

TRICARE BENEFICIARY BULLETIN – OCTOBER 27, 2011 – 686 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 FLU SHOT COVERGE.

AS TEMPERATURES AROUND THE COUNTRY COOL OFF, THIS YEAR'S FLU SEASON IS STARTING TO HEAT UP. FORTUNATELY, GETTING THE SEASONAL FLU VACCINE IS EASY FOR TRICARE BENEFICIARIES.

THE FLU VACCINE MAY BE OBTAINED AT NO COST FROM ANY MILITARY TREATMENT FACILITY OR AT A PARTICIPATING TRICARE RETAIL NETWORK PHARMACY. BENEFICIARIES WHO GET THE VACCINE AT A PHYSICIAN'S OFFICE MAY HAVE A COPAYMENT OR

COST SHARES FOR THE OFFICE VISIT OR OTHER SERVICES RECEIVED.

ACTIVE DUTY SERVICE MEMBERS AND MEMBERS OF THE NATIONAL GUARD AND RESERVES ARE REQUIRED TO GET THE FLU SHOT EVERY YEAR AND KEEP THEIR IMMUNIZATIONS UP TO DATE. ACTIVE DUTY SERVICE MEMBERS HAVE PRIORITY FOR RECEIVING THE SHOT AT MILITARY TREATMENT FACILITIES OR MAY USE A NETWORK PHARMACY, PROVIDED THEY FOLLOW THEIR SERVICE'S POLICY AND GET PROPER DOCUMENTATION.

TWO FORMS OF THE FLU VACCINE ARE AVAILABLE IN THE UNITED STATES – AN INJECTION AND A NASAL SPRAY. BOTH TYPES ARE APPROVED BY THE FOOD AND DRUG ADMINISTRATION AS SAFE AND EFFECTIVE FOR MOST PEOPLE. THE NASAL SPRAY IS LICENSED ONLY FOR HEALTHY PEOPLE BETWEEN THE AGES OF TWO AND 49 YEARS, AND WHO ARE NOT PREGNANT AT THE TIME THEY RECEIVE THE VACCINATION. VACCINES CONTAIN WEAKENED OR KILLED VERSIONS OF A VIRUS THAT HELP THE BODY LEARN TO FIGHT OFF THE DISEASE.

LEARN MORE ABOUT PREVENTING THE FLU AND GETTING  
VACCINATED AT [TRICARE.MIL/FLU](http://TRICARE.MIL/FLU).

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

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NEXT: LORRAINE CWIEKA REPORTS ON BREAST CANCER RISK  
FACTORS.

MANY BENEFICIARIES WONDER WHETHER OR NOT BIRTH CONTROL  
PILLS CAN AFFECT THEIR BREAST CANCER RISK, OR WHETHER  
BREAST-FEEDING WILL LOWER IT. SOME CORRELATIONS BETWEEN  
BREAST CANCER RISK AND ESTROGEN LEVELS, BIRTH CONTROL  
PILLS, PREGNANCY AND BREAST-FEEDING ARE WIDELY PUBLISHED.

HERE ARE SOME ANSWERS TO A FEW COMMON QUESTIONS ABOUT  
BREAST CANCER RISK.

- ESTROGEN LEVELS: HIGHER AMOUNTS OF ESTROGEN ARE LINKED TO AN INCREASED RISK OF BREAST CANCER IN POSTMENOPAUSAL WOMEN.
- BIRTH CONTROL PILLS: STUDIES HAVE FOUND THAT WOMEN USING BIRTH CONTROL PILLS HAVE A SLIGHTLY GREATER RISK FOR BREAST CANCER THAN WOMEN WHO HAVE NEVER USED THEM. HOWEVER, THAT RISK APPEARS TO DECLINE BACK TO NORMAL OVER TIME FOR WOMEN WHO STOP TAKING THE PILLS.
- PREGNANCY: HAVING MANY PREGNANCIES OR BECOMING PREGNANT AT A YOUNGER AGE, MAY REDUCE A WOMAN'S RISK FOR DEVELOPING BREAST CANCER. ON THE OTHER HAND, WOMEN WHO HAVE NEVER HAD CHILDREN, OR WHO HAD THEIR FIRST CHILD AFTER AGE 30, MAY HAVE A SLIGHTLY HIGHER RISK FOR THE DISEASE.
- BREAST-FEEDING: SOME STUDIES SUGGEST THAT BREAST-FEEDING MAY SLIGHTLY LOWER THE RISK FOR BREAST CANCER, ESPECIALLY IF IT CONTINUES FOR ONE-AND-A-HALF TO TWO YEARS.

MAMMOGRAMS ARE THE BEST METHOD TO DETECT BREAST CANCER EARLY, WHEN IT IS EASIEST TO TREAT. TRICARE COVERS ONE MAMMOGRAM EVERY 12 MONTHS FOR WOMEN BEGINNING AT AGE 40. IF A WOMAN IS CONSIDERED AT HIGH RISK FOR BREAST CANCER, SHE CAN BEGIN RECEIVING MAMMOGRAMS AT AGE 35. FOR MORE INFORMATION ABOUT BREAST CANCER SCREENING, VISIT [TRICARE.MIL/MYBENEFIT](http://TRICARE.MIL/MYBENEFIT).

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

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THE WEB-BASED TRICARE ASSISTANCE PROGRAM ALLOWS ELIGIBLE BENEFICIARIES—including active duty service members, their spouses of any age and family members age 18 or older—to interact with licensed counselors via online chat or video conference. By using video chat or instant messaging, you can discuss issues such as relationships, stress management, family issues, parent-child

COMMUNICATIONS, FAMILY SEPARATIONS, ANXIETY AND SELF-ESTEEM ON A ONE-ON-ONE BASIS WITH A LICENSED PROFESSIONAL.

THE PROGRAM IS AVAILABLE 24 HOURS A DAY, SEVEN DAYS A WEEK AND COVERS SHORT-TERM, NON-MEDICAL ISSUES. THE SERVICES DO NOT REQUIRE REFERRALS OR AUTHORIZATIONS, BUT YOU WILL NEED A COMPUTER AND VIDEO CAMERA CAPABILITY.

SESSIONS ARE GENERALLY CONFIDENTIAL AND NOT DOCUMENTED ON YOUR MILITARY HEALTH RECORD. HOWEVER, IF THE COUNSELOR BELIEVES YOU ARE AT RISK OF HARMING YOURSELF OR OTHERS, THE COUNSELOR WILL ASK FOR PERSONAL CONTACT INFORMATION, INCLUDING YOUR COMMAND INFORMATION, YOUR LOCATION AND A CALL-BACK NUMBER. THIS INFORMATION WILL BE USED SOLELY TO ENSURE YOU RECEIVE APPROPRIATE COUNSELING AND/OR CARE.

IF A COUNSELOR THINKS YOU WOULD BENEFIT FROM MORE COMPREHENSIVE CARE, HE OR SHE CAN EXPLAIN YOUR OPTIONS AND HELP YOU GET THAT CARE AS PART OF YOUR TRICARE

BENEFIT. THE TRICARE ASSISTANCE PROGRAM IS NOT FOR  
EMERGENCY SITUATIONS. FOR BEHAVIORAL HEALTH EMERGENCIES,  
CALL 911 OR GO TO THE NEAREST EMERGENCY FACILITY.

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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)