

INDEX

A

- Aberdeen Proving Ground (Maryland)
 - sexual assault case, 418, 420
- Aberdeen Proving Ground (Maryland) Injury and Illness Surveillance System
 - activities associated with injury in ordnance advanced individual training from January through December, 2001 (figure), 134
 - development of, 129
 - Injury and Illness Sheet (figure), 130
 - ordnance AIT students and, 129, 134
 - weekly injury sick call rates, February to May 2004, 131
- Abnormal uterine bleeding
 - definition, 402
 - diagnosis, 404
 - differential diagnosis, 402–404
 - dysfunctional uterine bleeding and, 402
 - exogenous hormone use and, 403
 - pregnancy and, 403
 - surgical intervention, 404–405
 - systemic disorders and, 404
 - treatment, 404–405
- Accession and attrition
 - goal of military training, 312
 - overview of recruiting and accessions, 29–44
- Accession health data collection
 - baseline health data importance, 82
 - health surveillance effort inadequacies, 82
 - Recruit Assessment Program, 82–86
 - Sailor's Health Inventory Program, 82
 - transition toward DoD-wide implementation of RAP, 85–86
- Accession medical standards
 - DoD Instruction 6130.4, *Criteria and Procedure Requirements for Physical Standards for Appointment, Enlistment, or Induction in the Armed Forces*, 46–47
 - goal, 90
 - military purpose, 90
- Accession Medical Standards Analysis and Research Activity
 - accuracy of initial entry training discharge classification types (Fort Leonard Wood study), 70–71
 - analytic horizon, 48
 - assessing physical fitness levels, 54
 - asthma analysis, 98–101
 - commissioning of, 98
 - data sources and limitations, 58
 - disability discharges and, 67
 - discharges due to psychological and psychiatric conditions, 299
 - existed-prior-to-service discharge case series reviews: by medical condition, report year, and number of records reviewed (table), 70
 - medical screening research, 52–55
 - mission, 299
 - mission of, 47–48
 - objectives (exhibit), 47
 - objectives of, 98
 - screening for asthma with exhaled nitric oxide levels, 52–54
 - sexually transmitted infection reports, 259
 - Small Business Innovation Research project, 55
 - Web site, 74
- Accession Medical Standards Working Group
 - DoD Instruction 6130.4, *Criteria and Procedure Requirements for Physical Standards for Appointment, Enlistment, or Induction in the Armed Forces* and, 47
- Acetazolamide
 - exertional rhabdomyolysis treatment, 511
- Acid-fast bacillus testing
 - tuberculosis, 285, 286
- ACL ruptures. *See* Anterior cruciate ligament ruptures
- Acquired thermal tolerance
 - heat acclimation and, 499
 - heat shock proteins and, 499
- Active duty component
 - age of enlisted members, 39
 - FY 2002 data, 30
- Acute exertional rhabdomyolysis
 - case studies, 167–169
 - compartment syndrome and, 512
 - degree of systemic involvement, 169
 - dialysis and, 512
 - heatstroke and, 506–507, 508, 536
 - laboratory studies, 167, 506–507
 - monitoring of, 511–512
 - presentation, 167
 - risk factors (exhibit), 168
 - strenuous physical activity and, 166
 - treatment, 167, 173
- Acute glomerulonephritis
 - group A streptococcus and, 230
- Acute injuries. *See also specific injuries*
 - causes, 148
 - common training-related acute (traumatic) injuries (table), 149
 - fractures, 150
 - shoulder instability and dislocation, 150
 - sprains, 148–149
 - strains, 149–150
- Acute rheumatic fever
 - group A streptococcus and, 230
- Acute water intoxication. *See* Hyponatremia
- Adenoviruses
 - acute respiratory disease and, 211–212, 232–236
 - asymptomatic infection, 233
 - cost-benefit analyses of vaccination, 235
 - crowding and, 233
 - discovery of, 232–233
 - distribution of adenovirus infections among different military populations (table), 234
 - efforts to renew vaccine manufacture, 236, 542
 - mortality from, 537–538
 - recovery rate studies, 233
 - resurgence in the unvaccinated population, 236
 - seasonal pattern of infection, 233–234
 - shedding studies, 233
 - symptoms, 212, 233
 - transmission, 233
 - vaccine considerations, 212, 235, 245, 542, 544
- ADHD. *See* Attention deficit with hyperactivity disorder
- Adolescents. *See also* Children
 - dental caries and, 387, 394
 - folate deficiency and, 452
 - overweight and obesity and, 430, 432–433
 - suicide and, 313, 314–315
 - von Willebrand's disease and, 404
- Advanced individual training. *See also* Initial entry training
 - American Council on Education certification of courses, 34
 - description, 32, 34, 126, 148
 - injury incidence and incidence rates among US Army soldiers in advanced individual training (table), 134
 - injury risk research, 132–134, 137
 - self-care program, 478–490

- US Air Force, 34
- US Army, 32, 34
- US Marine Corps, 34
- US Navy, 34
- Adverse Childhood Experiences Study
 - Recruit Assessment Program and, 82
- Aerobic training
 - examples, 114
- AFB. *See* Acid-fast bacillus testing
- AFEB. *See* Armed Forces Epidemiology Board
- AFMET. *See* Air Force Medical Evaluation Test Program
- AFQT. *See* Armed Forces Qualification Test
- African Americans
 - body mass index and, 430
 - gonorrhea infection and, 263
 - overrepresentation in the enlisted force, 39
 - segregation issue, 39
 - stress fractures and, 178
 - tuberculosis and, 281
- Age factors
 - age of active duty officers (figure), 40
 - age of enlisted members (figure), 39
 - chlamydia, 262, 263
 - exertional heat illnesses, 495
 - human immunodeficiency virus, 270
 - human papilloma virus, 405
 - management options for ASCUS cytology in women less than 30 years of age (table), 408
 - mean age of new recruits, 39
 - nongonococcal urethritis and cervicitis, 267
 - nontraumatic deaths, 533
 - sexually transmitted infections, 256, 257–258
 - stress fractures, 178
 - traumatic deaths, 523
 - trichomoniasis, 267
- AID LIFE acronym
 - exhibit, 338
 - US Navy adoption of, 336
- Air Force Medical Evaluation Test Program
 - Biographical Evaluation and Screening of Troops, 304, 306
 - description, 303
 - phases of, 304
- Aircast, Inc.
 - pneumatic leg brace, 188–189
- AIT. *See* Advanced individual training
- Alaskan Natives
 - tuberculosis and, 281
- Alcohol-based hand cleaners
 - respiratory infections and, 244
- Alcohol use
 - sexually transmitted infections and, 258
- Alcohol Use Disorders Identification Test
 - Recruit Assessment Program and, 82
- Alveolar osteitis
 - dental extractions and, 391
- Amantadine
 - influenza A treatment, 238
- AMEDD. *See* Army Medical Department
- American Academy of Pediatrics
 - immunization policy development, 213
- American College of Obstetricians and Gynecologists
 - immunization policy development, 213
- American College of Physicians
 - immunization policy development, 213
- American College of Sports Medicine
 - guidelines for aerobic intensity, 121
 - stress fractures in female athletes, 177–178
- American Council on Education
 - certification of AIT courses, 34
- American Hospital Association
 - emergency room visit study, 475
- American Indians
 - tuberculosis and, 281
- American Medical Association
 - shin splints definition, 155
- American Psychiatric Association
 - Diagnostic and Statistical Manual of Mental Disorders*, fourth edition, 318, 359
- American Thoracic Society
 - methacholine inhalation challenge guidelines, 103
 - tuberculosis diagnostic standards, 283–284
 - tuberculosis treatment guidelines, 284–286
- Amoxicillin
 - urinary tract infection treatment, 410
- Amputations
 - compartment syndrome and, 172
- AMSA. *See* Army Medical Surveillance Activity
- AMSARA. *See* Accession Medical Standards Analysis and Research Activity
- Amsel’s criteria
 - bacterial vaginosis diagnosis, 401
- AMSWG. *See* Accession Medical Standards Working Group
- Amundson, D. E.
 - S pneumoniae* infection research, 239
- AN. *See* Anorexia nervosa
- Anaerobic training
 - examples, 114–115
- Andersen, A. E.
 - eating disorder research, 362
- Anderson, M. R.
 - vaginal disorder research, 402
- Anemia. *See also* Sickle cell trait
 - description, 449–450
 - effects of iron deficiency, 450, 453
 - folate deficiency and, 452
 - iron status assessment, 450
 - special military considerations, 451
- Anorexia nervosa
 - cost of treatment, 369
 - course and prognosis, 364
 - dental findings, 363
 - depression and, 361
 - description and characteristics, 358, 359
 - family factors, 361–362
 - genetic factors, 360–361
 - hospitalization for, 369
 - indications for hospitalization (exhibit), 369
 - medical assessment and treatment, 369, 372
 - medical findings, 362
 - medications effective in placebo-controlled trials for (exhibit), 370
 - mortality rate, 364, 369
 - pharmacotherapy, 370
 - prevalence, 358
 - psychotherapy, 370
 - recognition signs of (exhibit), 359
 - types, 359
 - vitamin supplementation and, 369
- Anterior cruciate ligament ruptures
 - rubber matting and, 139–140
- Anthrax vaccine
 - program for, 222
- Antibiotics. *See also specific antibiotics*
 - Group A streptococcus infection prophylaxis, 231–232, 245, 542–543, 544
 - M pneumoniae* infection treatment, 242
 - urinary tract infection treatment, 410

- Antidepressants. *See also specific medications*
 eating disorders treatment, 370–372
 suicide treatment, 333–334
- Antiperspirants
 foot blisters and, 137
- AOHMP. *See* Army Oral Health Maintenance Program
- APGISS. *See* Aberdeen Proving Ground (Maryland) Injury and Illness Surveillance System
- Appel, Dr. John
 Neuropsychiatric Screening Adjunct development, 302
- Applied Suicide Intervention Skills Training program
 description, 336
- Arciero, R. A.
 traumatic shoulder dislocations among West Point cadets, 150
- ARD. *See* Respiratory infections
- Arendt, E. A.
 stress fracture research, 183, 184
- Armed Forces Epidemiology Board
 chlamydia screening recommendation, 261, 262–263
 concurrent immunization and, 217
 immunization policy development, 213–214
 QuantiFERON-TB test recommendation, 290
 Recruit Assessment Program recommendations, 85
 role of, 208
- Armed Forces Medical Intelligence Center
 immunization policy development, 213
- Armed Forces Qualification Test
 description, 48, 304
 quality standards and, 42
- Armed Services Vocational Aptitude Battery
 Armed Forces Qualification Test and, 304
 description, 48
 motivation of recruits and, 303
- ARMS study. *See* Assessment of Recruit Motivation and Strength study
- Armsey, T. D., Jr.
 calcium research, 179
 stress fracture research, 180
- Armstrong, D. W., III
 eating disorders research, 365
 stress fracture research, 179
- Army Health Promotion*
 endorsement of self-care principles, 476
- Army Medical Department
 self-care and, 478, 491
- Army Medical Surveillance Activity
 Medical Surveillance Monthly Report, 127
 Training-Related Injury Reports and, 127
 Web site, 127
- Army Oral Health Maintenance Program
 purpose of, 384
- Army Reorganization Act of 1920
 Air Service founding, 31
- Army Weight Control Program
 body composition standards and, 431
 monitoring soldiers who have been removed from the program, 462
 screening and enrollment procedures, 461
 Weigh to Stay program, 461–462
- Army Weight Control Program* (Regulation 600-9)
 taping method for body fat measurement, 430
- Artenstein, M. S.
 meningococcal disease vaccine research, 212
- Arterial blood gas testing
 hyperventilation syndrome diagnosis, 579, 580
- Arthur, R. J.
 recruit questionnaire development, 303
- Asay, T. P.
 suicide research, 326
- ASCUS. *See* Atypical squamous cells of undetermined significance
- Asian/Pacific Islanders
 gonorrhea infection and, 263
 tuberculosis and, 281
- ASIST program. *See* Applied Suicide Intervention Skills Training program
- Aspirin
 rhabdomyolysis and, 169
- Assessment of Background and Life Experiences
 development of, 303
- Assessment of Individual Motivation
 creation of, 303
 pilot program using, 305
- Assessment of Recruit Motivation and Strength study
 description, 54
- Asthma
 allergen sensitization and, 93
 asthma screening questions from surveys (table), 101
 asthma waivers granted for active duty enlisted applicants, 1997–2002 (table), 98, 530
 components of airway obstruction, 91
 concealment of, 52–53, 91
 cost to the military, 97
 current regulation on asthma and accessions, 97
 definition of, 91
 diagnostic difficulties, 46, 90–91
 duty limitation or service separation cause, 38
 dyspnea and, 576
 ethnic differences in childhood asthma rates, 93
 evaluation of applicants with a possible history of, 101–102
 evaluation of asthma during recruit training, 102–103
 exercise challenge, 102
 exercise-induced bronchospasm and, 53–54, 103
 exercise-related death from, 538
 exhaled nitric oxide level screening, 52–54, 100, 103
 histamine challenge, 102
 historical background, 94–97
 hypocapnic hyperventilation test, 102–103
 incidence of, 90, 91, 93
 insights concerning, 103–104
 major issues associated with the presence of asthmatic soldiers on the battlefield, 96–97
 medical waivers and, 50–51
 methacholine inhalation challenge, 102
 military environment and, 93–94
 natural history of, 92–93
 Olympic athletes and, 90
 ongoing DoD analysis of, 98–101
 peak flow testing, 102
 periodic review of accession regulations on, 91
 permanent medical disqualifications and, 50
 persistence of childhood asthma (table), 93
 perspectives of personnel affected by asthma accession regulations (exhibit), 94
 presentation of, 90, 91
 progression of childhood asthma to adult asthma, 92
 pulmonary function testing, 102
 rank and percentage of asthma as EPTS discharge diagnosis, 1998–2002 (table), 98
 regulation development problems, 90–91
 retention standards, 530
 survival analysis, 71
 survival curves of recruits with a waiver for (figure), 73–74
 unintentional deaths from prescription medications for, 530
 unique medical condition, 90

- US Army asthma disability discharges, 1992–2001 (table), 100
- US Navy's Project REMAIN, 74–75
- vocal cord dysfunction and, 576, 578, 579
- waxing and waning of symptoms, 91
- ASVAB. *See* Armed Services Vocational Aptitude Battery
- Athletes
 - acute exertional rhabdomyolysis and, 166–167
- Atkins diet
 - description, claims, realities, and health problems, 465–466
- Attention deficit with hyperactivity disorder
 - survival analysis, 71, 75
- Atypical squamous cells of undetermined significance
 - colposcopy and, 409
 - low- and high-grade squamous intraepithelial lesions and, 409
 - management options for ASCUS cytology in women less than 30 years of age (table), 408
 - reflex HPV testing and, 409
- AUB. *See* Abnormal uterine bleeding
- Australia
 - pelvic stress fractures in female Australian recruits, 136
 - police suicide prevention program, 338–339
 - Recruit Assessment Program and, 86
 - research on stretching, 135
 - research on substituting foot marches for running, 135
 - running intervention research, 136
- Avian influenza
 - description and transmission, 236–237
- Azithromycin
 - dosage, 232, 245
 - group A streptococcus infection treatment, 232, 245

B

- Bachelor, A.
 - suicide research, 323
- Bacille Calmette-Guérin vaccine
 - false-positive skin test results and, 287
 - TB infection in later life and, 281
- Background checks
 - screening process and, 48
- Bacterial vaginosis
 - description, 400
 - diagnosis, 401
 - presentation, 401
 - risk factors, 400–401
 - treatment, 401
- Basic combat training. *See also* Initial entry training
 - description, 126, 148
 - graduation requirements, 32
 - phases, 32
- Basur, R. L.
 - cryotherapy research, 158
- Batt, M. E.
 - stress fracture research, 183, 191
- BCG. *See* Bacille Calmette-Guérin vaccine
- BCT. *See* Basic combat training
- Bearden, D. L.
 - psychological screening research, 303
- BED. *See* Binge-eating disorder
- Behavioral Analysis Service
 - Air Force screening process analysis, 304
- Bennell, K.
 - stress fracture research, 178, 179
- Benzathine penicillin G
 - group A streptococcus infection prophylaxis, 231–232, 542–543, 544
- Besterman, G.
 - stress fracture research, 180
- Binet, Alfred
 - intelligence testing research, 300
- Binge-eating disorder
 - description, 360
 - treatment, 371–372
- Biological factors
 - eating disorders, 360–361
- Bisphosphonates
 - stress fractures and, 190
- Bitter orange
 - dietary supplement ingredient, 442, 453
- Blisters and open skin wounds. *See also* Foot blisters
 - description, prevention, and treatment, 150
- Blood type diet
 - description, 467–468
- Bloom, H. H.
 - coxsackievirus A21 research, 242–243
- BMD. *See* Bone mineral density
- BN. *See* Bulimia nervosa
- Body mass index
 - comparison of body mass indexes in three US military services and the general population (table), 433
 - eating disorders and, 360, 361, 362, 368, 369, 372
 - exertional heat illnesses and, 495, 499–500
 - racial and ethnic factors, 430
 - stress fractures and, 178
- Body weight. *See also* Nutrition and weight control
 - increase in body weight of new soldiers, 112
- Boer War
 - typhoid fever and, 210
- Bone mineral density
 - description, 448
 - factors affecting, 448–449
 - measurement of, 449
 - osteopenia and osteoporosis and, 447–448
 - stress fractures and, 178
- Bone scan imaging
 - atlas of, 557–572
 - figures, 558–572
 - grading systems, 557
 - materials and methods, 556
 - radiograph comparison, 556–557
 - research results, 556
 - scan demonstrating increased uptake in the medial tibial plateaus, bilaterally (figure), 182
 - shin splints, 182
 - stress fractures, 156, 181–183, 556–573
 - techniques, 558
- Bone scintigraphy. *See* Bone scan imaging
- Bongar, B.
 - suicide research, 318
- Boots
 - insoles for, 137–138, 141
 - shock-absorbing capabilities, 138
 - training shoes compared with, 138
- Bordetella pertussis* infection
 - acellular vaccine, 241
 - adverse effects of vaccines, 241
 - booster shots for, 241, 242, 245
 - mortality from, 241
 - projected number of US adults (in millions) susceptible to pertussis by year (figure), 241
 - waning immunity to, 241
 - whole-cell vaccine, 241
 - young adults and, 240–242, 245
- Bowan, K. M.
 - psychiatric screening research, 301

- Bowlby, John
suicide assessment, 323
- Bowlegs. *See* Genu varum
- BPG. *See* Benzathine penicillin G
- Bracing
knee range-of-motion races, 189
pneumatic leg braces, 188–189
stress fracture treatment, 188–189
- Brand, J. C., Jr.
stress fracture research, 190
- Brazil
meningococcal disease epidemic, 212–213
- Breese, B.
influence of crowding on respiratory infections, 244
- Breithaupt, Dr.
earliest stress fracture report, 176
- Brighton Collaboration
vaccine safety, 219
- Brocklesby, Dr. Richard
ventilation and crowding among recruits, 244
- Brodkey, C.
space recommendations in the US Army, 244
- Brown, L. L.
asthma screening studies, 103
- Brundage, J. F.
ventilation and recirculation of air effect on respiratory infections, 245
- Budd-Chiari syndrome
nontraumatic death cause, 539
- Buddy watches. *See* Unit watches
- Bulimia nervosa
course and prognosis, 364
dental findings, 362–364
description, 358
family factors, 361–362
genetic factors, 360–361
indications for hospitalization (exhibit), 370
medical findings, 362
medications effective in placebo-controlled trials (exhibit), 371
mortality rate, 364
pharmacotherapy, 371
prevalence, 358
recognition signs of (exhibit), 360
relapse and, 371
types, 359–360
- Bupropion
bulimia nervosa treatment, 371
- Bursitis
acute and chronic types, 153–154
common sites for, 153
description, 153
septic type, 153
symptoms, 153
treatment, 153–154
- Bush, Pres. George W.
signing of the Ronald W. Reagan National Defense Authorization Act for Fiscal Year 2005, 85
- BV. *See* Bacterial vaginosis
- C**
- Cabbage soup diet
description, 467
- Caffeine
dietary supplement ingredient, 442
rhabdomyolysis and, 169
- Calcaneal stress fractures
description, 191
- Calcium
bone mineral density and, 448–449
dietary sources, 449
National Institutes of Health guidelines for calcium needs, 190
recommended intake of, 448
stress fractures and, 179
- Calisthenics
conditioning drill 1, exercise 6: the windmill (figure), 116
link to military tasks (figure), 116
mobility and, 115
sequencing for total-body conditioning, 120
strength drills, 113
- Canada
Recruit Assessment Program and, 86
- Canapary, D.
suicide research, 318
- Carbohydrate and electrolyte beverages
exertional heat illnesses and, 501
heat cramps treatment, 503
heatstroke and, 510–511
- Carbohydrates
“carbo loading,” 445
description, 438
dietary reference intake of, 438, 453
exercise and, 444
- CARD. *See* Commission on Acute Respiratory Diseases
- Cardiovascular events
heatstroke and, 507
- Carlton, J. R.
eating disorders research, 367
- Carr, J. R.
suicide research, 316
- CASE. *See* Chronological Assessment of Suicide Events
- Casts
stress fractures and, 189
- Cattell, James
psychological testing research, 300
- CBT. *See* Cognitive behavioral therapy
- CDC. *See* Centers for Disease Control and Prevention
- Centers for Disease Control and Prevention
asthma statistics, 92
chlamydia rates, 262
chlamydia screening recommendation, 262–263
elimination of funding for TB, 278
emergency room visit statistics, 475
estimate of human papilloma virus cases, 256
estimate of overweight in the American population, 360
Gonococcal Isolate Surveillance Project, 265
immunization policy development, 213
latent TB infection treatment guidelines, 287–288
National Youth Risk Behavior Survey, 258
overweight definition, 432
partner notification and therapy for sexually transmitted infections, 261
QuantiFERON-TB test recommendation, 290
suicide prevention recommendations, 336
tuberculosis diagnostic standards, 283–284
tuberculosis genotyping, 281
tuberculosis treatment guidelines, 284–286
- Central nervous system dysfunction
heatstroke and, 506, 508
- Cephalexin
urinary tract infection treatment, 410
- Cervical cancer
chlamydia infections and, 405
human papilloma virus and, 405, 406
risk factors, 405–406

- sexually transmitted infections and, 405
- Cervical cytology guidelines
 - Bethesda system (exhibit), 407
 - comparison of different cytological classifications (table), 408
 - evaluation systems, 406–408
 - management of unsatisfactory Pap smears, 408–409
 - management options for ASCUS cytology in women less than 30 years of age (table), 408
 - optimal age to begin screening, 406
 - risk factors, 405–406
- Cervicitis. *See* Nongonococcal urethritis and cervicitis
- Chaplains
 - suicide and, 333, 353
- CHCS. *See* Composite Health Care System
- Childhood physical or sexual abuse
 - eating disorders and, 361–362
 - suicide and, 320, 334
- Children. *See also* Adolescents
 - anemia and, 451
 - asthma and, 92–93
 - Bordetella pertussis* vaccination, 241
 - intelligence testing research, 300
 - overweight and obesity and, 430
 - recruits with, 411
 - tetanus and diphtheria immunizations, 208
- Chlamydia infections
 - cervical cancer and, 405
 - clinical manifestations, 262
 - comorbidity with other sexually transmitted infections, 263
 - diagnosis and management, 262–263
 - diagnostic tests (table), 263
 - epidemiology, 261–262
 - prevalence, 262
- Chlamydia pneumoniae* infections
 - description, 242
- Chronological Assessment of Suicide Events
 - assessment model, 325–326
- Cigarette smoking. *See* Tobacco use
- Ciprofloxacin
 - urinary tract infection treatment, 410
- Civil War
 - asthma incidence, 94
 - hyperventilation syndrome and, 579
 - physical examinations of recruits, 4
 - regimental surgeons and, 4–5
 - smallpox and, 209
 - Union Army’s recruiting quotas, 5
- Clark, J. H.
 - Fort Ord Inventory, 303
- Clark, M. A.
 - population-based mortality research, 520
- Clear liquids diet
 - description, 467
- Cleary, K. M.
 - suicide research, 318
- Clothing allowances, 35
- CNS dysfunction. *See* Central nervous system dysfunction
- Cobalamin. *See* Vitamin B₁₂
- Cocaine
 - exertional heat illnesses and, 502
- Cochrane Database
 - insole use, 180
- Cognitive behavioral therapy
 - anorexia nervosa, 370, 372
 - binge-eating disorder, 372
 - bulimia nervosa, 371, 372
 - sexual assault, 421
 - suicide and, 331, 334
- Combat Hitting Skills Program
 - description, 16
 - unintentional deaths and, 532
- Commander’s, Senior NCO’s, and Instructor’s Guide to Risk Management of Heat Casualties*, 499
- Commission on Acute Respiratory Diseases
 - respiratory disease studies, 229–230
- Compartment syndrome
 - amputation and, 172
 - causes, 152, 169
 - compartments most commonly affected, 170
 - complications, 152
 - delayed presentation, 170
 - description, 152, 169, 173
 - diagram representing the goal of recruit training: optimum readiness without injury (figure), 173
 - exercise-induced, 152–153
 - measurement of compartment pressure, 171
 - missed diagnoses, 170
 - presentation, 152–153, 169–171
 - rhabdomyolysis and, 172–173, 512
 - scenarios, 171–172
 - serial physical examinations and, 170–171
 - surgical treatment, 153, 171, 172
 - tibial stress fractures and, 190–191
- Composite Health Care System
 - electronic interface with the Recruit Assessment Program, 83
- Compression component of the RICE protocol
 - description, 158
 - most effective period for, 158–159
- Computed tomography
 - stress fracture diagnosis, 183–184
- Condoms
 - education programs, 261
 - failure rate, 260
 - rates of use, 258
- Confidentiality
 - suicide and, 327
- Continental Army
 - medical standards, 4
 - smallpox and, 209
- Continental Congress
 - US Army founding, 31
 - US Marine Corps founding, 31
- Contraception
 - condoms, 258, 261
 - oral contraceptives, 384, 387–389, 391, 403, 405, 410
 - sexually transmitted infection education and, 411
- Cooling
 - heat exhaustion treatment, 503–504
 - rapid cooling heatstroke treatment, 509, 512, 542
- Coronaviruses
 - description, 242
- Cowan, D. N.
 - stress fracture research, 179
- Coxsackievirus A21 infection
 - outbreak investigations, 242–243
- Criteria and Procedure Requirements for Physical Standards for Appointment, Enlistment, or Induction in the Armed Forces*
 - Accession Medical Standards Working Group and, 47
 - asthma regulations, 97
 - description, 46
 - development of, 46–47
 - sexually transmitted infections and, 258
- Crosby, A. E.
 - suicide research, 338

- "The crucible," 16, 537
- Crum, N. F.
Neisseria meningitidis infection research, 245
- Cryotherapy
 complications, 158
 contraindications, 158
 description, 158
 research on, 158
 stress fractures, 190
- Cyproheptadine
 anorexia nervosa treatment, 370
- Cystitis. *See* Urinary tract infections
- ## D
- Danielson, J. R.
 Fort Ord Inventory, 303
- Datel, W. E.
 suicide research, 315, 335
- DD Form 2246 (Medical Prescreen Form), 305
- DD Form 2807-1 (Report of Medical History), 305
- DD Form 2807-2 (Medical Prescreen of Medical History Report), 305
- Defects Found in Drafted Men*, 5
- Defense Intelligence Agency
 immunization policy development, 213
- Defense Medical Surveillance System
 exertional heat illnesses and, 496
 Installation Injury Reports, 127
 trends in incident injuries for the entire US Army (figure), 127
- Dehydration
 heatstroke and, 508
- Delayed-onset muscle soreness
 causes, 152
 compared with strains, 152
 symptoms, 152
 treatment, 152
- Demographics. *See also specific factors, ie, Age factors*
 average yearly frequency and risk of disability discharge among accessioned enlistees by selected demographic characteristics: 1996–2001 (table), 67
 average yearly frequency and risk of existed-prior-to-service discharge among accessioned enlistees by selected demographic characteristics: 1997–2002 (table), 64
 demographic characteristics of active duty and Reserve/National Guard accessioned personnel, fiscal year 2003 (table), 257
 education level and quality standards, 41–42, 49
 frequency of approved waivers for active duty enlisted accessions by selected demographic characteristics: 5-year annual average (1998–2002) (table), 52
 geographic distribution of enlisted members, 42
 marital status, 41
 occupational distribution, 42
 yearly frequencies and risk of hospitalization during the first year of enlisted accession by selected demographic characteristics: 1996–2001 (table), 61
- Dental care
 Army Oral Health Maintenance Program, 384
 Army orofacial injury reduction efforts, 392–393
 bulimia nervosa and, 362–364
 caries, 387, 394
 dental complications of purging (exhibit), 363
 dental readiness goal, 387
 eating disorders and, 362–364, 372
 impaired postsurgical healing (exhibit), 391
 Oral Health Fitness Program, 384
 oral health of recruits, 387–392
 oral hygiene routine, 389
 periodontal disease, 387–389
 temporomandibular dysfunction (exhibit), 385
 tobacco use and, 387, 392
 US Air Force trainees, 24
 US Army recruits, 389–390
 US Marine Corps Recruit Depot, San Diego, 14
 US Naval Station, Port Royal and, 15–16
- Dental Fitness Classification system
 description, 384
 table, 386
- Depo-Provera
 abnormal uterine bleeding and, 403
 contraceptive option, 410
- Depression and related disorders
 anorexia nervosa and, 361
 EPTS discharges for, 74
 suicide and, 319, 327, 328, 333–334
 survival analysis, 71
 survival curves of recruits with a waiver for (figure), 74
- Desferrioxamine
 heatstroke treatment, 512
- DFC. *See* Dental Fitness Classification system
- Diabetes
 exertional heat illnesses and, 502
- Diagnostic and Statistical Manual of Mental Disorders*, fourth edition
 anorexia nervosa definition, 359
 bulimia nervosa definition, 359
 suicide risk, 318
- Diet. *See also* Diets; Nutrition and weight control
 bone mineral density and, 448–449
 healthy diet principles, 434–435
 portion size and, 435
 safe food-handling and, 435
 variety and, 435
- Dietary Guidelines for Americans*
 grain serving recommendation, 438
- Dietary Supplement Health and Education Act of 1994
 definition of supplements, 439, 441
 misleading labels and, 441
- Dietary supplements
 claims, efficacy, and safety of selected dietary supplements (table), 443
 Dietary Supplement Health and Education Act of 1994, definition, 439, 441
 ephedra-containing supplements, 441, 442, 453
 exertional heat illnesses and, 502
 ingredients, 441, 442, 453
 Internet as a source for, 442
 weight-loss supplements, 468
- Diets
 advertising claims for weight loss, 439, 441
 assessment of selected weight-loss diets, 465–468
 debunking advertising claims for weight loss (exhibit), 441
 debunking dietary myths (exhibit), 440
 dietary myths and misinformation, 439
 dietary supplements, 439, 441–443
 fad diets, 442, 453
 identifying effective programs, 465
 indicators of fad diets (exhibit), 442
 pills and other dietary supplements, 468
 weight-loss diets, 439
- Dining hall environment
 nutrition and weight control and, 443–444
- Diphtheria
 description, 208
 immunization against, 208
- Direct fluorescent antibody testing

chlamydia diagnosis, 262
 Disability discharges. *See also* Medical discharges
 accuracy of initial entry training discharge classification types (Fort Leonard Wood study), 70–71
 average yearly frequency and risk of disability discharge among accessioned enlistees by selected demographic characteristics: 1996–2001 (table), 67
 physical disability agency reviews, 66
 Veterans Administration Schedule for Rating Disabilities condition codes, 66
 Disqualifications. *See* Medical disqualifications
 Dive medical officers
 role, 12–13
 Diving
 anemia and, 451
 DMSS. *See* Defense Medical Surveillance System
 DoD. *See* US Department of Defense
 DoD Physical Fitness and Body Fat Program (Directive 1308.3)
 body-fat determination, 430–431
 DoDI 6130.4. *See* Criteria and Procedure Requirements for Physical Standards for Appointment, Enlistment, or Induction in the Armed Forces
 DOMS. *See* Delayed-onset muscle soreness
 Drehner, D.
 population-based mortality research, 520
 Drinkwater, B. L.
 body mass index research, 178
 DSM-IV. *See* Diagnostic and Statistical Manual of Mental Disorders, fourth edition
 DSS Form 212 (Medical and Social History)
 description, 301
 psychiatric social workers for review of, 301–302
 Dual-energy x-ray absorptiometry scans
 bone mineral density, 449
 osteoporosis, 178
 DUB. *See* Dysfunctional uterine bleeding
 Dubos, Rene and Jean
 tuberculosis research, 278, 280
 Dust suppression
 respiratory infection prevention and, 243, 244
 Dutton, J.
 stress fracture research, 183
 Dysfunctional uterine bleeding
 definition, 402
 risk factors, 402–403
 Dyspnea
 asthma and, 576
 description, 576, 579
 differential diagnosis, 576
 hyperventilation syndrome, 579, 580
 impact on a recruit's military career, 580
 pathophysiology, 576, 579
 postviral and postinflammatory airway hyperactivity and, 579
 range of conditions, 576, 579
 reactive airways dysfunction syndrome and, 579
 vocal cord dysfunction, 576–579, 580

E

Eating disorder not otherwise specified
 description, 358
 mortality rate, 365
 prevalence, 358
 treatment, 371–372
 Eating disorders. *See also* Nutrition and weight control
 abnormal eating in military populations, 365–368
 anorexia nervosa, 358, 359, 362, 364, 369–370, 372
 binge-eating disorder, 360

biological factors, 360–361
 body mass index and, 360, 361, 362, 368, 369, 372
 bulimia nervosa, 358, 359–360, 362, 364, 371, 372
 course and prognosis, 364–365
 dental complications of purging (exhibit), 363
 dental considerations, 362–364
 differential diagnoses, 364
 disqualification and, 358
 eating disorder not otherwise specified, 358, 360, 365, 371–372
 etiology, 360–362
 gender factors, 358, 362, 365, 367–368, 372
 general and special military populations and, 365–368
 hidden nature of, 362
 increase in prevalence, 372
 laboratory studies, 364
 medical and psychiatric treatment, 369–372
 medical findings, 362
 military cadets and, 365
 nutritional habits and, 368–369
 obesity, 360, 361
 osteopenia and osteoporosis and, 447
 overview, 358–360
 personal fitness assessments and, 358, 366, 367
 psychological and family factors, 361–362
 sociocultural factors, 361, 368
 stress fractures and, 177
 summary of abnormal eating behavior studies in military populations (table), 366
 treatment issues, 368–369
 underreporting of, 358, 368
 Eaton, K. M.
 suicide research, 314
 Eaton, M. D.
M. pneumoniae research, 242
 EDNOS. *See* Eating disorder not otherwise specified
 Edsall, G.
 tetanus and diphtheria immunization research, 208
 Education
 American Council on Education certification of AIT courses, 34
 education level for enlisted members, 41, 49
 GED+ Program, 41, 305
 Montgomery GI Bill education benefit, 37
 recruit attrition and, 304, 305–306, 307
 EHI. *See* Exertional heat illnesses
 EIB. *See* Exercise-induced bronchospasm
 Einhorn, T. A.
 use of NSAIDs for stress fractures, 188
 Electrical stimulators
 stress fracture treatment, 189–190
 Electrocutation
 unintentional deaths from, 530, 541
 Elevation component of the RICE protocol
 description, 159
 ELISA. *See* Enzyme-linked immunosorbent assay
 Endurance component of physical fitness
 aerobic and anaerobic training, 114–115
 description, 114
 importance of, 115
 Enlisted accession medical process
 accession medical process (figure), 48
 accession medical standards, 46–47
 Accession Medical Standards Analysis and Research Activity, 47–48, 52–55, 58
 accession process from recruitment, through initial entry training, to first tour of duty (figure), 47
 cost of recruiting and training a soldier through basic combat training, 46
 demographics of military accessions, 49

- medical disqualifications, 50
- medical screening process, 48–49
- medical waivers, 50–52, 53
- overview, 48
- primary applicant pool, 48
- total enlisted accessions to active duty by service: 5-year average, 1998–2002 (figure), 46
- USMEPCOM responsibilities, 48
- ENO. *See* Exhaled nitric oxide
- Enzyme-linked immunosorbent assay
 - chlamydia diagnosis, 262
 - HIV diagnosis, 270
- Ephedra-containing dietary supplements, 441, 442, 453
- Ephedrine
 - rhabdomyolysis and, 169, 173
- EPTS conditions. *See* Existed-prior-to-service conditions
- Equipment modification interventions
 - insoles in boots, 137–138, 141, 180
 - sock systems and antiperspirants, 137, 141
 - training shoes and boots, 138
- Erythromycin
 - compliance issues, 232, 245
 - dosage, 232, 245
 - group A streptococcus infection treatment, 232, 245
 - M pneumoniae* infection treatment, 242
- Ethiopians
 - stress fractures and, 178
- Ethnic factors. *See also* Racial factors; *specific ethnic groups*
 - bone mineral density, 448
 - childhood asthma rates, 93
 - human immunodeficiency virus, 270
 - representation of African Americans and Hispanics in the military, 39, 40
 - stress fractures, 178
 - tuberculosis, 281
- Exercise. *See also* Exertional heat illnesses
 - amount needed, 444
 - benefits of, 444–445
 - bone mineral density and, 448
 - calories burned (per hour) by activity and body weight (table), 437
 - carbohydrate consumption and, 444
 - exercise-related deaths among recruits identified with sickle cell trait over time by US military service, 1977–2001 (table), 536
 - exercise-related idiopathic sudden deaths, 538–539
 - fat consumption and, 445
 - protein consumption and, 444–445
 - sources of energy-producing fuel, 444–445
 - vocal cord dysfunction and, 578
- Exercise-induced bronchospasm
 - description, 53–54
 - study of, 103
- Exercise-induced compartment syndrome, 152–153
- Exertional heat illnesses
 - acquired thermal tolerance, 499
 - biophysical properties of heat exchange, 497
 - body mass index and, 499–500
 - body temperature maintenance processes, 497
 - carbohydrate and electrolyte beverages and, 501
 - causes, 494–495
 - compartment syndrome and, 173
 - complete consumption of rations and, 500–501
 - continuum of increasing severity, 494
 - drugs that interfere with thermoregulation (table), 502
 - exertional heat illness deaths among US recruits between 1977 and 2001 (figure), 537
 - exertional heat injury, 504
 - fluid replacement and work/rest guidelines for warm weather training conditions (table), 500
 - fluid replacement guidelines, 497, 500
 - heat acclimation, 497–498
 - heat exhaustion, 503–504
 - heat-related injuries among active US Army soldiers by length of service, 1990 through 2001 (figure), 496
 - heat stress, 542
 - Heat Stress Control and Heat Casualty Management*, 512
 - heatstroke, 504–509
 - hospitalization for, 496–497
 - hydration and nutrition and, 500
 - incidence, 496
 - individual risk factors, 502
 - limiting water consumption to 12 quarts per day and, 500
 - major heat illnesses, 504–509
 - minor heat illnesses, 503–504
 - mortality rates, 496, 536, 537
 - odds ratio for developing EHI during US Marine Corps basic training, 1988–1992 (table), 499
 - Ogden or pace-count cords and, 501
 - physical fitness and, 499–500
 - physiology and pathophysiology, 497–499
 - prevention strategies, 542
 - progression of heat strain to exertional heat illness/heatstroke (figure), 505
 - recruit education about, 17
 - reported heat-related injury rates among newly accessioned officers, 1998–2003 (table), 494
 - reported heat-related injury rates among recruits, 1998–2003 (table), 495
 - reported overhydration and hyponatremia rates for new DoD recruits (table), 496
 - rhabdomyolysis and, 173
 - risk factors, 495, 512
 - risk management and prevention, 499–502, 512
 - runs and marches in formation and, 501
 - sleeping in an air-conditioned environment and, 501
 - spectrum of, 502–509, 512
 - suggested algorithm for the field management of (figure), 511
 - training installations in hot climates and, 495–496, 512
 - uniform modification and, 501
 - urine color and, 501
 - US Marine Corps “red flag” system and, 17
 - warning signs and symptoms of EHI and immediate actions (exhibit), 510
 - water resupply and, 500
 - wet bulb globe temperature indices and flag colors (exhibit), 18, 542
 - work/rest periods and, 500, 501, 542
- Exertional heat injury
 - description and management, 504
 - heat exhaustion and, 504
- Exhaled nitric oxide
 - asthma screening, 52–54, 100, 102
- Existed-prior-to-service conditions
 - asthma, 97–101
 - average yearly frequency and risk of existed-prior-to-service discharge among accessioned enlistees by selected demographic characteristics: 1997–2002 (table), 64
 - case series reviews, 69–70, 75
 - cost of discharges due to, 69
 - data reported to USMEPCOM by training site and year (active duty) (table), 63
 - definition of an EPTS discharge, 97
 - discharges of enlistees, 62–66
 - EPTS discharge counts and percentages by medical category for enlisted personnel, 1995–1998 (table), 99
 - EPTS discharges by diagnostic category among first year active duty enlistees, 5-year annual averages, 1998–2002

- (figures), 65–66
- nondisclosure or unawareness of condition and, 62
- number of discharges annually and, 54
- overuse injuries and, 119
- physical conditioning and, 38, 118–119
- preventive medicine and, 43
- psychiatric disorders, 54–55
- uniformity of reporting among services and, 63
- Exogen devices
 - stress fracture treatment, 190
- Explosions
 - unintentional deaths from, 530, 541
- Extrinsic injury risk factors, 126, 132, 140

F

- Falls
 - chronological case summaries of jump or fall suicides among US military recruits, 1977–2001 (table), 529
 - obstacle course training and, 540–541
 - prevention strategies, 540–541
 - shoulder instability and dislocation and, 150
 - suicide method, 524, 526, 529
 - unintentional injury death cause, 529
- “Family Care Plan” (DA Form 5305-R)
 - recruits with children and, 411
- Family factors. *See also* Genetic factors
 - eating disorders, 361–362
- Family therapy
 - anorexia nervosa and, 370
- FAP. *See* Fitness Assessment Program
- Farberow, N. L.
 - suicide research, 312
- Fats
 - description, 438
 - dietary reference intake of, 438, 453
 - exercise and, 445
- Femoral condyle stress fractures
 - description, 191–192
 - differential diagnosis, 192
- Femoral neck stress fractures
 - complications, 156–157
 - compression side, 156
 - magnetic resonance imaging demonstrating bone edema and an incomplete stress fracture on the compression side of the right femoral neck (figure), 183
 - symptoms, 191
 - tension side, 156
- Femoral shaft stress fractures
 - description, 191
- Fenfluramine
 - bulimia nervosa treatment, 371
- Fibular stress fractures
 - description and differential diagnoses, 192
- Field Manual 21-20, *Physical Training*
 - operational and doctrinal definitions of physical fitness, 112
 - principles of exercise, 115
- Field training exercises
 - Army basic training and, 32
 - US Air Force and, 33
- Finland
 - chlamydia infection association with cervical cancer research, 405
 - meningococcal disease epidemic, 212
 - suicide among draftees, 314
 - zanamivir treatment for influenza A, 238
- Finlay, Carlos
 - yellow fever research, 210–211
- Fitness Assessment Program
 - description, 139
 - transfer of testing to recruiters, 139
- Fitness Training Units
 - description, 139
- Flatfoot. *See* Pes planus
- Flegal, K. M.
 - body mass index research, 432
- Flight surgeons
 - role, 12–13
- Fluconazole
 - vulvovaginal candidiasis treatment, 401
- Fluoroquinolones
 - gonorrhea treatment, 265
- Fluoxetine
 - anorexia nervosa treatment, 371
 - bulimia nervosa treatment, 371, 372
- Fluvoxamine
 - bulimia nervosa treatment, 371
- FLW. *See* Fort Leonard Wood, Missouri
- Flying
 - anemia and, 451
- Folate
 - dietary sources (exhibit), 452
 - requirements for, 452
- Foot blisters. *See also* Blisters and open skin wounds
 - antiperspirants and, 137
 - sock systems and, 137, 141
- Fort Jackson, South Carolina
 - asthma study, 99–100
 - epidemiological study of overuse injuries, 119
 - introduction of new physical fitness criteria, 138–139
 - most common locations for stress fractures in recruits in basic combat training, Fort Jackson, South Carolina (1998–2003) (table), 156
 - mouthguard program, 393
 - multiple intervention program, 140, 141
 - percentage of recruits sent to the Physical Training and Rehabilitation Program at Fort Jackson, South Carolina, from January 1998 to October 2002 (figure), 129
 - stress fracture research, 156, 556–573
 - trends in incident injuries at Fort Jackson, South Carolina (figure), 128
- Fort Knox, Kentucky
 - asthma study, 99–100
 - mouthguard program, 393
- Fort Leonard Wood, Missouri
 - discharge study, 70–71
 - mouthguard program, 393
 - Soldier Self-Care Program, 478–490
- Fort Ord Inventory
 - development of, 303
- Fractures. *See also* Stress fractures
 - anorexia nervosa and, 362
 - impact on training, 150
 - most common sites for, 150
 - osteopenia and osteoporosis and, 178, 447
 - recovery and rehabilitation after, 150
- Franco-Prussian War
 - smallpox and, 209
- Franklin, Benjamin
 - smallpox variolation and, 209
- Fredericson, M.
 - stress fracture research, 183, 190
- Friedl, K. E.
 - eating disorders research, 368
- Friedman, M.

adenovirus research, 233
 Fries, J. F.
 HMO research, 475
 Frostbite
 cryotherapy and, 158
 FTUs. *See* Fitness Training Units
 FTXs. *See* Field training exercises
 Fujian strain of influenza A
 vaccine coverage and, 239
 Fulcrum test
 stress fractures, 181, 191
 Fulminant hepatic failure
 heatstroke and, 507
 Furosemide
 acute exertional rhabdomyolysis treatment, 167
 exertional rhabdomyolysis treatment, 511–512

G

Galton, Francis
 psychological testing research, 300
 GAO. *See* General Accounting Office
 Gardner, L. I., Jr.
 stress fracture research, 180
 GAS. *See* Group A streptococcus infection
 Gastroesophageal reflux disease
 vocal cord dysfunction and, 576, 577, 578, 580
 Gaydos, C. A.
 chlamydia diagnosis, 262, 263
 gonorrhea diagnosis, 264–265
 GED+ Program
 description, 41, 305
 Geier, D. A.
 Bordetella pertussis vaccine research, 241
 Geier, M. R.
 Bordetella pertussis vaccine research, 241
 Gender factors
 armed services' body-fat allowances, 431–432
 bone mineral density, 448
 chlamydia, 262, 263
 eating disorders, 358, 362, 365, 367–368, 372
 exertional heat illnesses, 495
 human immunodeficiency virus, 270
 human papilloma virus, 269
 overweight and obesity, 432–433
 periodontal disease, 387
 representation of women in active duty and reserves, 39–41
 sexually transmitted infections, 258
 stress fractures, 177–178, 179, 192
 suicide, 313, 314–315, 316
 traumatic deaths, 523–524
 General Accounting Office
 performance predictor model and, 305
 review of attrition rates, 298–299
 Genetic factors. *See also* Family factors
 bone mineral density, 448
 eating disorders, 360–361
 stress fractures, 180
 Genital herpes. *See* Herpes simplex virus
 Genital warts. *See* Human papilloma virus infection
 Genotyping
 tuberculosis and, 281
 Genu valgum
 stress fractures and, 179
 Genu varum
 stress fractures and, 179
 Geographic distribution of enlisted members, 42
 George, R. B.
 rhinovirus research, 240, 242
 GERD. *See* Gastroesophageal reflux disease
 German Army
 tetanus and, 208
 Gerstenfeld, L. C.
 use of NSAIDS for stress fractures, 188
 Giangarra, C.
 stress fracture research, 184
 Giannoudis, P. V.
 use of NSAIDS for stress fractures, 188
 Giladi, M.
 stress fracture research, 178, 179
 Gingivitis
 acute presentations, 389
 oral contraceptives and, 387–389
 risk factors, 387
 Givon, U.
 calcium research, 179
 stress fracture research, 180
 Goddard, Henry
 intelligence testing research, 300
 Goldbeck, E. O.
 photo of the Army Air Forces insignia, 19–20
 Goldschneider, I.
 meningococcal disease vaccine research, 212
 Gonorrhea
 clinical manifestations, 264
 comorbidity with other sexually transmitted infections, 265
 complications, 264
 diagnosis and management, 264–265
 diagnostic tests for *Neisseria gonorrhoeae* (table), 264
 epidemiology, 263–264
 follow-up testing, 265
 partner management, 265
 risk factors, 263
 underreporting of, 263
 Gotschlich, E. C.
 meningococcal disease vaccine research, 212
 Grapefruit diet
 description, 467
 Gray, G. C.
 adenovirus research, 236
 C pneumoniae infection research, 242
 group A streptococcus infection research, 231–232
 M pneumoniae infection research, 242
 Grenade explosions
 mortality prevention strategies, 541
 Griffiths, H. J.
 stress fracture research, 183, 184
 Group A streptococcus infection
 acute rheumatic fever and, 230, 231
 azithromycin treatment, 232
 chronological fatal streptococcal infections among US military
 recruits, 1977–2001 (table), 538
 complications, 230
 erythromycin treatment, 232
 importance within the military, 230–231
 mass chemoprophylaxis for, 231–232, 245, 542–543, 544
 mortality from, 537, 538
 penicillin treatment, 231–232
 person-to-person transmission, 231
 scarlet fever and, 230
 sulfonamide treatment, 231
 symptoms, 230
 “Guide to the Prevention of Suicide and Self-Destructive Behaviors” (pamphlet 600-70), 336

- Gull, Sir William
 - anorexia nervosa description, 358
- Gunshots
 - chronological case summaries of gunshot suicides among US military recruits, 1977–2001 (table), 527
 - suicide method, 524, 527
 - unintentional deaths from, 530, 541
- Gunzenhauser, J. D.
 - group A streptococcus infection research, 232
- Gynecologic and reproductive health
 - causes of vulvovaginitis (table), 400
 - cervical cytology guidelines, 405–409
 - contraception, 410–411
 - menstrual disorders, 402–405
 - pregnancy counseling, 411
 - recruits with children, 411
 - urinary tract infections, 409–410
 - vaginal disorders, 400–402

H

- Hakansson, A. K.
 - S pneumoniae* infection research, 239
- Hall, Brig. Gen. Wilford
 - naming of Wilford Hall USAF Hospital after, 21
- Hallaway, Col. Harry
 - suicide prevention program, 335–336
- Handwashing
 - respiratory infections and, 244
- Hanging
 - chronological case summaries of hanging suicides among US military recruits, 1977–2001 (table), 528
 - suicide method, 524, 528
- Harlow, S. D.
 - menstrual disorder research, 403
- HART-A. *See* Health Assessment Review Tool—Accession
- Hassinger, A. D.
 - suicide research, 332
- Health Assessment Review Tool—Accession
 - description, 85
- Health maintenance organizations
 - description and research on, 475
- Healthcare providers
 - attitude toward self-care, 477
 - IET Self-Care Program recommendations, 487–488
 - satisfaction with the Soldier Self-Care Program (exhibit), 487
- Healthy diet principles, 434–435, 453
- Healthy for Life diet
 - description, claims, realities, and health problems, 465–466
- Healthy People 2010
 - gonorrhea case target, 263
 - tobacco use and, 392
- Healthy Weight Management
 - weight-loss advertising claims and, 439
- Hearing disorders
 - medical waivers and, 50–51
 - survival curves of Army recruits with a waiver for (figure), 73
- Heat acclimation
 - acquired thermal tolerance and, 499
 - actions of heat acclimation (table), 498
 - classical signs of, 498
 - description, 497–498
 - exercising in the heat and, 498
 - sweat rate and, 498
- Heat cramps
 - description, 503
- Heat exhaustion
 - exertional heat injury and, 504
 - risk factors, 503
 - treatment, 503–504
- Heat-related illnesses. *See* Exertional heat illnesses
- Heat shock proteins
 - acquired thermal tolerance and, 499
 - heatstroke and, 505–506
- Heat Stress Control and Heat Casualty Management*, 512
- Heat syncope
 - description, 503
- Heat tetany
 - description, 503
- Heat treatment
 - stress fractures, 190
- Heatstroke
 - antipyretics and, 511
 - cardiac monitoring, 511, 512
 - cardiovascular findings, 507
 - central nervous system dysfunction and, 506, 508
 - clinical management, 509–512
 - coagulopathy, 508, 512
 - conservative field management of, 510–511
 - constant monitoring and, 511
 - continuing care for, 511–512
 - cytokines and, 504–505
 - diagnosis, 536
 - evacuation criteria, 510, 512
 - exertional rhabdomyolysis and, 506–507, 508, 511–512
 - first-responder actions, 510
 - fitness-for-duty determination, 512
 - fluid and electrolyte imbalances and, 508–509
 - forms of, 506
 - heat shock proteins and, 505–506
 - hepatic injuries and, 507
 - invasive cooling techniques and, 509
 - medical treatment facility management, 511
 - pathophysiology, 504–506
 - progression of heat strain to exertional heat illness/heatstroke (figure), 505
 - rapid cooling and, 509, 512, 542
 - systemic inflammatory response syndrome and, 506, 508
 - urban heat waves and, 506
- Hepatic injuries
 - heatstroke and, 507
- Hepatitis
 - isoniazid treatment and, 286
- Hepatitis A
 - immune globulin and, 206
- Herpes simplex virus
 - clinical manifestations, 268
 - diagnosis and management, 268–269
 - epidemiology, 267–268
 - latent stage, 268
 - lifelong infection from, 268
 - recurrent infections, 268
 - risk factors, 268
 - vaccine development, 261, 268–269
- High arch. *See* Pes cavus
- High-grade squamous intraepithelial lesions
 - atypical squamous cells of undetermined significance and, 409
 - colposcopy and, 409
- High Performance Predictor Profile
 - description, 305
- Hilleman, M. R.
 - adenovirus research, 232–233
- Hispanics
 - gonorrhea infection and, 263
 - stress fractures and, 178
 - tuberculosis and, 281

- underrepresentation in the enlisted force, 39
 - Histamine challenge
 - description, 102
 - Historical background
 - asthma, 94–97
 - psychological screening, 300–303
 - respiratory infections, 228–230
 - self-care, 474, 476
 - smallpox, 208–209
 - tetanus immunization, 206, 208
 - tuberculosis, 278
 - US Air Force, 19–24
 - US Army, 4–10
 - US Marine Corps, 13–19
 - US Navy, 10–13
 - yellow fever, 210–211
 - History, Opinion, and Interest form
 - research using, 303
 - HIV. *See* Human immunodeficiency virus
 - HMOs. *See* Health maintenance organizations
 - Hocutt, J. E.
 - cryotherapy research, 158
 - Hoffman, J. R.
 - stress fracture research, 179
 - Hollywood diet
 - description, 467
 - Holmes, E. K.
 - eating disorders research, 365
 - Homicide
 - traumatic death cause, 532–533
 - “Hooah 4 Health” web site, 38
 - Hop test
 - stress fractures, 181
 - Horvath, A. O.
 - suicide research, 323
 - Hospitalization in active duty enlistees
 - common reasons for, 68
 - conditions least likely to be followed by early attrition, 69
 - direct costs associated with, 68
 - EPTS case series reviews, 69–70
 - hospital admissions by diagnostic category (figure), 62
 - relative risks and confidence intervals, 61–62
 - retention probability after hospitalization for various causes during the first 6 months of service: active duty enlistees, 1995–1999 (figure), 69
 - yearly frequencies and risk of hospitalization during the first year of enlisted accession by selected demographic characteristics: 1996–2001 (table), 61
 - HP 2010. *See* Healthy People 2010
 - HPV infection. *See* Human papilloma virus infection
 - Hsieh, Y. F.
 - stress fracture research, 176
 - HSPs. *See* Heat shock proteins
 - HSV. *See* Herpes simplex virus
 - Human immunodeficiency virus
 - blood products and, 269–270
 - clinical manifestations, 270
 - diagnosis and management, 270–271
 - epidemiology, 269–270
 - HIV-1 prevalence in the US active military branches compared to applicants to all branches, 1986–2004 (figure), 270
 - latent stage, 270
 - partner tracing and notification, 271
 - prevalence, 269
 - tuberculosis and, 278, 282
 - US Air Force screening for, 23
 - WHO estimate of new cases, 256
 - Human papilloma virus infection
 - CDC estimate of new cases, 256
 - cervical cancer and, 405–406
 - clinical manifestations, 269
 - diagnosis and management, 269
 - epidemiology, 269
 - spontaneous regression of, 269
 - vaccine development, 261, 269
 - HVS. *See* Hyperventilation syndrome
 - Hyperventilation syndrome
 - description, diagnosis, and treatment, 579, 580
 - Hypocapnic hyperventilation test
 - description, 102–103
 - Hyponatremia
 - causes, 497
 - fluid replacement guidelines, 497
 - heat exhaustion and, 503–504
 - heatstroke and, 508–509
 - mortality from, 536, 552
 - reported overhydration and hyponatremia rates for new DoD recruits (table), 496
 - risk factors, 497, 536
- I**
- Ibuprofen
 - unintentional overdoses, 530
 - ICD-9. *See* International Classification of Diseases, 9th Revision
 - Ice component of the RICE protocol. *See* Cryotherapy
 - IDA. *See* Iron deficiency anemia
 - IET. *See* Initial entry training
 - IET Self-Care Program. *See* Soldier Self-Care Program
 - IET Standardized Physical Training Guide
 - production of, 120
 - IIRs. *See* Installation Injury Reports
 - Iliotibial band syndrome
 - description, 155
 - Noble compression test, 155
 - risk factors, 155
 - Immunizations
 - active immunization, 206
 - adenoviruses, 211–212, 542
 - adverse events, 215, 219–220, 221
 - assessing immunization histories, 218–219
 - challenges in the 21st century, 221–222
 - concurrent immunizations, 217
 - contraindications, 219–220
 - diphtheria, 208
 - immunotherapy and, 222
 - influenza, 211
 - information and education of providers and trainees, 217
 - jet injection device for, 22
 - mass psychogenic illness phenomena and, 214
 - mechanism of action of vaccines, 206
 - medical exemption categories for immunization (table), 220
 - meningococcal disease, 212–213, 542
 - needle-free injection system, 22
 - passive immunization, 206
 - policy development, 213–217
 - preventable diseases and vaccines in military settings, 206–213
 - prototype sequence of events for a trainee immunization program, 218
 - quality standards, 217–221
 - record-keeping, 220
 - serologic screening and, 219
 - smallpox, 208–210
 - special circumstances of military life and, 213–214
 - specific immunization recommendations, 215–217
 - syncope among trainees and, 214–215

- tetanus, 206, 208
- typhoid fever, 210
- universal needs, 222
- vaccination definition, 206
- vaccine administration, 220–221
- vaccine safety, 214–215, 222
- vaccine storage and handling, 217–218
- vaccines typically administered to US military personnel, 2006 (table), 216
- widely used immunizations during major US military conflicts (table), 207
- yellow fever, 210–211
- Immunocompromised persons
 - immunizations and, 219
- Impulse oscillometry
 - vocal cord dysfunction diagnosis, 576
- Infectious diseases. *See also specific diseases*
 - dyspnea and, 579
 - nontraumatic deaths from, 536–538, 542–543
- Infectious Diseases Society of America
 - tuberculosis treatment guidelines, 284–286
- Influenza A
 - antigenic “drift” and, 236
 - antigenic “shift” and, 236
 - antiviral agents, 238–239
 - avian influenza strains, 236–237
 - description, 236
 - Fujian strain, 239
 - global threat of, 236
 - isolation of the virus, 236
 - mortality from, 538
 - mortality trends by age in the 1918–1919 influenza pandemic (figure), 238
 - pandemics of, 211, 237–238
 - pneumonia and, 238
 - S pneumoniae* infection and, 239
 - secondary infections and, 238, 239
 - special handling for vaccine, 218
 - spread of the first wave of influenza in 1918 (figure), 237
 - “swine influenza,” 238
 - vaccines for, 211, 238, 245
- Influenza B
 - description, 236
- Influenza C
 - description, 236
- Informed consent
 - suicide and, 327
- INH. *See* Isoniazid
- Initial entry training. *See also* Basic combat training; One-station unit training
 - description, 31–32, 112
 - field training exercises, 32, 33
 - US Army, 32
- Injury management and treatment
 - acute injuries, 148–150, 159
 - goals, 148, 160
 - nonsteroidal anti-inflammatory drugs, 152–155, 157, 159
 - overuse injuries, 151–157, 159
 - principles of care, 157–159
 - RICE protocol, 158–159
 - types of training-related injuries, 148–157
- Injury prevention
 - Fitness Assessment Program, 139
 - fitness criteria to enter basic combat training (table), 140
 - Fitness Training Units and, 139
 - intervention trials, 134–138
 - modifications to the basic combat training physical training program, 138
 - multiple interventions, 136–137, 140
 - preconditioning before basic combat training, 138–139
 - program implementation and monitoring, 138–140
 - public health model, 126
 - research, 131–134
 - surveillance and surveys, 126, 127–131
 - training surface changes, 139–140
- Insoles in boots
 - neoprene type, 137–138
 - polyurethane and Sorbothane types, 137
 - stress fractures and, 180
- Installation Injury Reports
 - trends in incident injuries at Fort Jackson, South Carolina (figure), 128
 - trends in incident injuries for the entire US Army tracked by the Defense Medical Surveillance System (figure), 127
- Institut Mérieux
 - meningococcal disease vaccine research, 212–213
- Institute of Medicine
 - overweight and obesity rates for the US armed services, 432
 - recommendations for weight-gain prevention in the military services, 434
 - vaccine safety analyses, 222
- Instruction 6130.4, *Criteria and Procedure Requirements for Physical Standards for Appointment, Enlistment, or Induction in the Armed Forces*, 46–47, 258
- Integration exercise principle
 - Pre-BCT Physical Training Program and, 117
 - PT schedule synchronization with the overall training program, 117
 - week 2 physical training schedule for basic combat training (table), 118
- International Agency for Research on Cancer
 - chlamydia infection association with cervical cancer, 405
- International Classification of Diseases*, 9th Revision
 - current DoDI 6130.4 and, 47
 - heat-related illness codes, 496
 - hospitalization categories, 62
 - medical waivers and, 299
 - overuse injury tracking, 127
- Internet
 - dietary supplement source, 442
- Intervention trials
 - description, 126
 - equipment modification interventions, 137–138
 - physical training interventions, 135–137
 - topics included, 134
- Intrauterine devices
 - contraceptive option, 410
- Intrinsic injury risk factors, 126, 131–132, 140
- IOM. *See* Institute of Medicine
- Iron deficiency anemia
 - assessment of, 450
 - dietary sources of iron, 451
 - effects of iron deficiency, 450
 - high-risk groups, 450
 - iron absorption and, 451
 - iron deficiency in the US military (exhibit), 451
 - oral iron supplementation and, 451
 - prevalence, 450
 - stages, 450
 - treatment, 451
- Ishibashi, Y.
 - stress fracture research, 183
- Isoniazid
 - adverse reactions, 286

- hepatitis and, 286
 latent TB infection treatment, 287–288, 290
 monoamine poisoning and, 286
 suicidal overdose, 288, 528
 toxic reactions, 288
 tuberculosis treatment, 278, 285–286, 290
- Israel
 neoprene boot insole use, 138
- Israeli Defense Forces
 eating disorders research, 370
 stress fractures and, 177, 180
- ITBS. *See* Iliotibial band syndrome
- IUDs. *See* Intrauterine devices
- ## J
- Jansen, D. L.
Bordetella pertussis infection research, 241
- Jefferson, Thomas
 self-care course at UVA and, 474
- Jenner, Edward
 smallpox research, 209
- Jenny Craig program
 description, 465
- Jensen, M. B.
 recruit questionnaire development, 303
- Jeyaseelan, L.
 menstrual disorder research, 403
- Jobes, D. A.
 suicide research, 318–319
- Johansson, C.
 complications of femoral neck stress fractures, 156
- Johnson, K. M.
 coxsackievirus A21 research, 242–243
- Joiner, T. E., Jr.
 suicide research, 318–319, 323–325, 331
- Jordan, G.
 calcium research, 190
- Jump training
 stress fractures and, 180, 187–188
- Jumping
 training load, 176–177
- Jumps
 chronological case summaries of jump or fall suicides among
 US military recruits, 1977–2001 (table), 529
 suicide method, 524, 526, 529
- ## K
- Kark, John A.
 population-based mortality research, 520, 522
- Kemper, D.
 HMO research, 475
- Kerle, K. K.
 rhabdomyolysis research, 169
- Kerns, H. N.
 suicide research, 313
- Kimball, P. R.
 stress fracture research, 189
- Kirk, Army Surgeon General Norman T.
 influenza vaccine research, 211
- Knee injuries. *See specific injuries*, ie, *Patellofemoral pain syndrome*
- Knee range-of-motion braces
 stress fractures and, 189
- Knock-knees. *See* Genu valgum
- Koch, Robert
 tuberculosis classification, 278
- Korean War
 disqualifications for psychiatric causes, 303
 US Air Force recruit training, 20–21
 US Marine Corps recruit training, 14
- Kosovo
 voluntary questionnaire-based survey of respiratory symptoms
 and performance of soldiers, 96
- Krulak, Gen. Charles C.
 US Marine Corps recruit training changes, 16
- Kuklo, T. R.
 acute exertional rhabdomyolysis research, 169
- ## L
- Lachar, D.
 psychological screening research, 303
- Lackland, Brig. Gen. Frank D.
 aviation cadet reception center and, 19
- Lackland Air Force Base
 academic subjects taught at basic military training at Lackland
 Air Force Base (exhibit), 23
 basic military training description, 23
 establishment of, 19–20
 Korean War and, 21
 3700th Medical Group and, 20
 Training Annex, 21
 USAF Hospital bed capacity increase, 21
 Wilford Hall Medical Center, 21
- Lambert, M. J.
 suicide research, 326
- Lanyon, L. E.
 stress fracture research, 184
- Latent TB infection
 chest radiographs and, 285, 287, 290–291
 recommended treatment regimens for latent tuberculosis
 infection in adults (table), 285
 sputum examination, 285, 290–291
 treatment guidelines, 287–288, 290
 tuberculin skin test and, 287
- Latent TB infections
 QuantiFERON-TB test and, 290
- Lauder, T.
 eating disorders research, 366–367
- Lee, T.
 respiratory infection prevention research, 245
- Leg length inequality
 stress fractures and, 179, 192
- LeGallais, D.
 rhabdomyolysis research, 169
- Leigh, J. P.
 HMO research, 475
- Leisham, Lt. Col. William
 typhoid research, 210
- Lesho, E. P.
 stress fracture research, 181
- Leu, J. R.
 eating disorders research, 368
- Levofloxacin
 urinary tract infection treatment, 410
- Life Choice Diet
 description, 465
- Lifestyle issues
 impact of lifestyle on health, 43
 leave, 35, 37
 Montgomery GI Bill education benefit, 37
 nontaxable allowances, 35
 osteopenia and osteoporosis, 447–448
 overuse injuries, 119

pay grades, 35
 retirement benefits, 35
 self-care and, 474
 Serviceman's Group Life Insurance Program, 37
 structure of recruits' lifestyle, 35
 Lightning. *See* Electrocutation
 Line, R. L.
 acute exertional rhabdomyolysis research, 166, 169
 Liver injuries. *See* Hepatic injuries
 Living Works Education, Inc.
 Applied Suicide Intervention Skills Training program, 336
 Lockjaw. *See* Tetanus
 LoGerfo, J.
 HMO research, 475
 Loo, R.
 suicide research, 338–339
 Low back pain
 causes, 157
 diagnostic testing, 157
 US Army Medical Command clinical practice guidelines for
 managing, 157
 Low-grade squamous intraepithelial lesions
 atypical squamous cells of undetermined significance and, 409
 colposcopy and, 409
 human papilloma virus and, 406
 LSILs. *See* Low-grade squamous intraepithelial lesions
 LTBI. *See* Latent TB infection

M

M pneumoniae infection
 antibiotic treatment, 242
 MacGee, Army Surgeon General James C.
 influenza vaccine research, 211
 Macronutrients, 437–438
 Magnetic resonance imaging
 bone edema and an incomplete stress fracture on the compression
 side of the right femoral neck (figure), 183
 sensitivity, 556
 stress fracture diagnosis, 156, 183, 556, 557
 Malingering
 suicide and, 312, 322, 329, 340
 Mannitol
 acute exertional rhabdomyolysis treatment, 167
 March gangrene. *See* Exercise-induced compartment syndrome
 Marital status
 data for enlisted members, 41
 Mark, M.
 eating disorders research, 370
 Mashiba, T.
 bisphosphonate research, 190
 Matheson, G. O.
 stress fracture research, 181
 Matkovic, V.
 calcium research, 179
 McCraw, R. K.
 psychological screening research, 303
 McDowell, C. P.
 suicide research, 335
 McFarland, E. G.
 stress fracture research, 184
 McMaster, W. C.
 cryotherapy research, 158
 McNamara, M. J.
 adenovirus research, 233
 McNulty, P.
 eating disorders research, 365, 367, 368
 MCRDs. *See* US Marine Corps Recruit Depot, Parris Island; US

Marine Corps Recruit Depot, San Diego
 Meals, Ready to Eat
 description, 444
 recommendations for maximizing performance when
 consuming, 444
 safe handling of, 435
 Measles
 S pneumoniae infection and, 239
 Media
 example of effective risk communication and cooperation
 with, 552
 family members and the media: tips for surviving news media
 inquiries (exhibit), 551
 media briefing for next of kin of Army fatalities (exhibit), 550
 medical treatment facility communications with, 551–552
 mortality reports, 549–551
 Medical discharges. *See also* Disability discharges
 EPTS discharge counts and percentages by medical category
 for enlisted personnel, 1995–1998 (table), 99
 overweight and, 433–434
 psychological and psychiatric conditions and, 299
 Medical disqualifications
 eating disorders and, 358
 medical failure diagnostic categories in disqualified military
 applicants: 5-year annual average (figure), 51
 permanent, 50, 55
 sexually transmitted infections and, 258–259
 temporary, 50, 55
 Medical Outcomes Short Forms
 Recruit Assessment Program and, 82
 Medical Survey Program
 development of, 301
 Medical treatment facilities
 self-care programs, 475
 Medical waivers
 approval percentages, 55
 asthma waivers granted for active duty enlisted applicants,
 1997–2002 (table), 98
 average frequencies of the top 10 diagnostic categories of
 waiver applications and approvals for US active duty en-
 listed personnel from 1997 through 2002 (figures), 53
 eating disorders and, 358
 frequency of approved waivers for active duty enlisted acces-
 sions by selected demographic characteristics: 5-year annual
 average (1998–2002) (table), 52
 medical failure diagnostic categories in disqualified military
 applicants: 5-year annual average (figure), 51
 survival analyses, 71–74, 75
 Medically Remedial Enlistment Program
 description, 22
 Meehan, P. J.
 suicide research, 313
 Meichenbaum, D.
 suicide research, 319, 334
 Men who have sex with men
 gonorrhea and, 265
 nongonococcal urethritis and, 267
 syphilis and, 265
 Menaetra
 meningococcal vaccine, 213
 Meningococcal disease. *See also* *Neisseria meningitis* infection
 description, 212
 vaccine development and effectiveness, 212–213, 542, 543
 Menstrual disorders
 abnormal uterine bleeding, 402, 403–405
 bone mineral density and, 448
 diagnosis, 404

- differential diagnosis, 402–404
- dysfunctional uterine bleeding, 402–404
- normal menstrual cycle, 402
- terminology relating to abnormal menstrual patterns (table), 402
- treatment, 404–405
- MEPS. *See* Military entry processing stations
- Mercy, J. A.
 - suicide research, 320
- Metatarsal stress fractures
 - differential diagnoses, 191
 - locations, 191
- Metatarsalgia
 - description, 157
- Methacholine inhalation challenge
 - description, 102, 103
 - sensitivity of, 103
 - vocal cord dysfunction, 577–578
- Methadone
 - unintentional overdoses, 530
- Metronidazole
 - bacterial vaginosis treatment, 401
- MIC. *See* Methacholine inhalation challenge
- Micronutrients, 438
- Milgrom, C.
 - stress fracture research, 176, 178, 179, 180, 182
- Military core values (exhibit), 36–37
- Military entry processing stations
 - creation of, 10, 13
 - sexually transmitted infection screening, 256, 258
- Military occupational specialty training
 - description, 32
- Military Vaccine Agency
 - mass customized immunization program, 216
- Miller, L. F. R.
 - M pneumoniae* infection research, 242
 - respiratory infection research, 230
- Minerals. *See also specific minerals*
 - categories of, 438–439
- Minnesota Multiphasic Personality Inventory
 - Air Force Medical Evaluation Test and, 304
 - development of, 300
- Mirena IUDs
 - description, 410
- Mobility component of physical fitness
 - calisthenics and, 115
 - description, 115
 - exhibit, 114
- Mogabgab, W. J.
 - rhinovirus research, 240
- Molecular epidemiology
 - tuberculosis, 281
- Monoamine oxidase inhibitors
 - adverse effects, 371
 - bulimia nervosa treatment, 371, 372
- Montgomery GI Bill
 - education benefit, 37
- Moore, S.
 - HMO research, 475
- Morbidity and attrition related to medical conditions
 - active duty enlisted process with associated attrition from accession and training through the first tour of duty (figure), 60
 - cost of recruiting and training a new enlistee, 60, 69
 - data sources and limitations, 78–79
 - disability discharges, 66–68
 - efficacy trial of the US Navy’s Project REMAIN, 74–75
 - existed-prior-to-service discharges, 62–66
 - hospitalization in active duty enlistees, 60–62
 - initial entry training morbidity and attrition, 60
 - research on, 68–74
- Morgan, John
 - smallpox variolation and, 209
- Mortality
 - active duty medical mortality surveillance, 522–523
 - aftermath of a recruit death, 549–552
 - anorexia nervosa and, 364
 - Bordetella pertussis* infection and, 241
 - bulimia nervosa and, 364
 - eating disorder not otherwise specified and, 365
 - exertional heat illness and, 496
 - family members and the media: tips for surviving news media inquiries (exhibit), 551
 - influenza A and, 238
 - initial actions, 549
 - media briefing for next of kin of Army fatalities (exhibit), 550
 - media involvement in reports of, 549–550
 - medical treatment facility communications with the media, 551–552
 - nontraumatic deaths, 533–539, 541–544
 - notification of next of kin, 543, 549
 - population-based research, 520–521
 - prevention strategies, 540–543
 - published case reports of US military recruit deaths, 1977–2001 (table), 521
 - pugil stick injuries and, 19
 - Recruit Mortality Registry, 521, 522–523
 - recruit surveillance, 522–523
 - Report of Casualty form official record of, 522
 - S pneumoniae* infection and, 239
 - tobacco use and, 430
 - traumatic deaths, 523–533, 540–541, 543
 - tuberculosis and, 278
 - US Marine Corps boot camp and, 16–17
 - World War I respiratory disease mortality, 229
- MOS. *See* Military occupational specialty training
- Moscicki, A. B.
 - cervical cancer research, 405–406
- Motor vehicle crashes
 - traumatic death cause, 523
- Mouthguards
 - orofacial injuries and, 393
- MREs. *See* Meals, Ready to Eat
- MRI. *See* Magnetic resonance imaging
- MSM. *See* Men who have sex with men
- MTFs. *See* Medical treatment facilities
- Multiple training-related injury-prevention interventions
 - modification of physical training in US Army BCT to reduce injuries, 136–137
 - modifications of training for advanced individual training students, 137
 - New Zealand cohort study, 136
 - pelvic stress fractures in female Australian recruits, 136
 - research limitations, 136
 - running interventions, 136
- Musculoskeletal injuries. *See also specific injuries*
 - Sports Medicine and Reconditioning Therapy teams, 11–12
 - US Marine Corps treatment, 17–18
 - US Navy rehabilitation program, 10–11
- Myburgh, K. H.
 - stress fracture research, 179
- Mycobacterium tuberculosis* infection. *See* Tuberculosis
- Mycoplasma pneumoniae* infection
 - isolation of, 242
- Myrer, J. W.
 - cryotherapy research, 158

N

- National Academy of Sciences
 Food and Nutrition Board individual energy requirements for adults, 436–437
 vaccine safety analyses, 222
- National Ambulatory Medical Care Survey
 physician visits, 475
- National Asthma Education and Prevention Program
 mild asthma definition, 74
- National Defense Authorization Acts, 298
- National Health and Nutrition Examination Survey
 herpes simplex virus prevalence, 268
 overweight and obesity in the US population and, 368, 430
- National Institute of Diabetes and Digestive and Kidney Diseases
 common dietary myths, 439
- National Institutes of Health
 guidelines for calcium needs, 190
- National Security Act of 1947
 establishment of the Air Force as a separate entity, 20, 31
- National Vaccine Advisory Committee
 immunization policy development, 213
 quality standards for immunization programs, 217
- Nattiv, A.
 calcium research, 179
 stress fracture research, 180
- Naval Health Research Center
 respiratory pathogen surveillance, 543
S pneumoniae vaccine, 240
- Navicular stress fractures
 description, 191
- Neisseria meningitidis* infection. *See also* Meningococcal disease
 chronological *Neisseria meningitidis* deaths among US military recruits, 1977–2001 (table), 539
 mortality from, 537
 outbreak consequences, 245
- Nellis Air Force Base
 Sexual Assault Prevention Project, 422–423
- Nemeroff, C. B.
 suicide research, 334
- Nerve palsy
 cryotherapy and, 158
- Nestlé Sweet Success diet
 description, 466–467
- Neuhauser, Katerina
 mortality research, 522
- Neuropsychiatric Screening Adjunct
 development of, 302
 World War II and, 9
- New Start Program
 description, 32
- New Zealand
 cohort study of running in boots and running shoes, 136
- NGU. *See* Nongonococcal urethritis and cervicitis
- NHANES. *See* National Health and Nutrition Examination Survey
- Nishimura, K. D.
 rhabdomyolysis research, 169
- Nitrofurantoin
 urinary tract infection treatment, 410
- No Carb diet
 description, claims, realities, and health problems, 465–466
- Noble compression test
 iliotibial band syndrome and, 155
- Nongonococcal urethritis and cervicitis
 clinical manifestations, 267
 diagnosis and management, 267
 epidemiology, 266–267
- Nonsteroidal anti-inflammatory drugs
 adverse effects, 159
 bursitis treatment, 153–154
 delayed-onset muscle soreness treatment, 152
 iliotibial band syndrome treatment, 155
 low back pain treatment, 157
 mechanism of action, 159
 patellofemoral pain syndrome treatment, 154–155
 plantar fasciitis treatment, 157
 stress fractures and, 188
 tendinitis treatment, 154
- Nontraumatic deaths
 causes of nontraumatic deaths among US military recruits, 1977–2001 (table), 535
 epidemiology of, 533–539
 exercise-related idiopathic sudden deaths, 538–539, 543–544
 exertional heat illnesses, 536, 542
 idiopathic sudden death, 538
 infectious diseases, 536–538, 542–543
 nontraumatic mortality rates for all US military recruits, 1977–2001 (table), 533
 number of nontraumatic recruit deaths, recruit accessions, and category-specific mortality rates by US military service, 1977–2001 (table), 534
 prevention strategies, 541–543
 recruit deaths caused by infectious disease between 1977 and 2001, by training duration (figure), 539
 sickle cell trait, 535–536
 sudden cardiac death, 533–535, 541–542, 543
- Norway
 chlamydia infection association with cervical cancer research, 405
 suicide postvention intervention study, 339
- Notification of next of kin, 543, 549, 550
- NSA. *See* Neuropsychiatric Screening Adjunct
- NSAIDs. *See* Nonsteroidal anti-inflammatory drugs
- NutriSystem program
 description, 465
- Nutrition and weight control. *See also* Eating disorders
 approximate daily energy expenditure (table), 436
 assessment of selected weight-loss diets, 465–468
 calories burned (per hour) by activity and body weight (table), 437
 comparison of body mass indexes in three US military services and the general population (table), 433
 dietary myths and misinformation, 439, 440–441, 452
 dietary supplements, 439, 441–443
 eating in dining halls and, 443–444
 energy balance, 435–436
 energy requirements, 436–437
 estimated energy requirements for men and women 30 years of age (table), 436
 exercise and, 444–447
 exertional heat illnesses and, 499–500
 fitness and nutrition programs, 446
 healthcare providers and, 446–447
 healthy diet, 434–435, 453
 IOM recommendations for weight-gain prevention in the military services, 434
 macronutrients, 437–438
 micronutrients, 438
 military trends, 432–434
 nutrient basics, 437–438
 nutritional disorders, 447–452
 operational environment and, 444
 overweight and obesity in the US population, 430
 percentage of body-fat allowances (by age and gender) in US military services (table), 432
 selected maximum weight for height by US military service

- (table), 431
- stress fractures association with poor nutrition, 179, 190
- taping method for body fat measurement, 430–431
- US Air Force *Fitness Program*, 462–463
- US Air Force “Shape Your Future...Your Weigh” program, 469–470
- US Army allowable body-fat percentages (by age) after the first 6 months of active duty (table), 432
- US Army allowable body-fat percentages (by age) for the first 6 months of active duty (table), 431
- US Army Weight Control Program, 461–462
- US Navy ShipShape program, 462
- weight gain and weight standards, 430–434
- weight-loss diets, 439, 465–468
- Nutritional disorders
 - anemia, 449–451
 - osteopenia and osteoporosis, 447–449
 - vitamin B₁₂ deficiency, 452
- NuvaRing
 - contraceptive option, 410

O

- OCs. *See* Oral contraceptives
- Ognibene, Brig. Gen. Andre J.
 - asthma policy during the Vietnam War and, 95
- Olerud, J. E.
 - acute exertional rhabdomyolysis research, 166
- Olmstead, Frederick Law
 - report on physical examinations of recruits, 5
- One-station unit training. *See also* Initial entry training
 - description, 126, 148
 - length of, 32
- Open skin wounds. *See* Blisters and open skin wounds
- Operation Enduring Freedom
 - provision of a briefing packet on dealing with the media for families of military fatalities, 400
 - role of female soldiers, 400
 - voluntary questionnaire-based survey of respiratory symptoms and performance of soldiers, 96
- Operation Iraqi Freedom
 - provision of a briefing packet on dealing with the media for families of military fatalities, 400
 - role of female soldiers, 400
 - voluntary questionnaire-based survey of respiratory symptoms and performance of soldiers, 96
- Oral contraceptives
 - abnormal uterine bleeding and, 403, 405
 - compliance issues, 403, 410
 - failure rate, 410
 - periodontal disease and, 387–389
 - postsurgical healing and, 391
- Oral Health Fitness Program
 - description, 384
- Orlistat
 - obesity treatment, 372
- Ornish, Dr. Dean
 - Life Choice Diet, 465
- Orofacial injuries
 - dental injuries and, 392–393
 - mouthguards and, 393
- Ortho Evra
 - contraceptive option, 410
- Orthotics
 - patellofemoral pain syndrome treatment, 155
- Oseltamivir
 - influenza A treatment, 238–239
- Osteopathic medicine
 - Sports Medicine and Reconditioning Therapy teams and, 12
- Osteopenia and osteoporosis
 - anorexia nervosa and, 362
 - description, 447
 - fractures and, 178, 447
 - lifestyle and, 447–448
- Osteoporosis. *See* Osteopenia and osteoporosis
- OSUT. *See* One-station unit training
- OTC medications. *See* Over-the-counter medications
- Over-the-counter medications. *See also specific medications*
 - installation pharmacies and, 475
 - unintentional deaths from overdoses, 530
- Overuse injuries
 - bone geometry and, 119
 - bursitis, 153–154
 - causes, 148, 151
 - common training-related overuse injuries (table), 151
 - compartment syndrome, 152–153
 - decreasing running mileage and, 120–121
 - delayed-onset muscle soreness, 152
 - epidemiological studies, 119
 - examples of, 148
 - existed-prior-to-service conditions and, 119
 - iliotibial band syndrome, 155
 - loss of training time and, 176
 - low back pain, 157
 - metatarsalgia, 157
 - patellofemoral pain syndrome, 154–155
 - physical fitness test events and, 120
 - plantar fasciitis, 157
 - rhabdomyolysis, 153
 - running association with, 151
 - shin splints, 155
 - strains, 152
 - stress fractures, 155–157, 176–201
 - symptoms of overtraining, 117
 - tendinitis, 154
- Overview of recruiting and accessions
 - basic training, 31–33
 - demographics, 39–42
 - indoctrination to military culture, 31–35
 - lifestyle issues, 35, 37, 119
 - military core values (exhibit), 36–37
 - military personnel categories, 30
 - physical conditioning, 38
 - preventive medicine, 38–42
- Overweight and obesity. *See also* Nutrition and weight control
 - binge-eating disorder and, 360
 - body composition standards for the armed forces, 431–432
 - costs of, 433
 - effect on readiness, 433
 - healthy diet and, 434–435, 453
 - IOM recommendations for weight-gain prevention in the military services, 434
 - military trends, 432–434
 - obesity treatment, 371–372
 - rates for the US armed services, 432
 - sociocultural factors in obesity, 361
 - in the US population, 430
 - weight-based disciplinary action, 433–434
 - weight standards and, 430–434

P

- Pap smears. *See* Papanicolaou smears
- Papanicolaou smears

- cervical cytology guidelines, 405–409
- Parke-Davis
 - adenovirus vaccine development, 212
- Partonen, T.
 - suicide research, 314
- Pasternack, M.
 - S pneumoniae* infection research, 239
- Pasteur, Louis
 - rabies vaccine, 210
- Patellar stress fractures
 - description, 192
- Patellofemoral pain syndrome
 - causes, 154
 - symptoms, 154
 - treatment, 154–155
- Patellofemoral stress syndrome. *See* Patellofemoral pain syndrome
- Patient Health Questionnaire
 - Recruit Assessment Program and, 82
- Patrick's test
 - sacral stress fractures, 192
- Pazzaglia, G.
 - S pneumoniae* infection research, 239
- PCR. *See* Polymerase chain reaction
- Peak flow testing
 - asthma and, 102
- Pelvic inflammatory disease
 - chlamydia and, 262
- Pelvic stress fractures
 - description, 192
- Penicillin
 - group A streptococcus infection treatment, 231, 245
 - M pneumoniae* infection treatment, 242
 - S pneumoniae* infection treatment, 240
- Percussion test
 - stress fractures, 181
- Periodontal disease
 - males are more likely than females to have at least one tooth site with 6 mm or more of periodontal loss of attachment (figure), 388
 - model of periodontitis (figure), 388
 - oral contraceptives and, 387–389
 - risk factors, 387
- Permanent medical disqualifications
 - most common reasons for, 50, 55
- Persian Gulf War
 - asthma and, 91, 96
 - difficulties of determining characteristics and causes of health problems among veterans, 82
- Personal Data Sheet
 - development of, 300
- Personal fitness assessments
 - eating disorders and, 358, 366, 367
- Pes cavus
 - stress fractures and, 179
- Pes planus
 - stress fractures and, 179
- Peterson, A. L.
 - eating disorders research, 367
- PFAAs. *See* Personal fitness assessments
- Pfeiffer, Richard
 - cholera research, 210
- PPFS. *See* Patellofemoral pain syndrome
- Phillips, D. P.
 - suicide research, 316
- Phillips, M.
 - population-based mortality research, 520
- Physical abuse. *See* Childhood physical or sexual abuse
- Physical fitness
 - AMSARA assessment, 54
 - aptitude and classification tests, 38
 - Assessment of Recruit Motivation and Strength study, 54
 - assessment of the initial entry training client, 112
 - calisthenics, 113, 115, 116, 120
 - challenges to universal physical fitness, 118–120
 - components, 112–115
 - conditioning stage time limitations, 119–120
 - endurance component, 114–115
 - exercise principles, 115–118
 - exertional heat illnesses and, 495, 499–500
 - existed-prior-to-service conditions and, 38, 54, 118–119
 - impact on health, 43
 - integration principle, 117
 - lack of centralized PT philosophy and, 119
 - loss of training time and, 38
 - low initial fitness levels of recruits, 118, 138
 - mobility component, 115
 - need for further research on, 123
 - operational and doctrinal definitions of, 112
 - physical training strategy for initial entry training, 120–121
 - precision principle, 115
 - progression principle, 115, 117
 - progressive ability group run schedule for basic combat training (table), 121
 - recruit physical assessment standards (table), 122
 - strength component, 112–113
 - testing for the PT program, 121–122
 - three-event physical fitness assessment before beginning training, 122
 - time limitations for accomplishing fitness objectives, 119–120
 - trends of increasing body weight and slower run times, 112
 - unstructured PT programs and, 122
- Physical Training and Rehabilitation Program Surveillance System
 - development of, 127
 - information contained in, 128–129
 - percentage of recruits sent to the Physical Training and Rehabilitation Program at Fort Jackson, South Carolina, from January 1998 to October 2002, 129
- Physical Training and Rehabilitation Program design, 127–128
- Physical training interventions
 - eliminating running in the third week of basic combat training, 135–136
 - mileage, stress fracture incidence, and final three-mile run times among three groups of male US Marine Corps recruits (table), 135
 - multiple interventions, 136–137
 - running mileage reduction, 135
 - stretching, 135
- Physician assistants
 - US Navy role, 13
- PID. *See* Pelvic inflammatory disease
- Pierce, W. E.
 - respiratory infection research, 230
- Plag, J. A.
 - recruit questionnaire development, 303
- Plain film radiographs
 - bone scan comparison, 556–557
 - hyperventilation syndrome diagnosis, 579
 - latent TB infection and, 287
 - periosteal reaction at the distal medial tibial diaphysis (figure), 182
 - stress fracture diagnosis, 156, 181, 556
 - tuberculosis diagnosis, 285, 288–289
- Plantar fasciitis
 - causes, 157
 - description, 157

- treatment, 157
- Platt, Col. Robert J.
San Antonio Aviation Cadet Center command, 19
- Pneumatic leg braces
stress fractures and, 188–189
- Pneumococcus. *See S pneumoniae* infection
- Policy for Standardization of Dental Classification* (Policy 97-020), 387
- Pollock, M.
running mileage association with performance, 121
- Polymerase chain reaction
gonorrhea diagnosis, 265
herpes simplex virus diagnosis, 268
- Post-traumatic stress disorder
sexual assault and, 421
suicide and, 319
- Postvention
definition, 338
importance of, 340
suicide and, 338–339
- Potassium depletion
heatstroke and, 508
- Pre-BCT Physical Training Program
development of, 117
- Precision exercise principle
conditioning drill 1, exercise 6: the windmill (figure), 116
description, 115
windmill exercise example, 115
- Pregnancy
abnormal uterine bleeding and, 403
counseling, 411
disqualification from enlistment and, 403
folate and, 452
immunizations and, 219
separation from the service and, 411
tests for, 403
- Prescription drugs. *See also specific drugs and classes of drugs*
suicide and, 526, 528
unintentional deaths from, 530
- Presidential Review Directive
Recruit Assessment Program, 305
- Preventive Dentistry* (Army Regulation 40-35)
Dental Fitness Classification system, 384
- Preventive medicine
critical success factors, 38–42
population health stages of prevention (figure), 38
sports medicine and, 38, 43
US Air Force Preventive Medicine Support Element, 24
US Army's "Hooah 4 Health" web site, 38
US Army's Well-Being Strategic Plan, 38
US Navy Preventive Medicine Department, 12
- Primitive Remedies* (Wesley), 474
- Pringle, Sir John
ventilation and crowding among recruits, 244
- Progression exercise principle
balance of components, 117
overload and regularity, 115, 117
recovery, 117
variety of exercises and drills, 117
- Project REMAIN
description, 74–75, 100
design of, 74
findings, 100
- Protein
description, 438
dietary reference intake of, 438, 453
excessive intake of, 446
exercise and, 444–445
- Protein Power diet
description, claims, realities, and health problems, 465–466
- Psychiatric disorder screening
AMSARA studies, 54–55
Vietnam War and, 9
World War I and, 5
World War II and, 7, 9
- Psychological factors
eating disorders, 361
- Psychological screening
contemporary tools, 304
decrease in disqualifications for psychiatric causes, 303
definition, 298
educational achievement and, 304
effectiveness of screening and other interventions, 305–306
efficiency of, 298
future needs, 306, 307
historical background, 300–303
new initiatives, 305
recruit attrition rates, 298–299
US Air Force Medical Evaluation Test, 23
- Psychological Screening Inventory
research using, 303
- PT programs. *See Physical training interventions*
- PTRPSS. *See Physical Training and Rehabilitation Program Surveillance System*
- PTSD. *See Post-traumatic stress disorder*
- Pugil stick training
mortality from, 19
orofacial injuries, 393
- Pulmonary function testing
asthma and, 102
- Pyrazinamide
latent TB infection treatment, 285–286
- Pyridostigmine
asthma and, 96

Q

- Quality standards
Armed Forces Qualification Test categories and, 42
- QuantIFERON-TB test
description, 290

R

- Rabies vaccine
development of, 210
- Racial factors. *See also Ethnic factors*
gonorrhea, 263
representation of African Americans and Hispanics in the military, 39, 40
sexually transmitted infections, 258
tuberculosis, 281
- Radiographs. *See Plain film radiographs*
- Rajab, M. H.
suicide research, 323–325, 331
- RAND Corporation
ephedra study, 442
recruit attrition study, 298–299
- Randell, B. P.
suicide research, 338
- RAP. *See Recruit Assessment Program*
- Rape. *See Sexual assault*
- REACH program. *See Reinforcing Education to Achieve Health program*
- Reactive airways dysfunction syndrome
dyspnea and, 579

- Recruit Assessment Program
 - adoption by other countries, 86
 - Armed Forces Epidemiological Board recommendations, 85
 - completion rate tracking, 83
 - completion time, 82, 83
 - DoD-wide implementation, 85–86
 - early data, 84–85
 - establishment of, 305
 - examples of aggregate data (figure), 84
 - Health Assessment Review Tool—Accession and, 85
 - incorporation of questions from standard survey instruments, 82
 - kappa coefficient analysis, 84
 - pilot study of, 82–83
 - revisions and modifications, 83
 - SHIP program and, 82
 - survey completion rate for each question by version (figure), 83
 - TRICARE Management Activity and, 85, 86
 - US Marine Corps Health Assessment Project and, 84–85
- Recruit attrition. *See also* Accession and attrition
 - adjustment and behavioral issues, 299
 - average cost of recruiting an enlistee, 299
 - educational achievement and, 304
 - GAO study, 298–299
 - RAND Corporation study, 298–299
 - reasons for, 299
- Recruit medicine
 - definition, 4
 - goal of, 4
- Recruit Mortality Registry
 - data abstraction methods, 522–523
 - description, 521, 543
 - undetermined death category, 539
- Reed, Maj. Walter
 - typhoid fever research, 210
 - yellow fever research, 210–211
- Refractive disorders. *See also* Vision disorders
 - medical waivers and, 50–51
- Reinforcing Education to Achieve Health program
 - description, 392
- Relenza
 - influenza A treatment, 238
- Renal dysfunction
 - heatstroke and, 507–508
- Renal failure
 - rhabdomyolysis and, 166, 169
- Report of Casualty form
 - official record of death, 522
- Reportable medical events system
 - sexually transmitted infection tracking, 259–260, 262
- Research component of the injury-prevention process
 - AIT and, 132
 - extrinsic risk factors, 126, 132, 140
 - injury incidence and incidence rates among US Army soldiers
 - in advanced individual training (table), 134
 - intrinsic risk factors, 126, 131–132, 140
- Reserve component
 - gender issues, 39–41
 - immunizations, 216–217
- Reserve Officer Training Corps
 - eating disorders and, 365
- Respiratory infections
 - adenoviruses, 232–236, 537–538
 - Bordetella pertussis*, 240–242
 - Chlamydia pneumoniae*, 242
 - comparison of respiratory illness rates among recruits as compared to non-recruit (“seasoned”) military populations (figure), 229
 - coronaviruses, 242
 - coxsackievirus A21, 242–243
 - crowding and, 230, 244
 - dust suppression measures, 243, 244
 - group A streptococcus and, 230–232, 537
 - handwashing and, 244
 - historical interventions, 243
 - history and epidemiology, 228–230
 - housing issues, 244–245
 - influenza A, 236–239, 538
 - major pathogens, 230–243
 - military environment and, 228
 - Mycoplasma pneumoniae* infection, 242
 - prevention measures, 243–245
 - respiratory syncytial virus, 243
 - rhinoviruses, 240
 - S pneumoniae*, 239–240
 - seasonal patterns, 229–230
 - terminology, 228
 - triethylene glycol vaporization and, 243
 - ultraviolet irradiation and, 243–244
 - vaccinations and prophylaxis regimens, 231–232, 245
 - ventilation and recirculation of air and, 244–245
- Respiratory syncytial virus
 - description and epidemiology, 243
- Resprogen
 - adenovirus vaccine, 212
- Rest component of the RICE protocol
 - description, 158
- Retention of Mild Asthmatics in the Navy. *See* Project REMAIN
- Retropatellar pain syndrome. *See* Patellofemoral pain syndrome
- Revolutionary War
 - medical standards for the Continental Army, 4
- Rhabdomyolysis
 - acute exertional rhabdomyolysis, 166–169, 506–507, 511–512
 - categories of, 153
 - causes, 153, 166
 - compartment syndrome and, 172–173, 512
 - complications, 153
 - diagnosis, 153
 - diagram representing the goal of recruit training: optimum readiness without injury (figure), 173
 - heatstroke and, 506–507, 508, 536
 - monitoring of, 511–512
 - pathophysiology, 166
 - renal failure and, 166, 169
 - treatment, 153
- Rheumatic fever. *See* Acute rheumatic fever
- Rhinitis
 - vocal cord dysfunction and, 576, 578, 580
- Rhinovirus
 - isolation of, 240
 - presentation and epidemiology, 240
 - transmission, 240
- Rib stress fractures
 - description, 192
- RICE protocol for training-related injuries
 - compression, 158–159
 - elevation, 159
 - ice, 158
 - rest, 158
- Richman, J.
 - suicide research, 335
- Rifampin
 - latent TB infection treatment, 285–286
 - tuberculosis treatment, 278
- Rimantadine

- influenza A treatment, 238
 - Ritchie, E. C.
 - suicide research, 314
 - RMES. *See* Reportable medical events system
 - RMR. *See* Recruit Mortality Registry
 - Roadman, Air Force Surgeon General Charles, II
 - suicide prevention program, 336
 - Robbins, A. S.
 - overweight and obesity research, 432
 - Robling, A. G.
 - stress fracture research, 178, 184
 - Rock, N. L.
 - suicide research, 314
 - Ronald W. Reagan National Defense Authorization Act for Fiscal Year 2005
 - provisions, 85
 - Rosenbaum, M. J.
 - rhinovirus research, 240
 - suicide research, 335
 - Rosenbaum, M.J.
 - respiratory infection research, 230
 - Rosenberg, M. J.
 - suicide research, 334
 - ROTC. *See* Reserve Officer Training Corps
 - Rowe, W. P.
 - adenovirus research, 232
 - Rubber matting
 - anterior cruciate ligament ruptures and, 139–140
 - Rubin, C. T.
 - stress fracture research, 184
 - Rudd, M. D.
 - suicide research, 318–319, 323–325, 331
 - Running
 - cohort study of running in boots and running shoes, 136
 - eliminating running in the third week of basic combat training, 135–136
 - intervention trials, 135–137, 140
 - overuse injuries and, 120–121, 151
 - stress fractures and, 135, 177, 186–188
 - substituting foot marches for, 135
 - training load, 176
 - the walk-to-run program (table), 188
 - Russell, Maj. Frederick F.
 - typhoid fever research, 210
 - Rust, G. S.
 - acute exertional rhabdomyolysis research, 166, 169
 - Ruth, T. E.
 - suicide research, 316
 - Ryan, M. A.
 - handwashing research, 244
- S**
- S pneumoniae* infection
 - drug resistance, 240
 - isolation of, 239
 - measles and, 239
 - morbidity and mortality from, 239, 537
 - recent outbreaks, 239–240
 - vaccine for, 245
 - Sacks, J. J.
 - suicide research, 338
 - Sacral stress fractures
 - description and differential diagnoses, 192
 - Sailor’s Health Inventory Program
 - description, 82
 - Sairanen, S.
 - vitamin D research, 449
 - Salt depletion
 - heat cramps and, 503
 - heatstroke and, 508
 - hyponatremia and, 497
 - Sanchez, H. B.
 - suicide research, 318
 - Sanofi Pasteur
 - meningococcal vaccine licensing, 213
 - Sartwell, P. E.
 - respiratory infection research, 230
 - Satcher, Surgeon General David
 - overweight and obesity in the US population and, 430
 - Savastano, A. A.
 - stress fracture research, 189
 - Scarlet fever
 - carriers for, 231
 - complications, 230
 - symptoms, 230
 - Schlechte, J.
 - eating disorder research, 362
 - Schmidt’s syndrome
 - nontraumatic death from, 539
 - Schwellnus, M. P.
 - calcium research, 190
 - Scoville, S. L.
 - population-based mortality research, 520, 533
 - suicide research, 314
 - SCT. *See* Sickle cell trait
 - Scully, T. J.
 - stress fracture research, 180
 - Seidell, J. C.
 - body mass index research, 432
 - Selected Reserve
 - FY 2002 data, 30
 - Selective serotonin reuptake inhibitors
 - anorexia nervosa treatment, 370, 372
 - binge-eating disorder treatment, 371
 - bulimia nervosa treatment, 371
 - Self-care
 - benefits of, 491
 - challenges to, 476–477
 - description, 474
 - drill instructors and, 478, 488
 - eligibility criteria for (exhibit), 480
 - environment of support, 477
 - environmental impediments, 476–477
 - facilitating, 477–478
 - healthcare providers and, 477
 - historical background, 474, 476
 - individual and leader responsibilities (table), 475
 - military leadership and, 478
 - process flowchart (figure), 481
 - return on investment and, 474, 489–490
 - Soldier Self-Care Program, 478–490
 - soldiers’ attitudes toward, 477
 - treatment time and, 476–477
 - troop medical clinics and, 478, 485
 - Self-care Program Replication Tool Kit*
 - description, 479
 - self-care definition, 474
 - Sentell, J. W.
 - suicide research, 313–314
 - Serviceman’s Group Life Insurance Program, 37
 - Sesamoid bone stress fractures
 - description, 192
 - Sexual abuse. *See* Childhood physical or sexual abuse

- Sexual assault
 - appropriate medical responses, 421–423
 - barriers to disclosure of (exhibit), 421
 - colleagues and friends scenario, 420
 - courts martial for, 418, 423
 - definitions of, 418–419
 - differences among services, 419
 - dynamics of, 419–420
 - education and prevention programs, 422–423, 424
 - hybrid scenario, 420
 - immediate reactions to, 421
 - legal process, 423
 - minimizing opportunities for misconduct and, 424
 - pre-service sexual assault and, 419
 - prevalence and incidence, 418–419
 - “rape trauma syndrome,” 421
 - reporting, 421
 - supervisors scenario, 420
- Sexually transmitted infections
 - abnormal uterine bleeding and, 404
 - bacterial infections, 261–267
 - chlamydia, 261–263
 - comorbid infections, 261
 - condom use and, 258
 - demographic characteristics of active duty and Reserve/National Guard accessioned personnel, fiscal year 2003 (table), 257
 - educational programs, 256, 260
 - global burden, 256
 - gonorrhea, 263–265
 - herpes simplex virus, 267–269
 - human immunodeficiency virus, 269–271
 - human papilloma virus, 269
 - military as a high-risk group, 256
 - morbidity associated with, 256
 - nongonococcal urethritis and cervicitis, 266–267
 - partner management and contact tracing, 261
 - prevention efforts, 260–261
 - protozoal infections, 267, 408
 - recruit population, 257
 - reportable medical events among active components of the US armed forces, rates per 1,000 by calendar year (table), 259
 - risk factors, 257–258
 - self-administered diagnostic system, 261
 - surveillance in the military, 258–260
 - syphilis, 265–266
 - trichomoniasis, 267
 - underreporting phenomenon, 260
 - US Navy Preventive Medicine Department and, 12
 - vaccine development, 261
 - viral infections, 267–271
- “Shape Your Future...Your Weigh” program
 - description, 469
 - phases, 469–470
- Shea, S. C.
 - Chronological Assessment of Suicide Events model, 325–326
- Sheppard
 - suicide research, 320
- Shin, A. Y.
 - stress fracture research, 191
- Shin splints
 - compared with stress fractures, 155, 182
 - description, 155
 - symptoms, 155
- SHIP. *See* Sailor’s Health Inventory Program
- Shipper, William
 - smallpox variolation and, 209
- ShipShape program
 - description, 462
- Shoes
 - stress fracture link with older running shoes, 132
- Shoulder instability and dislocation
 - categories of, 150
 - falls and, 150
 - surgical treatment for, 150
- Shwayhat, A. F.
 - stress fracture research, 179
- Sibutramine
 - obesity treatment, 372
- Sickle cell trait
 - acute exertional rhabdomyolysis and, 167, 169, 173
 - exercise-related deaths among recruits identified with sickle cell trait over time by US military service, 1977–2001 (table), 536
 - exercise-related sudden death and, 520, 538–539
 - mortality from, 521, 533, 535–536, 538–539
 - screening policy, 535–536
- SILs. *See* Squamous intraepithelial lesions
- Simon, Theodore
 - intelligence testing research, 300
- Sinert, R.
 - acute exertional rhabdomyolysis research, 166
- SIRS. *See* Systemic inflammatory response syndrome
- Skin diseases
 - exertional heat illnesses and, 502
- Slim Fast diet
 - description, 466–467
- Small Business Innovation Research project
 - psychiatric screening and, 55
- Smallpox
 - discontinuation of routine vaccination, 210
 - historical background, 208–209
 - mass customized immunization, 215–216
 - vaccination complications, 209
 - vaccine shortage, 209–210
 - variolation, 209
- SMART teams. *See* Sports Medicine and Reconditioning Therapy teams
- Smokeless tobacco. *See* Tobacco use
- Smoking. *See* Tobacco use
- Sociocultural factors
 - eating disorders, 361, 368
- Sock systems
 - foot blisters and, 137, 141
- Soldier Health Maintenance Manual*
 - description, 479, 482
- Soldier Self-Care Program
 - aggregate self-care visits at five replication sites (figure), 485
 - best practice (exhibit), 483
 - communication and, 482
 - costs and benefits of replication, 488–489
 - critical success factors, 482–483
 - education and, 482
 - efficiency and, 486
 - facility demand and, 485–486
 - financial impact, 486
 - fundamental principle of, 490
 - funding, 478
 - goals and objectives of replication, 479
 - healthcare provider recommendations, 487–488
 - implementation stage, 484
 - methods of replication, 483
 - model development, 479
 - one-year summary report (table), 490
 - optimization during the Soldier Self-Care Program 6-month replication period, August 1, 2001, through January 31, 2002 (exhibit), 486

- outcomes, 478
- positive impact of (figure), 486
- preimplementation stage, 483–484
- program implementer recommendations, 487
- program process, 479–482
- program structure and, 482–483
- program user recommendations, 487
- quality assurance and, 483, 485
- replication evaluation, 483–484
- replication sites, 479
- return on investment of replication, 489–490
- self-care process outcomes during the Soldier Self-Care Program 6-month replication period, August 1, 2001, through January 31, 2002 (table), 484
- self-care resource replication costs (table), 488
- Self-Care Tool Kit, 479
- self-care utilization during the Soldier Self-Care Program 6-month replication period, August 1, 2001, through January 31, 2002 (table), 485
- sick call visits and, 486
- Soldier Health Maintenance Manual*, 479, 482
- stakeholder survey results, 482, 486–488
- summary statistics and calculations—replication (table), 489
- sustainment stage, 484
- time required for teaching and, 484
- training time and, 487
- utilization of, 485–486
- Solid-state transducer intracompartment catheter compartment syndrome diagnosis, 171
- Sommers-Flanagan, J.
 - suicide assessment model, 326
- Sommers-Flanagan, R.
 - suicide assessment model, 326
- South Africa
 - neoprene boot insole use, 138
- Spanish-American War
 - smallpox and, 209
 - typhoid fever and, 210
- SPECT imaging
 - stress fractures, 557
- Spinal stress fractures
 - description, 192
- Sports Medicine and Reconditioning Therapy teams
 - description, 11–12, 13
 - osteopathic medicine and, 12
- Sprains
 - characterization of, 148–149
 - common sites, 149
 - rehabilitation and, 149
- Squamous intraepithelial lesions
 - human papilloma virus and, 406
- SSRIs. *See* Selective serotonin reuptake inhibitors
- Standardized Physical Fitness Guide, Pre-BCT
 - development of, 122
- Standardized Physical Training Program Guide for BCT
 - description, 141
 - introduction of, 120, 138
- Standards of Medical Fitness* (Regulation 40-501)
 - weight standards, 430
- Standing Operating Procedures for Male Recruit Training*, 19
- Stanford-Binet test
 - development of, 300
- Staphylococcus aureus* infections
 - mortality from, 537
- “Statement of Understanding for Persons Having Dependents in the Custody of Another” (DA Form 3286-69)
 - recruits with children and, 411
- Steinweg, K. K.
 - self-care research, 478
- Sternberg, Army Surgeon General George Miller
 - appointment of Maj. Walter Reed to head typhoid fever and yellow fever research, 210
- Stic catheter
 - compartment syndrome diagnosis (figure), 171
- STIs. *See* Sexually transmitted infections
- Strains
 - causes, 149
 - characterization of, 149–150
 - compared with delayed-onset muscle soreness, 152
 - overuse and, 152
 - rehabilitation and, 149–150
- Strength component of physical fitness
 - calisthenics drills, 113
 - description, 112
 - importance of, 112–113
 - strength-training program design, 113
 - synchronization with common soldier tasks, 113
 - warrior core task analysis: shoot (table), 113
- Streptomycin
 - tuberculosis treatment, 278
- Stress
 - dysfunctional uterine bleeding and, 402–403
 - recruits with children and, 411
- Stress fractures
 - anatomical considerations, 176–180, 190–192
 - balance and reach exercise (figure), 187
 - bone characteristics and, 178
 - bone fatigue and, 176–177
 - bone mineral density and, 448
 - bone scans, 156, 181–183
 - bracing, 188–189
 - casting, 189
 - clinical evaluation and management, 180–184
 - common sites, 176, 557
 - compared with shin splints, 155, 182
 - computed tomography scanning, 183–184
 - crossover step exercise and (figure), 186
 - differential diagnoses, 156
 - dynamic loading and, 176, 177
 - electrical stimulators and, 189–190
 - exercise/training surfaces and, 180
 - extrinsic risk factors, 180
 - failure of conservative measures and, 192
 - femoral neck stress fractures, 156–157
 - footwear and, 180
 - functional anatomy and, 176–177
 - grading of (table), 183
 - healing methods, 177
 - high-risk locations, 190–192
 - imaging techniques, 156, 181–184
 - incidence in military training programs, 176, 177
 - intrinsic and extrinsic risk factors in the causation of stress fractures (exhibit), 178
 - intrinsic risk factors, 177–180
 - laboratory testing, 184
 - lateral shuffle exercise and (figure), 186
 - link with older running shoes, 132
 - low level of physical fitness of new recruits and, 155–156
 - lower extremity morphology and, 179
 - magnetic resonance imaging, 156, 183, 556, 557
 - medical history and, 180–181
 - mileage, stress fracture incidence, and final three-mile run times among three groups of male US Marine Corps recruits (table), 135

- most common locations for stress fractures in recruits in basic combat training, Fort Jackson, South Carolina (1998–2003) (table), 156
- muscle fatigue and, 177, 179
- muscle strength and, 178–179
- nonsteroidal anti-inflammatory drugs and, 188
- normalizing movement phase of rehabilitation, 186
- nutritional factors, 179
- pathogenesis and recovery, 177
- pelvic stress fractures in female Australian recruits, 136
- physical examination components, 181
- physical training management, 184–185
- plain film radiographs, 156, 181, 556, 557
- prediction and prevention, 180
- prescreening for, 180
- pretraining fitness level and, 179
- protection phase of rehabilitation, 185
- rehabilitation phases, 185–188
- role of rest in recovery, 184
- running and jumping progression in rehabilitation, 186–188
- single leg squat exercise and (figure), 185
- SPECT imaging, 557
- split squat exercise and (figure), 185
- Sports Medicine and Reconditioning Therapy teams and, 12
- stages in, 156
- static loading and, 176, 177
- surgery for, 189
- training errors and, 180
- treatment, 184–192, 556
- ultrasound for, 189–190
- unequal leg length and, 179
- the walk-to-run program (table), 188
- warrior pose exercise (figure), 187
- Stress-management techniques, 321
- Stretching
 - injury prevention and, 135
- Substance abuse
 - sexually transmitted infections and, 258
- Sudden cardiac death
 - causes of, 533–535
 - causes of sudden cardiac deaths among US military recruits, 1977–2001 (table), 536
 - exercise and, 533, 535
 - exercise-related cardiac deaths among US recruits between 1977 and 2001 (figure), 535
 - prevention strategies, 541–542
 - screening for cardiac abnormalities and, 541, 543
- Sugar Busters! diet
 - description, claims, realities, health problems, 465–466
- Suicide
 - acute category, 324
 - Article 115 of the Uniform Code of Military Justice, Malingering and Self-inflicted Injury to Avoid Military Service and, 322
 - assessment methodology, 326–329
 - background information gathering, 322–323
 - baseline category, 324
 - behavioral/ mental health provider actions flow chart, 354–355
 - chaplains' role, 333, 353
 - childhood history of physical or sexual abuse and, 320, 334
 - chronological case summaries of gunshot suicides among US military recruits, 1977–2001 (table), 527
 - collateral information and, 328
 - command actions flow chart, 351
 - communication and, 322, 328–329
 - complexity of, 312
 - consultation with other providers and, 328
 - contagion and epidemics, 320–321
 - depression and, 319, 327, 328, 333–334
 - direct interview, 326–328
 - documentation of risk assessment interviews, 328–329
 - echelons of care, 322–323
 - elements of risk assessment (exhibit), 324
 - friend/buddy actions flow chart, 350
 - gender factors, 313, 314–315, 316
 - guidelines for management and brief treatment of suicidal patients (exhibit), 330
 - gunshot suicides, 524
 - hanging method, 524, 528
 - high-risk category, 331–332
 - hospitalization for psychiatric reasons and, 316–317
 - impulse control and, 327
 - informed consent/confidentiality issues, 327
 - initial contact, 326
 - initial treatment plan, 329
 - initial visit with a suicidal patient recommendations, 324–325
 - isoniazid overdose and, 288
 - jumps or falls and, 524, 526, 529
 - lack of an accepted set of definitions or criteria for, 315
 - leadership climate and, 317
 - level of risk and, 328, 331–332
 - low rate of completed suicide in the military, 312
 - low-risk category, 331
 - malingering and, 312, 322, 329, 340
 - management of, 329–335
 - mentoring and, 332
 - military and recruit suicide statistics, 313–315
 - military-specific risk, 316–317, 339
 - models of assessment and assignment of risk category, 323–326
 - moderate-risk category, 331
 - monitoring of nonhospitalized recruits, 332
 - off-base hospitalization and, 331
 - overall suicide rates by service, 1977–2001 (table), 314
 - parasuicides, 320–321
 - partial hospitalization program, 332
 - postvention efforts, 338–339, 340
 - prevention strategies, 335–338, 540
 - primary care actions flow chart, 352
 - problem solving and, 328
 - professional risks in working with suicidal patients, 312
 - protective factors, 320, 327–328
 - psychotropic medications and, 333–334
 - PTSD and, 319
 - rate among young adults and adolescents, 313, 314–315
 - recruit population prevalence, 312
 - recruit-specific risk, 317, 339
 - recruit suicides by sex, race, training duration, and method by US military service, 1977–2001 (table), 526
 - research on risk, 318
 - risk among recruits compared with cadets, 313
 - risk assessment procedures, 321–329
 - risk factors, 316–321
 - risk factors by category (exhibit), 318–319
 - risk factors by population (exhibit), 317
 - risk-management flow charts, 350–355
 - risk prediction models, 318–320
 - screening instruments, 326
 - self-reports and, 323
 - separation from the service and, 340
 - staff burnout and mistakes and, 334–335
 - statistical problems, 315–316, 339
 - statistics, 313–316
 - stigma associated with, 317, 333, 334, 339
 - stress in military training and, 313, 321
 - stress-management techniques, 321

- systematic assessment, 323
 therapeutic alliance and, 323, 326–327, 329
 traumatic death cause, 524–529
 treatment setting and, 329
 trust and rapport and, 323
 UN peacekeepers and, 317
 underreporting of, 315–316
 unit cohesion and morale and, 313, 321, 332, 333
 unit ministry flow chart, 353
 unit watch and, 332, 340, 540
 “Suicide Prevention and Psychological Autopsy” (pamphlet 600-24), 336
 Suicide watches. *See* Unit watches
 Sulfonamides
 group A streptococcus infection treatment, 231
 toxic effects, 231
 Sullivan, Harry Stack
 psychiatric screening research, 301
 Surveillance and surveys. *See also specific surveys*
 cumulative incidence of injury and injury incidence rates during
 US Army basic combat training (table), 132
 cumulative injury incidence and injury incidence rates of US
 Army basic combat trainees (table), 133
 importance of, 126
 outpatient medical record surveys, 129
 Recruit Assessment Program and, 82, 83
 relative rates of injuries and illnesses among US Army trainees
 (table), 133
 surveillance of injuries in initial entry training, 127–129
 surveillance systems, 127–129
 surveys of injuries in initial entry training, 129–131
 voluntary questionnaire-based survey of respiratory symp-
 toms and performance of soldiers, 96
 Surveys. *See* Surveillance and surveys
 Survival analyses of medical waivers
 description, 71
 effect on attrition found in waiver survival analyses compar-
 ing waived and matched fully qualified active duty acces-
 sioned enlistees (table), 72
 waiver survival studies of various medically disqualifying
 conditions (table), 72
 Sweden
 chlamydia infection association with cervical cancer research, 405
 Swine influenza
 vaccine coverage and, 238
 SYFYW program. *See* “Shape Your Future...Your Weigh” program
 Syncope
 heat syncope, 503
 immunizations and, 214–215
 Syphilis
 clinical manifestations, 265–266
 diagnosis and management, 266
 elimination of screening for, 258, 266
 epidemiology, 265
 latent stage, 266
 partner management, 266
 serologic tests, 266
 transient increases in infection rate, 265
 Systemic inflammatory response syndrome
 diagnostic criteria for (table), 508
 heatstroke and, 506, 508
- ## T
- Talcott, G. W.
 eating disorders research, 367
 Talus stress fractures
 description, 191
 Tamiflu
 influenza A treatment, 238–239
 Tarsal stress fractures
 description, 191
 TB. *See* Tuberculosis
 TCAs. *See* Tricyclic antidepressants
 Technical training schools
 basic training and, 33, 34
 sites, 34
 Temporary medical disqualifications
 most common reasons for, 50, 55
 Temporomandibular dysfunction
 exhibit, 385
 Tendinitis
 causes, 154
 common sites for, 154
 description, 154
 stages of, 154
 treatment, 154
 Terman, Lewis
 intelligence testing research, 300
 Tetanus
 booster doses of vaccine, 208
 description, 208
 historical background of immunization against, 206, 208
 toxoid introduction, 206, 208
 Tetracycline
 M pneumoniae infection treatment, 242
 Therapeutic alliance
 suicide and, 323, 326–327, 329
 Thieler, Max
 yellow fever research, 211
 Thomas, Capt. Robert
 suicide prevention program, 335–336
 Thomas, R. J.
 group A streptococcus infection prophylaxis, 231
 Tibial stress fractures
 bracing, 188–189
 differential diagnoses, 190–191
 locations for, 190
 surgery for, 189
 “walking” cast for, 189
 TMCs. *See* Troop medical clinics
 TMD. *See* Temporomandibular dysfunction
 Tobacco use
 bone mineral density and, 448
 mortality rate, 430
 periodontal disease and, 387
 prevention and cessation efforts, 392
 Topiramate
 binge-eating disorder treatment, 371
 exertional heat illnesses and, 502
 TRADOC. *See* US Army Training and Doctrine Command
 Training-Related Injury Reports
 overuse injury tracking, 127
 TRIRs for Army basic training centers (figure), 128
 US Army injury rates before (Feb–May 2003) and during
 (Feb–May 2004) phase-in of TRADOC standardized physical
 training program for basic combat training (table), 139
 Traumatic deaths
 epidemiology, 523–533
 homicide, 532–533
 number of traumatic recruit deaths, recruit accessions, and
 category-specific mortality rates by US military service,
 1977–2001 (table), 525
 percentage of recruit deaths, 523

- percentage of traumatic deaths by cause for each US military service, 1977–2001 (figure), 526
 - prevention strategies, 540–541
 - traumatic mortality rates over time for all US military recruits, 1977–2001 (table), 523
 - unintentional injuries, 529–532
 - Travel and transportation allowances, 35
 - Treponema pallidum*. *See* Syphilis
 - TRICARE managed healthcare program
 - preventive services, 475
 - Recruit Assessment Program and, 85, 86
 - Trichomoniasis
 - epidemiology, clinical manifestations, diagnosis, and management, 267
 - Pap smears and, 408
 - Tricyclic antidepressants
 - adverse effects, 371
 - anorexia nervosa treatment, 370
 - bulimia nervosa treatment, 371, 372
 - Trimethoprim-sulfamethoxazole
 - urinary tract infection treatment, 410
 - TRIRs. *See* Training-Related Injury Reports
 - Troop medical clinics
 - self-care and, 478, 485
 - Truman, Pres. Harry S
 - establishment of the Air Force as a separate entity and, 31
 - TST. *See* Tuberculin skin testing
 - TT schools. *See* Technical training schools
 - Tuberculin skin testing
 - criteria for positivity, 290
 - criteria for tuberculin skin test positivity for populations at risk (table), 284
 - diagnosis of TB, 282–283
 - infectious disease control and, 281
 - interpretation of, 283
 - latent TB infection and, 287
 - Mantoux method, 283
 - targeted testing, 283, 289–290
 - Tuberculosis. *See also* Latent TB infection
 - bacteriology of *Mycobacterium tuberculosis* (exhibit), 279
 - case study, 289
 - characteristics, 278, 288–289
 - chest radiographs and, 285, 287, 288–289, 290
 - classic symptoms, 288–289
 - classification of persons exposed to or infected with, 283–284
 - clinical manifestations and diagnosis, 282–286, 290–291
 - control policies, 288–289
 - countries of origin for immigrants with TB, 281
 - epidemiology, 280–281
 - evaluation and treatment, 284–286
 - future research needs, 289–290
 - historical background, 278
 - human immunodeficiency virus and, 278, 282
 - incidence and prevalence, 280
 - management of recruits with active TB, 288
 - military environment and, 282, 290
 - molecular epidemiology, 281
 - mortality rate, 278
 - multidrug-resistant forms, 278, 291
 - organs involved, 282
 - public health authority notification and, 286
 - QuantIFERON-TB test, 290
 - recruit environment and, 286–287
 - resurgence in cases of, 278
 - risk of latent infection becoming active, 282
 - skin testing, 281, 282–283, 284, 290
 - sources of US Navy recruits, 280–281
 - targeted testing, 283, 289–290
 - transmission and pathophysiology, 281–282, 290
 - treatment goals, 285
 - World War I incidence, 5
 - Tucker, G. J.
 - suicide research, 320, 321
 - Tucson Children’s Respiratory Study
 - asthma research, 92–93
 - Tuning fork test
 - stress fractures, 181
 - Turner, C. H.
 - stress fracture research, 176, 178, 184
 - TWAR. *See* *Chlamydia pneumoniae* infections
 - Twin studies
 - eating disorders, 360
 - Typhoid fever
 - new vaccine formulations, 210
 - vaccine for, 210
- U**
- Ultrasound
 - stress fracture treatment, 189–190
 - Ultrasound examinations
 - bone mineral density, 449
 - Uniform Code of Military Justice
 - Article 115, Malingering and Self-inflicted Injury to Avoid Military Service, 322
 - Uniforms
 - clothing allowances for, 35
 - modifications for exertional heat illness prevention, 501
 - types of, 35
 - Unintentional injury deaths
 - boxing-related deaths, 532
 - chronological case summaries of unintentional injury deaths
 - by type among US military recruits, 1977–2001 (table), 531–532
 - electrocution, 530, 541
 - explosions, 530, 541
 - falls, 529, 540–541
 - gunshot wounds, 530, 541
 - over-the-counter medications, 530
 - percentage of traumatic deaths, 529
 - prescription medications, 530
 - prevention strategies, 540–541
 - unintentional injury recruit deaths by type and US military service, 1977–2001 (table), 530
 - Unit watches
 - benefits of, 332, 340
 - difficulties of administering, 540
 - drawbacks of, 332–333
 - procedure for, 540
 - purpose of, 540
 - United Kingdom
 - Recruit Assessment Program and, 86
 - suicide among recruits, 314
 - University of California, Los Angeles
 - common dietary myths, 439
 - U’Ren, R. C.
 - study of mental health issues among cadets at the US Military Academy, 313, 320–321
 - Urinary tract infections
 - causes, 409–410
 - presentation, 409
 - risk factors, 409
 - treatment, 410
 - US Air Force. *See also* Lackland Air Force Base
 - academic subjects taught at basic military training at Lackland

- Air Force Base (exhibit), 23
- antimicrobial handwipe study, 244
- average frequencies of the top 10 diagnostic categories of waiver applications and approvals for US active duty enlisted personnel from 1997 through 2002 (figure), 53
- basic training program, 33
- chlamydia screening, 261
- current recruit medical care, 23–24
- dental care for recruits, 391–392
- disability discharges, 67–68
- eating disorders, 365, 367
- establishment of the Air Force as a separate entity, 20, 31
- existed-prior-to-service condition discharges, 65–66
- Fitness Program*, 462–463
- five-phase program from BCT to TT, 35
- graduation requirements for trainees, 23
- historical background, 19–24
- History, Opinion, and Interest form, 303
- HIV screening, 23
- immunization systems, 22
- length of training, 19
- Medical Evaluation Test, 23
- Medically Remedial Enlistment Program, 22
- military core values, 37
- mission of, 31
- most common reasons for medical waivers, 51–52
- Nellis Air Force Base Sexual Assault Prevention Project, 422–423
- organizational history, 19–21
- Preventive Medicine Support Element, 24
- psychological screening, 304–305
- recruit attrition rate, 299
- “Shape Your Future...Your Weigh” program, 469–470
- suicide prevention initiatives (exhibit), 337
- suicide prevention program, 336, 337, 338, 340
- suicide rates, 336
- technical training schools, 33, 34
- tobacco use prevention and cessation efforts, 392
- Trainee Health Flight, 23–24
- tuberculosis screening, 283
- USAF Medical Service Dental Clinical Practice Guidelines*, 393
- waiver applications for asthma, 98
- weight standard, 368
- Women in the Air Force division establishment, 20
- US Air Force Academy, Colorado
 - sexual assault case, 418
- US Army
 - advanced individual training, 32, 34
 - AID LIFE acronym, 336, 338
 - allowable body-fat percentages (by age) after the first 6 months of active duty (table), 432
 - allowable body-fat percentages (by age) for the first 6 months of active duty (table), 431
 - Army Weight Control Program* (Regulation 600-9), 430, 432, 461–462
 - ASIST suicide prevention program, 336
 - Assessment of Background and Life Experiences, 303
 - Assessment of Individual Motivation, 303
 - average frequencies of the top 10 diagnostic categories of waiver applications and approvals for US active duty enlisted personnel from 1997 through 2002 (figure), 53
 - basic combat training, 32
 - body composition standards, 431–432
 - chlamydia screening, 261
 - dental care for recruits, 389–390
 - disability discharges, 67–68
 - eating disorders, 365
 - existed-prior-to-service condition discharges, 63–64
 - founding of, 31
 - GED+ program, 41, 305
 - “Guide to the Prevention of Suicide and Self-Destructive Behaviors” (pamphlet 600-70), 336
 - historical background, 4–10
 - “Hooah 4 Health” web site, 38
 - hospitalizations in active duty enlistees, 62
 - initial entry training, 32
 - military core values, 36
 - military occupational specialty training, 32
 - Mobilization Regulations, 5, 7
 - most common reasons for medical waivers, 50–51
 - New Start Program, 32
 - one-station unit training, 32
 - Oral Health Fitness Program, 384
 - orofacial injury reduction efforts, 392–393
 - Psychological Testing Corps, 300
 - recruit attrition rate, 298–299
 - role, 30–31
 - Sexual Assault Response Board, 421
 - Special Forces and Ranger training school survey on dietary supplement use, 442
 - Standards of Medical Fitness* (Regulation 40-501), 430
 - suicide and, 314, 336
 - “Suicide Prevention and Psychological Autopsy” (pamphlet 600-24), 336
 - tobacco use prevention and cessation efforts, 392
 - tuberculosis screening, 283
 - waiver applications for asthma, 98
 - weight standards, 430
 - Well-Being Strategic Plan, 38
 - World War II enlistment standard, 301
- US Army Center for Health Promotion and Preventive Medicine
 - injury control coordinator, 140
 - Self-care Program Replication Tool Kit*, 474, 479
 - Soldier Self-Care Program, 478–490
 - work with US Army Physical Fitness School, 119
- US Army Medical Command
 - clinical practice guidelines for managing low back pain, 157
 - self-care program funding, 478
- US Army Medical Research Institute of Chemical Defense
 - study of soldiers with asthma in the chemical environment, 96
- US Army Physical Fitness School
 - exercise prescription tailored to the initial fitness level of all IET soldiers, 120–121
 - field testing of PT program, 120
 - steps in the development of a standardized PT program, 112
 - TRADOC Standardized Physical Fitness Guide, Pre-BCT and, 122
 - work with US Army Center for Health Promotion and Preventive Medicine, 119
- US Army Research Institute
 - psychological screening pilot program, 305
- US Army Training and Doctrine Command
 - Army Medical Surveillance Activity cases and, 127
 - dental care for recruits, 389–390
 - IET Standardized Physical Training Guide, 120
 - Soldier Self-Care Program and, 479, 483–484
 - Standardized Physical Fitness Guide, Pre-BCT, 122
 - Standardized Physical Training Program Guide for BCT, 120, 138, 141
 - suicide regulations, 336
 - US Army injury rates before (Feb–May 2003) and during (Feb–May 2004) phase-in of TRADOC standardized physical training program for basic combat training (table), 139
- US Coast Guard. *See also* US Navy
 - chlamydia screening, 261

- US Department of Agriculture
 - Food Guide Pyramid, 435
- US Department of Defense
 - accession medical standards for asthma, 97, 101
 - annual budget for FY 2002, 30
 - Composite Health Care System, 83
 - Dental Fitness Classification system, 384–387
 - Directorate of Information Operations and Reports, 522
 - disclosure of information policy, 549–550
 - DoD *Physical Fitness and Body Fat Program* (Directive 1308.3), 430–431
 - enlistment standards, 299
 - high school education as the best predictor of attrition and service performance, 305–306
 - Instruction 6130.4, *Criteria and Procedure Requirements for Physical Standards for Appointment, Enlistment, or Induction in the Armed Forces*, 46–47, 97, 258
 - medical military standard, 4
 - Medical Mortality Registry, 522
 - military line of command (figure), 30
 - Policy for Standardization of Dental Classification* (Policy 97-020), 387
 - “positive-action” policy for equal opportunity, 39
 - tobacco use prevention and cessation efforts, 392
 - TRICARE managed healthcare program, 475
 - Vaccine Adverse Event Reporting System, 221
 - Worldwide Casualty System, 522
- US Department of Health and Human Services
 - Advisory Committee on Immunization Practices, 242
 - ephedra study, 442
 - Vaccine Adverse Event Reporting System, 241
- US Department of Homeland Security
 - immunization policy development, 213
- US Department of Veterans Affairs
 - military sexual assault description, 418
 - sexual assault studies, 419
- US Federal Trade Commission
 - weight-loss advertising claims and, 439
- US Food and Drug Administration
 - dietary supplements and, 441
 - meningococcal vaccine licensing, 213
 - QuantiFERON-TB test and, 290
 - weight-loss supplement regulation, 468
- US Marine Corps
 - average frequencies of the top 10 diagnostic categories of waiver applications and approvals for US active duty enlisted personnel from 1997 through 2002 (figure), 53
 - basic training program, 33
 - body composition standards, 432
 - chlamydia screening, 261
 - Combat Hitting Skills Program, 16, 532
 - “the crucible,” 16, 537
 - death rate of personnel in boot camp, 16–17
 - dental care for recruits, 390–391
 - eating disorders and, 365–366
 - existed-prior-to-service condition discharges, 65, 66
 - founding of, 31
 - gender integration, 33, 34
 - historical background, 13–19
 - Marine Corps Recruit Depot, San Diego, 13–14
 - Martial Arts Program, 16
 - medical care of training injuries, 17–19
 - military core values, 36
 - military occupational specialty training, 34
 - most common reasons for medical waivers, 51
 - recruit training changes, 16–17
 - “red flag” system for heat-related injury control, 17
 - Ribbon Creek incident, 18–19
 - Standing Operating Procedures for Male Recruit Training*, 19
 - suicide prevention program, 336–337
 - tobacco use prevention and cessation efforts, 392
 - waiver applications for asthma, 98
 - weight standard, 368
 - wet bulb globe temperature indices and flag colors (exhibit), 18
- US Marine Corps Health Assessment Project
 - Recruit Assessment Program and, 84–85
- US Marine Corps Recruit Depot, Parris Island
 - “cold rooms” for heat-related injuries, 17
 - establishment of, 14–16
 - recruit medical care, 17
- US Marine Corps Recruit Depot, San Diego
 - building program, 13–14
 - dental facilities improvements, 14
 - establishment of, 13
 - RAP pilot study, 82–83
 - training regimen, 13
- US Military Academy, West Point, New York
 - eating disorders survey, 368
 - menstrual cycle changes in female cadets, 403
 - study of mental health issues among cadets, 313, 320–321
 - traumatic shoulder dislocations among cadets, 150
- US Military Entrance Processing Command
 - existed-prior-to-service condition discharges and, 62
 - existed-prior-to-service discharge data reported to USMEP-COM by training site and year (active duty) (table), 62
 - governing regulations for medical screening (table), 50
 - HIV screening, 270–271
 - map of medical entrance processing stations and initial entry training sites (figure), 49
 - medical failure diagnostic categories in disqualified military applicants: 5-year annual average (figure), 51
 - responsibilities, 48
- US Naval Academy
 - eating disorders and, 365
- US Naval Station, Port Royal
 - establishment of, 14–15
 - name change to US Marine Corps Recruit Depot, Parris Island, 16
 - training schedule, 15
- US Navy
 - apprentice schools, 34
 - average frequencies of the top 10 diagnostic categories of waiver applications and approvals for US active duty enlisted personnel from 1997 through 2002 (figure), 53
 - basic training program, 32–33
 - body composition standards, 432
 - Bureau of Medicine and Surgery Tuberculosis Control Program, 287
 - chlamydia screening, 261
 - dental care for recruits, 390–391
 - discharges for overweight, 433–434
 - dive medical officers, 12–13
 - eating disorders, 365, 367
 - existed-prior-to-service condition discharges, 64–65
 - flight surgeons, 12–13
 - founding of, 31
 - herpes simplex virus incidence, 268
 - High Performance Predictor Profile, 305
 - historical background, 10–13
 - hygiene report from 1873, 228
 - military core values, 36
 - Military Entrance Processing Command, 10
 - most common reasons for medical waivers, 51
 - musculoskeletal injuries and rehabilitation, 10–11
 - physician assistants’ role, 13
 - pretraining quarantine, 10
 - Preventive Medicine Department, 12

principle components, 31
 Project REMAIN, 74–75, 100
 recruit environment, 286–287
 Reinforcing Education to Achieve Health program, 392
 remedial programs, 33
 Sexual Assault Victim Intervention program, 421, 423
 ShipShape program, 462
 sick call illnesses, 13
 sources of recruits, 280–281
 special physicals for specialized warfare, 12–13
 Sports Medicine and Reconditioning Therapy teams, 11–12
 suicide prevention program, 336–337
 Tailhook symposium sexual assault case, 418
 tobacco use prevention and cessation efforts, 392
 tuberculosis among recruits, 278–291
 typhoid fever immunization program, 210
 UV irradiation to prevent respiratory infections, 243–244
 waiver applications for asthma, 98
 World War II enlistment standard, 301
 US Preventive Services Task Force
 gonorrhea screening recommendations, 264
 syphilis screening recommendations, 266
 USACHPPM. *See* US Army Center for Health Promotion and Preventive Medicine
 USAF Medical Service Dental Clinical Practice Guidelines
 mouthguards and, 393
 USAMRICD. *See* US Army Medical Research Institute of Chemical Defense
 USAPFS. *See* US Army Physical Fitness School
 USMEPCOM. *See* US Military Entrance Processing Command
 USS *Arkansas*
 influenza outbreak, 211
 USS *Richard E. Byrd*
 tuberculosis infection, 282
 USS *Saipan*
 tuberculosis infection, 282
 UV irradiation
 respiratory infection prevention and, 243–244

V

VA. *See* US Department of Veterans Affairs
 Vaccine Adverse Event Reporting System
 requirements for, 221
 Vaccine Healthcare Centers Network
 adverse event reporting, 221
 establishment of, 221
 mass customized immunization program, 216
 Vaccines. *See* Immunizations
 VAERS. *See* Vaccine Adverse Event Reporting System
 Vaginal disorders
 bacterial vaginosis, 400–401
 causes of vulvovaginitis (table), 400
 misdiagnosis of, 402
 normal vaginal discharge pH, 400
 prevalence, 401
 vulvovaginal candidiasis, 401
 Valappil, T.
 condom breakage research, 260
 Variolation for smallpox, 209
 VCD. *See* Vocal cord dysfunction
 Veterans Administration
 Schedule for Rating Disabilities condition codes, 66
 Vickery, D. M.
 HMO research, 475
 Vietnam War
 asthma policy, 95

US Air Force recruit training, 21–23
 US Army recruit screening, 9
 Vision disorders. *See also* Refractive disorders
 medical waivers and, 51–52
 Vitamin B₁₂
 deficiency of, 452
 dietary sources (exhibit), 452
 Vitamin D
 calcium balance and, 449
 dietary reference intake of, 449
 stress fractures and, 179
 Vitamins. *See also specific vitamins*
 categories of, 438
 Vocal cord dysfunction
 asthma and, 576, 578, 579
 conditions associated with, 576, 577, 578
 diagnosis, 576
 direct visualization of the vocal cords and, 578, 580
 flow-volume loop with a variable extra-thoracic obstruction (figure), 576
 flow volume loops showing false positive results of a methacholine challenge test (figure), 577
 impulse oscillometry and, 576
 management and prognosis, 578–579
 pathophysiology, 576–577
 presentation, 577
 pulmonary function testing, 577–578
 vocal cord adduction during inspiration with posterior “chink” (figure), 578
 von Willebrand’s disease
 abnormal uterine bleeding and, 404
 Vulvovaginal candidiasis
 presentation, diagnosis, risk factors, and treatment, 401
 VVC. *See* Vulvovaginal candidiasis

W

WAFs. *See* Women in the Air Force
 Wagner, S. A.
 population-based mortality research, 520
 Waivers. *See* Medical waivers
 Walker, R. L.
 suicide research, 318–319
 Wallace, M. R.
 group A streptococcus infection research, 231
 Walter Reed Army Institute of Research
 adenovirus vaccines, 212
 meningococcal disease vaccine, 212–213
 typhoid fever vaccine, 210
 Wannamaker, L. W.
 penicillin treatment for group A streptococcus infection, 231
 War of 1812
 smallpox and, 209
 Ward, M. M.
 acute exertional rhabdomyolysis research, 169
 Washington, Gen. George
 smallpox variolation and, 209
 Watson, T.
 eating disorder research, 362
 Wechsler, David
 alpha and beta test development, 300
 Weigh to Stay program, 461–462
 Weight loss. *See also* Diets; Nutrition and weight control
 rapid weight loss association with acute exertional rhabdomyolysis, 169, 173
 stress fractures and, 179
 Weight Watchers

- description, 465
- Weistroffer, J. K.
 - complications of femoral neck stress fractures, 156–157
- Welch, M.J.
 - eating disorders research, 368
- Well-Being Strategic Plan, 38
- Wesley, Rev. John
 - Primitive Remedies*, 474
- Western blot
 - HIV diagnosis, 270
- Wet bulb globe temperature
 - exertional heat illnesses and, 18, 542
- Wheezing. *See* Asthma; Vocal cord dysfunction
- Whooping cough. *See* *Bordetella pertussis* infection
- Wickham, Gen. John Adams, Jr.
 - suicide prevention program, 335–336
- Widal, Fernand
 - typhoid fever serodiagnosis, 210
- Wilson, Woodrow
 - influenza outbreak and, 211
- Women. *See also* Gender factors; Gynecologic and reproductive health; Women in the Air Force
 - debate over the role of women in the military, 41
 - direct ground combat and, 42, 400
 - female condoms, 261
 - gynecologic and reproductive health, 399–411
 - hospitalizations in active duty enlistees, 62
 - injury incidence compared with men, 131
 - musculoskeletal injuries and, 17–18
 - pelvic stress fractures in female Australian recruits, 136
 - percentage of the armed forces, 400, 418
 - self-administered diagnostic system for sexually transmitted infections, 261
 - sexual assault, 418–424
 - stress fractures and, 156, 177–178, 179, 192
 - undetected enrollment in the Union Army, 5
 - US Marine Corps training, 33, 34
 - US Navy boot camp physical examinations, 12
- Women in the Air Force
 - establishment of, 20
- Wong, A.
 - suicide among UN peacekeepers, 317
- Wood, Maj. Gen. Leonard
 - typhoid fever immunization program, 210
- Woodworth, Robert
 - Personal Data Sheet development, 300
- World Health Organization
 - anemia definition, 449–450
 - body mass index and, 360, 368
 - Bordetella pertussis* infection mortality, 241
 - estimates of new cases of sexually transmitted infections, 256
 - immunization policy development, 213
 - smallpox vaccination program, 209
 - tuberculosis estimates, 278
- World War I
 - anthropological data, 5
 - influenza pandemic and, 237
 - psychological and psychiatric screening, 5, 300
 - respiratory disease mortality, 229
 - S pneumoniae* infection and, 239
 - sexually transmitted infections and, 256, 261
 - smallpox vaccination and, 209
 - tetanus and, 206
 - typhoid fever and, 210
 - US Army recruit screening, 5
 - US Marine Corps recruit screening, 15
- World War II
 - asthma policy, 95
 - Commission on Acute Respiratory Diseases, 229–230
 - group A streptococcus infection and, 230–231, 232
 - intelligence testing and, 300
 - Mobilization Regulations and, 5, 7
 - psychological and psychiatric screening, 7, 9, 300–303
 - scarlet fever and, 230
 - sexually transmitted infection prevention, 261
 - smallpox vaccination and, 209
 - suicide and, 335
 - tetanus and, 206, 208
 - typhoid fever and, 210
 - US Army recruit screening, 5–7, 9
 - US Marine Corps recruit screening, 14, 15
 - yellow fever and, 211
- Worldwide Casualty System
 - description, 522
- WRAIR. *See* Walter Reed Army Institute of Research
- Wright, Sir Almroth
 - typhoid vaccine and, 210

Y

- Yellow fever
 - hepatitis complication from vaccination against, 211
 - historical background, 210–211
- Yerkes, Dr. Robert
 - intelligence testing recommendations, 300
- Yohimbe
 - dietary supplement ingredient, 442, 453
- Youth Risk Behavior Surveillance System
 - fruit and vegetable consumption, 452

Z

- Zanamivir
 - influenza A treatment, 238
- Zinc
 - anorexia nervosa and, 369
- Zohar boots
 - stress fractures and, 180
- Zone diet
 - description, claims, realities, health problems, 465–466
- Zonisamide
 - binge-eating disorder treatment, 371
 - exertional heat illnesses and, 502