



WOMACK

ARMY MEDICAL CENTER

Growing with Fort Bragg and our community



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A Message From Colonel Castro

Happy Fourth of July! This is an exciting time for Womack Army Medical Center. On July 1, 2010, Womack added the Pope Health Clinic to our family of primary care clinics. We are proud to take care of the Airmen, retirees and their families that currently use the Pope Health Clinic. The Army and the Air Force will provide the oversight and management of the day to day operations at the clinic. For the patients currently seen at Pope Health Clinic, nothing will change. The only difference that patients will see is that the Air Force and the Army will be working as one team to deliver care.



We welcome COL Brian Canfield as the new incoming Commander with an assumption of command ceremony on Friday, July 9th at 8:00 a.m. The public is welcome to attend. COL Brian Canfield is coming to Womack Army Medical Center from Germany.

On June 17th, we broke ground for the new Warrior Transition Complex on the campus of Womack Army Medical Center. It will be a premier facility that will consolidate various functions in one convenient location.

In the fall, we welcome two new community based clinics in the surrounding communities. This initiative will make it easier for families

to access care where they live in our communities.

Womack Army Medical Center continues to grow with Fort Bragg to better serve our population.

We hope you enjoy this quarterly publication. These publications are also posted on our internet site at <http://www.wamc.amedd.army.mil/customer-service/pao/Pages/qtrpubs.aspx>.

Please share the links with your friends and family. Have a safe and happy summer!

Rolando Castro Jr.
COL, MS
Acting Commander
Womack Army Medical Center



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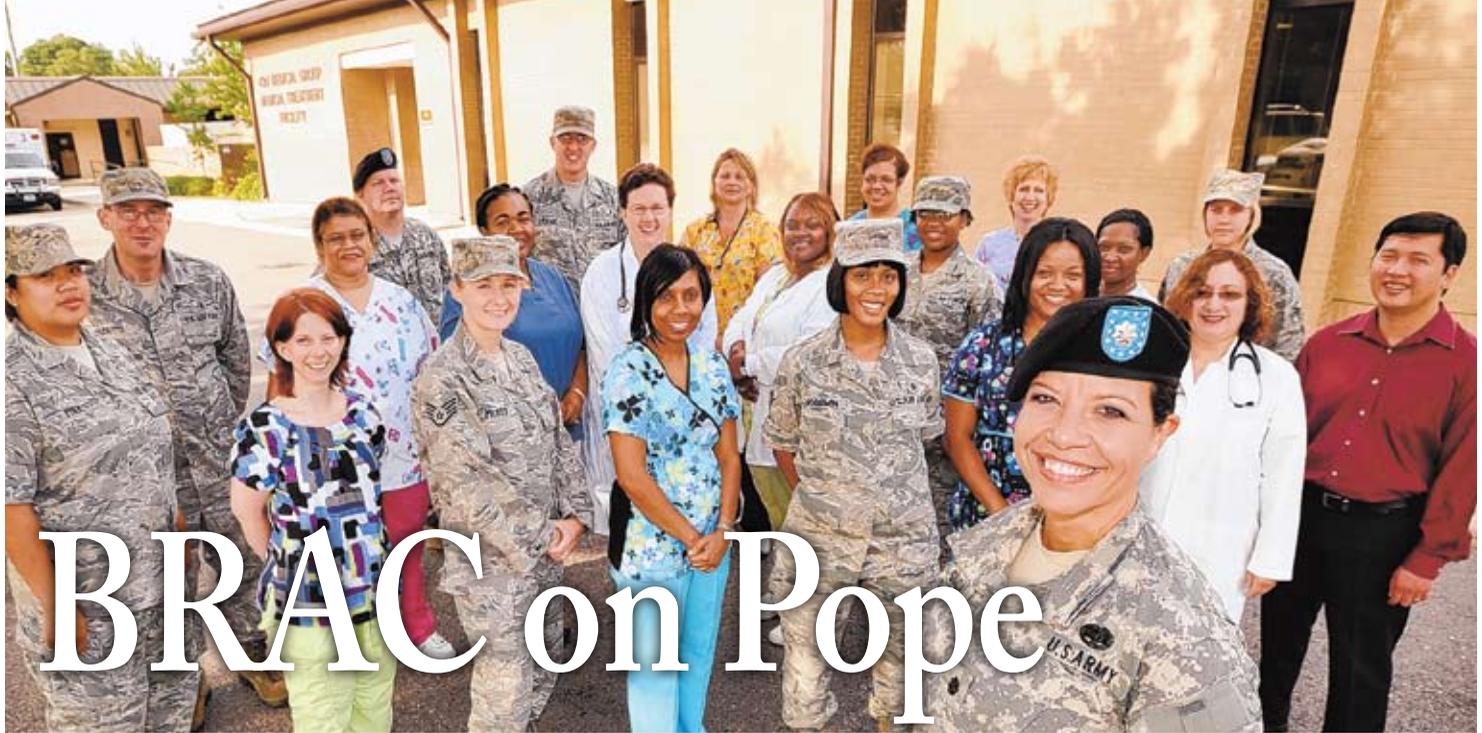


This publication is a product of the Public Affairs Office at Womack Army Medical Center.

For more information on Womack Army Medical Center, please call 910-907-7247 or e-mail us at pao.wamc@amedd.army.mil. Our staff is Darlene Fair, JoAnn Hooker and Shannon Lynch.

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LTC Pamela Solet-Lindsay, RN, Head Nurse and some of Pope Health Clinic staff.

BY DEBBIE FARMER

Did you know that Womack Army Medical Center (WAMC) will gain an additional primary care health clinic this summer? On July 1, 2010, the current Pope Air Force Base Primary Care Clinic will transfer command and control under Army leadership and become Pope Health Clinic (PHC). The 2005 Defense Base Closure and Realignment (BRAC) Commission Final and Approved Recommendations require Pope AFB to transfer real property accountability to the Army, disestablish the 43th Medical Group, and establish a medical squadron. These actions are mandated by law and must be completed by Sept. 15, 2011.

The Pope Health Clinic will have two teams providing healthcare within the facility. Team Griffin will consist of Active Duty Air Force providers and staff, and

will provide healthcare to Active Duty Air Force personnel. Team Guardians will consist of Army providers and staff, and will provide healthcare to the remaining active duty Air Force Family Members and currently enrolled Air Force Retirees. Team Guardians will also provide healthcare for the United States Forces Command and the United States Army Reserve Command (FORSCOM/USARC). The clinic will provide healthcare to approximately 12,000 beneficiaries. Comprehensive ancillary support (pathology, radiology, and pharmacy), optometry, pediatrics, and behavioral health will be provided, in addition to primary care. Womack will also assume the Preventive Medicine, Emergency Medical Services (EMS) and Flight Line Support missions beginning July 1, 2010.

LTC Henry has been designated as the Officer In Charge (OIC) and Sgt. 1st Class Arthur Ebbert

has been designated as the Non-Commissioned Officer In Charge (NCOIC) for the clinic. WAMC's goal is to make the transition as seamless as possible for the Air Force beneficiaries.

The Pope Clinic is a temporary "bridge" facility for conducting healthcare operations until the completion of the new Consolidated Clinic military construction (MILCON), to be located on the corner of Knox and Woodruff streets. This MILCON project is programmed to break ground in fourth quarter of 2010, and will take 18-24 months for completion.

The Fort Bragg Dental Activity (DENTAC) will establish a Pope Dental Clinic (PDC) to provide dental care for Active Duty Army and Air Force, FORSCOM, and USARC personnel. The projected patient population end state for clinic is approximately 4,800 military personnel. The Pope Dental



PHOTOS BY CINDY BURNHAM

LTC Henry

Clinic will remain on Pope Field after the relocation of the Pope Health Clinic to the new clinic.

Womack Army Medical Center and Pope Air Force Primary Care Clinic are partnering to ensure the Air Force population remaining on Fort Bragg will continue to receive quality and timely healthcare and provide a unified environment for both services.

Please contact Debbie Farmer, BRAC Management Analyst, Directorate of Business Operations at (910) 907-6108 or e-mail Deborah.farmer@amedd.army.mil for additional information.

Home Away From Home

“We make a living by what we earn, but we make a life by what we give.” Those words have been attributed to Sir Winston Churchill, but they also sum up the life of the late Zachary Fisher and his wife, Elizabeth, who established the Zachary and Elizabeth Fisher House Program.

We presently have Soldiers serving all over the world, including many from Fort Bragg. In the event that an injured Soldier requires long-term care, it is the policy of the army to get the Soldier as close to their home base as possible for specialized medical

care. However, the nearest Military Treatment Facility could still be many miles away from the Soldier’s Family. During treatment and recovery periods, expenses incurred for travel and lodging by a Soldier’s Family may become financially exhausting.

Fisher House Foundation donates “comfort homes” as a “home away from home” to enable Family members to be close to a loved one during their hospitalization for an unexpected illness, disease or injury.

Fort Bragg Fisher House is a non-profit organization and does not receive any government financing.



Luc Perez, a Fisher House resident enjoys her coffee at the Fort Bragg Fisher House.

It is funded solely by corporate and private donations.

At Fort Bragg, families of persons undergoing medical treatment at Womack Army Medical Center can stay at the house for a cost of \$10

per night. The fee may be waived. The Fisher House is part of the Combined Federal Campaign.

For more information about the Fisher House, call (910) 432-1486.

Fit Families



Nutritionist Jennifer Beeman shows how much sugar is in cereal. Cocoa Krispies has 7 tsp, Total Raisin Bran 6.5 tsp, Frosted Flakes 6 tsp, Total Bran Flakes 1 tsp and Cheerios 1 tsp. PHOTOS BY CINDY BURNHAM

meeting from 9:30-11:30 a.m., Monday through Friday. Parent attendance is desired but not mandatory. Children can participate in the program with a signed permission slip.

A parent or guardian is responsible for drop-off and pick-up of their child during the program. Families are required to complete a permission/health questionnaire prior to program start.

Our summer sessions are offered at two sites:
 July 12-16 at Linden Oaks Neighborhood Center
 Aug. 2-6 at Pope Neighborhood Center
 Space is limited. For enrollment or for more information, please call for 910-907-8088/7387.

This program is designed to help children live a healthier lifestyle. It is geared toward school-aged children

and families wanting to learn more about healthy eating and increasing physical activity. The program also provides information to the participant’s parents who

want to learn a new healthy lifestyle for the whole family. Fit Families Summer Program is a one week program

Supply team wins excellence award

BY SHANNON LYNCH

Womack Army Medical Center was recently awarded the Chief of Staff of the Army, Department of the Army Supply Excellence Award. This is an annual award and the program was first established in 1986. It was developed to encourage and promote competition among logisticians while focusing on property accountability. Womack competed at the Department of the Army level in category IIB (TDA unit with Property Book) and won first place.

Womack was evaluated by the Northern Regional Medical Command (NRMC) and was selected to represent NRMC at the medical command competition, and then was selected at the MEDCOM level to represent MEDCOM at the Department of the Army level competition. All packets for the competition had to be submitted to the Quartermaster Center and School in Virginia by Aug. 2, 2009. Once the packets were received, they put together an evaluation schedule based on nominees from the major commands.

The evaluations were held from August to April, and Womack was evaluated in January. In 1993, Womack was runner-up



PHOTO BY CINDY BURNHAM

Left to right, Diana Burns, Gloria Harrison, Wayne Hoggard, Cynthia Richardson, Rochene Johnson-Trueitt, Andrew Williams, Patrice Knowlin, Barbara Beard, Shawn Block, Mary Ashworth, Lois Cabell, Jaime Miranda, Ben Lay, Heather Brown and Roy Mack.

in the same category of this competition. Since then, no other active-duty MEDCOM unit has placed in the competition. Womack is the first to win the competition within the active-duty component.

“There has always been a myth that medical units don’t stand up well against non-medical units and the myth was dispelled when we won this award,” said Shawn Block, Chief, Property Management Section. When Mr. Block first arrived at Womack he had already competed in the competition twice. He only made it to the Department of the Army Level. He told his staff members that if they wanted to compete for the award, they would have to work toward supply excellence every day. Competing for the competition requires you to work towards supply excellence daily not a

award. “I am fortunate to have technically proficient employees that work towards and exceed standards every day in their respective areas in the Property Management Section. For Logisticians, winning the DA Supply Excellence Award is the highest honor that a Logistician could receive. It means that we are not only the best in the Medical Command but the best in the Department of the Army,” said Block. Womack is the only unit at Fort Bragg that placed in the Supply Excellence Award Competition. There will be a ceremony in June for Womack to receive the award from the Chief of Staff of the Army.

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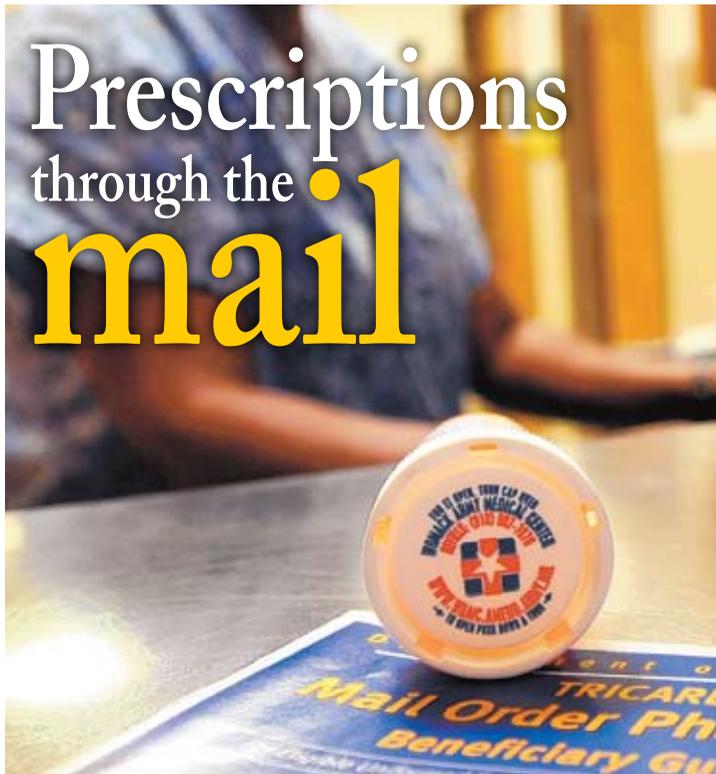
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Prescriptions through the mail

BY SHANNON LYNCH

Did you know that Womack patients should utilize the on-post pharmacies? Every time a patient uses a non-network retail pharmacy (i.e. Walgreens or other retailer) it costs the government more money than if

they utilize the free services at the on post pharmacies. Prices per prescription may vary from \$3 to \$22 at commercial retail stores. If you use the pharmacies on-post the medication is dispensed at no charge to you.

Each primary care clinic has it's own pharmacy for the patients assigned to that clinic.

The Mail Order Pharmacy (TMOP) is your least expensive option when not using the military pharmacy and it has several other advantages. It's safe, convenient and easy to use even when you're traveling on a temporary assignment or if you move.

Prescriptions may be mailed to any address in the United States and its territories, including temporary and APO/FPO addresses. If you are assigned to an embassy and do not have an APO/FPO address, you must use the embassy address. Prescriptions cannot be mailed to private foreign addresses. Refrigerated medications cannot be shipped to APO/FPO addresses.

You may receive up to a 90-day supply for most medications through the Mail Order Pharmacy, for minimal out-of-pocket costs, and the medications will be delivered to your home. Once you are registered,

refills may be requested by mail, phone or online.

We recommend that you use the mail order pharmacy for prescriptions you need on a regular basis. If you need immediate relief from a pain medication or antibiotic, you should have your prescription filled at a military pharmacy or retail network pharmacy.

Converting Prescriptions from a Retail Network Pharmacy

If you are already having prescriptions filled at a TRICARE retail network pharmacy, and you'd rather use the mail order pharmacy, you can quickly and easily convert your prescriptions to the mail order pharmacy in approximately 4-7 minutes.

For more information about the Mail Order Program call 1-877-363-1433 or log onto www.express-scripts.com/TRICARE.

Mark your calendars for Military Retiree Appreciation Day

Military Retiree Appreciation Day will be held on Saturday, September 18th at Womack Army Medical Center (WAMC) from 9:00 a.m. – 2:00 p.m.

Retiree Appreciation Day is a great opportunity for us to give back to our retirees. While many of the retirees receive their care at Womack, there are others who receive their care through civilian healthcare providers. During this event, all retirees can come to Womack and get services without



Charles Anderson, a retiree, enjoys volunteering in Pediatrics at Womack Army Medical Center. PHOTOS BY CINDY BURNHAM

making an appointment. For one day out of the year the retirees can walk into the medical facility and have their eyes examined, prostate checked; get a breast exam without making an appointment. The retirees

can bring in all of their prescriptions and have a pharmacist talk with them individually. There will be many services available on that day which will also include educational displays.

The Legal Assistance Office, which will be set up inside Womack Army Medical Center, will be available to provide various legal services including drafting wills, preparing powers of attorney, and notarizing documents.

For more information call the Womack Army Medical Center Public Affairs Office at 910-907-7247 or log onto www.wamc@amedd.army.mil.

Lung cancer leading killer of women

BY KAREN GOEPFRICH

Lung cancer surpassed breast cancer more than 20 years ago as the number one cause of cancer death in women. In fact, lung cancer kills more women than breast, ovarian and uterine cancers combined! Breast cancer survivors are advocates for awareness but because of lung cancer's high mortality rate (85 percent die in five years), few patients survive to "champion the cause" for a cure. This is partly why the World Health Organization's (WHO) 2010 campaign is focusing its attention on lung cancer in women.

The World Health Organization established World No Tobacco day in 1987 to draw attention to the lethal and epidemic effects of tobacco. On May 31, 2010 WHO celebrated this day by highlighting risks associated with tobacco use and advocating for policies to reduce consumption.

Historically, men were the primary users of tobacco products but use among women increased dramatically over the years. Cigarette companies deny that they target women and children. However, 6 years after the brand Virginia Slims was marketed, tobacco use in women rose more than 100 percent.

Just a few years ago a similar marketing situation arose with Camel No.9 cigarettes. In 2007, R.J. Reynolds ran ads for the cigarettes in magazines such as *Vogue*, *Cosmopolitan* and *Glamour*. These ads appealed to teen girls. Within a year of the ads' debut, 22 percent of girls listed Camel as their favorite cigarette ad. That's twice the number who listed Camel as their favorite in four earlier interviews taken for the study. The addictive nature of nicotine is greatly underestimated. The good news is that quitting tobacco by the age of 30 reduces the chances of dying from cigarette-related diseases by more than 90 percent. There are numerous tobacco

cessation resources available. The American Lung Association, American Cancer Society and HealthNet are just a few that offer online tobacco cessation assistance. Ucanquit2 is a Web site specifically designed to assist active duty soldiers in their battle to win over tobacco. 1-800-QUIT-NOW is a free telephone hot line. Tobacco Cessation classes are offered on a weekly basis at the WAMC Wellness Clinic. For more tobacco cessation information contact your provider or call 907-WELL.

Karen Goeprich, the program manager of Tobacco Cessation at the WAMC Wellness Clinic is a Mayo Clinic Certified Tobacco Cessation Specialist with more than 10 years of experience.



PHOTO BY CINDY BURNHAM
SGT Frances Palmer donates blood at the Fort Bragg Blood Donor Center with the help of Melody Covington, a phlebotomist.

Donate blood to a soldier!

The Fort Bragg Blood Donor Center needs blood donors. The mission of the Fort Bragg Blood Donor Center is to provide blood products to support our deployed Soldiers and DOD medical treatment facilities. "Our weekly requirements have increased by 58%. "If you are looking for some way to support the military or Military Families, donate blood. It is only through volunteer donation that we are able to save lives," said Linda Ellerbe, Recruiter, and Armed Services Blood Program.

Fort Bragg is the home of several thousand Soldiers however; over 75% are ineligible to donate due to their deployments to Iraq, Afghanistan and other countries. After returning from Iraq, Afghanistan and Haiti there is a one-year deferral period. The need for blood is continuous as it is perishable and will expire within 42 days.

The Fort Bragg Blood Donor Center also has a Apheresis Program, Soldiers at the rank

of E5 and below can receive promotion points for donating Apheresis, donations are made by appointment only.

Everyone who can donate blood should be encouraged to do so. If your unit or organization would like to sponsor a blood drive please, contact the Fort Bragg Blood Donor Center at 910-396-9925, the center is located in Building 8-2807, Scott Street or visit the web site at www.militaryblood.dod.

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Womack goes green

BY HELEN SHRIVER AND
LTC ANTHONY LOPICCOLO

Fort Bragg was the first Army installation to lead the way by recognizing that steps needed to be taken to preserve the sustainability and environment of Fort Bragg in order to continue to meet the mission goals for our Soldiers and civilian families on post. Womack Army Medical Center is now doing it's part to lead the way by implementing

a wider approach to an existing recycling program.

Since 1999, Womack has been recycling shredded HIPAA (Health Insurance Portability and Accountability Act) papers. On Nov. 1, North Carolina became the first state in the Southeast to ban plastic bottles from the landfill. Effective April 1, the Commander of Womack implemented an all encompassing Recycling Program to support this new state law.

A recycling team from Womack was put together headed by Director of Logistics, Lt. Col. Anthony J. Lopiccoco Jr., and consisting of members: Helen Shriver, Chief Environmental Services, Beverly Smith, Infection Control Nurse, Thomas Archer, Safety Management and Janina Abad, Personnel Administration Division. Linda Nesmith and the staff from Environmental Services researched which recycling bins would be appropriate for the hospital and then passed out recycling containers – blue for plastic and green for aluminum– throughout the hospital.

Womack has taken recycling another step further by incorporating all white paper,

color, computer and ledger paper. It has greatly benefited from the HIPAA recycling and will now profit by receiving monetary vouchers from DPW (Directorate Public Works).

DPW vouchers allow Womack to improve the overall morale and welfare of the Womack family by providing refreshments when there are award ceremonies, cookouts and picnics, holiday parties for the children of employees and ice cream and pizza socials. VETCOM will also be participating in the Recycling Program.

Overseeing the recycling program is Helen Shriver, Chief, Environmental Services Branch, and Richard Carr, Hospital Housekeeping Assistant. They can be contacted at 910-907-6550.



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