



# NEWSLETTER

of the **Association of Military  
Osteopathic Physicians & Surgeons**

1796 Severn Hills Lane, Severn, MD 21144-1061

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## Register Now for the Best Deal on CME, San Diego Naval Base, April 26 to 29,

The operational tempo continues to present AMOPS and all of our members with opportunities to excel. Our first two program directors have deployed along with several of our potential speakers. As a result the program is not set yet. We do plan to have a 30 hour program with 8 hours Thursday and Friday and 7 hours Saturday and Sunday.

### A Special Opportunity

Should you have an interest in presenting at our meeting, please contact me as soon as possible and let me know what topic you would recommend including in the program. I will post the program on our website as it is firmed up and enter changes on the "Meetings" page as they occur.

### A Unique Experience

Nowhere else will you find everyone from students and brand new physicians to flag officers and physicians who have hung up their uniform, sharing their perspectives and knowledge in an open environment. Many attendees say they learn a lot from the sessions, but even more from the interactions with their fellow attendees from all of the military and public health services. Walk ins are always welcome, but for us to serve you best, we need to know you are coming so please register in advance if possible.

### "30 Years of AMOPS"

**30 Category 1A credits  
(Anticipated)**

**For Only \$300 — Member Rate  
Good Food, Good Fun  
Great People and a CME bargain  
that can't be beat,  
Don't miss this opportunity.  
Register today!**

The registration form is on page three or you may download the form from the meeting page on the AMOPS website.

AMOPS students may attend the conference educational sessions at no fee, however, this does not include the Saturday evening social event celebrating 30 years of AMOPS serving the interests of uniformed osteopathic physicians. Sometimes social event tickets are donated to students by attendees unable to use their ticket. Students may buy tickets to the social events to guarantee a place.

Since we are meeting on base we do not have a hotel block. Navy Lodge and other possible San Diego lodging sites contact information is on Page 4.

## On Target



**LTC Bret Ackermann  
AMOPS President**

Happy New Year; I hope as many as possible were able to spend the holidays with their families at home. To those of you who are serving overseas during this time, I extend a special thank you for your service with a special kind of family: your fellow soldiers, sailors, airmen, marines, and DOD civilians who are deployed along side of you.



### AOA Conference Speaker

Your service reminds me of the closing comments made by the Keynote Speaker of the AOA Convention this past October, CDR Richard H Jadick, DO, who was awarded the US Navy Bronze Star Medal with Combat V (for Valor) for his actions as a Battalion Surgeon under fire with the US Marines during the Battle of Fallujah, Iraq in November 2004:

"We are unique, we are different. We bring something to the table that not everybody understands. It starts when many of you get into osteopathic medical school, and it never ends. We not only take skills to our patients' bedsides, but we take a commitment that I don't think you see in everybody."

### Accomplishing Our Mission

As uniformed service members we are committed to accomplishment of our mission, both the tactical, operational, and strategic ones, as well as providing the best care possible to our warriors forward, from preventive medicine at our forward operating bases and combat out-posts, far-forward emergency medical and surgical resuscitative treatment of casualties, and critical-care transport back to higher echelon medical treatment facilities.

(Continued on page 2)

## 2006 Match results are out

1,196 osteopathic students, 44 fewer than last year, matched; 123 students who did not match in 2006, compared to 104 in 2005, will either transfer into the NRMP match or scramble into AOA programs. The number of students who elected to go into the military rose to 211 in 2006 compared to 169 in 2005.

if your residency program was not AOA approved, contact AMOPS to find the path back.



Our free time is limited but if you can come early or stay late. There are a number of world class attractions near by. (photo courtesy of the San Diego wikipedia.)

## On Target, continued



So successful are we that today's casualties have the lowest died of wounds rate of any previous conflicts, and osteopathic physicians are literally at the front of these battlefield medical victories, as some were profiled in the recent issue of the *D.O.* magazine. I have to admit that this was the first AOA convention I have attended; and I now wish I had been able to attend more.

### Getting Reacquainted

I was reacquainted with two of my Army colleagues that I had not seen in literally over ten years. COL (Ret.) Michael Applewhite, DO, with whom I had attended the Army Medical Department Officer Basic Course back in 1989 and Erwina Ungos, DO who was one of my Brooke Army Medical Center Emergency Medicine Residency classmates from an AMOPS meeting. The officers I met then in Las Vegas in 1990, I continued to run across throughout my service in the Army and Joint assignments. While no one can execute a job or a mission for you, a friendly face in the right position may open a door for you or make a staff action a little easier on you.

### Commitment

Happy New Year to you and your families, and remember, as osteopathic physicians in uniform, along with our skills, we take a commitment that we do not see in everyone to both our patients' bedsides and to our uniformed brothers' and sisters' fox-holes.

## National Naval Medical Center

The Navy announced plans that would greatly increase the number of visitors and employees at the medical center in Bethesda, Maryland.

The facility would be named the Walter Reed National Military Medical Center and is envisioned as the nation's premier military medical facility. The plans include a new hospital, parking garage, medical museum and additional roads.

### Please go to the AMOPS website

[www.amops.org](http://www.amops.org)

1. Download the AOA Census Form.
2. Fill it out.
3. Send it in to AOA.

This is how they decide how many delegates AMOPS sends to the AOA House of Delegates, the more delegates, the stronger the voice speaking for you.

### Osteopathic Pledge of Commitment.

I pledge to:  
provide compassionate, quality care to my patients;  
partner with them to promote health;  
display integrity and professionalism throughout my career;  
advance the philosophy, practice and science of osteopathic medicine;  
continue lifelong learning;  
support my profession with loyalty in action, word and deed; and  
live each day as an example of what an osteopathic physician should be.

### Congratulations to Misawa

The Air Force says Misawa's patients are in good hands, recently naming the 35th Medical Group the best 2005 medical treatment facility among the service's overseas military hospitals.

The requirements for membership in the American Osteopathic Association (AOA) is 120 hours with a minimum of 30 hours in category 1A. The remaining 90 hours can be earned in any combination of 1a, 1B, 2A and 2B. If you participate in the entire AMOPS CME conference, you can fulfill your required 30 1A hours for the cycle in just one,

Please encourage the pharmaceutical representatives or other sales people who want your business to contact AMOPS to learn how they can exhibit at and/or otherwise support Continuing Medical Education.

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Can't make our meeting due to the operational tempo or for some reason? Visit

<http://do-online.osteopathic.org/index.cfm> to learn about other CME opportunities. Have a problem making your required hours, please let us know, at: [jim@amops.org](mailto:jim@amops.org).

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A review in the journal *Pediatric Dermatology* notes strong evidence for the relationship between UV exposure and non-melanoma skin cancer and growing evidence for the relationship between indoor tanning and melanoma. Skin cancer is the most rapidly growing cause of cancer deaths in the United States.

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An Oregon State study suggests that Vitamin C supplements can help halt the serious depletion of vitamin E in smokers and possibly help prevent cancer. A study in the *Journal of the National Cancer Institute* said that vitamin E supplements appeared to cut the risk of prostate cancer for men who smoke -- but not for non-smokers.

## Speakers Bureau

We are looking for volunteers who would like to be included in a speakers bureau so that divisional societies and specialty colleges looking for speakers on military or

With the recent start-up of new schools, we have many schools that do not have alumni yet who have completed training and entered the "real world". For a list of all the schools, visit the links page of our website, [www.amops.org](http://www.amops.org). These students are hungry to hear about our experiences on active duty, the National Guard, Reserves and the Public Health Service.

### Reach Out

Mentoring via the internet is the easiest option. If your government travels bring you near one of the schools, or if you live near one, consider making yourself available to these students. Sometimes local military physician recruiters are able to help cover costs of trips to these schools. They need accurate information about careers in the Uniformed Services and the selection process for residency programs.

### Give Back

It is also a way to give back to the profession and ensure that the patients you treat now will still receive quality care after you have hung up your uniform.

We would like to have several volunteers for each school so that no one will find this a burdensome task. All it takes to get started is an e-mail to [jim@amops.org](mailto:jim@amops.org)

### DO Day on the Hill, April 27

Just because you wear a uniform does not mean you can't be involved in politics. It just means you can't be seen as speaking for your service instead of yourself.

DO Day on the Hill provides the osteopathic community the opportunity to become advocates. Participants meet their members of Congress to discuss issues of importance to the profession. You can register to at:

<http://do-online.osteotech.org/doday.cfm>

This year's trip to the Hill is the day before the AMOPS CME conference in Baltimore. Consider taking an extra day and letting your voice be heard in Congress too.

The new Bagram Airfield hospital is nearly complete, a Level-III 'fixed facility' hospital in Afghanistan, it is a force multiplier.

When a soldier is injured out at a forward operating base, the evacuation can often stop there rather than having to evacuate the patient out of theater. This can greatly reduce the time before a patient can return to duty; thus, there is less likely a chance the service member will have to be backfilled.

**—ADVANCE REGISTRATION FORM—**

All requested information is needed for CME credit

**24th National Conference  
ASSOCIATION OF MILITARY OSTEOPATHIC PHYSICIANS AND SURGEONS**

San Diego Naval Base, CA

April 26-29, 2007

Rank \_\_\_\_\_ Name \_\_\_\_\_

Service Branch \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

E-Mail, if applicable \_\_\_\_\_

AOA Number, if applicable \_\_\_\_\_

Osteopathic College \_\_\_\_\_ Year Graduated \_\_\_\_\_

Registration Fees: check appropriate boxes:

- |   |  |
|---|--|
| <input type="checkbox"/> AMOPS Member \$300                     | <input type="checkbox"/> Non-Member \$350                |
| <input type="checkbox"/> Retired, Non-practicing Physician \$75 | <input type="checkbox"/> Physician Assistants & RNs \$75 |
| <input type="checkbox"/> Intern or Resident \$75                | <input type="checkbox"/> Student, no charge              |
| <input type="checkbox"/> Spouse \$60                            |  |

Enclosed is my check made out to **AMOPS** in the amount of \$ \_\_\_\_\_ to cover advance registration costs as checked above.                      **Or**

- Visa       MasterCard

Account Number    \_\_\_\_\_

Exp. Date    \_\_\_\_ / \_\_\_\_ / \_\_\_\_ (mm/yyyy)

Name on account \_\_\_\_\_

Phone # \_\_\_\_\_

Signature \_\_\_\_\_

Amount Charged \$ \_\_\_\_\_

Please mail this form and your check to: **AMOPS, 1796 Severn Hills Lane, Severn, MD 21144-1061**  
If charging, you may fax completed form to: **410-519-7657**

## New Congress Considers a Number of Bills

A number of bills have been introduced that impact the uniformed services.

There are now three different concurrent receipt bills under consideration, House Resolutions 89, 303, and 333.

HR 92 would set a 30 day access standard for Veterans Administration care.

HR 156 would provide survivor compensation to prisoners of war who died prior to September 30, 1999 (those who died after that are already eligible).

Senate bill 22 would expand the GI Bill.

S 225 would provide retroactive payments of traumatic injury insurance.

For more information on Congressional bills of interest visit our website's [What's new page](#).

## San Diego Lodging Information

Navy Lodge—1-800-NAVY-INN; or BOQ  
[https://www.navy-lodge.com/united\\_states/california/san\\_diego.html](https://www.navy-lodge.com/united_states/california/san_diego.html)  
[www.sandiegohotels.com](http://www.sandiegohotels.com)  
[www.ORBITZ.com](http://www.ORBITZ.com) [www.expedia.com](http://www.expedia.com)  
Holiday Inn 1-619-224-3621  
1-800-HOLIDAY

## Eske Research Proposals Still Being Accepted

As part of our annual CME conference, members are encouraged to apply to present your research project. For details visit the AMOPS website Meetings page.

You can share your success story with your colleagues and come to San Diego at our expense. If selected, you will receive transportation to the conference and one night's free stay at the Holiday Inn near the naval base or at the Navy Lodge.

## San Diego Has Much to Offer

Besides our great educational opportunity, there is much to do and see in San Diego from an internationally known zoo to great food and year round weather if you can add a few days to your trip:

[www.sandiego.org](http://www.sandiego.org)  
[www.sandiego.com](http://www.sandiego.com)  
[www.gosandiegocard.com](http://www.gosandiegocard.com)  
[www.legoland.com](http://www.legoland.com)  
[www.sandiegohistory.org](http://www.sandiegohistory.org)  
[www.sandiegozoo.org](http://www.sandiegozoo.org)  
[www.4adventure.com/swc](http://www.4adventure.com/swc)  
[www.saslamp.org](http://www.saslamp.org)  
<http://gothere.com/sandiego/oldtown.htm>

## Future of CME Conferences on Members Meeting Agenda

We are looking at presenting a track at a larger meeting such as the annual AMSUS or USAFP conferences or perhaps partnering with a Divisional society or specialty college. With less pharmaceutical support and an increased tempo, AMOPS will have to reevaluate how we do business. Come to San Diego to share your views on AMOPS.

## 06/07 AMOPS Dues

Our fiscal year runs from 1 June to 31 May. **If you were not an AOA member last year**, you can get both AOA and AMOPS membership this year for the cost of AMOPS dues. An application ran in the September AMOPS newsletter. It is a great way to start on the road to AOA recognition for your postdoctoral training if you have not already done so.

AMOPS membership information and dues applications are available on our web site or by contacting us:

**Print this AMOPS Newsletter and Share it with a Colleague, You Will Both Be Glad You Did**

Our Web site is open 24/7

Visit: [www.amops.org](http://www.amops.org)

or [jim@amops.org](mailto:jim@amops.org)

## Army Institutes Post Deployment Health Reassessment

Soldiers returning from deployments will now participate in a new health screening program three to six months after arriving home.

The newly authorized Post Deployment Health Reassessment program, or PDHRA, is designed to identify deployment-related health concerns that persist or problems Soldiers notice after coming home.

All active-duty and reserve-component Soldiers who have returned from deployment will be included. The PDHRA provides education, screening, assessment and access to care for a wide variety of questions and concerns that Soldiers may have about their health after a deployment.

### Surgeon General's Rechecking & Resetting

Army Surgeon General LTG. Kevin Kiley explained the health reassessment this way: "When our units return from operations around the world, their equipment is rechecked and reset. We see this health screening as an expansion of the process that looks at resetting

the fighting force – resetting and maintaining the wellness and health of Soldiers."

### Not All Problems Show Right Away

Over the past few years defense officials said they learned that Soldiers' deployment health concerns may not be noticed immediately after deployment. After Soldiers get back home and settle into their life and work, they may notice things are not quite right. They may not know the best place to find out what is wrong or what to do about it, said officials.

### Intended for Every Returning Soldier

Every Soldier who returns from a deployment will still immediately go through a Post Deployment Health Assessment. The PDHA includes an educational program for Soldiers called a medical threat debriefing, completion of a series of questions about their health and experiences during deployment, and a visit with a healthcare professional. That is very similar to what Soldiers can expect later with the reassessment, officials said.

Soldiers may have felt differently then about their health than they do now and this is where the reassessment comes into play.

Kiley added, It's important to remember that this is an overall health reassessment, not just a mental health reassessment. Many of these Soldiers have been working very hard in combat operations throughout the world. They come back, get some time to rest and recover, and then they begin to realize that some of the things – backaches or skin rashes, for example – have not gone away.

### A Second Look is Worth the Time

This screening process gives them an opportunity to come back to us, and for us to provide them the follow-on health

**AMOPS, uniformed osteopathic physicians treating people not just symptoms**

**AMOPS CME Conference April 26 – 29, 2007; Celebrating "30 Years of AMOPS"**