

# the MEDDAC-Fort Carson Healthbeat

Serving the Front Range Military Family

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## Hospital mitigates furlough pains

Sgt. 1st Class Jeff Troth  
*MEDDAC Public Affairs*

The Department of Defense's mandatory furlough begins this week. More than 1,250 civilians with the Fort Carson Medical Department Activity will be out of the hospital and its clinics for 11 days, or 88 work hours, from July to September. To mitigate the effects of the furlough on patients, the hospital leadership has developed a plan which allows

the clinics to continue to see patients without compromising on the standard of care given.

"The furlough will not affect the quality or safety of care we give our patients," said Col. Thomas Rogers, Fort Carson Medical Department Activity's deputy commander for clinical services. "Our clinics will remain open and manned by the same active duty providers who are there on other days.

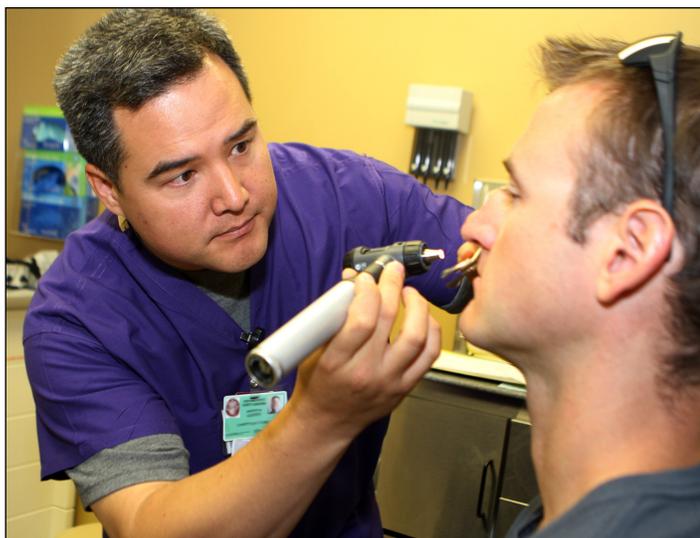
"We will lose the majority of our (civilian) employees on Fridays, but there are many clinics that are spreading out the furlough time (during the week) to allow us to carry on our daily missions."

To keep in step with the rest of Fort Carson, the majority of the hospital's civilians will take Fridays off as their mandatory furlough day.

"Friday is generally our lowest demand day in the (family medicine) clinics," said Maj. Ramona Decker, head nurse for Family Medicine Services. "But, we also wanted to follow what the post was doing, since a lot of our staff have spouses who also work on post and are being furloughed on Friday."

On Fridays clinics will be staffed by active duty personnel. Instead of a civilian nurse screening patients Army medics will do that task. In order to compensate for the personnel shortages, Warrior Family Medicine Clinic will be closed so their military staff can join forces with the Iron Horse Family Medicine Clinic staff. Robinson Family Medicine Clinic will remain open during the furlough. Beneficiaries with

*(Furlough Mitigation continued on page 3)*



*Photo by Sgt. 1st Class Jeff Troth*

**Capt. Andrew Gilbert, chief of Ear, Nose and Throat Clinic, does a pre-operative check on a patient. During the upcoming mandatory furlough, the Fort Carson Medical Department Activity clinics will have less appointments available.**

## Pediatrics helps tip the scales on childhood obesity

Dr. Jennifer Fontaine  
*Pediatric Clinic*

The Pediatric Clinic and the Department of Medicine announce the launch of a child and adolescent weight management program. Combining leading edge research from the fields of nutrition, medicine, and behavioral health, the Department of Pediatrics is offering a multi-disciplinary team approach to treating childhood overweight and

obesity.

Each child and family will be treated one on one with a plan tailored to the individual. Families will meet with their pediatrician, a nutritionist, and a pediatric psychologist within the department of pediatrics to learn how to turn information about healthy eating and an active lifestyle into action. Small, incremental goals are set by the family, and progress is celebrated as kids and

parents turn new behaviors into habits. One example of a small change to more healthy living is changing from 2% to non-fat milk at dinner.

### FORMING NEW HABITS

We know that making behavioral changes, lifestyle adjustments, and forming new habits can be very difficult. We all have a lot of trouble changing the way we do certain things,

*(Child Obesity continued on page 4)*



Photos by Sgt. 1st Class Jeff Troth

Clinic technicians Tom Kulkowski (left) and Dan Trujillo inspect an Alice 6 sleep diagnostic system they will use to monitor patients' heart rate and electroencephalography (EEG) during sleep studies at the new sleep clinic.

## Sleeping through your medical appointment

Sgt. 1st Class Jeff Troth  
MEDDAC Public Affairs

Normally doctors want you to stay awake during your appointments, but a new clinic at Evans Army Community Hospital on Fort Carson wants you to sleep, and even has beds for that purpose.

On July 2, EACH held a ribbon cutting ceremony for its new Neurology Sleep Lab Clinic. The facility will monitor, assess and evaluate patients with sleep-disordered breathing, such as sleep apnea, a condition where a person pauses in breathing or has shallow breaths while sleeping.

"The lab has four beds and will be run six nights a week," said Dr. Jonathan Olin, chief of the new clinic. "This will give us about 1,000 studies a year."

That is 1,000 people who will not have to leave Fort Carson for their assessments.

"Having the sleep lab here is go-

ing to be great for our patients," said Col. John McGrath, Fort Carson Medical Department Activity commander. "And, it is going to save us between half a million to a million dollars by doing these studies in house."

"It is a very technical study and you need good equipment, a good environment where people can sleep and a highly trained staff," Olin said. "And, we have all three here."

The sleep lab, which is located on the hospital's second floor, is set up like a small hotel. There is a front desk where the technicians check patients in. Four private furnished rooms offer a bed and large screen TV. There are even showers within the clinic for patients use before they head to work in the morning.

The rooms have a few extra features that hotel rooms don't have. A closed circuit camera allows technicians to

monitor the patients' sleep habits. But, that is only one part of the lab's state of the art monitoring equipment.

Before shutting off the lights for the night, the patient is hooked up to an Alice 6 sleep diagnostic system that monitors heart rate and electroencephalography (EEG) – voltage fluctuations within the neurons of the brain. During the first half of the night, if the technicians determine that the patient has sleep apnea, the patient is connected to a continuous positive airway pressure (CPAP) machine that forces air via a face mask until the apnea diminishes and breathing improves.

A one night study, allows doctors to formulate a treatment plan that could include lifestyle changes, mouthpieces, breathing devices or surgery.

The sleep lab does not take reservations; all its patients are referrals from military healthcare providers throughout Colorado Springs. Currently the facility is only seeing active duty personnel, but eventually their services will be available for anyone covered by TRICARE Prime.

"The new sleep lab will allow more of our patients to be diagnosed closer to home," said Olin. "It will also give them a shorter wait time to get into a sleep clinic."



Fort Carson Medical Department Activity Commander Col. John McGrath (center), Dr. Jonathan Olin, chief of Neurology Sleep Lab Clinic and Capt. Melissa Thomas cut the ribbon to open the Evans Army Community Hospital's new sleep lab, July 2.

# Furlough Mitigation

(Continued from page 1)

acute issues may be referred to these two clinics.

“For inpatient care and pediatrics, our nursing staff are rotating their furlough days (during the week), so we will have RNs and LPNs available throughout the week,” said Lt. Col. Julie Tullberg, chief of the Department of Medicine.

Even with the consolidation, the clinics will not be at full staffing on their furlough days. This means they will not be able to see the same number of patients as on a normal day. Pediatrics has 12 providers that each see an average of 17-20 patients a day. Of those 12, only four providers are active duty and will be working on the furlough days. So, instead of seeing almost 250 patients a day, the clinic will see around 80 on Fridays.

“Because we are not going to have our normal nursing staff, we are not going to have routine immunizations in the pediatrics clinic on Fridays,” said Tullberg. “So if you need a well baby appointment it will not be scheduled on a Friday.”

The allergy, dermatology and neurology clinics have numerous active duty providers. The civilian nurses there are rotating their days off in order to continue to provide appointments on Fridays, although they will still have fewer appointments available than Mondays through Thursdays.

“We are asking that on Fridays patients make appointments only for acute concerns, things that can’t wait until Monday,” said Decker.

“Nearly 80 percent of staffing of Evans Army Community Hospital comes from our dedicated civilian staff,” said Lt. Col. Eric Poulsen, Fort Carson Medical Department Activity’s deputy commander for administration. “On furlough days there will be some increases in wait times and fewer appointments, but, we have made every effort to minimize the impact on our patients.”

While the majority of the hospital’s civilian staff are scheduled to work one less day a week through September, more than 330 civilians will not be affected by the furlough.

“We have exemptions that are in place that enable us to continue our critical missions, such as inpatient services and OB,” said Rogers. “These exemptions were determined on a strictly clinical basis, of what areas needed to be open.”

The hospital leadership has included in their furlough mitigation plan contingencies for when staff must work past their regular duty day.

“Overtime is not something that we are going to disregard, we know that we are going to need overtime,” said Rogers. “If we have mothers that are laboring we have to have staff present. We are not going to send someone home just because of the furlough. Patient care will always come first and we will be able to allow overtime in those cases.”

“We want our patients to know a few things,” said Decker. “If they need care on Friday we are open and here for them, and the quality of care they receive on furlough days will be equal to any other day they visit us.”



## TIPS FOR PATIENTS

Pharmacy: Go early or go late in the day when volume is lower. For prescriptions with refills remaining, call 524-4081.

Use Secure Messaging Service (SMS): SMS is a web based tool that allows patients to ask questions, request refills, or search for patient information.

Use the ER only for Emergencies.

Access to Appointments. Schedule appointments Monday through Thursday when clinics are operating at higher capability. Fridays will be primarily limited to acute/urgent needs.



## EACH clinic furlough summary

### Clinics closed on Fridays:

Primary Care: Premier clinic, Warrior and Robinson Family Medicine Clinics (consolidated with Iron Horse),

Specialty: Acupuncture/Chiro, Audiology, Disease Management, Nutrition Care clinic, Pain Clinic, SRP Center

### Limited appointments (~50%) on Mondays & Fridays:

Primary Care: Internal Medicine and Pediatrics

Specialty: Allergy, Audiology, ENT, General Surgery, Gastroenterology (GI), Optometry / Ophthalmology, Orthopedics, Podiatry, Physical Exams, Wellness Center

### Reduced appointments (~80%):

Specialty: Behavioral Health, OB/GYN, Physical Therapy, Occupational Therapy, Urology

## Child Obesity (Continued from page 1)

whether it's what we eat, how we spend our free time, how much we exercise, work, study, or whatever it may be. The behavioral health research tells us that it takes approximately 60 days to turn a new behavior into a habit that can stick for life.

### MEDICAL AND EMOTIONAL RISKS

In 2013, our children are at much greater risk than ever before for developing overweight, obesity, and all of the medical problems that go along with obesity. These include Type II Diabetes, high blood pressure, and high cholesterol, among others. Being overweight is also associated with a shorter life span. Not only does obesity lead to medical problems, it can also have a very negative impact on self-esteem and mental health issues as well.

### TV AND FAST FOOD

The focus on electronics, television, and video games has led to our children becoming much more sedentary, and much less physically active. Due to our busy lifestyles, families are eating fast food more than ever before as well. These two factors are thought to account for a large part of the reason

we are seeing such a dramatic increase in childhood obesity. We also know that genetics play a major role in the body shape and size of a child.

### HEALTHY KIDS PROGRAM

In order to address the medical and emotional issues associated with overweight and obesity, our clinic has developed a comprehensive program for helping families find the right information and a way to get motivated to make these changes.

It all begins with YOU, parents. We know from the research that children need their parents to model healthy eating and exercise habits in order for them to develop these same habits and carry them into adulthood. This means buying and preparing healthy foods at home, and engaging in some form of physical activity every day.

While this might seem like a lot to have to change and work on, we know that everyone is capable of making

**MAKE OUR KIDS  
PLAYERS**



Search **we can!** Online

change, and it starts with just the smallest step. Working hand in hand with your pediatrician, as well as the Behavioral Health expert in your clinic can mean the difference between success and development of long term health consequences.

We have an approach to treating children with weight issues that includes appropriate medical care, lab work, dietary consultation, and working with a behavioral specialist who can help you set goals and find the motivation to succeed.

We know making these kinds of changes is difficult and that there are many barriers to getting more fit. However, we understand now more than ever what it takes to help children and their families get motivated and begin making these small changes, one at a time.

Please call your pediatrician or the pediatric behavioral health specialist to make an appointment to get started today. Together we can help you forge your path to success!



# Children can eat healthy while on-the-go

Lt. Col. Karen Hawkins  
U.S. Army Public Health Command

Is eating on-the-go now the norm for your family? Busy family schedules often lead to fast foods and convenience foods. Unfortunately, these food and beverage choices are often not the healthiest and may cause children to eat too many calories. In addition, many of these on-the-go food choices may not provide important nutrients children need for good health.

Too many calories, especially when coupled with inactivity, contribute to our nation's growing trend in childhood obesity. Obesity affects approximately one out of five children and adolescents in the United States—triple the rate from just one generation ago.

Finding easy, creative ways to add more fruits and vegetables in place of other foods may be important in reducing risk for child and youth obesity. One study on fruit consumption showed that higher fruit consumption is linked with a lower body mass index in both adults and children. Another study suggests that people who eat more low-calorie and nutrient dense foods such as fruits and vegetables have a healthier body mass index.

An easy way to get more fruits and vegetables is to consciously provide fruit and vegetables at lunchtime and as snacks. Five to nine servings per day of fruit and vegetables is recommended.

Many children and teens get almost half their calories each day from added sugars and solid fats. Approximately half of these empty calories come from six sources: soda, fruit drinks, dairy desserts, grain desserts, pizza and whole milk.

To help replace some of those empty calories with more nutrient-dense food, here are a few ideas to create convenient, on-the-go meals and snacks. Many of these can be assembled in 10 minutes or



Photo by Sgt. 1st Class Jeff Troth

less. For extra time savings, cut up fruits and vegetables on the weekend.

- Banana and nut butter wrap. Mash a banana and mix with any nut butter (this is a great opportunity to try a different butter—like almond butter, which is high in vitamin E and protein). Sprinkle with dried fruit or coconut for a different flavor. Spread it on a whole-wheat wrap or flat bread, roll it up, cut it up and bag it.

- Turkey, ham or chicken with hummus or Greek yogurt wrap. Spread some hummus or Greek yogurt on a wrap, add meat slices, any cheese (optional), lettuce or spinach and cucumber slices. Roll it up and bag it. Hummus or Greek yogurt adds a unique flavor, so if your children do not like it, use mustard or a small amount of mayonnaise.

- Pita pocket with curry chicken salad. Take chopped chicken and mix it with a little curry, Greek yogurt, chopped celery and chopped carrots. Put it in a whole-wheat pita pocket with spinach or romaine lettuce.

- Baby carrots, cucumbers chunks, grape tomatoes, hummus, whole-grain

crackers and pita chips. Put some hummus in a small container to use as a dip. Bag the carrots, cucumber chunks and grape tomatoes. Also pack some whole-grain crackers or pita chips for energy-packed carbohydrates.

- Low-fat yogurt, cheese, sandwiches. Keep low-fat yogurt, cheese and sandwiches cold by using an ice pack, frozen juice box or frozen milk box.

- Trail mix. Mix almonds, peanuts, dried fruit and whole-grain cereal for a nutrient dense, energy-packed food and bag it. This is a great “take it anywhere” kind of food.

- Other snacks. Cheese sticks, nuts, frozen yogurt, soy or almond milk, 100-percent juice in boxes, dried fruit, fresh fruit and canned fruit all make great snacks and additions to lunches.

For more information about healthy eating for children, visit:

Kids eat right, <http://www.eatright.org/kids>.

U.S. Department of Agriculture, <http://www.choosemyplate.gov/kids>.

Web MD, <http://www.webmd.com/parenting/features/healthy-snacks-for-kids>.

# Protect your eyes from ultraviolet light

Dr. Michael D. Pattison  
MEDDAC U.S. Army Public Health Command

July is Ultraviolet Light Safety Month, and anyone who has been sunburned in the past knows the effects of too much sun and UV light exposure. Most are aware that prolonged UV exposure can cause skin cancer and speed up the aging process of skin.

Some are aware that UV light is needed by our bodies to produce vitamin D, which helps strengthen bones, muscles and the immune system and helps improve our mood.

Yet many are not aware that prolonged UV exposure damages the tissues of the eye and can lead to cataracts and other eye conditions such as the loss of central vision due to macular degeneration. In fact, most do not recognize the importance of UV protection for their eyes to prevent visual impairment.

A recent study by the American Optometric Association stated that only 47 percent of Americans thought that UV protection was the most important factor when selecting sunglasses.

So what is UV light? UV is that invisible part of the light spectrum below blues and violets. While the primary source of UV light is the sun, other sources include welder's flash, fluorescent lighting, high-intensity mercury vapor lamps, xenon arc lamps tanning beds, and UV lamps and devices used in certain occupations.

Those who spend a lot of time or work outdoors or spend prolonged hours working with UV-emitting light sources and children are at greatest risk.

While the Occupational Safety and Health Administration does not have a standard for exposure to UV light, other agencies have established thresholds for exposure. Most types of UV lighting result in exposure levels well within acceptable exposure thresholds however, if at all concerned, protect your skin and your eyes.

For the eyes, use eyewear that provides as close to 100 percent eye protection from UV exposure as possible. Be aware that the tint of the lens has nothing to do with the UV protection of the lenses.

A clear lens with 100 percent protection is better for your eyes than a dark, tinted pair without UV protection. In fact, dark lenses without UV protection can be even worse for your eyes because they allow more UV light to get into your eyes due to your pupils being larger.

There are many safety glasses on the market that protect eyes from UV exposure, and all Military Combat Eye Protection, even with the clear lenses in place, "block 99.9 percent of all UVA and UVB light."

The answer is simple — preserve your sight to fight. Wear proper UV protection whenever exposed for prolonged levels of ultraviolet light.

## Action Steps for Sun Safety

- Do Not Burn

Sunburns significantly increase one's risk of developing skin cancer, especially for children.

- Avoid Sun Tanning and Tanning Beds

UV light from tanning beds and the sun causes skin cancer and wrinkling.

- Generously Apply Sunscreen

Generously apply sunscreen about one ounce to cover all exposed skin 20 minutes before going outside. Sunscreen should have a Sun Protection Factor, abbreviated "SPF," of at least 15 and provide protection from both UV-A and UV-B rays. Reapply every two hours, even on cloudy days, and after swimming or sweating.

- Wear Protective Clothing

Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, when possible.

- Seek Shade

Seek shade when possible and remember that the sun's UV rays are strongest between 10 a.m. and 4 p.m.

- Use Extra Caution Near Water, Snow and Sand

Water, snow and sand reflect the damaging rays of the sun, which can increase your chance of sunburn.

- Check the UV Index

The UV Index provides important information to help you plan your outdoor activities in ways that prevent sun overexposure. The UV Index forecast is issued daily by the National Weather Service and EPA. Visit [www.epa.gov/sunwise/uvindex.html](http://www.epa.gov/sunwise/uvindex.html) to determine the UV index for a given day.

- Get Vitamin D Safely

Get Vitamin D safely through a diet that includes vitamin supplements and foods fortified with Vitamin D. Don't seek the sun.

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# Diabetes doesn't have to stop travel plans

Centers for Disease Control

Care for your diabetes even while you're on vacation. Plan ahead for stress-free travel for your health needs. Whether you'll be on the road, in the air, on the water, take your care routine with you.

Getting out of the routine is part of the fun of vacation and traveling. But your care routine should travel with you, especially if you have diabetes. Before you hit the road, review these tips for taking care of yourself.

## 1. Don't Forget Your Medication

a. Pack twice the amount of diabetes supplies you expect to need, in case of travel delays.

b. Keep snacks, glucose gel, or tablets with you in case your blood glucose drops.

c. Make sure you keep your health insurance card and emergency phone numbers handy, including your doctor's name and phone number.

d. Carry medical identification that says you have diabetes.

e. Keep time zone changes in mind so you'll know when to take medication.

f. If you use insulin, make sure you also pack a glucagon emergency kit.

g. Have all syringes and insulin delivery systems (including vials of insulin) clearly marked with the pharmaceutical preprinted label that identifies the medications. Keep it in the original pharmacy labeled packaging.

h. Find out where to get medical care if needed when away from home.

i. Take copies of prescriptions with you.

## 2. On the Road

a. Reduce your risk for blood clots by moving around every hour or two.

b. Pack a small cooler of foods that may be difficult to find while traveling, such as fresh fruit, sliced raw vegetables, and fat-free or low-fat yogurt.

c. Bring a few bottles of water instead of sugar-sweetened soda or juice.

d. Pack dried fruit, nuts, and seeds as snacks. Since these foods can be high in calories, measure out small portions ( $\frac{1}{4}$  cup) in advance.

## 3. In the Air

a. If you're flying and do not want to walk through the metal detector with your insulin pump, tell a security officer that you are wearing an insulin pump and ask them to visually inspect the pump and do a full-body pat-down.

b. Place all diabetes supplies in carry-on luggage. Keep medications and snacks at your seat for easy access. Don't store them in overhead bins or checked luggage.

c. If a meal will be served during your flight, call ahead for a diabetic, low fat, or low cholesterol meal. Wait until your food is about to be served before you take your insulin.

d. If the airline doesn't offer a meal, bring a nutritious meal yourself.

e. Make sure to pack snacks in case of flight delays.

f. When drawing up your dose of insulin, don't inject air into the bottle (the air on your plane will probably be pressurized).

g. Reduce your risk for blood clots by moving around every hour or two.

## 4. Staying Healthy

a. Changes in what you eat, activity levels and time zones can affect your blood glucose. Check levels often. Talk with your doctor before increasing physical activity, such as going on a trip that will involve more walking.

b. Stick with your exercise routine. Make sure to get at least 150 minutes of physical activity each week.

c. Protect your feet. Be especially careful of hot pavement by pools and hot sand on beaches. Never go barefoot.

d. Make sure you are up-to-date on immunizations.

More Information:

Centers for Disease Control: [www.cdc.gov/diabetes](http://www.cdc.gov/diabetes).

National Diabetes Education Pro-

gram: [ndep.nih.gov](http://ndep.nih.gov).

Diabetes Travel Tips Video: [ndep.nih.gov/resources/ResourceDetail.aspx?ResId=374](http://ndep.nih.gov/resources/ResourceDetail.aspx?ResId=374).

Staying Healthy On the Go with Diabetes Video: [ndep.nih.gov/resources/ResourceDetail.aspx?ResId=377](http://ndep.nih.gov/resources/ResourceDetail.aspx?ResId=377).



## FOR YOUR INFORMATION

### Free Shaving Supplies

The Dermatology clinic is looking for males 18-40 years of age with a history of “razor bumps” to participate in a research study. The study last 12 weeks and participants will receive free razors, shaving cream and other shaving supplies. For more information, call 526-7185.

### DFAC meals during furlough

During the furlough, the EACH DFAC will be serving a continental breakfast in the Evans Dining Facility on Fridays from 6-9 a.m. Furlough Continental Breakfast Menu:

Bagels with Cream Cheese  
Toast with Butter and Jelly  
Cold Cereals  
Assorted Danishes and Muffins  
Scones  
Whole Fresh Fruits  
Assorted Greek and Yoplait Yogurts  
Selection of Beverages  
Coffee, Decaf, Tea, Juice, Milk

For lunch there will be one special hot item entrée and the salad bar.

The DFAC will be closed for dinner. This will be in effect Fridays until September 27.

### Use Sunscreen Spray? Avoid Open Flame

In 2012, FDA received reports of five separate incidents in which people wearing sunscreen spray near an open flame actually caught fire. Read the warning label on the sunscreen spray and learn how to use it safely and avoid potential harm.

### Evans on Facebook/Twitter

Join the conversation! Evans Army Community Hospital is now on Facebook at [www.facebook.com/EvansArmyCom](http://www.facebook.com/EvansArmyCom)

munityHospital. You can also find us on Twitter. We are @EvansHospital.

### EFMP increased hours

The Exceptional Family Member Program office at Evans Army Community Hospital has increased their hours of operation to better accommodate the needs of our service members and families. Their new hours will be:

Mondays to Thursdays 7:30 a.m. to 4 p.m.  
Fridays 7:30 a.m. to noon

The EFMP office has moved to Woods Soldier Family Care Center, room 2124.

### Secure Messaging

Evans Army Community Hospital offers a FREE Secure Messaging service to enrolled hospital patients to allow 2-way electronic communications between you and your assigned Primary Care Medicine Team. Use the secure system to refill medication or review lab tests & to get your medical questions answered. The confidential exchanges between you and your PCM team become part of your permanent electronic record. Enroll at your clinic’s reception desk.

### Help us grow APLSS

What is an APLSS??? It is an Army Provider Level Satisfaction Survey that is sent out after some medical appointments. Not everyone will get one, but if you do we would like to hear about your experience at our facility. Were we courteous? Were you



satisfied? Was our facility clean and neat? We care about your comments.

When you return a survey, you help improve your healthcare system. How? Evans earns up to \$800 for each returned survey. That money means we can improve your services. Maybe another pharmacist or an additional pediatrician. More than 3,000 surveys are sent out each month. Less than 15 percent are returned. It’s up to you to help improve your medical treatment facility.

Top 5 Clinics from Junes APLSS report:

1. Gastroenterology – 100%
2. Ophthalmology – 97.6%
3. Dermatology – 96.9%
4. Internal Medicine – 96.4%
5. Robinson Clinic – 96.3%

### EACH ambulance service

Evans Army Community Hospital has its own ambulance service. In a life or limb threatening emergency or injury, there is no need to head to the Emergency Department in a personal vehicle. Just call 911 and let skilled paramedics and ambulance crews begin administering the critical care needed. They are on duty 24/7. For more information, contact 526-7111.

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