

# VA



## U.S. Department of Veterans Affairs

VA Eastern Kansas Health Care System



February 2023, Issue No. 1

# Women Veterans Health Newsletter

## About Us

At VA Eastern Kansas Healthcare System, we are dedicated to improving the lives of Veterans and their families. VA Eastern Kansas Healthcare System serves the health care needs of Veterans across 20,000 square miles and 39 counties in eastern Kansas and northwestern Missouri. We provide you with health care services at 10 locations in eastern Kansas and northwestern Missouri, including our Colmery-O'Neil VA Medical Center in Topeka, our Dwight D. Eisenhower VA Medical Center in Leavenworth, and eight community-based outpatient clinics in Chanute, Fort Scott, Garnett, Lawrence, Junction City, and Kansas City, Kansas; and in Platte City and St. Joseph, Missouri. Throughout our locations, we serve approximately 41,500 Veterans, 4,300 of whom are Women Veterans.

VA Eastern Kansas Healthcare Systems provide a full range of health services for Veterans, with state-of-the-art technology as well as education and research. Our facilities and programs have received accreditations from Joint Commission, American Society of Health-Systems Pharmacists, American Psychological Association, Commission on Accreditation of Rehabilitation Facilities.

## Provider Spotlight: Milica King, MD



Dr. Milica King was born in Yugoslavia. She graduated from Florida Gulf Coast University Summa Cum Laude, with a Biotechnology Major. In just 3.5 years, she completed medical school at the American University of Antigua. She attended Mercer University School of Medicine in Macon, GA where she completed her Internal Medicine Residency. She has been with the VA since 2014 where she finds passion in serving female Veterans. Dr. King has a keen interest in pre-menopausal and menopausal weight-gain.

## Women Veterans Health Team

### Scheduling (Primary Care)

(Call or [Schedule Online](#))

(785) 350-3111 x 53247

(913) 682-2000 x 64160

### Heather Jones, LCSW, M.Ed

*Women Veteran Program Manager*

(785) 350-3111 x 54569

### Natasha "Tasha" Fox

*Program Support Assistant*

(785) 350-3111 x 53442

### Gena Trask, RN

*Mammogram/Maternity Coordinator*

(785) 350-3111 x 52204

### Lou Ann Myers, RN

*Mammogram/Maternity Coordinator*

(785) 350-3111 x 52335

### LGBTQ+ Coordinator

(785) 350-3111 x 52376

(913) 682-2000 x 63288

### Military Sexual Trauma Coordinator

(913) 682-2000 x 63056

### Suicide Prevention Coordinator

(785) 350-3111 x 52024

(913) 682-2000 x 63977

### Intimate Partner Violence Assistance Coordinator

(785) 350-3111 x 52296

(913) 682-2000 x 62316

### Eligibility & Enrollment ([E&E](#))

(785) 350-3111 x 54511

(913) 682-2000 x 62361

### Veterans Crisis Line

Dial 988 then Press 1

### National Women Veterans Call Center Infoline (Call or Text)

1-855-VA-WOMEN

**Women Veterans Virtual Town Hall Meeting**  
**Monday, March 20, 2023 6pm – 7pm CST**  
**More information to come**



# U.S. Department of Veterans Affairs

## VA Eastern Kansas Health Care System



### February is Heart Health Month!

Heart disease is the leading cause of death among women in the U.S. In support of [American Heart Association's \(AHA's\) Go Red for Women](#) campaign, the VA Office of Women's Health and your local Women Veterans Health Care Team are promoting communications to encourage women Veterans to *Don't Skip a Beat* on their heart health!

Women Veterans should be aware of factors that increase their risk of heart disease, including: smoking, being overweight, a sedentary lifestyle, high blood pressure, diabetes, high cholesterol, a family history of heart disease, increased stress, sleep apnea/lack of quality sleep, PTSD, depression, history of preeclampsia.

The best way to reduce your risk of heart disease is through lifestyle changes, including: quitting smoking, getting regular exercise (**at least 15 minutes per day**), eating healthy, getting good sleep, reducing stress, taking your prescribed medications.

#### Whole Health Women's Health Coaches

- Whole Health is VA's approach to care that supports your health and well-being. Whole Health centers around what matters to you.
- Women Veterans can focus on self-care and complementary therapies such as tai chi, yoga, and acupuncture.
- Women's Health has two dedicated Whole Health Coaches, Diana Valdez and Eileen Ybarra who are ready to meet with you!
- If you are interested in Whole Health, contact your local Primary Provider or your local Women's Health Clinic.



#### Are you up to date with your Mammogram & Cervical Screenings?

- ✓ Breast cancer can happen at any age, but the risk is increased for older adults. Screening for breast cancer can help find it early. Identifying breast cancer early can give you more treatment choices and can even help save your life. Talk with your doctor today. For current information about breast cancer, visit the American Cancer Society, [www.cancer.org](http://www.cancer.org) or call 1-800-227-2345 (available 24/7).
- ✓ HPV and pap tests help prevent cervical cancer. Women ages 21-29 should have a pap test at least every three years. Women ages 30-64 should have cervical cancer screening (including a pap test and HPV testing) at least every 5 years. Talk with your provider about the screening recommended for you. Also, if you have not had the HPV vaccine (which helps to prevent cervical cancer) ask your provider about this as well.

#### No-Bake Energy Balls

Prep: 10 minutes • Chill: 30 minutes  
Yield: 20 servings • Serving Size: 1 energy ball

#### Ingredients

- 1 cup old-fashioned (rolled) oats ½ cup
- toasted unsweetened coconut flakes
- ½ cup flax meal (ground flax seed)
- ½ cup toasted unsalted pepitas (green pumpkin seeds) or shelled sunflower seeds
- ½ cup unsweetened nut or seed butter (e.g. peanut butter, almond butter, sunflower butter) ½ cup honey
- 1 tablespoon chia seeds or hemp hearts (hulled hemp seeds)
- 1 teaspoon vanilla extract
- ½ teaspoon ground cinnamon

#### Directions

1. In a medium mixing bowl, stir together the oats, coconut, flax meal, pepitas, nut or seed butter, honey, chia seeds or hemp hearts, vanilla, and cinnamon.
2. Cover the bowl with plastic wrap and place in the refrigerator to chill for 30 minutes.
3. Roll the mixture into 1-inch balls. Store in an airtight container in the refrigerator for up to 2 weeks, or freeze for up to 3 months.

**Recipe Notes:** Substitute mini dark chocolate chips for some or all of the pepitas, if desired.

Nutrition Facts Per Serving: Calories 105 | Total Fat 5.5g | Saturated Fat 1g Sodium 5mg | Total Carbohydrate 11.5g | Dietary Fiber 2g | Protein: 3.5g  
For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)