



Katterbach Health Clinic

October 2009 Updates

"Providing Quality Care to Beneficiaries"

Sep. 16, 2009

Clinic Phone DSN: 467-3398

Clinic Phone Comm: 09802-83-3398

CLINIC HOURS:

M-F Active Duty Sick Call:
0700-0730

M-Th - 0730-1630

Fri - 0730-1200

Fri pm - SGT's time training

Pharm lunch 1230-1330 M-F

Clinic Closing Dates:

October 9: Training Holiday

October 12: Columbus Day

Queuing System:

If you have been to the clinic recently, you have noticed the computerized queuing system with display located in the waiting rooms both upstairs and downstairs. This was placed to ensure that your privacy is protected while checking in at the front desk. Currently, this system is linked to the Front Desk/Reception, Records Room and Pharmacy sections upstairs as well as TRICARE and Optometry downstairs. Please choose a number and have a seat. We will be with you in a timely manner while ensuring your privacy is protected.

Important Phone numbers:

Emergency: 09802-83-116

Fire: 09802-83-117

Poison Control (English):

00800-444-88444

Patient Liaisons: 09802-832-

169 or 0162-296-8049

New Program designed to help Soldiers: RESPECT-MIL

A soldier's resource for relief and recovery. We are excited to begin this program at Katterbach and Illesheim. RESPECT-MIL is a treatment model designed by the United States Department of Defense's Deployment Health Clinical Center to screen, assess and treat active duty Soldiers with depression and/or PTSD (Post Traumatic Stress Disorder).

In a 2006 trial run for RESPECT-MIL at Fort Bragg, more than 4,000 Soldiers were screened for depression and PTSD. About 10 percent screened positive for depression, PTSD or both. Of those Soldiers engaging in the RESPECT-MIL program, about 70 percent of those with moderate to severe depression had their symptoms improve at 12 weeks or more; and about 90 percent of those with PTSD experienced similar improvement during the same amount of time.

All Soldiers will be encouraged to complete a short, simple RESPECT-MIL screening questionnaire when visiting a primary care clinic. If they screen positive and based on their responses, primary care clinicians will first evaluate, and then develop, a treatment plan for each soldier. Once a treatment plan is devised, the RESPECT-Mil Care Facilitator will monitor the Soldier's progress through periodic phone contact. The Care Facilitator will convey Soldier health updates to primary care providers and mental health supervisors. The Katterbach/Illesheim Care Facilitator is Kim Croese RN

For more information about RESPECT-Mil program:

<http://www.pdhealth.mil/respect-mil/index.asp>

THE FACTS: Fitness and Deployment

- ⇒ **A diagnosis and treatment of depression or PTSD does not automatically prevent deployment**
- ⇒ **Diagnosis and treatment for combat related Depression and PTSD does not cause you to automatically lose your security clearance**
- ⇒ **Medications can be and are used during deployment**
- ⇒ **Participation in the RESPECT-Mil program does not start the Chapter Discharge or Medical Board Process**
- ⇒ **Untreated depression and PTSD are likely to get worse and lead to a fitness problem**

A Spot of Tea

The Women of United States Army Katterbach Health Clinic cordially invite all women to a Tea Party

When: Friday 30 October 2009

Time: 1300

Where: Ansbach DFAC

Join us in bringing attention to National Breast Cancer Awareness Month. Learn how to perform a triple touch self breast exam.

Live Music and Door Prices



National Breast Cancer Awareness Month



If you haven't noticed, there are quite a few people who are interested in wearing pink this month. I have seen it on patients, staff and even on TV. For those who enjoy football, you might even see a flash of pink every now and then on our professional players. Why are all these people wearing pink you ask. For National Breast Cancer Awareness Month. This is the 25th year that there has been a National Breast Cancer Awareness month and the results are phenomenal. Getting the word out about Breast Cancer Prevention and Detection has been one of the greatest accomplishments of this program. Organizations throughout America have put a lot of effort into education to help curb this devastating disease. Breast Cancer is the most common form of cancer in women in the United States, aside from skin cancer. The American Cancer Society estimates that 192,370 new cases of invasive breast cancer are expected this year alone. 40,170 women are expected to die from the disease in 2009 alone. If this is a concern to you, we can help. The best way to prevent and a catastrophic outcome from breast cancer is early detection. The Katterbach Health Clinic wants to help in two ways. We are providing education on the Triple Touch Self Breast Exam. The advertisement above tells you about a tea party we have set up, where this teaching will be conducted. Secondly we can arrange for you to have an evaluation or mammogram. Regular mammograms are recommended for all women starting at the age of 40. Frequency will depend upon personal and family history of breast cancer. Clinical breast exams are recommended annually. To schedule a mammogram or have a physician evaluate your need for a mammogram call the clinic at 09802-83-3398 or DSN 467-3398.

Year of the NCO

This month we recognize SGT Vaijun Chang, our laboratory NCOIC.

SGT Chang graduated from high school and joined the Army in 2001. He completed the Army basic training course in Fort Benning, Georgia and graduated from 91K (Medical Laboratory Specialist) School phase one from Fort Sam Houston after which he attended Phase two at Madigan Army Medical Center.



SGT Chang's first duty station was at Fort Detrick, MD where he worked doing research on infectious diseases and toxins. In 2004 he volunteered to be part of the Elite Roving Guard (biosururity) at Fort Detrick MD, where he guarded the most dangerous agents that could be used as bio weapons. In 2005 he moved to Missau, Germany and deployed with the 226th Med Log. While deployed in support of operation Iraqi Freedom he volunteered to work in the 10th Combat Support Hospital instead of going to Freedom Rest so he could fresh up on the clinical laboratory skills that he had not used since AIT. In 2007 he moved to the USAHC Katterbach where he currently serves as the laboratory NCOIC.

SGT Chang is a graduate of the Grafenwoehr warrior leaders course. He has co-authored on two manual scripts that are under review for publication.

For more information, visit our clinic Web page at: <https://ermc.amedd.army.mil/katterbach/index.cfm>