



The Journal

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Invincible Spirit Festival Rocks NSAB



Photo by MC3 Julio Martinez Martinez



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Think Safety During Critical Days of Summer

Bethesda Notebook

By Andrew Damstedt
The Journal

Before heading out on the road, firing up the grill or spending time outdoors, there's a few safety tips the Naval Safety Center encourages Sailors and Marines to review in their annual "Critical Days of Summer" campaign.

The annual campaign is a reminder of the unique hazards that come up during the summer months and encourages a safety-first mindset.

Riding motorcycles is one of the increased summer activities and Naval Support Activity Bethesda Safety Manager Paul Phillips encourages riders to drive defensively and make sure they have the proper training completed before riding on base.

He also encouraged riding in bright colors to be easily seen.

The Naval Safety Center reported that 17 Sailors died in motorcycle related accidents between Memorial Day and Labor Day in 2017. Eight died in other traffic accidents and one fatality was reported as an off-duty/recreational activity.

Other safety tips Phillips had for the base community was to cross the street in designated crosswalks and know the heat index to avoid working outside in extreme heat. Stay hydrated when doing physical activity outside. He also encouraged people to be well rested before

setting out on long road trips and alternate drivers.

More safety tips from the campaign:

Motorcycle Safety

- Wear a helmet
- Stay out of blind spots
- All Sailors and Marines must complete a Basic Rider Course before operating a motorcycle; register for courses at www.navymotorcyclerider.com

Driving Safety

- Don't drink and drive; call a cab or use ride-sharing application
- Reduce in-vehicle distractions, don't text
- Start every trip well-rested

Boating Safety

- Don't overload
- Watch your wake
- Make sure crew and passengers wear U.S. Coast Guard approved flotation device

Swim & Diving Safety

- Swim with a partner
- Never allow children to swim without adult supervision

Thunderstorms/severe weather

- Stay out of water during thunderstorms/severe weather
- Never dive into shallow water

Summer Sports Safety

- Warm up and stretch before activity
- Stay hydrated
- Use sunscreen
- Limit physical activities during hot conditions
- Postpone strenuous activities if

temperatures exceed 90 degrees

Heat Illness

- Know the signs of heat exhaustion that include nausea, extreme weakness, cramps or rapid breath

- Heat stroke symptoms include chills, hallucinations, profuse sweating, high body temperature or confusion/dizziness
- Wear loose-fitting, breathable clothing

Camping Safety

- Prepare safe food and water
- Protect against carbon monoxide poisoning

- Avoid wild animals

Safe Barbecuing

- Keep grill outside and away from house, trees and deck railings
- Never leave grill unattended and clean thoroughly

- Start a gas grill with lid open

For more information, visit the Naval Safety Center website at go.usa.gov/xNkYX



WRNMMC Town Hall

Walter Reed National Military Medical Center hosts its next town hall meeting June 12 at 7:30 a.m. in Bldg. 10's Clark Auditorium and at noon in Bldg. 2's Memorial Auditorium. All WRNMMC staff members should attend at least one of the meetings.

Army Birthday

Walter Reed National Military Medical Center observes the 243rd Army Birthday June 14 during morning colors at 8 a.m. Everyone is encouraged to attend.

Army Birthday Meal

Café 8901 at Walter Reed National Military Medical Center hosts a special meal celebrating the Army's 243rd Birthday June 14 from 11 a.m. to 2 p.m. Prices will be a la carte. For more information, contact Army 1st Lt. Courtney A. Thornton at 301-400-2701.

Another Chance AA

Another Chance Alcoholics Anonymous meets every Thursday at the NSAB Interfaith Center basement conference room 34 from 11:30 a.m. to 12:30 p.m. For more information, email AnotherChanceAA@yahoo.com or call Dan at 760-628-8895 or call the Interfaith Center at 301-318-5058.

Cooking with Spices

Walter Reed Bethesda registered dietitian Asha Jain presents and demonstrates "Cooking with Spices" the second Wednesday of each month from 2 to 3 p.m. in Café 8901 on the lower level of Building 9. Everyone is invited to attend the presentations.

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WRNMMC Hosts 33rd Annual Navy-Wide Research Competition

By Bernard S. Little
WRNMMC Command Communications

Walter Reed National Military Medical Center's National Intrepid Center of Excellence hosted the 33rd Annual Navy-wide Academic Research Competition May 16. The competition highlighted research in sleep apnea, hypoxia, hemostatic agents, and bone marrow mesenchymal stromal cells in leukemia.

The Department of Research Programs at WRNMMC recognizes May as Research and Innovation Month, presenting its annual multi-day research symposium, research poster competition, the Patient- and Family-Center Care Excellence Awards in honor of Dr. Paul Florentino research poster competition, and this year, the Navy-Wide Academic Research Competition.

In the latter competition, Navy Lt. Cmdr. (Dr.) Michael J. Eliason, of Naval Medical Center Portsmouth, Virginia, earned top honors among clinical interns and residents for his work titled "Quality of Life and Operational Impact of Obstructive Sleep Apnea on Active Duty Members."

In the Clinical Fellows and Staff Category, Navy Capt. (Dr.) G. Merrill Rice captured top honors for his work "Dry Electroencephalogram Manifestations of Hypoxia during Simulated Flight." Rice also is assigned to NMCP.

Also from NMCP, Navy Lt. (Dr.) Taylor George earned first place for her research involving "Thromboelastographic



DOD PHOTO BY BERNARD S. LITTLE

Navy Capt. (Dr.) Mark Kobelja (left) and Rear Adm. Mary Riggs (right) recognize Navy Lt. Cmdr. (Dr.) Michael Eliason as the winner of the Navy-Wide Academic Research Competition Award in the Clinical Interns and Residents category.

See **RESEARCH**
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NSAB Hosts 'Pit Stop' on Bike to Work Day

U.S. Navy photos by MC3 Julio Martinez Martinez
NSAB Public Affairs

Naval Support Activity Bethesda was one of 100 pit stops during the National Bike to Work Day May 18. The stop provided bikers beverages, snacks and a shirt to show they participated. The stop provided 43 bikers beverages, snacks and a shirt to show they participated.





Fitness Center Hosts Annual Kayak Football Tournament

U.S. Navy photos by MC3 Julio Martinez Martinez
NSAB Public Affairs

Naval Support Activity Bethesda's MWR held its annual kayak football event in partnership with Team River Runner May 19. Wounded warriors battled it out in the Fitness Center pool, using kayaks to play football in a full-day elimination style tournament.



Women's Health Month: Focusing On A Healthy Heart, Diet, Lifestyle

By Mark Oswell
WRNMMC Command Communications

The Department of Defense statistics account for more than 1.3 million active duty female service members. As more and more women pursue careers in the Armed Forces, military medicine has adjusted to be more attuned to women-centric health issues, as demonstrated at Walter Reed National Military Medical Center.

As a WRNMMC cardiologist, Navy Lt. Cmdr. (Dr.) Lauren Weber has employed a variety of tools to test the heart health of her patients. Stress tests, coronary CT scans, echocardiograms and transesophageal echocardiograms are just a few of the ways she can better understand a patient's heart.

"We employ a variety of tests to help us measure heart health in the Cardiology Clinic. The first step is to assess heart rate and blood pressure," she explained. "We also routinely check an EKG on any patient that comes to see us. Other common tests we use to help measure heart structure and function are stress testing, echocardiograms (ultrasounds of the heart) and calcium scoring as a marker for coronary artery disease."

As the only female cardiologist on staff at Walter Reed Bethesda, she also brings a unique perspective to women's heart health issues.

"Women need to be especially mindful that although chest discomfort is still the most common symptom of a heart attack in women, they are more likely to have other more subtle symptoms that can also be related to

heart disease. Those symptoms can include shortness of breath, nausea or arm pain."

Heart disease remains the leading cause of death for women, killing nearly 300,000 women a year in the United States, according to the Centers for Disease Control and Prevention.

When asked about food for proper heart health, Weber replied, "There's no one super food that I've found to have overwhelming benefit when it comes to heart health. That being said, I do believe that diet composition is very important. Eating a diet that is high in fruits and vegetables and low in processed foods has shown benefit for heart health in multiple studies."

"In general, the darker in color your produce the better, like berries that are red or blue, and vegetables that are dark green. Look for ways to add healthy fats by supplementing your diet with fish, nuts, avocado and olive oil."

Maintaining a healthy heart is as much about nutrition, as it is about exercise and annual check-ups.

According to the CDC, more than one-third or 36.5 percent of all adults in the United States are obese. Obesity often leads to an increase in heart disease, stroke, type 2 diabetes and certain types of cancer; and it also leads to a reduction in life expectancy.

"Most women tend to focus on their families and unfortunately this usually comes at the expense of their own health and nutrition needs," according to Army Maj. Joetta Khan, chief, Education and Research Graduate Program of Nutrition.

"Therefore the one thing they probably miss is realizing

that they are in a powerful position, and by focusing on their health and nutrition they will be able to improve the health of their entire family."

"At Walter Reed, we offer a variety of in-person one-on-one and group services, and for individuals who might not be able to travel we offer tele-nutrition appointments," explained Khan. "We have dietitians who are skilled in a variety of areas from weight loss to performance and even in dealing with complicated conditions such as gestational diabetes."

For those beneficiaries interested in eating better, or feel they may have a nutrition issue, Khan encourages them to seek out assistance, emphasizing that "you don't need a consult" for Nutrition Services at WRNMMC.

"Understanding your nutritional needs is key to maintaining readiness and fitness. The best way to do that is to work with a professional and we are here to guide, mentor and teach all of our service members how to not only maintain their fitness for the military, but also improve their health for a lifetime."

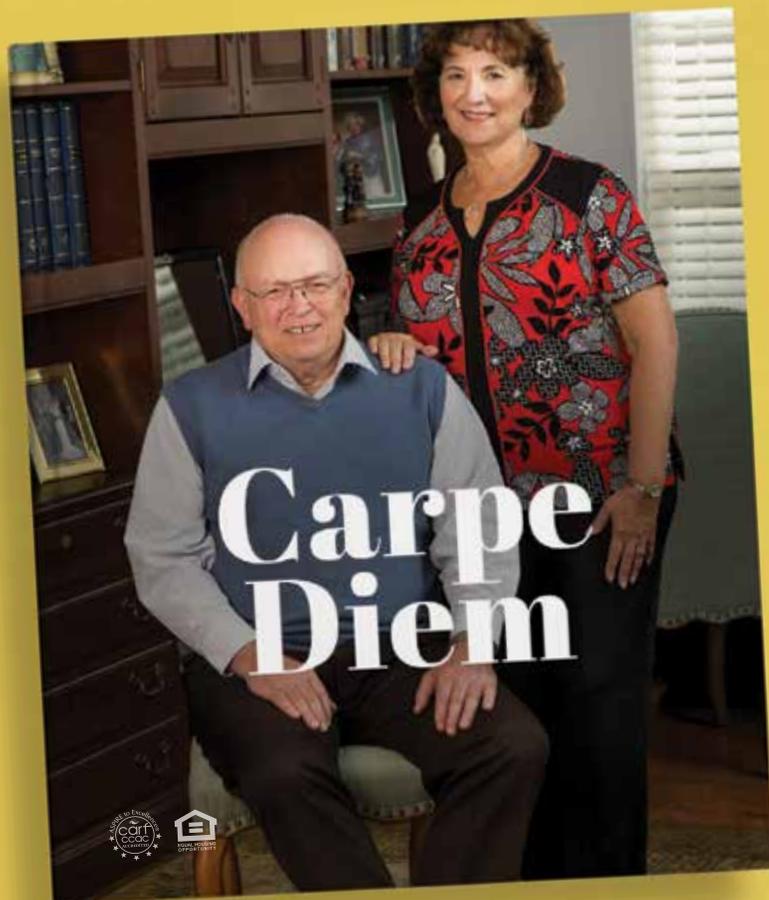
From a personal perspective Khan recommends two super foods — kale and beets. "I actually combine them in a kale, beet and spinach salad with a raspberry balsamic dressing and pecans and it is delicious."

More information on optimizing nutrition can be found at the Department of Defense's Human Performance Resource Center at: <https://www.hprc-online.org/page/nutrition>

To learn more about how Walter Reed Bethesda's Cardiovascular Health Assessment, Management, and Prevention (CHAMP) program can assist you in caring for your heart, visit their website: go.usa.gov/xQdpc



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Rolling Thunder Group Starts Memorial Day Ride at NSAB



Rolling Thunder participants ride through D.C. during a part of their Memorial Day ride May 27. The annual cross-country motorcycle ride honors fallen service members as part of Memorial Day weekend.



A U.S. Park Service police officer gives Rolling Thunder participants guidelines before the start of their ride.



Police officers lead Rolling Thunder participants as they head toward the Lincoln Memorial.

U.S. NAVY PHOTOS BY MC3 JULIO MARTINEZ MARTINEZ

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DOD PHOTO BY JARED LENAHAN

The Resiliency Fair, held during Staff Resiliency Week at Walter Reed Bethesda May 14-18, offered information concerning activities offered at WRNMMC to assist people in building their resiliency.

Event Highlights Importance of Building Resiliency

By Bernard S. Little
WRNMMC Command
Communications

Resiliency and Psychological Health Service at Walter Reed Bethesda sponsored Staff Resiliency Week May 14-18 at WRB.

“The purpose of Resiliency Week is to cultivate a healthy work environment by offering a variety of educational and morale building activities that promote health and wellness,” stated Asia Phillips, program manager for Resiliency and Psychological Health Service.

The service offered educational and morale-building activities throughout the week in order to highlight the importance of taking care of oneself in a dynamic and high-tempo health-care environment, Phillips explained.

“The best way to successfully navigate through a dynamic system is to create balance,” she continued. “To create balance we must learn how to manage our attitudes and learn to incorporate play into our work, she added.

Phillips explained that resilience is the ability to bounce back and adapt well in the face of adversity. “Resiliency allows us to become stronger, wiser, and better prepared for future challenges,” she added. She explained ways to build resilience include problem-solving, remaining flexible and adaptability.

“Maintain a sense of humor, remain physically fit, give service, talk with others, spend time with people

you enjoy, seek support, embrace spirituality, take pride in your part of the mission, strengthen teamwork, [and] get involved in the community,” Phillips added.

“It’s important to be able to learn skills to deal with adversity and challenges which we will experience both in the workplace and in our personal lives,” Phillips said.

She added that her department offers the following to help the WRB staff build resiliency: 1:1 resilience coaching; workplace assessments and morale checks; leadership consultation; relaxation stations; and customized trainings such as building a resilient team, burnout prevention/stress management, conflict resolution, emotionally intelligent leadership, and pre- and post-deployment briefs.

Walter Reed Bethesda’s relaxation room is located in the America Building (19), first floor, in room 1118.

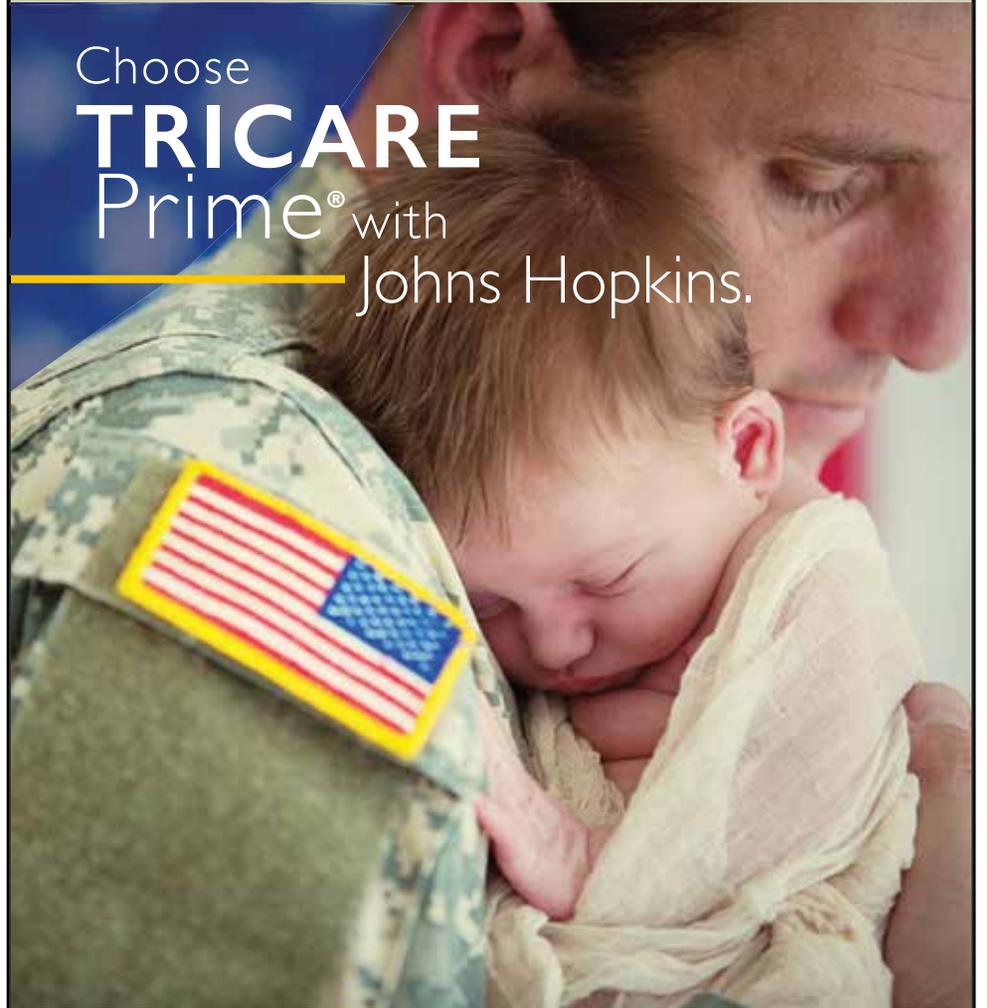
Other services offered during Resiliency Week included programs focused on stress management, Bible study, yoga, relaxing art, adult coloring, healthy cooking, improving sleep and the resiliency fair, which showcased resiliency resources at WRB.

For more information about resiliency services at WRB, call Asia Phillips at 301-295-2579.



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U.S. NAVY PHOTOS BY MC3 JULIO MARTINEZ MARTINEZ

Gary Sinise and The Lt. Dan Band invited guests to join them on stage and take photos during the Invincible Spirit Festival, May 24. The event was held in partnership with the Gary Sinise Foundation and the USO Metro.

Invincible Spirit Festival Rocks NSAB

By Andrew Damstedt
The Journal

For Shanda Taylor Boyd, a retired Army veteran, dancing at the front of the conga line and on stage with other service members at the Invincible Spirit Festival May 24 was a way for her to show hope to other wounded, ill and injured service members that their lives aren't over after they're first hurt.

"The day that we're injured we call it our 'Alive Day', mine was on May 22," Boyd said, recalling the car accident she was in 2004 near Joint Base Lewis-McChord that led to her retirement from the Army. "What we think will destroy us — our military training prepares us not to quit and not to give up. We not only pick ourselves up, but we somehow manage to encourage others and empower others along the way."

Boyd was one of several people who attended the festival, a biennial party sponsored by the Gary Sinise Foundation and USO Metro the weekend

before Memorial Day as a way to remember the sacrifices made by the service members.

"We are just wanting people who are going through their various stages of recovery here to know that we recognize what they're going through, we appreciate that they've served our country and we do not forget them," Sinise said.

He shared that some of his family members are Vietnam War veterans, they were forgotten and that period was a difficult time for service members.

"I don't want our people to ever feel like they're forgotten or they're unappreciated for what they've been through and they've sacrificed a lot — life and limb — and their family should know that we recognize that and we want to help in whatever way we can," Sinise said.

Pam Horton, USO Metro vice president of operations, said the event was a way to kick off summer events and give military families a morale boost.

Celebrity chef Robert Irvine helped prepare the food with Operation BBQ Relief. Five smokers were prepping the meat the day before the festival. Irvine

also emceed the rib-eating challenge that Lt. Cmdr. Thomas Evans, a dermatology resident, won. Evans is a returning champion after winning at the last festival.

"I was unsure because usually I do chicken wings and I didn't know how tender the ribs would be. It was definitely a lot more food, definitely more fun because it was a lot messier," Evans said.

The festival also included music from bands Stolen Silver and Gary Sinise and the Lt. Dan Band.

Before the Lt. Dan Band got on stage, Naval Support Activity Bethesda Commanding Officer Capt. Marvin L. Jones thanked all who helped make the festival happen and then fired up the crowd.

"So, I hope you're ready to party," Jones said, as he invited the crowd to get on their feet. "I don't think you heard me. I said, I hope you're ready to party. I hope you're ready to jam. I hope you're ready to get down."

Audience members then danced for two hours as the band played covers of hit songs from the past and present.



Guests record Gary Sinise and The Lt. Dan Band as they perform.



Invincible Spirit Festival volunteers pose for a photo with Gary Sinise in front of the event stage, May 24.



Gary Sinise and The Lt. Dan Band perform during the Invincible Spirit Festival.



Guests watch and sing along with Gary Sinise and The Lt. Dan Band.



NSAB Holds ASF Academy Graduation

U.S Navy photos by Jeremy Brooks
NSAB Public Affairs

Fourteen students graduated Naval Support Activity Bethesda's Auxiliary Security Forces Academy during a ceremony held May 18. The academy qualifies non-security personnel to provide support to NSAB's security forces. After the ceremony, NSAB operations manager Barry Bradwell congratulated the group and welcomed them as new members of the installation security team.





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Skin Cancer: Protect Your Skin Against the Sun

By Bernard S. Little
WRNMMC Command Communications

“Mentally and physically challenging,” is how Navy Lt. Meredith Martin describes her journey as a Stage IV skin cancer patient over the last few years. But she remains positive and confidence in her treatment decisions, as well as the care she’s received at Walter Reed National Military Medical Center and National Institutes of Health.

“The standard of care that I’ve had at WRNMMC has been very high, and I have a lot of confidence in my providers’ abilities to help me make the best decisions for myself,” Martin said. “I like to know the details and be involved in my own care, and [my providers] have been good at incorporating my viewpoints toward my care plan ... [and] decisions that we make going forward.

“As a result, I am currently a Stage IV skin cancer patient, but disease free and have been that way for several months, hoping this continues,” Martin added.

May is Melanoma/Skin Cancer Awareness Month, observed to draw greater awareness to the disease, its prevention, and recognize skin cancer heroes such as Martin and others who are patients and survivors, the friends, loved ones and health-care providers who have helped and supported them.

Diagnosed with Stage III skin cancer while at Keesler Air Force Base, Mississippi, Martin had a couple of surgeries there before moving to the Washington, D.C. area where she already had military assignment orders before her cancer diagnosis.

“I was encouraged I had orders to D.C. because I knew Walter Reed was here,” Martin said.

The Navy lieutenant explained how she lived in Florida and had deployed to the Pacific Rim. “Skin protection wasn’t in the forefront of my mind all of the time, and I did get sunburns,” said Martin, who also admits to the previous use of tanning beds.

“I had a mole on my stomach that I had my entire life, and when I was on deployment in a remote area, the mole began to bother me,” Martin continued. “It got darker, raised, started to itch and became irritated. I knew I should have done something about it, but that wasn’t at the forefront of my things to do while on deployment,” she continued.

“When I got back from deployment, I made an appointment to get it checked out. They took [the mole] off to do a biopsy and found it was cancerous,” she added. By then, the cancer had already spread into her lymph nodes, she said. That’s when she had her first surgeries before coming to the D.C. region.

In December 2016, Martin received a Stage IV diagnosis while at WRNMMC because the cancer had metastasize to her liver, lungs and small intestine. More surgeries followed, as well as other treatments including immunotherapy.

Based on a recommendation by her oncologist at WRNMMC, Martin became a participant in a clinical trial at NIH. Last December, leaders from WRNMMC, NIH’s National Cancer Institute, Uniformed Services University and Veterans Affairs signed a collaborative efforts statement, multi-federal cancer initiative, pledging to continue to work together to advance cancer care and research.

Although currently cancer-free, Martin remains under close observation by her WRNMMC doctors. “I’ve had nothing but good experiences here,” she said, describing her WRNMMC providers as “very attentive” and focused on what she has to say so she

can make the best decision about her care.

Martin added that “hindsight is 20/20” regarding her skin cancer, sun exposure and some of the decisions she made in the past. Therefore, she now encourages others to use sun screen, avoid sun tanning and the use of tanning beds, and try to stay out of the sun when it’s at its peak (between 10 a.m. and 4 p.m.).

Navy Lt. Cmdr. (Dr.) Nicholas Logemann, dermatologist and dermatopathologist at WRNMMC, agreed. He explained people should also know their bodies and be aware of changes. He added that although rare in darker skinned people, “skin cancer can occur in anybody.”

Logemann said people should regular check their body for changes in moles or the appearance of new ones, as well as have a loved one or health-care provider look at areas on your body for moles difficult for you to see, such as those that may appear on your back.

“The best advice I can offer is that if you or a loved one is worried about something, have it looked at,” Logemann said.

The dermatologist and other health providers recommend people pay close attention to look for the ABCDE signs in moles to detect for possible skin cancer:

- Asymmetrical shape (two halves of mole do not match)
- Borders (the edges are irregular or uneven)
- Color (multiple or changing shades of brown, tan, black, red, blue or pink)
- Diameter (usually, but not always, larger than 6 mm)
- Evolution (changes in appearance, such as size, shape or color and/or changing in symptoms such as bleeding, oozing or itching)

Army Col. (Dr.) Craig D. Shriver, director of the John P. Murtha Cancer Center at WRNMMC, explained cancer presents a readiness issue for the military with more than 1,000 active duty service members

“The best advice I can offer is that if you or a loved one is worried about something, have it looked at,” Logemann said.

diagnosed with some form of the disease annually. He said a cancer diagnosis can take a service members “out of the fight” for months if not years.

Shriver added that melanoma is the second most common cancer diagnosed in active duty service members. In active duty males, melanoma trails only testicular cancer diagnoses. In active duty females, only breast cancer leads melanoma in diagnoses, the colonel explained.

“Our goal at the Murtha Cancer Center, which is the Department of Defense’s only Cancer Center of Excellence, is to support service members, the fighting force and the readiness of the fighting force,” Shriver said. He added that this is done through prevention; screening and detection; determining treatment; minimizing effects; treating; rehabilitation; and supporting survivorship.

He further explained how the annual Melanoma Awareness Day at WRNMMC, this year held May 10, meets these objectives. The event includes a half-day of lectures focused on advances in research, detection and treatments, followed by skin cancer screenings of Military Healthcare System beneficiaries in WRNMMC’s Dermatology Clinic. Annually, approximately 100 people are screened for skin cancer at WRNMMC on Melanoma Awareness Day.





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Symposia Highlight Research

By Bernard S. Little
WRNMMC Command Communications

Walter Reed National Military Medical Center's Department of Research Programs presented its annual 2018 Research and Innovation Month Research Symposia May 9-10 in WRNMMC's National Intrepid Center of Excellence.

Navy Cmdr. Robert A. Liotta, director for education, training and research at WRNMMC, described the symposia as "an impressive display of fresh medical knowledge—largely produced here at Walter Reed National Military Medical Center.

"It's hard to overstate the sheer caliber of our homegrown research," Liotta continued. "From reducing neuroma and debunking over-the-counter thyroid pills to treating apnea and ending use of a costly pain drug, this award-winning work reveals the shape of medicine to come."

The symposia awards honor the legacies of Army Col. (Dr.) Bailey K. Ashford and Navy Capt. (Dr.) Robert A. Phillips. Ashford (1873-1934) worked during the early 1900s to solve the problem of hookworm-induced anemia in Puerto Rico. Phillips (1906-1976) established effective, evidence-based rehydration methods for the treatment of cholera. Winners of the Phillips award advanced to compete in the Navy-Wide Academic Research Competition May 16 held at WRNMMC.

Army Capt. (Dr.) Patrick Grimm earned the Robert A. Phillips (Laboratory) Award for Interns and Residents. His research involved "Controlling

"It's hard to overstate the sheer caliber of our homegrown research," said Navy Cmdr. Robert A. Liotta.

Axonal Regeneration With Acellular Nerve Allograft Reduced Neuroma Formation Following Peripheral Nerve Transection in Both a Rodent and Swine Model."

Navy Lt. Cmdr. (Dr.) Katherine Vu earned the Robert A. Phillips (Laboratory) Award for Fellows and Staff for her work titled "A Novel Mouse Paradigm to Measure Bioavailability of Free T3 and T4 Serum Levels in Over-the-Counter Thyroid Health Supplements."

For clinical research, Navy Lt. Cmdr. (Dr.) Christine Puthawala won the Robert A. Phillips Award for Interns and Residents her research "Outpatient Antibiotic Prescriptions and Use of Rapid Respiratory Viral Panel Testing."

Also in clinical research, Air Force Capt. (Dr.) Whittney Warren earned the Robert A. Phillip Award for researching the "Correlation between Positive Airway Pressure and Medication Adherence—the Healthy User Effect."

Army Capt. (Dr.) Richard Purcell won the Bailey K. Ashford Award for his project "Fascia Iliaca

Blockade with Addition of Liposomal Bupivacaine Versus Plain Bupivacaine for Perioperative Pain Management during Hip Arthroscopy: A Retrospective and Prospective Randomized Control Trial Analysis."

Navy Lt. Jenna Nadolsky also earned the Bailey K. Ashford Award for research involving "Sex and Regional Differences in Gene Expression of GPR101, GPR173, and EP24.15 in Adult Rats."

In the research poster competition, Navy Lt. (Dr.) Kenneth Feehs earned the award for interns and residents for his work investigating "Extensive Subcutaneous Emphysema and Pneumomediastinum: Rare Complication of a Novel Procedure."

Army Maj. (Dr.) Rebecca Ortolano won the award for staff and fellows for researching "Dysfunctional Immune System Reconstitution after Rituximab Exposure in Utero."

For quality improvement projects, Army Capt. (Dr.) Claire Daniels captured first place for her work "Increasing HPV Immunization Rates through Provider Education and Simulation."

U.S. Public Health Service Capt. Moira McGuire earned the first-place award in the Paul Florentino Patient- and Family-Centered Care Excellence Awards program for the project "Sexual Health and Intimacy Services at Walter Reed Bethesda," which Ihsan Rogers, chief of continuity and family services at NICoE, presented during the competition.

Army Col. Peter Weina, chief of the Department of Research Programs at WRNMMC, explained that research is vital to advancing the practice of medicine. He described the opportunity to do research at WRNMMC, where the nation heals its heroes, as "a privilege."

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DOD Photo by Mark Oswell
WRNMMC Command Communications

Navy Lt.j.g. Anna Dolgova, Ensigns Travis Silvey and Harold Baring pose for photos at Walter Reed National Military Medical Center before departing to the Navy's Officer Development School in Newport, Rhode Island. All three junior officers were recently Petty Officer 1st Classes before being commissioned through the

Medical Service Corps' In-service Procurement Program. "The Medical Service Corps In-service Procurement Program (IPP) allows some of the best and brightest Sailors to compete for commissions in a variety of medical service specialties," explained Command Master Chief Sean Brown, WRNMMC Senior Enlisted Advisor. "The three Sailors selected from WRNMMC will, most importantly, take the experience and knowledge gained from the enlisted ranks into their new roles."

Christian Recording Artist Pursues Career as Military Doctor

*One of 15 graduates of the
Uniformed Services University
Enlisted-to-Physician program*

**By Sarah Marshall
USU External Affairs**

Former contemporary Christian singer-songwriter Paden Smith once sought to heal others with his music and lyrics. On May 16, 2018, Smith, now a Navy linguist, will continue his selfless journey of healing others as he takes the next steps on his path to become a military physician. Smith will graduate from a two-year medical degree preparatory program and will begin studies later this summer at the F. Edward Hebert School of Medicine – “America’s Medical School” – at the Uniformed Services University (USU).

Smith said he fell in love with country and gospel music when he was very young. He grew up listening to both genres and said he always felt like contemporary Christian music was a blend of the two, with the uplifting messages of gospel music and the storytelling of country. His music career started in high school when he began writing his own songs.

“Christian music just felt natural to my taste in music and my upbringing. Plus, I knew that I wanted my music to be a tool for good and I felt that Christian music was a great way to make a positive and lasting impact on listeners,” Smith said.

In college, he started working with friends on an album and eventually decided to make the leap to recording his own music. He collaborated with friends to co-write many of the tracks on his debut Christian/gospel album, *Just Breathe*. Drawing on his own personal experiences, he said, he tailored the lyrics in hopes that others would find this music to be as uplifting and therapeutic as it had been for him.

Following the album’s successful release, he went on to film a military tribute music video. This was inspired by the military town he calls home – Cheyenne, Wyoming. Not only did he grow up surrounded by patriotic culture, he also looked up to several family members who served in the Armed Forces. While producing the tribute video, he worked closely with service members and surviving family members. He was so impressed by their level of sacrifice – this sparked his own interest in serving his country. Soon after, he enlisted in the U.S. Navy.

Smith spent his first eight years on active duty serving as a Chinese linguist, but all the while, he had bigger dreams of one day becoming a doctor. In 2015, Smith learned about a physician pathway program for military service members, USU’s Enlisted to Medical Degree Preparatory Program, or EMDP2. The 24-month program is a partnership with the U.S. armed forces and George Mason University-Prince William Campus (GMU-PWC) that allows highly qualified enlisted service members to remain on active duty while completing pre-med coursework at GMU-PWC that makes them competitive for application to medical school. Students are required to apply for medical school at USU, but they may also apply to other accredited U.S. medical schools through



PHOTO COURTESY NAVY CTII PADEN SMITH

A former contemporary singer-songwriter, Navy CTII Paden Smith, (front) is taking the next steps to become a military physician. On May 16, 2018, he graduated from the Uniformed Services University’s two-year enlisted to medical degree preparatory program, or EMDP2.

the Armed Forces Health Professions Scholarship Program. Nearly 70 students – including military combat medics/corpsman, musicians, intelligence analysts, infantry soldiers and others — have been accepted into the EMDP2 program since its inception.

Smith will graduate from the EMDP2 program this week along with 14 other enlisted members from the Army, Navy, Air Force and Marine Corps. He will fall back on his musical abilities as he kicks off the festivities by singing the National Anthem in front of what may be his largest audience yet – an arena filled with thousands of students, faculty, staff and family members at GMU’s graduation ceremony.

Immediately following the ceremony, Smith, and his fellow EMDP2 classmates will once again pledge to serve and defend their country as they are commissioned as ensigns or second lieutenants

in their respective Service branches, rising in rank, pay and responsibility in one fell swoop.

“Whether through music or medicine, I have always wanted to help heal others and I feel that this next chapter in my life will allow me to achieve that goal,” Smith said. “EMDP2 has given me the incredible opportunity to transition from my career as a Navy linguist to a career in the Navy Medical Corps, for which I will always be grateful. I am looking forward to the academic, personal, and military experiences unique to Uniformed Services University.”

While he’s still a long way from deciding what medical field he will specialize in, Smith is never far away from his music. Over the last two years in the EMDP2 program, he said, he has turned to music as an outlet, singing and playing the piano to relieve stress. He will continue to turn to music throughout his upcoming years in medical school.



NSAB and WRNMMC Sailors Complete PFA

U.S. Navy photos by MC3 Julio Martinez Martinez
NSAB Public Affairs



Master-at-Arms 2nd Class Kevin Segura (right) encourages Naval Support Activity Bethesda security forces Sailors, who conducted their annual physical fitness assessment.



A Walter Reed National Military Medical Center Sailor conducts her physical fitness assessment on May 18. The PFA is held biannually to ensure Sailors meet Navy standards.



Walter Reed National Military Medical Center Sailors conducted their spring physical fitness assessment.

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FREE. Open to all Eligible Fitness Center patrons and their children of all ages.
- 6/15 8:30-10:30pm **Outdoor Kids Movie**, USO, FREE
- 6/16 5-8pm **Daddy Daughter Dance***
MWR Fitness Center, Bldg. 17
\$12 Child, \$17 Adult
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RESEARCH

From
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Outcomes of Various Hemostatic Agents in a Simulated Marine Environment," in the Laboratory Interns and Residents Category.

Navy Lt. Cmdr. (Dr.) Shelton Viola, from Naval Medical Center San Diego in California, won the Laboratory Staff and Fellows Category for his work "A Novel Method of Isolating Primary Bone Marrow Mesenchymal

Stromal Cells in Leukemia."

Trevor Kingsbury, also from NMCS D, won the Readiness Award research concerning "Patient-Reported Outcomes for Patients Utilizing an Intrepid Dynamic Exoskeletal Orthosis."

From WRNMMC, Navy Lt. Cmdr. (Dr.) Christine Puthawala earned the Health Award for her research "Outpatient Antibiotic Prescriptions and Use of Rapid Respiratory Viral Panel Testing."

Army Capt. (Dr.) Patrick Grimm,

also from WRNMMC, received the Partnership Award for his research "Controlling Axonal Regeneration with Acellular Nerve Allograft Reduced Neuroma Formation Following Peripheral Nerve Transection in Both a Rodent and Swine Model."

Navy Rear Adm. Mary C. Riggs, director of the research and development at the Defense Health Agency, served as guest speaker at the competition. She described researchers in the competition as "innovative and talented," as well as vital to the success of military medicine. "You are our nation's future."

Riggs explained that the Navy-wide competition has recognized exceptional clinical and laboratory research for more than three decades, helping to compel all research forward. She added military research helps "build and strengthen a more integrative, efficient and effective military health-care system that supports the lethality of the force." She further explained how research also helps ensure warfighters and the health-service team are better prepared, protected and care for to execute their mission.

Riggs added that military research has led to advances in creating better body armor, protected vehicles and battlefield care that have resulted in reduced fatal blast injuries. "Improvements in protective technologies led to the lowering of the ratio of wounded service members to fatalities from 1-to-1 during World War II to 9-to-1 during Operations Enduring Freedom and Iraqi Freedom," she added.

"Paradoxically, this improved ratio led to a different type of threat: an increase in warriors who have suffered traumatic and enduring cognitive and physical injuries. Who would have predicted that enhancing physical protection against one type of threat would have led to a different type of vulnerability," Riggs continued.

"Today, we are still looking to improve standards of care for these types of injuries," Riggs continued. "I believe in ensuring that our ability to provide treatments worthy of our warriors depends on creating and developing more solutions that lead to real products and treatments to restore the function and quality of life, just like the ideas that [military researchers] are working on," she said.

During the last decade, military medical research has helped to advance cell biology, nanotechnology, robotics, vision and hearing technologies, unmanned tools and technologies, and artificial intelligence to help manufacture and develop innovative treatments for traumatic injuries, Riggs added.

"The military industry and

academic collaborations also prove to be vital in delivering products to our warfighters," Riggs said. As an example, the admiral said Army researchers are developing a Zika vaccine in collaboration with National Institutes of Health researchers.

"I deeply believe succeeding in future [combat] environments is inextricably entwined with the ability to deliver the very best in health care enabled by our biomedical research and development enterprise," Riggs said. "Your expertise in how to bridge the gap between research results and patient care, and your commitment to serving our heroes is absolutely critical for our success."

Navy Capt. (Dr.) Walter Greenhalgh, NICOE director, explained that the Navy research competition honors the legacy of Navy Capt. Robert Phillips, who before his death in 1976, established effective, evidence-based rehydration methods for the treatment of cholera. Greenhalgh added the competition recognizes "the best of the best" in Navy clinical and laboratory research.

WRNMMC Director Navy Capt. (Dr.) Mark Kobelja agreed, adding that a goal of WRNMMC, "the descendent of the two iconic institution, Walter Reed Army Medical Center and the National Naval Medical Center, is preserving the things that made each of them great," such as the medical research competitions. Just as WRAMC and NNMC integrated, so too have the competitions, Kobelja explained. "WRNMMC is a joint medical force. That's how we deploy and coordinate some of the key services medicine requires in order to deliver high quality care, both in the hospital setting and in the operational forces. We work together."

Kobelja also pointed out that Walter Reed Bethesda is named after the Army physician and researcher who led the team that postulated and confirmed the theory that yellow fever is transmitted by a particular mosquito species, rather than by direct contact.

The WRNMMC director said Maj. Walter Reed and Capt. Robert Phillips "really made their mark" as young military officers. "That's really what we're trying to encourage [with our research competitions]. We're trying to have a foundation for our young researchers to deliver [work] that's going to matter. You have to give them the opportunity and support, and that's what we're doing here."

Kobelja added that while the Navy research competition preserves the heritage and prestige of its origins, it also recognizes and highlights current military medicine's support of the joint expeditionary force.



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