

THE RAPID PULSE

July 2005



Faces & Places

WELCOME

Pearsall, TX:

LT Joel Sanchez
LCDR Beth Messer
Ms. Elvia Olloque
Ms. Helen Harmon

Tacoma, WA:

LT Jonathan Paulsel
Ms. Susan Nancarrow
Ms. Virginia Essman

FAREWELL

El Paso, TX:

LCDR Joe Tittle

Florence, AZ:

LT Marc Winokur

San Diego, CA:

LCDR Daniel Hasenfang

Washington, DC:

LCDR Rhondalyn Cox

THE DIRECTOR'S PERSPECTIVE

By Dr. Gene Migliaccio

Welcome to another installment of *The Rapid Pulse*! In this issue, I'd like to talk about our Division's recent all-hands conference call.

I view the all-hands conference calls as an opportunity to share vital information with you, the employees of this organization. It also provides me with the chance to hear what is on your minds. I look forward to revitalizing these conference calls on a bi-monthly basis. They are an important vehicle for communication, as is *The Rapid Pulse*.

As I mentioned during the conference call, the A-76 study is progressing. The Performance Work Statement (PWS) team recently wrapped up work on the PWS, which will be turned into a public Request for Proposal. I want to thank everyone who served as a member of the PWS team. Your dedication and commitment to seeing this project through is nothing short of remarkable. I know there were many challenges for you along the way, but you never lost sight of the goal at hand. Thank you for staying the course.

On behalf of the government, the Most Efficient Organization (MEO) team will submit a proposal. During this entire process, the MEO team has learned some excellent concepts, and has undertaken a detailed review of our organization.

I also want to take this opportunity to congratulate CDR Steve Wacha, and CDR Linda Jo Belsito. They have eagerly accepted new roles in our Division. CDR Wacha will assume the role of Program Manager of Accreditation and Inspections, previously held by CAPT David Martin (now retired). CDR Belsito will assume greater responsibilities as Supervisory Managed Care Coordinator. I thank both CDRs Wacha and Belsito for their dedication to the Division, and their eagerness to accept these responsibilities.

Congratulations are also due to our staff in El Paso, Texas. They are the first site in our Division to successfully complete an unannounced survey by the Joint Commission on Accreditation of Health Care Organizations! Thanks to all for a job well done.

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Our Mission:

We protect
America by
providing
health care and
public health
services in
support of
immigration
law
enforcement.

NATURE'S LOTTO: SPIRULINA

By Dr. Luzviminda Peredo-Berger

Not many can recognize spirulina as a name common in American kitchens, but one day we may. It's a tiny blue-green algae that is loaded with high quality protein and an array of other vital nutrients. It comes from a family of organisms thought to be over 3.6 billion years old. Blue-green algae, although not true plants, are equipped with chlorophyll (the green substance that allows plants to create nutrients like oxygen from sunshine).

Spirulina grows naturally in brackish, alkaline water. Many of these waters are lakes concentrated in East Africa. There, spirulina is harvested and dried and used as a food substance. The spirulina sold in the U.S., however, is grown under strictly controlled conditions in specially designed ponds.

Spirulina is about 65% protein and amino acids which are essential building blocks for all the living organisms. In fact, an acre of spirulina can yield 20 times more protein than an acre of soybeans. The protein found in spirulina is recognized as complete. This means it contains all the amino acids the body cannot create for itself and must be supplied by dietary means. It's an easily digestible protein that is considered by many health enthusiasts as an aide to maximize digestion.

Spirulina has minimal amounts of fat but does contain a considerable amount of the amino acid called Gamma Linolenic Acid (GLA). GLA is reported to fight inflammation (J

Aoac Int 2001; 84(6):1708-14; J Nutr 1998; 28(9): 1411-4).

In addition to the amino acids, there are a lot of vitamins, particularly Vitamin A, found in spirulina. This vitamin is vital to healthy skin and eyes. Vitamin B12, iron (important for red blood cell formation), Vitamin D (strengthens bones and teeth) and chromium (aides the body to use blood sugar efficiently) are all found in spirulina.

Spirulina is also rich in carotenoids such as beta carotene, a powerful antioxidant that can convert into Vitamin A as needed.

Spirulina's abundant mixture of powerful nutrients also enhances its immunity boosting power. Research has shown that spirulina perks up the immune system and its cells, such as the macrophage (natural killer cells). Studies have revealed that spirulina keeps viruses from invading host cells in the body and interferes with the spread of cancer cells (J Am Nutraceutical Assn 2001; 3(4):24-30).

Researchers have even identified a potential anti cancer benefit. Among people with precancerous oral lesions, more than half of those who took spirulina saw their lesions regress (Nutr Cancer 1995;

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24920:197-202). Spirulina was also used to improve the immunity of the children exposed to radiation after the Chernobyl disaster in 1986.

Spirulina can be used as a tablet or powder to supplement your diet. It's a powerful superfood and used in some countries as a high-quality protein. Check it out for yourself and enjoy the benefits as much as I have.

Disclaimer: Be sure to check with your physician before starting any new regimens!

DIHS Helps Staff PPAC Booth at COA Conference



Dr. Luzviminda Peredo-Berger (l), Clinical Director at the Port Isabel Service Processing Center, poses with U.S. Surgeon General VADM Richard H. Carmona.

Dr. Peredo-Berger helped staff the PPAC booth at this year's COA Conference.

DIHS Provides Training for ICE Officers at FLETC



CAPT Philip Jarres and SDDO Jessie Dominguez are shown together on the grounds of the Federal Law Enforcement Training Center (FLETC) in Brunswick, Georgia.

Arrangements have been made for DIHS to provide monthly training for both newly appointed and veteran ICE Officers attending the FLETC. The sessions consist of an overview of the DIHS healthcare delivery system, universal precautions and related correctional health issues. Classes are offered in two hour blocks with up to 50 officers present. Similar training was previously given in Artesia, New Mexico by Division staff several years ago.

Our Spirit:

We add dignity to a necessary process of alien detention, serving without fanfare at the forefront of public health protection for the American populace.

HSA/AHSA Leadership Training

DIHS Headquarters recently brought together some of new Health Service Administrators and Assistant Health Service Administrators together for a leadership training symposium. This is part of our commitment to developing the next generation of DIHS leaders!

Our Vision:

By 2008, we will be the benchmark for detention health care systems and will be recognized as having the most prestigious, dynamic and rewarding workplace within the United States Government.



Dr. Migliaccio speaks to the group gathered at DIHS Headquarters for the leadership training.



Chief Buddy McFadden (Ret.) speaks to the group.