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Volume 3, Issue 3  
June 2004

Special points of interest:

- Sun Safety – Facts and Statistics About Skin Cancer\*
- Great Minds... Army Names 'Greatest Inventions' of Year
- ARMY One Source – Real help. Anytime. Anywhere.
- Refreshing Chicken Salad
- Avoiding Heat Injuries
- About HOOAH 4 HEALTH
- Editors' Message Board



**BODY BY HOOAH**

Sun Safety – Facts About  
Skin Cancer\*

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# HOOAH 4 HEALTH NEWSLETTER

## Sun Safety – Facts and Statistics About Skin Cancer\*

The number of skin cancer cases has increased in the United States. The three major types of skin cancer are basal cell carcinoma, squamous cell carcinoma, and melanoma.

More than 1 million cases of basal and squamous cell cancer are diagnosed annually. These carcinomas can cause substantial illness and, if untreated, can cause considerable damage and disfigurement. If detected and treated early, however, these cancers have a cure rate of more than 90%.

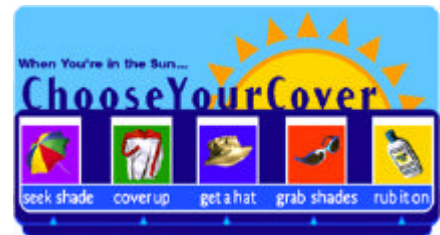
The most serious form of skin cancer, malignant melanoma, is expected to be diagnosed in 55,100 persons in 2004.<sup>1</sup> Since 1981, the incidence of melanoma has increased nearly 3 percent per year. Melanoma is the most common cancer among people 25 to 29 years old.

Malignant melanoma causes more than 75% of all deaths from skin cancer. This disease can spread to other organs, most commonly the lungs and liver. If diagnosed at an early stage, it usually can be cured, but if diagnosed at a late stage it is more likely to spread and cause death.

### Who Is Most At Risk?

Anyone can get skin cancer, but certain characteristics increase the risk. Some risk factors for skin cancer are

- Lighter natural skin color (all races)
- Family history of skin cancer
- Personal history of skin cancer
- Constant exposure to the sun through work and play
- A history of sunburns early in life
- Skin that burns, freckles, gets red easily, or becomes painful in the sun
- Blue or green eyes
- Blond or red hair
- Certain types and a large numbers of moles



<http://www.cdc.gov/ChooseYourCover/>

Exposure to the sun's ultraviolet (UV) rays appears to be the most important environmental factor in developing skin cancer. This makes skin cancer a largely preventable disease when protective practices and behaviors are consistently used. UV radiation is also a factor in the development of lip cancer, making sun protection even more important. UV rays from artificial sources of light, such as tanning beds and sun lamps are just as dangerous as those from the sun, and should also be avoided. Unfortunately, despite the fact that both tanning and burning can increase one's risk of skin cancer, most Americans do not protect themselves from UV rays.

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### BODY BY HOOAH

Sun Safety – Facts About Skin Cancer\*



### MIND MATTERS

Great Minds... Army Names 'Greatest Inventions' of Year

### OPERATION CHILD CARE UPDATE



#### KinderCare Joins Efforts!

We are pleased to announce that KinderCare Learning Centers across the country have agreed to participate in Operation Child Care. All KinderCare Learning Centers have been authorized to provide one free day of child care to any Guard and Reserve soldier returning from Iraq or Afghanistan for rest and recuperation leave.

**KinderCare Learning Centers:**  
<http://www.naccrra.org>

**Enrollment Form (new):**  
[http://naccrra.org/docs/occ/occ\\_kindericare\\_enroll.doc](http://naccrra.org/docs/occ/occ_kindericare_enroll.doc)

### (Sun Safety – Facts About Skin Cancer\* – Continued from page 1)

Protection is simple: apply sun screen (at least SPF 15) liberally to exposed skin surfaces prior to sun exposure and reapply every three hours or after swimming; wear protective clothing (wide-brimmed hat, long sleeves and long pants) during prolonged exposure especially between the peak burning hours of 11 AM and 4 PM; do not use tanning beds.

<sup>1</sup>Source: Cancer Facts and Figures 2004, American Cancer Society, 2004.

\* The Department of Health and Human Services and the Centers for Disease Control (CDC) sponsored a five-year campaign, Choose Your Cover, to promote skin cancer prevention and education that concluded on May 20, 2003. This article and all of the official campaign outreach materials are still available on the CDC web site at <http://www.cdc.gov/ChooseYourCover/>.

## Great Minds... Army Names 'Greatest Inventions' of Year

WASHINGTON (Army News Service, June 2, 2004) – Ten teams will be recognized June 23 by the U.S. Army Research, Development and Engineering Command for the "Greatest Army Inventions" of the past year.

The winning inventions include a zinc-air battery, life-saving medical equipment, and camera equipment to inspect caves.

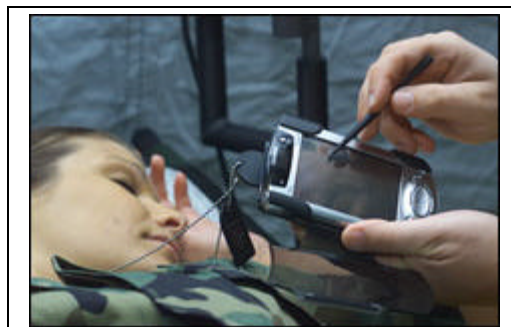
"The inventions submitted demonstrate the vast experience within the Army laboratory community as a sincere commitment of these laboratories to improving the readiness of our Army," said Lt. Gen. Richard A. Cody, the Army's Deputy Chief of Staff, G-3 and the final selection authority for the program.

The BA-8180/U Zinc-Air Battery was developed by Communications-Electronics Research, Development and Engineering Center, Integrated Battle Command Directorate, Fort Monmouth, N.J. The battery has an extended lifecycle that means Soldiers carry fewer batteries than with other rechargeable or lithium batteries.

Agentase Nerve Agent Sensor is an invention designed by the U.S. Army Research Laboratory at the U.S. Army Research Office in Durham, N.C. The sensor is a hand-held device that detects nerve agents when pressed against a surface. If a nerve agent chemical weapon is present, a color-developing polymer layer with an environmentally sensitive indicator that changes from yellow to red/orange within two minutes.

The Portable Omni-Directional Well Camera System was developed at Fort Belvoir, Va., by the Communications-Electronics Research, Development and Engineering Center Night Vision and Electronic Sensors Directorate. The system is designed for inspecting wells, underground caves or vertical passages that are unfit or unsafe for human inspection. It can be used in light or dark conditions and to a depth of 300 feet. Video from a hemispherical CCD sensor payload is displayed on a four-inch monitor at the surface of an area being explored. The system is designed to be waterproof to a depth of 90 feet.

The Golden Hour Container was created by the Walter Reed Army Institute of Research in Silver Spring, Md. This container can transport blood cell without batteries, ice or electricity. It was designed to transport the blood bags within military facilities and to the Forward Surgical Teams where delayed evacuation of wounded soldiers can occur. The container is reusable and maintains the contents at the appropriate temperatures for more than 78 hours. While designed specifically



June 2, 2004 - A health care professional uses the Battlefield Medical Information System-Telemedicine (BMS-T) while treating a patient. It is one of the 2003 Army Greatest Inventions.

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**(Great Minds... Army Names 'Greatest Inventions' of Year – Continued from page 2)**

for transporting blood, inventors believe its usefulness will extend to other items such as vaccines and reagents. The container has a carrying strap and comes in Army desert, woodland and Marine camouflage.

A mount assembly, designed by the Tank Automotive Research, Development and Engineering Center, National Automotive Center in Warren, Mich., helps provide more security to crews in Humvees.

The Squad Automatic Weapon Pintle Mount Assembly provides Soldiers the ability to defend themselves from both sides of the vehicle and from enemy who may be on overpasses or similar overhead objects. The mount is attached mid-way between the front and rear doors on the HMMWV. This allows crew members in either the front or rear seats to use the weapon by swiveling the weapon in the direction needed.

The Battlefield Medical Information System – Telemedicine was designed by the Telemedicine and Advanced Technology Research Center, Fort Detrick, Md. BMIS-T is similar to a handheld computer with special programming developed to assist deployed medical personnel with diagnosis and treatment. The system holds service members' medical records. BMIS-T is also programmed with healthcare reference manuals and can provide medical personnel with suggested diagnosis and treatment plans.

Nominations for the "Greatest Army Inventions" program were submitted from across the Army laboratory community and were evaluated by Soldier teams from the U.S. Army Training and Doctrine Command and active U.S. Army Divisions, according to Gen. Paul J. Kern, commander of the U.S. Army Materiel Command.

Evaluators judged the entries based on their impact on Army capabilities, potential benefit outside the Army and their inventiveness.

(Editor's note: Information provided by Larry McCaskill of the U.S. Army Research, Development and Engineering Command and summarized by ARNEWS correspondent Karla Gonzalez.)

Source: <http://www4.army.mil/news/article.php?story=6017>

**ARMY One Source – Real help. Anytime. Anywhere.**

*Submitted by COL Maryann Steinmetz, COL, AN  
HQDA, OTSG (DASG-HS-CN)*

**Army One Source - a Soldier and family resource program to help make your life run a little smoother.**



In recognition of the sacrifices each Soldier and family is making as part of the Global War on Terrorism, the Army has implemented a new program of services and counseling support called Army One Source – a pre-paid Soldier (Reserve, Army Guard and Active Duty) and family

resource program to help ease some of life's stresses. Army One Source is fast, private and easy to use, and there is no cost to you. And best of all, it's there for you any time of the day or night, wherever you are.

The program offers private counseling support for all Soldiers and family members. Services include individual, marital, and family counseling. Counseling occurs off post, after hours, through a civilian provider in your community. Records remain private and the chain of command is not notified unless there are issues of abuse or danger to self or others. All Army Guard, Reserve, and Active Soldiers and family members are eligible regardless of duty status.

*(Continued on page 4)*



**MIND MATTERS**  
Great Minds... Army Names  
'Greatest Inventions' of Year

**Suicide Prevention  
Hotline:**

**FREE,  
confidential,  
professional  
assistance is  
available  
24 Hrs/7 days  
a week.**

**Call: 1-800-464-8107  
(Stateside)  
or  
1-800-464-81077  
(Overseas)**



**SPIRIT - DEPLOYMENT**  
ARMY One Source – Real help.  
Anytime. Anywhere.

**H4H Featured  
Resource:**

Disabled Soldier  
Support System

[http://www.wblo.org/da/ta/modules/pbm/rendered/disabled\\_soldier\\_support\\_system.asp](http://www.wblo.org/da/ta/modules/pbm/rendered/disabled_soldier_support_system.asp)



**SPIRIT - DEPLOYMENT**  
 ARMY One Source — Real help.  
 Anytime. Anywhere.

### ARMY VALUES

**Loyalty:** Bear true faith and allegiance to the U.S. Constitution, the Army, your unit, and other soldiers.

**Duty:** Fulfill your obligations.

**Respect:** Treat people as they should be treated.

**Selfless-Service:** Put the welfare of the nation, the Army, and your subordinates before your own.

**Honor:** Live up to all the Army values.

**Integrity:** Do what's right, legally and morally.

**Personal Courage:** Face fear, danger, or adversity (Physical or Moral).



Download a poster now! The URL for the poster with graphic and list of values is at:  
<http://www.army.mil/11lasg/values.html>

*(ARMY One Source – Real Help. Anytime. Anywhere. – Continued from page 3)*

Counseling may be directly accessed through the Army One Source number, 1-800-464-8107.

### Reconnecting with Family

When a soldier returns from deployment, the initial excitement may give way to some difficulties in reconnecting with family members who remained behind. A call to Army One Source can arrange a referral to a private counselor in the community. All Army Guard, Army Reserve and Active Duty soldiers and family members residing in CONUS are eligible.

### Other Services

Army One Source will also provide information, advice and support on a wide range of everyday issues including:

Parenting and child care

Education

Aging family members

Midlife and retirement

Relocation

Financial and Legal Issues

Deployment and Return

International environments

Work

Managing people

Emotional well-being

Grief and loss

Addiction and recovery

Handling emotions

Keep reading to see how Army One Source has made a difference in the lives of some Soldiers and their families who have used its service.

### Choosing a Summer Camp

"I didn't really know where to start," the single father said when he called Army One Source. "I have custody of my two children this summer. I've been browsing through Army One Source Online and I read the articles on planning summer activities. I even found some specific camps that sound interesting in your Camp Locator, but I have questions and I'd like to know more about activities in my area."

To help him get the answers he needed, an Army One Source consultant asked about the children's ages, their interests and personalities, the family's budget and other relatives who lived nearby. A few days later, the consultant mailed information about local day camp programs, along with tips on what to look for when choosing an overnight camp or a day program.

### Plugging a Leaky Roof

"My neighbor has been watching my house while I'm away. He just called to say there is running down my walls after the recent storm and the roof's leaking!" a Soldier exclaimed when she called Army One Source. "What can I do? I have a meeting tomorrow and can't just cancel and come home."

The Army One Source consultant got right to work, and quickly identified several licensed, reputable roofers and contractors not far from the Soldier's home – some with after-hour emergency numbers. He even located an insured, bonded individual who could stay at her house while estimates and repairs were made. Get in touch with Army One Source today.

From the U.S.: 800-464-8107

International: 800-464-81077 (dial all eleven digits)

International collect: 484-530-5889

[www.armyonesource.com](http://www.armyonesource.com)

The first screen will request entry of the following:

**User ID:** army

**Password:** onsource

<http://www.hooah4health.com/deployment/familymatters/armyonesource.htm>



