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Army health clinics throughout Europe observe Women's Health Week

Europe Regional Medical Command Public Affairs Office

HEIDELBERG, Germany -- Army health clinics throughout Europe will observe National Women's Health Week May 10-16, Europe Regional Medical Command officials announced today.



NWHW is coordinated by the U.S. Department of Health and Human Services' Office on Women's Health, and is designed to empower women to make their health a top priority. Program officials said the theme, "It's Your Time," is intended to encourage women to take simple steps for longer, healthier and happier lives.

"National Women's Health Week is a great opportunity for women to take care of themselves by making a well-woman appointment and learn about preventive measures that will keep them healthy," said Lt. Col. Marybeth Lenz, chief of the Women's Care Center at the Landstuhl (Germany) Regional Medical Center.

In addition to visiting their local Army health clinics, Lenz said appointments are available without a doctor's referral at the Landstuhl WCC to eligible women in the U.S. forces community 15 years of age and older, including military family members, Department of Defense civilian employees and contractors.

During NWHW communities, businesses, government, health organizations, and other groups work together to educate women about steps they can take to improve their physical and mental health and lower their risks of certain diseases.

Program officials said important steps in keeping women healthy include:

- * Getting at least two and a half hours of moderate physical activity, one hour and 15 minutes of vigorous physical activity, or a combination of both, each week.
- * Eating a nutritious diet.
- * Visiting a health care professional for regular checkups and preventive screenings.

- * Avoiding risky behaviors such as smoking or not wearing a seat belt.
- * Paying attention to mental health, including getting enough sleep and managing stress.

ERMC officials are encouraging eligible women beneficiaries to contact their local Army health clinics for more information about women's health.

Additional resources are available on NWHW Web site at www.womenshealth.gov/whw.

Eligible women who would like to make appointments at the Landstuhl Women's Care Center can call 486-7100 or 06371-86-7100. Appointment wait times currently average about two weeks.



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