



As a woman veteran, you may be entitled to one or more of the following medical benefits:

- **Women Veterans Program Managers.** At most VA medical centers, a manager is on hand to assist female veterans. These managers have special training pertaining to women's health-related issues and can help sexual assault victims.
- **Breast and Pelvic Examinations.** All women should have annual gynecological exams to detect and prevent potentially serious health problems. Women enrolled in VA health care will receive this yearly examination.
- **Menopause Management.** Counseling and hormone replacement therapy are addressed for women entering menopause. VA physicians will help make "the change of life" a smooth transition.
- **Mammograms.** In 2002, more than 200,000 cases of breast cancer were detected among American women. This alarming statistic should provide great impetus for women to take the time and have a mammogram.
- **Clinical and Stress Programs.** Women Veteran Stress Disorder Treatment programs have been established at the following VA sites: Boston; Brecksville, Ohio; Loma Linda, Calif.; and New Orleans. These clinics are designed to study the impact of post traumatic stress disorder (PTSD) on women.

VA also has six clinical "programs of excellence" in women's health. They are located in Alexandria, La.; Durham, N.C.; Boston; Bay Pines, Fla.; Pittsburgh; and at the South Texas Veterans Health Care System in San Antonio.

- **Sexual Trauma Treatment.** VA provides counseling and treatment for sexual trauma that occurred during military service, including related PTSD. Examples of sexual trauma include rape, physical assault, domestic battery and stalking. A toll-free line 1-800-827-1000 is designated as the contact for veterans to receive immediate assistance related to sexual trauma in the military.
- **Comprehensive Health Centers.** VA has eight Women Veterans Comprehensive Health Centers established to develop new and enhance existing programs that focus on the gender-specific health care needs of women veterans. These centers are located at the VA Medical Centers in: Minneapolis; Chicago; Tampa; Durham, North Carolina; Los Angeles, San Francisco; Boston; and Southern Pennsylvania.

For additional information on women veterans in general, consult the following resources.

BOOKS

Breuer, William B. *War and American Women: Heroism, Deeds and Controversy.* Westport, Conn.: Praeger Publishers, 1997.

Holm, Jeanne. *In the Military: An Unfinished Revolution.* Novato, Calif.: Presidio Press, 1992.

WEB SITES

Center for Women Veterans www.va.gov/womenvet/

The National Women's Health Information Center www.4woman.gov

Information for women on nutrition, sponsored by the Food and Drug Administration <http://vm.cfsan.fda.gov/>

WOMEN VETERANS ORGANIZATIONS

A representative sample of major membership groups.

Air Force Women Officers Association
P.O. Box 78015
San Antonio, TX 78278

Navy Nurse Corps Association
P.O. Box 1229
Oak Harbor, WA 98277
(360) 675-9046

Retired Army Nurse Corps Association/Society of Retired Air Force Nurses
P.O. Box 681026
San Antonio, TX 78268

Vietnam Women Veterans, Inc.
10185 Mammoth Ave.
Baton Rouge, LA 70814
1-800-217-8573

WAC Veterans Association
P.O. Box 5577
Fort McClellan, AL 36205
(256) 820-6824

Women In Military Service
Dept. 560
Washington, DC 20042-0560
1-800-222-2294
wimsacura@aol.com

Women Marines Association
P.O. Box 10128
Moreno Valley, CA 92552
wma@womenmarines.org

You've Earned These VA Benefits

Since the American Revolution, women have served the nation during times of war. Women weren't officially recruited as members of the armed services until World War I, but today they make up nearly 15% of the military. Furthermore, 1.4 million women have served in uniform, comprising 5% of the veteran population.

Because this number will only increase in these ever-changing times, VA health care specific to women is critical. That's why VA established the Center for Women Veterans in 1994. The goal of the center is to assess women veterans services within and outside the Department on an ongoing basis, to assure that VA policy and planning practices address the needs of women veterans.

Of course, it's important that you realize that all veterans benefits apply to female veterans. They include the following:

- Disability compensation for disabilities and medical conditions that are service related;
- Disability pension for non-service related disabilities;
- Education assistance programs
- Work-study allowance;
- Vocational rehabilitation and counseling;
- Insurance;
- Home loan benefits;
- Burial benefits;
- Burial in a VA National Cemetery;
- Employment assistance;
- Survivors' benefit programs;
- Medical Inpatient and Outpatient Care;
- Substance Abuse Treatment Counseling; and
- Nursing Home Care.

Note: Certain VA medical-related services have specific eligibility criteria. For further explanation, contact VFW's National Veterans Service.



VFW Is In Your Corner

Veterans of Foreign Wars (VFW) wants to assist you in getting the best possible health care available. The nation's oldest major veterans organization, VFW cares about the needs of female veterans. From troops fighting the war on terrorism in Afghanistan back to World War II, VFW is proud to have 15,000 women among its 1.9 million members.

We have service officers at each VA regional office available to help you with VA claims assistance or to answer your important questions. A 24-hour Helpline also is available to you at 1-800-VFW-1899.

At VFW's 103rd National Convention in August 2002, delegates passed *Res. 608*, urging Congress to fund improvements for services available to women at VA hospitals. This is only one among many VFW initiatives geared toward women veterans.

Remember, we care about you and thank you for your service to our country.

WOMEN OVERSEAS IN WAR

Because overseas service recognized by a campaign medal is required for VFW membership, it is interesting to note the eligibility pool among women veterans.

World War I (1917-18)	10,000
World War II (1941-45)	18,000
Korean War (1950-53)	600
Vietnam War (1964-73)	7,500
Grenada (1983)	200
Panama (1989)	700
Persian Gulf (1991)	33,365
Somalia (1992-94)	1,000
Haiti (1994-95)	1,200
Bosnia (1996-2004)	5,000
Kosovo (1999-)	6,000
Afghanistan/Iraq (2001-)	30,000

**For more information
on VA benefits for women, call or write:**

Veterans of Foreign Wars
National Veterans Service
200 Maryland Ave., NE
Washington, DC 20002
(202) 543-2239

or

The VFW Helpline
1-800-VFW-1899



www.vfw.org

VFW National Headquarters
406 W. 34th St.
Kansas City, MO 64111
(816) 756-3390

A Service of the Veterans of Foreign Wars

WOMEN VETERANS & VA BENEFITS

