



Satellite Pharmacy closing

Evans Army Community Hospital will close its Commissary Satellite Pharmacy after the new Commissary's grand opening on May 9th. This closure will happen on June 1st.

Space for a new facility was not included in plans for the new Commissary and the current space will be renovated for other Fort Carson needs.

Evans Army Community Hospital remains committed to providing customer-oriented and easily accessible service. Beneficiaries may use the Evans Main Hospital Pharmacy to get new prescriptions and refills. Recent renovations and construction have added 76 conveniently located handicapped parking spaces to the west patient parking area. In addition, the Main Pharmacy has evening and Saturday hours, a large atrium waiting area, an upgraded patient

(Pharmacy continued on page 4)



Ultraviolet rays are strongest and do the most damage during mid-day hours. That is 10 a.m. to 4 p.m.



How to choose and apply SUNSCREEN

Protect yourself, protect your family!

Dr. Melissa Foss
 EACH Clinical Pharmacist

With the warmer weather of Spring, wearing shorts and short sleeves is already an option on some of our days! It is

easy to forget to wear sunscreen when you have been covered up by coats and hats for months. It's important to remember that everyone needs to wear sunscreen. People of all skin colors get skin cancer.

The American Academy of Dermatology has a few sunscreen recommendations for you.

When you select sunscreen, remember:

Choose sunscreen with **SPF of 30 or greater**. Higher SPFs than that don't offer much additional protection and they may give a false sense of security about staying outside longer.

Choose sunscreen that protects against both **UVA and UVB** radiations, labeled as "broad spectrum".

Sunscreen that is water resistant for 40 to 80 minutes is preferred.

Protect your lips with lip balm containing SBP or 30 or higher and reapply often.

Budget brands are just as effective as more expensive brands.

How to use sunscreen:

Most people don't use enough. Use one ounce spread over every part of the body exposed to the sun. That's about the size of a golf ball or enough to fill up a shot glass.

Apply 15 to 30 minutes prior to sun exposure.

Reapply to skin every two to three hours.

Apply every 60 to 90 minutes if sweating, rubbing skin, toweling off, swimming or if spray sunscreen is used. Sprays

(Sunscreen continued on page 4)

Secure messaging opens up new path to providers

Stacy Neumann
 MEDDAC Public Affairs

It's no secret. Most people will avoid a trip to the hospital if it's possible. A new system coming to Fort Carson's Medical Department Activity could help

some people do just that.

Secure messaging arrives at the Patient-Centered Medical Homes early this summer.

"It's a new gateway for patients to access medical care when it is convenient for them," said Aisha Dailey,

head nurse at Robinson Medicine Clinic. "It empowers the patient access to medical information when they need it."

Secure messaging is a web-based tool that allows beneficiaries and primary care

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Surviving allergy season

Maj. Luke Webb
EACH Allergy/Immunology

Seasonal allergens such as outdoor molds, tree, weed and grass pollens can lead to itching of the eyes, ears and nose, sneezing, runny nose and nasal stuffiness. It's often referred to as "hay fever." These allergy triggers can also be troublesome for people with asthma, leading to coughing, wheezing, chest tightness and difficulty breathing.

Control of allergy symptoms can sometimes be accomplished by avoiding the triggers. This includes keeping windows shut, running the air conditioner to help filter the air in a home, and avoiding the outdoors during peak pollen periods. If outdoor activities, such as mowing the lawn, are necessary, wearing a pollen mask may help.

Inevitably, some people will need medications to help them cope with allergies. Over-the-counter drugs will work for some while others may require a complex mix of pills, nasal sprays, eye drops or inhalers. A few may opt for allergy shots which can desensitize the patient to the allergen.

Allergy medicines have been available for more than 60 years. Many of the older medicines only lasted a few hours or made patients sleepy. In the

past 20 years, improvements have allowed patients to have longer lasting control of symptoms with a lower likelihood of making them drowsy. Some of these newer medicines are available over-the-counter, but your primary care provider or allergist can also prescribe these for better control of symptoms with very few side effects. People who are already taking other medications should always remember to talk to their provider or pharmacist about the possibility of drug interactions.

According to the Asthma and Allergy Foundation of America, half of all asthma cases are related to allergies. Thousands of patients die in the United States every year from asthma attacks, many of them brought on by allergen exposures. If you think you have asthma, you should never ignore the symptoms and try to "wait it out." If a primary care provider thinks a patient's allergies or asthma requires the expertise of an allergist, he or she will refer that person to the allergy clinic for testing. This helps determine the specific allergy and can help providers recommend a more effective treatment regimen. There are many unproven methods available to patients for control of allergies or asthma, so be sure to talk to your primary care provider or allergist before trying something on your own.

Finally, don't forget about those year-round triggers! Pets, indoor molds, cockroaches and dust mites can also cause flare ups. While dust mites and cockroaches are infrequently encountered in this area, travel to most places in the United States can bring you into close contact them and spark problems.

Getting control of these symptoms is important! It means fewer missed days of school or work, less fatigue and a lower likelihood of disease complications, such as sinus infections or hospitalizations due to asthma attacks. For more information about allergies and asthma or daily pollen levels visit AAAAI.org or ACAAI.org. ❁

Thinking about using minimal running shoes?

Maj. Zack Soloman
U.S. Army Public Health Command

In 1974, Bill Bowerman created one of the first modern-day running shoes. This shoe launched a revolution in running shoe design. Shoe mid-foot arch construction grew rigid, and heel cushion material was heightened to correct running form and presumably prevent injuries.

Three types of shoes emerged: motion-control shoes for runners with low foot arches, stability shoes for neutral arches, and cushioned shoes for high arches. These designs were meant to make shoe selection easy; runners would first identify their arch type, then choose an appropriate shoe, and finally begin running injury free.

Now, a new trend has emerged—the minimalist running shoe.

A minimalist running shoe is extremely flexible and low to the ground to create the sensation of barefoot running. By running in a shoe with minimal cushioning, most runners will reduce their stride length to avoid landing painfully on their uncushioned heel. This change in running form reduces initial joint impact and promotes a return to what some consider a more natural foot motion.

The growing popularity of minimalist running shoes in both the civilian and military communities was sparked by the promise of increased running performance and decreased risk of running injuries. Although the jury is still out on whether minimalist running shoes will live up to these expectations, the trend will surely grow as shoe companies expand and market their latest minimalist shoe product lines.

Soldiers interested in making the switch from a traditional running shoe to a minimalist design should exercise caution in doing so because a sudden change in equipment or training can result in sore muscles and joints, blis-

(Running continued on page 5)



New name for Mountain Post Wellness Center

Selinda Torbert
Forrest Resiliency Center

The Mountain Post Wellness Center is one for the history books. It's now the Forrest Resiliency Center. A rededication of the building took place on May 3rd as Fort Carson opened its Mountain Post Resiliency Campus. The campus includes the Forrest Resiliency Center, the Behavioral Health Building, the Ivy Child Development Center and Ironhorse Sports and Fitness Center.

The FRC is also transforming how it does business. The Army is standardizing its centers and creating six core programs. What isn't changing is the benefits offered to you. As part of this process, the Forrest Resiliency Center will continue to facilitate healthy lifestyle programming and services to all Soldiers, their Families, retirees and civilians.

The center's six core areas will be health assessment reviews, physical fitness, healthy nutrition, stress management, general wellness, and tobacco education. Here's how you can take advantage of the new and improved FRC.

Health Assessment Reviews

FRC tests can identify your current fitness level and risk factors for disease prevention. This includes measuring your stress levels, blood pressure, height, weight, BMI and more. A health care provider looks over the reviews and can make referrals to primary care providers, if it's needed.

Physical Fitness

The center's fitness testing labs, exercise testing and prescriptions can help



Zoilo Suarez mans the information table at the Fountain Valley YMCA "Step up to Health" community fairs. The center works outreach events to promote wellness.

you improve your cardio-respiratory health, body composition, muscular fitness, and flexibility. Experts will assist in developing fitness plans and goals.

Healthy Nutrition

These programs address metabolic testing, weight management, and healthy nutrition education. It's about learning to change your behavior, portion control, eating habits, and healthy food preparation.

Tobacco Education

This program is based on prevention, awareness and education services for our beneficiaries on the dangers of smokeless and smoking tobacco. Tobacco Cessation classes and others classes are offered multiple times per week.

Stress Management

Stress management includes a stress realization room with a massage bed, classes on how to ease yourself into sleep, stress management education and a biofeedback area.

General Wellness Education

This includes information on self care. The FRC can screen your cholesterol and blood pressure on a walk-in basis with no appointment necessary. We also manage the DoD sponsored Civilian Wellness Program.

These services are open to all active duty service members, Family members, retirees and DoD civilians. To schedule an appointment, call (719) 526-3486.✿

Interpretation services available

Christine Levy
EACH Joint Sustainment Commission Officer

Coming into a hospital or clinic can be a little frightening for someone who doesn't speak English as their native language or who has trouble hearing.

We want to ensure that our

beneficiaries are comfortable and we want to effectively communicate important health information accurately.

It's why we have a translation service available 24 hours a day and TDD equipment available.

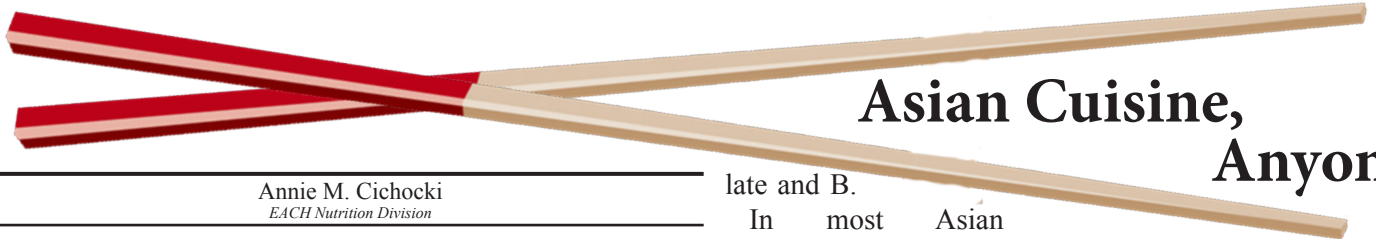
There is a poster in ev-

ery clinic and all a patient needs to do is point to the language he or she needs.

Beneficiaries needing a sign language interpreter must request this service in advance, while making their appointment.

We do not allow our staff

to act as medical interpreters and prefer to avoid using family and friends. It's important that our beneficiaries receive accurate medical information and sometimes medical terminology can be confusing without training. ✿



Asian Cuisine, Anyone?

Annie M. Cichocki
EACH Nutrition Division

May is Asian Pacific Month! Let's use this time to discover Asian cuisine and incorporate its great taste and its health benefits into our lifestyles.

An Asian diet does a great job of promoting cardiac health. You only have to look to the longevity and low prevalence of lifestyle-related diseases in this parts of the world for proof.

The major components of this healthy, prudent diet consists of: fiber-rich complex carbohydrate cereal products, tree nuts and pea nuts, lots of fruits and vegetables, marine fish, marine algae, lean meat, and red wine. In regions away from the seashore, plant products rich in unsaturated fats such as olive oil and polyunsaturated fatty acids are important. These food components are less energy dense and have lots of flavonoids, antioxidants, vitamins and minerals.

Asian cuisine encompasses Chinese, Japanese, Korean, Thai, Vietnamese, Indian, and Filipino diets. Each is unique and flavorful in its own special way.

There are a number of benefits of this type of food. The Asian diet is made up of more fresh fruits and vegetables than the traditional American diet. Because of this, Asian cuisine is high in fiber, vitamins and minerals, including Vitamin C, A, fo-

late and B.

In most Asian cuisine, seafood takes the lead as protein source. This means a higher intake of omega 3 fatty acids and less saturated fat intake. Red meat is used less often. When it is used, red meat is usually an accent to flavor the meal rather than the main part of the dish.

Another important source of protein in Asian cuisine is soy. Once mostly found in health food stores, soy foods such as tofu, miso and tempeh are increasingly found in mainstream supermarkets. Soy contains isoflavones, which are compounds that can stop the mutation of regular cells into cancer cells.

Asian cuisine also incorporates aromatic herbs and spices that some people feel make food more palatable and satisfying. The focus is on fresh ingredients and fresh food preparation. Rice, noodles, breads and grains become the main components of dishes accompanied by generous amounts of mushrooms, fruits and vegetables.

Overall, embracing the healthy aspects of Asian cuisine means eating less meat, more fruits, more vegetables and more fresh herbs. Try it and find a satisfying multicultural way to move towards better health! ❁

Pharmacy

(Cont. from page 1)



queuing system and an average patient waiting time of only nine minutes. In addition, future upgrades include more than \$350,000 of automated dispensing equipment that will enhance patient safety and make the

prescription filling process more efficient.

Don't forget! You can also get your medications delivered to your home through TRICARE mail order pharmacy's Home Delivery program. This has no-copay for formulary medications! For more information, go to www.express-scripts.com/TRICARE/homedelivery/.

The Evans Army Community Hospital Main Pharmacy is open Monday - Thursday from 8 a.m. to 6 p.m., Friday from 8 a.m. to 5 p.m., and on Saturdays from 8 a.m. to 4 p.m. ❁



Sunscreen

(Cont. from page 1)

wash off more quickly. Replace sunscreen by the expiration date on the bottle, or if there is no date, after **three years**. If sunscreen is used daily as recommended, a bottle will not last long. When purchasing a sunscreen that doesn't have an expiration date, write the date on the bottle so you know when to discard it.

Sunscreen is still recommended on cloudy days and when spending time in the

shade. Up to 80% of the sun's rays can pass through clouds.

Sunscreen is just part of the safety package. Clothing, hats and sunglasses also help protect from the sun. A good rule of thumb is to seek shade when your shadow is shorter than you are.

If you carefully follow the guidelines, you can help prevent sunburns and prevent skin cancer.

Don't welcome Spring with sunburn! ❁

Messaging (Cont. from page 1)

providers to directly message one another. Fort Carson-MEDDAC is one of the pilot sites for the Army. Nurses will have the ability to send messages with normal lab results, reminders about appointments or well-care visits, follow up on visits, and let people know that refill prescriptions are ready for pickup. Patients can ask questions, request refills, or search through the site's patient education library. For many, it will mean avoiding repeat trips to the hospital or wait times for prescription refills.

Eric Everard, Medical Informatics Chief, is working on implementing the system at MEDDAC. He says it has tangible benefits for both med-

ical staff and beneficiaries. "You have the ability to send a message that will be tracked, read and replied to. You can't always get that with a phone message. It's concrete. It's credible. There's confirmation for both sides," he explained.

Dailey said these types of systems tend to improve patient satisfaction and improve access to care. In a study at Robinson, Dailey found an average telephone consult to discuss a normal laboratory result took 10 minutes. With more than 200 of these per month, the clinic was losing the ability to make 26 additional in-person appointments. The web-based system allows caregivers to get

that time back while maintaining 24 hour availability for those with non-urgent communication requirements.

"It's about an integrated effort, working together to meet the patient's need. We are available to them when they need us," Dailey said.

In addition, health care providers will be able to send out broadcast messages about potential appointment cancellations during bad weather or remind beneficiaries about things like upcoming flu clinics.

Secure messaging is a HIPAA compliant communications tool and beneficiaries should know that their health information is secure and safe.

Col. Nick Piantanida, Pri-

mary Care Chief, said, "Secure messaging has an unique opportunity to expand the patient-provider relationship in an environment that is centered on the patient's desire for medical information and improved health."

The secure messaging system is not for making appointments or getting referrals. Beneficiaries can make appointments anytime online through www.tricareonline.com.

The patient-centered medical homes are compiling email addresses for this service during patient visits. When the system is activated, participants will be asked to respond to an invite email. ❀



Running (Cont. from page 2)

ters and even injuries, for example stress fractures. The calf muscles will require the greatest adjustment, followed by the muscles of the foot and hamstrings. Running impact forces

may also increase temporarily as the Soldier adapts to a shortened stride and forefoot strike.

To make a smooth transition: Soldiers should only perform 10 percent of their normal running distance and volume in minimalist running shoes for the first two to three weeks. For example, if a Soldier runs 10 miles per week, only one mile per week should include the use of minimalist running shoes. Traditional running shoes can still be worn the rest of the time.

No more than a 10 percent increase in distance per week is recommended for at least eight weeks after the initial transition phase. Some

S o l -

diers may take up to six months to get used to running in minimalist shoes.

Avoid running two days in a row in minimalist running shoes for the first four weeks.

Run on different surfaces, such as grass, dirt and pavement, to get used to the feel of the shoes. Make sure the running surface is clear of debris and glass.

Stretching will be very important during the first few weeks to alleviate soreness. Focus on stretching the foot, calf and hamstring muscles.

A planned transition phase is critical to limit the short-term soreness and potential complications from an overuse injury.

For more information or if problems develop, Soldiers should contact their medical provider or physical therapist. ❀

Hospital Visits: What to DO and what ~~NOT~~ to DO

Amy Kinoff
EACH Department of Nursing

By its very nature, hospitalization is a stressful time for patients, families, and loved ones. Although well intended, visitation can sometimes create as much stress and discomfort as it relieves. Here's some simple do's and don'ts to keep in mind when visiting a patient in the hospital.

DO

- Communicate with the patients and the staff. Sometimes patients need rest more than they need visitors.
- Check with the nursing staff before entering the patient's room. There may be a procedure underway.
- Listen to the patient when visiting. Fear may be a factor in their experience. Make the visit pleasant. No one wants to hear bad news, especially patients.
- Wash your hands before entering the patient's room and after you leave. This protects both you and the patient.
- Check with staff regarding the appropriateness of gifts, such as plants or flowers. Also, check with staff regarding potential allergies in case your

loved one is not in a private room.

- Ask for the hospital's policy on balloons. Some facilities restrict latex while others don't allow balloons at all.
- Inquire about the cell phone policy. Restrictions may apply to certain areas within the hospital. Noise levels may also be of concern to staff and patients.
- Be observant of visiting hours and aware of whether fatigue is taking a toll on the patient. Some patients may feel the need to entertain their visitors.
- Offer to participate in the patient's care. The staff can direct you towards appropriate activities and diversions.
- If the patient is up to it, play a game, cards or a board game.
- With permission and if able, encourage the patient to go for a walk around the nursing floor.

DON'T

- If possible, don't bring your young children to the hospital. The hospital is a good place for your child to pick up a bug.
- Don't overstay your visit. The patient is at the hospital for rest and recovery. Ask if you can do for the patient at their home, things like water

plants, pick up mail, feed pets, etc. Some people prefer to not have visitors at all. Ask in advance, if possible.

- Don't take offense if asked to step out of the patient's room. Patient privacy may be of concern due to a procedure or other matters.
 - If you are sick, stay home.
 - Don't bring food. The patient may be on a restricted diet, or in need of surgery.
 - Don't eat food in front of the patient. Take it outside of the room.
 - Don't expect to be entertained during your visit. The patient may be stressed, sleepy, hungry or anxious. You are there to see how they are doing and what they need.
 - Don't wear perfume or cologne. The fragrance can be overwhelming to patients.
 - Don't touch medical equipment without permission.
- Understanding the importance of practicing good hospital etiquette will make you an important asset in the recovery of your loved one. By following these guidelines, you create a safer environment for yourself, your loved one and other patients. ❁

Making It Healthier



Healthier cooking substitutions

Instead of:

1 cup whole milk

1 cup heavy cream

Cream cheese

Try using:

1 cup fat free milk, plus one tbsp. liquid vegetable oil

1 cup evaporated skim milk or 1/2 cup low fat yogurt and 1/2 cup plain low-fat unsalted cottage cheese

4 tablespoons soft margarine blended with 1 cup dry, unsalted low fat cottage cheese

Ticks and mosquitoes and bugs, oh my!

From the Centers for Disease Control

Summer allows more time for children to play outdoors. But when kids are covered with bug bites after spending time outside, parents may start to worry about disease spread by ticks, such as Lyme disease, or by mosquitoes, such as West Nile virus. Luckily, parents can take simple steps to prevent bites and diseases spread by bugs.

Use an effective insect repellent

Parents may feel overwhelmed by the many bug protection products in the grocery aisle. The CDC recommends a variety of effective products. Check the label for one of the following active ingredients: DEET, Picaridin, IR 3535, or oil of lemon eucalyptus.

Most pediatricians recommend using products with 30 percent or less of these ingredients on kids.

Once you've bought an insect repellent, use it whenever you and your children are outdoors. Put a few bottles or packets of repellent anywhere you might need them – in the car, by the door, in your bag. Make it easy so you'll remember. As hard as it may be to think about, any single bug bite has the potential to bring illness, so it's worth taking a moment for prevention.

Make your backyard a tick-safe zone

While you may think that ticks only live in the woods, ticks can also lurk in backyards. You can take some simple steps to make your backyard more tick-safe. Keep patios, play areas, and playground equipment away from shrubs, bushes, and other vegetation. Also, tick control chemicals are available for use by homeowners, or can be applied by a professional pest control expert.

Check for ticks

After playing outside, don't make ticks an uninvited guest in

your home. Ticks can ride in on parents, kids, and even the family pet, so check your gear and pets as soon as you get inside, even if your outdoor adventures were only in the backyard.

Parents should check themselves and their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist and especially in the hair.

If you find a tick, remove it using fine-tipped tweezers as soon as you notice it. If a tick is attached to

your skin for less than 24 hours, your chance of getting Lyme disease is extremely small. To be safe, watch for signs or symptoms such as rash or fever, and see a doctor if they develop.

Bathing when you get inside can also help you find ticks and remove them. Additionally, you can tumble clothes in a dryer on high heat for an hour to kill any remaining ticks.

By following simple prevention steps, parents and kids can focus on fun outdoor activities like gardening, camping, hiking and just playing outdoors. ❁

Partner with us on PCMH

Maj. George Meyers
Warrior Family Medicine Clinic
Commentary

Fort Carson's medical primary care teams are excited about the new Patient Centered Medical Home model of health care. This model focuses on each individual patient in order to improve the quality and experience of health care.

Patient Partnership and Goals

Our joint success depends on the full participation of each patient with his or her health care team.

We hope this partnership enables us to accomplish three main goals. First, patients will be able to understand and manage their own complex drug regimens. Second, beneficiaries should be empowered to create healthy lifestyles on their own. Finally, we want to assist our patients in understanding complex medical information and choosing treatments that will improve their quality of life.

Our pledge is to support you with information about your wellness, sharing the decision making for your medical care and enabling you to assume ownership of your health care goals.



Patient Responsibilities

We respectfully ask that patients partner with us in a number of ways. This includes bringing an accurate written list of your concerns and questions to each visit. By telling us about any off post or out-of-area care, we can obtain your records before your appointment. Ask questions to ensure that we have explained your condition to your satisfaction. Assist us in choosing the appropriate treatment plan with regards to its impact on your daily life. Attend referral appointments and follow through on

lab work and special studies. Ensure that we review the results together and explain how they will impact your treatment. Finally, we want to agree on prescribed medications and ask that you take note of the effects. Let us know what you think before changing doses or stopping medication.

Thank you for partnering with your primary care team as we work towards health care that encourages wellness and resiliency. We look forward to working with you in your Patient Centered Medical Home to improve the quality and experience of health care during your time in the Front Range. ❁

FOR YOUR INFORMATION

Happy with your service?

If you feel like an Evans employee gave you great customer service or care, why not recognize them? Stop by the Patient Advocate Office, Evans 1st floor, Room 1301 and ask about the Patient to Employee Recognition Award. You can also call 526-7225.

Referrals

It is important to remember that our military treatment facility has the first right of refusal for any services requested by a civilian provider. For example, if a patient is referred for a specialty service and the MTF has the ability to provide it, the MTF may elect to provide the care rather than refer it to a civilian specialist. The MTF will decide if it has the availability to treat the beneficiary or approve the request for civilian care within one day for routine requests and 30 minutes for urgent requests.

Email an OB/GYN representative

Do you have questions about infertility? Expecting a baby and want to know more about the Mountain Post Birthing Center? If you head to www.evans.amedd.army.mil/ob, you can click the round, blue email icon and send a direct message to a registered nurse with the EACH OB/GYN.

Online medical records

Forget having to stop by the hospital to fill out a request! Go to www.evans.amedd.army.mil/pad and request your copy online. Just click the Medical Records Branch link and click the Online Inquiry link. A representative will notify you when your records are ready to pick up.

Red Cross youth volunteers

The Evans Red Cross is currently accepting applications for its 2012 Summer Youth

Program. This program is open to military I.D. card holders 14 to 17 years old. Interviews will be conducted for placement. Applications will be available until May 11th.

Cut your health care clutter

Go green with TriWest! Visit Triwest.com/Paperless to get paperless Explanation of Benefits statements, referral and authorization letters and fee statements. Your paperless communications are housed safely in a secure, password-protected account. You can log into your account from anywhere with an Internet connections.

Evans Social Media

Join the conversation! Evans Army Community Hospital is now on Facebook at www.facebook.com/EvansArmyCommunityHospital. You can also find us on Twitter @Evans Hospital.

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