



October 13, 2016

Women's Health/Breast Cancer Awareness Month

One of the most important things women can do to maintain good health is schedule an annual well woman visit with their healthcare provider.

It's important to get screenings, especially if you are at a higher risk for certain diseases like breast cancer or diabetes.

There are also several things women can do themselves to help maintain overall health:

- Mix cardio and resistance or weight-bearing exercises at least three to five times a week to help prevent osteoporosis, heart disease, cancer and diabetes. Daily physical activity is a key element of a woman's health, but only 46 percent of women 18 and older conduct a daily aerobic activity.
- 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.



Spouse and Family Forum

JOIN US LIVE!

Join Air Force Secretary Deborah Lee James Oct. 19 from 9 a.m. to 1:15 p.m. when she hosts the Spouse and Family Forum live on af.mil from the Smart Center Auditorium on Joint Base Andrews, Maryland.

For more information and to submit questions Click [here](#).

SECRETARY OF THE AIR FORCE

SPOUSE & FAMILY FORUM

OCT 19, 2016 9:00 A.M. EDT

LIVE WEBCAST

WWW.AF.MIL/LIVE.ASPX
FACEBOOK.COM/DEBORAH.LEE.JAMES

► 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
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[Air Force Safety Center](#)

[Civil Service Employment
Opportunities](#)

[NAF Employment Opportunities](#)

[Air Force Bands/Outreach](#)

► THIS WEEK IN AIR FORCE HISTORY

October 13, 1952 – The Strategic Air Command submitted a requirement for an air-launched decoy missile to defeat an enemy's radar defenses. This action led to the development of the GAM-72A Quail missile.

October 14, 1940 – Maj. Reuben Moffat, the 33rd Pursuit Group Commander, became the first Army Air Corps pilot to fly an aircraft off a carrier. He flew his Curtiss P-40 off the USS Wasp.

October 15, 1997 – Retired Brig. Gen. Charles "Chuck" Yeager broke the sound barrier again in front of a crowd of more than 5,000 people at Edwards Air Force Base, California to commemorate the 50th anniversary of his historic supersonic flight.

October 16, 2001 – An Air Force Flight Test Center pilot concurrently guided two Global Hawks for the accelerated Replace-On-Station program at Edwards Air Force Base, California. The test showed that one pilot could control two UAVs with a little additional effort.

October 17, 1967 – Air Force engineers accomplished the final balloon launch in a series to test the feasibility of using parachutes with the Voyager capsule for a soft landing on Mars.

October 18, 1918 – Maj. Charles Biddle, the 13th Pursuit Squadron's Commander, downed his eighth German fighter in a fierce dogfight over Verdun, France.

October 19, 1950 – During the Korean War, Fifth Air Force fighters provided crucial air support to U.S. 1st Cavalry Division troops for the Battle of Hukkyori, some ten miles south of Pyongyang. Afterwards, U.N. Forces entered the North Korean capital.

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

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