

TRICARE BENEFICIARY BULLETIN – OCTOBER 01 - 729 WORDS

(615)

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 TELLS US ABOUT TRICARE OPTIONS FOR BENEFICIARIES STRUGGLING WITH WEIGHT.

TRICARE BENEFICIARIES WHOSE WEIGHT POSES A SERIOUS HEALTH RISK HAVE SURGICAL ALTERNATIVES AVAILABLE TO THEM. FOR THOSE WHO MEDICALLY QUALIFY, TRICARE COVERS GASTRIC BYPASS, GASTRIC STAPLING AND GASTROPLASTY PROCEDURES INCLUDING VERTICAL BANDED GASTROPLASTY AND LAPAROSCOPIC ADJUSTABLE GASTRIC BANDING, COMMONLY KNOWN AS LAP-BAND SURGERY.

THESE PROCEDURES ARE COVERED FOR NON-ACTIVE DUTY BENEFICIARIES WHO SUFFER FROM MORBID OBESITY AND MEET SPECIFIC MEDICAL CRITERIA.

FOR A TRICARE BENEFICIARY TO MEDICALLY QUALIFY HE OR SHE MUST WEIGH 100 POUNDS OR MORE OVER THEIR IDEAL WEIGHT FOR HEIGHT AND BONE STRUCTURE, AND THE EXCESS WEIGHT MUST BE ASSOCIATED WITH A SEVERE MEDICAL CONDITION. BENEFICIARIES WHO WEIGH MORE THAN TWICE THEIR IDEAL WEIGHT FOR HEIGHT AND BONE STRUCTURE ARE ALSO ELIGIBLE.

ADDITIONALLY, TRICARE COVERS SURGERY FOR BENEFICIARIES WHO HAD A PREVIOUS INTESTINAL BYPASS OR OTHER SURGERY FOR OBESITY AND, BECAUSE OF COMPLICATIONS, REQUIRES A SECOND SURGERY.

NONSURGICAL TREATMENTS OF OBESITY, MORBID OBESITY, DIETARY CONTROL OR WEIGHT REDUCTION, BILIOPANCREATIC BYPASS AND GASTRIC BUBBLE OR BALLOON FOR THE TREATMENT OF MORBID OBESITY ARE NOT COVERED BY

TRICARE.

BEFORE GASTRIC BYPASS OR LAP-BAND PROCEDURES ARE CONSIDERED, TRICARE ENCOURAGES BENEFICIARIES TO USE HEALTHY DIETS AND EXERCISE TO PREVENT OBESITY.

BENEFICIARIES CAN USE THE TOOLS PROVIDED BY TRICARE'S HEALTHY LIVING WEB SITE AT

[HTTP://WWW.TRICARE.MIL/GETFIT/](http://www.tricare.mil/getfit/)

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

NEXT, A HEALTHY SMILE LASTS A LIFETIME.

OCTOBER IS NATIONAL DENTAL HYGIENE MONTH AND GOOD DENTAL HYGIENE IS INSTRUMENTAL NOT ONLY IN MAINTAINING ORAL HEALTH, BUT ALSO OVERALL HEALTH.

A DAILY ORAL HEALTH CARE ROUTINE IS ESSENTIAL FOR PREVENTING CAVITIES AND GUM DISEASE, THE MOST COMMON CAUSE OF TOOTH LOSS IN ADULTS.

THE AMERICAN HEART ASSOCIATION REPORTS THAT GOOD DENTAL HYGIENE MAY HELP PREVENT HEART DISEASE. THE

AMERICAN DENTAL ASSOCIATION OR ADA RESEARCH SUGGESTS THERE MAY BE A CORRELATION BETWEEN MATERNAL GUM DISEASES AND PRE-TERM AND LOW BIRTH WEIGHT BABIES. ALSO, PREGNANT WOMEN WITH GUM DISEASE MAY BE MORE LIKELY TO DEVELOP GESTATIONAL DIABETES.

SOME ADA RECOMMENDATIONS TO MAINTAIN HEALTHY TEETH AND GUMS INCLUDE; BRUSH YOUR TEETH TWICE A DAY USING ADA-ACCEPTED FLUORIDE TOOTHPASTE. FLOSS YOUR TEETH DAILY. FLOSSING HELPS REMOVE PLAQUE AND FOOD PARTICLES FROM BETWEEN THE TEETH AND UNDER THE GUM LINE.

THE AMERICAN DENTAL HYGIENIST ASSOCIATION RECOMMENDS REGULAR DENTAL APPOINTMENTS FOR ROUTINE CLEANING AND EXAMINATIONS.

TRICARE'S DENTAL PROGRAM IS A COMPREHENSIVE INSURANCE PROGRAM THAT COVERS A WIDE RANGE OF DIAGNOSTIC, PREVENTIVE AND RESTORATIVE SERVICES. SPECIFIC TO DENTAL HYGIENE, IT COVERS TWO CLEANING (PROPHYLAXIS) PROCEDURES IN A CONSECUTIVE 12-MONTH PERIOD AND A

THIRD FOR PREGNANT WOMEN DURING THE SAME 12-MONTH PERIOD.

AND FINALLY, EARLY DETECTION IS KEY IN BREAST CANCER SCREENING. HERE IS ANNEMARIE FELICIO WITH THE REPORT.

ALMOST 1.5 MILLION PEOPLE IN THE UNITED STATES WILL BE DIAGNOSED WITH CANCER THIS YEAR. FOR AMERICAN WOMEN, BREAST CANCER IS THE SECOND LEADING CAUSE OF CANCER DEATHS.

TRICARE AND THE NATIONAL CANCER INSTITUTE URGE WOMEN 40 AND OLDER TO HAVE A MAMMOGRAM EVERY ONE TO TWO YEARS. WOMEN YOUNGER THAN 40, BUT WITH RISK FACTORS FOR BREAST CANCER, SHOULD ASK THEIR HEALTH CARE PROVIDER WHEN THEY SHOULD HAVE A MAMMOGRAM.

TO MAKE IT EASIER FOR WOMEN TO GET MAMMOGRAMS, TRICARE BENEFICIARIES IN SPECIFIC AGE AND RISK CATEGORIES HAVE NO COPAYMENT FOR MAMMOGRAMS.

THE AMERICAN CANCER SOCIETY RECOMMENDS WOMEN IN THEIR 20S AND 30S GET A CLINICAL BREAST EXAMS OR CBE AS PART OF THEIR REGULAR PHYSICAL EXAM AT LEAST ONCE EVERY THREE YEARS

TRICARE'S CLINICAL PREVENTIVE SERVICES COVER ANNUAL MAMMOGRAMS FOR WOMEN AGE 40 AND OLDER.

IN MARCH 2007, TRICARE ADDED BREAST MRIS TO THE BATTERY OF CANCER SCREENINGS IT COVERS. TRICARE PRIME BENEFICIARIES AGE 30 OR OLDER, AND TRICARE STANDARD BENEFICIARIES AGE 35 OR OLDER, CAN HAVE BREAST MRIS AS AN ANNUAL SCREENING PROCEDURE IF, ACCORDING TO AMERICAN CANCER SOCIETY GUIDELINES, THEY ARE CONSIDERED AT HIGH RISK OF DEVELOPING BREAST CANCER.

FOR MORE INFORMATION ABOUT BREAST CANCER EXAMS AND SCREENING, VISIT

[HTTP://TRICARE.MIL/MYBENEFIT/JSP/MEDICAL](http://TRICARE.MIL/MYBENEFIT/JSP/MEDICAL).

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)