

Wilford Hall Medical Center tests new vascular viewer

MASTER SGT. KIMBERLY SPENCER
59th Medical Wing Public Affairs

LACKLAND AIR FORCE BASE, Texas — Airmen at the Wilford Hall Medical Center's emergency department are helping evaluate a new light scope used to help locate patient's veins and arteries.

The vascular viewer uses an infrared lighting source to trans-illuminate tissue. So medical personnel can use it to better locate a patient's veins and arteries using a monoscope with night vision technology.

"Difficulty in finding patient's veins can depend on a patient's anatomy and disease progression," emergency department nurse 1st Lt. Keith Schultz

said. "It can also be hard to find a good vein on a patient whose veins have had to be accessed often due to illness."

David Callard, vice president of engineering and product development for Infrared Imaging Systems said the technology was first developed at the Air Force Research Laboratory at Wright-Patterson Air Force Base, Ohio. It was in response to requests by Army doctors at Walter Reed Medical Center in D.C.

The Air Force licensed the company to further develop the technology. The company designed the prototype medics began using at the medical center last week.

"Selecting Wilford Hall as the site for testing and evaluation was the logical

choice," said Greg Miller, company vice president of sales and marketing. "Where better than the flagship hospital of the Air Force?"

Lieutenant Schultz said, "Although still in the developmental stages, this technology does have great potential. It will provide a non-invasive method of venous and arterial exploration allowing doctors to better place intravenous lines, draw arterial blood gasses and aid in placement of arterial lines for monitoring blood pressure."

The emergency department will work with the company's research, design and development team to discuss where the prototype is working and where there is room for improvement. The company will determine how to

best meet medics' needs and continue to develop better prototypes for evaluation.

"As the only level-one trauma center in the Air Force, we are continually involved in developing better medical processes and products," said Col. Donald Jenkins, 59th Medical Wing general surgery flight commander.

"This not only benefits our trauma victims and beneficiaries, but is crucial in developing technology used in saving lives on the battlefield," he said.



U.S. AIR FORCE MASTER SGT. KIMBERLY SPENCER
1st Lt. Keith Schultz uses an infrared light source to illuminate a patient's hand. The light, placed under a patient's hand, allows medical personnel to see the veins using a monoscope with night vision technology. Lieutenant Schultz is an emergency department nurse with the 59th Medical Wing.

Cherries – Mother Nature's formula for joint pain relief

(ARA) - Are cherries truly fruit for a healthy you? These days people want to take care of themselves and cherries can help. Tart cherries naturally pack a health-promoting punch that provides pain relief for many people. Recent studies have revealed that tart (sour) cherries offer an assortment of health benefits including the ability to offer natural relief from joint pain caused from gout and other joint inflammation symptoms.

According to ongoing research, daily consumption of tart cherries has the potential to reduce the pain associated with joint inflammation. Tart cherries naturally contain anthocyanins and bioflavonoids which may prevent inflammation in the body. To date, no other fruit or vegetable has been found to have the pain relieving properties of tart cherries.

Leading researchers believe that the pain relief may not come from a specific antioxidant in the cherries, but from the synergistic effect of all the natural compounds in cherries. The

skin of the cherries holds most of the essential antioxidants vital to their health benefits.

Antioxidants are vitamins, mineral and other compounds found naturally in everyday food, especially fruits and vegetables. Some of the best known antioxidants include vitamin A, C and E. These powerful antioxidants fight free-radicals within the body and potentially slow down the natural oxidation process that occurs in the body.

One significant source of tart cherry is Fruit Advantage Tart Cherry dietary supplement. The entire cherry, except the pit and stem, is used to make Fruit Advantage Tart Cherry – even the skin. "Just two capsules a day give you the benefits of this amazing fruit. Each daily serving provides 850 mg of 100 percent pure tart cherry," says Andy LaPointe, of Fruit Advantage. (www.fruitadvantage.com)

Although more research is needed to unlock all of the amazing natural benefits of tart cherries, Linda L. Patterson is a living testimony of the

soothing affects of cherries on her joint pain. "I enjoy crocheting and lately my hands have been so painful, I couldn't crochet for more than about 30 minutes," says Patterson. In an attempt to find relief from her pain, a friend recommended Fruit Advantage Tart Cherry, a dietary supplement made from tart cherries. "Within the first week of taking the tart cherry capsules my hands felt so much better," says Ms. Patterson. "I am now able to crochet without the pain in my hands."

Another significant find within tart cherries is the presence of natural Melatonin. "Tart cherries contain high amounts of Melatonin, which can help to regulate the natural body clock to promote better sleep," says LaPointe. "Many take our capsules in the evening and find they sleep much more soundly during the night."

For more information about the health benefits of cherries, visit www.fruitadvantage.com or call (877) 746-7477.

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