A New Army Medic: Health Care Specialist (91W)

(NAPSA)—As a 91W Health Care Specialist, Sergeant Jamison E. Gaddy successfully inserted a chest tube into a patient during the intense conditions of Operation Anaconda. A surgical procedure of this nature is usually reserved for emergency surgeons. Through extensive Army medical training, 91W soldiers, like Gaddy, are able to provide our young warriors with the first-rate health care as the war against terrorism continues.

During wartime, Army units depend on a proficient medical and dental team to provide medical care and combat casualties. A proficient medical specialist can mean the difference between life and death.

Metabolife's third survey, entitled "Your Family—Part Of The Junk Food Generation?" (NAPSA)—If we are what we eat, it's looking scary for America's youth. Almost two-thirds of the respondents aged six to 19 described their children as "junk food junkies" and only 17 percent—insisted their children ate nutritionally balanced diets. American adults, in general, do not eat healthy diets and have much of the blame. As the influence of television, according to the survey sponsored by Metabolife International Inc., the San Diego-based number one seller of dietary supplement, increases, so do the occurrence of medical detachments. These detachments are in direct response to the needs of the Trans-formation Army—the Army-wide visions for training, in training, health care, technology and equipment to create a faster, more flexible force. These new medics combine the skills and training of two military health care occupations—Licensed Practical Nurses and Combat Medics. As some of AMEDD's core medical assets, 91Ws possess the medical skills needed to care for today's 21st century soldier.

To become a 91W medic, all medics receive advanced medical training in both health care specialities at Fort Sam Houston, Texas, lasting for 16 weeks, as compared to the 10-week course required for Combat Medics or Licensed Practical Nurses. These highly motivated, disciplined health care specialists also earn certification from the National Registry of Emergency Technicians in basic trauma life support and trauma-AIMS, which consists of trauma assessment, advanced airway treatment, IV therapy, and medication and shock management.

But training isn't all that is needed to sustain the force. In crash courses, "91 Whiskey" challenged themselves to learn about cutting-edge medical equipment such as portable ultrasound and digital x-ray machines. Technologies of this caliber have never been used in combat situations. The first-rate medical training coupled with top-notch medical equipment and resources makes the 91W the world's best combat medic in the world.

"Being a 91W health care specialist is a rewarding and challenging position," said Gaddy, confirmed for me that our medical technician is needed in the quality care in any environment.

Besides performing medical procedures on U.S. Army personnel, 91W soldiers also cared for Allied forces, Northern Alliance soldiers and even extended their services to civilians, including children, when needed. In addition to these responsibilities, they trained and supported other Army medics, providing education in advanced airway management, CPR, basic trauma-life support; and maintained updated emergency medical technician licensure.

With the latest in training and technology, the AMEDD provides quality medical care. In addition to its traditional combat medical role, the AMEDD represents the "best care" for hospitals and dental facilities; pre-natal, mental, research, development and training institutions; and a veterinary command that provides food inspection and animal care services for the entire U.S. Defense.

For more information about medical technician opportunities in the U.S. Army, visit the Web site at http://www.garmy.com.

Meet Generation J—As In Junk Food

(NAPSA)—If we are what we eat, it's looking scary for America's youth. Almost two-thirds of the respondents aged six to 19 described their children as "junk food junkies" and only 17 percent—insisted their children ate nutritionally balanced diets. American adults, in general, do not eat healthy diets and have much of the blame; TV, is the influence of television, according to the survey sponsored by Metabolife International Inc., the San Diego-based number one seller of dietary supplement, increases, so do the occurrence of medical detachments. These detachments are in direct response to the needs of the Trans-

A recent survey of the American families' eating habits contained some surprising results.

(NAPSA)—As the case may be. The first-rate medical training coupled with top-notch medical equipment and resources makes the 91W the world's best combat medic in the world.

"Being a 91W health care specialist is a rewarding and challenging position," said Gaddy, confirmed for me that our medical technician is needed in the quality care in any environment.

Besides performing medical procedures on U.S. Army personnel, 91W soldiers also cared for Allied forces, Northern Alliance soldiers and even extended their services to civilians, including children, when needed. In addition to these responsibilities, they trained and supported other Army medics, providing education in advanced airway management, CPR, basic trauma-life support; and maintained up-to-date emergency medical technician licensure.

With the latest in training and technology, the AMEDD provides quality medical care. In addition to its traditional combat medical role, the AMEDD represents the "best care" for hospitals and dental facilities; pre-natal, mental, research, development and training institutions; and a veterinary command that provides food inspection and animal care services for the entire U.S. Defense.

For more information about medical technician opportunities in the U.S. Army, visit the Web site at http://www.garmy.com.

Study Finds Oats Helps to Improve Blood Pressure, Cuts Drug Costs

(NAPSA)—With one in five American adults on medication for hypertension and many more eating oat and whole-grain oat cereal can reduce blood pressure levels meaningfully—and lower drug-prescription expenses by millions of dollars annually.

The study, published in a recent issue of the Journal of General Preventive Medicine in Managed Care, indicates that 73 percent of respondents claimed eating oat cereal daily for 12 weeks were able to reduce or eliminate their blood pressure medication at an average annual cost of savings of $197.63 per patient. Only 42 percent of a control group—fed low-fiber cereals but with minimal beta glucan, the soluble fiber found in oats—reduced or eliminated their blood-pressure medication. This is one of the first studies to quantify the cost saving of prescription drugs when using a dietary approach to combating high blood pressure.

"According to our findings, a diet containing soluble fiber-rich whole-grain, oat-based cereals can reduce blood pressure levels meaningfully and lower drug-prescription expenses for millions of dollars annually, " said Joseph Hollenbeck, M.D., department chair of the University of Minnesota's Department of Family Practice and Community Health, and an author of the study along with his colleague Peter Enskar.

When extrapolated to the popula-
tion of enrollees in the study alone—adults being treated for moderate hypertension—the pre-
scription-drug savings are esti-
ated at $3.9 billion for all Americans in a heart-healthy diet, log on to www.quakeroatsmeal.com.

Meet Generation J—As In Junk Food

(NAPSA)—If we are what we eat, it's looking scary for America's youth. Almost two-thirds of the respondents aged six to 19 described their children as "junk food junkies" and only 17 percent—insisted their children ate nutritionally balanced diets. American adults, in general, do not eat healthy diets and have much of the blame; the influence of television, according to the survey sponsored by Metabolife International Inc., the San Diego-based number one seller of dietary supplement, increases, so do the occurrence of medical detachments. These detachments are in direct response to the needs of the Trans-

A recent survey of the American families' eating habits contained some surprising results.

(NAPSA)—As the case may be. The first-rate medical training coupled with top-notch medical equipment and resources makes the 91W the world's best combat medic in the world.

"Being a 91W health care specialist is a rewarding and challenging position," said Gaddy, confirmed for me that our medical technician is needed in the quality care in any environment.

Besides performing medical procedures on U.S. Army personnel, 91W soldiers also cared for Allied forces, Northern Alliance soldiers and even extended their services to civilians, including children, when needed. In addition to these responsibilities, they trained and supported other Army medics, providing education in advanced airway management, CPR, basic trauma-life support; and maintained up-to-date emergency medical technician licensure.

With the latest in training and technology, the AMEDD provides quality medical care. In addition to its traditional combat medical role, the AMEDD represents the "best care" for hospitals and dental facilities; pre-natal, mental, research, development and training institutions; and a veterinary command that provides food inspection and animal care services for the entire U.S. Defense.

For more information about medical technician opportunities in the U.S. Army, visit the Web site at http://www.garmy.com.

Study Finds Oats Helps to Improve Blood Pressure, Cuts Drug Costs

(NAPSA)—With one in five American adults on medication for hypertension and many more eating oat and whole-grain oat cereal can reduce blood pressure levels meaningfully—and lower drug-prescription expenses by millions of dollars annually.

The study, published in a recent issue of the Journal of General Preventive Medicine in Managed Care, indicates that 73 percent of respondents claimed eating oat cereal daily for 12 weeks were able to reduce or eliminate their blood pressure medication at an average annual cost of savings of $197.63 per patient. Only 42 percent of a control group—fed low-fiber cereals but with minimal beta glucan, the soluble fiber found in oats—reduced or eliminated their blood-pressure medication. This is one of the first studies to quantify the cost saving of prescription drugs when using a dietary approach to combating high blood pressure.

"According to our findings, a diet containing soluble fiber-rich whole-grain, oat-based cereals can reduce blood pressure levels meaningfully and lower drug-prescription expenses for millions of dollars annually, " said Joseph Hollenbeck, M.D., department chair of the University of Minnesota's Department of Family Practice and Community Health, and an author of the study along with his colleague Peter Enskar.

When extrapolated to the popula-
tion of enrollees in the study alone—adults being treated for moderate hypertension—the pre-
scription-drug savings are esti-
ated at $3.9 billion for all Americans in a heart-healthy diet, log on to www.quakeroatsmeal.com.