



Volume 57

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September is Women's Health Month

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CELEBRATE WOMEN'S HEALTH MONTH!

Celebrating September as Women's Health Month is a good reason for all women to take some time and reflect on some of the positive things they can do to maximize their health. The following list gives some helpful hints on what all women can do to stay as healthy as possible. For more information visit your command's Health and Wellness Center or make an appointment with your primary care or women's health care provider.



ALL WOMEN

- ☞ Monthly breast self-exam (BSE) and vulvar self-exam (VSE).
- ☞ Tetanus-diphtheria shot every ten years.
- ☞ Periodic blood pressure, height, weight, and dental screenings.
- ☞ Avoid tobacco and excessive amounts of alcohol.
- ☞ Wear seat belts.
- ☞ Exercise 30 minutes 3 to 5 times weekly.



AGES 40 – 50

- ☞ 1500 mg of calcium daily to help prevent osteoporosis.
- ☞ Mammography screenings at 1 to 2 year intervals.
- ☞ Annual gynecological exams that include clinical breast exam, Pap smear (every 1 to 3 years), and STI testing as needed.
- ☞ Bone Density Testing for those at risk.
- ☞ Cholesterol screening at least every 5 years.

Adolescence Through Age 39

- ☞ 1200 milligrams (mg) of calcium and 0.4 mg of folic acid everyday.
- ☞ Early prenatal care.
- ☞ Annual gynecological exams that includes clinical breast exam, Pap smear, and sexually transmitted infection (STI) testing as needed.





Tripler Army Medical Center



Hickam Air Force Base



AGES 50+

- ☞ 1500 mg of calcium daily to help prevent osteoporosis.
- ☞ Mammography screenings at yearly intervals.
- ☞ Periodic exams that include clinical breast exam, Pap smears as needed, digital rectal exam, and stool guiac testing.
- ☞ Flexible sigmoidoscopy every 5 years or colonoscopy every 10 years.
- ☞ Bone Density testing.
- ☞ Periodic vision & hearing exam.
- ☞ Pneumovax vaccine at 65 years of age.

Women's Health Web Sources:
www.4women.gov
www.cdc.gov/health/womensmenu
www.hhs.gov/topics/women.html

Health Care Information Line (HCIL)

Call 1-800-611-2883 and then press 1 to use the Audio Health Library.

Code	Topic
2610	Breast Self-Exam
2611	Mammography
2624	Osteoporosis
2650	Menopause
2651	Estrogen Replacement Therapy

This newsletter is produced by the Tri-service Health Promotion Centers in partnership with Health Net Federal Services.

Health and Wellness Center (HAWC)

Hickam Air Force Base

Classes: Blood Pressure Screening, Body Fat Testing, Cholesterol Reduction, Exercise, Microfit Assessment, Nutritional Counseling, Relaxation, Smoking Cessation and Weight Mgt. Video and book library checkout. Call 448-HAWC for class dates and times. For more information regarding fitness programs please call the MWR at 449-1044 or log on to www.hickamservices.com

Tripler Army Medical Center Nutrition Clinic

Classes: Cholesterol Management, Hypertension, Diabetes and Weight Management. Call 433-4950 for information.

TAMC Health Education and Promotion Center

Classes: Stress Management, Hypertension, Exercise, Fitness Walking, Body Fat Testing, and MicroFit Assessment. Call 433-1463 or 433-1462 for information.

Naval Medical Clinic Pearl Harbor

A variety of classes are offered monthly throughout the command:

- Healthy Heart
- Tobacco Cessation
- Nutrition/Weight Mgt.
- ShipShape Wt. Mgt.
- Asthma Education
- Self Care

To enroll, call Central Appointments:
 BMC Makapala 473-0247
 BMC Kaneohe Bay 257-2131
 BMC Barbers Point 684-6201
 Information and referrals about services and classes can be obtained by calling the Health Promotion Office at 471-WELL.
 Or enroll on the internet at: www.nmclph.med.navy.mil

Kaneohe Bay Marine Corps Base Health Promotion Program

Classes: Tobacco Cessation, Physical Fitness, Injury Prevention, Nutrition, Stress Management, Suicide Awareness, Alcohol and Substance Abuse, Hypertension and STD/HIV Awareness. For more information, class fees, schedule and availability; please call the Health Promotion Director at 254-7636. For more information regarding fitness programs please log on to the MCCS website at: www.mccshawaii.com

Schofield Barracks Community Health Nursing

Offering Healthy Lifestyle Classes, Counseling and Resources. Self-Care Classes every Tuesday 1300-1400. MicroFit Fitness Assessments, by appointment, every Tuesday afternoon. Blood Pressure, Body Fat Screening

Health and Wellness Center (HAWC)

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Health & Fitness Center Schofield Barracks

Classes: Yoga, Hi-Low Impact, Body Shaping, Prenatal, Physical Training for soldiers, Tai Chi, Mom & Baby Morning, Personal Training and Water exercise. For more information, class fees, schedule and availability, please call: 655-8789 or 655-8007. For more information regarding fitness programs please log on to the MWR website at: www.mwrarmyhawaii.com

Health Promotion and Wellness Center U.S. Coast Guard

Classes: Stress Management, Physical Fitness/Activity, Alcohol and Drug Abuse Prevention, Tobacco Cessation/Avoidance and Health Risk Assessment. Call 541-1583 for more information on classes and education.



For more information contact your Wellness Center

Tripler AMC	433-1472
Schofield Barracks	433-8675
Hickam AFB	448-HAWC
Naval Medical Clinic	
Pearl Harbor	471-WELL
U.S. Coast Guard	541-1583