

TRAUMATIC BRAIN INJURY (TBI) “BACK TO BASIC”

WHAT IS TBI?

BLAST INJURY

WHO? ANYONE WITH A TBI OR INTERESTED IN LEARNING MORE ABOUT TBI

WHAT? APPROXIMATELY ONE HOUR PRESENTATION WITH QUESTIONS, ANSWERS
AND RESOURCE INFORMATION

WHEN? AN OFFERING OF 4 IDENTICAL CLASSES - CHOOSE THE BEST TIME FOR YOU!

13 June 1130-1230 at SRP
20 June 1130-1230 at WRC
27 June 1230-1330 at SFAC (WTU Focus)
27 June 1700-1800 at WRC

WHERE?

Soldier Readiness Processing Center (SRP) (BUILDING 1042-ROOM #224)
Warrior Recovery Center (WRC) (BUILDING 7489- Group Therapy Room)
Soldier and Family Assistance Center (SFAC) (BUILDING 7492 Titus Blvd)

WHY? SO YOU CAN TAKE CARE OF YOURSELF OR YOUR BUDDY

PRESENTED BY:

ROBIN WININGER, MS, CBIS
REGIONAL EDUCATION COORDINATOR
FOR THE DEFENSE AND VETERANS BRAIN INJURY CENTER
THE TBI OPERATIONAL COMPONENT OF THE DEFENSE CENTERS OF EXCELLENCE

CALL: 719-526-8636

TO RESERVE YOUR SPOT AND FOR MORE INFORMATION!

Additional Classes for groups of 5 or more are available through coordination with DVBIC

the MEDDAC-Fort Carson Healthbeat

Serving the Front Range Military Family

A Fort Carson MEDDAC Publication

Vol. 1, Issue 9, June 2012



The *HEAT* is On



A team of Evans Army Community Hospital staff take part in the Spartan Race held on Fort Carson on May 5th, 2012. On an unusually warm day, the participants took on approximately four miles of challenging race obstacles.

Lindsay L. Huse

Preventive Medicine Nurse Epidemiologist

The sun is shining, the air is warm, and there isn't a cloud in the sky. It's a great time for you and your family to get outside! This time of year brings barbecues, picnics, and all kinds of outdoor activities and sports. Enjoy it, but be aware that warm weather increases the risk of heat illnesses. While we tend to worry about the Soldier in the field without adequate sun protection or fluids, virtually anyone in your family can be at risk when the conditions are right.

Heat illnesses include conditions such as sunburn, heat exhaustion and heat stroke. These can occur when an individual is exposed to prolonged heat, especially if that individual is exerting him

or herself physically during exposure. Heat injuries are most common when the temperature exceeds 75 degrees Fahrenheit and with moderate to high humidity.

A mild illness such as heat exhaustion may be cured with simple rest and fluids, but heat stroke can be fatal if not treated immediately. Sunburns, besides the short term pain, can lead to skin cancer down the road. All of these conditions are preventable.

While working or playing in a hot and humid environment sets the stage for developing heat illness, there are other variables that may play a part. Poor physical fitness, being overweight or obese, dehydration, other illnesses, and the use of some medications can make a person

(Heat illness continued on page 4)

Prescription precautions

Col. Stephen Ford

EACH Pharmacy Chief

Most people can look into the medicine cabinet and find numerous prescription and over-the-counter medications. While most medications are prescribed to keep you healthy, or return you to health when sick, they can also cause serious problems if used incorrectly. A large percentage of adults in the United States are taking too many medications, not taking their medications correctly, or both.

The more medications you take, the greater the chance for these drugs to interact negatively. There is also greater risk of forgetting to take your medications, taking them at the wrong time, or taking too much or little. In fact, fatalities from unintentional overdoses of prescription medications now outnumber traffic fatalities in the United States. The odds of severe medical complications, even death, increase when prescription medications are abused or taken incorrectly.

To limit the misuse or abuse of prescription medications, the Army recently changed its policy for defining valid medical use of medication. The

(Prescription continued on page 6)

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Swimmer's Ear: Heard of it?

Tess Cox
EACH Pediatric Hospitalist

Summer is on its way and soon our children will be playing and splashing and enjoying neighborhood or backyard pools. Along with increased pool time comes the possibility of developing an infection in the outer ear canal. It's officially called Otitis Externa, more commonly referred to as "Swimmer's Ear".

First, it's important to note that this type of outer ear infection does not result just from swimming. Other causes include bacteria and fungus, allergies, irritants, and scratches or trauma.

What are some symptoms of outer ear infections? Most commonly, you will find:

- Pain inside the ear, especially when the ear is pulled or tugged
- Itching inside the ear
- Fluid or pus leaking from the ear
- Difficulty hearing well

Through special skin cells and ear wax, the ear canal normally has a "self-cleaning" protective quality. These help to prevent bacteria and fungi from growing inside the ear. Using Q-Tips or other objects inside the ear canal can scratch that special



skin or remove too much wax and the protection is lost. It's important to keep anything like that out of the ear.

Prolonged exposure to water or devices that block the ear canals, like hearing aids, headphones or ear plugs, can increase the risk of developing Otitis Externa. Your primary care medical provider can look inside your child's ear with a special light and tell if your child has an outer ear infection. During the exam, your provider may clean out the ear to improve his or her ability to see the eardrum. Cleaning some infection out of the ear canal may also help speed healing.

When it is diagnosed, treatment aims to reduce pain and eliminate the infection through the use of antibiotic ear drops and/or ear pain drops (always

use as directed for 5-7 days). Keep the ear dry for a week and do not plug it with cotton all the time. After the ear drops have had a chance to work for 15-20 minutes, remove the cotton and allow the ear to dry out. Patients can use over-the-counter pain medications such as ibuprofen or acetaminophen as directed to help with pain or fever.

Also, patients should avoid wearing hearing aids, headphones, ear buds, etc. and clean these items well with alcohol. Allow them to air dry for a few days before trying to use them again. Using contaminated items could bring the infection back!

Treating Swimmer's Ear (Otitis Externa) is an easy process. If your child's ears do not significantly improve after using the treatments for a week, return to your medical provider for a re-evaluation.

To learn more about Otitis Externa, check out the following sites:

www.healthscout.com/ency/1/524/main.html

www.medicinenet.com/otitis_externa/article.htm

The science of safe grilling

Compiled by Linda Henry
EACH Safety Office

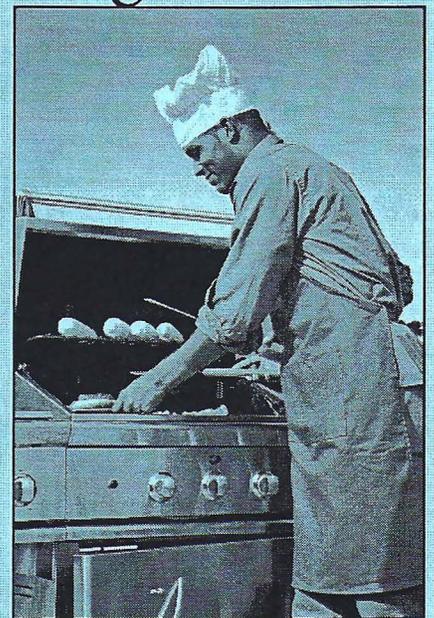
General Safety Tips

- Propane and charcoal grills must only be used outdoors. Never use in a tent, garage, breezeway or other enclosed area and keep away from overhangs, fences, deck railings, shrubbery, sheds, overhanging branches, or any combustible material.
- If you have a table-top grill, be sure the grill is situated on a flat, level surface so it won't tip over.
- Keep a fire extinguisher handy.
- Use BBQ tools with long handles and flame retardant mitts
- Do not wear loose clothing and watch for dangling apron strings and shirt tails

- NEVER leave children or pets unattended near a hot grill.

Propane Grills

- Be sure to thoroughly inspect your grill BEFORE using it. Check the tubes that lead into the burner for any blockage from bugs. Critters can climb into little spaces or food grease that can cause gas to flow where it shouldn't. At the first sign of problems, turn off your control valves and disconnect everything. If blocked, use a pipe cleaner or wire to clear blockage and push it through to the main part of the burner.
- Check the gas hoses for cracking, brittleness, holes and leaks. Make sure there are no sharp bends in the hoses or tub- (Grills continued on page 4)



Stressed out? How to keep your cool

Capt. Guy Mahoney
USPHS, EACH Behavioral Health
Commentary

We talk about stress a lot. So, what exactly is it? It can come to us externally through our senses. It can also originate internally through our thoughts and memories as we dwell on certain experiences or images. Either one of these influences can result in a stress reaction. That's when stress causes a physical or psychological response.

Our reaction to stress-producing thoughts can be measured by increased heart rate, faster breathing, and higher blood pressure. It is important to understand that your body and your mind work in tandem so one impacts the other. While stress reactions are often normal responses to what life brings to us, we often acquire more than our daily share and we can easily become overwhelmed in our fast-paced, demanding world.

How do we reduce the stress load? Many people are surprised when they realize that they may be unintentionally piling stressors on themselves! How? Our behaviors play a role. Using stimulants, our physical fitness level, where we go, who we talk to, and what we choose to dwell on during the day can all contribute to our stress load. Let's look at stimulant use and where we focus our attention.

The overuse of stimulants in our diets can mimic a bodily stress reaction and fool your mind into believ-

ing action is required on your part to do something. Think of a boxer responding to a start bell only to find there is no opponent there. It can increase blood pressure and release stress hormones. By minimizing use of stimulants like caffeine, cigarette smoke, and even spicy foods, some people can reduce their stress loads. Stimulants create an arousal state in your body that your mind can interpret as stress. Consider moderation or abstinence if these are troublesome for you.

Now consider what people take into their eyes, ears, and thoughts during the day. We may very well be elevating our stress levels artificially. Violent or disturbing movies and television shows, certain music, disturbing reading materials, and graphic video games may provoke a reaction. They may be entertaining but, if these media forms are over-stimulating you, they too can mimic real event stress reactions in your body. Another consequence is their possible impact on sleep. Reducing these forms of stimulation in the evening should be considered if you are having sleep difficulties.

The best thing you can do is to take an inventory of your behaviors during the day and see if any of these activities are impacting you. If they are, modify or eliminate them and your stress level may noticeably reduce. Why allow more stress-producing activities into your day? Take control now! 🌀

Resiliency Center is open



Officials cut the ribbon on the debut of the new Forrest Resiliency Center on Fort Carson.

Selinda Torbert
Forrest Resiliency Center

It's a new era on Fort Carson's Resiliency Campus! The Forrest Resiliency Center is proud to be part of the post's commitment to the wellness and resiliency of Soldiers, their Families, retirees and Department of Defense civilians.

As part of the campus' May debut, the Mountain Post Wellness Center was rededicated and became the Forrest Resiliency Center. Although the name is new, the promise to educate everyone on healthy lives and prevent problematic health issues is not.

Having moved from its old location near Army Community Services, the FRC is now in Building 1843 on Prussman Boulevard. Core programming focuses on healthy eating, exercise and stress management.

The center continues to offer classes on weight management with a focus on healthy lifestyles. A full fitness area is offered to I.D. cardholders as well as the opportunity to make an appointment for an 'exercise prescription'. A health coach will design and personalize an exercise plan just for a client!

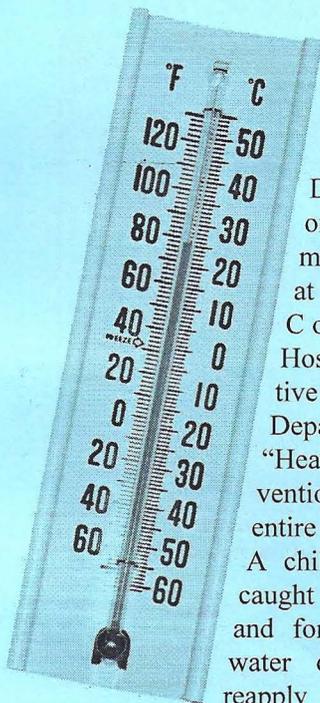
Staff can also help with stress. Some reports suggest that up to 80-85% of most visits to the doctor's office can be related to uncontrolled stress. The Center's experts have essential tips and techniques on handling common stressors.

Finally, don't forget the importance of knowing your numbers! Walk-in blood pressure and cholesterol screenings at the FRC can be a life saver.

These are only a few of the things offered at the FRC. From tobacco cessation classes to running shoe analysis, there's much more to its services and opportunities! As an Army Wellness Center, education and prevention remain at the Center's core. Visit the new location or find out more by making an appointment at (719) 526-3887. 🌀

Heat Illness

(Cont. from page 1)



more prone to a heat illness. Capt. Tracy Douglas, chief of Environmental Health at Evans Army Community Hospital Preventive Medicine Department said, "Heat injury prevention is key for entire Families. A child might get caught up in playing and forget to drink water or forget to reapply sunscreen."

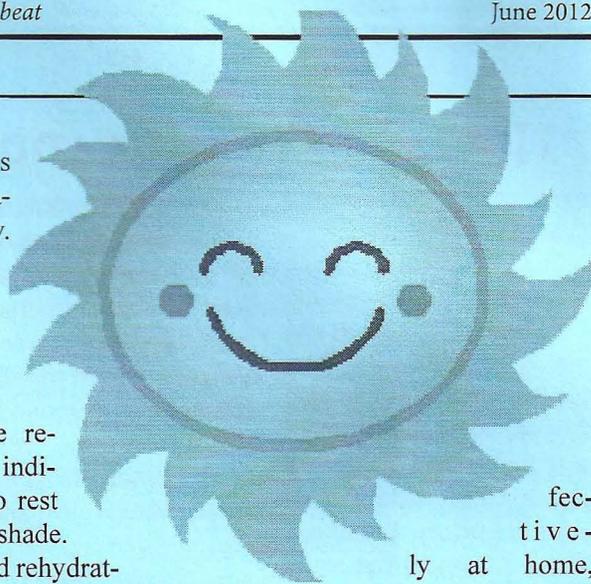
Like-wise, adults may get carried away with a strenuous outdoor activity and forget to drink or rest enough.

An important first step in preventing heat illness is to assess your risk. Check the weather forecast. Think about what activities you or your family will be doing. If you know it will be a warm day and you or your family will be physically active outside, consider packing hats, more water than you think you'll need, sunblock of SPF 30 or above that blocks UVA and UVB rays, and items like umbrellas for shade. Then, remember to use them and remind your family to do the same.

Prevention is the best way to avert the threat, but early recognition of symptoms and quick treatment can mean the difference between a mild illness and a severe, life-threatening heat injury. Early signs of heat illness include sunburn, heat rash, swelling of hands and feet, exhaustion, muscle cramps and fainting, nausea, vomiting, and dizziness. Without treatment and with further exposure, a person may experience decreased mental status/confusion, muscle break-down, and eventually damage to the central nervous system and other organs. This

severe form of heat illness is heat stroke. It can be fatal if not treated quickly.

If a person is suspected to have a heat illness, it is important that the individual be cooled as quickly as possible and hydrated. Excess clothing should be removed, if possible, and the individual should be allowed to rest and drink, preferably in the shade. While removal from heat and rehydrating will often be enough for the person to recover, iced sheets or cool baths can be used if they are readily available. Anyone who has suffered a heat illness should be closely monitored because they are at an increased risk of developing them again in the future. While minor heat illnesses can be treated ef-



fective-ly at home, if a person continues to show signs of heat illness or appears to be getting worse, seek immediate medical attention.

Prevention is the best defense against heat illnesses. Keep yourself and your family healthy and safe, and enjoy the summer season illness-free! ☀

Grills

(Cont. from page 2)

ing. Leaks can be detected by spraying a soapy mixture around all joints and watch for bubbles. If you find a leaky joint, try to tighten, but do not overtighten.

- Always keep gas cylinders in an upright position.
- Open the lid before turning on the gas or lighting as propane can accumulate beneath a closed lid and explode.

Charcoal Grills

• Charcoal grills are the cause of far more fires than gas grills. The number one problem with charcoal grills is lighting the charcoal.

- Light the grill with a long match or mechanical lighter designed for lighting BBQs.
- Keep all matches and lighters out of the reach of children.
- Store extra charcoal in a metal container with a tight-fitting lid to keep it dry. Wet charcoal can spontaneously combust and start a fire.
- Fill the base of the grill with char-

coal to a depth of no more than 2 inches.

• Use lighter fluid on cold briquettes only and use the minimum quantity necessary to start the charcoal. Let the fluid soak into the coals for a minute or two before igniting them to allow explosive vapors to dissipate.

• When the coals are ready for cooking, spread them in a single layer or bank them, set the grilling grid in place and put on the food. Briquettes are ready for grilling when they are at least 70% covered with ash and have a slight red glow.

• When cleaning the grill, dispose of the ashes in a metal container with a tight lid, and add water. Do not remove the ashes until they've fully cooled.

About 30 people are injured every year due to gas grill fires and explosions. By following these safety tips, exercising caution and following the manufacturer's guidelines, you and your family can have a safe grilling season! ☀

Travel? Vaccinate for a safe summer

Maj. David Nee
EACH Preventive Medicine

Making plans for the summer season can be an exciting time. A conversation at home or in your mind may go something like this:

"Sunscreen? Check! Camera? Check! Vaccinations? What?!? I didn't know that I needed any!"

Updating recommended and required vaccinations is a healthy start to the summer season. If you plan to travel, it's important to get the necessary vaccines to protect you on your journey. However, even if you are tied to home this summer, it's smart to visit your immunization clinic now for a number of reasons.

This is a great time of year to avoid the crowds! The clinics are less busy in early summer than when school physicals are underway. In addition, if follow-on vaccinations are necessary for children, you can minimize interruption during the school year by completing the immunizations before school starts in the fall.

Floyd Edwards, Primary Care registered nurse, offers practical advice, "Bring in a copy of your child's immunization record from home or school as the computer record might not be complete. And, call the clinic to find out the best time to walk in for immunizations -- the end of the day is not the best time."

Getting vaccinated now also means getting your protection earlier. It takes two weeks for most vaccinations to provide immunity.

"It is amazing the change in the way we practice medicine in the last 15-20 years because of the success of a couple of the newer vaccines," said Lt. Col. Julie Tullberg, chief of EACH Pediatric Services. "It is a testimony to the importance of vaccines in the prevention of devastating diseases in kids."

Finally, there are newly recommended vaccinations that people may not know they need. Summer is a good time to become educated and get them. A good example is the recommendation for the pertussis-protecting Tdap vaccination. Also known as whooping cough, pertussis has made a resurgence in some states. The shot has only been available since 2005 and many adults and teens don't realize they need booster shots to help protect the babies in their lives.

Col. Stephen Ford, chief of EACH Pharmacy, summarized his feelings on the value of vaccinations for children when he said, "Love them, protect them, immunize them!"

For the latest vaccination recommendations:

www.cdc.gov/vaccines/recs/schedules/default.htm

Colorado Vaccination requirements:

www.cdphe.state.co.us/dc/immunization/

Where you can receive vaccinations:

Evans Hospital Adult Immunization Clinic
(719) 524-4217

- Mon. & Wed. 7:45-11:30 p.m. & 1:00-3:30 p.m.
- Fri. 7:45 a.m.-11:30 a.m.
- Tues. & Thurs. closed to Walk-In Allergy Shots & Vaccinations

Evans Hospital Pediatric Immunizations (719) 526-7860

- Mon-Fri. 8 a.m.- 4 p.m.; Walk-in or after a well visit
- TB skin testing on Mon, Tue, Wed & Fri only.

Premier Army Health clinic (719) 524-7601/7629

Ironhorse Family Medicine Clinic (719) 526-9277

Robinson Family Medicine Clinic (719) 526-7764

- 7:30-11:30 a.m. & 12:30-3:00 p.m. for Walk-ins.
- Closed on the 4th Wednesday of the Month for training from noon to 4 p.m.

EACH Preventive Medicine Travel Medicine clinic
(For non-official travel outside of North America)
(719) 526-2939 / 7152

Prescription (Cont. from page 1)

revised Medical Command regulation now imposes a six month time limit on valid medical prescriptions. For the purposes of evaluating a positive drug test, prescription medications are considered valid for up to six months after the fill date. Beyond that, any positive urine drug screen due to a prescription medication will be reported as a positive test. Exceptions may include evidence of a continued need in the Soldier's medical record. Positive results may lead to disciplinary or administrative action and adversely impact a Soldier's career.

The bottom line is that everyone should only take medications prescribed by a healthcare provider for you. Use only FDA-approved over-the-counter medications and take recommended doses. Remember, "natural" does not always mean safe! Clean out the medicine cabinet and properly dispose of unused and expired medications.

To get rid of your medications, follow the steps available from the Smart Disposal website at www.smarxtdisposal.net. These include:

- Follow specific disposal instructions on the drug label or patient information that accompanies the medication. Do not flush prescription drugs down the toilet unless this information specifically instructs you to do so.

- Take advantage of community drug take-back programs, like the nationwide National Prescription Drug Take Back Days, that allow the public to bring unused drugs to a central



location for proper disposal. Call your city or county government's household trash and recycling service. For El Paso and Teller counties, visit www.elpasoco.com and search "waste".

- If no instructions are on the label and no take-back program is available, throw the drugs in the household trash, but first take them out of their original containers and mix them with an undesirable substance, such as used coffee grounds or kitty litter. The medication will be less appealing to children and pets, and unrecognizable to people who may go through your trash. Put them in a sealable bag, empty can, or other container to prevent the medication from leaking or breaking out of a garbage bag.

- Before throwing out a container, scratch out all identifying information on the prescription label to make it unreadable. This will help protect your identity and the privacy of your personal health information.

- Do not give medications to friends. Doctors prescribe drugs based on a person's specific symptoms and medical history. A drug that works for you could be dangerous for someone else; besides, sharing prescribed medication is illegal.

- When in doubt about proper disposal, talk to your pharmacist.

It is clear that something needs to be done about the increasing problem of medications being taken incorrectly. Solutions will require patients to work in cooperation with all their healthcare providers. ⚙️

Take steps to prevent bug bites this summer

Use an effective repellent

Parents may feel overwhelmed by the many bug protection products in the grocery aisle, wondering which ones are best. The CDC recommends checking the label for one of the following active ingredients: DEET, Picaridin, IR 3535, or oil of lemon eucalyptus.

Most pediatricians recommend using products with 30 percent or less of these ingredients on kids. Once you've bought an insect repellent, use it whenever you and your children are outdoors. Put a few bottles or packets of repellent anywhere you might need them— in the car, by the door, in your bag. Any single bug bite has the potential to bring illness, so it's worth taking a moment for prevention.

Make the backyard tick-safe

While you may think that ticks only live in the woods, ticks can also lurk in

backyards. You can take some simple steps to make your backyard more tick-safe. Keep patios, play areas, and playground equipment away from shrubs, bushes, and other vegetation. Also, tick control chemicals are available for use by homeowners, or can be applied by a professional pest control expert.

Check for ticks

After playing outside, don't make ticks an uninvited guest in your home. Ticks can ride in on parents, kids, and even the family pet, so check your gear and pets as soon as you get inside, even if your outdoor adventures were only in the backyard.

Parents should check themselves and their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist and especially in the hair.

If you find a tick, remove it using fine-tipped tweezers as soon as you notice it. If a tick is attached to your skin for less than 24 hours, your chance of getting Lyme disease is extremely small. But to be safe, watch for signs or symptoms of Lyme disease such as rash or fever, and see a doctor if they develop.

Bathing when you get inside can also help you find ticks and remove them. Additionally, you can tumble clothes in a dryer on high heat for an hour to kill any remaining ticks.

By following simple prevention steps, parents and kids can keep pests away so they can focus on fun outdoor activities like gardening, camping, hiking and just playing outdoors.

For more information, please visit www.cdc.gov/westnile or www.cdc.gov/lyme, or call CDC Info at 1-800-CDC-INFO. ⚙️

The skinny on dietary supplements

Maj. Trisha Stavinoha
EACH Performance Nutrition Services Chief

Do you take any dietary supplements? Chances are, yes. A survey conducted in 2007-2008 reported about 50 percent of our Active Duty population takes a dietary supplement of some sort at least once a week. Adults over 65 years old are the largest consumer of prescription medications and roughly 30 percent take a dietary supplement. Supplements range from pills, powders, teas, and other liquids. They can include vitamins, minerals, herbs or other botanicals, amino acids, enzymes, organ tissues, glandulars, and metabolites.

Most people don't realize there are more than 55,000 supplement products available and each can contain 50 ingredients or more. Unfortunately, many people take dietary supplements without knowing what ingredients they contain. They also may not realize these ingredients could interact with their medications. According to the Natural Medicines Database, there are more than

1,600 potential interactions between medications and supplements. For example, anticoagulants such as Coumadin have 190+ interactions while antidepressants such as Prozac or Zoloft have 60+ interactions.

Many people try to "complement" their medication by adding a supplement. The fact is that medications work very well by themselves. Speak with your physician or pharmacist before taking a supplement. Without more information, you may cause an unintentional overdose or render the drug ineffective.

Below are examples of supplements people frequently use in combination with prescription medications, believing it will help them. Avoid these combinations! If you have one of the health conditions the supplement or medication described is intended to treat, talk to your doctor or pharmacist before self treating.

- Melatonin and sleep aids
- St. John's Wort and antidepressants
- Fish oil and blood pressure lowering medications
- Cinnamon and diabetes medications
- Red Yeast Rice and cholesterol lowering medications
- Arginine and erectile dysfunction medications

There are three main types of interactions a supplement could have with a drug. First, the dietary supplement could cause the drug to work too well. For ex-

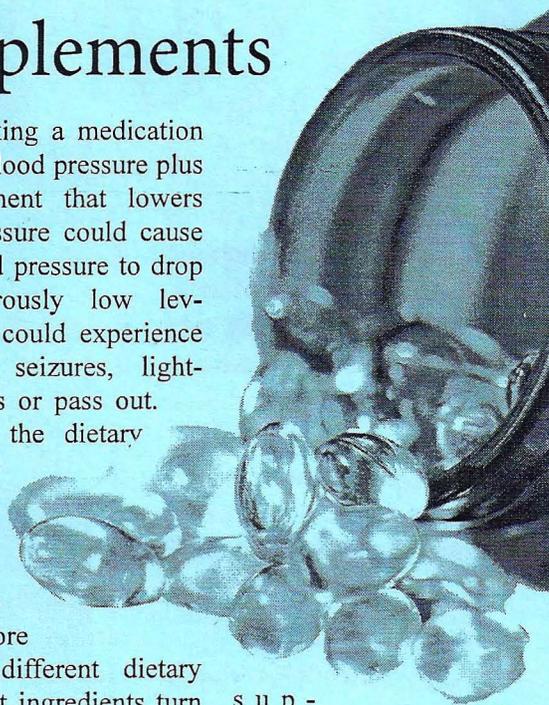
ample, taking a medication to lower blood pressure plus a supplement that lowers blood pressure could cause your blood pressure to drop to dangerously low levels. You could experience dizziness, seizures, lightheadedness or pass out.

Second, the dietary supplement could cause the drug not to work. More than 78 different dietary supplement ingredients turn on an enzyme system that causes drugs to pass through your body and not work at all. This is the case with St. John's Wort and birth control.

Third, the dietary supplement in combination with the medication could cause kidney or liver toxicity. Both of these organs help your body dispose of foreign substances, including supplements, medications, and alcohol.

Finally, it's also important to remember that dietary supplements can have multiple names. Bitter Orange, a potentially dangerous stimulant in many dietary supplements, has more than 20 different names. Kava, another potentially dangerous dietary supplement ingredient, can cause liver toxicity and goes by more than 20 different names.

If you do decide to use a dietary supplement, remember a few things. Avoid any dietary

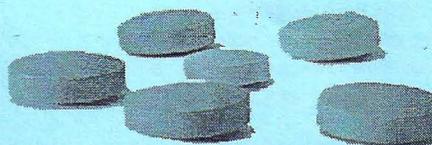


supplement with more than 20 ingredients. Most plain multivitamins have fewer than 20 ingredients. Most "mega" multivitamins have multiple pills and well over 20 ingredients.

Be leery of supplements and blends that don't reveal their ingredients. Often, this is a way to conceal harmful substances and a blend won't tell you an exact amount.

Don't take something just because you heard about it on television or read about it on the internet. Usually supplement manufacturers or TV show hosts only give you 10 percent of the story behind the supplement.

Most importantly, review all your dietary supplements and medications with your pharmacist, dietitian, and provider. ⚙️



FOR YOUR INFORMATION

Clinic Name Change

Effective immediately, the name of Warrior Family Medicine clinic has changed to Ironhorse Family Medicine Clinic. All beneficiaries assigned to Primary Care Managers within this clinic should take note. Ironhorse Family Medicine Clinic is located on the second floor of Evans Army Community Hospital. Hours of operation are from 7:30 a.m. to 4 p.m. The main telephone number is (719) 526-9277.

Go Mobile

Sign up at TriWest.com/GoMobile and you can manage your family's health care without being in front of your computer. Use your phone app to Find a provider, military clinic or urgent care near you, view speciality care referrals and claims, pay fees or premiums, and access preventive care and wellness tips.

Secure Messaging

Secure messaging arrives at our Patient Centered Medical Homes this year! This system gives you the ability to email your provider, check your lab results and more - all from the comfort of your own computer! Be sure to ask how you can sign up when you visit your home clinic.

Be Bear Aware

Bears have been known to visit populated areas on Fort Carson and in Colorado Springs. While contact is rare, be sure to maintain awareness when moving to and from your vehicle, especially around dark and around food sources. If you encounter a bear, raise your arms to appear larger, speak in a soft voice and back away slowly.

Schedule a mammogram!

Evans has earned the highest FDA rating during a Mammography Quality Standards inspection for the 2nd year in a row. We are committed to the highest level of patient care. Call (719) 526-7886 to schedule an appointment. After-hours and Saturday slots are available for your convenience.

Preventive Medicine Moves

Preventive Medicine has temporarily moved to Building 7530 a. This is located just outside the west entrance to Evans Hospital. For questions about hours or services, call (719) 526-2939.

Commissary Satellite Pharmacy

The Commissary Satellite Pharmacy permanently closed on June 1st. Beneficiaries may use the Evans Main Hospital Pharmacy to get new prescriptions and refills. This pharmacy has evening and Saturday hours. Recent renovations have also added 76 conveniently located handicapped parking spaces to the west patient parking area. Don't forget that you can also get your medications delivered to you through TRICARE's mail order pharmacy Home Delivery program! Create an account at www.express-scripts.com

Patient and Family-Centered Care Advisory Council

Fort Carson MEDDAC is committed to strengthening the partnership between our providers, patients and their family members. Our PFCC Advisory Council ensures that the family's perspective is considered when developing policies and programs. If you would like to serve on the council, contact (719) 526-7733. The PFCC office is located in Room 1025. The hours of operation are Monday through Friday from 7:30 a.m. to 3:30 p.m.

This is an unofficial Army newsletter and the contents are not necessarily the views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army, or this command. It is published monthly. For information about this newsletter, or to submit articles for consideration, contact: Public Affairs, each.pao@amedd.army.mil. Mailing address: Fort Carson MEDDAC, ATTN: PAO, 1650 Cochrane Circle, Fort Carson, CO 80913



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