



**October 22, 2015**

"A fit, healthy body --  
That is the best fashion statement."

*Jess C. Scott (b. 1986)*  
Writer



## Women's Health and Breast Cancer Awareness Month

- Women must be more proactive in their health concerns and issues.
- Prevention is the best medicine.
- Early detection and timely treatment of diseases and injuries ensures a Medically Ready Force and a healthier population.
- The Military Health System provides a variety of programs, resources, and tools through Operation Live Well to maintain and improve the health and wellness of service members, service member's families, retirees, and DOD civilians.
- Fourteen percent of women 18 and older are in fair or poor health. Women must be more proactive in their health issues and have regularly scheduled visits to their health care provider.
- Women need a mix of cardio and resistance or weight-bearing exercise at least three to five times a week to help prevent osteoporosis, heart disease, cancer, and diabetes. Exercise also promotes good self-image, which is really important to a woman's mental health. Daily physical activity is a key element of a Women's Health, only 46% of women 18 and older that conduct a daily aerobic activity.
- One woman dies every minute from heart disease, annual preventive women's health services can increase a women's chance of surviving many sicknesses and illnesses.
- Eating healthy is critical to women's health, a balanced diet of lean proteins, healthy fats; smart carbs and fiber are essential elements to a proper diet. Thirty-five percent (35%) of women 20 years and older are currently classified as obese.
- Proper sleep, physical activity and nutrition are key components of preventive health and day-to-day wellness.
- TRICARE covers annual preventive women's health services that may include a pap smear, pelvic and breast exam and mammogram at no cost.
- It's important to get screenings, especially if you are at a higher risk for certain diseases like breast cancer or diabetes.

Through cutting-edge medical research, immunization programs and the promotion of global health initiatives, MHS has advanced the global health security of the nation and the world.

<http://www.airforcemedicine.af.mil/About/News-Views/Article-Display/Article/621373/october-is-womens-health-month>

## ► RESOURCES

Website access to the following resources can be gained by clicking on the name.

[AF.mil](#)

[Airman magazine](#)

[Military OneSource/HomeFront](#)

[Air Force Personnel Center](#)

[Air Reserve Personnel Center](#)

[Department of Defense News](#)

[Department of Veteran Affairs](#)

[TRICARE](#)

[U.S. Government Website](#)

[Air Force Association](#)

[Scholarships](#)

[Air Force Safety Center](#)

[Civil Service Employment](#)

[Opportunities](#)

[NAF Employment](#)

[Opportunities](#)

[Air Force Bands/Outreach](#)

## ► THIS WEEK IN AIR FORCE HISTORY

**Oct. 22, 1985** – Airmen with Tactical Air Command launched their first missile from Vandenberg Air Force Base, California. The Tomahawk ground-launched cruise missile was also the first of its kind flown from this base.

**Oct. 23, 1909** – Wilbur Wright gave Lt. Benjamin D. Foulois his first flying lesson at College Park, Maryland.

**Oct. 24, 2000** – The Space Shuttle *Discovery's* successful landing on the Edwards AFB, California, main runway ended the system's 100th mission. The 13-day mission prepared the International Space Station for its first full-time residents. Mission Commander Col. Brian Duffy and pilot Lt. Col. Pamela Melroy both graduated from the Air Force Test Pilot School.

**Oct. 25, 1923** – The court martial of Brig. Gen. Billy Mitchell for insubordination began. He was found guilty on Dec. 17 and sentenced to five years' suspension from active duty without pay or allowances. After reviewing the sentence, President Coolidge commuted his sentence to five years' suspension at half pay. On Feb. 1, 1926, Mitchell resigned his commission. During the trial, he succeeded in championing the cause of airpower as a separate entity.

**Oct. 26, 1962** – Strategic Air Command received its last B-52H Stratofortress and last three B-58 Hustlers from the production lines.

**Oct. 27, 2006** – The 49th Fight Wing flew 25 F-117 Nighthawks in formation over Holloman AFB, New Mexico, as part of the aircraft's 25th anniversary and 250,000-flying-hour celebration. The formation consisted of 25 planes staggered into five separate groups.

**Oct. 28, 1985** – The first six female officers started initial qualification training for Minuteman crew duty. All six women previously worked with the Titan II system. They finished the class on Feb. 7, 1986.



The OPM data breach, massive in its identity theft implications, gives rise to other crimes, and often one crime can result in two more. For example, phishing scams can morph into credit card fraud and social security abuse. Learn how to protect yourself [here](#).

To learn more about the Office of Personnel Management data breach, legitimate assistance being provided to impacted individuals, and to understand cybersecurity as it is grounded in the Air Force tradition, please go to the specially created [Air Force Cybersecurity](#) web page.



## ► CURRENT ISSUES

[Operation Homefront seeks Military Child of the Year nominations](#)

Military Child of the Year nominations are being sought by the national nonprofit organization to recognize six outstanding young people, ages eight to 18.

[Cyberbullying: What can parents do?](#)

Cyberbullying, a form of teen-on-teen bullying, is the willful and repeated harm inflicted through the use of computers, cell phones and other electronic devices, and it can cause serious harm. But there's help for parents to help their children who are being targeted.

For more information on Air Force heritage, visit <http://www.airforcehistory.af.mil>

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