How to Submit Documents

You can submit the medical documents through your chain of command via fax, email, or mail.

You Can Submit Documents to:

Unit
Battalion Medical Readiness NCO
Brigade Medical Liaison
State Surgeon's Office

Preventative Measures for Overall Good Health

- Exercise Regularly
- Healthy Diet
- Healthy Weight Control
- Practicing Proper Lifting and Carrying Techniques
- Smoking Cessation

Website Link to Low Cost Clinics

NeedyMeds

http://www.needymeds.org/free_clinics.taf

State Surgeon's Office Website

Includes:

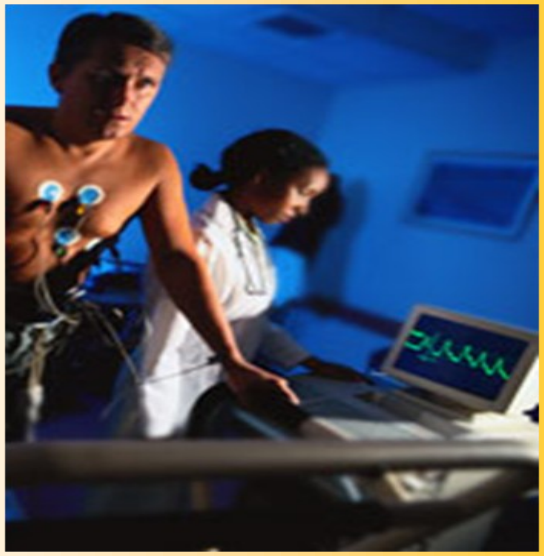
- Staff Contact Information
- Forms and Regulations
- Brochures

http://www.calguard.ca.gov/G1/sso

CA ARNG State Surgeon's Office
9800 Goethe Road (Box 31)
Sacramento, CA 95826-9101
Fax: 916.854.4200
SSO Email: ng.ca.caarng.mbx.sso@mail.mil

Framingham Score 10-15%

California Army National Guard
State Surgeon's Office



Framingham Score 10-15%

The risk of developing coronary artery dsease (CAD) or a heart attack sometime within the next ten years is expressed as the **Framingham Score**. This can be calculated based on your age, cholesterol and HDL levels, blood pressure, smoking habits and whether you are taking any blood pressure medications. CAD is a disease where your arteries are narrowed or "hardened" due to a build up of plaque. Your score is between 10-15%, based on your specific values.

Medically Non Deployable Status

You have been placed in a Medically Non Deployable (MND) Status for a **Framingham Score of 10-15%**. You will need to submit appropriate medical documentation through the proper chain of command to clear your medical flag.

What the State Surgeon's Office Initially Needs from your Medical Provider:

- Labs
  - -Repeat Fasting Labs
  - –Hemoglobin A1c
  - –C-Reactive Protein (CRP)
    (if CRP is elevated, you will need to submit a Stress Echocardiogram or Treadmill Stress test)
- Diagnosis (what is your medical condition)
- Prognosis (what your doctor thinks your likely outcome will be)
- Treatment Plan (dietary changes, life-style changes, medications, etc.)
- Comment on Functional Activity Limitations (permanent or temporary, with duration)
  - -What physical activities you can and cannot do (e.g. running, jumping, and lifting)

For your Medical Provider:

This patient is an Army National Guard Soldier, recently found to have a **Framingham Score of 10-15%**. Army regulation requires further evaluation of this patient. Please evaluate for modifiable CVD risk factors to include elevated C-Reactive protein and/or metabolic syndrome. Should this patient have elevated CRP levels, or meet diagnostic criteria for Metabolic Syndrome, please refer patient for GXT (Bruce or Modified Bruce protocol)/ myocardial perfusion scintigraphy or stress echocardiogram. Please provide lab results, diagnosis, prognosis, and treatment plan, and comment on the patient's physical limitations (if any) on the attached assessment sheet. Thank you.

Acceptable Medical Documents:

- Completed Standard Form 513 (SF 513)
- Office Visit/Provider Notes
- Results of any X-ray/Imaging Studies
- Results of any Diagnostic tests