



FULFILLING OUR PROMISES
TO THE MEN AND WOMEN WHO SERVED



June 2017
Volume 3
Number 6

The Tallahassee Chapter #5
Disabled American Veterans
2181 East Orange Avenue, Room 1B110
Tallahassee, FL 32311

Tel: (850) 513-7643
Fax: (850) 513-8018
Email: dav-topc@hotmail.com
www.davmembersportal.org/chapters/fl/05

Next Generation of Health Records

The VA and DoD having a Veteran's complete & accurate health record in a single common Electronic Health Record (EHR) system is critical to that care and to improving patient safety. At VA, we know where almost all of our Veteran patients are going to come from — from the DoD, & for this reason, Congress has been urging the VA/DoD for at least 17 years to work more closely on EHR issues. To date, VA/DoD have not adopted the same system. Instead, VA/DoD have worked together for many years to advance EHR interoperability between their many separate applications, at the cost of several hundred millions of dollars, in an attempt to create a consistent/accurate view of individual medical record information. I have decided the VA will adopt the same EHR system as DoD, known as MHS GENESIS, which at its core consists of Cerner Millennium. VA's adoption of the same EHR system will ultimately result in all patient data residing in one common system & enable seamless care between the Departments without the manual & electronic exchange and reconciliation of data between two separate systems.

Prostate Cancer

Prostate cancer is the most common non-skin cancer among American men. Prostate cancers usually grow slowly. Most men with prostate cancer are older than 65 years & do not die from the disease. The prostate is a gland about the size & shape of a walnut. It surrounds the upper part of the urethra in men, the tube that carries urine from the bladder. The prostate produces most of the semen in which sperm travel. As a man ages, his prostate may change. Inside a changing prostate, groups of cells may form tumors or other growths. Some may be benign (not cancerous), but they may still cause symptoms, so it is important to have a prostate exam in order to be sure. Whether screening for prostate cancer results in fewer men dying from prostate cancer is not clear; experts disagree on the value of prostate cancer screening. Men should talk with their health care providers about whether they want to be screened for prostate cancer. If the results of your exam/tests lead your doctor to suspect prostate cancer, a core needle biopsy will be done. & samples checked for cancer.

Staying Cool in the Summertime

When we are feeling warm/hot, we perspire. The perspiration evaporates & allows our bodies to cool. If our bodies do not cool correctly or cool enough, we can feel & become ill. Here are some things we can do to help stay cool. **Dress for it.** Wear lightweight, loose-fitting/light colored clothing. Wear a hat with a brim or use an umbrella to help block out the sun. **Protect yourself.** Do not get too much sun. **Wear sunscreen.** **Wear**

sunglasses. Avoid being outdoors during the peak sun hours 10 am - 4 pm. **Drink up.** That would be plenty of water. Drink even when you do not feel thirsty. Water or 'sports' drinks are beneficial. Do not drink alcoholic or caffeinated beverages in the warm weather - they can cause dehydration. **Eat small meals and eat more often.** Eat cool foods such as salads. Avoid hot and heavy foods. Try to limit high protein foods. These can increase your metabolic (internal body) heat. **Slow down and take it easy.** Try to avoid strenuous activity. If that is not possible, then do it during the coolest part of the day, before 10AM or after 4PM. **Take a break.** Take regular breaks in the shade or cool area when it is hot. **Stay indoors.** When possible, stay indoors and spend more time in air conditioned places. **Find a cooling center** - move your exercise indoors. Walk the air conditioned malls. Keep the shades down & blinds closed to keep indoor temperatures cooler. Do a minimum of cooking. Use the oven only if necessary. If you take medications, talk to your pharmacist to see if you need to be extra careful during warm weather.

Three Little Known VA Benefits

While 44 percent of all Veterans use at least one VA benefit, several lesser-known benefits could help Veterans live better, healthier lives. Here are three lesser-known VA benefits Veterans may be eligible to receive: **Home loan refinancing.** VA's home loan program offers Veterans different refinancing options: Cash-Out Refinance Loans – Veterans can take advantage of their home's equity to take cash out through refinancing, or refinance a non-VA loan into a VA-guaranteed loan. Interest Rate Reduction Refinance Loans – Veterans may be able to lower their monthly mortgage payment by obtaining a lower-interest loan. **Service dog veterinary benefits.** VA provides veterinary benefits to Veterans diagnosed as having visual, hearing or substantial mobility impairments & whose care will be enhanced through a guide or service dog. Veterans must enroll in VA health care to receive any type of medical service through VA. Once a Veteran is enrolled, VA will perform a complete clinical evaluation to determine how best to assist. Each service dog request is reviewed & evaluated on a case-by-case basis, & Veterans approved for guide or service dogs are then referred to accredited organizations to obtain their dog. **Employment resources.** It is not uncommon for a Veteran to struggle with translating military experience into civilian terms. VA offers employment resources for this, and every stage of the job search. Veterans who qualify for VA employment services can: Get help creating their resume; Use military skills translators for federal or private-sector jobs; Search for jobs and find employers who want to hire Veterans; Receive one-on-one career counseling.

The Most Prevalent Service-Connected Disabilities

Among all compensation recipients, the most common service-connected disabilities are:

Tinnitus	Hearing loss
Post-traumatic stress disorder	Lumbosacral/cervical strain
Scars, general	Limitation of knee flexion
Paralysis of the sciatic nerve	Limitation of ankle motion
Diabetes mellitus	Degenerative arthritis - spine

The data shows that certain disabilities are more common among veterans who served during a particular period of service. Diabetes mellitus, type II makes up 7.24% of all service-connected disability claims of Vietnam-Era Veterans. This could be due to several different factors. Diabetes mellitus, type II is a presumptive condition for veterans who were exposed to Agent Orange in Vietnam & some other locations. Post-traumatic stress disorder (PTSD) makes up 7.5% of all claimed disabilities for Vietnam-Era Veterans, & only 3.3% of service-connected disabilities for Gulf War-Era Veterans. However, Gulf War-Era Veterans who receive compensation have more service-connected disabilities per veteran. On average, Gulf War-Era Veterans have an average of 6.28 disabilities per veteran, while Vietnam-Era Veterans have 3.74 disabilities per veteran.

United States Flag Etiquette

The U.S. Flag Code formalizes and unifies the traditional ways in which we give respect to the flag, also contains specific instructions on how the flag is not to be used. The following is a list of do's associated with Old Glory, the U.S. Flag.

When displaying the flag, DO the following:

Display the U.S. flag from sunrise to sunset on buildings and stationary flagstaffs in the open.

When a patriotic effect is desired the flag may be displayed 24-hours a day if properly illuminated during the hours of darkness.

When placed on a single staff or lanyard, place the U.S. Flag above all other flags.

When flags are displayed in a row, the U.S. flag goes to the observer's left.

Flags of other nations are flown at same height. State and local flags are traditionally flown lower.

When used during a marching ceremony or parade with other flags, the U.S. Flag will be to the observer's left.

On special days, the flag may be flown at half-staff.

On Memorial Day it is flown at half-staff until noon, then raised.

When flown at half-staff, should be first hoisted to the peak for an instant and then lowered to the half-staff position. The flag should be again raised to the peak before it is lowered for the day. By "half-staff" is meant lowering the flag to one-half the distance between the top and bottom of the staff.

When the flag is displayed over the middle of the street, it should be suspended vertically with the union (blue field of stars) to the north in an east and west street or to the east in a north and south street.

When placed on a Podium the flag should be placed on the speaker's right or the staging area. Other flags should be placed to the left.

When displayed either horizontally or vertically against a wall (or other flat surface), the union (blue field of stars) should be uppermost and to the flag's own right, that is, to the observer's left.

When displayed in a window it should be displayed in the same way -- with the union or blue field to the left of the observer in the street.

When the flag is displayed on a car, the staff shall be fixed firmly to the chassis or clamped to the right fender.

When the flag is used to cover a casket, it should be so placed that the union is at the head and over the left shoulder. The flag should not be lowered into the grave or allowed to touch the ground.

When saluting the flag DO the following:

All persons present in uniform (military, police, fire, etc.) should render the military salute.

Members of the armed forces and veterans who are present but not in uniform may render the military salute.

All other persons present should face the flag and stand at attention with their right hand over the heart, or if applicable, remove their headdress with their right hand and hold it at the left shoulder, the hand being over the heart.

When stowing or disposing of the flag, DO the following:

Fold in the traditional triangle for stowage, never wadded up.

The flag should be folded in its customary manner.

It is important that the fire be fairly large and of sufficient intensity to ensure complete burning of the flag.

When disposing of the flag, place the flag on the fire.

The individual(s) can come to attention, salute the flag, recite the Pledge of Allegiance & have a period of silent reflection.

After the flag is completely consumed, the fire should then be safely extinguished and the ashes buried.

Quick list of Flag Etiquette Don'ts:

Don't dip the U.S. Flag for any person, flag, or vessel.

Don't let the flag touch the ground.

Don't fly flag upside down unless there is an emergency.

Don't carry the flag flat, or carry things in it.

Don't use the flag as clothing.

Don't store the flag where it can get dirty.

Don't use it as a cover.

Don't fasten it or tie it back. Always allow it to fall free.

Don't draw on, or otherwise mark the flag.

Don't use the flag for decoration. Use bunting with the blue on top, then white, then red.

VA And Medical Marijuana

Veterans Affairs Secretary David Shulkin said medical marijuana could help veterans, a major split in tone from the administration. Congress recently changed the rules so VA doctors can now discuss medical marijuana with patients in states where it's legal for the first time, but they still can't prescribe the drug. Shulkin suggested the VA look into studying what effects it is having on veterans where it's legal.

Phone Landlines On the Way Out

An Illinois bill awaits federal regulatory approval that would eliminate landline service in 20 states, including Florida & Georgia, whose lawmakers voted to allow AT&T to end landline service.

Chapter #5 Election of Officers

At the June 27th meeting at Cherry Laurel we will conduct election for new Chapter Officers. All members are invited to attend & place their names on the ballot for any/all positions. This is your chapter, so now is the time to step up & continue our efforts to assist Veterans & the local community.