



CRDAMC Now

Initiatives to improve your health care

Carl R. Darnall
Army Medical Center

Fort Hood, Texas
August 2009

Darnall welcomes new commander

Col. (Dr.) Steven E. Braverman took command of Carl R. Darnall Army Medical Center during a change of command ceremony July 17 on Sadowski Field.

Braverman, whose assignments include chief consultant to the Army surgeon general and deputy surgeon for Clinical Operations, Multi-National Corps - Iraq, spoke about his "Four C's of Success," which form the cornerstone of his commander's philosophy. The Four C's are: communication, care of the patient, customer service, and common sense.

Braverman is a native of Baltimore, Md. He holds a Bachelor of Arts degree from the University of Virginia, a master's degree in National Security Strategy from the National Defense University and a Doctor of Medicine degree from Vanderbilt University. His medical specialty training included a transitional internship at the Dwight David Eisenhower Army Medical Center, Fort Gordon, Ga. and a residency in Physical Medicine and Rehabilitation (PM&R) at Walter Reed Army Medical Center, Washington, D.C.

At Walter Reed, Braverman served on the teaching staff, was the first as the Director of Inpatient Rehabilitation and Director of the Physical Medicine outpa-



COL Steven E. Braverman

tient clinic. He also served as Chief of the Physical Medicine & Rehabilitation Service and Director of the PM&R Residency Training Program

Other assignments include Deputy Commander for Clinical Services at Moncrief Army Community Hospital, Fort Jackson, S.C.; Command Surgeon for the National Defense University, Washington, D.C.; PM&R Consultant to the Army Surgeon General.; Commander of the Fort Knox Medical Department Activity and Ireland Army Community

Hospital; Chief of the Clinical Services Division at the U.S. Army Medical Command; Deputy Director of Health Policy and Services at the Office of the Surgeon General; and Chief Consultant to the Army Surgeon General. From October 2008 to April 2009, Colonel Braverman was deployed to Iraq as the Multi-National Corps - Iraq Deputy Surgeon for Clinical Operations.

See Braverman, page 2

Training Holiday Access to Care

July 24

Clinics will be open as usual. Call 288-8888 to make an appointment. Darnall's Main Outpatient **Pharmacy** will be open from 8:30 a.m. – 5 p.m.

The **Pediatric Clinic**, located at the corner of 761st Battalion Ave. and 31st Street, will be open from 8 a.m. – 4 p.m. for acute care appointments. Call 288-8888 to make appointments

July 25

The weekend walk-in services at Thomas Moore Health Clinic on 58th Street and 761st Battalion Ave. will be **CLOSED** due to the School and Sports Physicals and Immunization Clinic. Please go to the ER for urgent care. Main Outpatient Pharmacy hours are 8:30 a.m.—5 p.m.

July 26

Thomas Moore Health Clinic will be open for walk-in care from 8 – 10 a.m. and from 1 – 3 p.m. For Active Duty and TRICARE Prime enrollees assigned to CRDAMC's Family Medicine clinics, troop medical clinics, and the Pediatric Clinic.



BRAVERMAN, from page 1

Braverman is board-certified by the American Board of Physical Medicine and Rehabilitation and serves as an examiner for their oral board certification exam. He has served on the boards of directors of the Association of Academic Physiatrists, the American Academy of Medical Acupuncture, and the American Board of Medical Acupuncture. He was the Army representative to the American Medical Association's Organized Medical Staff Section and Section on Medical Schools.

He is a graduate of the Officer Basic and Advanced Courses and the Command and General Staff College and a distinguished graduate of the National War College.

Braverman's military awards include the Legion of Merit, Defense Meritorious Service Medal, Meritorious Service Medal, Army Commendation Medal, Army Achievement Medal and Iraq Campaign Medal. He is a recipient of the "A" designator award for professional expertise, the Order of Military Medical Merit, and the General Claire L. Chennault Award for teaching excellence.

Sports physicals and school immunizations available two weekends

Darnall is sponsoring a School and Sports Physicals and Immunization Clinic from 8 a.m. – 3p.m. on Saturday, July 25 and Saturday, Aug. 8, at the Thomas Moore Health Clinic located at 58th Street and 761st Tank Battalion Avenue, on Fort Hood.

Parents must make appointments for their children to attend this clinic. Parents can schedule appointments by calling the Patient Appointment Service, 288-8888. To cancel an appointment, call 288-7777.

Children from ages 4 through 18 years are eligible and must be accompanied by a parent or guardian. Children of active-duty service members and Retirees are eligible. Children ages 10 years or older must have a military ID card and be dressed in gym clothing and shoes.

The parent or guardian must also bring the following to the child's appointment: child's ID card, immunization record, medical record, and sports physical form from the school.

Only immunizations that are required by the State of Texas for school attendance will be given at this clinic.

Fort Hood Child and Youth Services require sports physicals for children of all ages for participation. Killeen Independent School District and Copperas Cove Independent School District require sports physicals only for children in grades 7, 9, and 11 unless there has been a change in the student's medical condition since their last examination or are new to the school district. The Killeen Parks and Recreation Department does not require sports physicals for participation.



Why you should get a mammogram

Studies from the National Cancer Institute show that 96 percent of women whose breast cancer is detected early live five or more years after treatment. Currently, breast cancer is the second most common cancer in women and the leading cause of cancer-related deaths in women ages 40-55.

Getting routine breast exams increases the chances for early detection and recovery. Carl R. Darnall Army Medical Center's Department of Radiology has state-of-the-art methods to diagnose breast cancer in its early stages.

The Dept. of Radiology screens approximately 25 patients per day in the mammography section.

Some of the advance modalities available to our patients at CRDAMC are breast magnetic resonance imaging (MRI) and breast biopsy in conjunction with a routine mammography.

Women are advised to get routine breast exams in their mid-30s, a baseline

mammogram exam at age of 35, and follow that up with annual exams starting at age 40. Women with a family history of breast cancer that includes their mother or sister should start screening 10 years before the age their relative was diagnosed with cancer. If a patient's mother was diagnosed at the age of 40, that patient should start getting mammogram exams at the age of 30.

The screening 10 years early can help detect breast cancer at an earlier stage, allowing time to treat before the possibility of spreading. This can help catch any spotting early enough to remove or treat it. Not only can a mammogram detect early stages of breast cancer, it can detect tumors or benign cists.

The exam normally takes about 15 minutes. A technologist takes two images of each breast during the exam. Within

the week a radiologist reviews the film screens and notifies the patient of the results via mail if results are normal. If suspicious areas are found, patients are called on the phone. If further tests or biopsies are required, patients are then referred to general surgery for further evaluation.

The American Cancer Society estimates more than 193,000 women will be diagnosed with breast cancer this year, and more than 40,000 will die from the disease. Less than one-third of American women follow doctors' guidelines for having a mammogram, according to the breast cancer advocacy group Y-ME.

A fifteen-minute exam every year may prevent you from being included in these statistics.

To schedule a mammogram, make an appointment with your primary care provider by calling 288-8888.