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
Access 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

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 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
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
Recruit Medicine

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
elements, 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, 305
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
elements, 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
APGIISS. 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
rhombomylolysis 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), 290
components of airway obstruction, 91
diagnostic difficulties, 46, 90–91
duty limitation or service separation cause, 38
dyspnea and, 576
ethic 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
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
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, 101
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
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, 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
osteoopenia 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
Bowen, K. M.
psychiatric screening research, 301
Bowley, 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
Brookesby, 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.
BV. See Bacterial vaginosis
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
Cowen, D. N.
stress fracture research, 179
Coxackievirus A21 infection
outbreak investigations, 242–243
Criteria and Procedure Requirements for Physical Standards for Ap-
pointment, 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
Index

“The crucible,” 16, 537

Crum, N. F. Neisseria meningitis 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

Deets 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 enlisted 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

Diphenhydramine
oral hygiene routine, 389

xxxv

Index
Recruit Medicine

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 character-
istics: 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
DoD 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
osteoarthritis, 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
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, 365–368, 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
EHIs. 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
Electrocution
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
Exertional heat illnesses

- Exercise-induced compartment syndrome, 152–153
- Exercise-induced bronchospasm

Ethnic factors.

- Ethiopians

Enzyme-linked immunosorbent assay

- Exhaled nitric oxide

Equipment modification interventions

- EPTS conditions.

Ephedrine

- rhombodomyolysis 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

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

rhombodomyolysis 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

- 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

- rhombodomyolysis 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

xxxiii
Recruit Medicine

(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 Re-
habilitation 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
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
Giannarra, C.
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
comorbiditv 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.
adeno[virus 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
Recruit Medicine

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
- cardiovascular findings, 507
- central nervous system dysfunction and, 506, 508
- clinical management, 509–511
- 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
Index

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
costs 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
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 charac-
teristics: 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
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

Hypopatremia
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
IRR. 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
concert immumizations, 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, 214–225, 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
Israel 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.
coxackievirus 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
Levofoxacin
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
osteonemia and osteoporosis, 447–448
overuse injuries, 119
Recruit Medicine

pay grades, 35
retirement benefits, 35
self-care and, 474
Serviceman’s Group Life Insurance Program, 37
structure of recruits’ lifestyle, 35
Lightning. See Electrocution
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
MacCoe, 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
MC RDs. 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
eexample 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
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 enlisted personnel from 1997 through 2002 (figures), 53
eating disorders and, 358
frequency of approved waivers for active duty enlisted accessions 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
Menactra
meningococcal vaccine, 213
Meningococcal disease. See also Neisseria meningitidis 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
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 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
Nativ, 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
Suicide Assault Prevention Project, 422–423
Nemeroff, C. B.
unusual head trauma, 196
Nerve palsy
cryotherapy and, 158
Nestlé Sweet Success diet
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, 199
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
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,
Recruit Medicine Index

stress fractures association with poor nutrition, 179, 190
taping method for body fat measurement, 430–431
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

OCCs. See Oral contraceptives
Ognibene, Brig. Gen. Andre J.
asthma policy during the Vietnam War and, 95
Olerud, J. E.
acute exertional rhabdomyolysis research, 166

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
post-surgical 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

Pap smears. See Papanicolaou smears
Papanicolaou smears
cervical cytology guidelines, 405–409
Parke-Davis
adenovirus vaccine development, 212
Partonen, T.
suicide research, 314
Pasteur, Louis
rabies vaccine, 210
Paterson, M.
S pneumoniae infection research, 239
Pastenet, 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
PFAs. See Personal fitness assessments
Pfeiffer, Richard
cholera research, 210
PFPS. 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
Primary care. See Family medicine
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
existing-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, 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
Quality standards
Armed Forces Qualification Test categories and, 42
QuantiFERON-TB test
description, 290
Q
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
ephradra 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
Arméd 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
AFT 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, 223–236, 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
Index

- 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
  - provisions, 85
- Rosenbaum, M. J.
  - rhinovirus research, 240
- 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
- Soldier 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
morbidty 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
Shediac, L. E.
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, 35
Smallpox
discontinuation of routine vaccination, 210
historical background, 208–209
mass customized immunization, 215–216
vaccination complications, 209
costs and benefits of replication, 488–489
critical success factors, 482–483
costs and benefits of replication, 488–489
education and, 482
efficiency and, 486
execriontal heat illnesses and, 502
facility demand and, 485–486
financial impact, 486
fundamental principle of, 490
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
method of replication, 483
costs and benefits of replication, 488–489
critical success factors, 482–483
description, 487–488
efficiency and, 486
facility demand and, 485–486
fundamental principle of, 490
funding, 478
goals and objectives of replication, 479
healthcare provider recommendations, 487–488
implementation stage, 484
methods of replication, 483
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, 357
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
Stemberg, 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
categorization 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
laterally 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 fatique 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
claimants’ 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, 557
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
reinforcement-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 symptoms 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 comparing waived and matched fully qualified active duty accessioned 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
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
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 Recruiting 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
existing-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
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
Recruit Medicine

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 for 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
existing-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
existing-prior-to-service condition discharges and, 62
existing-prior-to-service discharge data reported to USMEPCOM 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
existing-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
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
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 B<sub>12</sub>
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
VAFs. 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
Recruit Medicine

description, 465
Weistroffer, J. K.
compli cations 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
Wheeze ing,
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 sero diagnosis, 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
Streptococcus infection and, 239
sexually transmitted infections and, 256, 261
smallpox vaccination and, 209
tetanus and, 206
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
asthma policy, 95
Commission on Acute Respiratory Diseases, 229–230
group A streptococci 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 screening, 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
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
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

lvi