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NMCS D director, nurse share unique connection

Courtesy Story

Naval Medical Center San Diego

Dual military couple, Lts. Brett and Kathy Stevens, were U.S. Navy Supply Officers stationed in San Diego when they received news that they would be welcoming their second child in the winter of 1999.

During the late-90s with hundreds of babies being delivered by Naval Medical Center San Diego's Labor and Delivery department per month, the birth of the Stevens' second-born daughter would compose half of this tale.

The other half entails the residency of a lieutenant who was on her way to becoming an OB/GYN.

On that joyous day for the Stevens in December 1999, Sarah Elizabeth Stevens was delivered by Lt. Elizabeth Adriano — who is now NMCS D's Director.

"What are the chances that I would have the privilege and honor to serve under Captain Adriano 23 years after she delivered me," ponders Ens. Sarah Martin (Stevens), NMCS D Med-Surg nurse. "It goes to show you how truly small the Navy can be."

Martin's interest in serving as a Navy nurse was sparked at a young age. Commissioned through Vanderbilt University's ROTC program while simultaneously attending Belmont University's Gordon E. Inman College of Nursing, which had an affiliation with the former, Martin ended up at her number one choice of duty location - NMCS D.

"It was my mom who discovered on NMCS D's official Facebook page that Captain Adriano would be assuming command in June. She notified me immediately and ever since I have been looking forward to introducing myself — again," says Martin.

Coincidentally, Adriano delivered the Stevens' third child at Naval Hospital Guam seven years after Martin was born.

"The second time I met Captain Adriano was when my brother was delivered in Guam," explains Martin. "I recall going up to her and saying "Thank you for delivering me.""

For Adriano it is always a pleasure to have repeat patients.

See **CONNECTION**, Page 2



Photo by Chief Petty Officer John Grandin

From left to right, Rear Adm. Walter Brafford, Chief of the Navy Dental Corps, commander of Naval Medical Forces Support Command (NMFSC), Rear Adm. Darin Via, Navy Surgeon General, Chief of Bureau of Medicine and Surgery (BUMED), Rear Adm. Rick Freedman, Deputy Surgeon General, Deputy Chief of BUMED, and Rear Adm. Robert Hawkins, Director of the Navy Nurse Corps poses for a photo after a group promotion ceremony at BUMED headquarters in Falls Church, Virginia, on Dec. 6, 2023.

Senate confirms Rear Adm. Darin Via as next Navy Surgeon General

By BUMED PAO

U.S. Navy Bureau of Medicine and Surgery

FALLS CHURCH, Va. — Rear Adm. Darin Via received U.S. Senate confirmation to become the Navy's 40th Surgeon General.

"I am humbled and honored to lead a team of more than 40,000 highly-trained military and civilian health care professionals who provide enduring expeditionary medical support to Sailors and Marines on, below, and above the sea, and ashore," Via said.

"The work we do across the entire Naval Medical enterprise is vital to our national defense. We directly

support warfighter readiness by optimizing the most important weapon system in our arsenal — the human weapon system that fights and wins our nation's wars. We are integral to a successful military health system working closely with the Defense Health Agency and our sister services to ensure every Sailor, Marine and their families are healthy, ready, and on the job receiving high-quality healthcare in a timely fashion — no matter where they are around the world."

The Naval Medicine Enterprise is led by the Surgeon

See **NAVY SURGEON GENERAL**, Page 6

INDEX

First babies of 2024 Page 3
The sounds of sinus in a sneezing season Page 4
Career opportunities..... Pages 5-6

• Connection

(Continued from front page)

“When I met the Stevens again on Guam, I remembered delivering Ensign Martin,” said Adriano. “I now recall an adorable seven-year-old who thanked me for delivering her. This is what I signed up for in the Navy and over the years it has been a rewarding and fulfilling endeavor. There is no higher honor for me than to deliver the babies of and care for those who have chosen to wear the cloth of our Nation.”

The spirit of service to our Nation and military-connected families continues with Navy Medicine professionals such as Martin.

“During my recent encounter with Captain Adriano, not only did I want to share my story of how I ended up becoming a Navy nurse, but I also wanted to thank her for the impressive team of medical professionals that she leads. Everyone from our corpsmen, nurses, and providers not only conduct their duties with great competence and passion, but so many of these individuals have been so instru-

mental in my development as a nurse and as a naval officer. Words cannot express how grateful I am as I’m about to depart NMCSO for another command. NMCSO, whether as an active duty nurse or federal civilian nurse, offers a unique and dynamic experience that cannot be found anywhere else. It has everything to do with the population we serve. The work can be challenging, but there is no way to put a price on the experience of showing up every day and honoring our nation’s heroes.”

“After making 13 military-related moves as a dependent, I’m now headed to my second duty station as an active duty service member. How crazy would it be to cross paths with Captain Adriano again,” expressed Martin.

Stranger things have happened not only in life, but also in the Navy.

“I’m not planning on retiring anytime soon. So if the opportunity arose to be there for the Martins, who knows...,” contemplates Adriano. “How epic would it be to deliver a third baby in the lineage of this amazing Navy family!”

NMCSO continuously seeks professional civilian talent, not just limited to health care providers and administrative support. For anyone seeking a federal job, visit USAJobs at usajobs.gov - the Federal Government’s official employment site.

The mission of NMCSO is to prepare service members to deploy in support of operational forces, deliver high quality health care services, and shape the future of military medicine through education, training, and research. NMCSO employs more than 6,000 active-duty military personnel, civilians and contractors in southern California to provide patients with world-class care anytime, anywhere.

[Note: Since the time of drafting this story, Ens. Martin has moved on to her second duty station.]



Photo by Marcelo Calero

Capt. Elizabeth Adriano (left), Naval Medical Center San Diego (NMCSO) director, poses with Ens. Sarah Martin, NMCSO Med-Surg nurse. Adriano delivered Martin at NMCSO in 1999. Coincidentally, Adriano also delivered Martin’s brother at Naval Hospital Guam seven years later. The mission of NMCSO is to prepare service members to deploy in support of operational forces, deliver high quality health care services, and shape the future of military medicine through education, training, and research. NMCSO employs more than 6,000 active-duty military personnel, civilians and contractors in southern California to provide patients with world-class care anytime, anywhere.

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Photo by Marcelo Calero

Dual military couple, Lts. Brett (right) and Kathy Stevens (left), were U.S. Navy Supply Officers stationed in San Diego when they welcomed their second child in the winter of 1999. That child, Sarah Martin (Stevens) (C), would grow up to be a U.S. Navy nurse at Naval Medical Center San Diego and serve in conjunction with Capt. Elizabeth Adriano, NMCSO director, who delivered Martin.

BAMC welcomes Baby New Year 2024

By Daniel J. Calderón

Brooke Army Medical Center Public Affairs

JOINT BASE SAN ANTONIO-FORT SAM HOUSTON, Texas (Jan. 3, 2024) – Staff at Brooke Army Medical Center greeted the first baby born at BAMC just after 8 p.m. on New Year’s Day.

Rhona Lubwama and her husband, Staff Sgt. John Baptist Lubwana, welcomed the newest addition to their family, Sanyu Baptist Lubwana.

“We didn’t want to be the last baby of 2023,” he joked. “I thought it would be fun to have the first baby of 2024.”

“We thought she would come a lot earlier,” Rhona added. “We were in labor for over ten hours and then we went in for a C section.”

Lubwama, who is assigned to the 56th Signal Battalion, said he and his wife are happy to be the first BAMC parents of the new year.

“We’re just so happy right now,” said Rhona. “It was a really long labor, but I am happy to have a new baby girl.”

Although BAMC’s first baby did not win the city-wide baby race conducted by local San Antonio hospitals, the parents did receive a gift basket, which was presented by Col. Mark E. Stackle, BAMC commander, with items donated by the BAMC Auxiliary.

“One of the traditions is for the BAMC Auxiliary to present a gift basket to the first baby born in the new year,” Stackle said. “This is the first year I can do this, and I am excited to congratulate you on your new addition to your family.”



Col. Mark Stackle, Brooke Army Medical Center commander, presents Rhona Lubwama and her family with a gift basket at BAMC, Joint Base San Antonio – Fort Sam Houston, Texas, Jan. 2, 2024. The gift basket, provided by the BAMC Auxiliary, is an annual tradition to commemorate BAMC’s first baby of the new year.

DoD photo by Jason W. Edwards

WAMMC welcomes first babies of 2024

By Keisha Frith

Womack Army Medical Center

FORT LIBERTY, NC --The New Year brought more than resolutions and fireworks; it also brought forth new lives! Womack Army Medical Center welcomed its first baby girl Honest Galicia at 3:37 a.m. weighing 9 pounds, 8 ounce and measuring 22 inches in length and its first baby boy Deleon Monroe

at 9:08 a.m. weighing 8 pounds 2 ounces and measuring 21 inches in length. These two bundles of joy were the first of five little miracles to enter the world at Womack bringing joy and excitement to their families.

First time parents of baby Monroe, Spc. Roger Monroe III and Shanavin Trusdale Ladson were excited about his birth. Father, Monroe said, “My main goal is to be a good father making sure that he is well taken care

of and has a great life.”

Mother, Ladson, said “I am obsessed it’s a surreal feeling, but he is precious, and he gave me a lot of peace.”

They were expecting baby Monroe in December, but they were excited that he decided to make his appearance on January 1, 2024.

Hospital staff were thrilled to be a part of this special experience of welcoming the new additions to the community.

“It’s always exciting to see the parents and

their new babies,” said Lillie Casady, registered nurse.

Deputy Commanding Officer, Col. Nathanael Forrester congratulated the parents of the first boy and girl and presented them with specially made gift baskets courtesy of the Fort Liberty Army and Air Force Exchange Service.

Congratulations to all the new parents who welcomed their little ones on New Year’s day and so far, this year. Thank you for choosing Womack for your special delivery.



Photo by Keisha Frith

First baby boy Deleon Monroe born on Jan. 1, 2024, at 9:08 a.m. weighing 8 pounds, 2 ounces and measuring 21 inches in length at Womack Army Medical Center.

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The sounds of sinus in a sneezing season

By Douglas Stutz

Naval Hospital Bremerton/ Navy Medicine
Readiness and Training Command Bremerton

Coughing, hacking and sneezing might not be the official sounds of winter, but these sounds of sinus are a reminder that cold and flu season is still in the air.

Such respiratory illnesses – along with respiratory syncytial virus (RSV) and COVID - are on the rise, being easily spread and affecting millions across the U.S.

According to the Centers for Disease Control and Prevention, there have been at least 5.3 million illnesses, 54,000 hospitalizations, and 3,200 deaths from just the flu so far this season.

More locally, the most recent Kitsap Public Health District weekly report showed a similar rising with more residents visiting emergency rooms and urgent care clinics for respiratory illness. Two flu-related fatalities were reported in Kitsap just one week before the holidays.

Cmdr. Carolyn Ellison, Naval Hospital Bremerton Director for Public Health, advocates the CDC recommendation that everyone six months and older get the annual flu vaccine to help protect themselves and others, especially with increased flu activity in Washington State.

“Now is still a good time to get vaccinated if you haven’t already,” stressed Ellison.

Towards that need, NHB’s Immunization Clinic offers walk-in first come, first serve availability for all eligible beneficiaries for the influenza vaccine, as well as COVID vaccine.

The annual influenza vaccination is required for all active duty military personnel, selected Reservists and healthcare workers.

Last year NHB gave approximately 13,300 COVID and influenza vaccinations.

Those who are at high risk - such as older adults, people with underlying medical conditions, infants/young children, and expectant mothers - can become severely ill and potentially deal with a host of complications such as pneumonia, respiratory failure, and the worsening of any chronic medical condition.

“As we do every year, we strongly encourage everyone to get the flu vaccine,” said Dr. Dan Frederick, NHB population health officer and public health emergency officer. “It is espe-



Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer

NHB’s Immunization Clinic offers walk-in first come, first serve availability for all eligible beneficiaries for the influenza vaccine, as well as COVID vaccine. The annual influenza vaccination is required for all active-duty military personnel, selected Reservists and healthcare workers. Last year NHB gave approximately 13,300 COVID and influenza vaccinations, including (pictured) Capt. Patrick Fitzpatrick, Naval Hospital Bremerton director and Navy Medicine Readiness Training Command Bremerton commanding officer. Those who are at high risk - such as older adults, people with underlying medical conditions, infants/young children, and expectant mothers - can become severely ill and potentially deal with a host of complications such as pneumonia, respiratory failure, and the worsening of any chronic medical condition. The Immunization Clinic is located on NHB’s third floor of the Family Care Center wing and is open Mon-Wed-Thurs-Fri from 8 a.m. to 11:45 a.m. and from 1 p.m. to 3:30 p.m., and on Tuesday from 10 a.m. to 11:45 a.m. and from 1 p.m. to 3:30 p.m.

cially important for pregnant women and people with chronic diseases like asthma and diabetes, and those that have weakened immune systems.”

“Being vaccinated strengthens our immune system against seasonal respiratory illnesses helping to reduce symptom severity and significantly decreasing the chance of hospitalization,” added Frederick.

The flu, COVID-19 and RSV viruses are spread from person to person, especially between those in close contact – six feet or less - with each other. All can be spread by droplets that occur when someone with the illness coughs, sneezes, or talks. The droplets spray out and land on someone else and get inhaled into their lungs. A person can also get physically infected by shaking hands, touching a handrail or doorknob that has the virus on it and then touching their own nose, eyes or mouth.

There are a number of protective measures everyone can apply daily to reduce the potential spread of the viruses, such as hand washing; avoid touching your eyes, nose and mouth with unwashed hands; try to avoid close contact with sick people and

maintain social distancing of at least six feet.

And for those sounds of sinus? If coughing and sneezing, the CDC recommends covering your nose and mouth with a tissue, then discard the used tissue in the trash. If a tissue isn’t available, cough or sneeze into your elbow, not your hands, and always remember to wash hands immediately afterwards.

Symptoms of infectious and contagious respiratory illnesses can include fever, cough, chills, muscle-aches, and shortness of breath. Those who have received their flu and COVID vaccination may experience milder symptoms such as headache, congestion, runny nose, sore throat and fatigue.

The most common symptoms are fever, cough, chills and shortness of breath. Those who have received their flu and COVID vaccination may experience milder symptoms such as congestion, runny nose, sore throat and fatigue.

It typically takes one to four days after someone is infected to begin to experience any of the symptoms just mentioned. People who have no symptoms or who are yet to have symptoms

may still be able to infect others.

The CDC notes that most people who get a cold in the winter usually recover in 7-10 days. Yet those with weakened immune systems, asthma, or conditions that affect the lungs and breathing passages could develop serious illness, such as pneumonia. Common colds are also a main reason for children to miss school and adults miss work.

Frederick attests that immunization is the primary method of reducing seasonal influenza illness, along with helping to stop the spread of COVID-19. The use of masks, particularly in crowded settings, may also be of benefit.

“The influenza vaccination and COVID-19 vaccination not only helps protect vaccinated individuals, but also helps protect entire communities by preventing and reducing the spread of the disease,” added Frederick.

The Immunization Clinic is located on NHB’s third floor of the Family Care Center wing and is open Mon-Wed-Thurs-Fri from 8 a.m. to 11:45 a.m. and from 1 p.m. to 3:30 p.m., and on Tuesday from 10 a.m. to 11:45 a.m. and from 1 p.m. to 3:30 p.m.

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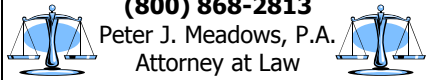
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Ready to quit tobacco? TRICARE has you covered

Courtesy Story
Defense Health Agency

FALLS CHURCH, Va. – Although quitting tobacco can be difficult, saying good-bye to cigarettes and chewing tobacco has many health benefits. If you’ve decided to kick the habit, TRICARE covers products and services to help you become tobacco-free.

“Quitting tobacco lowers your risk for serious diseases, including lung, mouth and throat cancers, heart disease, and chronic lung illnesses,” said Stacy Usher, DNP, lead nurse consultant of Clinical Oversight and Integration for the TRICARE Health Plan. “If you smoke, second-hand smoke puts others at risk too. By quitting smoking, people who smoke and the people around them can all benefit.”

Quitting smoking is beneficial to your health at any age, according to the Centers for Disease Control and Prevention. After you smoke your last cigarette, your body will begin a series of positive changes that will continue for years.

Are you ready to quit tobacco? TRICARE covers services and products that can help. Read on to learn what support is available to you.

Q: What products and services does TRICARE cover to help me quit tobacco?

A: TRICARE covers these tobacco cessation products and services:

- Prescription drugs
- Over-the-counter (OTC) nicotine replacement products, including nicotine nasal sprays, inhalers, patches, gums, and lozenges
- Tobacco cessation counseling

TRICARE covers prescription and OTC tobacco cessation products at no cost to you if

you use TRICARE Pharmacy Home Delivery or a military pharmacy. TRICARE doesn’t cover these products if you get them at a retail network or non-network pharmacy. A TRICARE-authorized provider must write the prescription. Keep in mind, you must have a prescription for OTC tobacco cessation products.

You can search the TRICARE Formulary to learn more about covered tobacco cessation products.

Q: Who is eligible for TRICARE covered tobacco cessation products?

A: In the United States, you can get TRICARE covered tobacco cessation products if you’re age 18 or older and you aren’t eligible for Medicare.

Overseas (including U.S. territories), TRICARE covers these products for:

- Active duty service members
- Active duty family members ages 18 and older enrolled in TRICARE Prime Overseas

To learn more, check out the TRICARE Tobacco Cessation Program Fact Sheet.

Q: Does TRICARE cover counseling to help me quit tobacco?

A: TRICARE covers tobacco cessation counseling if you’re age 18 or older and you live in one of the 50 states or the District of Columbia. You must use a TRICARE-authorized provider.

However, you must use Medicare for counseling services if you have TRICARE For Life or you’re eligible for Medicare.

Q: Where can I find more resources for quitting tobacco?

A: The Department of Defense YouCanQuit2 program offers coaching, online tools, and in-person support locators to help you quit

tobacco. You can also call your local military hospital or clinic to see if they offer tobacco cessation programs.

When you’re ready to quit tobacco, it’s helpful to make a quit plan. By making a plan that

fits your needs, quitting tobacco is within reach.

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Dental Assistant: \$55,452.00 - \$74,496.00 Annually	Sex Offender Treatment Specialist: \$78,288.00 - \$105,312.00 Annually
Dentist: \$148,800.00 - \$200,172.00 Annually	Psychology Associate: \$88,584.00 - \$119,196.00 Annually
Health Records Technician: \$51,600.00 - \$69,252.00 Annually	Registered Nurse: \$85,344.00 - \$139,908.00 Annually
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• **Navy Surgeon General** (Continued from front page)

General of the Navy to fulfill assigned and delegated duties as the Chief, Bureau of Medicine and Surgery prescribed by Title 10 of the United States Code to include recruiting, organizing, training, and equipping medical personnel of the Department of the Navy (DON).

As Navy Surgeon General, Via serves as the principal advisor to the Secretary of the Navy, Chief of Naval Operations, and Commandant of the Marine Corps on all health and medical matters, including strategic planning and policy development relating to such matters, directing Risk Management and Clinical Quality Management Programs, exercising DON corporate privileging, and oversight for the Navy and Marine Corps operational medical forces.

Via also leads the Bureau of Medicine and Surgery, which manages Navy and Marine healthcare policy and global Navy medical research and development, which studies infectious diseases, biodefense, battlefield medicine, and warfighter performance, to increase warfighter medical readiness and survivability.

Via is the first anesthesiologist and the first enlisted Corpsman to rise to the position of U.S. Navy Surgeon General.

Via is a qualified Undersea and Diving

Medical Officer who served as the department head for Mobile Diving and Salvage Unit Two in Virginia Beach, Virginia. He deployed aboard USNS Comfort (TAH-20) during Operation Noble Eagle and was the department head for Fleet Hospital Three, 1st Force Service Support Group (1st FSSG), at Camp Viper, Iraq during Operation Iraqi Freedom.

He was the first commanding officer at NATO's Role Three, Multinational Medical Unit in Kandahar, Afghanistan during Operation Enduring Freedom. Additionally, Via served as U.S. Pacific Fleet's command surgeon, and he was the first Navy medical officer to become command surgeon for U.S. Central Command.

Via's Flag tours include serving as deputy chief, Bureau of Medicine and Surgery for Operations, Plans and Readiness. He was appointed as the first medical flag officer to stand up Chief of Naval Operations (OPNAV) N44 as the single resource sponsor for expeditionary medical capabilities. He additionally served concurrently as commander of Naval Medical Forces Atlantic and as the senior market manager of the Tidewater Military Health System.

Prior to Senate confirmation, Via was

the Navy's deputy surgeon general and deputy chief of Bureau of Medicine and Surgery. His professional activities include being a certified physician executive and clinical professor of Anesthesiology at Uniformed Services University. He has prior service as an American Board of Anesthesiology Oral Board examiner and has held numerous leadership positions within the American Society of Anesthesiologists and the Uniformed Services Society of Anesthesiologists.

Via is a native of Sullivan, Illinois. He holds a Bachelor of Science in Biology from Millikin University. Via enlisted in the U. S. Navy Reserve in 1985 as a Hospital Corpsman. In 1987 he entered active duty as an Ensign at the Uniformed Services University of the Health Science, where he earned a Doctor of Medicine in 1991. Via completed a Master of Health Care Delivery Science from Dartmouth College in 2014.

More information about Navy Medicine and the U.S. Navy Surgeon General is available on the Navy Medicine website at www.med.navy.mil or on the command's Facebook, Instagram, X platform, formerly known as Twitter, or LinkedIn accounts.

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Physician



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To learn more about physician and APP job opportunities, please contact us.

pshdocs@pennstatehealth.psu.edu

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