

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

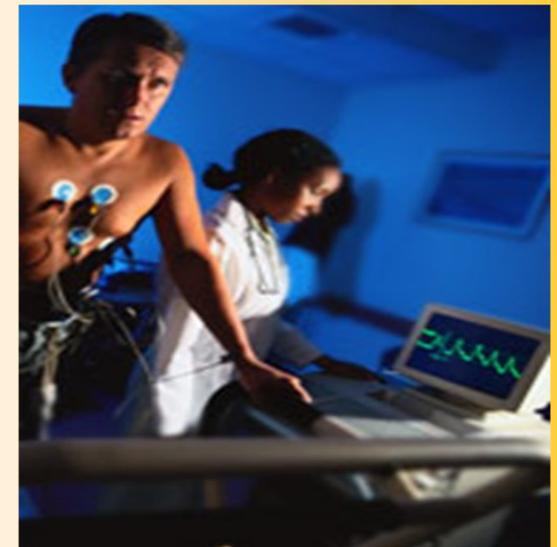
SSO Email: ng.ca.caarng.mbx.sso@mail.mil



Framingham

Score greater than 15%

➤➤➤ California Army National Guard
State Surgeon's Office



Framingham Score greater than 15%

The risk of developing coronary artery disease (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 greater than 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 greater than 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
- Treadmill Stress Test or Stress Echocardiogram Test results
- 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 identified during routine screening with a **Framingham Score of greater than 15%**. Army regulation requires further evaluation of this patient. Please refer the patient for GXT (Bruce or Modified Bruce protocol) or myocardial perfusion scintigraphy or stress echocardiogram as clinically indicated. Please provide lab results, diagnosis, prognosis and treatment plan, and comment on the patient's physical limitations (if any) on 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