

TRICARE BENEFICIARY BULLETIN – OCTOBER 5, 2012 – 577 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 THE IMPORTANCE OF BREAST CANCER SCREENING.

OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH, AND TRICARE BENEFICIARIES SHOULD KNOW BREAST EXAMS ARE COVERED. EARLY DETECTION AND DIAGNOSIS ARE VERY IMPORTANT STEPS IN THE TREATMENT OF BREAST CANCER. TRICARE ENCOURAGES WOMEN TO CONDUCT BREAST SELF-EXAMS AND GET THEIR ANNUAL MAMMOGRAMS.

TRICARE BENEFICIARIES IN SPECIFIC AGE AND RISK CATEGORIES HAVE NO COPAYMENT FOR MAMMOGRAMS. BENEFICIARIES ARE ENTITLED TO AN ANNUAL MAMMOGRAM BEGINNING AT AGE 40 AND AT A DOCTOR'S DISCRETION FOR WOMEN YOUNGER THAN 40 WHO HAVE A HIGHER RISK OF DEVELOPING BREAST CANCER. BENEFICIARIES CAN BE IDENTIFIED AS "HIGH RISK" FOR

BREAST CANCER BECAUSE OF FAMILY HISTORY.

THE CENTERS FOR DISEASE CONTROL AND PREVENTION OFFERS SEVERAL WAYS TO LOWER THE CHANCES OF DEVELOPING BREAST CANCER INCLUDING:

- GET SCREENED FOR BREAST CANCER REGULARLY
- CONTROL WEIGHT AND EXERCISE
- KNOW FAMILY HISTORY OF BREAST CANCER
- DISCUSS THE RISKS AND BENEFITS OF HORMONE REPLACEMENT THERAPY AND
- LIMIT ALCOHOL CONSUMPTION

TRICARE BENEFICIARIES CAN LEARN MORE ABOUT BREAST EXAM COVERAGE AT TRICARE.MIL/COVEREDSERVICES.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

DON'T LET ALLERGIES HOLD YOU BACK THIS FALL! TRICARE RECOGNIZES THAT ALLERGIES PRESENT A DAILY CHALLENGE TO MANY BENEFICIARIES, ESPECIALLY THROUGHOUT THE FALL. THE RIGHT CARE CAN MAKE THE DIFFERENCE BETWEEN SUFFERING WITH ALLERGIES AND FEELING BETTER.

THERE ARE TWO TYPES OF ALLERGIES: PERENNIAL AND SEASONAL. PEOPLE WITH PERENNIAL ALLERGIES SUFFER YEAR ROUND, WHILE PEOPLE WITH SEASONAL ALLERGIES SUFFER DURING CERTAIN SEASONS, USUALLY WHEN SPECIFIC PLANTS ARE BLOOMING – LIKE THE FALL. SEASONAL ALLERGIC RHINITIS, COMMONLY KNOWN AS HAY FEVER AND ASTHMA, ARE AMONG THE MOST COMMON HEALTH PROBLEMS ASSOCIATED WITH ALLERGIES. NORMALLY OVER-THE-COUNTER ANTIHISTAMINE MEDICATIONS ARE EFFECTIVE IN ALLEVIATING ALLERGY DISCOMFORT. BUT CAUTION SHOULD BE USED SINCE MANY OF THESE MEDICATIONS CAUSE DROWSINESS.

BENEFICIARIES SHOULD SEE THEIR PRIMARY CARE MANAGER WHEN OVER-THE-COUNTER MEDICATIONS DO NOT ADDRESS THE SYMPTOMS. TRICARE COVERS SOME SERVICES AND SUPPLIES REQUIRED IN THE DIAGNOSIS AND TREATMENT OF ALLERGIES. BENEFICIARIES SHOULD CONTACT THEIR REGIONAL HEALTH CARE CONTRACTOR FOR MORE INFORMATION ON THESE SERVICES AND SUPPLIES. ADDITIONAL INFORMATION CAN ALSO BE FOUND AT TRICARE.MIL/ALLERGY.

FINALLY: ANNEMARIE FELICIO REPORTS ON DENTAL CARE FOR EXPECTANT MOTHERS.

DID YOU KNOW THAT PREGNANT WOMEN ARE MORE SUSCEPTIBLE TO ORAL INFECTIONS DURING PREGNANCY? STUDIES FROM THE AMERICAN DENTAL ASSOCIATION AND THE AMERICAN ACADEMY OF PERIODONTOLOGY SHOW THAT PREGNANT WOMEN WITH PERIODONTAL DISEASE ARE SEVEN TIMES MORE LIKELY TO EXPERIENCE PRETERM BIRTHS OR DELIVER BABIES WITH A LOW BIRTH WEIGHT. NORMAL HORMONAL CHANGES DURING PREGNANCY MAKE PREGNANT WOMEN MORE SENSITIVE TO THE BACTERIA FOUND THROUGHOUT THE MOUTH. ANY INFECTION, INCLUDING ORAL INFECTIONS, AFFECTING THE MOTHER CAN ALSO AFFECT THE FETUS.

VISITING YOUR DENTIST FOR REGULAR EXAMS AND CLEANINGS IS A GOOD WAY TO KEEP YOUR MOUTH HEALTHY AND CLEAN. THE TRICARE DENTAL PROGRAM COVERS THREE ROUTINE DENTAL CLEANINGS IN A CONSECUTIVE 12-MONTH PERIOD FOR PREGNANT WOMEN.

EXPECTING MOTHERS SHOULD LIMIT THEIR INTAKE OF SUGARY FOODS AND DRINKS. BACTERIA METABOLIZE SUGAR AND CREATE A FILM ON TEETH CALLED PLAQUE. THE BACTERIA IN THE PLAQUE CAN CAUSE GUM DISEASE AND TOOTH DECAY. BRUSHING AND FLOSSING AFTER MEALS CAN ELIMINATE FOOD DEBRIS IN THE MOUTH TO HELP PREVENT BACTERIA BUILDUP. IF BRUSHING AND FLOSSING AFTER EATING IS NOT AN OPTION, RINSE YOUR MOUTH WITH WATER

OR CHEW SUGARLESS GUM FOR A FEW MINUTES TO REMOVE FOOD DEBRIS UNTIL YOU CAN BRUSH AND FLOSS YOUR TEETH.

PREVENTING ORAL HEALTH PROBLEMS IS EASY AND IMPORTANT FOR EXPECTING MOTHERS. THE TRICARE DENTAL PROGRAM PROVIDES COMPREHENSIVE ORAL HEALTH CARE COVERAGE TO MAKE SURE YOU GET THE RECOMMENDED CARE YOU NEED AS A MOM-TO-BE TO STAY HEALTHY THROUGHOUT YOUR PREGNANCY. FOR MORE INFORMATION ABOUT COVERAGE AND BENEFITS DURING YOUR PREGNANCY, VISIT MYBENEFITS.METLIFE.COM/TRICARE.

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)

TAIL MUSIC (:03)