



The Journal

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NMNCR Pins Newest Chiefs



U.S. Navy photo by MC2 Kevin Cunningham



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New Chapel to be a Place for Quiet Meditation

By Andrew Damstedt
The Journal

With more office space and a new chapel, Naval Support Activity Bethesda's chaplain is looking to expand the programs and services of NSAB's Religious Service Ministry.

The chaplain's office moved to the basement of Building 11 in August and since then, NSAB Chaplain Lt. Cmdr. Christilene Whalen and Religious Specialist 3rd Class Heath Steffey have been painting, getting furniture and readying the area for an Oct. 5 open house at 11:30 a.m.

The new chapel is located on the main floor of Building 11 above the chaplain's offices. A piano was donated to be used in the chapel. The plan is to install decals of stained glass window and add seats so the area can be a place of prayer and meditation, Whalen said.

"We're in a building where people come to get help," she said, mentioning Navy Wounded Warrior Safe Harbor, Fleet and Family Service Center, Navy Marines Corps Relief Society, and Warrior Transition Brigade, among others with offices in the building. "They're going to find out all kinds of news and what we want to do is offer them a space where they can be able to reflect; where they can be able to call out to the Lord or to whomever."

Whalen said after she diagnosed with cancer, she was pushing a cart around a supermarket as a place for quiet reflection while she took in that information. She said people need places where they can



PHOTO BY ANDREW DAMSTEDT

Religious Specialist 3rd Class Heath Steffey and Naval Support Activity Bethesda Chaplain Lt. Cmdr. Christilene Whalen have been prepping a space in Building 11 to turn into a chapel. The NSAB chaplain's offices recently relocated to Building 11 and with the extra space are looking to provide more programs and services.

"take a deep breath and say 'What do I do next?'"

"I see that chapel as a way to contribute to helping them to get to a place of wholeness and healing that they need here," Whalen said.

While they aren't expecting to hold a Sunday service, Whalen said she is working to get a "Worship on Wednesdays" service during lunch time going as well as a Catholic mass weekly.

Mostly, the chapel will be a quiet place for people to come to during their workday.

"It's a chapel that serves the meditation and spiritual needs of people who live, work and visit here," she said.

She wants to start up Bible studies as well and encourage people to book the conference room next to her office.

She envisions the chapel and the downstairs chaplain's suite being used by members of all religions. She said she is working on procuring a room for Muslims to worship.

"We want people to come here and hang out with us," Whalen said. "I want them to feel like the can let their guard down, they can be comfortable, and they don't have to be 'at attention.' We have a responsibility to support the mission of this base – and that's the business of healing."

Bethesda Notebook

Code Green Exercise

Walter Reed Bethesda conducts a Code Green exercise Sept. 29 during normal business hours. The exercise is used to test the medical center's readiness for a multi-casualty event. The exercise will include staged casualties and injuries, emergency response activities, as well as sirens and alarms. Normal patient care will not be impacted. For more information, contact Melissa Knapp at melissa.h.knapp2.civ@mail.mil, or 301-319-4906.

Excavation Blasting

Excavation blasting for the MD 355 Crossing project, managed by Montgomery County, will take place for the next several months. During that period, three to five times per week, there will be a single controlled explosive blast. Alarm horns will sound five minutes before the blast. It is anticipated that a minimal vibration will be felt, and alarm horns will be heard only by people in the immediate vicinity. In the first several weeks, traffic will be halted on Rockville Pike between Jones Bridge Road and South Wood Drive (Gate 2 at Naval Support Activity Bethesda) for approximately 10 minutes. People with questions can call 301-400-1934.

Fleet, Family Support Center

The Fleet and Family Support Center (FFSC) on Naval Support Activity Bethesda offers programs intended to assist service members and their families with military life. FFSC's workshops and seminars include job search strategies for military spouses, federal resume writing, time management, credit management, consumer financial awareness, interview skills, pre-deployment briefings, return and reunion briefings, and more. For information, call 301-319-4087, or visit FFSC in Building 11, first floor.

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Sailors, Soldier Pinned As NMNCR's New CPOs

By Bernard S. Little
WRNMMC Command Communications

Navy Medicine National Capital Region welcomed 16 Sailors and an Army Soldier to the chief petty officer ranks during a pinning ceremony at Walter Reed National Military Medical Center on Sept. 15.

The Sailors, wearing crisp, new khaki uniforms while the Soldier, looking just a sharp in the Army Class B uniform of a white shirt and blue pants with a yellow stripe lining the sides, were pinned with their anchors and welcomed by their mentors into their proud ranks of the Chief's Mess during the ceremony.

Navy Rear Adm. Terry Moulton, the Navy's deputy surgeon general and deputy chief of the Bureau of Medicine and Surgery, served as guest speaker at the pinning ceremony. An honorary chief since 2014, Moulton called the CPO pinning "a big day and the last of six weeks of initiation." He added the CPO training process "is about teamwork, [self-evaluation] and learning about the expectations of being a chief."

Moulton added his dad, who was an Air Force senior master sergeant, told him when the younger Moulton first joined the Navy, "Find a good chief, and the chief will help you along the way."

Navy Capt. (Dr.) Mark A. Kobelja, WRNMMC director, agreed, adding he was shaped by and "is the officer he is today," because of the mentoring of Navy chief petty officers.

"I've been very fortunate in my career to have had some outstanding chiefs who took me under their wings and helped guide me along the way," Moulton furthered. He said one of the many things those chiefs had in common were that they cared about Sailors and would not hesitate to give them



PHOTO BY MC2 KEVIN CUNNINGHAM

Navy Rear Adm. Terry Moulton, the Navy's deputy surgeon general and deputy chief of the Bureau of Medicine and Surgery, serves as guest speaker at the Chief Petty Officer pinning ceremony for Sailors assigned to Navy Medicine National Capital Region on Sept. 15 at Walter Reed National Military Medical Center.

feedback. "I expect that of each one of you," he conveyed to the new chief petty officers.

The Navy deputy surgeon general also offered the new CPOs the following advice: "Make sure your Sailors are ready to go to sea and deployable;

choose your words wisely; always take care of your troops (help them succeed and they will help you); delegate (you cannot do it all on your own); always give clear expectations; follow-up and close the loop; motivate and inspire those that you lead; allow your Sailors to succeed through empowerment; plan for and help your Sailors achieve the Navy's goals; lead by example (walk the walk and not just talk the talk); be fair, be firm and be a compassionate leader, always; don't hesitate to ask the Chief's Mess for help (you don't have to know all of the answers, but you do need know where to find them, and this is a team effort); continue to plan your career (it only gets more competitive from here); autograph your work with excellence (because it's a reflection of you); and take time to thank your family, your Sailors and your mentors."

After the new CPOs were pinned with their anchors by their family members, mentors and friends, Chief Hospital Corpsman Jonathan Kitchen read them the CPO Creed.

"Your entire way of life has now changed," Kitchen stated. "More will be expected of you. More will be demanded of you. Not because you're an E-7, but because now you're a chief petty officer. You have not merely been promoted one pay grade; you have joined an exclusive fellowship, and as with all fellowships, you have a special responsibility to your comrades even as they have a special responsibility to you."

The CPO training process is a longstanding tradition unique to the Navy, but service members from other military branches can request to participate. If they successfully complete the



PHOTO BY MC2 KEVIN CUNNINGHAM

Chief Hospital Corpsman Sarah Pacquette, enlisted aide to Defense Health Agency, Director of Healthcare Operations, has her chief petty officer anchors pinned to her uniform by her children during the Chief Petty Officer Pinning Ceremony for the Navy Medicine National Capital Region at Walter Reed National Military Medical Center on Sept. 15.

WRNMMC Celebrates Air Force's 70th Birthday

By Bernard S. Little
WRNMMC Command Communication

Air Force Col. (Dr.) Jeffrey A. Bailey, director of surgery at Walter Reed National Military Medical Center, enlisted in the Air Force in 1976, influenced by "the generation that fought the Second World War before the U.S. Air Force was born [in 1947]."

Air Force Maj. Kerrie Sanders, service chief for the Inpatient Warrior and Family Liaison Office at WRNMMC, joined the Air Force nine years ago at the age of 40. "I have always wanted to join the Air Force since I was in high school. As life goes, sometimes what you aspire doesn't happen right away but eventually it will," she said.

Air Force Tech. Sgt. Tiffany Chambers, medical technician and flight chief for the Air Force Element at WRNMMC, said like Bailey, she was influenced by others who served in uniform to join the Air Force. "I followed in my dad's footsteps and joined the Air Force. The military lifestyle was all I knew growing up," she explained.

Bailey, Sanders and Chambers are among a number of Airmen who serve in various roles at Walter Reed Bethesda, caring for the nation's heroes – wounded, injured and ill warriors and their families. Many of those Airmen were on hand Sept. 14 to celebrate the U.S. Air Force's 70th birthday during a cake-cutting ceremony in the rotunda of the historic Tower at the medical center.

Navy Capt. (Dr.) Mark A. Kobelja, WRNMMC director, said Airmen who serve at the medical center may be small in numbers relative to the Army's and Navy's presence, "but [the Air Force] punches way above [its] weight. The type of work we do day-to-day, and not just in direct health care, but in leadership, transformation, education [and other areas], we couldn't do any of it without you."

Air Force Chief Master Sgt. Nathaniel M. Perry Jr., command chief master sergeant of the 11th Wing and Joint Base Andrews, Maryland, served as guest speaker during the Walter Reed Bethesda celebration of the Air Force's 70th birthday. He said since the U.S. Air Force's official founding on Sept. 18, 1947, it has become "the largest, most technologically advanced and dominant Air Force in the world." He added it took the hard work, dedication and sacrifices of those Airmen who wore the uniform past and present for the Air Force to get at this state, and every day the WRNMMC staff has the privilege of taking care of these heroes.

"Every day you're in the room with heroes with remarkable stories of how they shaped our great Air Force," he said.

Perry added many of those Airmen don't see themselves as heroes. "They simply saw what they did as 'just doing their jobs, doing what they had to do, serving...being good Americans.' They paved the way for our Air Force being what it is today. Their inspiration continues to drive us.

"We are the greatest Air Force in the world because we are, and we serve with great Americans," Perry said. "We stand on the shoulders of giants, some of whom you treat here at Walter Reed. They are our history. They are our heritage. They taught us what it means to have character, understand duty, and simply do our best, [and] to go home proud."

Air Force Lt. Gen. (Dr.) Mark A. Ediger, the 22nd Surgeon General of the Air Force, also spoke at the



PHOTO BY MC2 KEVIN CUNNINGHAM

The official party (from left) Walter Reed National Military Medical Center Command Master Chief Sean Brown, Air Force Chief Master Sgt. Nathaniel M. Perry Jr., command chief master sergeant of the 11th Wing and Joint Base Andrews, Maryland, Navy Capt. (Dr.) Mark A. Kobelja, WRNMMC director, and Air Force Lt. Gen. (Dr.) Mark A. Ediger, the 22nd Surgeon General of the Air Force, pays respect to the nation to begin the WRNMMC's celebration of the U.S. Air Force's 70th birthday during a ceremony Sept. 14 in the medical center's historic Tower.

celebration. He agreed today's Air Force is built on the shoulders of those who have previously served in uniform. He explained this year's theme for the 70th year of the Air Force is "Breaking Barriers Since 1947." He said 1st Lt. Reba Whittle and 2nd Lt. Abbie Sweetwine are two Airmen who broke barriers.

Whittle, who served in the U.S. Army Air Forces, a predecessor to today's U.S. Air Force, was a flight nurse during World War II. She was the only American military female prisoner of war in the European Theater during the war after her casualty evacuation aircraft was shot down in September 1944. She was eventually repatriated, leaving Stalag IX-C on Jan. 25, 1945. She received the Purple Heart and Air Medal in 1945, and was treated at Walter Reed Hospital before her "relief from active duty not by reason of physical disability" on Jan. 13, 1946. She died of cancer on Jan. 26, 1981.

Ediger explained that Sweetwine, while serving in Britain as a young Air Force nurse in 1952, strode through the victims of a train wreck on a platform in a London suburb, assessing injuries, providing care and marking the injured with her lipstick – "X" for treated or "M" for morphine. Because of those actions, she is credited with introducing on-scene initial care and triage in a mass casualty scenario to the United Kingdom, the general stated.

"The other thing in regards to breaking barriers concerning Sweetwine is she was one of only a handful of African-American women serving in the U.S. Air Force in 1952," Ediger continued. Sweetwine was the only African-American in the



PHOTO BY MC2 KEVIN CUNNINGHAM

Air Force Chief Master Sgt. Nathaniel M. Perry Jr., command chief master sergeant of the 11th Wing and Joint Base Andrews, Maryland, serves as guest speaker during Walter Reed National Military Medical Center's celebration of the U.S. Air Force's 70th birthday at a ceremony Sept. 14 in the medical center's historic Tower.

U.S. unit in Britain, and was dubbed "The Angel of Platform 6" for her actions following the U.K. train wreck. She retired as an Air Force major and died at the age of 87 in 2009.

"We continue to break barriers today," Ediger added. He explained barriers broken today include those in military health care that allow for advances

WRNMMC, USU Recognize Suicide Prevention Awareness Month With #GotMySix Campaign

By A.J. Simmons
WRNMMC Command Communications

Among other things, September is recognized as National Suicide Prevention Awareness month across the nation. Throughout the month, Walter Reed National Military Medical Center will be working with Uniformed Services University of the Health Sciences to spread awareness through the #GotMySix campaign.

"Got My Six is a social media campaign for Suicide Prevention Month," said Patricia Deuster, Ph.D., director of USUHS's Consortium for Health and Military Performance (CHAMP). "This campaign shifts the focus from helping identify risk factors to providing an opportunity to identify people—or places, communities, or pets—within [service members'] circles who 'have their six.'"

"For World War I pilots, their six o'clock position—or the rear of the plane—was most vulnerable to enemy attack," Deuster elaborated. "The term 'got your six' originated with those pilots, referring to how they would look out for each other's safety and well-being to protect each other from harm. For service members, it also means that your brothers- and sisters-in-arms are

willing to lay down their lives for you."

The purpose of the campaign, as Deuster pointed out, is to support Suicide Prevention Awareness month by helping service members and their families in three key ways. First, it is intended to help them "mindfully and consciously think about and identify people in their lives who have their back." In addition, the campaign encourages them to broaden their view of how they think about and support their loved ones. Finally, it offers service members and their families a means of showing those close to them that they—along with many others—have their back.

"It is important to recognize that the support you need for enduring well-being, mental health and Total Force Fitness comes in many forms," Deuster noted. "Thinking broadly about who's got your six can help alleviate feelings of isolation and loneliness, which are risk factors for poor health and mortality." She continued, specifying that the #GotMySix campaign uses social media to offer service members an opportunity to identify their different sources of support.

The Human Performance Resource Center—the educational arm of CHAMP—encourages participation with the #GotMySix campaign through social media interaction during the

month. "Who's 'got your six' in small and big ways?" they ask on the #GotMySix webpage. "How do they offer their support and encouragement to you? Once you've identified someone, share your thoughts on social media!"

Suicide is the eighth leading cause of death in the United States, according to the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury. The DCoE webpage reports that 30,000 Americans die by suicide and 500,000 Americans attempt suicide each year.

This high prevalence of suicide in the United States was part of the impetus for the establishment programs and campaigns such as #GotMySix. The goal, Deuster explained, is that service members, families and civilians alike will participate in the campaign to share examples of the ways that people can work together and support one another.

"At [the Consortium for Health and Military Performance], we believe that suicide prevention begins long before any signs of distress and trouble emerge," Deuster said. "Through this campaign, we hope to convey in a powerful way how to support well-being and prevent mental illness. This is through cultivating protective factors in the lives of our service members and their families. We

believe that taking a preventative approach, combined with campaigns like #GotMySix, will bolster protective factors and make suicide prevention efforts less threatening and more engaging to our service members."

The #GotMySix campaign aims to highlight other positive factors and motivators in people's lives as well. Using the integrated teams at CHAMP, Deuster and her staff are able to encourage support through various protective factors, such as physical activity, nutrition, mental fitness and healthy environments.

She expounded: "When service members and their families are eating well, physically active, socially connected and proactively taking care of their mental health, they are more likely to stay healthy and well."

Moving forward, Deuster hopes to see campaigns such as #GotMySix working in tandem with integrative health care to promote positive means of establishing readiness and fitness for warfighters and their families.

To learn more about the #GotMySix campaign and Suicide Prevention Awareness Month, go to www.hprc-online.org/GotMySix or interact with USUHS' Human Performance Resource Center and WRNMMC on social media throughout the month.

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Changes to CMS-ID Mean More Opportunities at Negotiation

From Navy Personnel Command Public Affairs

The Navy announced, in NAVADMIN 231/17, that job announcement windows and the period of time Sailors have to negotiate orders are changing within the Career Management System Interactive Detailing (CMS-ID), Sept. 18.

Sailors' negotiation timeframes in CMS-ID are being extended by three months allowing earlier applications for advertised billets. This longer timeframe also means Sailors will have more billets available from which to choose.

"These changes further enhance NPC's (Navy Personnel Command) commitment to meeting fleet readiness requirements by aligning the most qualified Sailors to our most critical billets," said Rear Adm. John F. Meier, assistant commander for career management, Navy Personnel Command. "Additionally, the longer window provides greater opportunity for Sailor choice in the assignment process, while providing greater lead time for orders release and overseas/sea-duty screenings."

Previously, the orders negotiation window was seven to nine months before a Sailor's projected rotation date (PRD). With the new policy, Sailors will begin negotiating and applying for advertised billets seven to 12 months before their PRD.

In addition to an increased order negotiation timeframe, advertised billets will now have a two-month requisition window. The longer requisition window adds more available billets for Sailors negotiating orders.

In order to accommodate these changes, the Career Waypoints (C-Way) application timeline has been extended. Sailors may obtain reenlistment authority prior to negotiating in CMS-ID by starting the C-Way application window 16 months prior to their soft expiration of active obligated service (SEAOS) and PRD. This roll out is determined based on their SEAOS.

CMS-ID is a web-based system that allows Sailors to view available jobs and make their own applications or apply through their command career counselor. Sailors can view CMS-ID through a secure website located at <http://www.cmsid.navy.mil>.

Walter Reed Society

Assisting the Wounded, Ill, or Injured Service Members and their Families



The Walter Reed Society is an all-volunteer 501C-3 charitable organization. Its mission is to provide financial or direct assistance to service members being treated at Walter Reed National Military Medical Center and their families in response to their unmet needs during their care at Walter Reed.

In cooperation with the Medical Center, the Society also provides assistance with treatment, education, research activities, travel and lodging, and hospital staff support. Since the Walter Reed Society's inception in 1996, the Medical Center and hundreds of service members and their families have received over \$2.2 million in assistance.

Membership in the Society is open to all - officers, enlisted, active duty, retired, Reserve, National Guard, civilians, patients, family members, volunteers, and friends of Walter Reed.

Join Us in Helping Others

For membership application or donation information, please contact Debra Washington at walterreedsociety@verizon.net or call (301) 571-1580.

Visit our web site: www.walterreedsociety.org

Combined Federal Campaign (CFC) number 38118

CPOS

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training, they are able to participate in the pinning ceremony and be recognized as chief petty officers. The ceremony is the culmination of six-plus weeks of intense training, transformation and testing known as CPO 365 Phase II. Afterward, the new chief petty officers are accepted into the U.S. Navy Chief's Mess, a new position of leadership and responsibility.

"I feel blessed that I was selected for chief petty officer," stated Chief Hospital Corpsman Gregory Cannon, senior enlisted student advisor at Uniformed Services University's Graduate School of Nursing. "I feel that all service members are not able to reach this point in their military career, and I feel honored that I have been blessed with the authority and opportunity to change lives of Sailors."

Chief Hospital Corpsman Farrah Fleury echoed those sentiments. "I feel honored [to earn chief] because of what the chief represents in the Navy," said Fleury, leading petty officer for the Director for Administration at the Navy Medicine Professional Development Center. "Chiefs are the backbone of the Navy."



PHOTO BY MC2 KEVIN CUNNINGHAM

Army Sgt. 1st Class Austin Stacey, senior enlisted leader for Directorate for Medical Services at Walter Reed National Military Medical Center, receives his chief's cover during the Chief Petty Officer Pinning Ceremony for the Navy Medicine National Capital Region on Sept. 15 at Walter Reed National Military Medical Center.

"The most rewarding part of my military career has been the incredible mentorship I have received throughout my time in the Navy; this has really molded me into who I am today," stated new Chief Yeoman Alison Ford, executive secretary to the Deputy Surgeon General of the Navy. "I feel very honored and humbled by my recent CPO selection; this is something I have always been

hoping for but something I knew was never a guarantee." She said her advice to other Sailors hoping to pin on the chief's anchors one day came from her senior chief, who told Ford last year when she wasn't on the CPO select list: "You keep doing what you do, do your job, take care of Sailors and continue to work well with your peers and everything will work out."

"When we are looking to pin on anchors, we sometimes forget that there is no special formula, we have to continue to do our job and take care of people and things will fall into place," Ford added.

Army Sgt. 1st Class Austin Stacey, the only Soldier among the group to receive the chief's anchors, said, "I have found great joy in leading, training, mentoring and motivating Soldiers, Sailors and even non-military members to become better leaders and to achieve more than they thought possible."

"Challenge is good, [and] I have found that my greatest challenge is me," said Stacey, senior enlisted leader for the Directorate for Medical Services at Walter Reed Bethesda. "I feel honored to have the opportunity to experience this process, and grow in many aspects to strengthen my weaknesses."

NMNCR's other new CPOs are:

HMC Mark Brown
HMC Ronald Crawford
HMC Clifton Hinds
YNC Keenan Johnson Jr.
HMC Jesse Lumm
HMC Dametrius Mannings
HMC Christopher Marsh
HMC Thato Manyothwane
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Raising Awareness about Prostate Cancer

By Bernard S. Little
WRNMMC Command Communications

The Department of Defense Center for Prostate Disease Research (CPDR), located at Walter Reed National Military Medical Center, is celebrating 25 years of innovative basic science and clinical research to develop promising detection techniques and treatments for prostate cancer.

"We see men for all prostate-related problems," said CPDR Director Army Col. (Dr.) Inger Rosner. "A good majority of the active duty population is male, and we serve those on active duty and retirees. [Prostate disease is] something that can affect all men, and I think we improve the quality of life of men [we serve]."

September is National Prostate Cancer Awareness Month, observed each year to increase the public's knowledge about the most common cancer in men in the United States, after skin cancer. Prostate cancer is also the second leading cause of cancer death in men, after lung cancer, according to the National Institutes of Health's National Cancer Institute.

Retired Army Col. Jane Hudak, Ph.D., is a registered nurse and the CPDR patient educator. She explained one in six men will develop prostate cancer during their lifetime.

"The risk of being diagnosed with prostate cancer increases to one in five men for African Americans, and one in three men if there is a family history of the disease," she added.

Hudak stated the exact reasons why men develop prostate cancer remain unknown. "Certain factors may increase the chances of developing the disease, and these factors may be genetics, diet, advancing age or a combination of any of the factors.

"Strategies to prevent prostate cancer have not been proven," Hudak continued. "Nevertheless, it is generally agreed that eating a healthy diet (limited animal fats and high consumption of fruits, vegetables and grains), exercising regularly, and maintaining a healthy body weight may be helpful in reducing men's chances of developing this disease."

Hudak further explained that detection for prostate cancer can include a rectal exam and/or a blood test for PSA or prostate specific antigen. "The PSA test measures the level of PSA, a substance produced by the normal prostate, in the blood. The PSA levels tend to be elevated in most prostate tumors. All men have some PSA in their blood, but an elevated PSA does not necessarily mean that a man has prostate cancer. A prostate biopsy (tissue sample) confirms the presence of prostate cancer."

According to the American Urological Association (AUA), men ages 55 to 69



WRNMMC FILE PHOTO BY BERNARD S. LITTLE

Retired Army Col. Jane Hudak, Ph.D., is the patient educator for the Department of Defense Center for Prostate Disease Research at Walter Reed Bethesda. Above, she explains to Robert Hohenstein about prostate disease during a Cancer Awareness Day event June 23, 2015 at the medical center.

should be screened annually for prostate cancer. The AUA recommends men younger than 55 or older than 69 who are concerned about their personal risk factors should talk with their physician about their need to be screened. Men who are at risk for prostate cancer (such as men with a family history of the disease, especially if the disease was diagnosed before age 60, and African American men), or men who have any concerns about developing prostate cancer, are encouraged to talk with their physician, regardless of age.

For men who are diagnosed with prostate cancer, the CPDR conducts "a unique and comprehensive, team-focused Multi-Disciplinary Prostate Cancer Clinic," Hudak said. "This clinic is an all-day forum of physician consultations and educational sessions that provide men and their families with information about their prostate cancer so they can make an informed decision on the best treatment for them. Patients are seen by urologic oncologists, radiation oncologists, an andrologist (a urologist who specializes in male sexual health), social workers/clinical psychologists and nurses to discuss treatment options, management strategies for side effects of the treatments and coping mechanisms to assist with the physical and emotional effects of prostate cancer.

Hudak added that treatment for prostate cancer can take a number of different forms, depending on the patient's age, stage and grade of cancer and the presence of other clinical

conditions. Treatment options for prostate cancer include, but are not limited to active surveillance, surgery and various types of radiation therapy. Hormone therapy may also be used in conjunction with radiation and as a treatment option for more advanced disease found to be outside the prostate. Chemotherapy can also be offered for patients with metastatic disease.

A Survivor's Perspective

Retired Army Col. Richard E. Talley was diagnosed with prostate cancer in November 2015.

"In July of 2002, while working at the Pentagon, I took my annual flight physical at the clinic there. My PSA result jumped from the previous year at something like 2.0 up to 3.6. [My provider] sent me to the old Walter Reed Army Medical Center where I met then Captain Rosner. She performed a biopsy which showed normal results, so we went into the 'watch-and-wait' mode for several years. My PSA remained in the 3.5 area for the following years," Talley explained.

"In 2007 when I retired, I had my annual physical and my PSA bumped up a little," the retired colonel added. "I saw a urologist at Fort Belvoir, Virginia, and he performed my second biopsy. Results were normal again. This was starting to concern me as it didn't make any sense that my numbers were jumping around and yet the biopsies were clear.

"The next year I met with another urologist at Fort Belvoir because my PSA

jumped above 5.0," Talley continued. She performed a third biopsy and the results continued to be negative. We continued with the "wait and watch" and I began taking the PSA every six months. At one point, my PSA jumped to something like 14, I think. I decided to get a second opinion and asked my primary care physician at then-Fort Myer [Virginia] to refer me to Walter Reed Bethesda.

"In 2015, I went there to meet with a urologist and had the best surprise. My 'new' urologist was Colonel Rosner. I was really happy and comfortable finding this out as she was the doctor who did the first biopsy 13 years earlier. She had me take a special MRI [for a biopsy]. She called me three days before Thanksgiving while I was at my parents in Atlanta to let me know that one of the samples came out positive [for prostate disease]," Talley explained.

The retired colonel added that his treatment included brachytherapy, also called seed implant, which is a form of radiotherapy where a sealed radiation source is placed inside or next to the area requiring treatment. He said "nerves" was the most difficult part of his treatment at Walter Reed Bethesda.

"I was really pleased with the first class treatment," Talley continued. "I had two urologists in there, including Colonel Rosner; two radio-oncologists; two technicians and two anesthesiologists. I felt like a rock star."

He described his treatment as, "pretty simple. [It] only took me out of work a day. The staff was absolutely awesome. Army Maj. (Dr.) Jeremy Karlin, my radio-oncologist was the best. He has a fantastic bedside manner; easily approachable; always there for me if I had questions, and he remains so to this day, one and a half years after the procedure."

Talley offered this bit of advice to other men concerning their prostate health: "Don't play games with this. I was lucky that I was an aviator and thus had to have a flight physical annually which included labs and PSA testing. Most other men don't get annual physicals at all; they only see the doctor when they have to. That might be too late. The one thing that I didn't want to happen is to ignore my numbers and then find out one day that the cancer spread outside of the prostate. Then things go in another direction."

Another Survivor's Story

James William Ruest, diagnosed with prostate cancer in November 2016, agrees with Talley that men should stay on top of their prostate health. "If you notice anything out of the ordinary with regard to the urinary process, get with your primary care physician right away and get your PSA checked. Get your PSA checked annually and take appropriate

action if it is elevated above your normal reading. There are possibilities for false positives and false negatives, but let the doctors figure that out. Get your PSA checked on a regular basis."

Ruest, who served in the Air Force, was also diagnosed at Walter Reed Bethesda. He said he noticed blood in his urine, which led him to inform his doctor.

"I sort of expected [prostate cancer] but was a little concerned for my future and a little scared," Ruest said. He added his treatment included hormone treatment followed by radiation. He was also part of an immunotherapy clinical trial.

Ruest described his treatment as "painless." He added his goal is to "get back to normal or as close to

normal as is possible as soon as possible.

"Don't be afraid to take care of this problem, and do it as soon as possible after it is diagnosed," Ruest furthered. "You may not be everything you were before treatment, but with today's methods and equipment, there will be very little impact on your physical well-being."

The Center for Prostate Disease Research is located on the third floor of the America Building at Walter Reed National Military Medical Center. Appointments are available by calling 301-319-2900. A referral is not required. For more information, please contact Jane Hudak at 301-319-2918 or email jane.l.hudak.ctr@mail.mil.

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BIRTHDAY

From
Page 4

in medical care, such as those made at WRNMMC, to be taken to the field and other operational environments to save lives.

"We work as a team in the military health system, and as Airmen, we are proud to be a part of that team," the Air Force surgeon general said.

Perry and Ediger were joined by Airman 1st Class Mansaroop Kang, an aerospace medical technician in the Surgical Intensive Care Unit at WRNMMC, to cut the Air Force birthday cake at the medical center's celebration.

"It is important to celebrate the U.S. Air Force birthday because it represents the air and cyber power that help protect our world, nation, and our freedom," Kang said. "I enlisted in the Air Force to further my education and travel the world, but my most rewarding experience has been being able to help individuals heal and return to their everyday lives."

Her sentiments are shared by other Airmen who serve at WRNMMC.

"My most rewarding experience has been taking care of our brothers and sisters in arms," said Sanders. "This group of people inspire me to do my very best to ensure they can return to



PHOTO BY BERNARD S. LITTLE

From left, Air Force Lt. Gen. (Dr.) Mark A. Ediger, the 22nd Surgeon General of the Air Force, Airman 1st Class Mansaroop Kang, an aerospace medical technician in the Surgical Intensive Care Unit at Walter Reed Bethesda, and Air Force Chief Master Sgt. Nathaniel M. Perry Jr., command chief master sergeant of the 11th Wing and Joint Base Andrews, Maryland, cut the cake during a celebration of the U.S. Air Force's 70th Birthday held in the rotunda of the historic Tower on Sept. 14.

their very best."

Air Force Capt. Robert M. Stanley, a critical care nurse in the Medical Intensive Care Unit at WRNMMC, said his most rewarding experience as an Airman has been deploying to Afghanistan. "It can be easy to feel detached from the mission during

daily, stateside operations. Serving downrange helped me to understand how my supportive role affects the bigger mission."

He added it's important to celebrate the Air Force birthday for a shared spirit of comradeship, enthusiasm, and devotion to a cause. "Esprit de

corps is critical for motivation and morale, especially during a time of hardship and contingency as what we are experiencing. Being in the military is a labor of love, and it is important that we take time to remember why we do what we do."

Chamber agreed, adding, "I have had several rewarding experiences [in the Air Force], but my biggest contribution is to have been able to take care of the wounded, ill, and injured and provide support to their families."

Senior Airman Victoria Harris, also a medical technician in the MICU at WRNMMC, explained growing up with a sense of service to others was influential in her decision to join the Air Force on 2014.

"I joined the Air Force because I felt that it was a good fit for me being that my mom was police officer and my father was a firefighter. I grew up in a military town and wanted to do the honor of serving my country," Harris stated.

She said celebrating the Air Force birthday is important for remembering and reflecting on its heritage and how the United States became the air power it is today. "It's nice to have a day when we take the time to remember all the hard work that people put in to be able to be the branch we are," stated the senior airman.

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9/30	7 am	Sprint Triathlon: 1/2 mile Swim, 12.4 Mile Bike, 3.1 Mile Run
9/30	10 am-5 pm	Maryland Renaissance Festival Price includes Ticket and Transportation. Depart from Bldg. 62. \$28 Open to all, \$14* Liberty Eligible
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