



CJSURG Sends Health Alerts



Issue 1

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RC-East/CJTF-101 CJSURG

Fight Malaria - Take Your Medication



Meet our Team

Surgeon/MEDAD

LTC/DR Larry McCord

Deputy Surgeon/MEDAD

LTC Thomas Anton

Health Information Systems Officer (HISO)

LTC Mellissa Stanfa-Brew

MEDPLANS Officer

MAJ Dominick Ivener

MEDOPS Officer

MAJ Leslie Latimore-Lorflis

MEDEVAC Officer

CPT Sean Henderson

Psychiatrist

MAJ/DR Jason Dailey

Pharmacist

MAJ/DR Lyle Kolnik

Health Services Materiel Officer (MEDLOG)

MAJ Danny Kittrell

Environmental Science and Engineering Officer (ESEO)

MAJ Benjamin Qi

Preventive Medicine Doctor

CPT/DR Craig Meggitt

TF MED-A LNO

CPT Brendan Scott Donovan

PAD NCOIC

SFC Pricilla Knight-Mcleary

Personnel Evacuation Coordination Cell (PECC)

Battle CPTs/NCOs

CPT Meagan Sykes

Capt Christopher Weber

SFC Leslie Ross-Pringle

SFC Matthew Spangler

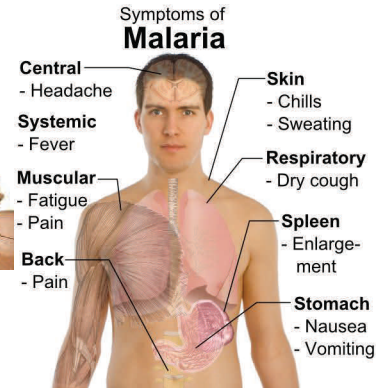
SFC Christopher Price

SFC Larry Bess

RC-East has seen a recent spike in cases of Malaria. Since late September, there have been five new cases of Malaria in Soldiers and civilians who work with us. FOB Torkham had three cases, FOB Fenty had one, and Bagram Airfield had one. A problem seen repeatedly in new Malaria infections is failure to take Doxycycline. Everyone entering Theater is prescribed medication to prevent Malaria, but some Soldiers and civilians are failing to take their medication. This simple task takes only seconds, but could save your life. Malaria kills approximately one million people annually. The

majority of these deaths are caused by a particular type of Malaria called Falciparum. One of the five recent cases in RC-East was Falciparum. In addition to taking Doxycycline, another important means of preventing Malaria is avoiding mosquito bites. The parasite that causes Malaria is carried by mosquitoes. Wearing your uniform properly and keeping windows and doors closed helps prevent mosquito bites. You should also use insect repellent with DEET while outdoors at night.

For more information contact: Dr. Craig Meggitt, craig.d.meggitt@afghan.swa.army.mil, 318-431-2751



*Tips for avoiding Malaria:

1. Take your Doxycycline during your entire deployment.
2. Wear your uniform properly to cover as much skin as possible.
3. Use insect repellent containing DEET while outdoors at night.

Supplement Safety - OxyElite Pro and Jack3d

In response to dozens of cases of liver failure in people using a supplement called OxyElite Pro, the Food and Drug Administration (FDA) has issued an alert instructing anyone taking it to stop immediately. The alert is the latest incident associated with an ingredient called DMAA, present in dietary supplements. The FDA has been cracking down on DMAA for years. In 2012, a letter was sent to supplement makers telling them to stop using DMAA. Unfortunately, supplements with DMAA have been sold as recently as July 2013. Common supplements that have used DMAA

include OxyElite Pro, Jack3d, and Lipo 6 Black Caps. Some of these have changed their formulas to remove DMAA. DMAA may be listed by different names including "geranium stem". If you are taking a weight loss supplement, please visit the website below to ensure that it does not contain DMAA:

<http://www.fda.gov/Food/DietarySupplements/QADietarySupplements/ucm346576.htm>

For general information:

<http://hprc-online.org/dietary-supplements/opss>

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*Tips for supplement safety:

1. Stop taking any supplement containing DMAA.
2. Follow-up with your healthcare provider, if you continue to have medical problems after you quit taking a supplement.