand for?
- What am I willing to die for?
- What are my strongest beliefs?
- How do I want to live my life?
- How do I choose to define myself?
- What changes do I need to make so that I can live my best life?
- What words do I want to live my life by?

Be sure when you begin writing to make it something uplifting, using strong language. Be sure it is short enough that you can read it each day, write in the present tense and keep it positive.

How Resolutions Can Help Save Money

- Putting half of your restaurant meals in a to-go box to be eaten as left overs can save you approximately \$900 per year.
- Losing weight can help save most people 40% on their life insurance premium every year.
- Those who chose to quit smoking can put their cigarette money into a 9% interest 401K (at the age of 40) and retire at 70 with \$125,000 in extra cash.
- Those who decide to quit drinking can see up to an additional \$1,040 in their paycheck per year.

Did you know?

- Annual healthcare costs for an obese person are almost \$2000 more than a healthy person
- Annual prescriptions are approximately \$700 more per year for an obese person than a healthy person
- Smokers spend approximately \$17,970 more on healthcare in their lifetime than non-smokers
- Regular drinkers spend between \$10 and \$20 per week on alcohol

DR. MARTIN LUTHER KING JR. HOLIDAY



Remember!
Celebrate!
Act!

A Day ON
NOT
A Day OFF

JANUARY 19, 2015



- ✓ Community Outreach
- ✓ Blood Drive
- Support Youth Program
- ✓ Food Drive
- Support Clothing Donation Drive



Volunteer
Meeting
TODAY!

