

# Women Warriors Newsletter

Women Veterans Program  
Providence VA Medical Center  
Rhode Island



## Love Your Heart



Department of  
Veterans  
Affairs

WOMEN VETERANS HEALTH CARE

Heart disease is the #1 killer of  
**women veterans**



**take heart**

Let VA help.

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



Department of  
Veterans Affairs

www.womenshealth.va.gov  
IB 10-316 01/2012



Winter 2011

**Candy is fine;  
flowers are  
too...  
but a healthy  
heart is the  
VA's desire  
for YOU!  
Look inside  
for helpful  
tips to LOVE  
YOUR HEART**

Heart disease is the leading cause of death of American women and Women Veterans. It can also lead to disability and significantly decrease one's quality of life. Despite this, many women do not recognize heart disease as their leading health threat; and many women fail to make the connection between risk factors, such as high blood pressure and high cholesterol, and their personal risk of developing heart disease. African-American and Hispanic women in particular are at risk, with high rates of obesity, physical inactivity, high blood pressure, and diabetes.



Patient Name: \_\_\_\_\_ Provider Name: \_\_\_\_\_ Date: \_\_\_\_\_

## KNOW HEART ATTACK WARNING SIGNS

- ✓ Uncomfortable pressure, fullness, squeezing or pain anywhere in the chest lasting more than a few minutes
- ✓ Pain spreading to the shoulder, neck, in one or both arms, stomach or back
- ✓ Chest discomfort with lightheadedness, fainting sweating, nausea, vomiting, or shortness of breath
- ✓ Chest discomfort with a feeling of doom or imminent death

### HEART DISEASE IS THE LEADING CAUSE OF DEATH IN WOMEN

Beside symptoms common to men, women may have other symptoms such as:

- ✓ Shortness of breath without chest pain
- ✓ Pain in lower part of chest
- ✓ Fatigue

## CALL 911

If you have any of these warning signs of heart attack:

- ✓ Don't delay
- ✓ Call 911 immediately
- ✓ Take 1 regular aspirin unless you're allergic to aspirin
- ✓ Tell the ambulance driver that you are having chest pain

*Driving yourself can delay care! It's too dangerous for you and other drivers.*

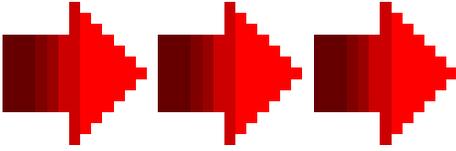
*Don't delay because you may be afraid of causing a scene, or finding it was a false alarm.*

## MAKE A PLAN

- ✓ Learn heart attack warning signs
- ✓ Share your plan with family and friends
- ✓ Talk to your VA care provider about reducing risks of heart attack and completing a survival plan wallet card

### My Medications & Specific Instructions From My Provider

|       |       |       |
|-------|-------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
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| _____ | _____ | _____ |



If you are a Veteran enrolled in the VA healthcare system and struggling with achieving a healthier body weight, help is available. The MOVE! program was designed with the Veteran in mind. This program is a healthy and lasting approach to weight loss with emphasis placed on healthy eating, physical activity, and behavior change. There is power in numbers, which is why our approach to losing weight involves a team. The MOVE! team is comprised of registered dietitians, physical therapists, social workers, pharmacists, and mental health providers that work with your primary care team to help you achieve your goals. We are happy to report MOVE! is available not only in Providence but at all three of our satellite sites: New Bedford, Hyannis, and, most recently, Middletown. Veterans are welcome to attend whichever site is more convenient to them, even if that includes multiple sites. The first step is to attend an orientation class where you will set goals and learn how to start working towards them. After attending orientation, all locations have weekly classes available as well as individual appointments with any discipline on the MOVE! team. MOVE! is a free service to all Veterans, and classes are walk-in at your convenience. Even though you may complete the classes, you may not have reached your goal yet. For this reason, we offer a maintenance group which allows you to keep working towards your goals or maintain them if you have reached them. Veterans may also continue seeing individual MOVE! team members after completion of the MOVE! classes. Out of the MOVE! program now comes another division called the TeleMOVE! program. This program will allow Veterans who find it difficult to come to the VA—for classes or face to face appointments—the ability to learn from home. One requirement of this program is that the Veteran have a home phone line. Veterans will then receive a device called a Health Buddy, a scale, and a booklet of learning materials. We hope to have TeleMOVE! available to Veterans in Providence and the

### Your Women's Health Care Team

Dr. Dawna Blake, Women's Health Care Director

Pilar Capili, RN, Clinic Coordinator

Beth Grady, LCSW, Women Veterans Program Manager

Stacey DeOrsey, Social Worker

Laura Akinola, Patient Care Assistant

Joan Bateman-Smith, Patient Care Assistant

Yolanda Tangui, Patient Care Assistant

Dr. Jon Bas, Provider

Karen Chase, NP, Provider

Dr. Joan Karl, Provider

Dr. Neha Pathak, Provider

Joyce Simon, NP, Provider

Dr. Natalie Mariano, Hyannis CBOC, Provider

Cheryl Collins, NP, Hyannis

Dr. Terri Tamase, Middletown CBOC, Provider

It is a mistake to think you can solve any major problems just with potatoes.  
- Douglas Adams



## Department of Veterans Affairs

Providence VA Medical Center  
830 Chalkstone Avenue  
Providence, Rhode Island 02908  
(401) 273-7100  
Telephone Care: 401-457-3336  
or toll free 1-866-590-2976

Hyannis CBOC  
VA Primary Care Center  
233 Stevens Street  
Hyannis, MA 02601-3766  
Phone: (508) 771-3190

Middletown CBOC  
One Corporate Place  
(West Main Road at Northgate Road)  
Middletown, RI 02842  
Phone: (401) 847-6239

New Bedford CBOC  
175 Elm Street  
New Bedford, Mass 02740  
Phone: (508) 994-0217

### MOVE, continued from page 3

satellite sites this year. If you are interested in joining the MOVE! program or have any questions, you can contact our MOVE! coordinator, Brooke Cherko, at 401-273-7100, ext. 2730.



**From Tents to Tea**  
Friday, April 29<sup>th</sup> and July 27<sup>th</sup> from 9:30 a.m. – 11:00 a.m.  
PVAMC  
5<sup>th</sup> floor, classroom 3

**Fun, laughter, and friendship with other women Veterans.**

**We honor YOU!**

for a bistro reservation contact  
Beth Grady @ 401-273-7100 ext 6191



- Free valet parking for Veterans
- Free thank-you gifts
- Live bistro music
- Delicious pastries and hot beverages

**We're on the WEB!**  
**[www.providence.va.gov/  
Women\\_Veterans\\_Program.asp](http://www.providence.va.gov/Women_Veterans_Program.asp)**



*The Providence VA Medical Center is committed to meeting the unique needs of women Veterans by delivering the highest quality health care to each woman, while offering her the privacy, dignity, and sensitivity to gender-specific needs that she deserves. Our full time Women Veterans Program Manager is ready to assist you in getting timely access to the health care you need. Beth Grady, LCSW, Women Veteran Program Manager, (401) 273-7100, ext. 6191  
[http://www.providence.va.gov/Women\\_Veterans\\_Program.asp](http://www.providence.va.gov/Women_Veterans_Program.asp)*

### WOMEN VETERANS HEALTH CARE

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