

TRICARE BENEFICIARY BULLETIN – MAY 11, 2012 – 627 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: LORRAINE CWIEKA REPORTS ON WOMEN'S HEALTH AND PREVENTION.

ALMOST HALF OF TRICARE'S 9.7 MILLION BENEFICIARIES AND NEARLY 15 PERCENT OF THE MILITARY ARE WOMEN. MAY 13TH THROUGH 19TH IS NATIONAL WOMEN'S HEALTH WEEK SO IT'S A GOOD TIME FOR WOMEN TO EXAMINE THEIR HEALTH HABITS AND TO LEARN ABOUT WOMEN'S HEALTH SERVICES OFFERED BY TRICARE.

ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION, THE LEADING CAUSE OF DEATH IN WOMEN IS HEART DISEASE. IN THE MILITARY COMMUNITY, POST-TRAUMATIC STRESS, TRAUMATIC BRAIN INJURY AND OTHER BEHAVIORAL HEALTH ISSUES ARE ALSO SERIOUS FOR WOMEN.

THIS YEAR'S THEME IS "IT'S YOUR TIME!" DURING THIS WEEK WOMEN ARE ENCOURAGED TO TAKE STEPS TO IMPROVE THEIR PHYSICAL AND MENTAL HEALTH AND LOWER THEIR RISKS OF CERTAIN DISEASES.

SOME TIPS FOR IMPROVING HEALTH INCLUDE ENGAGING IN MUSCLE-STRENGTHENING AND AEROBIC ACTIVITY SEVERAL TIMES PER WEEK, EATING A NUTRITIOUS DIET, VISITING PRIMARY CARE MANAGERS FOR REGULAR CHECKUPS, GETTING ENOUGH SLEEP AND MANAGING STRESS. FOR MORE INFORMATION ON THE NATIONAL WOMEN'S HEALTH WEEK, VISIT WOMENSHEALTH.GOV/WHW.

TRICARE COVERS PREVENTIVE CARE AND SCREENINGS FOR MANY DISEASES THAT AFFECT WOMEN, INCLUDING BREAST AND REPRODUCTIVE SYSTEM CANCER SCREENINGS, BEHAVIORAL HEALTH VISITS, CHOLESTEROL TESTS, BLOOD PRESSURE TESTS, MATERNITY CARE AND MANY OTHERS. VISIT TRICARE.MIL/MYBENEFITS TO SEE A LIST OF SERVICES TRICARE COVERS FOR WOMEN.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

EVERY YEAR MILLIONS OF AMERICANS SUFFER FROM ALLERGIES WITH SYMPTOMS RANGING FROM IRRITATING TO LIFE-THREATENING. TRICARE BENEFICIARIES ARE ELIGIBLE TO RECEIVE CARE FOR TESTING AND TREATING ALLERGY RELATED CONDITIONS.

ACCORDING TO THE NATIONAL INSTITUTE OF ALLERGY AND INFECTIOUS DISEASES, ALLERGY SYMPTOMS OCCUR WHEN THE BODY'S IMMUNE SYSTEM HAS AN INAPPROPRIATE RESPONSE TO NORMALLY HARMLESS SUBSTANCES. ALLERGIC REACTIONS CAN BE CAUSED BY AIRBORNE PARTICLES LIKE DUST OR POLLEN, FOODS SUCH AS PEANUTS OR FRUIT AND INSECT BITES AND STINGS.

ALLERGY SUFFERERS CAN IMPROVE QUALITY OF LIFE BY KNOWING WHAT SUBSTANCES CAUSE REACTIONS IN THEIR BODIES. ALLERGISTS CAN IDENTIFY MOST ALLERGIES THROUGH ADMINISTERED TESTS, MOST COMMONLY SKIN OR BLOOD. FOR SOME FOOD ALLERGIES, AN ALLERGIST MAY RECOMMEND AN ELIMINATION DIET TO LINK CERTAIN FOODS TO SPECIFIC SYMPTOMS.

ONCE AN ALLERGY IS DIAGNOSED, BENEFICIARIES CAN TREAT IT WITH OVER-THE-COUNTER OR PRESCRIPTION MEDICATIONS. ALLERGISTS MAY RECOMMEND ALLERGY SUFFERERS CHANGE THEIR BEHAVIOR OR DIET TO AVOID AN ALLERGY CAUSING SUBSTANCE. THEY MAY ALSO PRESCRIBE A SERIES OF SHOTS CALLED IMMUNOTHERAPY, DESIGNED TO GRADUALLY DESENSITIZE THE IMMUNE SYSTEM TO A SPECIFIC ALLERGIC TRIGGER.

TRICARE COVERS PRESCRIPTION MEDICATIONS APPROVED BY THE FEDERAL DRUG ADMINISTRATION AND COVERS ALLERGY TREATMENTS ADMINISTERED BY ALLERGISTS. HOWEVER, BENEFICIARIES ARE RESPONSIBLE FOR THE COST OF

MOST OVER-THE-COUNTER MEDICATIONS. YOU CAN GET MORE INFORMATION ON TRICARE'S ALLERGY SERVICES AT TRICARE.MIL/MYBENEFIT/ALLERGY.

FINALLY: ANNEMARIE FELICIO REPORTS ON THE BENEFITS OF FIBER-RICH FOODS.

ALMOST EVERYONE HEARS ABOUT THE NEED FOR FIBER IN THEIR DIET, BUT FEW UNDERSTAND THE IMPORTANCE OF DIETARY FIBER. MOST PEOPLE GET LESS THAN HALF THE RECOMMENDED AMOUNT OF FIBER EACH DAY.

TRICARE BENEFICIARIES ARE ENCOURAGED TO FIT FIBER IN THEIR DIETS FROM ALL FOOD SOURCES BECAUSE OF THE MANY HEALTH BENEFITS. FIBER RELIEVES CONSTIPATION, HELPS WITH WEIGHT LOSS, AND REDUCES THE RISKS FOR CARDIOVASCULAR DISEASE, DIABETES AND CANCER.

DIETARY FIBER IS FOUND IN FRUITS, VEGETABLES AND GRAINS. THE TWO TYPES OF FIBER – SOLUBLE AND INSOLUBLE – ARE IMPORTANT FOR HEALTH, DIGESTION AND PREVENTING DISEASES. SOLUBLE FIBER IS FOUND IN FOODS SUCH AS OATMEAL, OAT BRAN, NUTS AND SEEDS, MOST FRUITS, DRY BEANS AND PEAS. INSOLUBLE FIBER IS FOUND IN WHOLE WHEAT BREAD, BARLEY, BROWN RICE, COUSCOUS, BULGUR OR WHOLE GRAIN CEREALS, WHEAT BRAN,

SEEDS, MOST VEGETABLES AND FRUITS.

HERE ARE SEVERAL TIPS YOU CAN USE TO JUMPSTART YOUR DAILY FIBER INTAKE. CHOOSE WHOLE FRUITS OVER FRUIT JUICE. TRY TO EAT TWO VEGETABLES WITH EVENING MEALS. KEEP BOWLS OF PRE-WASHED AND PREPARED VEGGIES IN THE REFRIGERATOR FOR A QUICK SNACK. COOK A BEAN OR PEAS BASED MEAL INSTEAD OF MEAT. CHOOSE TO EAT MORE WHOLE GRAIN FOODS.

TO LEARN MORE ABOUT HEALTHY EATING AND LIVING HABITS, VISIT TRICARE.MIL/GETFIT.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

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

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