

TRICARE BENEFICIARY BULLETIN – MAY 19, 2011 – 663 WORDS

LEAD MUSIC (:03)

THIS IS THE TRICARE BENEFICIARY BULLETIN, AN UPDATE ON THE LATEST NEWS TO HELP YOU MAKE THE BEST USE OF YOUR TRICARE BENEFIT. I'M AUSTIN CAMACHO. (:10)

FIRST UP: ANNEMARIE FELICIO REPORTS ON TRICARE'S COVERAGE OF AN ADDITIONAL CERVICAL CANCER SCREENING TEST.

MORE THAN 12,000 WOMEN ARE DIAGNOSED WITH CERVICAL CANCER EVERY YEAR, AND 4,000 WOMEN DIE FROM THIS DISEASE. ONCE THE LEADING CAUSE OF DEATH AMONG WOMEN, THE CENTERS FOR DISEASE CONTROL AND PREVENTION REPORTS THE NUMBER OF CERVICAL CANCER DEATHS HAVE DECREASED DRAMATICALLY AS A RESULT OF REGULAR CERVICAL CANCER SCREENING.

TRICARE HAS ADDED COVERAGE FOR AN ENHANCED CERVICAL CANCER SCREENING TEST THAT HELPS DETECT THE PRESENCE OF THE HUMAN PAPILLOMAVIRUS OR HPV. THE HPV DNA TEST IS DONE TO FIND A HIGH-RISK HPV INFECTION THAT CAN CAUSE CERVICAL CANCER.

THE HPV DNA TEST IS COVERED AS A CERVICAL CANCER SCREENING UNDER TRICARE'S CLINICAL PREVENTIVE SERVICES WHEN PERFORMED IN CONJUNCTION WITH A PAP SMEAR FOR WOMEN AGED 30 AND OLDER.

PREAUTHORIZATION FOR HPV TESTING IS NOT REQUIRED, AND BENEFICIARIES HAVE NO COPAYMENTS OR COST-SHARES FOR ROUTINE CERVICAL CANCER SCREENING UNDER TRICARE. IN ADDITION, TRICARE COVERS THE CDC RECOMMENDED VACCINE SERIES TO PREVENT HPV INFECTION IN GIRLS. THE HPV VACCINE IS RECOMMENDED FOR GIRLS 11 OR 12 YEARS OF AGE, BUT DOCTORS MAY START THE SERIES IN GIRLS AS YOUNG AS 9 YEARS OLD, AND CAN GIVE CATCH-UP VACCINATIONS THROUGH AGE 26 FOR THOSE WHO HAVE NOT COMPLETED THE VACCINE SERIES.

TRICARE ALSO COVERS SCREENING FOR BREAST, COLORECTAL AND PROSTATE CANCER WITHOUT COST SHARES OR COPAYS. FOR MORE INFORMATION, VISIT [TRICARE.MIL/PREVENTIVESERVICES](http://TRICARE.MIL/PREVENTIVESERVICES).

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

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NEXT, LORRAINE CWIEKA REPORTS ON HEALTH SYMPTOMS BENEFICIARIES SHOULD NEVER IGNORE.

IT CAN BE DIFFICULT AND CONFUSING TO TELL THE DIFFERENCE BETWEEN ROUTINE ACHES AND PAINS, AND SYMPTOMS THAT COULD INDICATE MORE SERIOUS HEALTH PROBLEMS. TRICARE REMINDS BENEFICIARIES TO PAY ATTENTION TO POTENTIAL WARNING SIGNS.

THE MOST COMMON SIGN OF A HEART ATTACK IS A MILD OR STRONG PAIN IN THE CENTER OF THE CHEST. IT CAN LAST MORE THAN A FEW MINUTES OR IT CAN GO AWAY AND COME BACK.

OTHER COMMON SIGNS OF A HEART ATTACK INCLUDE:

- PAIN OR DISCOMFORT IN ONE OR BOTH ARMS, BACK, NECK, JAW OR STOMACH;
- SHORTNESS OF BREATH;
- NAUSEA OR VOMITING;
- FAINT FEELING; OR
- BREAKING OUT IN A COLD SWEAT.

MORE THAN THREE OUT OF FOUR PEOPLE THAT HAVE A STROKE ALSO HAVE A HISTORY OF HIGH BLOOD PRESSURE, ACCORDING TO THE DEPARTMENT OF HEALTH AND HUMAN SERVICES. BECAUSE A STROKE HAPPENS FAST, BLOOD PRESSURE CHECKS ARE IMPORTANT.

AT THE FIRST SIGN OR SYMPTOM OF A HEART ATTACK OR STROKE, SEEK IMMEDIATE MEDICAL ASSISTANCE. SOME TREATMENTS ARE MUCH MORE EFFECTIVE IF STARTED AS CLOSE TO THE ONSET OF

SYMPTOMS AS POSSIBLE.

MANY CONDITIONS CAN ALSO IMPACT THE HEALTH OF A PERSON'S LUNGS SUCH AS ASTHMA, CHRONIC OBSTRUCTIVE PULMONARY DISEASE, TUBERCULOSIS, BRONCHITIS, PLEURISY AND PNEUMONIA.

SOME SYMPTOMS OF LUNG PROBLEMS INCLUDE:

- COUGHING UP BLOOD OR MUCUS;
- SHORTNESS OF BREATH;
- WHEEZING
- UNCOMFORTABLE OR PAINFUL BREATHING; OR
- A FEELING OF TIGHTNESS IN THE CHEST.

FOR THESE CONDITIONS, GETTING IN TO SEE A PRIMARY CARE PHYSICIAN QUICKLY IS IMPORTANT, BUT IF ANY OF THE SYMPTOMS ARE SEVERE, SUCH AS SHORTNESS OR BREATH, EXCESSIVE BLEEDING OR CHEST TIGHTNESS, SEEK IMMEDIATE MEDICAL CARE.

TRICARE COVERS MANY HEALTH SCREENINGS AND EXAMINATIONS TO KEEP BENEFICIARIES HEALTHY OR DETECT HEALTH PROBLEMS EARLY. TO LEARN MORE, GO TO [TRICARE.MIL/PREVENTIVECARE](http://TRICARE.MIL/PREVENTIVECARE).

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

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STARTING NOW TRICARE BENEFICIARIES WHO WANT TO LEARN MORE ABOUT THEIR HEALTH CARE PLAN AND HOW IT WORKS CAN GET SHORT, RELEVANT TIPS ONCE A MONTH WITH THE LAUNCH OF TRICARE TV.

TRICARE TV IS AN IMPORTANT ADDITION TO TRICARE'S SOCIAL MEDIA PROGRAM. THE VIDEOS ARE SHORT AND EASY TO FOLLOW, RANGING IN LENGTH FROM TWO-TO-FOUR MINUTES. THE FIRST EPISODE CALLED "WHAT IS TRICARE?" GIVES BENEFICIARIES AN OVERVIEW OF TRICARE HEALTH CARE PLANS AND SOME OF THE SPECIAL PROGRAMS OFFERED.

TRICARE IS ALREADY ACTIVE ON SOCIAL MEDIA SITES SUCH AS YOUTUBE, FACEBOOK AND TWITTER. TOGETHER, THEY ALL PROVIDE BENEFICIARIES TIMELY UPDATES ON TRICARE BENEFITS IN

A VARIETY OF CONVENIENT FORMATS.

TO VIEW TRICARE TV, BENEFICIARIES CAN VISIT TRICARE'S  
YOUTUBE CHANNEL AT [YOUTUBE.COM/TRICAREHEALTH](https://www.youtube.com/tricarehealth) OR  
[TRICARE.MIL/MEDIACENTER](https://www.tricare.mil/mediacenter). SUBSCRIBE TO GET E-ALERTS WHEN A  
NEW EPISODE IS POSTED BY GOING TO [TRICARE.MIL/SUBSCRIPTIONS](https://www.tricare.mil/subscriptions)  
OR THROUGH THE E-MAIL LINK AT THE TRICARE MEDIA CENTER.

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AND THAT'S TODAY'S TRICARE BENEFICIARY BULLETIN. WE'LL  
HAVE MORE NEWS YOU CAN USE NEXT WEEK. (:03)

TAIL MUSIC (:03)