

SEPTEMBER 2019

BROOKE ARMY MEDICAL CENTER

# FOCUS

A woman in military camouflage gear is climbing a rope net. She is looking towards the camera with a determined expression. The background is a blurred outdoor setting with trees and a blue sky. The woman is wearing a camouflage uniform with a patch that reads "TM 8".

**Commanding General  
Holds First Town Hall**

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**BAMC Honors Volunteers**

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**Oxygen Therapy Helps  
Patient Heal**

# INSIDE THIS ISSUE

SEPTEMBER 2019

- 3 Commanding General Holds First Town Hall**
- 4 BAMC Laboratory Service Accredited**
- 5 Painting by Wounded Warrior Unveiled**
- 6 Songs in the Key of Life**
- 7 BAMC Volunteer Honors His Calling**
- 8 Youth Volunteers Gain Valuable Experience**
- 9 BAMC Honors Volunteers**
- 10 City of San Antonio 'Stops the Bleed'**
- 11 Oxygen Therapy Helps Patient Heal**
- 12 Other Happenings at BAMC**

## ***Mission***

*We protect the Nation by ensuring Total Force Readiness through innovative, high quality care and the development of elite healthcare professionals.*

## ***Vision***

*To be the pinnacle of military healthcare  
— Anytime, Anywhere!*

**BG Wendy L. Harter**  
Commanding General

**CSM Thomas R. Oates**  
Command Sergeant Major

**Elaine Sanchez**  
Chief,  
Communications Division

**Lori Newman**  
Editor

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Brooke Army Medical Center Commanding General Brig. Gen. Wendy Harter responds to a question during her first all-hands town hall Aug. 14, 2019. U.S. Army photo by James Camillocci

# BAMC Commanding General Holds First Town Hall

BY LORI NEWMAN

*Brooke Army Medical Center Public Affairs*

Brooke Army Medical Center Commanding General Brig. Gen. Wendy Harter held her first all-hands town hall Aug. 14 to share her command priorities and answer questions from the staff.

Harter noted that people are the number one priority, with readiness remaining vital to the future of the Army and the nation.

"We have an integral part in producing ready medical forces here, notably with our trauma department," she said, referring to BAMC's mission as Defense Department's only Level I Trauma Center. "Nowhere else in the Department of Defense do we do that; we are integral to the Army achieving effectiveness into the future."

Harter also addressed the transition of command and authority to the Defense Health Agency in October. At this time, DHA will be responsible for healthcare delivery and business operations across the Military Health System.

While some policies and processes may change, it will be business as usual for BAMC in terms of patient care, the general noted. Harter stressed the importance of continuing to look at how to best

optimize resources across the San Antonio military medical market to drive better integration and standardization of care.

Other questions touched on civilian staffing and concerns regarding the ability to fill vacant positions at BAMC due to budgetary constraints. Leaders are continually looking at staffing to ensure high quality, safe patient care that is easily accessible, Harter said. While fiscal responsibility is an ongoing consideration, the general encouraged leaders and supervisors to continue to elevate critical positions for review.

"We have to make sure that we have the right force structure out there," she said. "I trust that you all can make that judgment at your levels to ensure we have the right people in the right place and in the right positions."

Harter also addressed a question about medical equipment, particularly in regard to locating and maintaining property.

Army Col. Joe Lim, chief of logistics, stepped in to announce BAMC has submitted a package to obtain additional scanners and tags. Additionally, in an effort to improve property management, logistics has lowered the number of missing or uncalibrated equipment from 85 pieces to four.

"Safety and quality is non-negotiable," Lim said. "It's about the delivery of safe, quality healthcare to the most important asset this world has, our people."

Careful driving and staff parking were other topics of interest at the town hall.

The general acknowledged safety concerns in parking areas and announced the launch of a new campaign, "Drive Friendly, Park Friendly." This campaign will stress the importance of safe driving and consideration of patient convenience when staff are arriving to work.

Harter also encouraged staff to speak up when they have a question, suggestion or concern, and talked about the avenues to implement change throughout the organization. These include using the chain of command, the Commander's open door policy and the new BAMC Truth hotline at 539-TRUE (8783). For the Truth Line, callers can choose to remain anonymous or leave a message if they would like someone to follow up. Selected comments and outcomes will be featured in the Commanding General's weekly BAMC 6 Sends and on the Intranet.

Harter concluded by thanking the staff for their dedication and devotion to patient care. "Thank you for what you do each and every day," she said.





## BAMC Laboratory Services Accredited for More Than 50 Years

BY BAMC PUBLIC AFFAIRS

*Brooke Army Medical Center Public Affairs*

Brooke Army Medical Center Department of Pathology and Area Laboratory Services has been recognized as one of the longest College of American Pathologists-accredited laboratories in the United States.

"BAMC's continuous CAP accreditation is a testament to the sustained quality of our staff and their commitment to patient safety," said Army Col. David H. Duplessis, BAMC's deputy commander for Patient Services. "BAMC's Department of Pathology and Area Laboratory Service performs over 12,000 laboratory tests per day consisting of the highest complexity testing conducted within the Department of Defense. Continuous CAP accreditation is even more impressive given the high test volume and complexity."

According to its website, more than 20,000 laboratories around the world partner with the CAP. BAMC is one of only 41 laboratories that have continuously met the highest standards of laboratory quality and proficiency testing for more than 50 years. Since the CAP began its Laboratory Accreditation Program in 1964, BAMC has ensured that patients are receiving the best medical care and most accurate diagnosis and treatment possible.

"The expertise and teamwork of our DPALS physicians and staff ensure we meet the CAP benchmarks for high quality patient care and patient safety practices for our active duty service members, their dependents and our

veterans," said Air Force Lt. Col. Samantha Butler-Garcia, DPALS program director. "Our patients can be confident they will be receiving premier laboratory testing through our department."

Pathologists are on the cutting edge of medicine, diagnosis and treatment. Their work is often the most crucial piece in understanding viruses, infections and disease, making accurate diagnoses and working side-by-side with the health care team in recommending the best treatments. A more precise diagnosis means a faster, more accurate treatment, putting patients on the road to recovery sooner.

"For the best testing and diagnosis, pathologists and laboratory technicians need to meet the highest standards of laboratory quality and proficiency testing set by the College of American Pathologists," said Dr. R. Bruce Williams, CAP president. "To achieve this standard, and maintain it, for more than 50 years is a momentous achievement because CAP accreditation is an incredibly rigorous, ongoing process."

To consistently meet the high standards of CAP accreditation, laboratories must prove they are using the latest technologies and best practices to deliver faster, more accurate results for better patient care every day.

"Patients are the CAP's number one priority, and we equip our member laboratories with the knowledge, skills, and resources to remain current and relevant in an evolving health care landscape," said Williams. "We're changing lives by presenting patients with the answers they need to guide their care."



**PAIN** MONTH  
**AWARENESS**

**SEP 2019**

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**Visit [theacpa.org](http://theacpa.org) or soldiers can visit:**  
**[dvcipm.org/clinical-resources/pain-management-task-force](http://dvcipm.org/clinical-resources/pain-management-task-force)**



# Painting by Wounded Warrior Unveiled at BAMC



Retired Sgt. Mario Lopez poses for a photo with Brooke Army Medical Center staff members after his painting is unveiled in the Medical Mall of the hospital. A former BAMC patient who was severely injured in an IED attack in Afghanistan in 2008, learned to use painting therapeutically to help him overcome an array of challenges he has faced over the past decade. The painting was donated to BAMC by former United Nations Ambassador Warren W. Tichenor. U.S. Army Photo by Corey Toye

BY DANIEL CALDERÓN  
*Brooke Army Medical Center Public Affairs*

Brooke Army Medical Center recently hosted an unveiling ceremony in the Medical Mall for a painting donated by former United Nations Ambassador Warren W. Tichenor.

"I'm very honored to be invited to be with you for this very memorable occasion," Tichenor said during his remarks. "Mario, and to everyone at BAMC, this is your day because today we're here to unveil a painting by Sgt. Lopez that will hang here at BAMC for all time."

Retired Army Sgt. Mario Lopez, a former BAMC patient, painted the stylized image of the American flag on canvas.

Lopez took time to speak with the audience about his time at BAMC after being injured in Afghanistan in 2008. The vehicle he was riding in hit an improvised explosive device. He sustained a head injury, lost his right arm, the fingers on his left hand, and was burned over 50 percent of his body. He had three surgeries in Germany, and was then flown to San Antonio to complete his rehabilitation at BAMC.

"Being here in this facility brings back so many memories – some bad, but mostly good," Lopez said. "I'm alive. I'm alive because God wanted me here, but I'm also alive because of the exceptionalism of this country, the exceptionalism of this facility and the exceptionalism of the individuals who occupy this place. I'm standing here because of your training, your experience and your love."

Lopez thanked everyone who had assembled for the ceremony and said he hoped his painting will positively influence staff, patients, and family members who see it, and he hopes it reminds them all that life "really is worth living."

Tichenor, who served as the U.N. ambassador under President George W. Bush, read a letter from the former president to Lopez which congratulated him on the occasion of his painting's unveiling.

"The painting is a testament to your resilience and I am grateful that art helped you heal your wounds of war," read the letter from Bush. "I know your artwork will be a source of inspiration to those at BAMC for years to come."

The painting is displayed on the wall across from the Medal of Honor display in the Medical Mall.



Retired Sgt. Mario Lopez talks with Brooke Army Medical Center staff members after his painting is unveiled in the Medical Mall of the hospital. Lopez, a former BAMC patient who was severely injured in an IED attack in Afghanistan in 2008, learned to use painting therapeutically to help him overcome an array of challenges he has faced over the past decade. The painting was donated to BAMC by former United Nations Ambassador Warren W. Tichenor. U.S. Army Photo by Corey Toye



# Staff Sgt. Jaime Cruz

## *Songs in the Key of Life*

BY ANNETTE P. GOMES

*Army Warrior Care and Transition*

Music is a common language that unites, calms, inspires and heals. Every Thursday at 1 p.m., Soldiers, such as U.S. Army Staff Sgt. Jaime Cruz, gather to experience its power at the Warrior Family Support Center.

"I have been playing guitar since elementary through high school. I remember performing in several talent shows in high school and it was fun," Cruz said. "My dad had a guitar lying around the house and he used to play a couple of chords and the same tune over and over. My hunger for music grew at this point and it never left me."

Cruz says there is a purpose for everything in life and for him that purpose is teaching music or playing and performing for others. "Playing music" really lifts the spirits and takes away that pain running through their mind and body."

Cruz was dealing with his own pain when diagnosed with colon cancer in October 2018.

"I have chemotherapy sessions every two weeks at Brooke Army Medical Center here in San Antonio. I've had a total of 20 chemotherapy sessions since October of 2018. The treatment is going very well and I have had good results in less than a year. I want to heal and return to duty and serve until my retirement," Cruz said happily.

After approximately six years as a petroleum handler, Cruz reclassified and became a member

of the Army Band. After his cancer diagnosis, he became a volunteer with the Soldier Songs and Voices' San Antonio Chapter at the WTB. The group is composed of a vast spectrum of musical skill levels and abilities and a wide variety of instruments including drums and guitar. As Cruz heals at the WTB, he says he can walk a mile in the shoes of the Soldiers healing beside him.

"When I started sitting with them and teaching them music, I could see them concentrating on the music and how they were really getting into it, especially the guitar which is a hard instrument to play," Cruz said.

On Thursdays, the group gathers around in a small circle - usually groups of six to eight musicians, to play popular tunes. Some try to sing and play guitar at the same time or learn to play their favorite song, while others just want to learn some theory and really get into playing. "The sessions are usually an hour, but we always lose track of time, it always happens," Cruz laughed.

Earlier this month, it was Cruz and a few fellow bandmates entertaining crowds at the Landa Park Dance Slab in New Braunfels, Texas.

"The United States Air Force Band invited me to perform on the 4th of July and it was awesome. I had a great time. I felt like I was back in the game after that performance. I really miss my full time job with the Army Band," Cruz said.

While the clock moves swiftly during the "jam



U.S. Army Staff Sgt. Jaime Cruz plays a tune on his guitar at the Warrior Family Support Center, June 25, 2019. Courtesy photo by the U.S. Army Staff Sgt. Jaime Cruz

sessions," one thing remains constant - Cruz's appreciation for the power of music.

"My Case Manager, Olga Ledford noted: Because of my love of music, my enthusiasm, eagerness and positive attitude, great things are happening around me," Cruz said. "I tend to enjoy life to the fullest. It isn't always easy to overcome obstacles, and to choose happiness over and over again when life gets tough. However, no matter how hard it might be, I always come out on the other side just a little stronger. I do believe music is the best medicine."

## FAMILY WELLNESS DAY

### ONE TEAM STYLE

Join Us For A Day Of Relaxation, Rejuvenation & Fitness

September 14<sup>th</sup> 11:00 - 3:00pm

Warrior & Family Support Center and Liberty Park

OPEN TO SERVICE MEMBERS, BAMC STAFF & THEIR FAMILIES

BBQ · Music · Prizes · Bounce Houses

COME HAVE FUN WITH THE FAMILY!

# Volunteer Honors His Calling by Helping Others

BY OLIVIA MENDOZA  
502nd Air Base Wing Public Affairs

A Brooke Army Medical Center volunteer found his spiritual calling at age 50 and has been giving back ever since.

Phillip Lewis has been a BAMC Department of Ministry and Pastoral Care volunteer since July 1996 and was recognized as the 2018 BAMC Volunteer of the Year for his dedication and selfless service to others.

He's come a long way since his youth as an Army "brat."

Lewis was born in 1946 in New Mexico. His mother Marian Lewis was a stay-at-home mom and his father, Col. Arden Lewis, was a World War II veteran who retired after serving 33 years in the Army.

After graduating high school, he decided to follow in his footsteps, joining the Army three days after his 18th birthday.

"Dad was a very good man. That is the one thing I remember from him was that he loved serving his country," Lewis said.

The young enlisted infantry paratrooper headed to Vietnam with his unit, the 1st Brigade, 101st Airborne Division Screaming Eagles, in the spring of 1965.

"I served with the 1st Brigade as an infantry reconnaissance squad leader," Lewis said. "At 19 years old, I was promoted to sergeant and was in charge of leading my Soldiers in the battlefield."

He joined the Army with the hope of attending the U.S. Army Military Academy at West Point, but that all changed when he was wounded by machine gun fire and medically evacuated to an Army hospital in Japan.

He vividly recalls that day because two of his Soldiers, who were on each side of him, were killed.

The dream of attending West Point was gone, but a Veteran Affairs program supporting wounded Soldiers helped him to go to school through the vocational rehabilitation program. He was accepted to Trinity University in San Antonio and was hired by the VA to assist other Soldiers.

Lewis met his wife Susan in 1967 and they were married in 1968 at the Alamo Heights Pres-



Phillip Lewis, right, on-call chaplain and post anesthesia care unit volunteer, talks with a family in the Post Anesthesia Care Unit at Brooke Army Medical Center, while Air Force Maj. Katherine M. Slogic, pediatric anesthesiologist, listens to the patient's lungs April 16. Photo by Olivia Mendoza

byterian Church, where they first met. They have been happily married for 51 years and have two adult children and two grandchildren.

In 1971, Lewis decided on a career in law enforcement. He became the Alcohol, Tobacco and Firearms resident agent-in-charge for the San Antonio area and retired after 25 years of service. He was also a certified crisis and hostage negotiator.

"Law enforcement is to serve and protect the people like the Army serves and protects our country," Lewis said.

A turning point in his career came during the 1993 Branch Davidian standoff in Waco, Texas.

"We lost four special agents and 20 others were wounded that day," Lewis recalled. "I was there and watched special agents get killed in a line of fire, while others were badly wounded. The bomb explosions going off reminded me of the war zone in Vietnam."

Lewis and his fellow agents struggled with their emotions after the traumatic event. He realized that some of the agents were experiencing post-traumatic stress disorder, or PTSD. This drove him to give back in return for his life being spared and to help ease the lives of those who were suffering.

Lewis joined a peer support group with a small team of senior special agents professionally trained to help those suffering from PTSD.

Throughout his life, Lewis was committed to serving God and helping others. His calling steered him to Brooke Army Medical Center to volunteer in the Department of Ministry and Pastoral Care in 1996.

In 1997, he was commissioned as a chaplain.

"I'm so thankful that the law enforcement provided training and experience as a peer support counselor to fit very well into my work as a chaplain," Lewis said. "It was especially helpful after 9/11 when BAMC began receiving wounded warriors and I was in a position to interact with them and their families during their stay."

Lewis thought he would follow his father's path of being a Soldier, traveling to different locations with his family. He never imagined his life would guide him to become a dutiful chaplain and a volunteer at BAMC.

"I feel honored and humble to function as a chaplain at BAMC," Lewis said. "I don't consider what I do is work, it is a privilege to volunteer at the hospital because I am just one amongst many who share their time and energy to support BAMC."

He describes himself as "grateful and blessed" for his upbringing and thankful to be alive and serving God and his country.

Today, Lewis continues his devotion doing virtuous work in helping others by providing comfort in listening, visiting and caring.



## Youth Volunteers Gain Valuable Experience at BAMC



Youth volunteer, Levi Meador, drills a lock core in the Provost Marshal Office.  
Photo by Maddisen Contreras, youth volunteer

BY NATALIA TURNER AND DE'SEAN VALVERDE  
*BAMC Public Affairs Youth Volunteers*

Brooke Army Medical Center's Summer Youth Volunteer Program provides teens ages 14 to 17 with military medicine experience.

The program is sponsored by the San Antonio American Red Cross.

"The partnership (with the American Red Cross) is an offshoot of the commander's community outreach program," said Michael Dulevitz, chief of BAMC's Office of Volunteer Services. "This program enables students who may not otherwise have the opportunity to witness the military and military medicine up close and personal."

Youth volunteers gain valuable experience which can tie in with their future academic and career goals.

"I've talked to a lot of the techs and other staff," said Nathaniel Santos,

youth volunteer in the Inpatient Orthopedic Medical/Surgical Ward. "They've recommended routes that I should be taking or classes I should be taking."

BAMC staff members mentor the volunteers and help provide a memorable learning experience.

"My experience here was very good," said Catherine Clay, youth volunteer at the Provost Marshal Office. "They kept us busy and we learned a lot of new stuff here."

Volunteering at BAMC has helped previous youth volunteers make career decisions.

"We've had quite a few post-program contacts wherein a youth will return to us to say that it was this program that made the difference in their career choices," said Dulevitz. "It was their summer or summers at BAMC that guided them into the military and military medicine or into civilian healthcare focus/role."

SEPTEMBER IS

**SUICIDE PREVENTION**

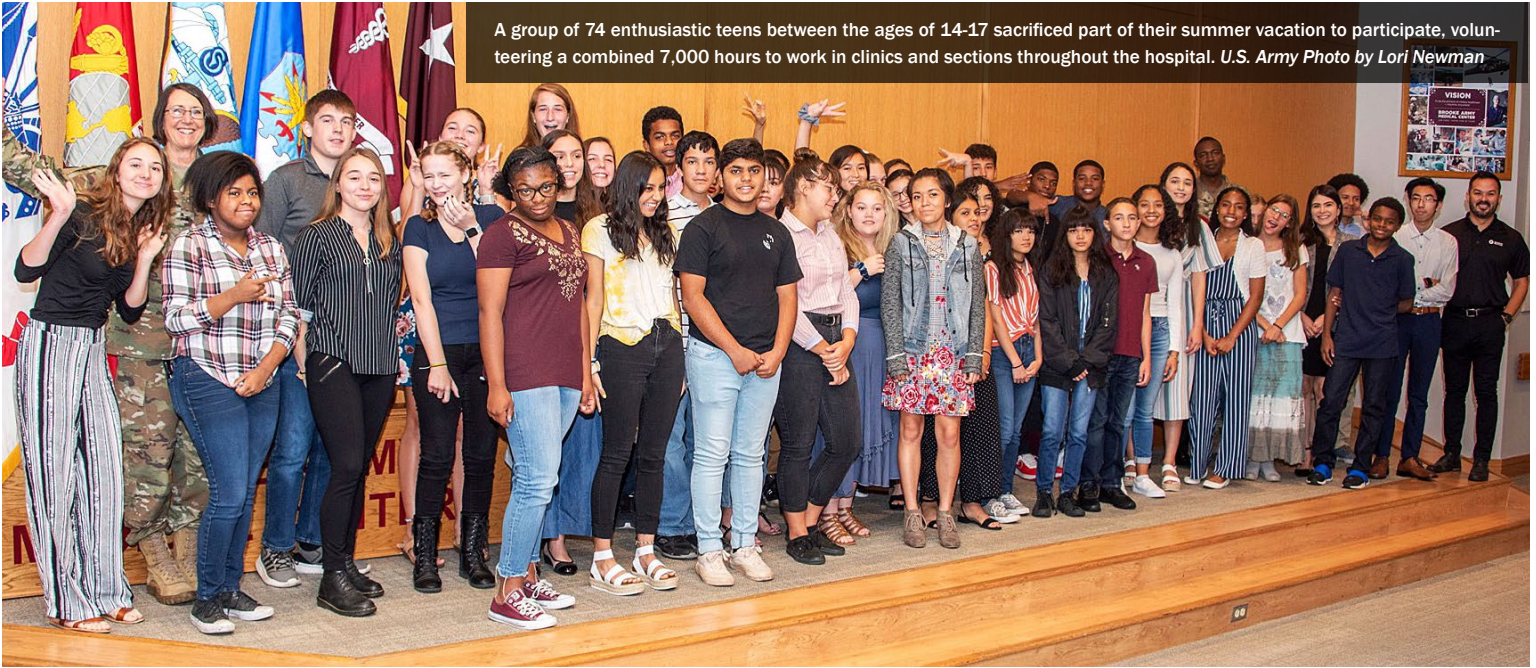
MONTH

To learn more visit  
[www.health.mil/Suicide/Prevention](http://www.health.mil/Suicide/Prevention)

MHS Military Health System  
[health.mil](http://health.mil)



A group of 74 enthusiastic teens between the ages of 14-17 sacrificed part of their summer vacation to participate, volunteering a combined 7,000 hours to work in clinics and sections throughout the hospital. U.S. Army Photo by Lori Newman



## Youth Volunteers Celebrated for Their Contributions

BY LORI NEWMAN  
BAMC Public Affairs

Brooke Army Medical Center partnered with the American Red Cross again this year to hold the BAMC Summer Youth Program, which began June 17 and concluded with a ceremony of appreciation Aug. 8.

A group of 74 enthusiastic teens between the ages of 14-17 sacrificed part of their summer vacation to participate, volunteering a combined 7,000 hours to work in clinics and sections throughout the hospital, including vascular surgery, ophthalmology, inpatient and outpatient pharmacies, logistics, orthopaedic surgery, the simulation center and many others.

BAMC Commanding General Brig. Gen. Wendy Harter thanked the youth for their passion and commitment. She also thanked the staff for their

mentorship, and the parents for allowing their children to participate in the program.

"I hope this has been a memorable experience for you and that it helps guide you toward your academic and future career goals," Harter said. "I know we have certainly benefited from your contributions, enthusiasm and fresh perspectives."

Natalia Turner, De'Sean Valverde and Maddisen Contreras volunteered within the Communications Division. They were able to put their talents to use in several areas including multimedia, photography and journalism.

Turner said her experience working at BAMC was "extraordinary."

"Even though I had to wake up early and leave later, I was able to help and that's something I love to do," Turner said. "I also was able to learn how to write a news article!"

All three had the opportunity to experience what it was like to be in front of the camera, each acting as commentators for the BAMC Beat video segment, which runs on the monitors throughout the hospital.

"I chose the Communications Division because I like to be around people and moving around," Valverde said. "I like to speak publicly, I like to talk and I like to lead. That's why I felt communications was the best route for me."

Valverde said really enjoyed being on camera and meeting people around the organization.

"I enjoyed interviewing and getting to know the other volunteers and getting to know what other departments do," he said. "With the Communications Division I was fully able to experience that."

To watch the youth volunteers in action: <https://www.dvidshub.net/video/701102/bamc-beat-episode-9>

Have a question or concern?

Call The BAMC Truth Line Today!

539-TRUE (8783)



# BAMC Staff Holds 'Stop The Bleed' Training for City of San Antonio Personnel

BY DANIEL J. CALDERÓN  
BAMC Public Affairs

Staff from Brooke Army Medical Center's Trauma Clinic held "Stop the Bleed" training for a City of San Antonio councilmember and more than two dozen council staff members, along with San Antonio Police Department officers and personnel, during two sessions held at city facilities the last week of August.

"The number one cause of preventable death after an injury is bleeding," said Army Lt. Col. Luke Hofmann, a BAMC trauma surgeon. "This training can be used anywhere."

The training consisted of a presentation where attendees learned about the "ABCs of bleeding control" along with some hands-on practice in applying tourniquets, packing wounds and applying pressure to stop bleeding at the site of an injury.

Councilwoman Dr. Adriana Rocha Garcia, who represents District Four, said she appreciates BAMC for encouraging staff members to share the training with members of the community.

"This training is one more step we can take to give our staff the opportunity to respond in the case of an emergency," she said. "It's an outstanding opportunity for us to learn from BAMC."

BAMC is one of two Level 1 trauma centers in San Antonio and the only Level 1 trauma center in the Department of Defense. The staff provides trauma care to tens of thousands of military and civilian trauma patients each year.

Since 2017, the training team has provided more than 100 sessions of the Stop the Bleed training. Garcia said the training from the BAMC staff provided her and the other attendees with information and skills that could help them save lives. She will encourage other council members and community leaders to request this training.

"The goal is to train people to recognize when someone has life-threatening bleeding," Hofmann explained. "Then, we want to make sure they know the steps to take to stop that bleeding."

Hofmann said the training is available to members of the community. He said anyone with medical training, and base access, can call the Trauma Education and Prevention office at 210-916-1677 to apply to be an instructor.

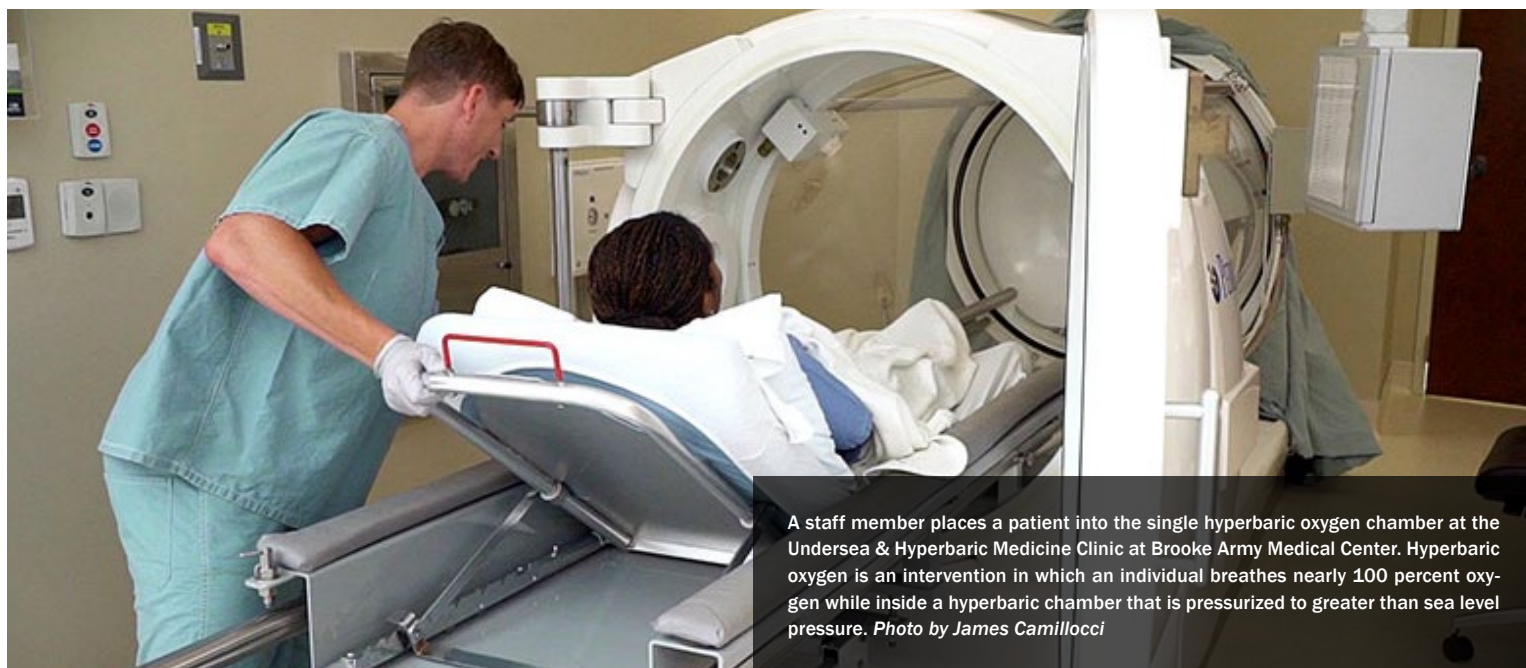


Gina Pickard, Trauma Division manager at Brooke Army Medical Center's Trauma Clinic, shows City of San Antonio council staff members how to pack a wound during Stop the Bleed held at the Plaza de Armas building in downtown San Antonio Aug. 29. The training consisted of a presentation where attendees learned the "ABCs of Bleeding Control" along with some hands-on practice in applying tourniquets, packing wounds and applying direct pressure to stop bleeding. Photo by Daniel J. Calderón

## BAMC Personnel Provide Stop the Bleed Training at SAPD Headquarters







A staff member places a patient into the single hyperbaric oxygen chamber at the Undersea & Hyperbaric Medicine Clinic at Brooke Army Medical Center. Hyperbaric oxygen is an intervention in which an individual breathes nearly 100 percent oxygen while inside a hyperbaric chamber that is pressurized to greater than sea level pressure. Photo by James Camillocci

## Oxygen Therapy Helps Patient Heal After Multiple Surgeries

BY LORI NEWMAN

*Brooke Army Medical Center Public Affairs*

The Undersea & Hyperbaric Medicine Clinic at Brooke Army Medical Center uses oxygen therapy to treat patients who have a wide range of illnesses and injuries.

According to the Undersea & Hyperbaric Medical Society or UHMS, hyperbaric oxygen is an intervention in which an individual breathes nearly 100 percent oxygen while inside a hyperbaric chamber that is pressurized to greater than sea level pressure. The clinic at BAMC received a four-year reaccreditation with distinction from UHMS in April 2018.

A recent patient, retired Army Lt. Col. Charlotte Weiss, said she will be the clinic's self-proclaimed "poster-child," because of the miraculous results she experienced after receiving the treatment.

Weiss was injured during a deployment and has since required multiple surgeries to repair her wounds. After her most recent surgery, the area was not healing properly due to scar tissue from prior surgeries.

"There were complications with the tissue being oxygenated, and the tissue around the wound area was dying," Weiss explained. "The surgeon thought very quickly and knew the hyperbaric chamber would be the best course of treatment to have the best probable results."

Initially, Weiss said, she was a little apprehensive of the chamber.

"It was a little scary at first, because you have to hold your breath and pop your ears," she said. "After that it was very relaxing. I found the treatments were fun and something I looked forward to because the results seemed pretty immediate."

The clinic, which is located next to the main entrance to the hospital, houses a multi-person hyperbaric oxygen chamber, which can accommodate up to six patients at one time. While in the chamber, patients can recline in a comfortable chair and watch TV or read. A single chamber is also available for an individual patient to receive the treatment.

"I had no idea this chamber could help with the results and they would be so immediate," Weiss said. "My sense is that had I not been referred to the Hyperbaric Medicine Clinic as quickly as possible, I would be facing another surgery. I don't have to have any more surgeries and I'm really grateful."

Generally, a treatment plan consists of 90 minutes of hyperbaric oxygen daily for up to six weeks or more.

"I was pretty amazed after the third treatment," Weiss said. "The doctors began to see a noticeable difference in the oxygenation of the skin. The dead skin was coming to life."

Many patients come to the hyperbaric clinic to enhance the healing of chronic wounds or injuries from radiation therapy. Other illnesses and injuries that can be treated with oxygen therapy include air or gas embolism, carbon monoxide poisoning, decompression sickness, crush injuries, arterial insufficiencies, severe anemia and acute thermal burns.

"Another unique aspect to the Undersea & Hyperbaric Medicine Clinic here is the clinic offers 24 hour emergency care and in-chamber critical care capabilities, which are only offered at a few centers within the United States," said Air Force Lt. Col. (Dr.) Joni Hodgson, chief of the Undersea & Hyperbaric Medicine Clinic.

Hyperbaric chambers and hyperbaric oxygen therapy have been in use for centuries, but it wasn't until the early 1930s that the military developed and tested hyperbaric oxygen for purposes specifically in the area of deep sea diving and later in aeronautics.

Hyperbaric medicine also has a rich history in San Antonio. The first Air Force Hyperbaric Medicine Center opened at Brooks Air Force Base in 1974. It later moved to Wilford Hall and then to Brooke Army Medical Center in June 2017.

Weiss said the clinic staff were "very pleasant and professional."

"The staff were wonderful and without a doubt I can say the treatments totally changed my life," she said. "I'm happy with the results and the entire process."

Providers can refer their patients to the Undersea & Hyperbaric Medicine Clinic.

"We usually get referrals from specialty clinics," Hodgson said. "The referrals are reviewed by an Undersea & Hyperbaric Medicine physician to see if hyperbarics would be a good treatment modality for the patient's condition. Then patients are called for an initial consultation to make sure that they are a good candidate for the hyperbaric oxygen treatments."

"I am very grateful that I received this treatment," Weiss said. "Once patients experience the positive results, they are going to be so grateful that they were referred to the Hyperbaric Medicine Clinic."

To view a video about the Undersea & Hyperbaric Medicine Clinic visit:

<https://www.dvidshub.net/video/703623/hyperbaric-clinic> or <https://youtu.be/RIMAp3WHz10>



# Other Happenings at Bro

## RHC-C Best Medic 2019

Competitors participate in the RHC-C Best Medic Competition, July 22-26, at Camp Bullis, Joint Base San Antonio. The Best Medic competition is a two Soldier Team competition that challenges the region's best medical teams in a demanding, continuous, and realistic simulated operational environment.



Brig. Gen. Ned Appenzeller, left, hands a trophy to Sgt. Samantha Delgado and Command Sgt. Maj. Joseph Cecil, far right, simultaneously hands a trophy to Sgt. Kevin Ramirez at the Regional Health Command-Central Best Medic ceremony at Joint Base San Antonio-Camp Bullis, July 26, 2019. Delgado and Ramirez will represent Brooke Army Medical Center and Regional Health Command-Central at the Army Medicine Best Medic Competition in the fall. *Photo by Erin Perez*



(Above) Regional Health Command-Central leadership stands with the five teams who represented their medical treatment facilities in the regional Best Medic competition held at Joint Base San Antonio-Camp Bullis. From left are Brig. Gen. Ned Appenzeller, RHC-C commanding general; Sgt. Dylan Florida and Sgt. Jaquan Henry from Evans Army Community Hospital; Staff Sgt. Jordan Dorn from Irwin Army Community Hospital; winning team Sgt. Samantha Delgado and Sgt. Kevin Ramirez from Brooke Army Medical Center; Sgt. Jordan Wallace from Irwin Army Community Hospital; Capt. Clifford Wong and Sgt. 1st Class Michael Williams from Munson Army Health Clinic; 1st Sgt. Jeremy Omealey and Sgt. 1st Class Raheem Barthell from Raymond W. Bliss Army Health Center; and Command Sgt. Maj. Joseph Cecil, RHC-C command sergeant major. *Photo by Erin Perez*



(Left) Sgt. Samantha Delgado, a Brooke Army Medical Center diagnostic radiology technician, tackles the obstacle course during the four-day Regional Health Command-Central Best Medic Competition at Joint Base San Antonio-Camp Bullis. Delgado was part of the winning team that will compete in the Army Medicine Best Medic competition this fall. *Photo by Jason W. Edwards*



## Military City USA!

Military and community leaders gathered Aug. 13 to celebrate the unveiling of San Antonio's new "Military City USA" signs. The signs will be displayed on the main highways, local landmarks and the SA International Airport. While many cities across the nation competed for the designation, San Antonio was trademarked Military City USA in March 2017, a demonstration of this city's military presence and extensive community support.



# Brooke Army Medical Center

## Army Achievement Medal



Brooke Army Medical Center Commanding General Brig. Gen. Wendy Harter pins the Army Achievement Medal on Army Lt. Col. Kevin Akers Aug. 14, 2019. Akers was the 3rd Quarter recipient of the Scholarship in Action Award, for the article "A 12-year analysis of non-battle injury among U.S. service members deployed to Iraq and Afghanistan." This award was initiated in 2015 to recognize premier publications authored within BAMC. U.S. Army Photo by Steven Galvan



## 10,000 Hours of Volunteer Service

BG Harter recognizes Patrick Spencer for more than 10,000 hours of volunteer service over a seven year period. Mr. Spencer and wife, Kathy, are moving to Illinois where he plans to continue volunteering.



## MSM Presentation



Brig. Gen. Wendy Harter, Brooke Army Medical Center Commanding General, presents Maj. Meghan McHenry, physiatrist, with the Meritorious Service Medal for her accomplishments during her time at BAMC.





# **BROOKE ARMY MEDICAL CENTER**

OUR FAMILY TAKING CARE OF YOURS

## **MISSION**

We protect the Nation by ensuring Total Force Readiness through innovative, high quality care and the development of elite healthcare professionals.

## **VISION**

To be the pinnacle of military healthcare  
— Anytime, Anywhere!