

# If 40 is the new 35 & 60 is the new 40, How well do you feel?

**Attention Female Veterans  
of any age, combat & non-  
combat service: VA can  
help in these ways & more!**



- Diabetes & other chronic diseases
- Migraines, lack of energy, back pain
- Anxiety, Depression, sleep problems
- PTSD, Military Sexual Trauma
- Addiction recovery
- LGBTQ concerns
- Pelvic pain
- Weight loss & gain
- Preconception counseling, Contraception, Pregnancy tests, Maternity services
- Pap smears, Mammograms (Brooklyn Campus)
- Genetic testing for breast & ovarian cancer when indicated
- Urinary and Colon problems
- Changes in skin coloration
- Eyesight, Hearing
- MyHealtheVet & Secure Messaging
- Women Veterans Treatment Room in the Emergency Department, open 24/7 for acute medical & mental health issues
- Veteran Integration To Academic Leadership (VITAL) reaching out to student Veterans to facilitate the transition from Soldier to student



Parents, students, employees, retirees....

Daily living keeps us busy. Let's not forget about  
our healthcare.



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**HEALTH CARE** | Defining  
**EXCELLENCE**  
in the 21st Century

Services may be located at Brooklyn or Manhattan campuses or in some cases at both campuses. For more information about diagnosis & treatment of specific conditions:

#### **Women Veterans Program Managers**

Brooklyn: Kathleen Mertz, LCSW

718-836-6600 x 6793

Manhattan: Catherine Nadal, RN

212-686-7500 x3314

Website: <http://www.nyharbor.va.gov/services/women/index.asp>