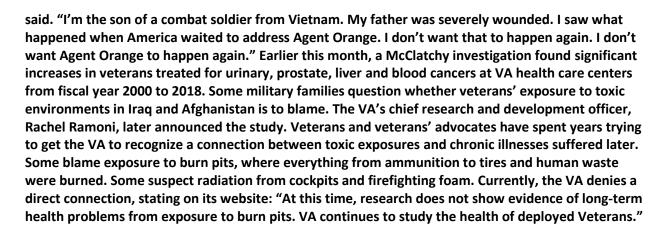


- A new study into whether <u>military toxic exposures cause cancer and other illnesses</u> could make it easier for veterans to get their medical expenses covered, the U.S. Department of Veterans Affairs secretary said. "I think it will, but it will also alleviate a great concern that I've had," Robert Wilkie

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- Young veterans in general, and women specifically, often report they feel unwelcome in the very places created to support service members. While on active duty, many women veterans work to hide their differences out of fear of visibility. They work to blend in with their male counterparts, and try to mask issues like traumatic stress, domestic violence and substance use. Many male veterans also experience these issues, but are more likely to seek help and to find resources on the other side. As women move into the civilian world, existing challenges are compounded by the limited services and care systems, both non-profit and government, available to women. Women veterans also report that they leave the military with less of a very important factor: social support. Social support provides astonishing protective health benefits, to include lowered stress hormones, lowered risk of suicide and better overall physical health. Social alienation, on the other hand, is even more dangerous to your health than smoking. It leads to increased levels of stress hormones, and when they're elevated too long, you may begin to have difficulty communicating, displaying empathy or engaging in highlevel thinking. All of these things make connecting with others even more challenging, and your isolation can easily become self-perpetuating. Particularly for women veterans, that the combination of invisibility and isolation combine to create deadly consequences post-service. For instance, women veterans are 1.8 times more likely than civilian women to commit suicide. And women who do not use VA services have seen a 98 percent increase in suicide rates.

## **AMVETS** in the News

AMVETS Partners with Sync.MD to Revolutionize Veteran Health Records Management

AMVETS and Sync.MD announced a strategic partnership formed for the purpose of streamlining health record management for veterans. This follows the implementation of the VA MISSION Act in June 2019 that allows eligible veterans to choose care in the community at VA expense. AMVETS and Sync.MD plan to provide more than 250,000 veterans with expanded personalized health information options through Sync.MD's patented technology to install and transport complete medical records securely on a smartphone, tablet, laptop, or desktop computer. "Health care coordination is critical to ensuring the wellness of veterans who often face a host of overlapping medical issues. This starts with empowering veterans, as well as their spouses and caregivers in many cases, with the ability to consolidate treatment records from multiple sources, so that at any given time a provider can appreciate a patient's complete medical history," said AMVETS Chief Advocacy Officer Sherman Gillums. "The partnership between AMVETS and Sync.MD represents a major step forward in the effort to put veterans in greater control of their health care and ultimately their lives."

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Upcoming Events
House Veterans Affairs Committee

