Mindfulness

Anxiety, depression and stress are common experiences among Women Veterans. Modern science has shown health and well-being can increase with the ancient practice of mindfulness. Not only is mindfulness a great tool for Women Veterans, women are interested in beginning a mindfulness practice. In 2017, VA-conducted study that surveyed 1200 Women Veterans across 20 VA Medical Centers and 11 outpatient clinics, 45% reported having already practiced mindfulness and meditation, 54% have practiced mindfulness in-person at VA, and 46% participated at home on the internet. For more information, ask your primary care provider to order a Whole Health Consult for you.

Lung Health

Lung Cancer kills more Women in U.S. than any other type of cancer. Reduce your risk by stopping smoking and avoiding second hand smoke. Talk with your provider about quitting smoking resources within VA.

Resources

Eve Holzemer, DNP, ANP-BC
Women Veterans Program Manager
(314) 652-4100 ext. 55399

Jennifer Suther, LCSW
Women’s Clinic Social Worker
Maternity Care Coordinator
(314) 652-4100 ext. 55625

VA Women’s Clinic
3615 Olive St.
Saint Louis, MO 63108
(314) 652-4100 ext. 56540

Clinics

St. Charles CBOC
O'Fallon, MO 63368
1-800-228-5459 ext. 55390

St. Louis CBOC
St Louis, MO 63033
1-800-228-5459 ext. 55390

Belleville CBOC
Belleville, IL 62223
1-800-228-5459 ext. 56988

Washington CBOC
Washington, MO 63090
1-800-228-5459 ext. 57950

Additional Resources

Dr. Brittany Jacobson
Psychologist
MST Coordinator
(314) 265-5911

Paula Rutkowski, LCSW
DV/IPV Program Coordinator
(314) 652-4100 ext. 53327

Angela Cook, RN
Suicide Prevention Coordinator
(314) 652-4100 ext. 54879
Crisis hotline: 1-800-273-8255
Press 1
Start out your New Year with Heart Health

Heart disease is the number one killer of women. It kills more women than all forms of cancer combined. Schedule a visit with your provider to detect early signs of disease, and follow the tips below:

**Regular primary care visits**
As you age, it’s more important than ever to have regular conversations with your primary care provider. New health issues may be emerging, and your designated women’s health provider can help you address them early. Women Veterans deserve the best care anywhere, and they can receive all of their primary care at VA—including woman-specific care.

**Nutrition**
How you fuel your body becomes more important as you age, too. A calcium-rich diet can help prevent osteoporosis, and eating well can reduce your risk of developing heart disease, stroke, type 2 diabetes, some kinds of cancer, and anemia. Talk with your primary care provider about making a nutrition plan that will help you age in good health.

**Exercise**
Activity is important at all stages of life, but many aging adults don’t make an active lifestyle a priority. Even light exercise and physical activity can improve your health as you grow older, even if you already have conditions that accompany aging. VA can work with you to create an exercise plan that can work for you no matter what your current state of health is.

**Women Veterans Program Managers:** All VA medical centers have a designated Women Veterans Program Manager to help women Veterans access VA benefits and health care services. To find the VA medical center nearest you, call 1-877-222-8387 or visit [www.va.gov/directory](http://www.va.gov/directory).

**Women Veteran Call Center:** Women Veterans can call 1-855-VA-WOMEN (1-855-829-6636) to ask questions about available VA services and resources.

“Here’s to Strong Women, may we Know them, may we Be them, may we Raise them.”