



NEWSLETTER

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

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Happy New Year with Georgia and CME on My Mind

On Target



A good New Year's resolution would be to block out May 3-6, 2012, for a trip to Atlanta and participation in the best CME bargain available for those in the uniformed services.

Saturday Breakout Session Being Planned

The Student Association of Military Osteopathic Physicians and Surgeons (SAMOPS) is planning a breakout session on Saturday with topics specific to student members. They will also hold elections for SAMOPS offices. Students with thoughts on what topics they desire should contact your local chapter head or SAMOPS president, 2LT Michael Swift mswift@vcom.vt.edu

Counterintuitive Surveillance Report

An Armed Forces Health Surveillance Center report shows that service members who spend more time at home between deployments may have a greater chance of being diagnosed with a mental health disorder than those with briefer dwell times.

The study revealed that the percentage of service members diagnosed with mental health disorders after repeat deployments (their second through fifth) increased as dwell times prior to the deployments lengthened. These results were published in the Medical Surveillance Monthly Report. Service members and their family members who need mental health care can access online resources at Afterdeployment.org.

National Academy of Sciences Burn Pit Study

An Institute of Medicine study has found no evidence of a connection between exposure to burn pits in Iraq and Afghanistan and long-term health problems.

The Institute, a nonprofit health research arm of the National Academy of Sciences, could neither prove nor disprove that soldiers' exposure to burning trash piles in Iraq and Afghanistan could cause long-term health problems, and recommended that more studies be done.

A summary of the study is available on the Institute of Medicine website.

Mark Your Calendars Now

Reserve **May 3 to 6, 2012**, and join us at PCOM GA in Suwanee, Georgia for AM-OPS 29th National CME Conference. The campus is just 27 miles north of Atlanta in suburban Gwinnett county.

Tentative program on page 3, updates will be posted on our website, www.amops.org as they are developed.

If there are topics you want on the program, speakers you want to hear or a presentation you want to make, let me hear from you now as the program is not yet final: jim@amops.org

No Price Increase from 2011

There has been no price increase over last year's CME conference. The price is still \$430 for an anticipated 30 Category 1A Continuing Medical Education hours, four lunches, breaks and the Friday night presidential banquet. This was a good deal in 2011, it is a real bargain in 2012.

DO Day on the Hill

DO Day on Capitol Hill is the osteopathic advocacy event that gives DOs and osteopathic medical students the opportunity to meet with their Members of Congress and discuss issues important to the osteopathic profession. Registration is now open for the **March 8th** event.

AMOPS doesn't lobby, however, individuals are authorized to let their representatives know how they feel. Registration closes **January 27th**, register early to ensure that you'll have a chance to take part and meet your Members of Congress!

Register Now!

Please go to the AMOPS website

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.

CDR Eugenio Concepcion AMOPS President

A Blessed Christmas and Happy Holiday Greeting from Naples, Italy! I hope this newsletter finds you and your families well. A special salute to our deployed colleagues standing watch in harms way—stay safe, our prayers are with you and your families.



First Impressions.

What a difference a good sponsor makes! My sponsor and I were in e-mail contact prior to my Italy arrival. He met me and my family at the airport, helped with luggage and transport to our temporary lodging, and had an amazing welcome basket already delivered to our room. Despite the late hour, his efforts included picking up a couple of famous Napoli pizzas to help get us through our first night. He would later tell me that he was simply "paying it forward".

Junior officers and Medical students

Military physician mentors, similar to sponsors, can have direct impact on those all-important first steps of physician development. As we get ready for our Annual AM-OPS conference May 3-6 2012 in Atlanta—JOs and MSs—be ready—our Flag members plan to make themselves available as will our Conclave of Eagles to share development experiences. This personal access to these members as well as to all the presenters distinguishes AMOPS as an osteopathic military gem of a conference.

(editors note: This access to leadership is unique not just in the osteopathic profession but in the uniformed services as well.)

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ON Target (continued)

SAMOPS Plug

I would encourage all of you to read through the compelling request of SAMOPS Vice President 2Lt Mike Swift as he solicits our help with student mentorship opportunities—AMOPS, lets commit to “paying it forward”.

A Small Navy/AMOPS

While setting up my office on my first day, the first physician to welcome me aboard was CDR Jeff Stone, DO—our senior staff radiologist and Director of Ancillary Services...and now, the new Osteopathic Specialty Leader (taking over for CAPT David Wright). Hopefully, CDR Stone can join us in Atlanta this May.
Happy New Year!

Eugenio “Gene” Concepcion, DO
CDR, MC, USN
Staff Surgeon, NAVHOSP Naples, Italy
President, AMOPS

Conclave of Eagles Nominations

Nominations for Conclave membership for 2012 are closed. The results will be announced during the presidential banquet at the AMOPS CME conference in Georgia.

Nominations for 2013 consideration will open on June 1, 2012 and close December 31, 2012.

Let Me Hear from You

To add someone’s wise counsel or recognize past contributions to uniformed osteopathic medicine, please submit a name and short narrative of why you feel they should be considered to: jim@amops.org

Retirement Resources

Soldiers and families making financial decisions for approaching retirement have help available in-person and online. At every major Army installation, a full-time retirement services officer (RSO) supports both retiring and retired Soldiers and families of the active and reserve components. The Army G-1’s [Retirement Services homepage](#) and your RSO’s homepage offer 24/7, online support.

Retirement Services Offices

A list of RSOs available [online](#). Information on the REDUX retired pay plan is available in the [Career Status Bonus/REDUX Soldier Information section](#). Information on the Survivor Benefit Plan (SBP) is available [online](#).

The latest information on using TRICARE in retirement is available on the [TRICARE website](#) or at the Army G-1’s [Retirement Services homepage](#).

Johns Hopkins Research Achievement

Researcher at Johns Hopkins Engineering, Burn Center and Medical Schools have collaborated to produce a wound dressing that may one day help soldiers and other burn victims greatly improve their recovery.

The wound dressing with a hydrogel, water-based, three-dimensional polymer framework, was able to promote blood vessel and skin layer regeneration. While only tried on mice so far, the treatment has the potential for not only human burn victims but also diabetic patients with foot ulcers. See: <http://www.jhu.edu/chembe/gerecht/>

New Material Based on Insect Cuticle

Wyss Institute researchers have developed a biodegradable material they have named Shriik that is similar in strength to an aluminum alloy but with half the weight. It can be produced at a low cost and is easily molded into complex shapes. See December 13th on line edition of *Advanced Materials* for more information.
<http://www.jhu.edu/chembe/gerecht/>

ORNL Researchers Measuring Walk Patterns

Oak Ridge National Laboratory researchers are developing a portable, wearable system to measure walking patterns in a variety of settings. For an amputee soldier to return to active duty, they need to be able to operate in a variety of settings. ORNL researchers are collaborating with the Center for the Intrepid at Brooke Army Medical Center to improve prosthesis effectiveness.

Participants in the AMOPS CME conference toured the Intrepid Center and saw the adjustable walking surface test area there as part of the tour.

Getting the Gait Just Right

Recent advances in the technology of video games are being employed to develop inexpensive tools for amputee rehabilitation that could be used in smaller clinics or even outside a clinic. Inertial measurement units and other sensors strapped to the patient’s thigh, calf and foot collect data that is analyzed by computers. The algorithms calculate the forces and motions of specific joints.

If a prosthesis is not aligned correctly, it will affect the patient’s gait, most likely resulting in an asymmetric pattern. Asymmetric gait increases the stress on healthy limbs leading to later health problems such as arthritis.

A subset of the study involving the Kinect for Xbox to analyze human gait won the Siemens Competition for Math, Science and Technology last month.

The collaborators are now working to develop an advanced platform to measure the forces associated with motion.

For more on the Center for the Intrepid go to: <http://www.fallenheroesfund.org>

Addiction Medicine Experts Worried

Pharmaceutical companies are working to develop a more powerful version of the second most abused medicine in the country. The new pills contain the highly addictive pain-killer hydrocodone and have ten times the impact of medications such as Vicodin.

Addiction experts have compared the danger with the introduction of OxyContin in 1995. The first version likely to reach the market is Zohydro. The reason addiction experts are particularly worried about his product is that abusers could crush the time release drug to release an immediate intense high. We plan a two hour addiction medicine block at our next CME conference.

Morphine Lollipop Comes to Afghanistan

The Fentanyl lollipop allows medics a faster way to ease the pain of a battlefield injury. The absorption through the blood vessels in the mouth is quicker than through the muscle and you don’t have to worry about blood vessel constriction. It also allow for removing the lollipop should the patient go into shock, an alternative not available with an injection.

Warrior Web Suit Research

A dismantled soldier often carries 100 pounds or more of equipment on patrols over rugged terrain for extended periods of time. This increases the risk of musculoskeletal injury, fatigue and exhaustion. DARPA seeks to develop a “Warrior Web Suit”

The goal is to develop a suit mapped to human physiology that fits comfortably under the uniform and outer protective gear and provides functional, adaptive support. The suit will have to significantly reduce the negative effects of a 100 pound load and the weight of the suit, address body heat and moisture issues, be adaptable to varying body types and maintain the wearer’s range of motion.

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.



Pictured from left to right above are the entrance to Georgia PCOM, the lunch/ break area and classroom. Below is the preliminary program for the conference. As you can see several of the speakers are not yet confirmed and thus the exact titles are not listed. Visit the AMOPS website, www.amops.org for updates.

Thursday, May 3

0730 Registration
0745 Opening Remarks
0755 Osteopathic Occupational Medicine
CAPT Daniel Callan, DO
0850 Patient Safety
CAPT Wayne McBride, DO
0945 Break
1000 Preventive Medicine
COL Beverly Maliner, DO
1055 Communicable Disease Prevention
CDR Steve Kriss, DO
1150 Lunch
1220 Post Traumatic Stress Syndrome
TBD
1315 Traumatic Brain Injury
TBD
1410 Break
1425 Tissue Regeneration to Counter IED Effects
COL R. Todd Dombroski, DO
1520 Military Leadership in Medicine
TBD

FRIDAY, May 4

0800 Army Medical Update
MG Philip Volpe, DO
0900 Naval Medical Update
CAPT David Wright, DO
0955 Break
1015 Joint Warfighter Support Update
MajGen Douglas Robb, DO
1110 Bioterrorism
COL William Bograkov, DO
1205 Lunch
1315 Flag Officer Leadership Panel
MG Volpe, MajGen Robb, RADM Jeffries
1415 Klobnak Lecture—Travel Medicine in the Tropics
CDR Steve Kriss, DO
1510 MEMBERS' MEETING
1830 Presidents' Reception
1930 Presidents' Banquet

2030 Osteopathic Medicine—Nationally
Martin S. Levine, DO, AOA President
2100 Conclave of Eagles Installation
2130 Uniformed Osteopathic Medicine
CDR Eugenio Concepcio, DO, AMOPS President

Saturday, May 5

0800 Psychology Topic
TBD
0900 Pulmonary Topic
TBD
0955 Break
1010 Sports Medicine Topic
TBD
1105 CDC and National Health
TBD
1200 Lunch
1300 Sleep Deprivation
TBD
1355 Eske Lecture – Medical Research
TBD
1450 Emergency Medicine Topic
1545 Break
1600 OMT Topic
1700 OMT Workshop

Sunday, May 6

0800 Addiction Medicine—Opioids
0900 Addiction Medicine—Alcohol
Anthony Dekker, DO
0955 Break
1010 Medical Developments from the Field
1011 TBD
1105 Cardiac Update
1106 TBD
1200 Lunch
1230 Wound Care/ Surgery Topic
TBD
1330 Wound Care Part 2
TBD
1425 Final Remarks and Adjourn

See www.amops.org for hotel information.

—ADVANCE REGISTRATION FORM—
28th National Conference
ASSOCIATION OF MILITARY OSTEOPATHIC PHYSICIANS AND SURGEONS
PCOM-GA, Duluth, GA May 3-6, 2012

Rank _____ Name _____

Service Branch _____

Address _____

City, State, Zip _____

E-Mail _____

AOA Number _____ Osteopathic College & Graduation Year _____

- AMOPS or GOMA Member \$430 Non-Member \$480
- Retired, Non-practicing Physician \$200 Physician Assistants & RNs \$200
- Intern or Resident \$200 Student, no charge Student, with dinner \$65
- Spouse \$165, includes 4 lunches, breaks & 1 dinner Spouse, with dinner only \$65
- I plan to attend the President's dinner on Friday night. (We must give the caterer an accurate number) Cost of dinner is included in all paid registrations but you **must** tell us that you plan to attend the dinner.

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) CVV (security number on back) _____

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**

Registration form is also available on line should you wish to register electronically.