GLWACH Radiology earns ACR accreditation

By GLWACH PAO

General Leonard Wood Army Community Hospital’s Radiology department was awarded a three-year term of accreditation in mammography as the result of a recent review by the American College of Radiology.

Mammography is a specific type of imaging test that uses a low-dose X-ray system to examine breasts. A mammography exam, called a mammogram, is used to aid in the early detection and diagnosis of breast diseases in women.

The ACR gold seal of accreditation represents the highest level of image quality and patient safety. It is awarded only to facilities meeting ACR Practice Parameters and Technical Standards after a peer-review evaluation by board-certified physicians and medical physicists who are experts in the field. Image quality, personnel qualifications, adequacy of facility equipment, quality control procedures and quality assurance programs are assessed. The findings are reported to the ACR Committee on Accreditation, which subsequently provides the practice with a comprehensive report that can be used for continuous practice improvement.

The ACR, founded in 1924, is a professional medical society dedicated to serving patients and society by empowering radiology professionals to advance the practice, science and professions of radiological care. The College serves more than 37,000 diagnostic/interventional radiologists, radiation oncologists, nuclear medicine physicians, and medical physicists with programs focusing on the practice of medical imaging and radiation oncology and the delivery of comprehensive care.

Nutrition shouldn’t have to be hard

By 1st Lt. Dana Larsen

GLWACH Nutrition Care Division

For years, American’s were told not to eat more than one egg per day because of the cholesterol content (187 milligrams per egg). Per the 2010-2015 Dietary Guidelines for American’s, the daily limit for dietary cholesterol was set at 300 milligrams per day.

Fast forward to 2016 when the 2015-2020 DGA were released and suddenly, the recommendations for limits on cholesterol were gone.

Overnight, eggs went from being restricted to being recognized as part of a healthy diet.

Basic nutrition principles of healthy eating haven’t changed that much over the years.

You should strive to fill half your plate with fruits and vegetables, choose lean meats, consume low-fat or fat free dairy or calcium-fortified dairy alternatives, make at least half your grains whole grains, and eat everything in moderation.

Choosing a variety of fruits and vegetables provides important micronutrients such as fiber, vitamin A, vitamin C, and potassium. Whole fruits will provide more fiber than fruit juice. A high fiber diet may reduce the risk of cancer, heart disease, and may lower blood cholesterol. The Performance Triad guidelines recommend at least eight servings of fruits and vegetables per day.

Lack of proper fueling can hurt a service member’s mental and physical performance.

Capt. De’Angelo Criss, Charlie Company Com-
mmander, 787th Military Police Bat-
talion, said, “Soldiers must con-
stantly perform rigorous physical
activity that will test their mind
and bodies. A Soldiers confidence
in themselves is fueled by their
body’s ability to perform optimal-
ly. Proper nutrition is the essential
foundation that supports Soldiers
every day.”

So what is the biggest barrier to

soldier’s eating a
healthy diet?

“It is hard to pinpoint one particu-
lar thing. For some it’s lack of
knowledge, for others they grew
up in households that did not prac-
tice good nutrition and they carry
those habits into adulthood, for
others it’s having access to more
junk food versus healthy options,
or even lack of cooking skills,”
said 1st Lt. Anna Cardenas, Chief
of Outpatient Nutrition at General
Leonard Wood Army Community
Hospital.

Call the GLWACH Nutrition
Care Division at 573.596.1762 to
schedule an appointment with a
Registered Dietitian. No consults
are needed. Appointments are
available for both civilians and
military personnel.

Best Warrior Competition tests physical and mental strength

By GLWACH PAO

Soldiers from General Leonard
Wood Army Community Hospital
recently participated in this years’
GLWACH Best Warrior Competi-
tion.

The four-day competition tested
the Soldiers’ mental and physical
strength to determine who would go
on to compete at the Regional
Health Command-Central competi-
tion.

The competition consisted of an
obstacle course, Army Warrior
Task lanes, M4 range, written ex-
am, physical readiness training
evaluation, day and night land navi-
gation, 12 mile road march, and an
oral board.

The winners haven’t been an-
nounced yet but the top two non-
commissioned officers and top two
Soldiers are continuing to
train mentally and physically.

The RHC-C competition
will take place Carl R Darnall
Army Medical Center, Fort
Hood, Texas in April.

The winners of the RHC-C
competition are eligible to
compete against Soldiers
from around the world at the
2019 U.S. Army Medical
Command Best Warrior Com-
petition later this year.

Left: Spc. Se Ahn muscles his
way through the obstacle
course during GLWACH’s
Best Warrior Competition.
Ahn posted the fastest time
overall for the obstacle course.
(Photo by 1st Sgt. John Allen)
Every year, the Defense Department recognizes March as Brain Injury Awareness month to increase awareness of traumatic brain injury. Throughout the month, the Military Health System will provide tools and resources to educate the military community, and those who support them, about TBI.

To underscore the department-wide effort to understand, prevent, diagnose, and treat TBI, Deputy Secretary of Defense Patrick Shanahan released a memo dated Oct. 1, 2018, that outlines a strategy and action plan to support warfighter brain health.

“Our pursuit of superior lethality must be matched by a commitment to understanding, preventing, diagnosing, and treating TBI in all its forms,” Shanahan stated in his memo.

Through the Defense and Veterans Brain Injury Center, a division of the Defense Health Agency Research and Development Directorate and the TBI center of excellence for the Defense Department, the department is leveraging new technologies and cutting-edge research to develop concussion care tools and protocols that prioritize early identification and individualized treatment to maximize warfighter brain health.

2019 Theme: Advancing Warfighter Brain Health

The 2019 Brain Injury Awareness Month theme supports the enduring responsibility of DoD to promote and protect the health and well-being of our nation’s warfighters and their families.

“Only by amplifying our communications about, and promoting awareness of warfighter brain health and surveillance initiatives, can the department eliminate, once and for all, the stigma that remains attached to help-seeking behaviors,” Shanahan stated.

About Traumatic Brain Injury

TBI is a signature injury of current conflicts and, according to DVBIC, 383,947 service members received a TBI diagnosis from 2000 until the first quarter of 2018. Additional helpful facts include:

- DVBIC defines a TBI as the result of a blow or jolt to the head that disrupts the normal function of the brain; not all blows or jolts to the head result in a TBI.
- Injuries can be closed or penetrating head wounds and will range in severity from mild to moderate to severe.
- The most common form of TBI in the military is mild TBI, also referred to as concussion.
- Common symptoms following a concussion include headaches, dizziness, sleep disturbances, vision changes, balance problems, fatigue, attention and memory problems, irritability, and mood changes.
- Early detection of traumatic brain injury leads to early treatment; early treatment leads to better outcomes.

“Educating our service members and families to recognize the signs and symptoms indicative of TBI and making it easy for families, loved ones, and friends to seek and receive the information and support they need to respond compassionately and constructively to a member who may have sustained a TBI, are essential first steps,” wrote Shanahan.
# March 2019

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>4</td>
<td>5 Upping Your Metabolism 0900-1000</td>
<td>6 Fueling for Health 1200-1300</td>
<td>7 Healthy Sleep Habits 1200-1300</td>
<td>1 Upping Your Metabolism 1200-1300</td>
</tr>
<tr>
<td>11 Nutrition Month Booth @ Davidson 1100-1300</td>
<td>12 Unit Assessment</td>
<td>13 Stress Management 1200-1300</td>
<td>14 Unit Assessment</td>
<td>15 Upping Your Metabolism 1200-1300</td>
</tr>
<tr>
<td>18 Upping Your Metabolism 0900-1000</td>
<td>19 Fueling for Health 1200-1300</td>
<td>20 Staying Fit Home &amp; Away 1200-1300</td>
<td>21 Upping Your Metabolism 1200-1300</td>
<td></td>
</tr>
<tr>
<td>25 Upping Your Metabolism 0900-1000</td>
<td>26 Meals in Minutes 1200-1300</td>
<td>27 Fueling for Health 1200-1300</td>
<td>28 Upping Your Metabolism 1200-1300</td>
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14122 3rd Street, Bldg. 350 Fort Leonard Wood, MO 65473  
573-556-9077

Programs are open to Active Duty, Dependents, Retirees and DoD Civilians and are subject to change.

**Highly encouraged to complete an initial appointment prior to attending UYM**

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**Lunch & Learn with GLWACH**

- March 14: Basic Nutrition
- April 11: MO Plants/Wildlife-Disease Prevention
- May 9: Heat Illness Prevention
- June 13: Stretching, Warming Up & Cooling Down Safety

All classes are held in the GLWACH Dining Facility at 12 p.m. and are open to everyone.