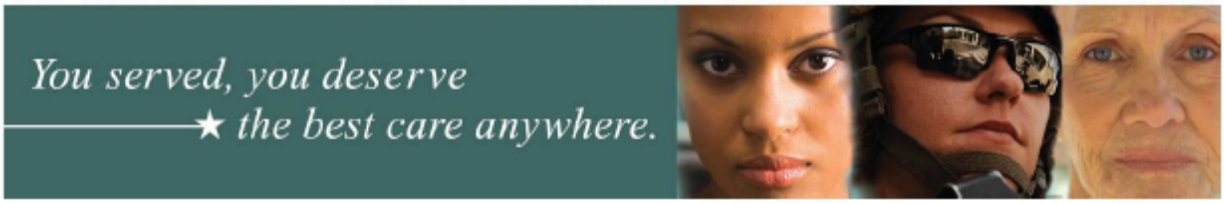
WOMEN VETERANS HEALTH CARE



August Featured Topic: Stress

Everyone has stress in their lives. How you deal with stress is important. Stress can negatively affect your mental and physical health.

Women who are under stress may experience physical symptoms, such as headaches, upset stomach, or back pain. Other signs of stress may include eating too little or too much, feeling a loss of control, forgetfulness, lack of energy, poor self-esteem, a short temper, or trouble sleeping.

There are many healthy ways to tackle stress. Getting organized, sleeping enough, exercising, and eating well can all help alleviate stress. Sometimes stress can be overwhelming and it is necessary to talk with a professional. Each VA facility has a Women Veterans Program Manager who can help women Veterans access VA services and programs to help deal with stress and its health impacts.

Women are now the fastest-growing subgroup of U.S. Veterans. The number of women Veterans is expected to increase dramatically in the next 10 years, and VA health care services are in high demand by the women Veterans of Operation Enduring Freedom and Operation Iraqi Freedom. The Department of Veterans Affairs understands the health care needs of women Veterans and is committed to meeting these needs. Women Veterans served and they deserve the best quality care.

References:

1. http://www.ptsd.va.gov/professional/pages/traumatic_stress_in_female_veterans.asp
2. Lange, Gudrun; 2008. Pilot Study of Reintegration and Services Needs for Women Veteran Mothers. Health Services Research & Development Service.
3. www.womenshealth.gov/faq/stress-your-health.cfm#a