

Commander's Call Topics



February 26, 2015

*"Calm mind brings inner strength
and self-confidence,
so that's very important for good health."*

The 14th Dalai Lama
Buddhist Monk
(1935 -)

Improve your Heart Score
and live better.

Live better with

[Life's
Simple 7](#)

It's Not Only What You're Eating

If you're in the service, chances are very good that you are not one of the 72 million adults in the United States who are overweight or obese. Most likely, you're exercising regularly, which not only contributes to optimum cardio health, it also cuts down on the desire and time available to use tobacco and alcohol.

February is American Heart Month, and the American Heart Association has a wealth of information about heart disease and stroke and how to stay healthy. What America is learning is that the military life style — the one that promotes optimum health through diet and exercise — is also the lifestyle that is characterized by anger, stress and anxiety, "the three faces of the battlefield," for those who are experiencing military conflict.

A study released this month from the University of Sydney, and featured this week on CBS News, concluded that "the risk of heart attack is 8.5 times greater in the two hours following a burst of intense anger," which is a classic response in life-and-death confrontations. The study also linked increased anxiety to heart attacks.

"Our message to people is they need to be aware that a burst of severe anger or anxiety could lead to a coronary event, so consider preventative strategies wherever possible," said Dr. Geoffrey Tofler, Preventive Cardiology, at the university. The conclusions of this study in Australia seem to uphold a report last spring by the U.S. Department of Veterans Affairs.

"There's now a large body of evidence that unequivocally links trauma exposure to poor physical health," said Dr. Paula Schnurr of VA's National Center for Posttraumatic Stress Disorder (PTSD). In the same research publication carrying the news linking trauma to poor health, it was reported that Dr. Stephen Sidney, with Kaiser Permanente, wrote in an editorial in the Journal of the American College of Cardiology, "Overall, there are considerable data supporting an association that is likely causal between PTSD and coronary heart disease."

Studies have shown that the "flight or fight" response to the classic battlefield conditions and training is how the body responds to danger and threats: The heart beats faster, arteries constrict, blood pressure rises and there is an increased production of stress hormones. All of these factors are classic causes of heart attack.

Stress management and meditation are the coping mechanisms most often used in managing anger and "the battlefield syndrome." Seeking professional help to deal with these often confusing but normal reactions is another good way to manage a return to health. In and of itself, anger isn't bad. It's like all strong feelings: It either serves you or you serve it. In other words, where heart health is concerned, it may not be what you're eating. It may very well be what's eating you.

Martha J. Lockwood

Chief, Information Products AFPRO

► TRENDING...

"The entirety of our leadership is 100 percent behind making holistic changes to our nuclear enterprise and staying the course until we get it done," [Secretary of the Air Force Deborah Lee James](#) said during a recent [visit to Malmstrom AFB, Montana](#). "Listening to the ideas that many of you brought forth in the field helped us develop a way forward to improve all aspects of how the nuclear mission is accomplished."

► RESOURCES

Website access to the following resources can be gained by clicking on the name.

[AF.mil](#)

[Airman magazine](#)

[Military OneSource/HomeFront](#)

[Air Force Personnel Center](#)

[Air Reserve Personnel Center](#)

[Department of Defense News](#)

[Department of Veterans Affairs](#)

[TRICARE](#)

[U.S. Government Website](#)

[Air Force Association Scholarships](#)

[Air Force Safety Center](#)

[Civil Service Employment Opportunities](#)

[NAF Employment Opportunities](#)

[Air Force Bands/Outreach](#)

► THIS WEEK IN AIR FORCE HISTORY

Feb. 26, 1960 - A TM-61C Matador tactical missile launched from Pad 1 at Osan AB, South Korea, failed to destruct on command. An F-100D chase plane fired a Sidewinder missile to shoot it down.

Feb. 27, 1971 - The Air Force launched Operation Haylift in response to blizzards in Kansas. Aircrews dropped 35,000 bales of hay for 275,000 cattle stranded in deep snow. The American Humane Society provided the hay.

Feb. 28, 1991 – Cessation of hostilities declared in Operation Desert Storm.

March 1, 1963 - The Air Force achieved its first Advanced Ballistic Missile Reentry System launch from Cape Canaveral AFS, Florida.

March 2, 1910 – Lt. Benjamin D. Foulois began solo flying at Fort Sam Houston. Foulois was the only pilot and only one with flying duty assigned to the Signal Corps at that time.

March 3, 1986 - TAC's first OT-37 Tweet replaced the Cessna O-2 aircraft at Shaw AFB.

March 4, 2002 - During Operation Anaconda, the Air Force experienced its first combat deaths since the 1991 Gulf War. Two Airmen died in helicopter assaults near Gardez, Afghanistan.

March 5-9, 1985 - Airlift crews flew 123 tons of food and medicine as part of four famine relief missions to Sudan, Niger, and Mali.

► CURRENT ISSUES

[Cope North 15 kicks off at Andersen](#)

This multinational event is designed to increase interoperability, improve combat readiness and develop a synergistic disaster response capability among the six countries involved in this multilateral training exercise in Guam.

► FAMILY HEALTH AND SAFETY

[Air Force agents prevent online exploitation of children](#)

A partnership between the Air Force Office of Special Investigations and the Internet Crimes Against Children task force steps up the education of parents and youths about the potential dangers of online activity.

► PERSONNEL ISSUES

[2014 Air Force Safety Awards Announced](#)

Leadership and a commitment to readiness are the hallmarks of this year's awards.

[Leadership development program nominations due March 16](#)

Highly motivated officers who have demonstrated outstanding leadership ability, commitment to public service and integrity are urged to submit their nominations packages by the mid-March deadline.

► ENVIRONMENT, SPACE AND TECHNOLOGY

[AF marks first RQ-4 non-military base landing](#)

The 2015 Australian International Airshow and Aerospace and Defense Exposition was the showcase for the landing of a remotely piloted U.S. Air Force RQ-4 Global Hawk, a first-time event for the high-altitude asset.

For more information on Air Force heritage, visit <http://www.airforcehistory.af.mil>

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