

TRICARE BENEFICIARY BULLETIN – OCTOBER 01 - 725 WORDS

(611)

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: THE MILITARY VACCINE AGENCY IS YOUR SOURCE FOR VACCINE INFORMATION. LORRAINE CWIEKA REPORTS.

THE MILITARY VACCINE AGENCY OR MILVAX IS A DEPARTMENT OF DEFENSE EXECUTIVE AGENCY THAT WORKS TO PROTECT AND ENHANCE THE HEALTH OF SERVICE MEMBERS AND BENEFICIARIES BY PROMOTING IMMUNIZATION POLICY AND PRACTICE AND COORDINATING MILITARY IMMUNIZATION PROGRAMS WORLDWIDE.

WHILE THE MILVAX AGENCY'S PRIMARY MISSION IS MEDICAL READINESS, IT IS ALSO IMPERATIVE THAT SERVICE MEMBERS ARE PROPERLY INFORMED ABOUT VACCINES. WHEN LOOKING FOR INFORMATION ON VACCINES, THE MILVAX AGENCY SHOULD BE YOUR PRIMARY SOURCE OF INFORMATION.

FOR INFORMATION ON ALL VACCINES, INCLUDING THE CURRENT DOD GUIDANCE ON SEASONAL INFLUENZA, VISIT THE MILVAX AGENCY'S WEB SITE AT WWW.VACCINES.MIL. YOU CAN ALSO OBTAIN INFORMATION ABOUT VACCINES THROUGH THE MILVAX AGENCY'S E-MAIL QUESTION-AND-ANSWER SERVICE AT VACCINES@AMEDD.ARMY.MIL, WHICH GUARANTEES AN ANSWER TO QUESTIONS WITHIN 24 HOURS.

THE AGENCY OFFERS A TOLL-FREE INFORMATION LINE; 1-877-GET-VACC OR 1-877-438-8222. TRICARE COVERS AGE-APPROPRIATE VACCINES AS RECOMMENDED BY THE CENTERS FOR DISEASE CONTROL AND PREVENTION.

IF YOU ARE NOT SURE WHETHER AN IMMUNIZATION YOU NEED IS COVERED, ASK YOUR PROVIDER OR REGIONAL CONTRACTOR.

IF YOU BELIEVE YOU ARE HAVING AN ADVERSE REACTION TO A VACCINE, SUCH AS HAVING CHEST PAINS OR SHORTNESS OF BREATH, YOU SHOULD GO TO THE CLOSEST EMERGENCY ROOM FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

NEXT, THUMB SUCKING MAY AFFECT YOUR CHILD'S TEETH. THUMB SUCKING IS COMPLETELY NATURAL AND GENERALLY NOT A CAUSE FOR CONCERN. BABIES ARE NATURALLY BORN WITH A SUCKING REFLEX THAT ALLOWS THEM TO USE BOTTLES OR BREASTFEED. AS CHILDREN GROW, THEY MAY SUCK THEIR THUMBS FOR COMFORT, SECURITY OR AS A WAY TO FALL TO SLEEP.

THE MAJORITY OF CHILDREN WILL STOP SUCKING THEIR THUMBS ON THEIR OWN, GENERALLY BEFORE THEIR FOURTH BIRTHDAY, LONG BEFORE THEIR PERMANENT TEETH COME IN. HOWEVER, IF YOUR CHILD IS STILL THUMB SUCKING ONCE

PERMANENT TEETH COME IN, IT MAY AFFECT HOW THE TEETH GROW OR CAUSE THEM TO ALIGN INCORRECTLY.

HERE ARE SOME TIPS THAT MAY HELP YOUR CHILD BREAK THE HABIT. OFFER PRAISE, NOT PUNISHMENT. FOCUS ON THE CAUSE. IF YOUR CHILD SUCKS HIS OR HER THUMB WHEN SCARED OR FEELING INSECURE, FOCUS ON CORRECTING THE CAUSE OF THE ANXIETY AND COMFORT THE CHILD. GIVE CHOICES. AN OLDER CHILD MAY BE MORE INCLINED TO STOP IF HE OR SHE CAN CHOOSE THE METHOD.

IF YOU'RE STILL CONCERNED ABOUT YOUR CHILD'S THUMB SUCKING, CONTACT YOUR CHILD'S DENTIST OR PEDIATRICIAN. HE OR SHE MAY PRESCRIBE MEDICATION WITH WHICH TO COAT THE THUMB OR RECOMMEND A MOUTH APPLIANCE TO MAKE THUMB SUCKING A THING OF THE PAST.

AND FINALLY, GETTING MAMMOGRAMS ARE IMPORTANT TO EARLY BREAST CANCER DETECTION. HERE IS ANNEMARIE FELICIO WITH THE REPORT.

THE BEST WAY TO DETECT BREAST CANCER IS TO RECEIVE REGULAR SCREENINGS. IF YOU ARE A WOMAN AGE 40 OR OLDER, THIS INCLUDES A VISIT TO YOUR HEALTH CARE PROVIDER FOR A YEARLY MAMMOGRAM. YOU CAN ALSO TAKE AN ACTIVE ROLE IN YOUR HEALTH CARE BY PERFORMING MONTHLY BREAST SELF-EXAMS.

IF YOU'VE NEVER HAD A MAMMOGRAM, YOU MIGHT BE WONDERING WHAT HAPPENS DURING THIS TEST. A MAMMOGRAM IS A SIMPLE X-RAY OF YOUR BREAST. THE TECHNICIAN PERFORMING THE SCREENING WILL PLACE YOUR BREAST BETWEEN TWO X-RAY PANELS.

THE PANELS THEN SLOWLY COMPRESS YOUR BREAST BETWEEN THEM TO GET A CLEAR PICTURE. EACH X-RAY TAKES LESS THAN A MINUTE. YOU MAY FEEL A BIT OF DISCOMFORT, BUT IT IS USUALLY ONLY TEMPORARY. WHEN YOU GO FOR YOUR MAMMOGRAM, DO NOT WEAR LOTIONS, POWDERS, PERFUMES OR DEODORANT, AS THEY CAN CAUSE SHADOWS ON THE X-RAY.

TRICARE COVERS A YEARLY MAMMOGRAM FOR WOMEN AGE 40 OR OLDER. IF YOU ARE CONSIDERED TO BE AT HIGH RISK FOR BREAST CANCER, YOU CAN RECEIVE A TRICARE-COVERED BASELINE MAMMOGRAM AT AGE 35.

TALK WITH YOUR HEALTH CARE PROVIDER TO DETERMINE IF YOU ARE AT HIGH RISK FOR BREAST CANCER. FOR MORE INFORMATION ABOUT YOUR TRICARE-COVERED MAMMOGRAM, CONTACT YOUR REGIONAL CONTRACTOR 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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