

Steel Valley Dolphins

February 2019



The official newsletter of the
USS Requin Base of the USSVI
Pittsburgh, Pennsylvania

USSVI Creed:

"To perpetuate the memory of our shipmates who gave their lives in the pursuit of duties while serving their country. That their dedication, deeds, and supreme sacrifice be a constant source of motivation toward greater accomplishments. Pledge loyalty and patriotism to the United States of America and its Constitution."



Meetings held on the second Saturday of the month normally in BADen at the American Legion Post and quarterly meetings held around our membership area.

- **Make a difference, get to a meeting!**

----- Pride Runs Deep -----

Next Meeting ; Saturday March 9th at the American Legion Post 902 in Houston PA

2017 USS Requin Base Officers

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----- Pride Runs Deep -----



Binnacle List

:

Aaron Ellis
Alan Lukasik
Edie Dietrich



Pa State Representative

<https://www.dmva.pa.gov/veteransaffairs/Pages/default.aspx>



Photo provided by
Shipmate Arthur Kallimon

COMMANDERS COLUMN:

Shipmates: I want to take this opportunity to thank everyone who has telephoned or has sent GET-WELL cards to my first mate Edie. She had a bad time with her knee replacement surgery, but is coming along just fine. She is off her walker and on her cane. She had her staples removed today and she feels so relieved. Again, THANKS to such a wonderful group.

Because of her surgery, I had to miss the February meeting. That was the first meeting that I have missed in the last ten years. Shipmate Carl Stigers filled in and did an amazing job – KUDOS Carl.

From 1st Vice Commander - Carl Stigers

This month I had the honor of conducting the meeting in place of Huey, as his first mate Edie had surgery on the previous day. I note here that Edie is doing well and is home. The meeting went well and we had some great progress made. We have a committee for our birthday celebration and will be meeting on Saturday morning. On another note, our next base meeting is in Houston, Pa., and will be at the American Legion. Updated information will be posted on the web site shortly. The Legion is behind the Dollar General so make sure you go through the parking lot to gain entrance.

We discussed a number of items! One of which I would like to bring up. Huey noted that Jack Sutherin had lunch with one of the widows of an Eternal Patrol Member. We have lost touch with these women and they have dropped off the radar so to speak. I proposed we try to make contact with them and for our May meeting, invite them to come as our guests. This was accepted and so I have begun trying to locate them. If any member knows of a widow and has contact information for them, please forward it to Carl Stigers, so that we can work out arrangements for them attending. If any member would be able to assist with a ride if needed, please let me know also.

On a sadder note, we had a memorial for a shipmate who went on Eternal Patrol. Shipmate Robert Stahl was a WW11 Veteran. I was just informed of another shipmate who has entered into Eternal Patrol, shipmate Hubert Brown TM3(SS) passed on Feb 12th 2019. Do you know a WW11 veteran, if so, offer to bring them

to a meeting. They are a source of our early history that is rapidly fading away and we need to help them attend when possible.

We look forward to seeing YOU at our next meeting.

Eternal Patrol – Robert Stahl. Bob was such a great shipmate that will be sorely missed. The Base held a memorial service for Bob in Ellwood City. The base members in attendance were Chaplin, Carl Stigers, Huey Dietrich, Rick Elster, Lee Bookwalter, Joe Campisi, George Brown, Dick Geyer & David Alters. Bob's family was so thankful for us being there and they all thanked us personally. Bob was 95 years old and a WW11 Veteran. Shipmate rest your ores.

BIRTHDAYS

Members

Allen, Mike	3/14/49
Bates, Tom	3/15/63
Burelson, Steve	3/26/67
Bushko, Greg	3/18/54
Calabrese, Tom	3/23/62
Chatlos, Dave	3/12/54
Elster, Rick	3/05/41
Farina, Reno	3/04/44
Greenwald, Eric	3/10/74
Hilgendorf, Charles	3/06/36
Hoag, Mark	3/08/69
Huntsman, Larry	3/15/67
Johnston, James	3/22/43
Kontier, James	3/02/40
Pellegrino, Mike	3/04/52
Poole, Gregory	3/07/72
Sampson, Robert	3/26/43
Snook, Ronald	3/06/34
Thompson, Jeff	3/18/71
Voskuhl, Fred	3/18/23
Weible, Tom	3/24/64
Wykoff, Mike	3/24/54

First Mates

Amenti, Ashlee	3/10
Bistyga, Claudia	3/12
Dietrich, Edie	3/30
Gains, Christine	3/10
Gresh, Debra	3/20
Hilgendorf, Pat	3/27
Howton, Diana	3/19
Koppenhaver, Pat	3/01
Lawrence, Jordan	3/31
Lewis, Karen	3/17
Lyons, Carol	3/21
Swords, Kim	3/25
Tripp, Lois	3/02

ANNIVERSARIES

Beauregard, Richard & Noreen	3/15
Nixon, Charles & Sherry	3/20
Wendell, James & Valeria	3/15

If there are any corrections or deletions, please let us know.....

The following parades have accepted our request by their parade committees:

Sewickley – May 27 & Carnegie – May 26

The Carnegie parade will be held after our Memorial Service on board the USS REQUIN, at the SCIENCE CENTER. Please mark your calendar!

(Remember our MOTTO – At least – one meeting- one event – PER YEAR.....

NEW MEMBERS

Robert Clark qualified in 1972 on the USS Ethan Allen as an ETN seamen. He left the navy in 1975 as an ETN3(SS). Robert lives in Shippenville, Pa with his first mate Nancy. Please e-mail Bob and welcome him aboard –

ussvi@clark283.dyndns.org

Art Kalimon qualified in 1965 on the USS Cutlass as a ET2. He left the navy in 2005 as an ET2(SS). Art lives in Mars, Pa with his first mate Rita Ann. Please e-mail Art and welcome him aboard – aftkalimon@gmail.com

Charles Shrump qualified in 1970 on the USS Tirante as an EM3. He left the navy as an EM3(SS). Charles lives Washington, Pa with his first mate Debby. Please e-mail Charles and welcome him aboard – ss420sailor@hotmail.com

MEMBERSHIPS STANDS – 179

Again from Huey - We attempted to make arrangements to travel to Groton to welcome the USS PITTSBURGH back in port. We were working on going to Groton for the March 1 welcoming party. Just this week, we were notified that the PITTSBURGH is arriving back in port a week earlier. I put out a notice to the base, but unfortunately, there was not enough time for shipmates to change their plans. We will be spending time with the Captain and a few crew members when they make their way to Pittsburgh in March.

Our next base meeting will be a traveling meeting in Houston, Pa. We will be sending out directions very shortly. Shipmate Eric Bookmiller and Chad Underkoffler are making all the arrangements – KUDOS Shipmates.

Carl has formed a committee for our Birthday Party, shipmate Dick Geyer is co-chair. Anyone who wants to join the team, let Dick know.

Requin Base Meeting Minutes

February 9, 2019

Baden, PA

Base First Vice-Commander Carl Stigers called the meeting to order.

Attendees: Tino & Sally Bolcato, Eric Bookmiller, Lee & Patsy Bookwalter, Clair & Nancy Bouts, George Brown, Ron Campbell, Joe Campisi, Reno Farina, Dick & Beverly Geyer, Bob & Lynn Gourley, Eric Greenwald, Lou Hamil, Art & Rita Kalimon, Jim Kontier, Chuck & Nancy Loskoch, Bat Masterson, Bob McPherson, JB & Sandra Messer, Marian Miller, Vince Metz, Bob & Jude Myers, Frank Nicotra, Mike Pellegrino, Chip Porter, Harry Sills, Jeff & Eileen Simon, Eleanor Smith, Carl Stigers, Jack & Jenny Sutherin, John Swords, Jeff Thompson, Rob Town, Chad Underkoffer, Mike & Tina Wyckoff

Base First Vice-Commander Carl Stigers: Quote of the day: "We shall never forget that it was our submarines that held the lines against the enemy while our fleets replaced losses and repaired wounds"

Requin History: February 1, 1969, Requin was towed to Florida where she served as a Naval Reserve training ship. February 21, 1990 Senator John Hines introduced Senate Bill S2151 which allowed Requin to be transferred as an exhibit at the Carnegie Science Center in Pittsburgh PA.

Base First Vice-Commander Carl Stigers: Let us at this time, with a moment of silent prayer, remember our Shipmates who made the supreme sacrifice that we may gather here in Peace. We dedicate this meeting to our Shipmates on Eternal Patrol, to perpetuate their memories in our lives and to honor our Shipmates on active duty in the service of the first line of defense of our Nation.

Boats Lost:

USS BARBEL (SS 316)	February 4, 1945	
USS SHARK (SS 174)	February 11, 1942	USS AMBERJACK (SS 219) February 16, 1943
USS GRAYBACK (SS 208)	February 27, 1944	
USS TROUT (SS 202)	February 28, 1944	

We also honor our departed shipmate of the Requin Base lost in February, Richard Claypoole, Chuck Dreer, John Mills, Devern Pyatt, James Ross, and Robert Vaughn. Finally let us remember all the brave submariners who died performing their duties aboard submarines, some individually and some in groups, but where the submarine itself was not lost.

Chaplain Carl Stigers gave the Invocation.

Chief Of The Boat Chip Porter led the Base in the Pledge of Allegiance.

Members introduced themselves and the boats they qualified on.

Base Secretary Jeff Simon reported that Minutes of the previous meeting were published on the Requin Base website. With no objections, the minutes were approved as published.

Treasurer Lee Bookwalter gave an accounting of base assets, expenditures, and deposits. With no objections, the report was approved.

Other Reports:

Binnacle List: John Lukasik, Edie Dietrich

Eternal Patrol: Robert Stahl memorial service was attended by Carl Stigers, Huey Dietrich, Rick Elster, Lee Bookwalter, Dick Geyer, George Brown, Joe Campisi, and Dave Altiers. His obituary was read.

Membership stands at 179

Storekeeper Frank Nicotra reported on available small stores.

Memorial And Ceremonies

Members are encouraged to see the Calendar on the Requin Base Website for upcoming activities, events, birthdays and anniversaries.

Old Business:

Dick and Beverly Geyer will organize the Requin Base 25th anniversary on September 1

Gerry and Linda Gaylor will organize the Christmas Luncheon in December

New Business:

Details for USS Pittsburgh visit in March were discussed. See Requin website for details

Members voted to show submarine movies at base meetings once per quarter

Possible attendance in Veterans Day parade in Beaver was discussed

Base is investigating establishing a Quartermaster Of The Watch position for each meeting

For The Good Of The Order:

Message regarding approval of the USS Thresher memorial in Arlington Cemetery was read

Motion to invite widows of members on Eternal Patrol to the Mother's Day meeting was approved by the members present.

Chaplain Carl Stigers gave the Benediction and blessing of today's meal.

Adjournment: The meeting was adjourned.

Next meeting: Huston PA American Legion Post 902 at 1230 hours on March 9, 2019

Army Set to Approve USS Thresher Memorial at Arlington National Cemetery

By: John Grady

January 31, 2019 10:05 AM

A bow view of the nuclear submarine Thresher (SSN-593), 24 July 1961. US Naval History and Heritage Command photo.

A memorial to the 129 men who lost their lives aboard submarine *USS Thresher* (SSN-593) in 1963 will be dedicated this fall at Arlington National Cemetery, after a six-year campaign to win the Army's approval for the project.

Kevin Galeaz, president of the USS Thresher Arlington National Cemetery Memorial Foundation, said, "we owe our lives to these guys."

Thresher sank on April 10, 1963, about 220 miles off Cape Cod. The mishap began with a piping failure that the ship and the crew could not recover from. Speaking with USNI News by telephone, Galeaz said the sinking led the Navy to institute the SUBSAFE program to maintain quality assurance in submarine construction, and to design and build submarines to recover from unexpected flooding.

That program "made a big difference" in having only one American submarine, *USS Scorpion* (SSN-589), sink after that, he said. Galeaz himself benefited from this vast improvement in submarine safety, as a submariner who served from 1975 to 1982.

Thresher, which was the first of its class of fast-attack submarines and was commissioned in 1961, was designed to "be much deeper diving ... and much quieter" than other submarines then in the fleet, Galeaz said. "It had the Soviets very concerned" about its passive and active sonar and anti-submarine missile capabilities if the Cold War turned hot.

The submarine was built at the Portsmouth Naval Shipyard in Kittery, Maine. Seventeen civilians from the shipyard and contractors were on board, along with *Thresher's* crew of 16 officers and 96 sailors, when it left the shipyard for deep-dive testing and sank, killing all 129 aboard.

The foundation would like to have the memorial placed "in heavily trafficked areas, where the tour buses stop" – such as close to the walkways near the cemetery's amphitheater, where the modestly sized memorials to the lost crew of space shuttles *Columbia* and *Challenger* are placed, or near the Vietnam Helicopter Pilot and Crewmember Memorial in Section 37.

Galeaz said the Army's formal announcement of approval will be made Feb. 5, but he and some members of Congress have already been notified to expect the pending announcement.

The process of obtaining permission from the Army to place the memorial at Arlington has been filled with obstacles and stumbling blocks, in part due to internal management challenges the cemetery faced earlier this decade.

When the drive to build a Thresher Memorial first took hold in 2012, Galeaz said, the response from officials at Arlington was "we're running of space." Later, the Army with congressional approval put in place a series of regulations that said future memorials could not come by congressional resolution, but rather had to come from a not-for-profit and have sufficient funds to not only erect the memorial but also maintain it in perpetuity.

Galeaz said the successful drive by the Vietnam Helicopter Pilots Association helped pave the way for those supporting a Thresher Memorial. "That change" in how the Army and cemetery leadership viewed the application "really helped. It was a new way of looking" at applications from groups like the USS Thresher Arlington National Cemetery Memorial Foundation. The helicopter memorial was dedicated last year.

It also didn't hurt to have the strong support of five New England senators, who wrote Army Secretary Mark Esper in November urging service approval for the final stamp in the six-step process.

"This memorial would serve not only to honor the sacrifice of those that lost their lives, but as a reminder of the dangers that all submariners face when they volunteer for duty," the senators wrote.

A similar letter had been sent by New England senators five years earlier, advocating approval of the memorial, but in the fallout from the internal problems at Arlington that support was overcome by events.

With the \$60,000 in hand to build the memorial, Galeaz said, "none of the money came from corporate donors. It all was from people who were affected by this tragedy."

Galeaz said the foundation is now busy raising the money necessary for maintenance.

For more information: <https://threshermemorial.org/>

As for what to expect in the fall, he said a special reception is being planned for senior Navy officials, families of survivors and submarine veterans and will most likely take place at the Women in Service to America facilities at the entrance to the cemetery.



Proposed USS Thresher Memorial
Arlington National Cemetery

USS Thresher Memorial Update 01 ► Approved by Army for Arlington

The deaths of 129 men that essentially catalyzed modern submarine safety will finally be commemorated at Arlington National Cemetery, following memorial approval by the secretary of the Army. Kevin Galeaz, president of the USS Thresher ANC Memorial Foundation, announced the long-awaited recognition 4 FEB. The foundation received nearly \$60,000 in donations from USS Thresher families, former crew, submarine veterans and current and former Naval Sea Systems and Portsmouth Naval Shipyard employees. The donations will cover the cost of the memorial and ensure that funding will be in place to replace the monument in perpetuity. The Arlington National Cemetery commemorative monuments process requires six levels of approvals. Galeaz said they began in 2012.

The memorial is dedicated to the 129 men lost aboard USS Thresher (SSN-593) on April 10, 1963, during deep dive exercises 220 miles off the coast of Cape Cod. The Thresher tragedy was the largest submarine disaster ever experienced by the United States, and led to the inception of the SUBSAFE program, which continues to protect men and women who serve on U.S. submarines. In the 55 years since the inception of SUBSAFE, only one submarine has been lost; the USS Scorpion, in what is believed to be due to a battery explosion. In the 46 years prior, the country saw a non-combat average loss rate of one submarine every three years. Thresher was built at Portsmouth Naval Shipyard and commissioned in 1961.

The tragedy had a deep impact on the New England community. Approximately two dozen families of the men lost aboard the submarine still live in New Hampshire, and a number of other families live in Maine. In Kittery, the flagpole at the traffic circle stands as a Thresher memorial. "The hallowed grounds of Arlington is the most suitable location from the family perspective for this memorial," Galeaz said. "Three million people visit there a year. How better can we perpetuate the legacy of the men lost? That's what the family members want. They want the legacy of their loved ones preserved." At the 50th anniversary, Galeaz said family members were "very concerned this would never happen," and that the tragedy would simply remain a local event recognized in small memorials around the country. "They now are literally so thankful that their loved ones are going to be remembered," he said. "I served on submarines. Every time I dove, I surfaced because of Thresher. I had the opportunity of coming home to my family because of the men lost on Thresher."

Senators and members of Congress joined the push for a Thresher memorial at Arlington National Cemetery. Led by Sen. Jeanne Shaheen, (D-NH) a letter of support was sent to the secretary of the Army co-signed by Sen. Maggie Hassan, (D-NH), Maine Sens. Susan Collins (R) and Angus King (I), and Massachusetts Sen. Elizabeth Warren (D). Former New Hampshire Congresswoman Carol Shea-Porter led a letter of support signed by 15 members of the House Armed Services Committee. The New Hampshire delegation issued statements 5 FEB in response to the Army's approval of the memorial.

"At long last, the 129 brave men who perished aboard the USS Thresher more than five decades ago will receive a memorial at Arlington National Cemetery to honor their legacy," Shaheen said. "This monument is so important for the families who lost loved ones on that fateful day, and is incredibly meaningful to the Seacoast community. I applaud the advocacy of the USS Thresher Arlington National Cemetery Memorial Foundation, who helped spearhead this effort, and I look forward to an official announcement on the Army's plan to make this project a reality."

[Source: Military.com| Hadley Barndollar | January 39, 2019 ++]

TRICARE Pharmacy Tiers ► Fourth Tier Is Planned

TRICARE is planning to add a new tier of drugs to its three-tier medication formulary - one that's made up of drugs excluded from coverage by TRICARE. Medications now fall into one of the existing tiers: Generic (Tier 1), Brand Name (Tier 2), and Generic and Brand Name (Tier 3, also known as "non-formulary"). The addition of a fourth tier (to be referred to as "Excluded" or "Not Covered"), according to officials who recently briefed MOAA on the development, "aligns TRICARE's pharmacy benefit with current industry standards among commercial health care plans." The new tier will require beneficiaries to pay the full out-of-pocket cost for the drug.

So, where did this idea come from? Last year's National Defense Authorization Act included a provision allowing the DoD Pharmacy and Therapeutics (P&T) Committee, which resides in the Defense Health Agency (DHA), to identify the drugs to be excluded from TRICARE coverage. The P&T Committee may recommend, and the head of the DHA may approve, partial or full exclusion of a drug. The Beneficiary Advisory Panel, an appointed group of stakeholders to include one member from MOAA and one from The Military Coalition who represent TRICARE beneficiaries, will also have the opportunity to provide recommendation and comments in this process.

Specific criteria for placing any drug in the fourth tier will focus on the drug's efficacy, safety, and outcome characteristics. Tier 4 drugs would include those that:

- Offer little to no relative clinical benefit from an effectiveness perspective;
- Pose a significant safety risk that may outweigh any potential clinical benefit;
- Have available alternatives; and/or
- Are considerably more expensive compared with covered alternatives.

TRICARE is developing plans to minimize the impact on beneficiaries by:

- Evaluating only a limited number of drugs per quarter for possible exclusion status;
- Identifying available alternatives;
- Creating an extended implementation period (to allow for beneficiaries to discuss alternatives with their provider); and
- Provide affected beneficiaries with a mailed letter from Express Scripts which will notify them of the change 30 to 60 days prior to the implementation, and of what steps they need to take.

Are there specific drugs ready to be slated for this change? Not at this time: The review process will determine which drugs meet the criteria outlined above. That process, which begins in February for the first drugs under consideration, can take up to six months from the time a recommendation is made before changes are implemented and beneficiaries are affected, officials said. Beneficiaries can find out all drugs TRICARE currently covers by searching the TRICARE Formulary or calling Express Scripts at (877) 363-1303.

While MOAA understands the rationale for establishing a fourth tier as an approach to formulary management, they will remain vigilant and closely examine the drugs recommended for exclusion. This commitment, and your feedback, will be key to ensuring the leaders of the Defense Health Agency are aware of the impact these changes have on their beneficiaries. [Source: The MOAA Newsletter | Kathryn Beasley | January 31, 2019 ++]

Liver Disease Update 02 ► Y-90 Radioembolization | Hepatitis C Tumor Treatment

The liver is one of the body's most important organs. It performs various critical functions to keep the body free of toxins and harmful substances. Unfortunately, some Veterans have Hepatitis C virus, a damaging liver infection, as the result of various exposures during their military service. In addition, these same Veterans are counted among the 42,000 Americans that are diagnosed with liver cancer and related tumors each year because of Hepatitis C. Thankfully, VA North Texas' interventional radiology team is giving its affected patients an opportunity to eliminate these tumors with a procedure that can have them home and resting the very same day.

Y-90 Radioembolization is a minimally invasive procedure to treat and eliminate liver tumors without surgery. Tiny glass or resin beads filled with the radioactive isotope Yttrium-90 are placed inside the blood vessels that feed a tumor. This blocks the supply of blood to the cancer cells and delivers a high dose of radiation to the tumor while sparing normal tissue. It can help extend the lives of patients with inoperable tumors and improve their quality of life. The interventional radiology and nuclear medicine teams work together to make this all possible. Nuclear medicine has a critical role in calculating the correct Y-90 dose for the patient, handling of the isotope, and the overall procedure safety.

"Y-90 is very good at treating the larger tumors and it's better than anything else available," said Dr. Jorge Lopez, interventional radiologist at VA North Texas. "Y-90 is an amazing outpatient procedure. The patient goes home that day, compared with surgery, where you may be in the hospital three to five days with a few months of recovery." During a pre-screening, the patient gets an ultrasound on their liver and if there is something suspicious, they get an MRI or CAT scan to find the tumor. "We have many patients with hepatitis C and a certain number of those will develop cirrhosis," said Dr. Gordan Butler, VA North Texas, an interventional radiologist. "A lot of time tumors are found early because of the screening program, and sometimes there are many tumors, or they are large, so one way to treat those patients is with Y-90."

The radiation from Y-90 continually decreases over a two-week period and disappears after 30 days. The tiny microspheres remain in the liver without causing any problems. Y-90 offers VA North Texas patients a minimally-invasive way to prolong their quality of life and get them back to their families, friends and daily routines in a very short amount of time. For VA North Texas interventional radiologists, the procedure offers greater opportunity to blend technology and care. "The mission of the VA is to repay a promise made to the Veterans by providing exceptional healthcare services," said Lopez. "This is one of the areas where we deliver that exceptional care." [Source: Vantage Point | February 8, 2019 ++]

Stroke Update 10 ► Prevention

Stroke is the leading cause of serious, long-term adult disability in the United States. The effects of a stroke range from mild to severe and can include paralysis, problems with thinking, difficulty with speaking, and emotional problems. According to the National Institutes of Health, each year nearly 800,000 Americans experience a new or recurrent stroke. Approximately 610,000 of these are first attacks, and 185,000 are recurrent attacks. Stroke is the fifth leading cause of death in the US, killing nearly 133,000 people a year and accounting for one of every 19 deaths. Nearly three-quarters of all strokes occur in people over the age of 65 and the risk of having stroke more than doubles each decade after the age of 55.

Americans have shown that stroke is preventable and treatable. In recent years, a better understanding of the causes of stroke has helped Americans make lifestyle changes that have cut the stroke death rate nearly in half. To protect yourself and your loved ones from the serious effects of stroke you should learn and reduce your risk factors, learn the warning signs of stroke, and know what to do if you notice the warning signs. The following explains stroke, stroke causes and symptoms, and how to reduce your risk of a stroke.

What is a stroke? A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. Brain cells in the immediate area begin to die because they stop getting the oxygen and nutrients they need to function.

What causes a stroke? A blockage of a blood vessel in the brain or neck, called an ischemic stroke, is the most frequent cause of stroke and is responsible for about 80 percent of strokes. When a weakened blood vessel ruptures and spills into brain tissue, it's called a hemorrhagic stroke. The most common cause for the rupture is uncontrolled hypertension or high blood pressure.

What is a TIA? A transient ischemic attack is considered a "warning stroke." A TIA is a type of stroke where the stroke symptoms last only a few minutes and generally stop. A TIA is a serious medical event that needs prompt medical attention.

What are the symptoms of a stroke?

Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body
Sudden confusion, trouble speaking or understanding speech
Sudden trouble seeing in one or both eyes
Sudden trouble walking, dizziness, loss of balance or coordination
Sudden severe headache with no known cause

What should you do if a stroke occurs? If you believe you are having a stroke, or someone you know is having a stroke – Call 911 immediately. Making the decision to call for medical help can make the difference in avoiding a lifelong disability.

How can I reduce my risk of stroke? Some risk factors for stroke you can't control such as increasing age, gender, family history and race. The best treatment for stroke is prevention. You can reduce your risk of having a stroke by taking action to improve your health. The following risk factors can be managed with lifestyle changes, such as diet, exercise and medications, if needed:

High blood pressure or hypertension-High blood pressure is the leading cause of stroke and the most significant controllable risk factor. If you have been diagnosed with high blood pressure, work with your healthcare provider to reduce it.

Smoking- Cigarette smoking is the number one preventable risk factor for stroke. Using oral contraceptives combined with cigarette smoking greatly increases stroke risk.

Physical inactivity and obesity- Physical inactivity and obesity can increase your risk of stroke, heart disease, high blood pressure, diabetes and high blood cholesterol.

Eat healthy- Limit foods high in saturated fat, trans fat and cholesterol. Diets high in sodium can increase blood pressure, and diets with high calories can lead to obesity.

Diabetes-If you have Type 1 or Type 2 diabetes, keep blood sugar controlled. Having diabetes increases one's risk for stroke.

Illegal drug use- cocaine and heroin use have been associated with an increased risk of stroke.

Where can I learn more about stroke? Talk to your doctor about your personal risk factors for having a stroke. Comprehensive information about stroke prevention and treatment can be found on the National Institute of Neurological Disorders and Stroke website <https://www.ninds.nih.gov>.

[Source: The Hill | Peter Sullivan | January 27, 2019 ++]

Sub Vets USS Requin Base March 2019 Meeting.

The March meeting will be held Saturday March 9th at the American Legion Post 902 in Houston PA.

Time: 12:30 to 15:00 . May start to arrive at 11:30

Address:

American Legion Post 902

124 West Pike Street

Directions: Take Interstate 79 to Exit 43, the Houston Exit. At the end of the exit ramp from either direction take a left turn onto Houston and travel 1/2 mile to a stop light. Make a left at the light and travel 1/4 mile till you see Dollar General on the right. Turn into the Dollar General parking lot. The American legion is right behind the Dollar General. Please pull around to the right side of the Legion where there is plenty of parking. The social hall entrance is back there by the flag poles.