

THE DUNHAM NEWSLETTER



1st Quarter, FY 2016

DUSAHC

Fall Issue

Commander's Note

As we move into the last few months of the calendar year and the simultaneous start of a new fiscal year we find ourselves reliving the past with the ever present threats of another government shutdown. While the end of last fiscal year brought us to the wire on our national budget issues, we will have the same decisions to make come 11 December 2015, when our government will again have to vote for how to proceed with funding. These decisions affect all of us; our dedicated employees, our loyal patients and our steadfast community will all be impacted by the possible lean times ahead.

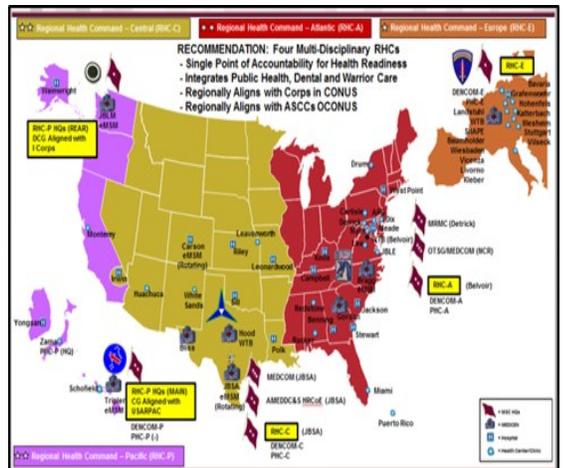
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While we could easily wallow in what possibly lies ahead, there is so much to celebrate and be happy for this time of year. Not only are we charging ahead into the holiday season, the Dunham team is making waves in bringing health and wellness awareness to the Carlisle Barracks Community. This year we expanded our "Kiss Breast Cancer Goodbye" pink pumpkin event to the Garrison Staff and, WOW, what an incredible success. The enthusiasm, dedication and passion that went into those works of art are simply amazing. We will also showcase the "Great American Smoke-Out" in November and "Overeating Awareness" in December – both are great topics to start your New Year's resolution and improve your health.

Change is upon us and it is occurring at the highest levels in our Army Medical Department. The Army Medical Command is executing its most complex and significant reorganization in recent history. The Northern Regional Medical Command (NRMCM) is now the Regional Health Command-Atlantic (RHC-A) and its footprint has grown to cover all Army medical facilities east of the Mississippi River, 22 in all. How will this affect Dunham? We will have a new deputy structure at our level that will cause a change in what sections fall under which deputy. We are in the planning phases now and more information will come as soon as we have a final structure. However, what does not change is how we care for ourselves and how we care for our patients. Health care is delivered face-to-face, one patient at a time, and is always in an atmosphere of dignity and respect. This is what we do to keep making Dunham, the Army Wellness Center, Fort Indiantown Gap TMC, Fillmore and Letterkenny a "great place to work and a great place to receive care." Keep up the great work and dedication to our community.



Serving to Heal...Honored to Serve
LTC Michael F. Belenky

Tricare Benefit Tips

By: Managed Care



Please explain Medicare Part A and Part B?

Medicare Part A covers inpatient hospital care, hospice care, inpatient skilled nursing facility care and some home health care. Medicare Part B covers provider services, outpatient care, home health care, durable medical equipment, and some preventive services.

Does Medicare pay for the Part B premium?

No. The Part B monthly premium is your responsibility.

If I am not entitled to premium free Medicare Part A when I turn 65, can I still use TRICARE for Life?

Because you are not entitled to premium free Medicare Part A, you do not need Medicare Part B to keep your TRICARE benefit. You may continue enrollment in TRICARE Prime, or use TRICARE Standard and TRICARE Extra.

What is TRICARE Young Adult (TYA) and how does a beneficiary potentially qualify for this program?

TYA is a premium based health care plan available for purchase by qualified adult age dependents that have aged out of TRICARE benefits at age 21 or 23 if enrolled in a full time course of study at an approved institution of higher learning. TYA offers TRICARE Prime or TRICARE Standard Coverage worldwide, and eligibility is determined by the sponsor's status.

-TYA Prime \$208.00 per month

-TYA Standard \$181.00 per month

Must be an unmarried adult age dependent of a TRICARE eligible sponsor

Not eligible to enroll in an employer sponsored health plan based on their own employment status

Not otherwise eligible for TRICARE program coverage

Is there a dental coverage plan for Retirees and Their Families?

Yes. The TRICARE Retiree Dental Program is administered by Delta Dental of California. You must contact Delta Dental for benefit education, provided Delta Dental brochure and contact information. Their website is www.trdp.org, and their toll free number is 1-888-838-8737. Their customer service staff can advise on all aspects of the program to include how to enroll, coverage options, premiums, and payment methods.

What is the Point of Service (POS) option for TRICARE Prime beneficiaries?

The POS option allows TRICARE Prime beneficiaries to pay additional out of pocket costs to receive non-emergency care from any TRICARE authorized provider without a referral.

-POS Deductible -\$300.00 Individual - \$600.00 Family

-POS Cost Share – 50 percent after POS Deductible is met

These additional fees do not count toward the annual Catastrophic Cap.

Breast Cancer Awareness

<http://www.cdc.gov>



Breast Cancer Awareness

Other than skin cancer, breast cancer is the most common cancer among American women. Getting mammograms regularly can lower the risk of dying from breast cancer. The United States Preventive Services Task Force recommends that **if you are 50 to 74 years old, be sure to have a screening mammogram every two years.** If you are 40 to 49 years old, talk to your doctor about when to start and how often to get a screening mammogram.

Are you worried about the cost? CDC offers free or low-cost mammograms.

What Are the Symptoms?

There are different symptoms of breast cancer and some people have no symptoms at all. Symptoms can include any change in the size or the shape of the breast, pain in any area of the breast, nipple discharge other than breast milk (including blood), and a new lump in the breast or underarm. If you have any signs that worry you, see your doctor right away.

How Can I Lower My Risk?

The main factors that influence your risk for breast include being a woman, being older (most breast cancers are found in women who are 50 years old or older), and having changes in your breast cancer genes (BRCA1 and BRCA2). Most women who get breast cancer have no known risk factors and no history of the disease in their families. There are things you can do to help lower your breast cancer risk. The Know: BRCA Tool can help you assess your risk of having changes in your BRCA genes.

Although breast cancer screening cannot prevent breast cancer, it can help find breast cancer early, when it is easier to treat. Talk to your doctor about which breast cancer screening tests are right for you, and when you should have them.

Understanding your cancer risk and being proactive about your health may help you lower your risk for getting breast or ovarian cancer, or find it at an early stage when treatment works best. All women can do things to lower their breast and ovarian cancer risk. Young women should learn their family health history, as this can help you learn if you have a higher risk for getting hereditary breast or ovarian cancer at a young age. Learning your family health history also can help you understand if you should talk to your doctor about your risk, and if genetic counseling and testing is right for you.

Fast Facts About Breast Cancer

- Each year in the United States, more than 200,000 women get breast cancer and more than 40,000 women die from the disease.
- Men also get breast cancer, but it is not very common. Less than 1% of breast cancers occur in men.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women. About 11% of all new cases of breast cancer in the United States are found in women younger than 45 years of age.

Physical Therapy Tips

<http://www.moveforwardpt.com/Resources/>



This year's theme is AGE WELL! Nine Physical Therapist Tips to Help You Age Well

We can't stop time. Or *can* we? The right type and amount of physical activity can help stave off many age-related health problems. Physical therapists, who are movement experts, prescribe physical activity that can help you overcome pain, gain and maintain movement, and preserve your independence—often helping you avoid the need for surgery or long-term use of prescription drugs.

Here are nine things physical therapists want you to know to age well:

1. Chronic pain doesn't have to be the boss of you.

Each year 116 million Americans experience chronic pain from arthritis or other conditions, costing billions of dollars in medical treatment, lost work time, and lost wages. Proper exercise, mobility, and pain management techniques can ease pain while moving and at rest, improving your overall quality of life.

2. You can get stronger when you're older.

Research shows that improvements in strength and physical function are possible in your 60s, 70s, and even 80s and older with an appropriate exercise program. Progressive resistance training, in which muscles are exercised against resistance that gets more difficult as strength improves, has been shown to prevent frailty.

3. You may not need surgery or drugs for low back pain.

Low back pain is often over-treated with surgery and drugs despite a wealth of scientific evidence demonstrating that physical therapy can be an effective alternative—and with much less risk than surgery and long-term use of prescription medications.

4. You can lower your risk of diabetes with exercise.

One in four Americans over the age of 60 has diabetes. Obesity and physical inactivity can put you at risk for this disease. But a regular, appropriate physical activity routine is one of the best ways to prevent—and manage—type 1 and type 2 diabetes.

5. Exercise can help you avoid falls—and keep your independence

About one in three U.S. adults age 65 or older falls each year. More than half of adults over 65 report problems with movement, including walking 1/4 mile, stooping and standing. Group-based exercises led by a physical therapist can improve movement and balance and reduce your risk of falls. It can also reduce your risk of hip fractures (95 percent of which are caused by falls).

Falls Are Common and Costly, But Can Be Prevented

One-third of adults over the age of 65 are likely to fall this year, according to data from the Centers for Disease Control (CDC), and they probably won't be the only ones harmed. "It's important to realize that falls among older persons, with their staggering physical, emotional as well as economic consequences, have the potential to impact not only patients, but all members of a family," Robert Glatter, MD, wrote in *Forbes* ("Why Falls Should Be Part Of The Doctor-Patient And National Conversation For Older Persons" – July 28, 2015). Falls cause everything from scrapes and bruises to broken arms, and 95% of hip fractures. Indeed, with falls leading to more than 700,000 hospitalizations per year, related medical costs exceed \$30 billion.

The good news is that research shows that older adults can proactively prevent falls and their dangerous consequences with the help of a physical therapist.

Dental Hygiene

By: *Cathy Luckie, RDH, BSDH*
Carlisle Barracks Dental Clinic

Adult Oral Health

The hectic pace of today's adult lifestyle often leaves little time for the daily oral health care routine needed to prevent cavities and periodontal disease. This is unfortunate since periodontal disease is the most common cause of tooth loss in adults. An estimated 75% of Americans reportedly have some form of periodontal disease. Early detection of periodontal disease reduces the risk of permanent damage to teeth and gums and can prevent more extensive and costly treatment in later years. Regular professional visits every six months or as scheduled by your dental hygienist, will help you learn more about proper care for your teeth and gums. Regular professional visits are important because gingivitis, the early stage of periodontal disease, is usually painless; you may not be able to detect it on your own.

Senior Oral Health

Almost 250 million people or about 40 percent of the adult population in Europe, USA and Japan are estimated to suffer from some form of edentulism, or loss of natural teeth. Incidence of tooth loss generally increases with age. While the prevalence of both partial and total tooth loss in seniors has decreased from the early 1970s, seniors over age 65 have lost an average of 13 teeth (including wisdom teeth) and 26% of seniors over age 65 have no remaining teeth.

If you have arthritis or limited use of your hands or dexterity problems, an electric toothbrush may be easier to use and increase effectiveness. Electric brushes, interdental brushes and dental floss holders are excellent plaque removing devices and are extremely effective in stimulating gums.

Among other benefits, daily brushing and flossing protect older smiles from two common problems of getting older: **Root decay**--a condition that affects older adults if a great amount of root surfaces are exposed--and **tooth decay caused** by the weakening or chipping of older fillings.



Oral Health Care for Adolescents

Good nutrition and oral hygiene care practiced at home are particularly important during the teen years. Proper diet, brushing, and flossing all play an important role in maintaining a healthy smile and preserving teeth during these challenging years. Cavities and periodontal (gum) disease can be a threat to teens as well as adults. Recent survey results show that bleeding gums were most prevalent among adolescents and that three-fourths of 13-17 year-olds had gums that bled.

Adolescents also have particular issues not shared by younger age groups. These concerns include: oral piercings, mouthguards, eating disorders, tobacco experimentation and use, orthodontic care, as well as significant rates of tooth decay.

Adolescence can also be a critical period affecting an individual's periodontal status. Current data suggests that irreversible tissue damage from periodontal disease begins in late adolescence and early adulthood. Pubertal changes characteristically affect the bone, connective tissue, and gum surrounding and supporting teeth of the young adolescent, with an increase in inflammation which is, in most cases, manageable through good oral hygiene and regular professional care.

Children's Dental Health

The best way to ensure that your child does not get cavities or gingivitis is to instill proper oral habits early. Good oral hygiene routines should be established as early as infancy and continued throughout life.

Dental Hygiene Con't

Registered dental hygienists may recommend these tips:

Even before teeth begin to erupt, thoroughly clean your infant's gums after each feeding with a water-soaked infant washcloth or gauze pad to stimulate the gum tissue and remove food. When the baby's teeth begin to erupt, brush them gently with a small, soft-bristled toothbrush using a very tiny pea-sized amount of fluoridated toothpaste. At age two or three, you can begin to teach your child proper brushing techniques. But remember, you will need to follow up with brushing and gentle flossing until age seven or eight, when the child has the dexterity to do it alone.

Schedule regular oral health appointments starting around your child's first birthday.

Your oral health professional will check for cavities in the primary teeth and watch for developmental problems, as well as help to create a positive experience that may alleviate fear at future visits. Ask your dental hygienist about sealant applications to protect the chewing surfaces of your child's teeth; and about baby bottle tooth decay, which occurs when teeth are frequently exposed to sugar-containing liquids for long periods of time.

Healthy Skin

By: *Eden DeHart, Health Educator
Army Wellness Center*

Soothing Dry Skin: Following the same skin care routine year round may not work so well when the humidity drops. Without a change in your skin care, dry air can make fine lines and wrinkles more noticeable. Dry skin can itch, flake, crack, and even bleed. To help heal dry skin and prevent its return, dermatologists recommend the following.

1. Prevent baths and showers from making dry skin worse. When your skin is dry, be sure to:

- Close the bathroom door
- Limit your time in the shower or bath to 5 or 10 minutes
- Use warm rather than hot water
- Wash with a gentle, fragrance-free cleanser
- Apply enough cleanser to remove dirt and oil, but avoid using so much that you see a thick lather
- Blot your skin gently dry with a towel
- Slather on the moisturizer immediately after drying your skin

2. Apply moisturizer immediately after washing. Ointments, creams, and lotions (moisturizers) work by trapping existing moisture in your skin. To trap this much-needed moisture, you need to apply a moisturizer within few minutes of:

- Drying off after a shower or bath
- Washing your face or hands

3. Use an ointment or cream rather than a lotion. Ointments and creams are more effective and less irritating than lotions. Look for a cream or ointment that contains an oil such as olive oil or jojoba oil. Shea butter also works well. Other ingredients that help to soothe dry skin include lactic acid, urea, hyaluronic acid, dimethicone, glycerin, lanolin, mineral oil, and petrolatum. **Tip:** Carry a non-greasy hand cream with you, and apply it after each hand washing. This will greatly help relieve dry skin.

4. Wear lip balm. Choose a lip balm that feels good on your lips. Some healing lip balms can irritate your lips. If your lips sting or tingle after you apply the lip balm, switch to one that does not cause this reaction.



Healthy Skin Con't

5. Use only gentle, unscented skin care products. Some skin care products are too harsh for dry, sensitive skin. When your skin is dry, stop using:

- Deodorant soaps
- Skin care products that contain alcohol, fragrance, retinoids, or alpha-hydroxy acid (AHA). Avoiding these products will help your skin retain its natural oils.

6. Wear gloves. Our hands are often the first place we notice dry skin. You can reduce dry, raw skin by wearing gloves. Be sure to put gloves on before you:

- Go outdoors in winter
- Perform tasks that require you to get your hands wet
- Get chemicals, greases, and other substances on your hands

7. Choose non-irritating clothes and laundry detergent. When our skin is dry and raw even clothes and laundry detergent can be irritating. To avoid this:

- Wear cotton or silk under your clothing made of wool or another material that feels rough
- Use laundry detergent labeled "hypoallergenic"

Safe Winter Driving

<https://www.osha.gov>



Winter driving can be hazardous and scary, especially in northern regions that get a lot of snow and ice. Additional preparations can help make a trip safer, or help motorists deal with an emergency. The Three P's of safe winter driving are prepare for trip, protect yourself, and prevent crashes on the road.

PREPARE: Maintain Your Car: Check battery, tire tread, and windshield wipers, keep your windows clear, put no-freeze fluid in the washer reservoir, and check your antifreeze. **Have On Hand:** flashlight, jumper cables, abrasive material (sand, kitty litter, even floor mats), shovel, snow brush and ice scraper, warning devices (like flares) and blankets. For long trips, add food and water, medication and cell phone. **Stopped or Stalled?** Stay with your car, don't over exert, put bright markers on antenna or windows and shine dome light, and, if you run your car, clear exhaust pipe and run it just enough to stay warm. **Plan Your Route:** Allow plenty of time (check the weather and leave early if necessary), be familiar with the maps/ directions, and let others know your route and arrival time. **Practice Cold Weather Driving:** During daylight, rehearse maneuver slowly on the ice or snow in an empty lot, steer into a skid, know what your brakes will do (stomp on antilock brakes, pump non-antilock brakes), stopping distances are longer on water covered ice and snow, don't idle for a long time with the windows up or in an enclosed space.

PROTECT YOURSELF: Buckle up and use child safety seats properly, never place a rear-facing infant seat in front of an air bag, and children 12 and under are much safer in the back seat.

PREVENT CRASHES: Drugs and alcohol never mix with driving, slow down and increase distances between cars, keep your eyes open for pedestrians walking in the road, avoid fatigue by getting plenty of rest before the trip, stop at least every three hours, rotate drivers if possible, and if you are planning to drink, designate a sober driver

Clinic Super Stars FY 15, 3rd Quarter



Isaac Gonzales, Preventative Medicine Specialist—PFC Gonzales has established himself as a hard working Soldier in the Environmental Health section. He successfully performed over 33 food establishment inspections, 50 drinking water sampling points and conducted weekly inspections of swimming pools at Carlisle Barracks, Fort Indiantown Gap, New Cumberland and Letterkenny Army Depots. PFC Gonzales has an excellent attitude towards the customers we serve and his fellow Soldiers. He’s a great asset to the Dunham team!



Kristen Markle, Physical Therapy Assistant—Kristen worked as the only PT technician for 2/3rds of the quarter, providing direct support to two physical therapists while treating her own patients (all 175 of them)! She created a calendar to help supervisors manage schedules, she assisted in organizing the Dunham Clinic Healthy Desert contest, and helped three new physical therapy techs in-process, giving them a positive first impression of the clinic. She constantly received positive comments from patients and has helped to re-work the Physical Therapy Clinic layout to improve pa-



John Bogonis, IT Specialist— John works to complete every work ticket and ensure that his customers are completely satisfied before he moves on to the next issue. Since he arrived, work tickets for computer issues do not remain open very long because he not only completes his work efficiently, but he assists the other technicians in resolving their IT work tickets as well. John has received numerous accolades for his customer service skills...it isn’t unusual for John to stop by a desk later and ask if the computers are still functioning properly. He has a great positive attitude that is contagious not only for his coworkers but for all employees he deals with.



Pharmacy Update

*By: Linda Nelson, RPH
Chief of Pharmacy*

On **1 October 2015** the Pharmacy is changing the way the numbering system calls patients. It will be a first come/ first serve basis for Beneficiaries and family members. **Active Duty will still be first priority.**

Button choices below:

A – Active Duty (Uniform not required; many at Carlisle Barracks in Civilian Attire)

B – All Others

The Pharmacy staff appreciates your patience and apologizes for any inconvenience as we change to first come/first serve. Utilizing the PX Refill pick up site for your refills can reduce wait time. We may expand the PX Refill site hours if needed.



Free Tobacco Cessation Classes

These Tobacco Cessation classes are being offered by Dunham U.S. Army Health Clinic in coordination with the Army Wellness Center (AWC) and designed to empower all eligible TRICARE Beneficiaries and non-TRICARE DOD civilian employees who desire to quit tobacco use by offering fundamental tobacco cessation information with advanced Tobacco Control Group appointments. Participants are strongly encouraged to review online tobacco cessation information at www.ucanquit2.org in order to establish a foundation of tobacco cessation knowledge and to set a “quit date” goal prior to attending the class. The classes will be held on the following dates from 1500-1600. The classes consists of 2 classes per session. To register, contact Occupational Health at 717-245-3410.



**October 27, 2015
November 24, 2015
December 22, 2015**



Self Care Classes

Self Care Class —this briefing will address health topics, lifestyle changes and prevention services.

The class will provide recommendations for proper use of over the counter medications and conclude with the issuing of a FREE Over The Counter Medical Card for use at Dunham Clinic and the “HEALTHWISE” Handbook.

The classes are held on Tuesdays from 1430-1600 on the following dates:



December 08, 2015

To register, please call 245-3630

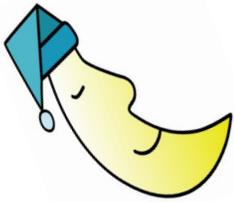


Sleep Enhancement Classes

The Sleep Hygiene class is being offered by the Dunham U.S. Army Health Clinic in support of the Army Performance Triad and designed to empower all eligible Beneficiaries who desire to increase their sleep quality or their children's. The intent is to help each participant learn tools and techniques for improving their sleep quality or a family member. The class will be held on the following Wednesday from 1500-1600:

December 09, 2015

To register, please call the Primary Care Appointment Line at 717-245-3400, Option #1



Fall For Sudoku!

		6	1				2	
7		5		9	3			
		1	4			5	7	9
		2	3		9	8		7
	5	8		1		9	3	
	7				2			4
		3			4			8
	9		8			2		5
	2	7	9	5				6

	9			3	8	5		
1	4		5	2		7		
	8					6		3
9		8		6		1	2	
		4			1			
		6	8		2	3	9	
		1		9	5	4	3	6
	6	9	7		3			8
	3							

8	2	7	9	5	1	3	4	6
6	9	4	8	3	7	2	1	5
5	1	3	6	2	4	7	9	8
3	7	9	5	8	2	1	6	4
4	5	8	7	1	6	9	3	2
1	6	2	3	4	9	8	5	7
2	3	1	4	6	8	5	7	9
7	4	5	2	9	3	6	8	1
9	8	6	1	7	5	4	2	3

2	3	5	6	8	4	9	7	1
4	6	9	7	1	3	2	5	8
8	7	1	2	9	5	4	3	6
7	1	6	8	4	2	3	9	5
3	2	4	9	5	1	8	6	7
9	5	8	3	6	7	1	2	4
5	8	2	1	7	9	6	4	3
1	4	3	5	2	6	7	8	9
6	9	7	4	3	8	5	1	2



FLU VACCINATION CAMPAIGN

DUNHAM U.S. ARMY HEALTH CLINIC

LOCATION: Dunham Clinic

DATE: 26-30 October 2015

Monday - 0730-1900

Tuesday - 0730-1900

Wednesday - 0730-1630

Thursday - 0730-1200

Friday - 0730-1630

Active Duty

Retirees

Family Members

Post-Employees

Army War College Students & Faculty

6 months and older

LOCATION: Dunham Clinic

DATE: 02-06 November 2015

Monday - 0730-1900

Tuesday - 0730-1900

Wednesday - 0730-1630

Thursday - 0730-1200

Friday - 0730-1630

Who should get FluMist?

FluMist is a live influenza virus for active immunization of healthy people 2-49 years of age. It provides the same level of protection as the flu shot. It is administered by inhaling the vaccination mist into one's nose. Pregnant women and children under 2 years of age should NOT receive the FluMist.

Who should get the Flu Shot?

The flu shot is approved for use in people older than 6 months of age and all pregnant women, including those who are healthy and those with chronic medical conditions. The Flu shot is an inactivated vaccine that is administered with a needle, usually in the arm.

"It is highly recommended for all pregnant women and anyone with a chronic illness to receive the flu shot!"



Contraindications: There are some people who should not be vaccinated without first consulting a physician. This includes but is not limited to: people who have a severe allergy to eggs, people who have had a severe reaction to the flu vaccine in the past; and people who have Guillain-Barre Syndrome (GBS). People who have moderate or severe illness with a fever should wait to get vaccinated until their symptoms lessen.

Two ways to prevent the spread of the flu are washing your hands and covering your mouth when you cough or sneeze.



POC: MAJ Parker Hahn / SSG Jared Chumley / SGT Maurice Jackson (717) 245-3630

For more information, please go to Center for Disease Control and Prevention website at www.cdc.gov

Don't let the flu bug catch you! Be prepared by getting your immunization early!

UPCOMING CLINIC CLOSURES/HOUR CHANGES

Nov 11, 2015—Veteran's Day
 Nov 19, 2015—Open All Day (0730-1630)
 Nov 20, 2015—Open in AM Only (0730-Noon)
 Nov 26, 2015—Thanksgiving
 Nov 27, 2015—Training Holiday
 Dec 24, 2015—Training Holiday
 Dec 25, 2015—Christmas



Patients enrolled at Dunham US Army Health Clinic, Fillmore US Army Health Clinic (New Cumberland, PA), and the Fort Indiantown Gap Troop Medical Clinic, can call the **TRICARE Nurse Advice Line** to access direct care and medical advice when the clinics are closed.

Toll Free Number: 1-800-TRICARE (1-800-874-2273)
 Option 1

Service available 24 hours a day, 7 days a week

Area served: Continental United States, Alaska, and Hawaii

PLEASE NOTE

All holiday hours are subject to change. Please check the Dunham web site for changes to the holiday calendar and/or hours of operation. Changes will also be posted in the waiting area of the main clinic at Carlisle Barracks.

The Clinic is closed on Thursday afternoons for mandatory training and administrative requirements. This dedicated weekly closure time optimizes our ability to care for our patients. We appreciate your understanding and patience.

*Dunham U.S. Army Health Clinic
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 Fax: (717) 245-3880*

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 http://dunham.narmc.amedd.army.mil*

**TriCare Phone Inquiries
 1-877-874-2273**

**Health Benefits Advisor
 717-245-4112**

**Appointment Line
 717-245-3400
 www.tricareonline.com**

**Patient Advocate
 717-245-3911**

**NEW PHARMACY REFILL NUMBER
 1-800-377-1723**

Dunham U.S. Army Health Clinic would like to encourage all of our beneficiaries to arrive 15 minutes early to your scheduled appointments. Arriving 15 minutes early will provide an opportunity for you to complete the screening form to ensure that we have your up-to-date medical information which allows us to provide comprehensive care that is tailored to you.



We hope you found this newsletter to be helpful and encourage you to provide feedback on our performance to our Patient Advocate at (717) 245-3911 or send us an email at dunham.clinic@us.army.mil