



THE WASHINGTON SURVEYOR

NOV. 20, 2017



By MC3 Kashif Basharat

AIRING IT OUT

AIR DEPT. HOLDS SPORTS DAY!

By MC3 Jamin Gordon

A HEART TO SERVE

FIVE STAR MILITARY RECOGNITION
LUNCHEON

The Washington Surveyor

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SAILOR
of the
WEEK



HM2 Dushan Hunter

DEPARTMENT: Dental

HOMETOWN: Thomasville, Georgia

WHEN I JOINED THE NAVY: January, 2009

REASON I JOINED THE NAVY: To get out of the same everyday environment back home.

REASON I CHOSE MY RATE: To work closely with the medical family and to have something to fall back on in case I get out of the Navy.

On the cover: (Nov. 3, 2017) - Sailors from the GW operations department pose for a group photo after the Five Star Military Family Recognition Luncheon. (U.S. Navy photo by MC3 Jamin Gordon)



(Nov 2, 2017) - ABHAN Christopher Alderfer from air department plays a game of billiards during an air department sports day. (U.S. Navy photo by MC3 Kashif Basharat)

QUESTIONS of the WEEK

DC

Q: M-8 Paper turns what colors?

A: RED: H-BLISTER, YELLOW: G-NERVE, GREEN: V-NERVE

3M

Q: Who is the primary liaison between the Workcenter Supervisor and Supply?

A: REPAIR PARTS PETTY OFFICER.

SAFETY

Q: What are 3 types of cartridges that are supplied for respirators on board?

A: PARTICULATE, GAS/VAPOR, AND COMBINATION.

DEPARTMENT

in the

SPOTLIGHT

DENTAL

By MC3 Brian Sipe

Taking care of one's teeth doesn't always just include brushing and flossing. Dental work, such as cleaning or orthodontic work, may be needed to keep one's teeth looking clean and healthy.

The Nimitz-class aircraft carrier USS George Washington's (CVN 73) dental department is always available to provide help and guidance to any George Washington Sailor that needs it.

"As a Sailor it's your right to have dental care," said Lt. Francis Im, the dental divisional officer. "We're here for you and we will try to give you at least one exam every year. It's always a good decision to come in because it's for your benefit and the care we provide is at no cost to you."

All Sailors are covered for dental care that is needed and the ship's dental team is able to perform almost any dental procedures that are needed. If they cannot perform a certain procedure, they make sure to direct Sailors

to the right location.

"Dental health is very important," said Hospital Corpsman 1st class Donnell Proctor, the ship's registered dental hygienist. "A lot of times there is a disconnect. People seem to think that your mouth is not connected to the rest of your body. Because of this I always try to instill values of brushing, flossing, rinsing and chewing sugar free gum after meals."

The ship's goal is to get an operational readiness of at least 95% for dental work. According to Proctor, dental has exceeded those expectations and has maintained an operational dental readiness of 98%.

"Take advantage of the dentistry that is offered," said Proctor. "The Navy is not [offered] forever for our personnel. There will come a time where they will retire or get out and dentistry is very expensive on the outside. I would hate to see someone leave the military without getting everything that was afforded to them."

Proctor recommends that all George Washington Sailors come in if they have any questions or problems. Dental is fully capable of handling almost all dental procedures and wants all Sailors aboard the ship to be fit to fight.

"I love everything about dental," said Hospital Corpsman 2nd class Dushan Hunter, a member of the dental department and the Sailor of the week. "You see different things every day, nothing is ever the same. I get to see the good, the bad and the ugly side of teeth."

Being operationally ready is imperative for a warship, whether in the yards or underway, and being dentally ready is part of that. George Washington Sailors have a large number of resources available for dental work and are encouraged to take advantage of them. For any questions, contact dental department on the 2nd deck of the ship's Floating Accommodation Facility.

AIRING OUT

GW AIR DEPARTMENT HOLDS SPORTS DAY

By MC3 Kashif Basharat

Sailors from the Nimitz-Class aircraft carrier USS George Washington's (CVN 73) air department took a day off from their arduous work schedule for a sports day Nov. 2.

"Today was air department sports day, or as we like to call it, the battle of the Vs'," said Lt. Joel Pena, V-5 division officer and the organizer for the event.

"There are five V's [divisions] in air department and they are all competing against each other in different sports and events."

The Sailors had an opportunity to participate in multiple tournaments, including 7-on-7 flag football, volleyball, basketball, 8-ball billiards, a relay race and a tug of war competition.

"One of the things I really want to promote in this department is a culture of physical readiness," said Capt. Michael Bratley, the air boss aboard George Washington. "A lot of times we don't like to work out because it's not something some of us really enjoy. We wanted to give these Sailors multiple ideas on different ways they can be ac-

Cont'd on next page



(Nov 2, 2017) - Sailors from air department compete in a tug-of-war competition during an air department sports day. (U.S. Navy photo by MC3 Kashif Basharat)



(Nov 2, 2017) - Sailors from air department compete in a volleyball game during an air department sports day. (U.S. Navy photo by MC3 Kashif Basharat)



(Nov 2, 2017) - A Sailor from air department plays a game of billiards during an air department sports day. (U.S. Navy photo by MC3 Kashif Basharat)



(Nov 2, 2017) - Sailors from air department compete in a football game during an air department sports day. (U.S. Navy photo by MC3 Kashif Basharat)



(Nov 2, 2017) - Sailors from air department serve up food during an air department sports day. (U.S. Navy photo by MC3 Kashif Basharat)



(Nov 2, 2017) - ABH2 Aron Gonzales grills burgers during an air department sports day. (U.S. Navy photo by MC3 Kashif Basharat)



(Nov 2, 2017) - Sailors from air department compete in a soccer game during an air department sports day. (U.S. Navy photo by MC3 Kashif Basharat)

tive. Obviously one day is not going to be enough, but if we can plant a seed in their minds that being active can be fun, we hope it encourages a lifelong habit of taking care of their body.”

In between participating in the different activities, the Sailors had the opportunity to enjoy food, which was prepared by the air department chief petty officers and first class petty officers, as well as socialize with other Sailors.

“This event gave all of us an opportunity to talk to and meet people who we normally don’t work with on a daily basis,” said Airman Matthew Hornung. “I think an event like this unquestionably builds morale. It gives everyone an opportunity to run around and have fun. This was an informal environment

and it allowed people to have their own identity, but at the same time work together as a team and compete. It was a great opportunity for some people to get out of their comfort zone or try a new sport.”

Another reason for having a day full of different activities and food was to reward the Sailors for their hard work. During Refueling and Complex Overhaul (RCOH), some departments have certain tasks they need to complete to fulfil the ship’s mission. Sailors in air department are tasked to complete roughly 15 tasks per day. However, the Sailors have completed more than 50 tasks a day since RCOH began.

“I hope the Sailors recognize the many positive aspects of the Navy,”

said Bratley. “The Navy is not all about work, it’s also about building a good rapport with the people you work with. It reminds me of all the times when my dad was in the Navy and I got a chance to go to ship parties and other events like this with him. This is one of the things I really enjoy about the Navy. We work hard but we also like to play hard.”

At the conclusion of the day, Sailors gathered as Pena announced the winning divisions for each event as well as raffled movie tickets. This was the second time air department has held a sports day event and plans to continue the tradition next year.



(Nov 2, 2017) - Sailors from air department compete in a basketball game during an air department sports day. (U.S. Navy photo by MC3 Kashif Basharat)

FIVE STAR MILITARY RECOGNITION



(Nov. 3, 2017) - Sailors from GW operations and security departments pose for a group photo after the Five Star Military Family Recognition Luncheon. (U.S. Navy photo by MC3 Jamin Gordon)

A HEART TO SERVE

By MC3 Jamin Gordon

The common phrase, “it is better to give than to receive”, can sum up what volunteering is about. No matter what a person’s reason for volunteering may be, some Sailors believe should always come from the heart. It is a selfless act of kindness that benefits the community.

The Armed Services Young Men’s Christian Association (YMCA) of Hampton Roads honors five service members annually, for volunteering in the community, at the Five Star Military Family recognition luncheon. One service member is chosen from each branch.

Master-at-Arms 1st Class Fredrick Tanner, Operations Specialist 1st Class Jane Tupas-Abuel and Aviation Boatswain’s Mate (Equipment) 1st Class Robert Van, Sailors assigned to the Nimitz-Class aircraft carrier USS George Washington (CVN 73), were recognized for their hard-work and ded-

ication to their community. For Tupas-Abuel and Van, this nomination came as a welcomed surprise.

“We didn’t know we were nominated,” said Tupas-Abuel. “I was told on Monday by my chain of command that I had something to attend on Friday. We had no idea of how or when the package was submitted to YMCA.”

Though the Sailors felt a sense of pride for their nomination, they remained humble.

“I was totally honored,” said Van. “This is for what we do for our community, so we don’t do it for awards, we do it because we like to, and we enjoy giving back.”

Like Van, Tupas-Abuel volunteers because she cares about others.

“I didn’t see myself being in this position, because I’ve been volunteering since I was on the [Nimitz-Class aircraft carrier USS Theodore Roosevelt (CVN 71)], which was my first command,”

said Tupas-Abuel. “I’m interested in just sharing something with the community. We’re fortunate compared to other people. In the community, we see some people who are really struggling, and just giving our spare time is heart-warming. Even though it’s not money, it’s the time and dedication that we give them that matters.”

Similar to Tupas-Abuel, Van realizes that giving back isn’t about money or materialistic things, but the act of kindness.

“Volunteering was instilled in me at an early age through my dad, who was also in the military,” said Van. “We weren’t always able to give back money, but we always could give our time. Whether we were helping out forest rangers by bringing in supplies, or building a fence, whatever you can do, you do.”

As much as Tupas-Abuel is driven to help out the community, she also is em-



(Nov. 3, 2017) - OS1 Sean Savage, left, and OS1 Jane Tupas-Abuel sit at a table during the Five Star Military Family Recognition Luncheon. (U.S. Navy photo by MC3 Jamin Gordon)

“I want to show the importance of helping others to my shipmates, and what can be given back to the community.”

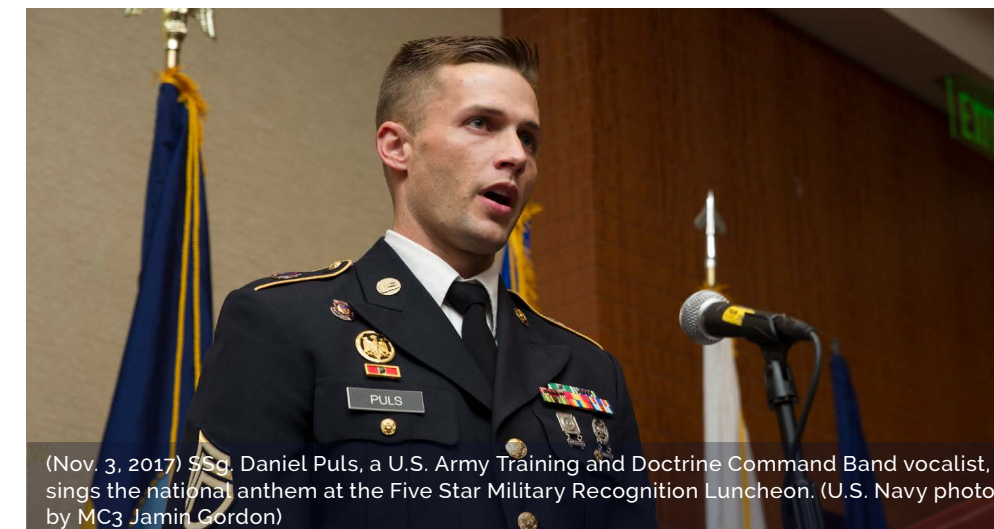
-OS1 Jane Tupas-Abuel

powered by the thought of showing junior Sailors the side of the military that can be obscured due to tunnel vision.

“I want to show the importance of helping others to my shipmates, and what can be given back to the community,” said Tupas-Abuel. “Junior Sailors lose motivation when they get to the ship due to the negative atmosphere that surrounds it. They get tunnel vision and fail to realize that there is more to just work on the ship and the rewards to one’s self when they go out and give to the community.”

The pleasure of seeing the appreciation of the people they assisted was an emotional experience for both Tupas-Abuel and Van.

“It felt good to have the support that showed up,” said Van. “It really builds up your self-worth. You don’t always hear a ‘thank you’ for the work you put in on a daily basis, and it was neat to



(Nov. 3, 2017) SSgt. Daniel Puls, a U.S. Army Training and Doctrine Command Band vocalist, sings the national anthem at the Five Star Military Recognition Luncheon. (U.S. Navy photo by MC3 Jamin Gordon)

have the whole community come out and say that.”

Both Tupas-Abuel and Van plan to continue volunteering in their communities. Van and his Sailors coordinate with local hospitals to donate platelets on a regular basis and various other community service activities.

If anyone is interested in getting involved in volunteer work or wants advice on how to get started, Van and the rest of the George Washington nominees are more than happy to lend a helping hand.



(Nov. 3, 2017) Adm. Philip S. Davidson, the commanding officer of Commander, U.S. Fleet Forces Command, speaks as the guest speaker at the Five Star Military Family Recognition Luncheon. (U.S. Navy photo by MC3 Jamin Gordon)

“This is for what we do for our community, so we don’t do it for awards, we do it because we like to, and we enjoy giving back.”

-ABE1 Robert Van

NOVEMBER

IS



AVIATION HISTORY MONTH

By MCSN Trey Hutcheson

The mission of naval aviation is to support naval forces. Naval aviation accomplishes this goal by being the eyes and ears of the fleet, providing protection from submarine attacks, aid and support operations during amphibious landings, rapid logistic support for ground forces, and Search and Rescue (SAR) operations.

For this reason, it is important to reflect on the history of naval avi-

ation. On January 18, 1911 Eugene Ely made the first successful land and take off from a naval vessel giving birth to naval aviation, according to Peter Jakab, Chief Curator, of the Smithsonian National Air and Space Museum.

Soon after Ely's flight the Navy purchased its first airplane, according to the Navy Aviation Museum Foundation "A-1 Triad." The first aircraft purchased by the Navy was

the Curtiss A-1 Triad, which was one of the earliest hydroaeroplanes. It could operate from land, air and sea because of the retractable landing gear it possessed.

In 1917, the United States entered World War I with naval aviation being the first to go overseas, according to the U.S Naval Institute "The early years." Naval airmen assisted in the antisubmarine warfare effort against the German U-boats to help

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Jan. 18, 1911
First Shipboard Landing
Civilian pilot Eugene Ely becomes the first person to ever land an aircraft on board a ship, flying a Curtiss pusher onto a makeshift wooden platform constructed on the armored cruiser Pennsylvania in San Francisco Bay.



Jan. 26, 1911
First Successful Hydroaeroplane Flight
With LT Theodore G. Ellyson, destined to become Naval Aviator Number 1, observing, Glenn H. Curtiss makes the first successful hydroaeroplane flight in San Diego, demonstrating the application of airplanes for naval purposes.

May 8, 1911
Birth of Naval Aviation
Capt. Washington Irving Chambers prepares contract specifications for the Navy's first aircraft. This date is later designated the birthday of U.S. Naval Aviation.

Jul. 1, 1911
First U.S. Navy Flight
The Navy's first aircraft, the A-1 Triad, makes its maiden flight from Keuka Lake at Hammondsport, New York.



May 22, 1912
Birth of Marine Corps Aviation
1LT Alfred Cunningham, USMC, reports to Greenbury Point, Maryland, for flight training, marking the birth of Marine Corps aviation.

Apr. 24, 1914
First Naval Combat Flight
An AB-3 flying boat flown by LT Patrick N.L. Bellinger completes the first combat flight by a U.S. military aircraft, flying a reconnaissance mission in support of operations at Veracruz, Mexico.



May 30, 1916
Flight Instruction Begins
2LT Charles Sgden and 3LT Elmer F. Stone become the first two Coast Guard aviators assigned to flight instruction.

Sept. 24, 1918
First Navy Ace
LTJG David S. Ingalls shoots down his fifth enemy aircraft over the Western Front, becoming U.S. Naval Aviation's first fighter ace.

May 27, 1919
First Transatlantic Crossing
The NC-4 flying boat lands in Lisbon Harbor, Portugal, completing the first transatlantic crossing by air.



Jul. 12, 1921
Bureau of Aeronautics Established
The Bureau of Aeronautics (later the Bureau of Naval Weapons) is established by an Act of congress.

Mar. 20, 1922
USS Langley (CV-1) Commissioned
The U.S. Navy commissions its first aircraft carrier, Langley.



Oct. 26, 1922
First Landing on USS Langley
LCDR Godfrey de C. Chavielier records the first landing on board a U.S. Navy aircraft carrier aboard USS Langley.



Jul. 27, 1927
First Navy/Marine Combined Action
In the first combined arms action in the Marine Corps, DH-4 aircraft provide close air support for leathernecks on the ground in a battle against Sandinistas in Ocotal, Nicaragua.

May 7, 1942
Battle of the Coral Sea
U.S. Navy and Imperial Japanese Navy aircraft carriers square off in the Battle of the Coral Sea, the first naval engagement in which ships of the opposing forces are not within sight of one another.

Jun. 3, 1942
Battle of Midway
U.S. Navy carrier aircraft sink four Imperial Japanese Navy aircraft carriers and a Japanese heavy cruiser, offensive blows that lead to victory in the decisive Battle of Midway.



Sept. 29, 1946
11,000 Mile Non-Stop Flight
September 29, 1946 - A P2V-1 Neptune patrol aircraft nicknamed the Truculent Turtle completes a non-stop flight of 11,235.6 miles from Perth, Australia, to Columbus, Ohio, in 55 hours and 17 minutes.



Jul. 21, 1969
First Man on the Moon
Astronaut Neal Armstrong, a former Naval aviator, becomes the first human to set foot on the surface of the moon.

Feb. 22, 1974
First Female Naval Aviator
LTJG Barbara Ann Allen becomes the first woman to be designated a naval aviator.



Information from Navy.mil

convoy ships across the Atlantic Ocean.

By the time the U.S entered World War II the Navy had seven fleet carriers and one escort carrier in commission, five patrol wings and two marine aircraft wings in operation, according to the U.S Naval Institute “The Golden Age.” With naval warfare going away from the battleship and relying on the aircraft carrier, naval aviation was becoming more important than ever. On April 4, 1942, the Battle of the Coral Sea began. The battle was the first sea battle where opposing surface forces never saw or fired upon each other and was a strategic victory for the United States.

“The U.S. Navy emerged from World War II unmatched in history for its offensive power and mobility. At the core of this invincible fleet was naval aviation, of which the key offensive element was the aircraft carrier.”

- U.S. Naval Institute

A month later on June 4, 1942, the Battle of Midway commenced, and resulted in four enemy Japanese aircraft carriers being destroyed. The Battle of Midway has been called the turning point for the United States against the Japanese in World War II.

“The U.S. Navy emerged from World War II unmatched in history for its offensive power and mobility,” according to U.S Naval Institute “The Postwar Years”. “At the core of this invincible fleet was naval aviation, of which the key

offensive element was the aircraft carrier.”

After World War II, the Navy no longer had an inexhaustible supply of resources, according to U.S Naval Institute “The Postwar Years.” Naval Aviation had an immediate and pressing problem to evolve with advanced technologies such as jet propulsion and guided missiles while maintaining an overseas presence and redefining roles.

By the late 1950s, angled decks, steam catapults, and mirror landing systems later to be replaced by the Fresnel lens had come to fruition, according U.S Naval Institute “Into the Jet Age.” Nuclear Carriers were on the horizon and standardized training for air crews had been instituted and eventually aircrews and aircraft were at the same level of development and process.

Throughout the 1960s and 1970s many landmarks in naval aviation took place. In 1961, the first nuclear-powered carrier USS Enterprise was commissioned. In 1970 the first F-14A Tomcat flew, and was closely followed by the Grumman EA-6B Prowler in 1971. On Feb. 22, 1974, naval aviation history was made when Lt. j.g. Barbara Ann Allen became the Navy’s first designated female aviator when she earned her Wings of Gold in a ceremony at Naval Air Station (NAS) Corpus Christie, Texas.

Naval aviation in the 1980s saw an increase in its building programs and capabilities, according to U.S Naval Institute “The Diamond Anniversary Decade.” This included the F/A-18 Hornet, the SH-60B Seahawk helicopter, the MH-53B helicopter, and the AV-8B Harrier II. The V-22 Osprey was introduced, a fixed-wing, tilt-rotor aircraft capable of vertical takeoff and landing and horizontal flight.

In the 1990s the Soviet Union collapsed which resulted in naval aviation having the largest decrease in personnel and force levels since World War II, according to U.S Naval Institute “Desert Storm and Beyond.” Even though a decrease in personnel was occurring in naval aviation, opportunities for women had increased drastically. President William Clinton signed legislation lifting the ban on women serving on combat ships on November 30, 1993.

“Today Naval aviation is comprised of more than 100,000 officers and sailors assigned to 11 aircraft carriers, 10 carrier air wings, 25 naval air stations, and 168 fleet, reserve, and training squadrons.”

- U.S. Naval Institute

“Today Naval aviation is comprised of more than 100,000 officers and sailors assigned to 11 aircraft carriers, 10 carrier air wings, 25 naval air stations, and 168 fleet, reserve, and training squadrons,” according to DefenseMediaNetwork “U.S. Navy Aviation Today.”

Without the innovators and creators that continuously contribute to naval aviation the U.S would not have the established military force that it has now, according to DefenseMediaNetwork “U.S. Navy Aviation Today.” It is important to pause to review naval aviation’s roles, missions, and assets today and tomorrow, and throughout the month of November as the Navy recognizes naval aviation history.

NAVY NEWS

Keel Laid for Future USS Lenah H Sutcliffe Higbee

From Team Ships Public Affairs

The keel of the future USS Lenah H. Sutcliffe Higbee (DDG 123) was ceremoniously laid Nov. 14, at the Huntington Ingalls Industries (HII) shipyard.

The ship’s keel was authenticated by the ship’s sponsors, Louisa Dixon, Virginia Munford and Rolanda Pickett Wilson. The authenticators etched their initials into the keel plate to symbolically recognize the joining of modular components and the ceremonial beginning of the ship.

“The keel laying is the first major event in a shipbuilding program and the keel is known as the backbone of the ship,” said Capt. Casey Motton, DDG-51 class program manager, Program Executive Office (PEO) Ships. “With the keel in place, the ship will begin to take shape and I look forward to seeing that happen over the next several months.”

The ship’s namesake, Lenah H. Sutcliffe Higbee, served as the second Superintendent of the Navy Nurse Corps in 1911 and received the Navy Cross for distinguished service in the line of her profession and devotion to duty. When she entered naval service in 1908, she was one of the first 20 women to join the newly established Navy Nurse Corps and contributed her nursing skills to the Navy during the First World War.

DDG-123 will be configured as a Flight IIA destroyer, which enables power projection, forward pres-



ence and escort operations at sea in support of low intensity conflict/coastal and littoral offshore warfare as well as open ocean conflict. The ship will be equipped with the Navy’s Aegis Combat System, the world’s foremost integrated naval weapon. The ship will also incorporate Cooperative Engagement Capability that, when combined with the Aegis Combat System, will permit groups of ships and aircraft to link their radars to provide a composite picture of the battle space, effectively increasing the theater space. The capability is designed to provide the Navy with a 21st century fighting edge.

HII’s Pascagoula shipyard is also currently in production on the future destroyers Ralph Johnson (DDG 114) , Paul Ignatius (DDG

117), Delbert D. Black (DDG 119) and Frank E. Petersen, Jr (DDG 121). Additionally, HII is under contract for the future USS Jack H. Lucas (DDG 125) which will be the first Flight III ship.

As one of the Defense Department’s largest acquisition organizations, PEO Ships is responsible for executing the development and procurement of all destroyers, amphibious ships, special mission and support ships and special warfare craft.

For more information, visit www.navy.mil, www.facebook.com/usnavy or www.twitter.com/usnavy.

For more news from Naval Sea Systems Command, visit www.navy.mil/local/navsea/.

SPREAD THE WORD

NATIONAL DIABETES AWARENESS MONTH

By MCSA Adam Ferrero

November is National Diabetes Awareness Month, and for Sailors and civilians, there are plenty of reasons to observe the month; more than 30 million reasons in the United States alone.

According to the Center for Disease Control and Prevention (CDC) website, 30.4 million adults in the U.S. have diabetes, and about one out of every four don't even know that they have it.

According to Lt. Ruth Cortes, a physician assistant aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73), people who are diabetic or pre-diabetic show several signs.

"Your fingers and toes go numb, or they hurt," said Cortes. "You might be peeing a lot, and your vision starts to kind of fade. What diabetes does is attack all the little blood vessels first. Over time,

you start losing vision and kidney function. It slowly takes away your normal functions. That's something people need to recognize."

For Cortes, recognizing diabetes begins with knowledge.

"With diabetes, there's a strong genetic component," said Cortes. "There are two types of diabetes, type 1 and type 2. Type 1 can develop at an early age, and you did nothing wrong other than having some bad luck with your genes."

Cortes said that those with type 1 diabetes can't create insulin, a hormone that helps the body break down sugar. Without it, the body starves for sugar, and begins to break down muscles.

According to the CDC website, type 1 diabetes accounts for approximately 5% of all diagnosed cases of diabetes in adults, with type 2 accounting for the remaining 95%. Risk factors can include high

blood sugar levels, being overweight, being 45 years of age or older and being physically inactive.

Those who develop type 2 diabetes may have trouble breaking down sugar, but they ingest a lot of it, said Cortes.

"You're eating a lot of things like starchy white breads and sugary drinks," said Cortes. "Over time your pancreas, which is in charge of making insulin, gets exhausted. It just can't do the work anymore, so the sugar hangs around in the blood. It has nowhere else to go, because the insulin is supposed to pick it up and move it out of the bloodstream. Now, you're walking around with high blood glucose all day long."

For someone curious about the glucose levels of their blood, there is a way to find out.

"We do a test called hemoglobin A1C, and that gives us an average

of someone's glucose level," said Cortes.

If someone has a high enough glucose level, Cortes said that they may be diagnosed as pre-diabetic or diabetic. Cortes said that there is no quick and easy path with prevention and treatment, and although prescribed medication is one common solution, ultimately someone looking to treat diabetes will find themselves turning to diet and exercise.

"Exercising is one of the most natural ways to lower your blood sugar," said Cortes. "If you're a very avid exerciser, when you eat sugar it leaves your system because your muscles draw it up during exercise. It has to be rigorous exercise, like good cardio. But, if you're sedentary and you have a bad diet, then your chances of developing diabetes are much higher."

The CDC website says that healthy eating is an important part of controlling diabetes.

"You want a low-glycemic diet," said Cortes. "Low sugars. You don't need to deprive yourself completely of things you like, but don't indulge in sugary food and drinks every day. If you're drinking three sodas a day, look at that sugar content. If it's in the double digits, know you need to be careful, especially if you're already symptomatic or on medication. A lot of the white, starchy foods; potatoes, French fries, white bread, pastries. Again, moderation. Carbs shouldn't be a mainstay of your diet. It should be more greens, and fish, and fruits. They have more of a nutritional impact because they have the vitamins and minerals you need."

Cortes said that, medication or not, maintaining these behaviors is an important part of preventing and

DIABETES

In A Nutshell

30.3
MILLION

30.3 million people in the U.S. have diabetes



About 1 out of every 10 people



\$245
BILLION

Total medical costs and lost work and wages for people with diagnosed diabetes

Medical costs for people with diabetes are more than twice as high as for people without diabetes



People who have diabetes are at high risk of:



BLINDNESS



HEART DISEASE



LOSS OF TOES, FEET, OR LEGS



KIDNEY FAILURE



STROKE

Risk of death for adults with diabetes is

50%
HIGHER



than for adults without diabetes

Types of Diabetes

TYPE 1

BODY DOESN'T MAKE ENOUGH INSULIN

- Can develop at any age
- No known way to prevent it

Nearly 18,000 youth diagnosed each year in 2011 and 2012



In adults, type 1 diabetes accounts for approximately 5% of all diagnosed cases

TYPE 2

BODY CAN'T USE INSULIN PROPERLY

- Can develop at any age
- Most cases can be prevented

In adults, type 2 diabetes accounts for approximately 95% of all diagnosed cases

RISK FACTORS OF TYPE 2 DIABETES

- BEING OVERWEIGHT
- HAVING A FAMILY HISTORY
- BEING PHYSICALLY INACTIVE
- BEING 45 AND OLDER

HOW YOU CAN PREVENT AND MANAGE IT



LOSE WEIGHT IF NECESSARY



EAT HEALTHY



STAY ACTIVE



WORK WITH A HEALTHCARE PROFESSIONAL

LEARN MORE AT
www.cdc.gov/diabetes
OR SPEAK TO A
MEDICAL PROFESSIONAL

USS GEORGE WASHINGTON
MEDICAL DEPARTMENT
(757)534-0215



controlling diabetes.

"Some people are just like, 'Oh well, who cares, I'll take my medication and move on,'" said Cortes. "You can't just eat whatever you want though; you'll end up with a lot of indigestion, increased cholesterol, nausea, and other stuff."

Cortes recommends that people keep themselves educated on diabetes, as well as monitor themselves for warning signs if they feel they may be at risk.

"Look for any signs of change," said Cortes. "For females, maybe their menstrual cycle has changed.

For males, it may be erectile dysfunction. Those are typically clear signs that something is wrong, and they should come in and get seen. Things like frequent urination, night sweats, or blurry vision can be an indicator. If something changes, instead of ignoring it, get seen sooner rather than later."

For more information on diabetes, visit the CDC website at www.cdc.gov, or call 1-800-232-4636. Sailors can also find more information on the American Diabetes Association website, www.diabetes.org, or call 1-800-342-2383.

BLACK FRIDAY



DO'S

DO SHOP EARLIER OR LATER THAN CROWDS TO AVOID THE RUSH

DO SHOP AND COMPARE ITEMS ONLINE

DO MAKE A BUDGET AND STICK TO IT

DO TAKE A SHOPPING PARTNER OR FRIEND

DONT'S

DON'T WAIT FOR STORE OPENINGS IN EMPTY PARKING LOTS

DON'T LEAVE MERCHANDISE IN UNATTENDED VEHICLES

DON'T TRAVEL BY FOOT WITH SHOPPING BAGS

DON'T BRING CHILDREN OR PETS