

WOMEN VETERANS HEALTH CARE

*You served, you deserve
★ the best care anywhere.*



Spring 2016

Memphis Women's Newsletter

Enhancing Services for Women Veterans

March: Women's History Month

Did you know that the large majority of ancient cultures were patriarchal, and they practiced customs that held women in low esteem and limited their freedom. Through the centuries, many courageous women have stepped forward to fight inequality and to champion causes for the benefit of society. Their work to break down barriers has allowed future generations of women to pass through without resistance.

April: Stress Awareness Month

Relax, Renew, and Rejuvenate!

Long time stress is known to lead to a wide range of illnesses such as headaches, stomach disorders, and depression. It can also increase the risks of serious conditions like stroke and heart disease. If you are dealing with stress, meditation is a great way to help relax the mind, body, and spirit. Meditation allows your thoughts to come and go in a peaceful process. Place yourself in an effortless relaxed posture, release by exhaling completely, follow your breath by allowing your body to naturally inhale, exhale, and release all tension while mentally saying single syllable words that hold positive connotations such as: love, joy, fresh, etc. repeat the process and finally allow yourself a moment to bring your refreshed self back with a smile and enjoy the serenity!

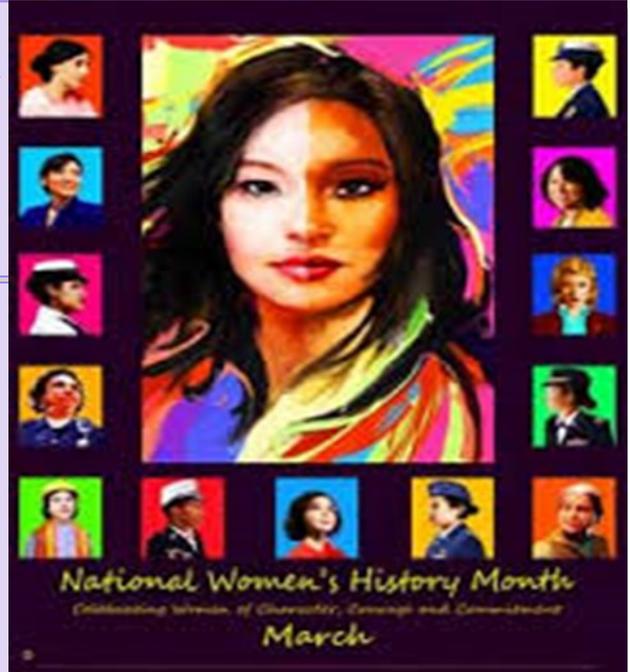


May: American Stroke Month

Despite the tremendous toll stroke takes, the vast majority of Americans do not think of stroke as a major health concern. And one in three Americans is unable to identify all the F.A.S.T. stroke warning signs. We need to make more people aware that stroke threatens millions of American lives, young and old, male and female, from every background. At the same time, stroke is largely preventable, treatable and beatable.

Recognizing a stroke

- F– Face Drooping
- A– Arm Weakness
- S- Speech Difficulty
- T– Time to call 9-1-1



Spring Health Awareness Months

March

- National Endometriosis Awareness
- **Women's History Month**
- Colorectal Colon Cancer Awareness
- National Nutrition Month

April

- **Stress Awareness Month**
- April 7: World Health Day
- National Public Health Week

May

- American Stroke Month
- National Osteoporosis Awareness & Prevention
- May 6-12: National Nurses Week
- Employee Health and Fitness Month
- May 31: World No Tobacco Day

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WOMEN VETERANS HEALTH CARE

MEMPHIS VA WOMEN'S NEWSLETTER



Spring 2016

DESIGNATED WOMEN'S HEALTH PROVIDERS

WOMEN'S CENTER

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DR. SHRUTI ADIGA

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Women's Health Outreach Coordinator:

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Health Promotion and Disease Prevention

WorkLife4You Program

The WorkLife4You is a free VA employee benefit that can help you achieve and maintain emotional wellness. WorkLife4You will match you with resources that meet your unique needs, such as in-network providers, support groups, spas, yoga/massage studios, and fitness centers. The program also provides discounts on fitness well-being products and services. In addition, the emotional health area of the WorkLife4You web site offers targeted information and interactive resources on a wide range of related issues.

For more information visit www.WorkLife4You.con/va. To register, follow the "Start Now" link and enter Registration Code: DVA Or you can speak with a work life consultant 24/7 at 877-399-8235 (TDD/TTY 800-873-1322).

Memphis VA Military Sexual Trauma Coordinator is Latrice Thomas

Ms. Thomas is a Licensed Medical Social Worker

She can be reached at 901-523-8990, extension 5357

www.womenshealth.va.gov

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