

# WOMEN VETERANS HEALTH CARE

*You served, you deserve  
★ the best care anywhere.*



**Questions? Please contact the Women Veterans Program Manager,  
Amy Theriault @ (304) 263-0811 ext.2376**

**Women Veterans Program** – provides comprehensive health care for female veterans which means offering primary care, including gender specific primary care, at every site by an interested and proficient women's health provider.

## **Primary Care services include health evaluation, counseling, and disease prevention:**

- Cancer screening including pelvic exam/Pap Smear for cervical cancer screening and breast exam/mammogram's for breast cancer screening.
- Common disorders among women such as osteoporosis and fibromyalgia
- Diabetes screening and management
- Heart disease screening and management
- Nutrition counseling
- Options to stop smoking
- Sexually transmitted diseases, including HIV and Hepatitis
- Substance abuse treatment
- Weight control counseling

## **Gender specific health care includes:**

- Family planning, birth control, and preconception counseling
- Human papillomavirus (HPV) vaccine
- Initial evaluation for gynecologic (GYN) care with a referral to a gynecologist if needed
- Limited infertility services excluding in-vitro fertilization (off station referral)
- Menopause
- Sexual problems
- Tubal ligation (off station referral)
- Urinary incontinence

## **Referral to mental health services can help with:**

- Anxiety disorders
- Depression and mood disorders

- Intimate partner and domestic violence, MST, PTSD

The female veteran population will increase in the near future due to the higher percentage of women enrolled in the current conflicts.

Currently there are about 1,800 female veterans enrolled in the Martinsburg, VA. About 1,400 women are seen at the Martinsburg VA Center and 400 are seen at the CBOCs.

All veterans seen in the CBOCs have the option of having their pap smears and breast exams completed by a provider in the clinic. Our goal is to have a provider at every site that provides gender specific primary care. Currently we have one provider that covers three sites (Martinsburg, Stephens City, and Hagerstown). She has a primary care panel of men and women at Martinsburg but can also provide primary care for women veterans at those CBOCs.

### **Ongoing projects:**

- A DEXA Scan will be onsite in the near future to provide on-station osteoporosis screening
- We have the equipment to provide on station pelvic ultrasounds and are working to initiate services.
- Assessing availability of Plan B (emergency contraception) and ensuring providers are educated on availability.
- Improving screening rates for breast and cervical cancer through tracking tools, follow up phone calls to patients, and follow-up with providers.
- Women's Comprehensive Health Implementation and Planning Team working to assess and address female veteran's projected health care needs over the next 10 years. The team submitted a draft of planning tool to Women Veterans Health Strategic Health Care Group in May. Final submission, including budget request, due the end of summer.
- Outreach – we are working with the Marketing Committee on projects over the summer and partnering with other staff who provide outreach to help ensure women veterans are aware of the services potentially available to them.
- The VISN was recently awarded a Women Veterans Rural Health Outreach grant. Over the next two years we will be involved with outreach, provider education, and expanding service delivery to rural female veterans.
- Assessing and addressing the child care needs of female veterans.

### **Sites of interest:**

- [Breast Cancer Information](#)
- [Cervical Cancer Information](#)
- [General Women's Health Information](#)
- [The American College of Obstetricians and Gynecologists](#)

- [Women Veterans Health Care](#)