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Book Explores Health Maintenance and Medical Concerns of Military Recruits

Borden Institute Releases Recruit Medicine

Washington, DC - Reflecting the increasing military importance of health and fitness in the recruit population, the Borden Institute has released Recruit Medicine, the latest book in the Textbooks of Military Medicine series.

Aimed at all those involved in providing care and determining policy for military recruits, this volume covers important aspects of recruit medicine, such as the medical qualifications process; health promotion and environmental risk management; chronic diseases such as asthma; injury prevention and management; communicable illnesses; behavioral, dental, and women's health; and recruit mortality. Recruit medicine combines aspects of epidemiology, preventive medicine, primary care, orthopedics, gynecology, psychiatry, and dentistry. The textbook emphasizes the need for healthcare professionals to clearly understand how these factors affect recruits' ability to perform to standard.

"In times past, military medicine has often underappreciated the value of recruit medicine. The military can no longer afford to do so. Because of the rising costs of entering recruits into the training base, and the requirement that they immediately contribute to the combat effectiveness in their first unit of assignment, military medicine must develop a dynamic approach to the use of our knowledge of recruit medicine. As the accessions process transforms volunteer citizens into soldiers, sailors, airmen, and marines, military medicine must help maximize every recruit's chance of attaining military standards in health and fitness. A healthy and fit recruit becomes a healthy and fit soldier, sailor, airman, or marine," said Army Surgeon General Lieutenant General Kevin C. Kiley.

Colonel Bernard L. DeKoning, MD (MC, US Army) the book's senior editor and Assistant Surgeon General (Force Projection), added, "Just as the military's center of gravity is the individual soldier, sailor, airman, or marine, the individual's center of gravity is good health. An individual in poor health cannot withstand the rigors of combat or stability operations, nor can he or she properly transform information into action. Our sons and daughters who volunteer to protect the nation deserve the very best in military medicine from the moment they choose to enlist."

The Borden Institute, US Army, was conceived in 1986. The Borden Institute's publications are available free of charge to qualified US military medical personnel. Each book is a comprehensive reference on the art and science of military medicine, extensively illustrated, and written in an easy-to-follow narrative. The books integrate lessons learned in past wars with current principles and practices of military medicine.

The Borden Institute offers volumes in hardback, as well as on its website and on CD-ROM.

For more information on the Borden Institute and how to order the publications, visit the organization online at www.bordeninstitute.army.mil.

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